



**Citizens Academy,  
Accepting New  
Applications Now!**

PAGE 3

**River Cats  
Changing in the  
New Baseball Year**

PAGE 2



# Gold River Messenger

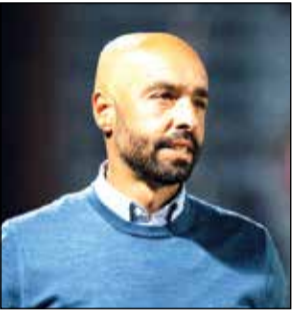
VOLUME 12 • ISSUE 3

Serving Gold River and Sacramento County

MARCH 2024

**SEE  
INSIDE**

**INTERVIEW WITH  
USL HEAD COACH  
MARK BRIGGS**



PAGE 8

**PHOTOGRAPHY  
MONTH  
SACRAMENTO**



PAGE 5

**ADDRESSING  
HOMELESSNESS**



PAGE 5



Scan our QR Code for a direct link to our online edition!

PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA  
OR CURRENT  
POSTAL CUSTOMER

## Every Second Counts



Sacramento County Board of Supervisors want to reduce the time that it takes to get an ambulance patient into a doctor's care from 72 minutes down to 20 minutes. Photo Courtesy Sacramento County

**Sacramento County  
News Release**

**SACRAMENTO REGION, CA (MPG)** - Every second counts in an emergency, and when it comes to medical emergencies, time is of the essence.

The time it takes for an ambulance to offload a patient to the emergency department (ED) can make all the difference; the longer the wait, the more critical their condition can become.

It's an emotional and stressful situation for patients and their loved ones, who are already worried about the outcome of their medical emergency.

As the population of Sacramento County continues to grow, so do the demands on its emergency medical services. One crucial metric that affects patient outcomes and the overall efficiency of emergency medical services is the Ambulance Patient Offload Time (APOT).

The time interval is between the arrival of an ambulance patient at an ED and the time that the patient is transferred to the ED gurney, bed, chair or other acceptable location and the emergency department assumes the responsibility for care of the patient. In Sacramento County, that time has hit a high of 72 minutes but the county has an ambitious goal to drop that time to 20 minutes.

This goal comes as Assembly Bill 40, which takes effect on July 1, will require every local EMS agency to develop a plan not to exceed 30 minutes for 90% of ambulance arrivals and report the standardized time to the authority.

Sacramento County, with prehospital providers, local hospitals, interested community members and Sacramento County Board of Supervisors Patrick Kennedy and Pat Hume, shared their innovations and best practices Feb. 13 to address the Ambulance Patient Offload Time crisis.

Dr. Gregory Kann stated the importance of sharing ideas and innovations to create better services for all, adding that out of this crisis comes opportunity.

Sutter Roseville, a not-for profit hospital that is part of the Sutter Health network, shared a real-time data system implemented to monitor its Ambulance Patient Offload Time. By using its medical health record system, EPIC, Sutter Roseville tracked a patient's emergency room trip from entrance to transfer, allowing obstacles to be identified and any issues to be corrected. The hospital leadership also educated staff to help identify when a patient needed ER treatment or could be moved to another department or service. These efforts helped the hospital reduce the time from 100 minutes to 31 minutes, according to the Sutter Roseville presentation.

A Sacramento Metropolitan Fire  
*Continued on page 4*

## Sac Metro Air District Releases Capital Region Climate Priorities Plan

**Sacramento Metro Air  
District News Release**

**SACRAMENTO, CA (MPG)** - The Sacramento Metropolitan Air Quality Management District (Air District), on behalf of the seven-county Sacramento region, has submitted its Capital Region Climate Priorities Plan (Plan) under the U.S. Environmental Protection Agency's Climate Pollution Reduction Grants (CPRG) program. The Plan, which required unprecedented cooperation and collaboration among 29 local and regional partners led by the Air District, outlines 24 climate measures that would create substantial greenhouse gas emission reductions and myriad co-benefits, including advancing equity and opportunities in the clean energy transition.

"The Sac Metro Air District continues to prioritize collaboration," says Sacramento County Supervisor and Air District Board Chair Patrick Kennedy. "This CPRG effort is one example of how to activate the region effectively and proactively for new funding opportunities for climate action in the greater Sacramento Valley."

The Air District led the climate planning process, which guarantees the region's opportunity to compete for future CPRG implementation grants that could bring millions of dollars in funding over the next six years for projects identified in the Plan. The Air District intends to submit the region's application for phase two implementation funding by April 1. Phase two grant awards will be announced by July 1.

"We are proud to lead the CPRG planning effort for the seven-county region spanning from the shore of Lake Tahoe to the waters of the Delta," said Air Pollution Control Officer Alberto Ayala. "Thanks to the hard work and determination of our CPRG team and partners, this plan represents the region's integrated environmental priorities, with a focus on improving air quality and reducing climate impacts for our residents, including those most vulnerable to pollution. We stand ready to drive climate action in the region for years to come and thanks to these IRA investments."

The newly released Air District's Capital Region Climate Priorities Plan is available at [www.AirQuality.org/CPRG](http://www.AirQuality.org/CPRG). ★

## Local Girl Scouts Reach Outer Space!



Above: Girl Scouts from Troops 793, 917, 1089, and 1105 smile before their big moment. Right: Jasmin Moghbeli. Photo courtesy of NASA

**Story and photos  
by Annie Kerr**

**SACRAMENTO, CA (MPG)** - Wouldn't it be fascinating to speak to an astronaut who's currently in outer space? On the cloudless morning of Feb. 22, Girl Scout Troops

793, 917, 1089, and 1105 from Sacramento, Lodi, and Roseville had the extraordinary opportunity to make contact with the International Space Station (ISS). Via Amateur Radio on the International Space Station (ARISS), the 13 Girl Scouts

were able to reach NASA Astronaut Jasmin Moghbeli, who was traveling through space at approximately 17,000 miles per hour.

The event was held at the Sacramento Regional



Program Center and STEM Center, home of the  
*Continued on page 4*

# River Cats Changing in the New Baseball Year

By Mitch Barber,  
photos courtesy  
of Sacramento River Cats

## SACRAMENTO REGION, CA (MPG)

- If you've ever watched Triple-A baseball, you know that it is extremely competitive and just one level below the major leagues. It also happens to be a lot of fun.

Before the 2024 season gets underway in late March, Messenger Publishing Group interviewed a well-informed man in Sutter Health Park's press box: Jake Ward, who is the Sacramento River Cats communications coordinator.

The interview began with discussion about Dinger, the River Cats' full-of-fun mascot who plays a key role with the team at and away from the ballpark.

"Every year, one of the big events that we do, one of our draws, is Dinger's birthday party. So, we have a lot of mascots in the area come to the game for his birthday," Ward said. "Last year, there was Quackals...Dunkson from Stockton...I believe Herky T. Hornet was here."

The UC Davis mustang mascot, Gunrock, also attended.

Dinger's birthday event will be on July 21 this year during the Albuquerque Isotopes game.

Ward outlined another enjoyable event, a ballpark get-together, that took place last year.

"We did a sleepover night where we had some fans who could purchase a package to stay on the field and then they showed the movie, 'Sandlot,' while they had some sleeping bags and some tents out there on the grass," Ward said. "... That was a pretty cool one (event)."

This year, on March 30, gameday festivities will revolve around the movie.

But the River Cats aren't a team of kids with one that says, "You're killing me, Smalls." They are a professional team affiliated with the San Francisco Giants in the Pacific Coast League (a league that includes the Sugar Land Space Cowboys, a team name indicative



Fans arrive at Sutter Health Park to watch a day game.



Nick Avila, Turlock native and member of the Sacramento River Cats.



Dinger stands perched on top of the dugout at Sutter Health Park.



The Tower Bridge looms behind the outfield grass at Sutter Health Park.

of more fun).

The River Cats' field is a step up from the makeshift one in the movie. Ward explained how Sutter Health Park is different from the former Raley Field: "We've been completely remodeling the inside of our clubhouse."

There is no irony in what the organization is doing with Sutter Health Park.

"Mental health is just as big as physical health," Ward said. "It's something that our organization stresses all the way from the Giants

up at the top, all the way down through San Jose (its Single-A affiliate)."

"In addition to expanding our weight-room area and adding a second batting tunnel, they're also adding family rooms and they're adding a mental health room," Ward continued.

The family rooms would make it possible for players to meet a spouse or their children in a laid-back atmosphere.

Another modification has to do with the lights.

"We're replacing a lot of our lights; we're moving to LED lights just to be a little bit more energy efficient," Ward said.

He said they wouldn't have to go through the warmup period required of standard floodlights before they shine bright.

Ward was happy to announce that what will stay the same is the head coach.

"Dave Brundage will be back for his seventh season," he said.

Brundage has the second most wins in franchise history.

A staff change this season revolves around a promotion.

"Our pitching coach from last season — Garvin Alston — he earned one of those promotions (to the major leagues) and he is now going to be the bullpen coach for the Giants," Ward said.

He was happy about the news, but more focused on the River Cats. "The home opener is Friday, March 29, against the Salt Lake Bees at 6:45 p.m.," said Ward.

Ward also knew about another special game: "Just about a week prior — this isn't our opening day but a big event that we're excited for — we'll be facing off against the Giants in our exhibition game on Sunday, March 24th."

The San Francisco Giants and the rest of Major League Baseball don't use the automated ball-strike (ABS) system, but this year, like last season, the River Cats and the rest of the PCL will use the automated ball-strike. The first three games of each six-game series "will be all-automated," Ward said, meaning that all ball and strike calls will be relayed to the umpire through an earpiece and called using the Hawk-Eye tracking system. (Tennis fans might recognize the Hawk-Eye name.)

The last three games of each series, Ward said, "We go back to a more traditional system where your umpire calls balls and strikes but we use a challenge system... so if a batter feels that a pitch was called a strike, but he thinks, no, that pitch was outside or it was high, he can turn around and he can initiate a challenge by tapping his helmet."

Each team will get three challenges to start the game. The pitcher, batter or catcher can initiate a challenge — the inquiry cannot be initiated by the dugout.

"It goes up on the jumbotron," Ward said.

*It's all part of the competitive, fun experience that is Sacramento River Cats baseball. Play ball!*

*Sutter Health Park is at 400 Ballpark Drive, West Sacramento. ★*

## Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS



All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!

- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica
- Improves mobility, maintains flexibility
- Family owned and operated
- 20+ years experience serving the community



Relieve Headache Pains



Reduce Chronic Back Pains



Release Neck Pains



(Dr Stirton)...is wonderful and attentive. He is very knowledgeable and I feel wonderful after my adjustments! Richard C (google review)



More than just an adjustment. Dr Stirton helped...with my shoulder pain...made it so I can enjoy what I do... without chronic pain. Rebekkah F (yelp review)

## AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

**916-776-6362**

[americanriverchiropractic.com](http://americanriverchiropractic.com)

CALL or TEXT today!



Scan for Directions



Scan for Membership Benefits

## COBRA, Covered California, Medicare; Comparing Your Health Insurance Options

By Tim Coughlin



Transitioning from employer-based health insurance to COBRA, Covered California or Medicare can trigger many questions;

How does my COBRA compare to private health insurance through Covered California? Am I eligible for "Premium Assistance" or "Cost-sharing reductions?" How do the deductibles and copays compare? Which plans let me to keep my doctors?

All good questions...and Medicare can be even more challenging to navigate;

When and how do I sign up for Medicare? How much does it cost? Are Medicare Supplements better, or Medicare Advantage plans?

### Rules, Deadlines, and Penalties

Our health insurance and Medicare systems have complex rules regarding eligibility, enrollment deadlines, and costs. Failure to navigate the system effectively can result in penalties, extra costs or worse, an inability to maintain optimal coverage.

Knowing the right questions to ask and comparing your options can be difficult and time consuming.

### Help Is Available at No Cost to You

Enlisting the help of an experienced health insurance agent can save you time, money, and stress.

Many people are surprised to learn that **there is no cost** to you

to use an independent insurance agent. Agents are paid by the insurance companies. You pay the same premium regardless of whether you work with an agent or go directly to an insurance company.

### Finding a Local Health Insurance Specialist

When looking for a good agent (aka "broker") to assist you, look for someone who is an independent agent, who has significant local market experience, who specializes in health and/or Medicare insurance and who has a good number of positive client reviews. A good agent will take the time to understand your situation and objectives, including current doctors and prescriptions before proposing any plans for consideration. Membership in the National Association of Benefits and Insurance Professionals (NABIP) is a good indication of the agent's health insurance specialization and professional commitment.

*Tim Coughlin is an award-winning independent insurance agent specializing in health and Medicare insurance for over 35 years in Gold River. He is the recipient of the prestigious Soaring Eagle award from NABIP and maintains 100% 5-Star reviews. He can be reached at (916) 346-4417 or by email: [tim@summitindins.com](mailto:tim@summitindins.com).*

This is a paid advertorial



LOCATED IN GOLD RIVER, CA

(LIC # 0669552)

# 2024 Citizens Academy, Accepting Applications Now!

**Sacramento County District Attorney's Office News Release**

**SACRAMENTO COUNTY, CA (MPG)** - District Attorney Thien Ho announces applications are now being accepted for the 2024 Citizens Academy. The Sacramento County District Attorney's Office hosts the program in partnership with the Sacramento Police Department, Sacramento County Sheriff's Office, and Sacramento County Probation Department.

The program is designed to engage citizens from all backgrounds and communities in discussion about public safety and criminal justice issues. Participants learn about our local criminal justice system – including the roles of law enforcement, prosecutors, and the courts. Topics include the anatomy of a criminal case; specialized areas of prosecution; CSI and crime lab analysis; use of force; innovative programs and partnerships;

and community-focused public safety partnerships and initiatives. There is also an opportunity for a field trip to the District Attorney's Crime Lab and Sacramento Police Department's 911 Communications Center.

Representatives from the District Attorney's Office, Probation Department, Public Defender's Office, law enforcement, the judiciary and community organizations will provide information, answer questions and address community concerns.

There is NO cost to participants. The 10-week course is held on Tuesday evenings starting April 2, 2024 – June 11, 2024, from 6 p.m. – 8 p.m. at the Sacramento Police Department's Safety Center (5770 Freepoint Blvd., Sacramento).

The deadline to apply is Friday, March 22, 2024.

Application Forms: Visit [sacda.org](http://sacda.org) – on the Homepage and under "In the Community." ★

# March is Museum Membership Month with Special Offers and Discounts

**Traci Rockefeller Cusack, T-Rock Communications News Release**

**SACRAMENTO, CA (MPG)** - Sacramento area museums are proud to present a variety of special membership opportunities during Museum Membership Month happening in March 2024. The benefits of museum membership often extend well beyond financial savings and often include exclusive experiences only available to members. Plus, there's something for everyone – fine art, science, history, and culture – as the local museum community offers memberships at virtually every museum and/or destination.

To help kick-off Museum Membership Month, the collaboration of museums presented a Free Museum Weekend March 2-3 that had limited capacity, required advance registration, and was another resounding success.

To highlight Museum Membership Month that continues through March, many of the local museums are offering special incentives and discounts for enthusiasts who choose to become members of their favorite museums and destinations. A few limited time offers during the month of March include the following:

**California Museum** – The community is invited to unlock extended benefits at the California Museum – home of the California Hall of Fame – during March Membership Madness. New and renewing members receive three extra months free for a total of 15 months of free Museum admission. Most membership benefits also include discounted or free admission to ticketed public programs, Museum Store discounts, and reciprocal admission at up to 1,700 North American institutions through the Time Travelers Network and/or the North American Reciprocal Museum Association. With four membership levels starting at just \$50, there's a perfect fit for kids, individuals, pairs, and families to explore California's rich history, diversity, and unique influence on the world of ideas, innovation, art and culture. To join the madness, visit [www.californiamuseum.org/march-membership-madness](http://www.californiamuseum.org/march-membership-madness).

**Crocker Art Museum** – Memberships to the Crocker Art Museum help to strengthen programs and exhibitions that make the Sacramento region a more vibrant place to live, work, play and stay. New members during

the month of March will receive free general admission for 12 months, ArtLetter magazine (except Educator level), invitations to exclusive members-only events and exhibition previews, discounts on lectures, concerts, and classes, discounts starting at 10 percent in the Museum Store, a 10 percent discount on the purchase of gift memberships, and member eNews with exclusive offers and announcements. For more, visit [www.CrockerArt.org/membership](http://www.CrockerArt.org/membership).

**Sacramento History Museum** – New members who join during the month of March will receive tickets for a historic walking tour. A purchase of a Basic Membership will include two tickets for the popular Gold Fever! Game tour and those who purchase a Premium Membership will receive two tickets for an Old Sacramento Underground tour. Plus, membership includes free admission to the Sacramento History Museum, discounts in the Museum Store, tours, and special events. And, because the Museum participates with the Time Travelers reciprocal program, basic memberships receive benefits at more than 300 museums across the country. Those who become Premium members also enjoy NARM (North American Reciprocal Museum) benefits at more than 1,300 museums nationwide, including free admission. For more information, visit [www.sachistorymuseum.org/get-involved/become-a-member](http://www.sachistorymuseum.org/get-involved/become-a-member).

In addition to these special incentives offered during March, membership has special privileges (which vary by museum) and can include benefits such as the following: free museum entrance all year long, special invitations to member-only events and receptions, preview and/or "behind-the-scenes" opportunities for new exhibits and offerings, free guest admission passes (to share with friends and family), discounts at museum stores and/or advance purchase opportunities on special programs and events, reciprocal admission at museums across the nation, and more.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at [www.Facebook.com/SacMuseums](http://www.Facebook.com/SacMuseums), follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org). Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at [www.sacmuseums.org](http://www.sacmuseums.org). ★

**WHO SAYS YOUR FITNESS RESOLUTION NEEDS TO START IN JANUARY? IT DOESN'T MATTER WHEN YOU START, ONLY THAT YOU FINISH!**

*Look At All The Ways You Can Achieve Your Fitness Goals:*

**Year-round programs.**

**Choose one or more activity.**



**Keep it fresh.**

**Never get bored.**

**Work out with a friend.**



**Try a new sport.**

**Get back into an old sport.**



**CHOOSE THE MEMBERSHIP THAT WORKS BEST FOR YOU!**

(12-month Term)

(Month-To-Month)

**save \$25<sup>/mo.</sup> FOR 12 MONTHS**

**save \$20<sup>/mo.</sup> FOR 3 MONTHS**

## TIME IS RUNNING OUT!

### Gold River Stingrays

Enroll your child in the area's best swim team experience. We have the lowest swimmer to coach ratio in the league! Swim Clinics begin **March 1**.

### Stingray Swim School

Beginning swimmer? Make an investment in your child's safety and future. Classes are Saturday for 30 minutes.

**Session 1:** March 23 - April 13  
**Session 2:** April 20 - May 18

CONTACT THE CLUB FOR MORE INFORMATION



**GOLD RIVER SPORTS CLUB**

2201 Gold Rush Drive • (916) 638-7004  
[sparetimesportsclubs.com](http://sparetimesportsclubs.com)

Offer expires February 29, 2024 and is a first visit joining incentive. Monthly savings vary by membership type. Annual savings requires 12-month agreement. Requires a one-time \$19 initiation fee. Other membership offers available. See Club for details. Cannot have been a member in the past 60 days to be eligible. Other restrictions may apply.



## Select Your Caregiver®

- Meal Preparation
- Light Housekeeping
- Errands & Shopping
- Bathing Assistance
- Dressing Assistance
- Hygiene Assistance
- Assistance with Mobility
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Medication Reminders

**916.971.9333**

[www.VisitingAngels.com/Sacramento](http://www.VisitingAngels.com/Sacramento)



Each Visiting Angels agency is independently owned and operated. Lic. #344700003

## Local Girl Scouts Reach Outer Space!



Girl Scout Ambassador Leia B. asks Jasmin Moghbeli a question.



Jasmin Moghbeli. Photo courtesy of NASA

*Continued from page 1*

Girl Scouts Heart of Central California (GSHCC), and was bustling with camera crews, families, friends, and media. And cookies, of course.

Because the opportunity is so rare, the Girl Scouts were preparing since November for the event. Each Girl Scout prepared individual questions to ask Moghbeli, a very accomplished woman. Moghbeli is not only a NASA astronaut, but a United States Marine Corps test pilot, a Massachusetts Institute of Technology (MIT) graduate, a flight engineer, and the Mission Commander of SpaceX Crew #7. She is qualified to fly at least 25 different aircraft. Adding to her list of accomplishments, Moghbeli is the first professional Iranian American astronaut to fly to space. While on her space mission, Moghbeli spoke to the Girl Scouts for about 10 minutes until connection was lost.

Before the connection was established, the event began with comments from various speakers. Sue Richards and Amanda Bates, troop leaders for Troop 1089 and GSHCC volunteers, spoke briefly about how honored they were to have this opportunity and how it happened. According to Bates, there are only about 60 to 100 International Space Station contacts globally made per year, which is about two per week. In fact, the last two contacts occurred in Rome and Spain.

Next, Jennifer Garland spoke. Garland was the event's primary volunteer and is a River City Amateur Radio Communications Society member. She helped prepare

the Girl Scouts for the big day by helping them practice their media and public-speaking skills. Garland told the crowd what to expect for the rest of the event and answered audience questions until playing a short video before the big moment arrived.

In the video, a pre-recorded Jasmin Moghbeli told a little bit about her story. "I still wake up every morning and it feels like a pinch-me moment to think that I am actually an astronaut right now," she said. Also on the TV screen was a map tracking the progress of the space station, coming closer and closer.

The time finally came to contact the astronaut: 10:24 a.m. precisely (as planned). A hush fell over the room as Garland began the countdown. Loud static could be heard, and then Moghbeli's voice broke through, all the way from outer space, and the questions began. Each Girl Scout had the privilege of asking two questions before time ran out.

To highlight some of the questions, Girl Scout Avery T. asked her what she is most excited for upon her return to Earth, to which Moghbeli responded, "My children, my husband, a shower with running water, and normal food."

On the other hand, Elsa W., another Girl Scout, asked what Moghbeli will miss about space. Moghbeli replied that she would miss her six crewmates who she has grown close to, floating and flying around in space, and looking back at Earth from her vantage point.

Then, Girl Scout Edie B. asked for what advice Moghbeli would give to a girl

wanting to be an astronaut, and she replied that space exploration is very challenging to get into and that failing is inevitable but failing is also OK. And realizing that failure is OK is the best way to keep moving forward with your dreams.

Next, Leia B., another Girl Scout, asked if Moghbeli believes in life beyond Earth and the astronaut said she does. "There's just too much out there," she said.

Moghbeli continued to answer questions about what she does in her free time up in space, what she eats there, what the average workday looks like and if she would live on Mars.

Alyssa S. asked if she listens to music or podcasts in space. Moghbeli highlighted a few of her favorite artists she listens to: Hozier, Whitney Houston, and Stevie Wonder.

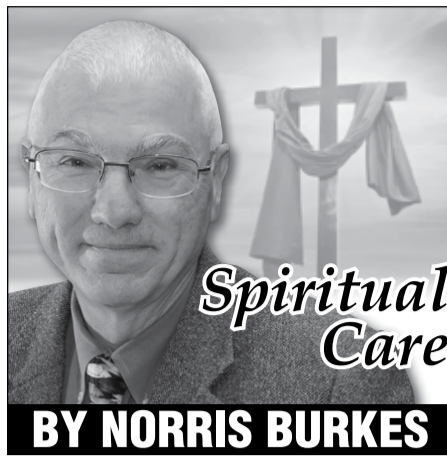
Much was learned in such a short time span. Each question was well-executed, and the process went smoothly. The room erupted into cheers once the Girl Scouts wished Moghbeli a safe return to Earth and signed off.

After the call, each Girl Scout was handed a special badge to commemorate what they accomplished. Then, each Girl Scout, all in high school, took to the microphone to briefly discuss how this event might inspire them to study science and/or space exploration.

"Through events like this and other STEM programs, Girl Scouts is committed to helping our future female leaders become better problem-solvers, critical thinkers and gain the confidence to turn their ideas into breakthrough inventions to help others," said Dr. Linda E. Farley, Chief Executive Officer, Girl Scouts Heart of Central California.

At the end of the day, it all comes down to helping young people see what they are capable of. Jasmin Moghbeli proved to the Girl Scouts that they can do anything they put their minds to...they can even go to outer space. ★

## To Tell the Truth, I Wasn't



Ten years ago, I was at a writing seminar hanging around the snack table, when one of the seminar instructors joined me for a Danish.

He was a quiet, introspective man, truly a statesman among aspiring student writers. That's why I guided him to the quiet side of the room to tell him I thought he was lying.

Not in those exact words. I constructed a more diplomatic approach that went something like this:

"You were introduced as a 'Pulitzer Prize nominee,' but a quick Internet search tells me that we share some confusion over the term 'nominee.'"

For a moment he glanced at this watch, but unfortunately realized he had time to hear me out.

"If you'd met me last year," I explained, "I would have told you that my syndicated column had received a Pulitzer Prize nomination."

"And it was not?" he asked.

"Sadly, no."

I told the aging professor how my "Florida Today" editor had submitted the dozen columns I'd written during my 2009 deployment to a combat field hospital in Iraq.

"Yes," said the professor, "My publisher also submitted my work."

As he gathered his lecture notes, he dismissively added, "Congratulations, it sounds like we are both Pulitzer nominees."

"No, we are not." I said, "but we both made the same assumption. We assumed that our editor's submission of our work equaled a Pulitzer nomination."

Sadly, the difference between a Pulitzer submission and a Pulitzer nomination is about as far as "ticket

purchaser" is from "lotto winner."

I showed him the Pulitzer website on my tablet where he read "More than 2,500 entries are submitted annually for Pulitzer Prize consideration, yet only three in each category are bestowed with the prestigious title of Pulitzer Nominee."

"In fact," I said, "anyone of my fellow conferees can submit their work for Pulitzer consideration as long as they send \$75. But only the Pulitzer committee can bestow the title of Nominee."

The professor seemed embarrassed that a pupil had schooled him in the difference.

Our stories beg the complicated question: "Can one be a liar if one doesn't know he's lying?" Another facet of the question is: "Does one's story default to becoming the truth if one doesn't bother to fact check the story?"

In other words, in a quick check of the Pulitzer website you'll note the glaring absence of our names. And that omission, for a time, made us both liars.

For the duration of the conference, the professor continued to allow his introductions to claim a Pulitzer connection. Just as it took some time for me to remove the notation from my website.

I guess we felt much like the claim made in the movie in "A Few Good Men," by Jack Nicholson's character, Col. Jessup.

When Jessup is questioned on the witness stand, a shouting match ensues. Tom Cruise's character Lt. j.g. Kaffee demands the court finally be told the truth behind a hazing incident in the Marine barracks. We all know Col. Jessup's answer, so say it with me.

"You can't handle the truth!"

Neither the professor nor I handled our truths very well. Sadly, our websites boasted our Pulitzer claim for a few more months.

But centuries before that movie, Jesus set the scene for real truth in John 8:32 when he said, "You will know the truth, and the truth will set you free."

The professor, while not religious, had no doubt heard the scripture quoted in his academic circles by those promoting academic freedom and the power of learning.

It was a minute before he and I found a way to handle our truth, but the truth eventually set us free from our egos—just as Jesus promised it would. ★

## It Costs \$18,441 for a Hospital Stay in California

**Charlotte Green, Digitaloft News Release**

**SACRAMENTO REGION, CA (MPG)** - A new study reveals the most expensive states for a hospital stay and the most common reasons for those stays.

The research, conducted by Universal Drugstore, looked at the average cost of a hospital stay in each state to determine the most expensive states for a stay. The study also uncovered the most common reasons for a hospital stay.

California is the most expensive state for a hospital stay. On average, by staying for 4.6 days, patients can expect to pay an astronomical \$18,441, equating to just over \$4,000 daily. Despite the high prices, the sunny state has various hospitals for residents to consider, including Cedars-Sinai Medical Center and UCLA Medical Centre. Each hospital is ranked nationally in multiple specialties with high-performing procedures and conditions.

Oregon is the second most expensive state for a hospital stay. It's a top visitor location known for its diverse landscape, scenic forests, and beautiful lakes. However, when it comes to its healthcare, Oregon is one of the most expensive states in the US, averaging around \$18,336 to afford a typical 4.6-day hospital stay. There are plenty of hospitals in and around the state, including OHSU Hospital, which has been described as Oregon's leading academic medical center, offering advanced treatments and expert care.

Washington state is also one of the most expensive places for a hospital stay. An average stay of just under five days in Washington can cost as much as \$17,753, equating to more than \$3,800

per day in hospital fees. If you are looking for specialized hospital care, Inova Fairfax Hospital and MedStar Washington Hospital Center have numerous medical specialties. From complex care to common procedures and conditions such as knee replacement and heart failure.

The most common reasons for hospital stays:

- 1-Septicemia
- 2-Heart failure
- 3-Osteoarthritis
- 4-Pneumonia (except that caused by tuberculosis)
- 5-Diabetes mellitus with complication
- 6-Acute myocardial infarction
- 7-Cardiac dysrhythmias
- 8-COPD and bronchiectasis
- 9-Acute and unspecified renal failure
- 10-Cerebral infarction

Septicemia, also known as sepsis, is the clinical name for blood poisoning by bacteria; surprisingly, it is the most common reason for hospital stays in the United States, with a shocking rate of over 2.2 million. Sepsis is a life-threatening infection that requires urgent medical treatment.

Another primary reason for hospital stays across the US is heart failure. This typically happens when the heart cannot adequately pump blood around the body, especially when it has become weak. In the United States, a staggering 1,135,900 hospital stays resulted from heart failure in 2018.

With more than 1.1 million hospital stays, osteoarthritis is one of the most common reasons for visiting the hospital in the US. The condition causes joints to become painful and stiff. It is also one of the most common types of arthritis. ★

## Every Second Counts

*Continued from page 1*

District (SMFD) presentation approached the Ambulance Patient Offload Time issue another way. The fire district implemented the county's revised protocol (Policy Number 5050 – Destination), which authorizes patients to be taken to their medical health system's hospital, instead of the closest hospital, allowing for faster treatment since their medical records were already there.

The Sacramento Metropolitan Fire District also determined if a patient needed to be directly taken to the ER or if they could safely wait in the lobby. The fire district also partnered with other ambulance providers to provide additional ambulances to support the 9-1-1 system.

The fire district implemented a Mobile Integrated Health program, which means a Physician Assistance/Nurse Practitioner teams with a paramedic who responds

to calls and determines what a patient might need and if they can be treated at the scene without going to the emergency department.

The Sacramento Metropolitan Fire District's innovations aim to get patients to the right place the first time, whether that's the ER, lobby or another service, according to the presentation.

The Feb. 13 event demonstrated that local hospitals, prehospital provider and the Sacramento County Board of Supervisors are strongly committed to improving Ambulance Patient Offload Time and emergency medical services, according to the county. With continued collaboration, innovation and inspiration, Dr. Kann emphasized that these conversations are what will fuel the plan to better lead the Ambulance Patient Offload Time and deliver better outcomes for patients in Sacramento County. ★

*Thank A Veteran Today*

# Hoover and Patterson Introduce Measure to Address Homelessness



Josh Hoover

Office of Assemblyman Josh Hoover News Release

**SACRAMENTO, CA (MPG)** - Assemblymembers Josh Hoover (R-Folsom) and Joe Patterson (R-Rocklin) announced Assembly Bill 2417 to expand and improve California's response to our state's homelessness crisis. This legislation increases funding flexibility for treatment and service-oriented programs by repealing the state's existing one-size-fits-all "Housing First" approach to homelessness. "Our current approach to homelessness is failing to get the results our communities are asking for," Assemblyman Josh Hoover said. "We need a renewed focus not just on housing, but on getting people the necessary treatment they need to get out of the cycle of homelessness. It's time for our state to support programs that are driving real change and getting people the help they need."

Since 2018 California has spent over \$20 billion taxpayer dollars to solve the homelessness crisis. During that same period the state's overall homelessness population has increased by 32 percent and today half of the nation's unsheltered homeless live in California. "If we are serious about fully addressing the growing homelessness crisis, we must ensure we are treating the root causes of homelessness," said Assemblyman Patterson. "Shelters without accountability have proven to be ineffective. AB 2417 will allow the existing successful programs in my district, and statewide, to focus their efforts on providing proven effective services to assist individuals in restoring and rebuilding their lives."

AB 2417 shifts California's focus "Beyond Housing" by recognizing that individuals experiencing homelessness have diverse needs and may require different pathways to stability. The bill would allow state agencies and departments to allocate funds to programs that prioritize mental health and drug treatment as a prerequisite for participation. The proposed legislation comes in response to growing concerns over the shortcomings of the "Housing First" model, which has failed to adequately address the root causes of homelessness in many cases and has left many individuals without access to essential services. Moving "Beyond Housing" offers another tool in the toolbox for local governments as they seek to develop more holistic approaches to addressing homelessness. ★

pay with a credit card or eCheck, and upload required documents or approvals. To qualify for the online authorization, the event must be more than five days but not more than 60 days from the application date. Users can submit and pay for events online for up to three consecutive days if each day has the same number of attendees and hours during which alcohol is served. If the dates are not consecutive, or if the number of attendees and hours are not the same, each day must be submitted and paid for as a separate event. There is a limit of 36 catered events per year at any given location. This limit applies to all Caterer's Permits (Type 58), including those held by club licenses (Type 50, 51, and 52). An exception may be made to exceed 36 catered events if the licensee can clearly establish that additional events are in the best interest of the State and necessary to satisfy substantial public demand. Exceptions can be requested at a local ABC District Office. For more information about online catering authorization applications, please visit <https://www.abc.ca.gov/licensing/license-forms/caterers-permits/>. ★

# Community Call-Out for Participation: Photography Month Sacramento in April

## Photography Month Sacramento News Release

**SACRAMENTO, CA (MPG)** - Led by Viewpoint Photographic Art Center – a non-profit organization located in Midtown Sacramento – and in collaboration with many involved partners including the City of Sacramento, Inside Publications, Sacramento County Board of Supervisors Office of Phil Serna (District 1), and Sacramento365.com, Photography Month Sacramento is scheduled for April 2024. First launched in 2018, the month-long event is highlighted by a variety of diverse and eclectic events that include special exhibits, receptions, photo shoot meetups, workshops, lectures, photo shoot gatherings, and more. With a new "Anything Goes" theme this year, the annual photographic celebration offers a diverse and collective experience of the visual arts. Photography Month Sacramento creates a shared platform for galleries, museums, educational institutions, libraries, retail establishments, photographers, and patrons to celebrate and elevate the art of photography. Interested participants are encouraged to create and/or highlight their own activations to help showcase the art of photography. Thus far, a number of museums, businesses, and educational institutions from throughout the region have already signed up to participate in 2024, including: Casa de Español, Crocker



Local photography is always appreciated at area museums. Photo courtesy of Photography Month Sacramento

Art Museum, Granucci Gallery at the Center for the Arts in Grass Valley, Nevada County Camera Club based in Nevada City, Sacramento History Museum, Sacramento State University Department of Photography, Viewpoint Photographic Art Center, and YoloArts in Woodland.

### How to Get Involved: Businesses, Museums and Organizations

Involvement in Photography Month Sacramento for businesses, museums and organizations is free and simple to do. The regional showcase offers a turnkey way to highlight visually enticing photographic programming already in place (possibly by incorporating a fresh visual element or hosting a special activation), introduce a concept in the planning stages, or create something unique to engage enthusiasts and connect with new audiences throughout the region.

### How to Get Involved: Photographers

Photography Month Sacramento is open to everyone – professional and amateur photographers alike – and offers wonderful opportunities to launch and/or exhibit photographic work, or to create a grassroots collaborative exhibit with friends interested in the visual arts. Those interested are encouraged to get creative and plan individual activations and/or contact favorite local coffee houses or restaurants to see if they might host an exhibit or reception in April 2024. Once any photography-related concepts are confirmed by businesses, organizations, museums or individuals, Photography Month Sacramento participants are asked to post information details about any upcoming events here, a community curated calendar that is connected to and supported by Sacramento365.com. To explore available sponsorship opportunities or find out more detailed (and continually updated) information about Photography Month Sacramento 2024, please visit [www.photomonthsacramento.org](http://www.photomonthsacramento.org). ★

# ABC License Administrators Can Now Submit Catering Authorization Applications Online

## Department of Alcoholic Beverage Control California News Release

**SACRAMENTO, CA (MPG)** - Department of Alcoholic Beverage Control's (ABC) catering authorization applications are now available online for the first time, permitting users to complete the form within minutes.

"We are excited to bring an online method for licensees to apply and pay for the most common application submitted to the department," said Licensing Division Chief Jaime Taylor. "Catering authorizations are used for selling and serving alcohol at many types of events, from weddings to large scale music festivals. Our new online applications will make the process much simpler and faster, providing an enhanced service to Californians who are applying for a catering authorization."

Catering authorizations allow licensees with an active caterer's permit to sell alcoholic beverages for consumption during events approved by ABC. Applicants must have an ABC Online Services account with the License Administrator role. Applicants can submit their application,

healthier environment for everyone."

For instance, one of the measures, Establishing Safe Routes to School, is labeled green to indicate it is in progress and goals such as completing the County's updated Active Transportation Plan have been accomplished. The measure Incentivize Infill Development is labeled yellow as efforts have begun in support of the initiative. The measure Establish EV Parking Code is marked red as efforts have not yet begun on the measure. "Dashboard users can also see clearly what the County is doing to adapt to increasing temperatures, sea levels, flooding, wildfires, and changing water supplies," said Lundgren. "We have launched this site to foster transparency with the public and demonstrate accountability towards the progress of our initiatives," said Lundgren. Learn more about the dashboard at [green.saccounty.gov](http://green.saccounty.gov). ★

# County Charts Its Green Journey with New Dashboard

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is launching a new, easy-to-use "Sustainability Dashboard," which charts the County's course on its way toward achieving greenhouse gas (GHG) reductions and adapting to climate change. The Sustainability Dashboard lists each of the County's specific measures to reduce GHGs and adapt to climate change with a color chart that indicates whether the efforts for the measure have begun, and some goals have been achieved; whether efforts for the measure have started; or if efforts for the measure have not started.

"You don't have to be an expert on environmental or sustainability issues to get a handle on the work we're doing," said John Lundgren, Sacramento County's Sustainability Manager. "This website is designed for anyone who has an interest in understanding the County's progress on specific efforts for providing a cleaner,

healthier environment for everyone."

**Sell Your Vehicle in the Local Classifieds**  
Call **916.773.1111**  
MPG

**Gold River Messenger**  
Serving Gold River and Sacramento County

It is the intent of the *Gold River Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Gold River Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Gold River Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Gold River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

*Gold River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. The *Gold River Messenger* is published monthly. Call 916-773-1111 for more information.

**MPG**

We are proud members of these newspaper associations.

**PAYROLL and HR Support \$299 a month**  
Only available for businesses with up to 10 employees

We specialize in small and mid-sized businesses. Offering comprehensive and intuitive payroll and HR solutions.

**PINNACLE**  
EMPLOYEE SERVICES  
HR | Payroll | Benefits

- DIRECT DEPOSIT
- QUARTERLY TAXES FILING
- PAYROLL TAXES PAY
- ACCRUAL TRACKING
- FILING AND REPORTING
- PAYROLL APP
- HR COMPLIANCE

**916-760-7227**



With Mary Jane Popp

# Four Letter Word

Now don't get ahead of me because I said a four letter word. We all have to face times when our backs are up against the wall. So how do we learn to deal with it and maybe even learn to laugh? Dr. David Levy faced adversity and learned to laugh at himself and get up to face life. Dr. Levy is an award-winning Professor of Psychology at Pepperdine University, and he has been sought out for appearances on CNN, PBS, NPR and Nat Geo as a media consultant on current events. So came his book "Life is a 4-Letter Word" laughing and learning through 40 life lessons.

EMPATHY. He told me it is easier said than done, but with practice, it can become easier. I remember when a concert pianist was asked how he got the Carnegie Hall, his answer was simple...practice, practice, practice.

**6. HAVE THE WISDOM NOT TO FIGHT EVERY BATTLE.** Because sometimes it is not even about winning, but knowing that the battle may not be worth fighting over.

**7. LEARN TO TRUST FACTS OVER FEELINGS.** This lesson has the backing of the United States Navy, so if you don't like it, take it up with them.

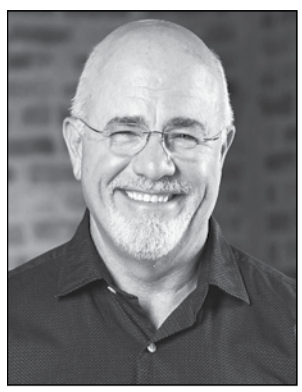
**8. DIFFERENTNESS IN ITSELF IS NOT A THREAT.** Something to keep in mind, especially in today's society, when circumstances can get so divisive among people. It's okay to be different.

**9. LOVE SOMETHING ENOUGH TO LET IT GO.** This is a lesson from one of his personal favorite stories about Zorro, his beloved Labrador. This story has a special place in his heart because it is hard to let go of your best friend. I know I sure do and have had to do it more than once.

**10. WITH AGE, THE ABSENCE OF CATASTOPHIC NEWS IS GREAT NEWS.** It was the first time in his life when he was genuinely ecstatic to have a kidney stone. I guess what he means is all you have to do is think of all the other much worse possibilities!

My favorite lesson was "Things could always be worse." So enjoy the moment at www.drdaavidlevypsych.com. And live the 4-Letter word...LIFE!

- Here are ten he shared with me.
- 1. SOMETIMES A TIE IS REALLY A WIN.** This lesson can apply to relationships, friendships...basically all human interactions. It is a shift in perspective that allows everyone to emerge a winner, with no necessity for losers.
  - 2. EMPTY THREATS ARE WORSE THAN NONE AT ALL.** This lesson became especially poignant and relevant as he became a parent. He remembered this lesson every time he went to Disneyland with his kids. I'm sure you get what he means.
  - 3. TRY TO REPLACE ENVY WITH SELF-ACCEPTANCE.** Envy knows no bounds, but self-acceptance can stem the tide.
  - 4. WHEN YOU DON'T KNOW WHAT TO DO, FAKE IT 'TIL YOU MAKE IT.** With this lesson, you can get a lot further than you think, and hey, no one can tell you otherwise.
  - 5. FIND FORGIVENESS THROUGH**



# Dave Ramsey Says

## My Wife Thinks She Owes Me Money

Dear Dave,

My wife and I have been married for nine months, and we've been following your Baby Steps plan for three months. We have about \$50,000 in debt, and I recently cashed out an old whole life policy that enabled us to pay off \$22,000 of our debt. My wife still feels weird about us doing that, since the money paid off all the student loan debt she accumulated before we got married but none of the debt I brought to the marriage. I look at everything as ours, not mine and hers. What can I do about her sense of guilt and feeling indebted to me

- Anonymous  
Dear Anonymous,  
This isn't an uncommon

thing in situations like yours. But more than feeling indebted to someone or experiencing a sense of guilt or shame, it's really a discussion about differing views of marriage.

You're never in debt to your spouse. You should be all in where your husband or wife is concerned. Remember the vows? For richer, for poorer. In sickness and in health. If she makes you chicken soup when you're sick, does she charge you for it? Of course not. When you get married, you agree to take on each other's burdens. Once you walk down the aisle with someone, you're choosing to serve each other. You're also choosing to take on each other's debt, each other's income, each other's assets and each other's crazy parents. Everything!

It all boils down to having a shared view of a proper marriage relationship. And the proper (and biblical) view is we own everything. There's no mine and yours anymore. Now,

you can't make her feel—or not feel—a certain way. But you can ask her questions to understand where she's coming from and what blockers are keeping her from being totally together in this. Talk about it. Put your heads together and practice thinking about your marriage as a union.

It will take some encouragement from you and some getting used to on her part, but if you work together, it's a muscle you can grow and develop together!

- Dave  
Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions ★

**FOLLOW US**  
for Local News and much more!

**Gold River Messenger**  
Facebook: @GRMMPG8

**MPG**  
**WE SUPPORT FIRST RESPONDERS**

**LOCAL ARREST RECORDS**  
Find out what's happening in your local area  
Arrest Logs updated daily  
GOLDRIVERMESSENGER.COM

# Local Classifieds

Advertise in your local community newspaper  
Call 916-773-1111

<h3>Announcement</h3> <p>Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase. Call 1-844-439-5645 today to schedule a free quote. It's not just a generator. It's a power move. (Cal-SCAN)</p>	<h3>Autos Wanted</h3> <p>Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-844-491-2884 today! (Cal-SCAN)</p>	<h3>Fitness/Yoga</h3> <p><b>Your Fitness Genie</b> Virtual Sessions Age Well At Home Avoid Assisted Living Keep Strength and Mobility Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767</p>	<h3>Health/Wellness</h3> <p>JOIN FOR FREE - NO KITS OR QUOTES &amp; FREE WEBSITE. CTFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com (TFN)</p> <p>Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-888-892-5598 (Cal-SCAN)</p>	<h3>Help Wanted</h3> <p><b>Kp International Market</b> Many Positions are Available. Please no phone calls. Apply in person. 10971 Olson Dr. Rancho Cordova, CA 95670</p>	<h3>Home Remodel</h3> <p>Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24) Call 1-833-985-4766 (Cal-SCAN)</p>	<h3>Miscellaneous</h3> <p>The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com</p>
<h3>Cable Plans</h3> <p>DIRECTV Sports Pack 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-888-641-5762 (Cal-SCAN)</p>	<h3>Cellular Plans</h3> <p>Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-844-908-0605 (Cal-SCAN)</p>	<h3>For Sale</h3> <p>AVAILABLE. Buildable Lot. Land Park. Call Tony. 916-248-2766 (3/15/2023)</p> <p>'V-8 (Cadillac Engine) in 1995 Oldsmobile Aurora. 64,000 original miles. Must take whole car. Transmission is no good. \$500 or best offer. Call 530-742-9144 and leave message. (TFN)</p> <p>'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 leave message. (TFN)</p>	<h3>LEGAL ADS FOR SACRAMENTO COUNTY?</h3> <p><b>We Can Do That!</b> Call to place your legal advertising 916-773-1111 All Legal Ads Published by Messenger Publishing MPG</p>	<h3>Insurance/Health</h3> <p>SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)</p>	<h3>Landscaping</h3> <p><b>YARD SERVICE ONE-TIME CLEANUP</b> Mow, Weed, Prune &amp; Haul NEED: Landscaping bark? Gutters cleaned? Light fence work? CALL 916/205-9310 or 916/627-9000/</p>	<h3>Music Lessons</h3> <p><b>Guitar Lessons</b> Beginner to Advanced . \$20/half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/31/2024)</p>
<h3>Autos Wanted</h3> <p>DONATE YOUR CAR TO KIDS.Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)</p> <p>GOT AN UNWANTED CAR?? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495. (Cal-SCAN)</p>	<h3>Computer Service</h3> <p><b>Zinsky's</b> PC Configurations "Don't replace it - REPAIR IT!" Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Viri &amp; Spyware Eradication Alan Zinsky Phone: 916-622-2269 zconfig@sbcglobal.net Bus. Lic. # 303312 • B. E. A. R. Reg. #84416 www.zinskyspcrepair.com</p>	<h3>Hall Rentals</h3> <p><b>VFW Post 6158</b> 8990 Kruthof Way, Fair Oaks, CA 916-966-1663 vfw6158.org/rent-our-hall/ Call or come by</p>	<h3>RETIREDCOUPLE</h3> <p>HAS \$1MIL TO LEND ON CA. REAL ESTATE* V.I.P. TRUST DEED COMPANY Buys T.D.s and Buys/Lends on Partial Interests OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLoan.COM *Sufficient equity required - no consumer loans Real Estate License #1041073 CA Department of Real Estate, NMLS #339217 Private Party loans generally have higher interest rates, points &amp; fees than conventional discount loans</p>	<h3>Internet</h3> <p>DIRECTV OVER INTERNET - Get your favorite live TV, sports and local channels. 99% signal reliability! CHOICE Package, \$84.99/mo for 12 months. HBO Max and Premium Channels included for 3 mos (w/CHOICE Package or higher). No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-855-404-2509 (Cal-SCAN)</p> <p>FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping &amp; handling. Call Maxsip Telecom today! 1-855-480-0769 (Cal-SCAN)</p>	<h3>CREATE YOUR PARADISE</h3> <p>Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design &amp; Installation, Est 1987 American Construction &amp; Property Maintenance Company WE ACCEPT VISA &amp; MASTER CARD (916)612-0776 Lic#690968</p>	<h3>Real Estate</h3> <p>RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)</p>
<h3>Autos Wanted</h3> <p>Don't miss this! \$2500+ cash for your old car. Call 1-888-491-1453. (Cal-SCAN)</p>	<h3>Financial</h3> <p>Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)</p>	<h3>We Support Our Military</h3>	<h3>Need Help? Hire a Pro!</h3>	<h3>GOT LOCAL NEWS? Call (916) 773 1111</h3>	<h3>Miscellaneous</h3> <p>DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)</p>	<h3>Roofing</h3> <p><b>BERNARDINO ROOFING</b> Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER! ***FREE ESTIMATES*** <b>SENIOR DISCOUNTS</b> Lic.#817945 43 Years Experience <b>916.920.0100</b> www.bernardinoroofing.com</p>
						<h3>Tree Service</h3> <p><b>BP TREE SERVICES LLC.</b> TREE &amp; STUMP REMOVAL TREE TRIMMING/SHAPING FREE ESTIMATE 10% OFF WITH THIS AD Insured. Workman's comp. Arborist <b>916-722-6321</b> BPTreeServices.com VISA / MASTER CARD California Contractors Lic #1036031</p>

# CALL A PRO BUSINESS DIRECTORY

**SLS**  
**Superior Landscape Services**  
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured  
 Lic#794551

(916) 728-5812 • Cell (916) 761-0999  
 Dave Cochran Owner • dave\_SLS@surewest.net

**A-1 AFFORDABLE ROOFING SERVICES, INC**

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

**John Fleenor, Contractor**  
 1741 L Street, Rio Linda, CA 95673

Cell: **(916) 206-1613**  
 Contractor Lic. #1064966

**GREENWAY TREE SERVICE**

Specializing in Expert Tree Pruning,  
 Tree Removal & Stump Grinding

**Free Estimates**  
**Competative Prices**

Licensed and Insured  
**(916) 224-9750**

**HOME IMPROVEMENTS**  
**DONALD NAY**  
 (209) 768-9219  
 DonPNay@gmail.com  
 \*\*\*\*\*Experienced Handyman

Repair or Replace?  
**CALL NOW!**

- Faucets, Valves
- Clogged Drains
- Toilets, Sinks
- Doors, Windows
- Gates, Fences
- Gutters, Vents
- Electrical, Fans
- Drywall, Paint
- Tile, Wood
- Home Maintenance

**Patch Masters Drywall**  
 Acoustic Removal & Drywall Textures

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation
- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited

**Mike Church**  
 Owner  
 CA Lic# 1004984  
 Bonded & Insured

**(916) 847-7783**  
 PatchMastersDrywall@yahoo.com  
 www.DrywallPatchMasters.com

**Rio Linda Eye Care**

Laser Surgery • Eye Glasses • Contact Lenses  
 • Eyewear for Computer Users

**Dr. William Fleischmann**  
**(916) 991-8444**

Saturday Appointments Available  
**6716 RIO LINDA BLVD., SUITE B, RIO LINDA**

**THE MASON MAN**  
 LICENSE # 810329

**VISUALIZE & CUSTOMIZE**  
**MASONRY / FENCING / CONCRETE**

CALL FRED FRANKLIN - THE MASON MAN  
**916.826.9796**  
**VCMASONRY@ICLOUD.COM**

**Just Send It Postal**

justsendit11@yahoo.com  
 Phone: (916) 723-8855 • Fax: (916) 723-0208  
 Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED

7250 Auburn Blvd. #C Citrus Heights, CA 95610  
 www.justsenditpostal.com

NOTARY \* PRINTING \* SHREDDING

**RETIRED COUPLE**  
 HAS \$1MIL TO LEND ON CA. REAL ESTATE\*

**V.I.P. TRUST DEED COMPANY**  
 Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING  
 Principal **(818) 248-0000** Broker  
**WWW.VIPLAN.COM** \*Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217  
 Private Party loans generally have higher interest rates, points & fees than conventional discount loans

**DRAINS ONLY**  
**THE DRAIN & SEWER CLEANING CO.**

Charles Mitchell  
 916-868-5771  
 CMJR6348@GMAIL.COM

4 Picket Ct. Sacramento, CA 95823  
 SPB12018-00953

**BOOKER renovations**  
 COMMERCIAL & RESIDENTIAL SERVICES | FREE ESTIMATES

We Specialize in  
**Kitchens and Bathrooms**  
 We can make your  
**dream kitchen**

**916.459.8864** Info@booker-renovations.com  
 Bonded and Insured | Lic #1077630

**TRACTOR SERVICE**

- Mowing • Rototilling
- Discing • Scraper/Loader

Call  
**(916) 991-8431**

C	A	U	L	K	S	A	P		B	L	A	B		
O	G	L	E	R	A	C	R		C	R	E	D	O	
M	A	N	T	A	L	E	I		R	A	V	E	N	
B	R	A	C	K	E	T		S	H	I	N	I	N	G
		H	O	T		E	M	I	T					
C	P	A		W	H	U	P		S	I	N	G	L	E
H	O	D	S		O	C	A	S		C	A	R	A	T
A	L	I	T		S	L	U	E	S		P	O	S	H
F	L	E	A	S		A	L	E	E		E	P	E	E
F	O	U	R	T	H		E	D	G	E		E	R	R
				R	E	N	T		N	U	B			
A	R	I	Z	O	N	A		C	O	L	L	E	G	E
C	A	R	O	B		I	R	E		O	A	T	E	N
I	N	A	N	E		V	A	N		G	R	A	N	D
D	I	N	E			E	F	T		Y	E	S	E	S

**STATEPOINT CROSSWORD • MARCH MADNESS**

- CLUES**
- ACROSS**
- Window addition?
  - Huge software company
  - Spill the beans
  - Watcher
  - Acronym, abbr.
  - Words to live by
  - Ocean-dwelling ray
  - Polynesian necklace
  - "Once upon a midnight dreary" bird
  - "Fill-in-the-blanks, March Madness style
  - "One \_\_\_ Moment"
  - Like jalapeño
  - Give off
  - Bean counter?
  - "Dominate opponent, slangily
  - "\_\_\_-elimination tournament
  - Bricklayers' carrier
  - Wood sorrels
  - Jeweler's unit
  - Alight, past tense
  - Swings around
  - Spice Girl
  - Bubonic plague carriers
  - Away from wind
  - D'Artagnan's sword
  - "Elite Eight, or the \_\_\_ round of tournament
  - Bono's bandmate, with The
  - Make a mistake
  - Landlord's due
  - Small lump
  - \*State Farm Stadium state
  - \*Not pro
  - Chocolate substitute
  - Hot temper
  - Derived from oats
  - Cuckoo
  - Sir George Ivan Morrison's stage name
  - Baby at a recital
  - Have supper
  - Young newt
  - Many affirmatives
- DOWN**
- Brush alternative
  - Culture-growing turf
  - Long forearm bone
  - Satyr
  - City in Poland
  - \*Delta Center location: \_\_\_ Lake City
  - Hole-in-one
  - Type of polyhedron
  - Raisin's breakfast companion
  - Denim innovator
  - Tork in Yemen
  - Toker's pipe
  - Professional reviewer
  - Not paths
  - Not hers
  - Shoulder rank display
  - Winnowing leftovers
  - Chicken in Mexico
  - Farewell in Paris
  - \*School with most NCAA basketball titles
  - Back of the neck
  - Search blindly
  - Lightsaber beam
  - Olden days anesthetic
  - \* \_\_\_ player
  - Garden starter
  - D.S., in sheet music
  - Dance club light

**CROSSWORD**

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
						23			24					
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41			42		43				
44					45			46			47			
48					49			50		51		52		
					53			54		55		56		
57	58	59	60					61				62	63	64
65								66	67		68			
69								70			71			
72								73			74			

**Switch & Get \$25**

Off First Month of New Service!  
 USE PROMO CODE: **GZ590**

**Consumer Cellular**

CALL CONSUMER CELLULAR **888-804-0913**

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

**Classified Advertising**

Sell Your Stuff!  
 Reach 1000's of Readers Every Week!

**MPG**

**916.773.1111**

3	8	4	7	1	6	9	2	5
5	6	9	4	2	8	7	1	3
2	7	1	9	5	3	8	4	6
9	4	5	6	8	7	1	3	2
8	2	6	1	3	9	4	5	7
1	3	7	5	4	2	6	8	9
6	5	3	8	9	1	2	7	4
4	9	8	2	7	5	3	6	1
7	1	2	3	6	4	5	9	8

**SUDOKU**

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB** 1-855-576-5653

3			7	1					
5					8			1	
2		1						4	6
			5						3
				1		9			
		3					6		
6	5					2		4	
	9		2					1	
				6	4			8	

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**

# Interview with USL Head Coach Mark Briggs

By Mitch Barber

**SACRAMENTO, CA (MPG)** - Mark Briggs has a clear mission for the 2024 United Soccer League (USL) season, Republic FC's 11th. He told the Messenger Publishing Group that "it is to go one step further than last year and win the championship. Pretty simple, I think, after where we got to last year and reaching the conference final. We gotta go one step further this year and try and be better than what we were."

The club won its only USL championship in 2014.

The Tower Bridge Battalion has been cheering since then.

Briggs said of them, "I think they're like a 12th person on our team. They give us extra energy when we're in difficult moments. They make us run those extra five yards when we're tired. I can't speak highly enough of the Tower Bridge Battalion. I think they're incredible and we're proud to have them as our supporters' group."

The Tower Bridge Battalion will support numerous players this season who made their way through the Republic FC Academy, such as forward Rafael Jauregui, the youngest goal scorer in club history; forward Da'vian Kimbrough, who just turned 14 and signed with the club at 13 becoming the youngest pro in U.S. team sports history; midfielder Blake Willey who grew up in the Pocket area; and 16-year-old central defender Chibuiké "Chibi" Ukaegbu.

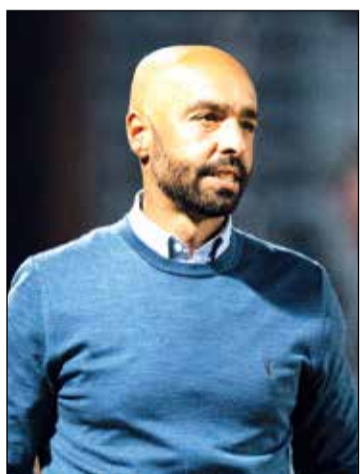
Briggs also started his own career at an early age in England. When asked about pickup soccer there, he said, "It's a huge thing. You drive past every park and there's people going on [the pitch] and, it was for me every single day growing up, soon as I finished school, there would be 20, 30 of us at the park just playing. I think it's where the game over here... You don't get that in America. I think you can go anywhere else in the rest of the world, England, Italy, Brazil, Argentina, like there's



Forward Rafael Jauregui prepares to kick the ball. Photo courtesy of Sacramento Republic FC



Defender Chibuiké "Chibi" Ukaegbu prepares to make a pass. Photo courtesy of Sacramento Republic FC



Sacramento Republic FC Head Coach Mark Briggs. Photo courtesy of Sacramento Republic FC



Assistant Coach Martin Vásquez gives instruction on the pitch during a Sacramento Republic FC practice. Photo courtesy of Sacramento Republic FC

always just people playing, you know? Of course, you don't need anything —just a ball. [If] you can't find a goalpost, use trees, use whatever it is, you can just play and I think that's what I'd like to see happening a little bit more over here in America."

And then there's veteran midfielder Rodrigo Lopez, who was on Republic FC's 2014 championship team, winning MVP honors in

the final. He's from Guadalajara, Mexico, another country with quite the pickup soccer scene.

USL soccer is a different level of soccer. Coach Briggs said of

Republic FC, "You have professional players, a professional team of the highest caliber there has ever been in Sacramento. I think the reason to come out and support your

local club [is] first and foremost, but also you have top top players that are in this league, and I think a lot of people still have the perception that it's semi-professional, and it's not semi-professional; it's fully-professional. If you have a kid that likes soccer, there's no better learning tool than watching a professional live."

What does Briggs do when he isn't coaching elite soccer?

"I'm usually with the family: my wife, my kids, my dog. Usually walking around parks or playing with the kids," the coach said. "Every now and then, I pick up a pickleball racket or tennis racket. Sometimes a golf club and the majority of the time's with the kids and with my wife."

Briggs is comfortable in Sacramento. He said of the city, "It's not flashy — you know the glitz and glamour of your L.A.'s and San Diego's. It's humble people that work hard and enjoy life and I certainly feel at home here."

Let's see if he and the team can bring Sacramento another championship in 2024.

*The Indomitable Club will open their season on March 9 against Orange County SC at Heart Health Park, 1600 Exposition Blvd., Sacramento. Kickoff is set for 7 p.m.* ★

## KP International Market

**10971 Olson Drive**  
Rancho Cordova, CA 95670  
916.853.8000

Market: 7 Days: 8am - 9pm  
Food Court: 7 Days: 11am - 7:30pm  
Korean/Mex/Viet: 7:30pm last call  
Chinese/Japanese: 7:00pm last call

---

### Our 1st Anniversary Giveaway!

## FREE CAKE FOR FIRST 200 PEOPLE

**3/16 SAT 10AM-12PM @ KP BAKERY**  
10971 OLSON DR RANCHO CORDOVA, CA 95670

**Gluten-Free Cappuccino Cake**

## FRESH PRODUCE

Carrot 5 lbs <b>\$3.49</b> /bag	Cosmic Crisp Apple <b>\$1.19</b> /lb	Grape Tomato 10.5 oz <b>2/\$5.00</b>	Whole White Mushroom 8 oz <b>\$1.89</b> /ea
Yukon Potato <b>99¢</b> /lb	Mexican Mango Box <b>\$18.99</b> /box	Russet Potato 10 lbs <b>\$2.59</b> /bag	English Cucumber <b>99¢</b> /ea

## AMERICAN/HISPANIC GROCERY

Scrubber Fabric Softener 5.5 liter <b>\$16.99</b> /ea +TAX	Bic Mild Purpose Lighter 1 ct <b>\$3.99</b> /ea +TAX	Maggi Instant Noodles 5 pk 5 x 80 g <b>\$4.99</b> /ea	Barstocco Wafers 5 oz <b>\$1.29</b> /ea	Best Foods Real Mayonnaise 30 Lbs <b>\$5.99</b> /ea
--	--	---	---	---

## ASIAN GROCERY

Excellent Rice Stick Bibon 16 oz <b>\$2.99</b> /ea	Ox & Palm Corned Beef 15 oz <b>\$6.99</b> /ea	Asanil Coconut Cream 14 oz <b>99¢</b> /ea	Quail Egg 15 oz <b>\$2.49</b> /ea	Chuan Chuan Quail Eggs 15 oz <b>\$2.49</b> /ea	Best Foods Real Mayonnaise 30 Lbs <b>\$5.99</b> /ea
--	---	---	-----------------------------------	--	---

## EUROPEAN GROCERY

Morinated Namoko Mushrooms 840 gr <b>\$5.99</b> /ea	Zeyra Vegetable Spread Hot Ajvar 540 gr <b>\$3.69</b> /ea	Wild Cod Liver 240 gr <b>\$4.99</b> /ea	Army Brand Tusshonka 425 gr <b>\$4.99</b> /ea	Prince Polo Dark Chocolate Wafers 32 / 35 gr <b>\$12.99</b> /ea
---	---	---	---	---

## KOREAN/JAPANESE GROCERY

Riber Chan Rice 15 lbs <b>\$12.99</b> /ea	Tea Herb Sanchon 50pk 3000 ml <b>\$7.49</b> /ea	Korean BBQ Sauce 4.6lbs 840 g <b>\$3.99</b> /ea	Coffee Flavour Milk Drink 6 x 6.5 oz <b>\$3.99</b> /ea	Red Pepper Powder (Ajitcho) 1 kg <b>\$8.99</b> /ea	O'Food Mild Seungjang 500 g <b>\$2.99</b> /ea
Sweet Peas Noodles 450 g <b>\$3.99</b> /ea	Joy & Boshik 3 kinds 500 g <b>\$3.99</b> /ea	Paimeure Dried Seaweed 100 g <b>\$3.99</b> /ea	Fruit Jelly 2 kinds 500 g <b>\$2.99</b> /ea	Ungul Soab 4 kinds 11.5 oz <b>\$2.99</b> /ea	Soab Branzing 24 ct <b>\$2.99</b> /ea
			Tonocuan Drink 4 kinds 500 ml <b>99¢</b> /ea		

## HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) <b>4.99</b> /ea	MODAMODA SHAMPOO 300 G <b>2.99</b> /ea
ELECTRIC BBQ GRILL <b>39.99</b> /ea	ELECTRIC RICE COOKER (4 CUPS) <b>14.99</b> /ea
ELECTRIC RICE COOKER (2 CUPS) <b>14.99</b> /ea	ELECTRIC RICE COOKER (10 CUPS) <b>14.99</b> /ea
ELECTRIC RICE COOKER (10 CUPS) <b>14.99</b> /ea	ELECTRIC RICE COOKER (10 CUPS) <b>14.99</b> /ea

## FROZEN & FISH DEPT

Raw Shrimp Peeled & Deveined 2 lbs <b>\$10.99</b> /ea	Dried Persimmon 3 lbs <b>\$11.99</b> /ea
---	--

## WEEKLY MEAT SPECIALS

Beef Ribeye Roast - Boneless Choleon de Ternera Acado Deshossado <b>\$6.99</b> /lb	Beef Ribeye Steak - Boneless Filet Choleon de Ternera Deshossado <b>\$7.99</b> /lb
Beef London Broil/ Top Round Roast Pajpa Para Hornear Roast 6lb Hueso <b>\$4.99</b> /lb	Pork St. Louis Ribs - Single Pack Costillas de San Luis <b>\$3.99</b> /lb
Chicken Leg Quarters Piernas y Muslo de Pollo <b>89¢</b> /lb	Pork Butt Bone-In Trazo de Porco con Hueso <b>\$2.49</b> /lb
	Pork Tenderloin Lomo de Cerdo <b>\$3.99</b> /lb

## FROZEN & FISH DEPT

Cuttlefish Noodles 80 g <b>\$1.99</b> /ea	Columbus Pastrami <b>\$12.09</b> /ea	Cerignola Olives <b>\$6.69</b> /lb
	Ham Off The Bone <b>\$6.19</b> /ea	Olives with Jalapeno <b>\$5.19</b> /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 06 - MARCH 12, 2024.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 06 - MARCH 12, 2024.