

Library Helps Teens Shine on **Prom Night** 

Tickets Now on Sale for the 2025 California Capital Airshow

# IERICAN

**VOLUME 20 • ISSUE 5** 

Serving Fair Oaks, Orangevale & Sacramento County

MARCH 7, 2025

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### **DRIVERS SEE A SLIGHT BREAK**



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# **Breakfast for the Birds**



Effie Yeaw Nature Center's annual Bird and Breakfast fundraiser will be on Saturday, March 15. Participants must be over 12 years old and able to walk for approximately 90 minutes.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Effie Yeaw Nature Center's popular Bird and Breakfast fundraiser has for almost 40 years proven that there's more to ornithology than ogling birds.

In acreage resonant with morning song, experts will lead safaris to view busy birds on Saturday, March 15. A hot brunch will follow.

Participants will see dozens of avian species in courting, feeding and nest-building modes. No bird gets left behind: guides are as excited by tiny finches as by majestic raptors.

Expeditions follow trails in the Effie Yeaw Nature Center's 99-acre preserve, continuing to



Bird-watching safaris promise sightings of many avian species at the Effie Yeaw Nature Center on Sunday, March 15.

the American River, where waders include egrets, herons and sandpipers.

Sacramento Audubon scouts

view parkland beforehand to locate nests. Viewing is enhanced by high-powered scopes.

The breakfast safari costs \$65 (\$60 for American River Natural History Association or Nature Center members). Participants must be over 12 and able to walk for approximately 90 minutes. Stout shoes and binoculars are an asset.

All proceeds assist the Nature Center's educational outreach. Reservations are required.

The Effie Yeaw Nature Center will also offer bird-lovers' programs on March 6 and March 12. Lecturers are Jack Gedney and Rich Howard. For more information on all Effie Yeaw Nature Center events, visit online effie-Yeawnature.org.

### **Drain After Rain to Prevent** Mosquitoes



Eliminating mosquito breeding grounds now will significantly reduce their population later in the

Sacramento-Yolo Mosquito and Vector **Control District** News Release

SACRAMENTO REGION, CA (MPG) - The recent rain has left behind stagnant water. Since temperatures are expected to increase over the next few days, this can create the perfect combination for mosquitoes to breed, according to the Sacramento-Yolo Mosquito and Vector Control District on Feb. 20.

The Sacramento-Yolo Mosquito and Vector Control District reminds the public to "drain after the rain" to prevent mosquitoes from breeding.

"Mosquitoes complete their life cycle much faster in warm weather. We encourage all residents to do their part and help us drain standing water from common backyard sources such as buckets, flowerpots, bird baths, old tires and other small containers that may breed mosquitoes. Eliminating mosquito breeding grounds now will significantly reduce their population later in the season," said district manager Gary Goodman.

This is particularly important for preventing the spread of invasive mosquitoes Aedes aegypti and Aedes albopictus, which continue to expand across both counties. Invasive mosquitoes are a public health threat because they are capable of transmitting debilitating diseases such as Zika, dengue and chikungunya. Invasive mosquitoes were detected for the first time within district boundaries in 2019 and since then have been spreading quickly.

As spring begins next month and warm, dry weather sets in, mosquitoes are likely to keep thriving. Although it's still early in the year, it's crucial for the public to stay protected against mosquitoes and diseases such as West Nile virus.

"The best protection against mosquitoes is to wear an effective repellent when spending time outdoors" Goodman said.

To report any stagnant water, mosquito breeding problems or request a Continued on page 4

# Fair Oaks Family Taekwondo Honored



the 7th Assembly District. Photo courtesy of Office of Assemblyman Josh Hoover

Assemblyman Josh Hoover News Release

SACRAMENTO REGION, **CA (MPG)** - On Feb. 25, Assemblyman Josh Hoover (R-Folsom) Master Brian Kropp, this

proudly announced that Fair Oaks Family Taekwondo has been named the February Assembly District.

2025 Small Business of the Month for the 7th Founded in 2017 by

at 7909 Fair Oaks Blvd. in Carmichael has made a lasting impact by empowering students through martial arts, leadership and personal growth.

outstanding local business

Over the past eight

of black belts, developed five fully credentialed instructors and trained students for international competition, including

expanded its facility to

accommodate more stu-

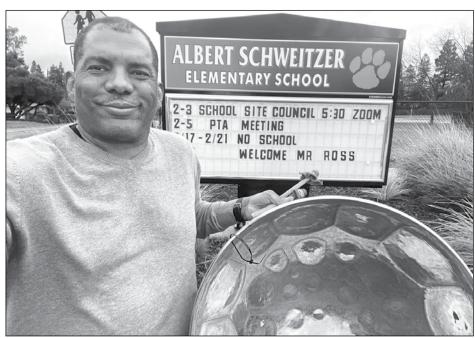
dents, promoted dozens

Continued on page 4

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years, the school has

# **Drumming Up History**



Martin Ross takes his steel drum to Albert Schweitzer Elementary to illustrate the development of African music during Black History Month. Photo courtesy of Martin Ross

#### By Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Musician and community activist Martin Ross marked Black History Month (February) with a presentation detailing the evolution of Black percussion at Carmichael's Albert Schweitzer Elementary School.

Hauling his steel drums to the class of teacher Suzanne Anderson, Ross (55) faced fourth- to sixth-graders. His tutorial demonstrated African polyrhythm and its eventual collision with European music.

"The kids and I were able to conclude that sometimes, out of difficult circumstances, beautiful things arise," Ross said. "They danced, they played instruments and we all had fun. We agreed that sharing love is the best way forward for everyone."

Ross, a former Salvation Army pastor who uses music and sports to reach children, was recently listed among the 20 "Top Black Changemakers" for Sacramento.

He first heard steel drums while studying at University of California, Berkeley.

"The musicians told me what their instruments were," Ross said. "I loved the joyous sound. Next semester, I joined them."

In the Salvation Army, Ross got 10,000 hours of steel drum practice while collecting outside stores at Christmas.

"Music's done so much good in my life and career," Ross said. "I've used it in tutoring, particularly with kids from underserved areas. The steel drum's festive sound crosses many cultures. When I'm playing, I feel I'm connecting with everyone."

Ross is now an executive for the non-profit Health Education Council. He sits on the Carmichael Park District board; chairs Sacramento County's Equal Employment Opportunity Advisory Committee and is a Sacramento Housing and Redevelopment Agency commissioner. The six-foot-plus taekwondo black belt teaches martial arts to youth and has coached basketball, track and race-walking.

His Schweitzer School workshop was presented by the Carmichael Kiwanis' K-Kids group and club Treasurer Wayne Lang, as part of Black History Month programs.

Ross also told students about his uncle, Warner Freeman, who helped the integration of high schools with the historic "Little Rock 9" effort during the 1950s.

"Uncle Warner is a proud part of my family and an inspiration," Ross said. "Like me, he was a musician. He played classical guitar and sometimes jammed with Bob Dylan and Joan Baez. He also taught martial arts. He knew all along that he wanted to teach."

"The arts and sports create a sense of belonging for some kids who don't do so well academically," Ross continued. "Both are additional motivations for kids to stay in school and graduate."

Contact Ross at rossmtca@gmail.com for more information. ★

# Library Helps Teens Shine on Prom Night



Teens ages 13 to 19 can browse the library's free formalwear collection and take home an outfit to keep for their special night. Photo courtesy of Sacramento Public Library

#### Sacramento Public Library News Release

**SACRAMENTO REGION, CA** (MPG) - Starting Feb. 15, Sacramento Public Library is hosting 17 free prom giveaway events across the region.

Teens ages 13 to 19 can browse the library's free formalwear collection and take home an outfit to keep for their special night.

More than 900 teens benefited from the library's prom giveaway events last year.

Formalwear, including gently-worn jackets, ties, dresses, shoes and accessories in a variety of styles and sizes, were donated by community members.

Upcoming prom giveaway events include March 6 at Robbie Waters Pocket-Greenhaven Library and March 8 at Arden-Dimick Library, Fair Oaks Library



The Sacramento Public Library is hosting 17 free prom giveaway events across the region. Photo courtesy of Sacramento Public Library

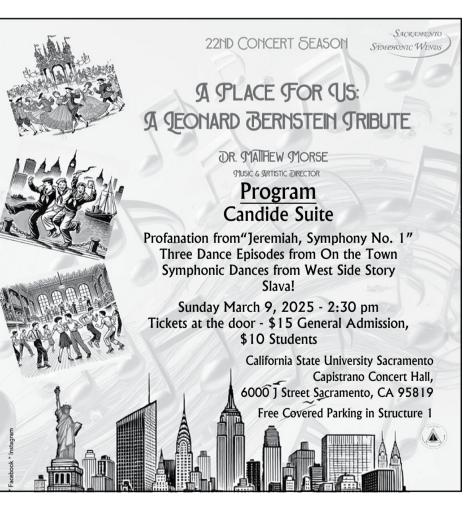
and Belle Cooledge Library.
On March 13, the event will be at North Natomas Library, followed by March 14 at Walnut Grove Library.
The event will also be at Walnut Grove Library and Rio Linda Library on March 15

On March 22, the prom giveaway event will be at Rancho Cordova Library, Valley Hi-North Laguna Library, South Natomas Library and Orangevale Library.

March 29 will feature prom giveaway events at Carmichael Library and Franklin Library.

The final giveaways will be on April 5 at Sylvan Oaks Library and on April 19 at Arcade Library.

Visit saclibrary.org/prom for times and full details. ★







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# Dot Boyd, Passionate About Senior Safety

By Judy Andrews

FAIR OAKS, CA (MPG) - Dot Boyd is a passionate advocate for helping older adults maintain their dignity and independence as they age.

"For decades, people have laughed at the 'I've fallen and can't get up' TV and magazine ads for personal emergency-alert devices," shared Boyd, a senior safety specialist. "But if a fall happens to you or a loved one, it's no laughing matter."

Unfortunately, statistics indicate that adults over 65 are more susceptible to accidents, such as falls at home. Every 11 seconds, an older adult receives treatment in the emergency room due to a fall. The harsh reality is that every 19 minutes, a senior dies from a fall.

"One fall can and often does change it all," declared Boyd, who has dedicated the past seven years to educating the community about senior safety, fall prevention and the resources available to help older adults age safely in place.

Having cared for her aging parents, Boyd has a wealth of knowledge about senior safety and understands the caregiving role. She was her mother's (Judy) primary in-home caregiver after Judy had a serious fall and needed medical support from what Boyd affectionately calls her "Team Judy."

The experience inspired Boyd to transition into the senior care industry and become an independent consultant for Electronic Caregiver, a leading company providing innovative care tools and solutions.

Before becoming a senior safety specialist, Boyd worked in the natural foods industry and later ran a direct sales business for all-natural beverages. During that time, Boyd became involved with the Fair Oaks Chamber of Commerce, where she held several leadership roles and received



Dot Boyd and Vanessa Grenyion (right) pose with Addison, a virtual caregiver device. Grenyion owns HealthQuest in Orangevale and carries some of Boyd's electronic emergency products. Photo by Judy Andrews



of Fair Oaks 2024's Best Senior Care/Services in the community.

special recognition from the chamber and the community for her contributions.

A friend told her about the position with Electronic Caregiver in Northern California. Boyd was excited to join an industry where she could make a difference by helping others create their own "Team Judy."



rist pendants look like watches and are easy to use. Photo by Judy Andrews

Celery Sleeved 89%

Organic .

In addition to representing Electronic Caregiver devices, Boyd provides a range of products designed to assist her clients experiencing memory impairment and access to her vast network of trusted resources. Electronic Caregiver's latest innovation is Addison, a virtual artificial intelligence (AI) based caregiver that offers personalized, aroundthe-clock support for seniors and peace of mind for families.

"These devices are easy to use, don't require technical expertise and can save lives where minutes matter," Boyd said. "Being the primary family caregiver is

Black Grape \$1.79

Fresh Produce

Lemon \$2.99 has

Tangerine 4 lbs \$3.99

not an easy feat."

Boyd wishes her mother had been wearing an emergency button when she fell with no one home to help her

In January, Boyd was voted the Best of Fair Oaks 2024's Best Senior Care/Services, a category that includes local professionals and businesses involved in various facets of senior care.

"It was an honor to be awarded 'best' by my peers and the community for something I love doing," she said. "My deep commitment to preserving independence for older adults is at the heart of my work."

Shared HealthQuest owner Vanessa Grenyion, "Dot has much empathy and the ability to connect personally with people, which makes her so good at what she does. She genuinely cares about others."

Grenyion carries some of Boyd's devices in her Orangevale medical supply store.

As an expert in her field, Boyd is frequently invited to speak to older adults at local senior centers, support groups and senior living communities. Recently, Boyd gave a presentation to 50 senior industry professionals at a breakfast meeting.

"At my seminars, I often hear eye-opening stories from audience members sharing their fall experiences and lack of an emergency plan," Boyd said.

She has heard it all, too, including stories of seniors stranded at home on the bathroom floor, waiting for hours or even days for assistance to arrive.

"In most cases, fall victims cannot reach a phone to call for help," Boyd said. "The emergency alert and monitoring systems I represent provide critical, fast support 24/7 because you only need to press a button. The peace of mind these devices offer is immeasurable."

For more information, visit dotforseniorsafety.com or contact Boyd at 916-799-1660.

Red Plum \$2.59

Jicama 89%







### **Tickets Now on Sale for the** 2025 California Capital Airshow



The 2025 California Capital Airshow will be headlined by the world-renowned U.S. Navy Blue Angels flight demonstration squadron. Photo courtesy of the California Capital Airshow

California Capital **Airshow** News Release

#### SACRAMENTO, CA (MPG)

- The 2025 California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, returns to Mather Airport on March 22 and 23.

A limited quantity of tickets are now on sale for this highly-anticipated event, which is headlined by the world-renowned U.S. Navy Blue Angels flight demonstration squadron.

Gates to the Airshow will be open from 9 a.m. to 5 p.m. on Saturday, March 22 and Sunday, March 23. Each day will feature four hours of non-stop flying performances from noon to 4 p.m. Performers include the U.S. Navy Blue Angels, U.S. Marine Corps F-35B Lightning II, U.S. Air Force F-16 Viper and C-17 Globemaster III demonstration teams, Tucker's Air Patrol, vintage World War II aircraft and more.

The event also offers miles of exhibits, aircraft displays and entertainment on the ground.

"With the Blue Angels headlining for the first time since 2019, this year's Airshow promises to be an unforgettable experience for aviation fans of all ages," said Darcy Brewer, executive director of the California Capital Airshow. "Our team has worked tirelessly to create an event that showcases the awe-inspiring power of flight, and we can't wait to welcome everyone for a weekend with amazing performances and family

fun." The event offers several ticket types, with a range of experiences and accommodations.



The Blue Angels headlining for the first time since 2019, this year's Airshow promises to be an unforgettable experience for aviation fans of all ages. Photo courtesy of the California Capital Airshow

General Admission tickets for the 2025 Airshow includes free parking and event admission for up to six children (ages 15 and under).

New this year is an exclusive event entrance and venue for all attendees with upgraded tickets. Guests will have access to food trucks and upgraded restrooms dedicated to upgraded ticket holders. The Airshow has several tiers of ticketed experiences, including the Capital Club, Flight Line Club and Mather Club. which offer a range of benefits such as shaded seating, complimentary beverages, buffet lunch and prime views of the aerial performances. Returning this year is The Hangar experience, which includes unlimited craft beer and spirits from the City of Rancho Cordova's Barrel District and wine

from Starfield Vineyards. For those seeking a more premium experience, First Class, a brand-new offering for 2025, includes exclusive access to VIP amenities, a pilot meetand-greet, and premium food and drink options.

Tickets are now available for purchase online. With the popularity of the Blue Angels and limited availability for all ticket types, fans are encouraged to buy early. Tickets will not be sold at the event gates.

Special thanks also to California Capital Airshow sponsors: Modern Aviation, SMUD, Verizon, Keurig Dr. Pepper, Donaghy Sales, Monster Energy, Thunder Valley, UPS, Five Star Bank, Teichert, Atlas Disposal and Golden 1 Credit Union.

For more information about tickets, pricing and packages, visit online californiacapitalairshow.com.

#### **About California**

**Capital Airshow** Established in 2004 the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. California Capital Airshow gives back to the community through STEM scholarships, charitable group donations and exciting educational youth programming throughout the year For more information, visit CaliforniaCapitalAirshow.

#### **Dave Ramsey Says**

# A High-Risk Proposition

is about as far from an actual emergency as you can get.

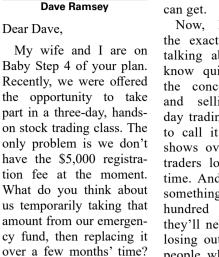
Now, I don't know the exact course you're talking about, but I do know quite a bit about the concept of buying and selling stocks-or day trading—if you want to call it that. Research shows over 90% of day traders lose money over time. And I can tell you something else, too. One hundred percent think they'll never be the ones losing out. That includes people who take courses like the one you're looking at.

I've seen no data points—none—showing that on a consistent, level basis across a broad population, that people who take courses like these make money and become wealthy as a result. Buying and selling single stocks is an ultra-high risk proposition. That's why I don't buy them. I know some people who buy and sell single stocks as a very small percentage of their financial world. And when I say "very small percentage," I mean it's like a hobby they dabble in once in a blue moon, with a very small amount

But my best advice, Pete, is to stay away from this kind of thing. Someone might make a little money playing around like this from time to time, but it's nothing you should spend a lot of time on, or make a serious financial investment in. And it should never, ever be the main focus of an investing strategy.

- 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 Ramsev Solutions.



Pete

Dear Pete.

I wouldn't waste my money on the course. And I especially wouldn't blow any of my emergency fund on something like that. Your emergency fund is for, repeat after me, emergencies only! In my mind, a short course on single stock investing

We would still have the

minimum three months of

expenses you recommend

still there for emergencies

even after taking the class.

# Fair Oaks Family Taekwondo Honored

Continued from page 1

college circuits, the military and even the Olympics.

Fair Oaks Family Taekwondo stands out not only for its rigorous training but also for its commitment to trauma-informed instruction, ensuring students receive the support they need to thrive. Kropp and his leadership team hold top certifications, including a Master Instructor's License and Black Belt Examiner's License from the South Korean Kukkiwon, making them leaders in the martial arts community.

"Fair Oaks Family Taekwondo's and Rosemont.

dedication to self-discipline, leadership, and community engagement continues to shape the lives of students and strengthen the Fair Oaks community." Hoover remarked. "I am honored to recognize their contributions and wish them continued success in the years to come!"

Josh Hoover represents Assembly District 7, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale





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# **Drain After Rain to Prevent** Mosquitoes

Continued from page 1

free home-service inspection including mosquitofish for your pond/fountain, call 1-800-429-1022 or fill out a free service request online at FIGHTtheBITE.net.

The Sacramento-Yolo Mosquito and Vector Control District provides yearround mosquito and vector control services in Sacramento and Yolo counties. The main goal for the district is to protect public health by preventing the transmission of diseases and improving the quality of life for all residents.

Practice the District D's of Mosquito

Prevention:

Drain standing water that could produce mosquitoes.

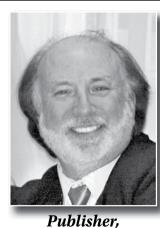
Dawn and dusk are times to avoid

being outdoors. Dress appropriately by wearing long sleeves and pants when outside.

Defend yourself by using an effective insect repellent. Make sure to follow label directions.

Door and window screens should be in good working condition. District personnel are also avail-

able to address any mosquito problems. Call 1-800-429-1022 or visit FIGHTtheBITE.net for help.



Paul V. Scholl American River Messenger

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MARCH 7, 2025

AMERICAN RIVER MESSENGER • 5

# Kings Korner By V.G. Harris



Breaking news, the Sacramento Kings can win games against playoff quality teams without all-world center Domantas Sabonis. It happened Saturday night in Houston Texas against a playoff bound Rockets team, as iron man Sabonis grabbed his right hamstring and was forced to leave the game only two minutes into the action.

Not to be esoteric, but intended for every fan and pundit to understand, this team even short-handed can make the playoffs. Yes, I said playoffs, not playin.

Even with the news that Sabonis will be sidelined for 2-3 weeks, every fan should find the positive where it takes you. With Sabonis resting his ailing hamstring, players such as Keon Ellis, Trey Lyles, and hopefully Markelle Fultz, will get much more court action, and Fultz in particular needs more time getting used to his new teammates.

I'm excited to see the athleticism and deft ball handling that Fultz brings to the hardwood, and without question Malik Monk needs time without the ball. Monk is getting exhausted handling the ball every possession, and he is leading the team in turnovers nearly every night. This comes from trying to do too much, and I love the effort Malik brings every game. No one gives more, but he is more comfortable in the role as a 2 guard, and with either Devin Carter or Markelle Fultz on the court, Malik can assume his former role.

Not to be overlooked as the Kings have put together a 3-game winning streak, is the work of big man Jonas Valanciunas. Jonas looks like the NBA starter he's always been and will fill the void left by Sabonis as he nurses his hamstring over the next half dozen games.

Valanciunas is an excellent rebounder and has a low post game that is second to none. He gets criticism for his defense, but I believe he is a more than capable team defender, and he accepts a challenge well. Without question the acquisition of Jonas Valanciunas was bound to pay dividends, and Sacramento is about to see what this quality NBA center can do.

While pundits criticized the trade that brought Zach Lavine to the Kings from

Chicago, all that Zach has done is play better and better with every game. The initial jitters that led to poor 3-point shooting has been replaced by stellar knock-down 3's, that ignite the home crowd and show naysayers that this former NBA all-star can make a difference every night.

This is exactly the type of team Sacramento fans have been hoping to see for years. A team that can take any team to the wire every night, and as this newly assembled group has found time together, they are looking like a bonified playoff contender.

Just percentage points ahead of the Dallas Mavericks in the Western Conference standings, Monday night's game looms large.

The Kings occupy the No. 9 spot in the standings but are amazingly only a halfgame out of the No. 6 spot. Five quality teams are vying for No. 6, but the Kings are finding their collective stride at just the right moment. Tested they will be as they enter American Airlines arena and face Kyrie Irving and Klay Thompson.

If ever in a frenetic season it is time for optimism, that time is now! It should come from every corner, and regardless of what occurs against the Mavericks and the Nuggets on Wednesday night in Denver, everyone should be looking forward to Friday night's contest against the visiting San Antonio Spurs.

Much has been said about the back story of DeAaron Fox leaving the Kings, and for one night that needs to take hiatus. When DeAaron is introduced as a member of the opposing team, every fan needs to get on their feet and put their hands together. What Fox did for the Sacramento Kings in nearly eight seasons is legendary, and without question No. 5 will have his jersey retired someday.

Stand up Kings fans, because the best is truly yet to come! It's a great time to be a Sacramento Kings fan, so remember the glass is half full, and the playoffs are right around the corner!

All the best!

Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★

### **Social Security Matters**

# Should I Wait until Age 70 to Claim Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am a married woman, at my full retirement age, and the primary earner in my marriage. How do I know if I should take my Social Security now or wait till 70? I will lose quite a bit if I take it now. How will it affect my taxes if I take it now while still working a full-time job? Signed: Undecided

Dear Undecided: As you apparently already know, waiting until you are 70 to claim Social Security will result in you getting your maximum possible monthly SS retirement benefit. After your full retirement age, you get about 8% more each year you delay claiming up to age 70. But deciding exactly when to claim should consider both your financial needs and, importantly, your life expectancy. If you don't urgently need the money now and your life expectancy is at least "average," then waiting until age 70 to claim is usually the right choice. But if you urgently need the money, or your life expectancy is less than average (mid-80s for a woman your current age), then claiming before age 70 is usually prudent.

Regarding taxation, Social Security benefits may be taxable if your combined income from all sources exceeds the threshold for your IRS filing status. If you file taxes as "married/jointly" and your combined income (including your work income) exceeds \$32,000, then half of the SS benefits you received during the tax year becomes part of your taxable income. But if your combined income is over \$44,000, then up to 85% of your SS benefits becomes taxable income (the thresholds are lower for those who file as a single). So, your full-time work income will likely affect how much of your Social Security benefits are subject to income tax by the IRS.

In the end, only you can decide when you should claim Social Security. Taxation of benefits may be a factor to consider since you are still working full time (thus more

of your SS benefits will be taxable). But waiting longer to claim results in a higher benefit for the rest of your life (your SS retirement benefit will be .667% more for each month you delay, up to age 70). If the "rest of your life" is a long time and you don't urgently need the money, waiting is often the right choice. If not, claiming earlier may be wiser.

If you want to get a more personalized estimate of your life expectancy, I suggest you use the tool we use here at the AMAC Foundation: www.socialsecurityreport.org/tools/life-expectancy-calculator/.

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# Lacking the Capacity to Store Water That Atmospheric Rivers Dump on the State



By Dan Walters, CALMatters.org

President Donald Trump is obsessed with how California manages its water supply, demanding changes as one price of giving the state billions of dollars in aid to cope with Southern California's deadly and destructive wildfires.

However, Trump's specific complaints are not grounded in hydrologic or managerial reality — such as his insistence that a lack of water from Northern California was a factor in either the fires' eruption or the firefighting efforts. Hydrants dried up largely because systems were designed to deal with individual structure fires, not widespread wildfires involving thousands of buildings.

That said, there's much to criticize in how California, once a global leader in large-scale water management, has faltered. Population growth and evolving agricultural practices have increased demand, while federal and state environmental laws, judicial decisions, political foot-dragging and climate change have restricted supply.

One major failing has been a slow response to an obvious need for more water storage — either in reservoirs or underground aquifers — to capture winter rains and spring snowmelts as a buffer for dry years.

Scientists believe that even if California's overall water supply from rain and snow storms doesn't decline, wet and dry cycles have become more intense, and more precipitation is coming as rain instead of snow. Thus the natural reservoirs of snow-packs in the Sierra and other mountain ranges are becoming less dependable, increasing the need for supplemental storage.

California's most recent experiences — two wet winters that defied some forecasts — underscore the need.

A new report from the Public Policy Institute of California points out that the atmospheric rivers that dropped immense quantities of rain and snow on the state this month, following a very dry January, did not result in substantial new storage in the state's major reservoirs.

"Rather than storing all the water they can, during the winter reservoir operators are required to maintain enough space in their reservoirs to capture high inflows and reduce the risk of flooding downstream," PPIC researchers Jeffrey Mount and Greg Gartrell wrote.

"When the February storms arrived, the surge of water into the state's two largest reservoirs — Shasta and Oroville — quickly filled the flood reserve space. Because the winter flood season is far from over, dam operators had no choice but to let the water go to make space for possible future floods.

"And they let go a lot of water. Between February 1 and 18, those two reservoirs alone released more than 2 million acre-feet of water into the Sacramento and Feather Rivers to maintain

Scientists believe that even space for future stormwater.'

An acre-foot is 325,851 gallons and 2 million-acre feet equates to more than half of Oroville's capacity, or about 20% of what Californians consume each year for non-agricultural purposes.

Overall, Mount and Gartrell calculated, 5.1 million acre-feet of water flowed into the Sacramento-San Joaquin Delta from storm runoff and reservoir releases during that period in February. Just 4% of it could be diverted into storage because of insufficient capacity and operational mendates.

ity and operational mandates.

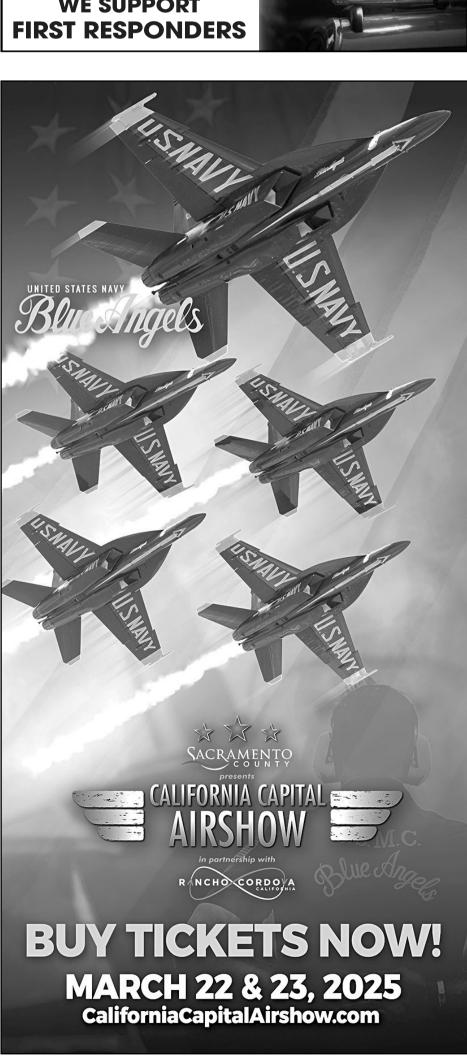
Even a relatively tiny increase in storage capacity could pay huge dividends when wet winters such as this evolve into periods of drought. Had the long-proposed Sites Reservoir on the west side of the Sacramento Valley existed, it could have banked as much as 1.5 million acre-feet of that excess flow.

California's water managers acknowledge the need for more storage to take advantage of high-precipitation winters such as this one, but clearing all of the legal and financial hurdles and actually building it take decades. Sites, first proposed seven decades ago, is just now beginning to appear feasible. The hydrological reality of

California's water supply is changing faster than our willingness to deal with it. The outcome of that disparity is perilous.

Dan Walters is one of

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. \*



# Commemorating 175 Years of Service



The current Sacramento County Board of Supervisors are, from left, Patrick Kennedy (District 2), Phil Serna (District 1), Rosario Rodriguez (District 4), Rich Desmond (District 3) and Pat Hume

Sacramento County News Release

#### SACRAMENTO COUNTY, CA (MPG)

(District 5). Photo courtesy of Sacramento County

- This year marks a significant milestone in the history of Sacramento County as it celebrates its 175th anniversary, also known as its demisemiseptcentennial.

Since its founding on Feb. 18, 1850, Sacramento County has been at the forefront of service delivery, evolving to meet the needs of its residents with integrity and innovation. Sacramento

County was incorporated in response to the needs of a growing population. The county is one of the original 27 counties of California. The county charter was established in 1933 and is still in use today.

Sacramento County's population in 1850 was 9,087. Today, the county serves more than 1.6 million residents across its landscape. Over the past 175 years, Sacramento County has remained committed to providing essential services that enhance the quality of life for all

who call it home.

The county's responsibilities to its residents have grown over the years, pursuant to the county charter or ordinances or by state or federal mandate to provide health and welfare, criminal justice and municipal services (including law enforcement), as well as other services to county residents.

Major services include the Airport System, Animal Care and Regulation, Clerk-Recorder, Criminal Justice, Health and Welfare, Property Tax System, Regional Parks, Transportation, Waste Management and Recycling, Voter Registration and Water Resources.

As part of our 175th anniversary celebration, we invite you to share your historic photos of Sacramento County. Whether it's a beloved landmark, a community event or a special moment in time, we want to showcase your memories on our county website. Share your historic photos at saccounty.wufoo. com/forms/celebrate-sacramento-countys-175th-anniversary.

Join us throughout the year as we commemorate 175 years of service, innovation and community spirit.

For more information about Sacramento County's Demisemiseptcentennial celebrations and to learn more about the essential services provided, visit the county's 175th Anniversary website at pio.saccounty.gov/anniversary175.

This newspaper will also run monthly updates about the demisemiseptcentennial celebrations.

# FORPD Board Questions Cost Change for Amphitheatre Materials

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - At the Feb. 19 Fair Oaks Recreation and Park District (FORPD) board meeting, the Parkway Disc Golf Foundation asked that some disc golf baskets at Miller Park be reinstalled on weekends.

The board recently had seven baskets removed from the course due to concerns about safety risks for children as they walked to and from school and played in the park. The Parkway Disc Golf Foundation requested that those baskets be reinstalled on weekends so players can use the full course. They said this option would allow safe park access to families during the week while providing recreational opportunities for the disc golfers on the weekends.

Director Darren Mounts said he has seen a lot of compromises about the disc golf course from both parents and players. So, Mounts said, it would be reasonable to allow full play on weekends as an interim measure, while the district explores the option of moving the disc golf course to Bannister Park.

District Administrator Mike Aho cautioned that the district doesn't have adequate staffing to cover weekly installation and removal of the baskets.

Director Raymond James Irwin asked that this proposal come back as an agenda item at a future meeting for full discussion.

The board then continued a previous discussion about a possible change order regarding panels for the hanger doors at the new Performing Arts Center at Veterans Memorial Amphitheatre.

The original design specified 1.5-inchthick panels to cover the doors and create a secure, insulated wall when the stage doors are closed. With the width of the panels, it would take two panels to cover each door, for a total of four panels required. However, Aho explained that those particular panels have been discontinued, with that manufacturer now only offering panels that are either one or two inches thick, neither of which will fit in the custom doors already completed and

Another company makes 1.5-inch panels but they are a smaller width across, so each door will now need four panels, for

a total of eight, which will require additional mounting, blocking and flashing on each door, as well as increased labor costs. Due to the change in materials and labor, a total increase of \$77,454 was requested.

Some of the directors suggested that the panels should have been ordered much earlier, before they were discontinued, so they said his problem was the responsibility of the project contractor, Bobo Construction.

"It seems to me we shouldn't be taking the full brunt for that because it should have been foreseen," Director Ralph Carhart said. "Somebody made a mistake here. Either the design was bad (or) the contractor failed to get the materials lined up. I just don't believe it's the district's problem."

If they had ordered the panels earlier, Aho said, that would have come with an extra cost as well, since they would need to pay for storage, insurance and extended warranties to protect that investment.

"It's costing us \$77,000 but the reality is that our initial bid from Bobo would have probably been much higher than \$77,000 more if we had put these kinds of restrictions and qualifications on them prior to them ordering the door," said

District consultants Dave Fukui with construction management firm ICS and architect Tim Mattheis with WMB both agreed that it wasn't feasible for Bobo to purchase all necessary materials up front and they said the planned sequencing was reasonable.

Mattheis explained that before the panels could be installed, there was a lot of electrical installation, stucco work, and other details to be completed.

Fukui said it is not uncommon for products to become discontinued: "This is actually a minor change in the scheme of things.'

Director Irwin said it was hard to believe that no other company can make the correct size panels for a similar cost, and he was frustrated that representatives from Bobo didn't attend the meeting to answer questions. Aho clarified that he

didn't ask Bobo to attend. Director Carhart asked if anyone had specifically asked the original manu-

facturer if they could build the 1.5-inch

panels as a custom order.

"Bobo is very responsible contractor. I would think they would have explored all of their options at the time," Fukui said.

Fukui said he can look into the possibility of a custom order, but he reminded the board that timing is a serious issue and a delay in approving this change could hold

up project completion. The Board consensus was to delay the decision until a special meeting, when they will go over timelines for manufacturing and shipping of either the new panels or a custom set from the original manufacturer.

The board then considered a proposal to hold the Chicken Festival at Fair Oaks Park again this September. Historically, the annual event was held in the Village but it was relocated due to the ongoing construction. Recreation Supervisor Sabrina Bernardo said that the new location has more parking as well as more usable space, which allowed the district to expand the event and add more activities. The district was also able to save costs on the event at that location.

Director Carhart said he wants to see a split venue, with at least some activities happening in the Village, such as a kickoff concert the evening before.

During Public Comment, two residents expressed disappointment that the full event won't be returning, because the traditional Village location was part of what gave the event its unique charm.

Director Mounts clarified that this motion was just to approve the location for 2025 and not to permanently move the festival. The board voted unanimously to approve Fair Oaks Park as this year's Chicken Festival location.

The board also heard an update about a potential parking management plan. There has always been limited parking available in the Village, and when the new parks and facilities open this year, it will likely bring even more visitors. There were originally 70 parking spaces owned by the district that surround the park-owned land in the Village. During construction, 21 spaces were added, for a total of 91 parking spaces.

The district spaces are only supposed

to be used for up to two hours from 8

a.m. to 5 p.m. Mondays through Fridays.

Village businesses park in those spaces and individuals also park there to bike or

While the district wants everyone to be able to use the parking spaces, they want to encourage quicker turnover, so more people have access. Staff recommended a paid parking plan as a possible solution.

walk to the river.

Parking could be paid for with a mobile app, by calling or by visiting the district office. The first hour would be free, with the fees increasing from a dollar or two for the second hour up to a daily maximum between \$12 to \$17. A non-payment violation fee of \$15 to \$20 could also be imposed. The fees would cover the cost of a parking enforcement officer.

Staff presented the paid parking idea at two recent public outreach meetings and Aho said most people do not support the

During Public Comments, several residents spoke against the idea, stating that paid parking doesn't solve the real issue. which is the limited number of parking spaces. One resident pointed out that parking has always been an issue in the Village, and visitors just figured out a

way to deal with it. Director Carhart suggested waiting until after the re-opening to determine the extent of the parking problem.

Director Irwin disagreed and said that if the district is eventually going to implement paid parking, it should go into effect when the Village parks reopen. He asked that this issue be brought back as an action item at a future meeting for full discussion.

Finally, the board considered a change order for \$86,923 for additional curb and gutter work, which is required before they can do the paving work on park perimeter streets in the Village. Aho explained that the demolition, re-grading and concrete work is necessary to meet Sacramento County requirements.

Director Irwin said it was frustrating to have to consider yet another change order but the board did vote unanimously to approve it.

Aho also provided an update on the opening of the Village parks and facilities, which is now expected in early June.

The next regular Fair Oaks Recreation and Park District board meeting is sched-However, Aho said, many employees of uled for 6 p.m. March 19.

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# **UC Davis Offers Doctor of Nursing Program**

University of California. Davis News Release

#### **SACRAMENTO REGION, CA (MPG) -**

The Betty Irene Moore School of Nursing at the University of California, Davis has earned accreditation for its Doctor of Nursing Practice - Nurse Anesthesia degree program by the Council on Accreditation of Nurse Anesthesia Educational Programs (COA).

This significant milestone marks the first Doctor of Nursing Practice - Nurse Anesthesia program within the University of California system and only the sixth of its kind in California. The program is set to welcome its inaugural cohort of students in June.

The Doctor of Nursing Practice – Nurse Anesthesia program is an integrated, full-time, three-vear curriculum designed to equip experienced critical-care registered nurses with the knowledge and hands-on training required to become Certified Registered Nurse Anesthetists.

The program blends rigorous online coursework with in-person simulation training and extensive clinical experience, ensuring students receive a comprehensive and immersive education.

'Earning COA accreditation validates the quality of our curriculum and faculty and highlights the caliber of the dedicated and supportive staff here at the School of Nursing," said Program Director Jakkarin "Jake" Sareerak. "As a new program, we prioritized hiring the highest caliber of Certified Registered Nurse Anesthetists faculty, many of whom have served in program administrator



program, the first of its kind within the University of California system. Photo courtesy of Pixabay

roles and bring extensive experience in both education and clinical practice."

Certified Registered Nurse Anesthetists programs have transitioned from the master's degree to the Doctor of Nursing Practice level to better prepare clinicians for the increased complexity of patient care and to equip them with advanced leadership and quality improvement skills. This change, supported by accrediting bodies, ensures that Certified Registered Nurse Anesthetists are ready to meet modern health care challenges and effectively lead interdisciplinary teams.

Applicants must hold either a bachelor's degree in nursing science or an equivalent major or a bachelor's degree in another specialty in addition to a Master of Science in Nursing or an

equivalent graduate degree.

Graduates of the Doctor of Nursing Practice - Nurse Anesthesia program will be fully prepared to take on leadership roles in anesthesia care, Sareerak said, which addresses critical gaps in health care access across California.

#### Addressing the Shortage

The demand for anesthesia providers continues to outpace supply nationwide. The American Association of Nurse Anesthesiology reports that by 2033, the anesthesiology workforce could experience a shortage of approximately 12,500 providers. That is further exacerbated in California's rural and underserved areas.

With 40-million residents, the state has a growing need for anesthesia services, especially

as its aging population requires more procedures. In addition, non-operating-room anesthesia sites are increasing due to technological advancements, which require more anesthesia care beyond traditional surgical settings.

By expanding nurse anesthesia education, the School of Nursing is actively addressing this workforce challenge and strengthening the future of anesthesia care in California.

"With the growing shortage of anesthesiologists and Certified Registered Nurse Anesthetists across the nation, this program is poised to help bridge the gap by preparing highly-skilled nurse anesthetists to serve diverse patient populations," said Dean Stephen Cavanagh.

UC Davis Health is also

meeting this need head-on by partnering with the School of Nursing through its expansion efforts. A key milestone in this expansion is the integration of the 48X Complex as part of the program's primary clinical training site.

Expected to open for patients in July, the four-story, 268,228-square-foot complex will feature 14 operating rooms. The large facility is ideal for presenting learning opportunities for Certified Registered Nurse Anesthetist students and addressing the shortage of ambulatory operating room capacity at the main hospital.

"This initiative will provide invaluable hands-on experience for future Certified Registered Nurse Anesthetists while ensuring a steady pipeline of highly trained anesthesia providers within UC Davis Health. We hope to retain many of the graduates which will help us reinforce our commitment to delivering safe, high-quality anesthesia services and shaping the future of health care excellence," said Kimberly Beres, the health system's chief nurse anesthetist.

The Doctor of Nursing Practice -Nurse Anesthesia program is the latest offering from the Top 25 15-year-old nursing school. The school already offers a popular Doctor of Nursing Practice - Family Nurse Practitioner program that is helping to fulfill California's shortage of primary care providers, along with master's degrees in nursing, physician assistant studies, a Doctor of Philosophy program and a psychiatric mental health nurse practitioner post-graduate certificate program.

# **California Comment on Latest Small Business Optimism Index**



Overall, small business owners remain optimistic regarding future business conditions but uncertainty is on the rise. Photo by Gustavo Fring Pexels

National Federation of Independent Business News Release

#### SACRAMENTO REGION, CA (MPG) -

Small business optimism across the nation fell a bit in January but for the third consecutive month, came in higher than its 51-year average, according to the release Feb. 11 of the monthly Small Business Optimism Index by the National Federation of Independent Business (NFIB).

"Prior to this nice three-month stretch, the Small Business Optimism Index went 34 consecutive months below its 51-year average," said John Kabateck, state director for National Federation of Independent Business in California. "What we could be witnessing is a possible rebound for all sectors of the economy. A rebound that could get some serious traction with the right state and federal policies. A possible rebound that could just as easily be undercut by the wrong ones."

The National Federation of Independent Business's legislative agenda for California can be read at nfib.com/news-article/nfib-announces-legislative-agenda-for-cal-

ifornia. For National Federation of

Independent Business's congressional agenda, visit nfib.com/news-article/ nfib-to-congress-advance-the-smallbusiness-growth-agenda.

The National Federation of Independent Business's monthly Small Business Optimism Index is the gold standard measurement of America's small business economy. Used by the Federal Reserve, Congressional leaders, administration officials and state legislatures throughout the nation, it's regarded as the bellwether on the health and welfare of the Main Street enterprises that employ half of all workers, generate more net new jobs than large corporations, and gave most of us the first start in our working life.

The Optimism Index (aka Small Business Economic Trends report) is a national snapshot of the National Federation of Independent Business member, small-business owners not broken down by state. The typical National Federation of Independent Business member employs between

one and nine people and reports gross sales of about \$500,000 a year. "Overall, small business owners

remain optimistic regarding future

business conditions but uncertainty

is on the rise. Hiring challenges

continue to frustrate Main Street owners as they struggle to find qualified workers to fill their many open positions. Meanwhile, fewer plan capital investments as they prepare for the months ahead," said National Federation of Independent Business chief economist Bill Dunkelberg.

#### **Highlights from the Latest Small Business Optimism Index**

The net percent of owners expecting the economy to improve fell five points from December to a net 47% (seasonally adjusted). Thirty-five percent (seasonally

adjusted) of all owners reported job openings they could not fill in the current period, unchanged from December.

Twenty percent (seasonally adjusted) plan capital outlays in the next six months, down seven points from December.

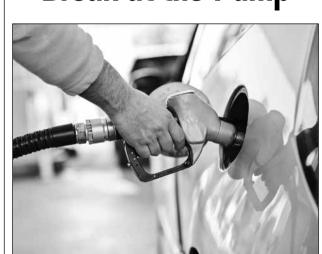
A net 3% of owners reported that their last loan was harder to get than in previous attempts (down one point). The last time it was this low was June 2022.

A net 0% (seasonally adjusted) of owners plan inventory investment in the coming months, down six points

from December's highest reading

since December 2021.

# **Drivers See a Slight Break at the Pump**



Gas prices are expected to remain steady as March arrives and routine seasonal maintenance wraps up. Photo by Engin Akyurt

AAA Northen California News Release

SACRAMENTO REGION, CA (MPG) - With winter nearly in the rearview, temperatures warmed up while gas prices cooled down. Last week, gas prices dropped by three cents, bringing the national average to \$3.12 per gallon.

Gas prices are expected to remain steady as March arrives and routine seasonal maintenance wraps up.

On Feb. 27, California drivers saw an average price of \$4.81, a three-cent drop from two weeks ago.

Fuel prices throughout the state on Feb. 27 included San Francisco at \$5.05, Oakland at \$4.98, San Jose at \$4.91, Sacramento at \$4.95, Fresno at \$4.82 and Stockton at \$4.77.

Regarding the Oil Market Dynamics, at the close of the Feb. 26 formal trading session, the West Texas Intermediate (WTI) rose \$2.54 to settle at \$80.04 a barrel. The Energy Information Administration (EIA) reported that crude oil inventories decreased by 2 million barrels from the previous week. At 412.7 million barrels, U.S. crude oil inventories are about 6% below the five-year average for this time of year.

A quick analysis of gas stats shows that the nation's Top 10 most expensive gasoline markets are California (\$4.81), Hawaii (\$4.54), Washington (\$4.14), Nevada (\$3.84), Oregon (\$3.76), Alaska (\$3.46), Arizona (\$3.40), Pennsylvania (\$3.33), Washington, D.C. (\$3.25) and Illinois (\$3.24).

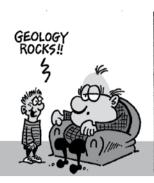
The nation's Top 10 least expensive gasoline markets are Mississippi (\$2.67), Texas (\$2.69), Oklahoma (\$2.73), Kentucky (\$2.74), Louisiana (\$2.76), Arkansas (\$2.78), Alabama (\$2.78), South Carolina (\$2.79), North Carolina (\$2.80) and Tennessee (\$2.80).

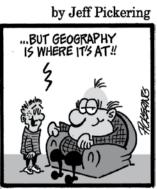
Taking a glance at the electricity stats in the nation shows that the Top 10 most expensive states for public charging per kilowatt hour are Hawaii (55 cents), West Virginia (47 cents), Montana (45 cents), Idaho (42 cents), Arkansas (42 cents), New Hampshire (42 cents), Tennessee (42 cents), Kentucky (41 cents), Alaska (41 cents) and South Carolina (41 cents).

The nation's Top 10 least expensive states for public charging per kilowatt hour are Kansas (22 cents), Nebraska (24 cents), Maryland (25 cents), Missouri (25 cents), Delaware (28 cents), Iowa (28 cents), Texas (29 cents), Michigan (29 cents), Utah (29 cents) and North Dakota (30 cents).

# COMICS & PUZZLES































**HOCUS-FOCUS** 

SALE

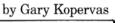








Out on a Limb





LOOK, OUR BOOKINGS ARE WAY DOWN, THE CROWDS AREN'T WHAT THEY USED TO BE, I'M SICK OF THE ROAD AND HOTELS. I WANT TO MEET A GIRL, SETTLE DOWN, MAYBE STARTA FAMILY OF MY OWN ... CINON, DANNY, YOU'RE NOT GOING TO MAKE ME SAY IT, ARE YOU?!!!



BY HENRY BOLTINOFF SALE

Find at least six differences in details between panels.

o. Necklace is missing from display stand. longer. 4. Item in display case is different. 5. Lapel is missing. Differences: 1. Purse is smaller. 2. Tie is missing. 3. Hair is









GREAVAS





"This is in case you take his side!"

Just Like Cats & Dogs by Dave T. Phipps I GET IT. YOU SAID TO DO THE LAUNDRY WHILE YOU WERE AWAY, BUT TO BE FAIR, I DID MANAGE TO FIND ONE LAST CLEAN SHIRT.



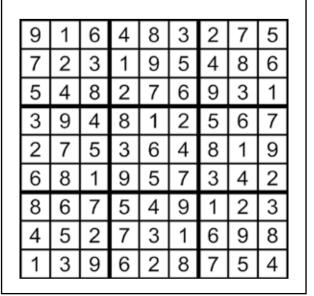
Ν Ε O 1 | S S|E|L| R Ε В Μ 0 K Ε S R S Т Т ١ Ε Ε P 0 Ν R Н S M S Ε Ρ Α 0 Т Ρ S Ε S Ρ Ε U Ε R D 0 S Ε Т S 0 D 0 D S Ε Ε Ν В M Ε Т 0 D 0 I Μ С S R Ε В Η Α Ε Ε Ε 0 Ε C Ν Ν M S Ε



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#### STATEPOINT CROSSWORD • MARCH MADNESS

#### **CLUES**

**ACROSS** 1. Giant Himalayan

5. \*M in MAC 8. Bathtub libation

11. Joie de vivre

13. East side of Jersey 15. Tucked in

16. Diva's solo 17. Length of a forearm

18. \*\_\_\_\_ Sunday 20. Osiris' wife

21. Freshwater fish 22. Stir fry pan

23. Victorian era overcoat 26. Smallest

30. \*Like attending band at the NCAA Tournament

31. Kaa of "The Jungle Book"

34. Great Lake 35. Prep mushrooms for

steak, e.g. 37. Cooking fat

38. Bible song

39. Second to last word in some fairytales

40. False 42. Dip oreo into milk,

e.g. 43. Tiresome 45. Hoariest

47. NBC's sketch comedv show

48. Misrepresent

50. South American monkey 52. \*2025 NCAA Champi-

onship game venue 56. Renaissance fiddle \_\_ and to

hold"

59. Founding Father Thomas \_ 60. Damien's prediction

61. Reunion group 62. Bancroft to Hoffman

in "The Graduate" 63. Agreement word 64. Ages and ages

DOWN

1. Nay opposers 2. River in Bohemia

3. 1.3 ounces, in Asia 4. Owes money (2 words)

5. Angelina Jolie's 2024 singing role 6. "Kick the bucket," e.g.

7. \*\_\_\_\_ Smith, coach of 2 champs and 11 Final Four

teams 8. Mongolian desert

9. Fleur-de-lis

10. \*Cut down at end of last game

12. Like rheumy eves 13. Descendant

14. \*2024 winners 19. Thin pancake

22. \*\_\_\_\_ and move on 23. \*Cinderella's victory

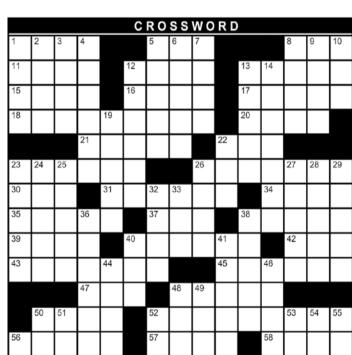
24. Furlough 25. Spew, past tense

26. Cough syrup balsam 27. Use other end of

28. Farm structures 29. Dangle a carrot 32. \* \_-up or evenly

matched game

33. Step on it 36. \*2024 Most Outstanding Player Newton 38. Paralyzing disease,





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for short 40. Afghan monetary unit 41. Neolithic tomb 44. "Riunite that's nice'

46. Figure out 48. Scapegoat's due 49. Roof overhang 50. Salty drop

51. Avian wader 52. Sailor call 53. Capital of Norway 54. Statistics calculation

56. Dashboard acronym

55. Sea eagles

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

### Hornet Nets Pitcher of the Week Award

University News Release

SACRAMENTO REGION, CA (MPG)

- Fresh off a performance that earned him his first victory of the season, senior right-hander Evan Gibbons was named the Western Athletic Conference (WAC) Pitcher of the Week on Monday, Feb. 24.

It is the first career honor for Gibbons, who became the first Hornet hurler to win the award since teammate Kade Brown did so on April 22 of last season.

The three-time WAC All-Academic Team selection put up a stellar start in game three of the series against Ball State on Feb. 21, picking up his first "quality start" of the season while combining on a three-hit

Brown allowed only two



Week. Photo courtesy of Sacramento State Athletics

over six shutout innings, walking a pair and tying his career high with eight strikeouts. Of the five Cardinals that reached base during his time on the mound, Gibbons stranded four of those in scoring position as Sacramento State went on to win the game, 2-0.

The eight strikeouts matched his high bar set in 2023 against Utah Tech and tied twice in 2024 in starts against Utah Valley and Stephen F. Austin. Gibbons is tied for second on the team with 10 strikeouts over 10.2 innings of work, holding opposing hitters to a .231 batting average.

Following a short break, the Hornets returned to the diamond on Feb. 26, defeating South Dakota State 14-2 in the opening game of a four-game home series at John Smith Field.

### Women's Tennis Adds International Talent



Cami Maldonado Gutierrez, ranked as one of the top 10 juniors in her home country of Mexico, has committed to join the Sacramento State women's tennis team for the 2025-26 season. Courtesy photo

Sacramento State University News Release

SACRAMENTO REGION, CA (MPG) - Cami Maldonado Gutierrez, ranked as one of the top 10 juniors in her home country of Mexico, has committed to join the Sacramento State women's tennis team Head Coach Sophie Breault announced

"We're thrilled to welcome Camila to our program and can't wait to see her growth over the next four years," Breault said. "Cami is a crafty lefty with incredible skill in moving the ball around the court. With so much untapped potential, she has everything it takes to become a top collegiate player."

"Aside from her talent, she's a kind, hardworking, and passionate competitor who will be a perfect fit for our team culture and the Hornet family. We have no doubt she'll make an immediate impact as we pursue our goals of winning the Big

Sky Championship and beyond."

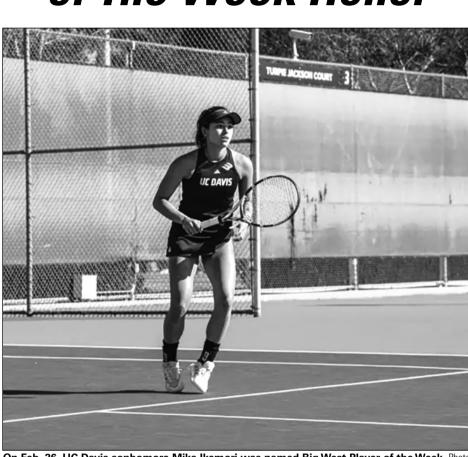
Originally from Tuxtla Gutierrez, Chiapas, Mexico, she ranked as high as No. 561 in the world according to the Jan. 6 International Tennis Federation's Juniors ranking and is currently No. 584 as of Feb. 17.

A member of the Chiapas State Team in 2022, she reached the quarterfinals of the Conade National Olympics and is well-versed in both singles and doubles competition.

Among her career highlights, she claimed five doubles titles from 2023-24 and was a semifinalist in a sixth event, while claiming a singles championship and another singles finals appearance at a pair of J30 Intercollegiate Tennis Association tournaments in Nicaragua. She also reached the semifinals of an event in Tabasco, Mexico in late May of 2024.

Overall, Gutierrez posted a 25-11 overall record in singles play and was 25-8 in doubles matches in 2024.

### Aggie Earns Player of The Week Honor



On Feb. 26, UC Davis sophomore Mika Ikemori was named Big West Player of the Week. Photo

**UC Davis Athletics** News Release

SACRAMENTO REGION, CA (MPG) - UC Davis sophomore Mika Ikemori was named Big West Player of the Week, the conference announced on Feb. 26.

This marks Ikemori's first career Big West Player of the Week honor.

Ikemori went 4-0 across three different matches over the course of a week. On Feb. 21, Ikemori and her partner Daisy Maunupau beat Oregon's No. 1 doubles team of Tilde Jagare and Juliett Santitto, currently ranked No. 80 in the nation. Ikemori followed that up with a straight sets victory at No.1 singles against Santitto 6-4, 6-3.

On Feb. 22, Ikemori and Maunupau won at No. 1 doubles against Cal State Stanislaus' Emma Yu and Annabelle Mulick, 6-3. That afternoon, Ikemori secured her fourth win of the weekend when she beat Jessup University's Briana Smith, 6-4, 6-0.

UC Davis was back in action against Cal Poly on March 1 for their first-ever theme day, We Stand We See, bringing awareness to illnesses that affect many around the world.

# Sacramento Kings Working to Enhance Accessibility

Sacramento Kings News Release

SACRAMENTO REGION, CA (MPG) - On Feb. 24, the Sacramento Kings in collaboration with Ticketmaster and OneCourt announced an innovative way for blind and low vision fans to experience live basketball action at Golden 1 Center. Beginning immediately and continuing through the NBA 2024-25 regular season, One Court's haptic display will be available at all home games, free of charge, allowing fans to feel the game in real time. OneCourt devices will be available

for checkout at Guest Services, located near Section 109 and 207, on a firstcome, first-served basis. Five devices will be available at each home game, expanding access to this groundbreaking technology and ensuring more fans can engage with the action in an inclu-

This cutting-edge technology converts live game action into audio and trackable vibrations, allowing users to follow plays with their fingertips.

The Kings worked closely with the NBA to integrate OneCourt with the league's live gameplay tracking system,

ensuring fans receive real-time updates through the device's intuitive interface. "At the Kings, we are committed to



fans to experience live basketball action at Golden 1 Center. Photo courtesy of Sacramento Kings initiative is part of Ticketmaster's

making live sports more accessible and inclusive for all fans," said Sacramento Kings President of Business Operations John Rinehart. "Partnering with Ticketmaster to make OneCourt technology available at Golden 1 Center allows us to deliver an innovative, realtime experience that ensures Blind and Low Vision fans can feel the excitement of every play."

"Our partnership with the Sacramento Kings brings OneCourt's adaptive technology to fans at Golden 1 Center, helping make gamedays more immersive and inclusive," said Ticketmaster Senior Director of Client Development Scott Aller. "Live expe-

riences are for everyone, and this

ongoing work to expand opportunities for how every type of fan can connect with and experience their favorite events." "We believe that sports are for every-

one and at OneCourt, we have created an intuitive tactile broadcast that makes sports more enjoyable for fans of any age, background, or visual ability," said OneCourt Founder and CEO Jerred Mace. "Fans feel more empowered than ever before to attend live sporting events and join in on the action. We are thrilled to partner with the Sacramento Kings and Ticketmaster to

make OneCourt available to basketball

fans at Golden 1 Center."

### Sac Pro Sport Venues Promote Sustainability

Sacramento River Cats News Release

SACRAMENTO REGION, **CA (MPG)** - On Feb. 25, the Golden 1 Center and Sutter Health Park announced a new multiyear, sustainability-focused partnership with Kimberly-Clark Professional<sup>TM</sup>. Fans attending Kings, River Cats and Athletics home games will benefit from Kimberly-Clark Professional's high-quality paper towels, soap, and toilet paper, reinforcing mental responsibility.

both venues' commitment to cleanliness and environ-"As an organization, we are always looking for ways to enhance sustainability efforts while improving the fan experience," said Sacramento Kings President of Business Operations John

Rinehart. "Kimberly-Clark

Professional products pro-

vide innovative hygiene

solutions for Golden 1 Center and Sutter Health Park, and we are excited to partner with a company that shares our commitment to health, safety, and environmental stewardship."

"We're dedicated to the teamwork it takes to help create better fan experiences," said Kimberly-Clark Professional Chief Customer Officer Ignacio Suit. "Customers can count on our towel, tissue and hand hygiene brands, Kleenex and Scott, to stand for safety and cleanliness from a responsible and ethical source." Kimberly-Clark recently

earned the No. 2 spot on Barron's list of most sustainable U.S. companies for its achievements in reducing its environmental footprint and announced its ambition to be 100% natural forest free across its portfolio.