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# Gold River Messenger

VOLUME 13 • ISSUE 3      *Serving Gold River and Sacramento County*      MARCH 2025

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## Airshow Coming to Town



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

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## Drain After Rain to Prevent Mosquitoes



Eliminating mosquito breeding grounds now will significantly reduce their population later in the season. MPG file photo

### 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*

## Commemorating 175 Years of Service

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - 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,



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 (District 5). Photo courtesy of Sacramento County

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 [sac-county.wufoo.com/forms/celebrate-sacramento-countys-175th-anniversary](https://sac-county.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.sac-county.gov/anniversary175](https://pio.sac-county.gov/anniversary175).

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



# Library Helps Teens Shine on Prom Night



"Music's done so much good in my life and career," Ross said. "I've used it in tutoring, particularly with kids from underserved

Contact Ross at [rossmtca@gmail.com](mailto:rossmtca@gmail.com) for more information. ★

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Chuck Asado sin Hueso

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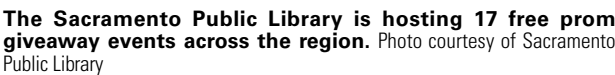
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Chuck Roast - Bnls  
Chuck Asado sin Hueso

**\$4.99**  
/lb



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



On March 22, the prom giveaway event will be at Rancho Cordova Library, Valley Hi-North Laguna Oaks Library and on April 19 at Arcade Library. Visit [saclibrary.org/prom](http://saclibrary.org/prom) for times and full details. ★

**FRESH PRODUCE**

Celery Sleeved <b>89¢</b> /ea	Black Grape <b>\$1.79</b> /lb	Lemon 3 lbs <b>\$2.99</b> /bag	Red Plum <b>\$2.59</b> /lb
Organic Green Onion <b>\$1.99</b> /pk	White Potato 10 lbs Bag <b>\$5.49</b> /bag	Murcott Tangerine 4 lbs <b>\$3.99</b> /bag	Jicama <b>89¢</b> /lb

**AMERICAN/HISPANIC GROCERY**

REG. \$26.99 <b>\$19.99</b> /ea -TAI Gain Original Detergent 4.55 liters	REG. \$3.99 <b>\$3.49</b> /ea -CRV Hawaiian Punch Fruit Drinks 5 Flavors 1 gallon	REG. \$2.99 <b>\$2.39</b> /ea Dole Pineapple Chunks, Sliced Crushed 20 oz	REG. \$6.99 <b>\$5.99</b> /ea -TAI Fiora Ultra Bath Tissue 12 rolls	REG. \$5.99 <b>\$1.99</b> /ea Doritos Home Style Pretzels 9.5 oz. 16 oz

**ASIAN GROCERY**

REG. \$2.99 <b>\$2.69</b> /ea Golden Mountain Seasoning Sauce 20 Ltr.	REG. \$5.49 <b>\$1.99</b> /ea Lee Kum Kee Orange Chicken Sauce 16.4 oz.	REG. \$1.99 <b>99¢</b> /ea -CRV Nutrishake Jelly Shake Drink 11.5 oz.	REG. \$4.99 <b>\$4.49</b> /ea Lee's Full Cream Milk 14 oz.	REG. \$2.99 ea, \$32.99 case <b>\$2.69</b> /ea, <b>\$2.99</b> case -CRV Chaokoh Coconut Water, Bar 1 liter

**EUROPEAN GROCERY**

REG. \$21.99 <b>\$17.99</b> /ea Allegro Pure Sunflower Oil 5 liters	REG. \$6.99 <b>\$5.49</b> /ea Polinka Marinated Tomatoes 56 oz.	REG. \$12.99 <b>\$10.99</b> /ea Sophia Pure Blossom Botany 908 gr.	REG. \$4.99 <b>\$2.99</b> /ea Xyrosk Sunflower Halves 500 gr.	REG. \$6.99 <b>\$3.99</b> /ea Bibikini Sunflower Seeds 500 gr.

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

Sacramento Audubon scouts view parkland



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

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](http://effie-yeawnature.org). ★

# Adventure Group Catches the Waves

**By Elena Burgé, Cordova Recreation & Park District**

**RANCHO CORDOVA, CA (MPG)** - For the Cordova Recreation & Park District's (CRPD) Teen Adventure Group (TAG) members, Jan. 11 was a day to remember. Despite the chilly winter breeze and early morning start, the group embarked on their highly-anticipated surfing trip to Santa Cruz, marking yet another exciting trip for the program.

Outdoor Adventures, funded by the Outdoor Equity Grants Program through California State Parks, aims to provide underserved communities with opportunities to explore the great outdoors. Cordova Recreation & Park District's \$347,550 grant supports local activities and trips to nature areas, such as tree plantings, creek clean-ups, camping and, in this case, surfing on Northern California's beautiful coast.

The idea for the trip came directly from Teen Adventure Group members during one of their monthly meetings.

"One of the members suggested learning about the ocean and going surfing," explained Recreation Supervisor Matt Zimmerling. "We found a company (Club Ed) that could provide us with lessons, boards and wetsuits and a new adventure was started."

Fast forward to a sunny, windy morning in Santa Cruz. The group's adventure began with a stroll along the pier, complete with "barking" at sea lions and attempted



Teen Adventure Group (TAG) members suit up and take on the waves with the guidance of their Club Ed surf instructor. Photo courtesy of Cordova Recreation & Park District

"conversations" with the seagulls. Lunch on the pier quickly turned into a comedy of errors as gusts of wind sent slices of bread and lettuce flying while the teens made their sandwiches. After lunch, the group suited up with wetsuits and surfboards, guided by Club Ed instructors, and braved the cold Pacific waters to tackle paddling and "popping" onto the boards.

The waves were relentless and the wind made getting past the break no easy feat. For one participant, the struggle almost proved too much. Although the idea of getting into the water was frightening for her at first, she eventually started to enjoy the thrill of catching waves back to the shore.

"Watching her overcome her fear and push herself to ride as many waves as possible was incredible," her mother wrote. "Mary had a blast. She was the most tired I may have ever seen her afterwards, LOL."

Others celebrated their victories with beaming smiles. Some managed to stand on their boards and ride waves toward the shore. After an hour and a

half of paddling, tumbling and triumphing, the group wrapped up their lesson with some fun in the water before packing up for the journey home.

Teen Adventure Group offers much more than just outdoor fun. Through monthly meetings and events, members learn valuable life skills, including event planning, leadership development and community engagement. Open to middle and high school students ages 11 to 17 within Cordova Recreation & Park District's boundaries, the program encourages teens to get involved and make a difference.

For these Teen Adventure Group members, the Santa Cruz trip was a chance to build confidence, overcome challenges and enjoy a unique outdoor experience. As the program expands, it continues to provide teens with valuable opportunities to connect with nature and their community. Learn more about Teen Adventure Group on the Cordova Recreation & Park District's website at [cordovarpd.gov/programs/outdoor-adventures](http://cordovarpd.gov/programs/outdoor-adventures). ★

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# You Can Prevent Teen Dating Violence

**Soroptimist International of Rancho Cordova and Gold River News Release**

**SACRAMENTO REGION, CA (MPG)** - Romantic relationships between teenagers are incredibly complicated. The undertaking of a relationship very often requires more maturity than most teens have developed. These relationships are more likely to be riddled with problems that include communication, jealousy and selflessness.

As a result, teenagers are more likely to be involved in relationships that are unhealthy, violent and/or abusive. If you are a teenager involved in a romantic relationship, it is important to understand the behaviors that could point to an unhealthy and/or abusive relationship.

Unhealthy or abusive relationships take many forms and there is not one specific behavior that causes a relationship to be categorized as such. However, there are certain behaviors that should be cause for concern. Parents, watch out for red flags. Red flags include excessive jealousy or insecurity, invasions of your teen’s privacy, unexpected bouts of anger or rage, unusual moodiness, pressuring a partner into unwanted sexual activity, being blamed for problems in the relationship and not taking any responsibility for the same, controlling tendencies, preventing your teen from going out with or talking to other people, constantly monitoring your teen’s whereabouts and checking in to see what your teen is doing and who your teen is with, vandalizing or ruining personal property, taunting or bullying, or threatening or causing physical violence.

If your partner frequently engages in these behaviors, it may be wise to speak with someone with whom you feel comfortable. Adults who have experience with relationships may be able to provide advice that can help you to determine if you are in any danger.

Teens, if your partner exhibits any of the behaviors outlined above or if your partner has physically harmed you in any way, there are many things you can do. Trust your gut – if you think you are in danger or in an unhealthy relationship, you should end it. If you are afraid of confronting your partner or fearful of what they may say or do, there are numerous resources you can contact for help, guidance or counseling. If you think you are in an abusive relationship, you should consider reaching out to a trusted friend, teacher, parent or mentor; spending more time

with individuals with whom you are comfortable; getting involved with activities you enjoy that will allow you to associate with positive people; seek the guidance of a school counselor or therapist; or calling the National Domestic Violence Hotline at 800-799-SAFE (7233).

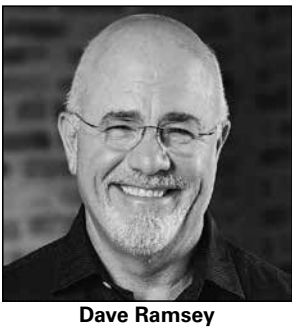
Studies have found that negative or abusive behaviors in unhealthy relationships are more likely to increase over time. Abuse escalates as the relationship progresses and victims are more likely to sustain substantial injuries or harm. If you believe that you may be in an abusive or unhealthy relationship, do not hesitate to ask for help. Teenage dating violence is more common than you know; you are not alone.

Data above is from [teendvmouth.org/resources/signs-teen-dating-violence](http://teendvmouth.org/resources/signs-teen-dating-violence).

Soroptimist International is committed to end all forms of violence that affect women and girls disproportionately. Gender-based violence occurs in the family and in the general community. Whatever form it takes, gender-based violence is deeply rooted in historical inequalities, power imbalances and gender-based discrimination. Gender based violence is a violation of human rights and affects the ability of women and girls to reach their full potential and participate in society.

Soroptimists say that awareness and education are powerful tools to stop intimate partner violence in all its forms. If your teen has an abusive partner or if you just suspect they might, we encourage you or your teen to contact WEAVE’s 24-hour hotline at 916-920-2952, the Sacramento Family Justice Center at 916-875-HOPE (4673) or call 2-1-1. Ensuring that women and girls have the opportunity and ability to complete school and earn a livelihood plays a significant role in reducing vulnerability.

Soroptimist is an international non-profit organization that seeks to improve the lives of women and girls through programs leading to social and economic empowerment. The name, Soroptimist, means “best for women,” and that’s what the organization strives to achieve. Soroptimists are people at their best, working to help other women to be their best. Email [sircgr2009@gmail.com](mailto:sircgr2009@gmail.com) to receive more information about Soroptimist International of Rancho Cordova & Gold River, to become a member or to learn how you can volunteer with our club members or visit.



Dave Ramsey

Dear Dave,

My wife and I are on Baby Step 4 of your plan. Recently, we were offered the opportunity to take part in a three-day, hands-on stock trading class. The only problem is we don’t have the \$5,000 registration fee at the moment. What do you think about us temporarily taking that amount from our emergency fund, then replacing it over a few months’ time? We would still have the minimum three months of expenses you recommend still there for emergencies even after taking the class.

– 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

## 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 of cash.

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 best-selling 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.* ★

# Airshow Coming to Town



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

*Continued from page 1*

with amazing performances and family fun.”

The event offers several ticket types, with a range of experiences and accommodations. 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 meet-and-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](http://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.com](http://CaliforniaCapitalAirshow.com). ★

# Drain After Rain to Prevent Mosquitoes

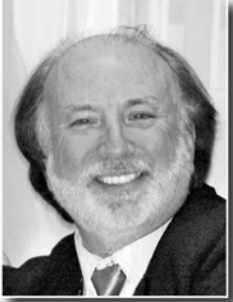
*Continued from page 1*

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](http://FIGHTtheBITE.net).

The Sacramento-Yolo Mosquito and Vector Control District provides year-round 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 available to address any mosquito problems. Call 1-800-429-1022 or visit [FIGHTtheBITE.net](http://FIGHTtheBITE.net) for help. ★



**Publisher,  
Paul V. Scholl**

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## Gold River Messenger

*Serving Gold River and Sacramento County*



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# Psychic Success

Do you have intuitive power? Would you like to tap into your own super intuitive power? Can you achieve the ability to gain insight, clarity, and direction to overcome negative life experiences and head towards empowerment in relationships, career, well-being and other life matters? **Dr. Dan Bartlett** says yes you can in **“Six Easy Secrets to Psychic Success.”** **Dr. Dan** is a certified Metaphysical Practitioner with over thirty years experience. So, of course I asked him to explain those secrets on my radio show POPPTALK, and to please keep it simple. Oh, and he reads minds too. Made me a little nervous. They call him a “Magical Mentalist.” Here’s what he told me.

**SECRET ONE. YOU DON’T HAVE TO BE BORN A PSYCHIC TO BE A PROFESSIONAL PSYCHIC.** Being able to give an accurate and valuable intuitive reading is a learned ability. **MYTH.** “In order to give an intuitive reading, you have to be born with a gift. Dr. Dan adds “Intuitive abilities are learned.” **SECRET TWO. BEGIN USING YOUR PSYCHIC GIFTS AND ABILITIES AS YOU ARE DEVELOPING THEM.** The best way to get great at giving readings is to give readings as often as possible. Give those readings freely and learn the process. **SECRET THREE. HOW YOUR AKASHIC RECORD CAN HELP YOU BE MORE INTUITIVE.** Hold on. What is Akashic? I looked it up on Wikipedia and here’s what I found. “In the religion of Theosophy and the spiritual movement Anthroposophy, the Akashic records are believed to be a compendium of all universal events,

thoughts, words, emotions and intent to have occurred in the past, present, and future in terms of all entities and life forms, not just human. They are believed to be encoded in a non-physical plane of existence known as the mental plane.” WOW! That’s a whopper! So then what? Dr. Dan explained that getting in touch with the magic of the Universe is helpful on your intuitive journey. We each have our own personal spiritual direction, and using yours to help you along your intuitive journey is of benefit. **SECRET FOUR. CONDUCTING YOUR READINGS.** This ties in with Secret Number Two. The more readings you give, the better you will get at it. It’s that old adage of “Practice makes perfect.” **SECRET FIVE. HOW TO GET CLIENTS. THAT INCLUDES MARKETING AND ADVERTISING.** That will come when you are ready to become a fulltime reader. **SECRET SIX. NEVER, NEVER, NEVER EVER GIVE UP.** There may be times when you might ask yourself...”what am I doing?” Keep reading other books and get as much information as you can. You must explore to get really good at giving intuitive readings. But don’t give up. Always visualize the glorious end result. It’s your ultimate goal.

If you need more info, you can go to **www.drndanandco.com** to go into more detail. And I’m sure you will get a lot more detail from **“Six Easy Secrets to Psychic Success.”** You, too, might become a psychic. I think we all have some intuitive ability, but perhaps some are born with a stronger intuitive **sense. Who knows? COULD IT BE YOU?** ★



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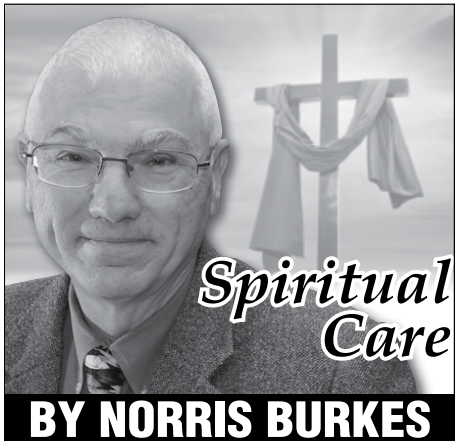
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# God’s Not finished With This Chaplain, Yet



When a reader once left a voicemail suggesting that I wasn’t worthy of my chaplain title, I shrugged. That’s OK, I thought, I’ve heard that before.

The worst occasion happened during my USAF deployment to Saudi Arabia in 1999. That’s when my supervisor, Col. Mike Bradshaw, told me I wasn’t being promoted to the rank of Major.

“You’ll be reconsidered next year,” he promised. “But trust me,” he added in his signature truism, “it’s really a ‘one-chance-mistake-Air-Force.’ You won’t remain active duty.”

So, I guess it was appropriate that a few mornings later, I walked into the chapel men’s room to evacuate the constipation of my disappointment. Before entering the stall, I followed military tradition and tucked my hat into the beltline at the small of my back.

Before taking my place on the porcelain throne, I noticed the toilet brand name, “Norris.” I shrugged. It fit the “career” I was having.

I stayed for much longer than I should have. I didn’t want to go to the office. How was I supposed to be a supportive chaplain to the deployed troops when I felt so low?

Finally, however, I stood to do my “paperwork.” As I discarded the paper into the receptacle, I noticed that some careless fool had ditched his hat in my toilet.

First, I wondered, why hadn’t I previously noticed this?

But my second and more sober observation was that this fool’s hat had a Christian cross affixed on it. That fool was me!

I almost cried looking at my hat in the flusher. Was God using a metaphor to tell me that my chaplain career was in the toilet? If so, was the military my only path of ministry? Or were there other ministry venues? I wasn’t sure.

I had no choice but to go to the chapel office and ask our NCOIC (office manager) for a new hat. As I unfolded my story, Master Sgt. Steve Carothers folded his 6-foot-5-inch frame in half, overcome with near stroke-inducing laughter.

He then made a comical demand. “If you want me to give you a new hat, you are going to have to give me just one good reason why I should overlook such a blame fool mistake as that.”

“Well,” I admitted, “there are some foolish officers in this Air Force who seem like they operate with a head full of crap.”

He shook his head with large, agreeable nods.

“But” I said, “don’t you think it takes a really good officer like me to admit that he has a hat full of crap?”

Hearing my logic, he dropped to the floor, hysterically beating the tile with his fist.

“I give up, Chaplain,” he declared. “You got your new hat.”

The Bible says in James 5:16, “Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed.”

I confessed my mistake—my sin—and got a new hat. But better than that, I got a new ministry.

For you see, despite my sinking feeling that my career was flushed in the crapper of chaplain careerism, I had a creatively hysterical moment in which I emailed my “hat-full” story to a Florida friend, a newspaper editor named Tom Clifford. Tom thought it was riotously funny but too inappropriate for a newspaper.

Still, he saw through my “crap,” and 10 months later, he invited me to begin this syndicated newspaper column.

Col. Bradshaw had asked me to trust him. Trust is best left to God, not man. Now, almost 25 years after the famous toilet week, I look back over a long and rewarding career as a healthcare chaplain.

Better yet, I managed to finish a career in uniform. In 2002, I transferred to the California Air National Guard and was twice promoted, retiring as a lieutenant colonel in 2014.

So, now I know that if I ever meet up with Col. Bradshaw again, I’d like to tell him one thing: “Trust me, God’s still not finished with me.”

This column was excerpted from my book “Thriving Beyond Surviving.” ★

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CLUES

ACROSS  
1. Giant Himalayan  
5. \*M in MAC  
8. Bathtub libation  
11. Joie de vivre  
12. Do like fly fisherman  
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 comedy show  
48. Misrepresent  
50. South American monkey  
52. \*2025 NCAA Championship game venue  
56. Renaissance fiddle  
57. "To \_\_\_\_ and to hold"  
58. \_\_\_\_-friendly  
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

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DOWN  
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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 eyes  
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 pencil?  
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,

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  
55. Sea eagles  
56. Dashboard acronym

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# 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 half-game 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*  
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# 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/](http://www.socialsecurityreport.org/tools/life-expectancy-calculator/).

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). ★*

# 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 snowpacks 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

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 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 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. ★*



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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-year 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



University of California, Davis has earned accreditation for its Doctor of Nursing Practice – Nurse Anesthesia 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 spent 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-california](https://nfib.com/news-article/nfib-announces-legislative-agenda-for-california). For National Federation of

Independent Business’s congressional agenda, visit [nfib.com/news-article/nfib-to-congress-advance-the-small-business-growth-agenda](https://nfib.com/news-article/nfib-to-congress-advance-the-small-business-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 Pexels

**AAA Northern 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). ★