



From Catfished to Homeless to Sheltered

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Boys Soccer Having Up and Down Season

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Grapevine Independent

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Solving an Impossible Problem

Supreme Court will hear case about homeless encampments, with huge implications for California



A recent abatement effort cleared many encampments where unhoused people were sleeping, but some individuals continue residing in the park. Photo courtesy Pixabay

By **Jeanne Kuang**
CALMatters.org

The U.S. Supreme Court will weigh in on whether cities can legally ban or limit unhoused people camping in public spaces — a case that could grant California officials more power to sweep homeless camps.

The case, originating from the Oregon city of Grants Pass, could overturn or narrow a five-year-old precedent from a federal appeals court that limited how much cities in Western states could criminalize those who sleep on the streets when there aren't enough shelter spaces available.

In the older case — *Martin v. Boise* — the Ninth Circuit Court of

Appeals ruled in 2018 that it's cruel and unusual punishment to criminalize camping on public property when the people in question have nowhere else they can legally sleep. The ruling was binding on West Coast cities, where rising rates of unsheltered homelessness that later spiked during the pandemic were driving local politicians to pass public camping prohibitions. In 2019 the Supreme Court declined to hear an appeal of that case.

Since then, California cities have often been subject to federal lawsuits after passing restrictions on when and where the unhoused can set up camps. Relying on the ruling in the Boise case, judges have delayed or outright halted camping bans from

being enforced in cities including San Francisco, Sacramento, Chico and San Rafael, finding that the cities had failed to provide adequate alternate shelter options for the residents they were about to sweep from their encampments.

The situation has led city officials — and Gov. Gavin Newsom — to complain that the Boise ruling has tied their hands from addressing the state's sprawling encampments, arguing they need to sweep camps both for health and safety reasons and for the well-being of encampment residents. It's led liberal state and local officials, including Newsom, to join conservatives in asking the court for more power to penalize the homeless
Continued on page 3

FCUSD Receives Support for Title XI Native Studies

By **Sharon Pearce**

FOLSOM CORDOVA, CA (MPG) - Folsom Cordova Unified School District ("FCUSD") Board took almost five hours Thursday night, January 18th, following a one-hour closed session, to recognize school athletes, hear public speakers voice support for establishing Indigenous People's Day (replacing Columbus Day), and being walked through of an extensive timeline to hire a new school superintendent to replace Dr. Sarah Koligian. Public comment acknowledged Dr. Koligian's service.

McPherson & Jacobson, LLC, Executive Placement and Development firm of Omaha, NE took a big slice of the evening to present how the Board will participate in the ultimate selection of a new school superintendent. The two presenters explained that additional committees would be formed for the selection process. Board President Tim Hoey and Member David Reid sought clarification that no one other than board members had authority to recommend candidates for selection, and were assured this was so, though the firm's presenters repeatedly remarked the other committees would make recommendations on the candidates at various steps. Eventually there would be two days of intense interviews with final candidates with the selection to be concluded by July 1st.

The Title VI program to establish a Native American Studies course, A/K/A American Indians Education, received voice support from students and adult speakers alike. Comments were that it would address education disparities of the past, celebrate the rich cultures of Indigenous people, and recognize their history and contributions. It was said that such studies could be transformative while embracing and conserving Native American cultural roots.

Again, visitors encouraged the Board to find a way to retain the Montessori school model in the District. One parent commented that to lose the program felt "like a step backward." Another reported "Early childhood education for 3-4-year-olds has shown returns 9 to 10 times over in producing later academic success." Keeping children together from early on was emphasized.
Continued on page 9

Parents Outraged Over 4-Hour Daily Commute to Middle & High School

Parent Coalition News Release

SACRAMENTO COUNTY, CA (MPG) - Middle and high school students from the South Rancho Cordova and Rancho Murietta/Sloughhouse areas are being forced to attend overcrowded schools in Elk Grove. These schools are too far away from home, giving them 11-hour school days, average 4 hour-commute and wait times before and after school—often unsupervised, often preventing them from participating in extracurricular activities.

Parents of these children are outraged that their middle and high schoolers are having to leave for the bus stop at 6:45 AM to attend school that starts at 8:30 AM, and don't get home often until between 4:30-5 PM. That's before school sports or club meetings,

giving them barely enough time to do homework.

Parents who are able to carpool or drop off/pickup their children typically have a 90-minute commute and often begin lining up for pick-up about 1pm—2.5 hours before school gets out. The traffic then gets so bad that children are unable to be picked up for afternoon doctor's appointments, leading to kids being taken out of school at lunch and missing a full half day for an appointment, instead of the typical hour to 1.5 hours. Traffic is often double-parked, blocking fire and police routes, and for those with disabilities, they're unable to park near school to pick up their children.

Interview Opportunities and Quotes - Contact Megan Smith or Shauna Mandell for names and contact information of the

below testimonials.

"Even on early out days, the bus still runs a normal day schedule. That means children do not get dropped off until two hours after school gets out!"

"My son rides the bus and gets home at 4:30. He has exactly 1 hour to do homework and eat dinner before we have to leave at 5:30 to get to practice by 6:00. At 7:30, I load my 7 and 4 year old back into the car to make the hour long pilgrimage to pick up my son from Pleasant Grove at 8Pm. We do not arrive back home until 8:30."

"My daughters WERE attending KAMS & PGHS. I pulled them out and enrolled them at SAVA Elk Grove in 2022 (charter school), due to: bathroom closures, daily drive, bus issues, inability to participate in school activities and tutoring because of bus and

transportation issues."

"My daughter needed to go to a medical appointment in Folsom at 4pm, Albani is out at 3:20, I arrived at 2:45 presuming I could park reasonably, wait a bit before I called her to the office. I am 9 months pregnant and when I arrived, I wasn't able to park anywhere to walk to the office and I could not even turn in to get close to the school. I called the office and was told this is typical. I had to get out and knock on car doors to move to the line of traffic to go park off campus and walk to the office."

Parent Coalition Representatives Contact Information:
Megan Smith - 530-957-0706 mshamblin.smith@gmail.com
Shauna Mandell - 916-439-0634 shauna.mandell@gmail.com ★



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From Catfished to Homeless to Sheltered

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG)

- Keith and Sadie amble around the grounds at the Florin and Power Inn Safe Stay Community – a collection of tiny sleeping cabins that shelter homeless people while providing for not only their basic needs but also connecting them to critical supports that help them exit homelessness. Sadie, an amber-colored hound, was recently vaccinated and spayed by the Bradshaw Animal Shelter's new mobile vet clinic, right on the premises. She is shy and wary of other humans, but she stays glued to Keith's side as they walk through the astroturf courtyard to get rechecked by the traveling veterinarian.

"It is great to have this service come to us. Sadie is important to me; I am glad to know she is fixed and healthy. I've had her since she was a puppy and I want to take care of her," Keith says.

Keith and Sadie have been at the Safe Stay Community for about three weeks. Keith is hopeful that his steady social security income and the help from the rehousing navigators will land him a safe, clean, and pet-friendly apartment soon. "I have excellent credit," said Keith. "I've never had bad credit. I'm hoping that helps me find a place that will take Sadie. I just need something I can afford on my social security."

Keith came to Sacramento four years ago. A musician in New Orleans, he had been posting videos of himself singing and playing on Facebook. A woman reached out to him via direct message and said she liked his singing and his look and would love to meet him. His wife passed away a few years prior, and he was lonely. They began chatting online and exchanging photos and promises. She lived in Sacramento, and she asked



Keith and his beloved Sadie. Photo courtesy of Sacramento County

him to come and live with her. She had a place and a car that he could use to find a job. She'd take care of him.

Keith spent his last \$700 on a red eye from New Orleans to Sacramento. The woman who picked him up from the airport

was not the woman he'd seen in the photos. She was also homeless, staying with her mother, and didn't have the promised car. Keith had been catfished, and now he was broke, in an unfamiliar city, and unsure of what to do next. With nowhere to go and

no resources to care for himself, Keith still went home and stayed with the woman he'd been chatting with for weeks.

Keith found a job he could walk to—\$20 an hour doing construction. He was a hard worker and had good skills, and soon

Keith was promoted to foreman and made \$25 an hour. To his surprise, one day a woman showed up at his front door with a little dog. She couldn't care for it anymore and had heard he was good with dogs. Who can turn away a dog in need? Keith fell in love with Sadie immediately.

But he wasn't in love with the woman he was living with. When Keith revealed he didn't want a romantic relationship with the woman who'd tricked him, she kicked him and Sadie out. He rented his own apartment and reinvested in his first love—music. He purchased a guitar, and a new amp and started playing again. Finally, Keith was feeling like this life-changing move across the country wasn't so bad.

And then came a global pandemic. His construction job halted, and he lost his job. To add insult to injury, his apartment was robbed, and his guitar and amp were stolen. His landlord gave him short notice to vacate so that he could renovate the apartment and rent it for more money. With just his social security payments, Keith couldn't find a place he could afford, and he was right back to where he started—homeless.

"These cabins are amazing. Having my own bed, a door, three meals a day, a place to shower, a safe place for Sadie. I'm so grateful. All I need is a dog-friendly apartment that I can afford on my social security, and I'll be fine."

The staff from City Net, the onsite provider at the Safe Stay, is working diligently to find Keith housing that he can afford with his income and/or minimal assistance that will accept a pet.

Keith has grown children in Florida. One day, when he can, he wants to fly back to see them, but he doesn't want to be homeless when he sees his family for the first time in years. "I want them to be proud of me." ★

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Automobile Museum Opens New Exhibit: Rucas y Carruchas



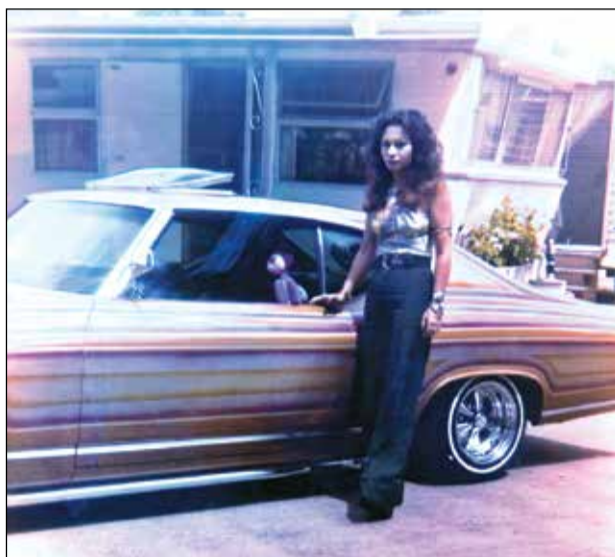
One of the featured cars in the new exhibit. Photo courtesy of the California Automobile Museum

California Automobile Museum News Release

SACRAMENTO, CA (MPG) - The California Automobile Museum is proud to announce the opening of our new exhibit "Rucas y Carruchas: Ladies in Lowriding" on Saturday, January 20!

This new exhibit, spearheaded by our Exhibits Manager, ShaVolla Rodriguez, will focus on Lowriders, the Lowrider and Chicana cultures, and the women who have taken their places as owners, builders, designers and drivers of these beautiful vehicles.

"Lowrider describes both the car and the owner all at once, both individually and combined. Invested monetarily, emotionally and even spiritually, the Lowrider as a person is so deeply devoted to the craft, the culture and their vehicle,



An undated photo of a classic lowrider. Photo courtesy of the California Automobile Museum

that they become one with their car. Likewise, the car is an extension of their owner, and much more than a vehicle, the car is anthropomorphized into a being that is the recipient, like a lover, of the owner's hard-earned money, attention and affection. The car is showered with fine clothing and jewelry, polished and caressed, gazed upon for hours, dressed

up outside, inside, and underneath, and taken out to show to the world how much has been invested into their Ranfla. The Lowrider is a person, a car, a culture, a lifestyle, a fellowship, even a religion, all in one word. An extension of oneself, of the barrio, of Chicanismo; to Lowriders, Lowriding is life." ★

-Professor Patrick Fontes

Solving an Impossible Problem

Continued from page 1

for sleeping outside. The high court has a 6-3 conservative majority.

In a high-profile case that has particularly drawn Newsom's ire, the Ninth Circuit Court of Appeals this month backed a judge's 2022 ruling restricting San Francisco's enforcement of certain bans on sleeping on sidewalks and in parks, because the city hadn't shown there were other locations that were "realistically available" to unhoused residents before a city sweep.

"California's elected officials who seek in good faith to improve what often appears to be an intractable crisis have found themselves without options, forced to abandon efforts to make the spaces occupied by unhoused people safer for those within and near them," Newsom's administration wrote to the Supreme Court in September.

An attorney for the homeless Grants Pass residents said in a statement today that politicians were wrong to blame judges for the homelessness crisis. He said cities have always been allowed to regulate encampments, even under the recent rulings.

"The issue before the Court is whether cities can punish homeless residents simply for existing without access to shelter," said Ed Johnson, director of litigation at the Oregon Law Center.

The case is being closely watched by officials across California and could widely affect how they respond to encampments. Newsom's statement was part of an amicus curiae brief the administration filed in the case. Amicus briefs are legal briefs submitted by parties not directly involved in a given case, but who typically take one side or the other in a case. The majority of the amicus briefs filed in the case were from California entities and, though more than a dozen mostly-Republican-led state governments also filed a brief, Newsom was the only governor to weigh in.

In addition to Newsom's, other filings include the California State Association of Counties, the California State Sheriffs' Association, district attorneys for Sacramento and San Diego counties, the cities of Los Angeles and San Francisco, the Los Angeles Area Chamber of Commerce, the Bay

Area Council, and even the Brentwood Community Council.

But advocates for the unhoused say the Boise ruling is clear. They point out that most cities have hardly enough shelter beds to accommodate their homeless populations and that shelters are often near-full on any given night, and say banning public camping or restricting it does more harm than good by pushing homeless people from location to location.

"All you need to do to be compliant with (the Boise case) is stop using our criminal system as the stick here to solve this problem," said Will Knight, decriminalization director at the National Homelessness Law Center, last year.

In particular, the court rulings have led to a patchwork of interpretations across the state on what qualifies as the "adequate shelter" cities must provide before sweeping homeless camps. The Oregon case that the Supreme Court agreed to hear could provide some clarity — or so California officials hope.

While the Boise ruling said the government can't broadly ban any public camping without giving people alternative places to stay, Newsom and city officials across California said in briefs filed before the Supreme Court that they want to know whether they can set restrictions on times or locations where camping is allowed.

Other questions include whether cities can criminalize public camping for those whom they call "voluntarily" homeless — people who refuse offers of shelter. And California cities have asked the court to rule on whether, in order to ban camping, they need to have a suitable shelter space available for every individual unhoused person no matter their circumstances, or simply have general shelter beds open the day they sweep a camp.

In Chico, for example, a federal district judge in 2021 ruled that sending unhoused residents to camp on an unshaded airport tarmac on the outskirts of town was not "adequate" enough shelter to justify banning encampments in town. In response, the city settled the case by setting up a site of tiny homes where it can offer encampment residents a room before proceeding to sweep their camp. ★

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News Briefs

Make a Difference with Local Volunteer Opportunities

The holidays may be over, but it's always a great time to look for new ways to give back to your #RanchoCordova community. Check out the following opportunities.

Give Back at the Winter Sanctuary

Rancho Cordova HART (Homeless Assistance Resource Team) is a volunteer-run organization seeking volunteers for its Rotating Winter Sanctuary. The program offers our unhoused neighbors a safe place to stay during the coldest nights of the year. Volunteers, ages 16 and older, are welcome, and shifts and hours will vary.

Learn more at https://cityofranchocordova.galaxydigital.com/need/detail/?need_id=884855.

Become an Outreach Volunteer at the Sacramento Children's Museum

Join the Sacramento Children's Museum to provide children with a place where they can be inspired, challenged, and nurtured. Volunteers will attend events in Rancho Cordova and throughout the region. Dates and hours will vary.

Learn more at https://cityofranchocordova.galaxydigital.com/need/detail/?need_id=819473.

Help Grow a Garden with the Rancho Cordova Library

Do you have a green thumb with a desire to give back? Sign up to volunteer at the Rancho Cordova Library weed, clean, organize, water and of course plant. All tasks are self-paced. Learn more and sign up at <https://www.saclibrary.org/Support-Us/Volunteer/Volunteer-with-the-Library>.

Check out more volunteer opportunities or list the needs of your organization on Volunteer Central at CityofRanchoCordova.org/Volunteer.

Rancho Cordova Documentary Nominated for Emmy Award

Rancho Cordova: From the Gold Rush to the Space Race documents the city's history and will re-air on PBS KVIE January 24 – 28. Check your local listings or watch the Emmy-nominated film online.

Cordova High School Mentoring Team Recognized

Rancho Cordova Vice Mayor Siri Pulipati was present to congratulate the school's CREATE Mentoring Team, which won the program's Best Overall Award. The 10-week program pairs students with mentors from engineering, architecture,

construction, and trade industries.

Business News

Now Open:

Epoch Casino, 11275 Folsom Boulevard
Grocery Outlet, 2280 Sunrise Boulevard
Handel's Homemade Ice Cream, 10842 Bear Hollow Drive

Happy Niyama, 11015 Olson Drive, Suite 9

K-GLO Aesthetics, 11009 Olsen Drive, Suite 702

Mather Modern Dentistry, 10842 Bear Hollow Drive, Suite 101

New Pacific School, 10710 Bear Hollow Drive

New York Pizza & Wings, 10731 Coloma Road

Vegan Fresh 2U, 11009 Olson Drive, Unit 704

Coming Soon:

Cali Kabob and Gyro House, 9791 Lincoln Village Drive, Suite F

Kids Empire, 10309 Folsom Boulevard

Pacific Dental, Stone Creek Village

Pizza Twist, 11009 Olson Drive, Suite 704

Round Table Pizza, Anatolia Marketplace

Sandhu Pizza, 10419 Folsom Boulevard

West Coast Sourdough, 3225 Zinfandel Drive, Suite 2

World Traveler Coffee Roasters, Rivergate Shopping Center

MACC Announces 2024 Lineup of Events, Exhibits and Workshops

The MACC rolled out its calendar for 2024, which includes a diverse lineup of events ranging from hands-on artist workshops to live music. Visit their website for more information.

January is

"Resolve to Be Ready" Month

This month marks the 30th anniversary of the Northridge Earthquake and the Governor's Office of Emergency Services is encouraging residents to develop an emergency plan and download the free "My Shake" app. MyShake delivers ShakeAlert®-powered earthquake alerts across California, Oregon, and Washington. See damage and shaking reports submitted by other community members along with information from the USGS and other global earthquake authorities. Your device becomes an earthquake sensor and joins a smartphone network collecting valuable data. Get notifications about nearby earthquakes and track earthquakes around the globe. ★

Investing in EV Charging Reliability Statewide With Federal Funding

California Department of Transportation News Release

SACRAMENTO, CA (MPG) - In a boost for electric vehicle reliability, the U.S. Department of Transportation has awarded Caltrans more than \$63 million in federal funds to fix and install more than 1,000 chargers at 300 sites statewide.

The \$63.7 million from the federal Electric Vehicle Charger Reliability and Accessibility Accelerator (EVC RAA) grant program – part of the Infrastructure Investment and Jobs Act, also known as the Bipartisan Infrastructure Law – will replace broken charging stations and install additional chargers to meet new federal standards for public charging infrastructure.

"Thanks to the Bipartisan Infrastructure Law, California will receive nearly \$64 million to improve EV charging stations across the state," said Senator Alex Padilla. "Accelerating the adoption of an electric vehicle powered future requires a strong, reliable, accessible charging network across the state."

"This funding will allow California to continue to lead the nation in zero-emission-vehicle adoption, increasing reliability and cutting planet-warming pollution," said California State Transportation Secretary Toks Omishakin. "We want to thank the Biden-Harris Administration, Sen. Alex Padilla, and the state's congressional delegation for supporting the expansion of a charging network throughout the state while combatting climate change."

"Increasing the accessibility and standardization of EV charging stations will help us to build a more modern transportation system," said Tony Tavares, Caltrans director. "This latest federal funding will support Caltrans in achieving its climate action goals."

"As EVs go mainstream, ensuring a reliable charging network is a top priority," said Patty Monahan, commissioner of the California Energy Commission (CEC). "As California's lead agency for building

out charging infrastructure, the Energy Commission includes reliability requirements for our grants, but many chargers aren't covered by these requirements. This federal funding will help fix and upgrade broken EV chargers, giving EV drivers more options for convenient refueling."

The EVC RAA program is part of the National Electric Vehicle Infrastructure (NEVI) Formula Program and made funding available for states to repair or replace EV charging stations identified as "temporarily unavailable."

For the application, Caltrans worked with EV charging providers to develop a list of chargers to fix and upgrade to national charging standards within the program timeline. The funding will support the replacement of both Level 2 and DC fast chargers. Caltrans will partner with the CEC to implement this funding, building on the agencies' partnership to deliver the NEVI Formula Program.

HOW WE GOT HERE

EV chargers: California currently has by far the most electric chargers in the nation with over 42,000 public charging ports;

California leads the country in all zero-emission vehicle (ZEV) market metrics, including the largest EV market share percentage, and the most extensive public charging infrastructure;

The success of the state's programs has led to ZEVs becoming a top export and has spurred major advances in manufacturing and job creation;

Over 25% of new passenger vehicles sold in California through Q3 of 2023 were zero-emission vehicles;

California has reached its ZEV truck sales goal two years ahead of schedule;

This latest award comes on the heels of California's call for projects to support \$40 million in charging projects for passenger vehicles in the state's NEVI program.

Ten EV charging and hydrogen fueling projects in California, totaling \$168 million, were recently awarded funding under the Federal Highway Administration's Charging and Fueling Infrastructure Discretionary Grant Program. ★

Rio Linda Resident Named Director of Impact at Local United Way

United Way News Release

SACRAMENTO, CA (MPG) - Sia Magadan of Rio Linda has joined United Way California Capital Region as director of its Impact department that runs the nonprofit's many programs focused on ending poverty for local families starting in school.

Prior to joining United Way, Magadan was director of community engagement and fundraising for Rootid, a communications agency in Berkeley focused on nonprofits. Before that, she worked as development manager for the Oakland Literacy Coalition and Edventure More in San Leandro. She also serves as a consultant for BIPOC nonprofits through her firm, edYOUcate.

"Sia's invaluable expertise in education and her deep understanding of the unique challenges facing unhoused and foster youth within our community make her a valuable addition to our team," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "With Sia overseeing this work, we look forward to making lasting strides toward positive change in



Sia Magadan, new Director of Impact at United Way California Capital Region. Photo courtesy of United Way.

the lives of these youth, ultimately contributing to United Way's broader goal of ending poverty through education."

Founded in 1923, United Way California Capital Region has been a transformative force in the Sacramento community for more than a century, serving Amador, El Dorado, Placer, Sacramento, and Yolo counties. The local United Way's Square One approach to ending poverty is grounded in a public health model and uses a threefold strategy to address community needs from birth and beyond: helping kids excel in school, investing in families and strengthening

schools. At United Way's core is the philosophy that families possess the blueprint for their success. United Way supplies books to young children, provides literacy tutoring, addresses housing and food security, leads the region's largest tax preparation initiative, and launched Sacramento's first guaranteed income program. United Way works across diverse school districts, providing case management for foster youth and leading the Community Schools initiative in West Sacramento. For more information or to make a donation, visit www.YourLocalUnitedWay.org. ★

Grant Program for Non-Profit Organizations to Open

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors intends to continue providing \$1 million through the Transient Occupancy Tax (TOT) Grant Program to support nonprofit organizations located in Sacramento County in Fiscal Year 2024-25.

For the last 7 years, the Board of Supervisors has awarded funds to organizations that carry out community-based programs and/or services in the areas of economic and workforce development, arts and culture, community development, and health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning February 2, 2024, through the County's Office of Budget and Debt Management with a deadline of March 4, 2024.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels, and other temporary lodging accommodations in the unincorporated area of the County.

2024-25 TOT Grant Program Application Dates & Details:

Grant Application DEADLINE: March 4, 2024, 5 p.m.

Grant Application Period

February 2 – March 4, 2024

All applications and requested materials must be submitted by 5 p.m. on March 4, 2024. No late applications will be accepted.

Online Applications: Only online applications will be accepted. Apply online beginning February 2.

Duplicate and incomplete applications will be disqualified.

Applicants will receive electronic receipt notification upon submission of application.

Grant Program and Application Virtual

Workshop:

February 13, 2024 10 a.m.-11:30 a.m.

The workshop includes a review of the following:

-Grant program and Timeline

-Insurance Requirements

-Application Questions

-Timeline and submission information

-Q & A's

Grant Application Review Period

March 5 – 11, 2024

County staff will review applications for completeness and compliance with minimum eligibility requirements. Applicants will be notified electronically if proposals do not meet the minimum qualifications and will not continue to the evaluation process.

March 12 – April 26, 2024

Subject Area Expert Panel Application Review: Subject area experts will review, evaluate, and rank qualifying applications.

May 2024

TOT Board Review Committee: Board Review Committee to review recommendations of the Subject Area Expert Panel's Recommendations and award District-directed grants based on input from Subject Area Experts.

Grantee Award Approval

June 2024

Grant Program Hearing Notification: Applicants will receive an electronic notification of the schedule for the Board of Supervisors Hearing, where recommended award selections will be made.

The Board of Supervisors will make the final determination and approval for all TOT Grant Program recipients.

County Budget & Debt Management Division staff will notify applicants of funding selections within five business days of Board Hearing approval. All notifications will be made electronically.

County Budget & Debt Management Division staff will draft and administer agreements between the County and grantees.

For more information about the grant program, visit the TOT Grant Program website. ★

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Social Security Matters

How Can I Get Details about My Social Security Payment?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: How do I find the actual breakdown of the Medicare insurance that I have auto deducted and my actual Social Security payment? I was just looking at a video which explained the 3% Cost of Living Adjustment we will be receiving this year, and it compared the current payout to the new payout. There seems to be a big difference in what I am getting and what they said in the video. Currently my Social Security payments are \$1,431. My Medicare insurance is supposed to be \$165, which means my total Social Security is about \$1,596. On the video it said all retired workers are getting \$1,848 with the new increase to take it to \$1,938.00. There are a couple hundred dollars there that I seem to be missing out on. Can you help me understand that difference? **Signed: Confused Senior**

Dear Confused Senior: What you're asking for is an itemized breakout of your gross Social Security benefit, any deductions being taken therefrom (e.g., your Medicare Part B premium), the amount of your COLA increase, and your net Social Security payment for 2024. If that is the case, the best

way to get this detail is in your personal "my Social Security" online account, which provides all the information mentioned. You can access your online account at www.ssa.gov/myaccount, and if you don't already have that online account set up, you'll need to first establish your online access credentials (instructions for how to do that will be at that website).

I'm not sure which video you watched, but "all retired workers" do not get \$1,848 (or \$1,938). Everyone's Social Security benefit is different, based on their lifetime earnings record and the age at which they claimed benefits. The numbers you heard in the video were likely average Social Security payments, not the actual amount you should personally be receiving. Here's how it works:

- Your personal benefit is based on your Primary Insurance Amount (PIA) which is the amount you get if you claim for your benefits to start at your full retirement age (FRA), which is somewhere between 66 and 67 depending on the year you were born. Claim before your FRA your benefit is permanently reduced; claim after your FRA it is higher. Your personal maximum benefit is achieved if you claim at age 70.

- The Medicare Part B premium (for outpatient healthcare services) is automatically deducted from your Social Security payment. Although the standard 2023 Part B premium was \$164.90, the standard 2024 Part B premium is \$174.70. You may also have other things (e.g., income tax) withheld from your monthly Social Security

payment.

- The annual Cost of Living Adjustment (COLA) for 2024 is 3.2%. That means your gross Social Security benefit goes up by that percentage starting in 2024. But there was also a \$9.80 increase in your Medicare Part B premium starting in 2024, which means that you won't see all of the COLA increase in your Social Security payment. Since your Medicare premium is deducted from your Social Security, that Medicare increase will also be taken from your SS payment, so you won't see the full 3.2% COLA increase in your 2024 Social Security payment.

To see all of this detail for you personally, I suggest you access your online "my Social Security" account as described above. As an alternative, you can also call Social Security at 1.800.772.1213 and request a Benefit Verification Letter which will include all the information you seek about your Social Security payment.

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) or email us at ssadviser@amacfoundation.org. ★



By Bob McGarvey

"The best-laid plans of mice and men often go awry." As it says in that well known quotation, plans can, and sometimes will get messed up! The plans of my brother and his wife were to come here and be with us for about a week. They were going to be here today (January 19), but the weather in the Ohio Valley was not part of the plan. They called and said that they can't get to the airport because of the unexpected 6 inches of snow and the ice on the roads. We talked to them this morning (lunch time there,) and they said the temperature was 19 degrees. Now their plans have changed to next week. We'll see how that goes.

No matter how carefully a project is planned, something may still go wrong with it. The saying is adopted from a line in "To a Mouse" by Robert Burns. That isn't the same Robert Burns who helped us here in Rancho Cordova on Memorial Day and Veterans Day until he died last year. Going back to my brother's trip for a moment, we just hope that they can come here next week.

I was on the Folsom Lake College board for quite a few years and was told that part of a bond was passed for Los Rios Community College District. That was going to be used for the construction of the second building of the Folsom Lake College Rancho Cordova Campus. Quite a few things happened since that bond was passed. First, there has been quite a few years since the bond was passed, and the cost of construction has gone up considerably. Second,

And Another Thing

Plans Can, and Sometimes Will Get Messed Up!

our Folsom Lake College Campus doesn't have the number of students going to classes as they did before COVID.

For a while I didn't see anyone going into the building, and there were no cars in the parking lot. Now the number of students is increasing, and if the numbers of students is as high as they were in the past, the Los Rios Community College District will look into another school bond to pay for the new building in Rancho Cordova. For right now, the new building plans are on a shelf.

There was an interesting comment on Next Door about the Gold River Station subdivision. Someone who lives there said that someone tried to get into their home by partially opening one of their window screens. They also tried to use a ladder next to the gate. I am glad that the crooks weren't successful, but the most interesting thing that was said was that they were unhappy about the crime in Gold River Station. That neighborhood, by the way, is not in Gold River itself, and is completely separate from that subdivision because it is in the county.

Another development called Gold River Classics begins where Gold River ends, and that other subdivision ends where the Nimbus Fish Hatchery begins. That fish hatchery's address is Rancho Cordova. It is interesting how many different addresses and names there may be in that area, but they all have the Rancho Cordova Zip Code 95670.

From Bob McGarvey, God bless, and see you next time. ★

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Kings Korner

By V.G. Harris



Wow, what I was about to dub the roller coaster Kings suddenly went into a four-game slide, and suddenly they are only five games above five hundred.

From an impressive 4th place in the Western Conference, to suddenly 8th, has a numbing effect, and gives fans and pundits alike a chance to pause and wonder what's to come.

Being a glass half-full guy, I believe in this team, and with Mr. Sabonis turning Mr. double-double into Mr. triple-double, we only need to shoot free throws with more accuracy, and give him a little more help on the boards.

For sure the players have to own give-away games to Milwaukee and Phoenix, back-to-back, in what are two of the worst losses in Kings history.

But the coaching staff has got to up their game. Better coaching could have won both games, and just as the Kings who are dead last in free throw shooting need to improve greatly, so does this coaching staff.

In today's NBA, it seems there's a coach for every player, but no one is teaching our players how to make an unguarded 15-foot shot with no defense. Seems implausible, but neither fans nor coaches should take this lightly. We are simply losing games due to our inability to shoot free throws.

So, first order of business moving forward, get out of 30th position in free throw shooting.

Secondly, Monte McNair needs to show that his blockbuster trade for Domantiss Sabonis was not a fluke. Waiting till the midnight hour of the trading deadline is really not the desired approach, so like the rest of the fans, I'm waiting with baited breath to see what Monte is going to do this year.

Laurie Markkanen with the Utah Jazz is the quintessential fit for what ails the Kings. Domantiss Sabonis leads the NBA in rebounding, but he can't do it alone. Starting next to Sabonis is forward Harrison Barnes who has managed to average 10 points and a whopping 2.8 rebounds per game.

Harrison simply doesn't bring it every game, and with only five players on the floor we need more than what he brings.

Markkanen rebounds at a clip four times better than Barnes, and is averaging 24 points per game. Pundits have said Utah may consider a Markkanen for Murray trade and I would hope Monte McNair would take a hard look.

This is not a mark on Murray, but 7-footers that can play forward and shoot are a commodity that can't be ignored, and the likelihood of Murray growing another 4 inches seems unlikely. Currently Keegan is giving the Kings 5.5 rebounds a game and 16 points. Not bad, but it pales in comparison to what Markkanen is doing.

Without question, many Kings fans are adamantly opposed to moving Murray, but if the Kings can actually talk the Jazz into this trade, look out opposing teams.

There have been other trade rumors, and one has Tobias Harris or Jerami Grant coming to the Kings, but for which Kings player is unknown. It is believed that Harrison Barnes would be in the conversation, but both Grant and Harris are tweeners, and the Kings don't need any more tweeners than they already have.


Both Murray and Barnes are 6'8," and so are Harris and Grant. Just swapping names is not what any Kings fan is hoping for, so I'll remain in the Laurie Markkanen camp and say my prayers.

Honestly, for this writer, as long as the Kings aren't including Sabonis, Fox, and Monk in any trade possibilities, I'm open to anything that will improve this team. We were just 10 games over five hundred, and we need to get back there and beyond as soon as possible.

I'm extremely optimistic, and a lot of that comes from what I've seen in Monte McNair. He's young, and to some degree still unproven, but right now would be just the time to make an indelible mark that says, "I've arrived!"

If you have a great trade you'd like to share, let me know at vgharriskingsfan@gmail.com.

Until next time, enjoy the games! ★



Grapevine Independent
Serving Rancho Cordova and Sacramento County Since 1968




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California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Brandon L. Meyer, Esq., MeyerPink Law, A Professional Corporation, 945 Morning Star Drive, Sonoma, CA 95370; 209-694-3085
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 GOLDEN 2-16-24

Outsiders Love Bashing California But Residents Are Souring On The State, Too



By Dan Walters, CALMatters.org

As Republican presidential candidates were slogging through Iowa and talking to voters prior to this week's caucuses, California-bashing was common. Los Angeles Times reporter Seema Mehta picked up on the phenomenon, writing that "the Golden State, its elected leaders and its policies were a constant target." "Bashing California, one of the most liberal states in the nation, is a grand tradition in the GOP," Mehta observed. "But Republican presidential candidates may be targeting the state and its politicians more this cycle because they are a better target than President Biden." "Biden isn't as motivating a villain as other Democrats might be. So the Republican candidates are essentially running a negative campaign against California," California politics scholar Dan Schnur told Mehta. "The very worst thing Ron DeSantis could think of to say about Nikki Haley during the debate was that she might be more liberal than (Gov.) Gavin Newsom. For an Iowa Republican - or any Republican for that matter

- that's an absolutely terrifying concept." California may be the state that many in the rest of the nation loves to hate, but a new poll of Californians indicates that they aren't very sanguine about the state, either. The UC Berkeley Institute of Governmental Studies found that just 33% of California voters believe the state is headed in the right direction while 57% say it's on a negative track. "This is a somewhat more negative assessment than voters have given in similar measures conducted over the past 11 years," poll director Mark DiCamillo said. The sour attitudes extend to Newsom, the poll found. Asked about his job performance, 47% of voters surveyed disapprove and 46% approve. That's a very slight improvement from the 49% to 46% ratio that pollsters found in October. "However, similar to the October survey, twice as many voters say they strongly disapprove of the governor's performance (33%) as strongly approve (17%)," DiCamillo noted. The poll introduced a new topic - the whopping budget deficit that Newsom and the Legislature must address this year - and discovered that nearly 90% of voters consider it a serious issue and there's almost no support (13%) for raising taxes to deal with it. Instead, voters prefer that Newsom and legislators cut spending (51%) or tap into state reserves (35%) to cover the deficit, which

Newsom pegs at \$38 billion but the Legislature's budget analyst estimates to be \$68 billion. Newsom also has shunned raising taxes, but progressive legislators, with support from groups dependent upon the state budget, such as public employee unions, have continued to press for higher personal and corporate income taxes and/or a new tax on wealth. It appears that by cutting or postponing some spending, using reserves, borrowing from special funds and implementing some accounting gimmicks, the governor and the Legislature could fashion a 2024-25 budget without new taxes. However, Newsom's budget advisors and those of the Legislature also agree that California faces continued multibillion-dollar deficits for the next several years, at least, which means the debate over spending cuts and taxes will continue for the remainder of Newsom's governorship. "The survey suggests little appetite for tax increases to address the deficit, but a challenge for Governor Newsom and the Legislature is that while spending cuts, in principle, are relatively popular, that support would likely dissipate when it comes time to making cuts to specific programs and services," the co-director of the poll, Eric Schickler said. Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. ★

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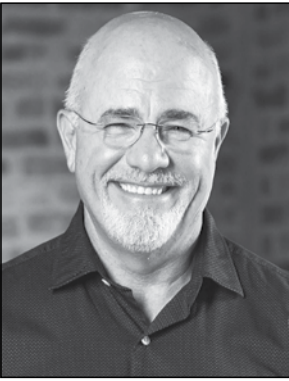
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Be Fair, But Firm

Dear Dave,

My husband and I have run our own small business for nearly 10 years. Our largest client, who is also a friend, is almost three months behind on the bill. He has always been good in the past about paying on time, but we work on a 30-day payment period. Can you give us any advice on how we should handle this?

- Melissa

Dear Melissa,

In my mind, there's no reason to level accusations or make threats in a situation like this. There are personal dynamics involved, and my guess is he's probably not trying to outright cheat you.

If it were me, I'd go to his office or ask him out to lunch, and then have a friendly sit-down talk. Listen to what he has to

Dave Ramsey Says

say about being so far behind with his bill, but at the same time you need to let him know that you can't function as his bank. You're a small business, and you need your money. Some kind of understanding and agreement have to be reached.

For starters, a fair request would be asking him to help things along by trying as best he can to get current on his bill as soon as possible. At the very least, he needs to do something to reduce the amount owed within 10 days. You've provided services for him, and you're owed money that's long past due, so there's nothing wrong with this. I'd also establish an understanding that once he's caught up on the past due amount that all payments for services going forward will be due within 14 days after delivery.

Now, he may not like this. If he pushes back too hard, you may have to switch to a cash-only

basis with payment due on delivery. If it were me, and he didn't like any of these options, I'd politely suggest he take his business elsewhere.

Like I said, he's probably not a bad guy, just another small business person who's disorganized. That's not an uncommon thing. But you definitely need to correct this behavior before it gets any further out of hand. You've got a business and a livelihood to think about, too!

- 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 ★

FCUSD Receives Support for Title XI Native Studies

Continued from page 1

Peter Maroon recognized Fall Sports Teams and Coaches by names, as well as setting out their achievements. The presentation concluded by noting that no student was put on academic probation this year. The need for school construction sooner rather than later was again raised, with Sutter School emphasized. It was suggested smaller bonds might be an option, and utilizing old school plans and other things to save money for construction costs be considered.

Speakers indicated that Folsom and Sutter Highs can't wait until 2029 to deal with overcrowding. Emphasis was on prioritizing construction, with a speaker commenting that a high school built in Folsom has never been done, and "shoving students in portables does not solve the problem." Another speaker talked of costs, indicating there might be a range from \$74 million up to \$100 million for a 1000 pupil high school; for example,

Hollister, CA is seeing a 1400 student school built for \$200 million.

The Board unanimously approved a motion creating a School Facility Improvement District (SFID) #3 Subcommittee. Comm. Reid asked that it consider creative and outside the box solutions for SFID#3, while also questioning, "Are we creating another level of bureaucracy to making a timely decision?"

A report was given on Folsom High's Zero Period Course Offerings, indicating it was a successful effort starting with eight zero courses, expanded to 12, and it was hoped it could be further expanded. Other interests and concerns of students and teachers were mentioned.

Board Member Chris Clark indicated the Clark Memorial Scholarship would be offered again with the winner receiving \$500 but this year he and Mrs. Clark were adding an incentive of a second place award of \$300. ★



Examining Racism and Stereotypes through Thrift Store Donations

Mills Station Arts & Culture Center News Release

Thrift stores receive donations every day and some items probably should not go out on the shelves. Antiques to modern day items depict stereotypes of African Americans, Hispanics, Native American Indians just

to name a few. Items are posters, old salt and pepper shakers, record albums, food boxes, trinkets, and other collectables. The Exhibit Sorting Out Race started with a goal of getting these items off the shelves and hands of buyers to "Sort them Out" of the resale environment and stop perpetuating these types of stereotype and racist objects.

The MACC has brought this amazing exhibit from the Kauffman Museum at Bethel College to Rancho Cordova. The exhibit will run from January 18-February 24, 2024. Admission is free. Visitors can take light rail directly to the MACC or drive and enjoy plenty of free parking. Check out the website for all the activities

during this show, such as concerts, talks, workshops and much more.

Guests will enter the "Community Thrift Store" as if they are entering a small-town brick and mortar storefront. Viewers will see objects. Kiosks with information, quotes, antique items, and interactive learning will educate about

our not-so-distant past here in America. Guests will also have an opportunity to design a new flag, come up with a new mascot and tell their stories of being stereotyped on our sharing wall.

Dr. Addie Ellis will talk about her new book Black Butterflies regarding Isms and lived experiences of a race-centric nation, and the call to action. ★

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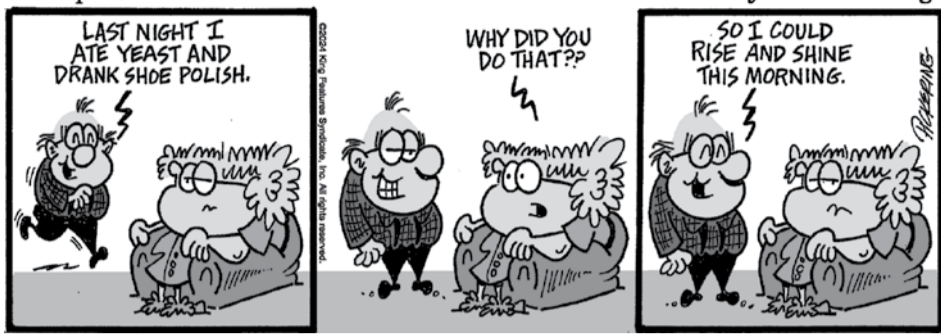
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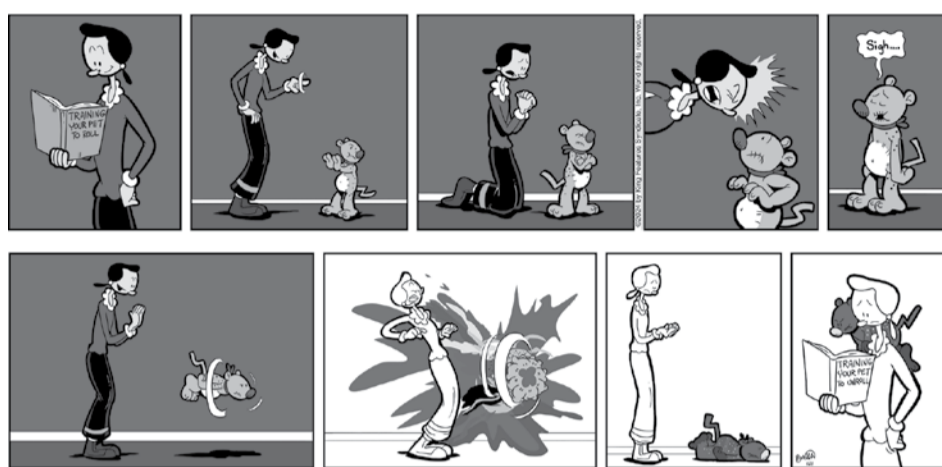
The Spats

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by Gary Kopervas



HOCUS-FOCUS

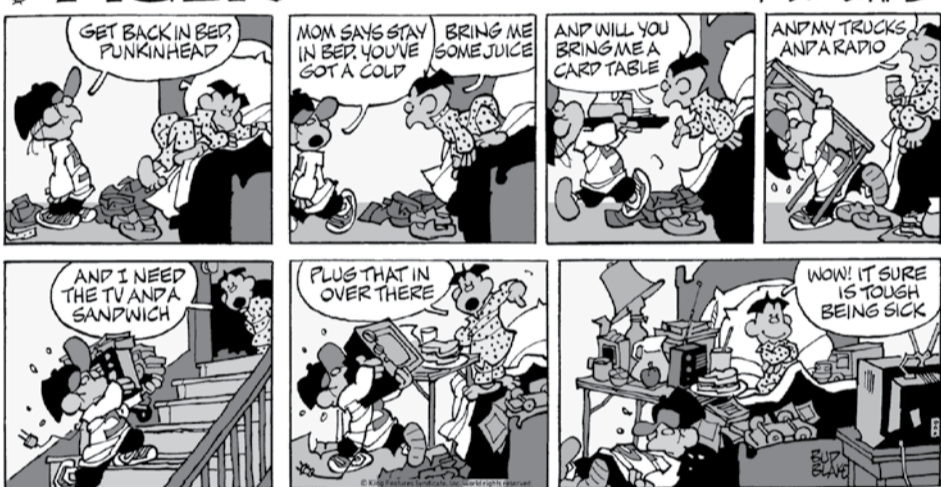
BY HENRY BOLTINOFF

Find at least six differences in details between panels.



TIGER

by BUD BLAKE



GRIN THE BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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CLUES

ACROSS

- Sri Lankan language
- Something to chew on, especially for cows
- Mascara holder
- Muscat resident
- "Flew Over the Cuckoo's Nest"
- Father, colloquially
- Jewish folklore creature
- Debtor's letters
- Art class prop
- "Barbie's little sister"
- *4 game
- One less than jack
- *Frog educational toy
- Nutcracker's distinguishing feature
- Taboo, alt. sp.
- Cooking fat
- Deserter's acronym
- President's David
- Shower accessory
- Pro
- Conical dwellings
- Prep flour
- "Thomas or Henry, e.g."
- Law school test acronym
- Genealogist's creation
- Maurice of "Where the Wild Things Are"
- Flying saucers
- Make mistakes
- Chemically-induced curls
- Harry Potter's Hedwig
- *Certain Patch
- *Not real dough
- Normal
- Clingy seed container
- ...-la
- Theater curtain fabric
- Put into service
- Female deer, pl.
- Pub offering
- Go on a trunk
- What's in your e-wallet?

DOWN

- Duds or threads
- Wildly
- French Sudan after 1960
- All thumbs
- Marine gastropod
- Coconut type
- *Shedding-typ card game
- Tie in tennis
- Shark's provision
- Part of cathedral
- Work detail
- "Stop!" to marchers
- Correspondence friend (2 words)
- Make, as in a law
- Edible type of grass
- Complete payment (2 words)
- *Banned lawn darts
- Fully informed
- Supreme Teutonic god
- Get-out-of-jail money
- Like Neverland boys
- France's longest river
- Bid on a house, e.g.
- *Certain gun ammo
- *Best... schemes
- "Mice an' Men"
- "La Vie en rose" singer
- Counter seat
- Flamethrower fuel
- Party barrel
- Swaddle
- Type of puzzle
- Words in song, sing.
- Intersection of two arcs
- Ascus, pl.
- "... after reading"
- Switch's partner
- Get ready, for short
- Comedian Carvey
- Ford contemporary
- Jumble
- North American country

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Sky River Casino Announces Top Three Nonprofit Winners

Cordova Cross Country Athletes Shine in Recognition Ceremony



A special awards ceremony and check presentation was held January 11th when the winners were announced. Photo courtesy of Sky River Casino

Sky River Casino News Release

ELK GROVE, CA (MPG) - Sky River Casino is excited to announce the top three winners of the 2nd Annual Wreaths of Hope, an annual holiday program that resulted in \$15,000 being donated to support local charities. Creatively decorated 48" wreaths were on display throughout Sky River during the month of December 2023 when casino Rewards members were encouraged to vote for their favorites. In total, an impressive 45,048 votes were cast as part of the 2nd annual holiday program. 2023 Wreaths of Hope winners are as follows:

- First Place – Native Breast Cancer Awareness Walk/Run
- Second Place – Elk Grove Food Bank
- Third Place – Paws For A Purpose

Each of the 10 participating organizations received \$1,000 just for participating. Then, the first place wreath winner received an additional \$2,500, second place an additional \$1,500, and third

place an additional \$1,000.

"We were amazed with the number of votes that were cast for our festive Wreaths of Hope program that supports 10 local charities," said Michael J. Facenda, President of Sky River Casino. "This 2nd annual holiday program clearly struck a chord with our guests while also providing much-needed donations that support local nonprofits so they can continue their meaningful work in the community."

A special awards ceremony and check presentation was held January 11th when the winners were announced. For more information, please visit www.SkyRiver.com.

About Sky River Casino

Sky River Casino was built by the Wilton Rancheria in partnership with Boyd Gaming Corporation, which is building and managing the property for the tribe. The casino opened in August 2022 and includes 100,000 sq ft of gaming, 2,100 slot machines, 80 table games, and 17 bars and restaurants. To learn more, visit www.SkyRiver.com. ★

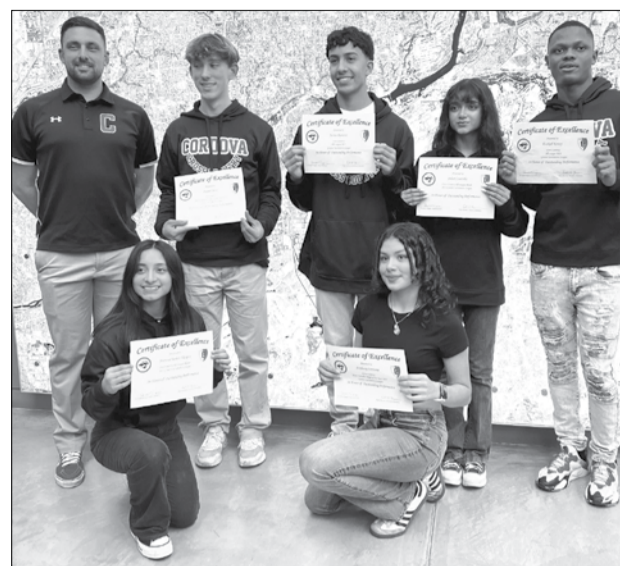
By Cross Country Head Coach Josh Gruver

RANCHO CORDOVA, CA (MPG)

The Cordova cross country team took center stage at the Folsom Cordova Unified School District, as several outstanding athletes were celebrated for their remarkable achievements in the 2023 season.

Leading the pack in the 1st Team All-League category were junior talents Stephany Santana (Girls League Champion), Marissa Santos-Vargas, Juliet Coutinho, and freshman standout Amelia Nunn. Senior Daniel Insko (Runner-up League Champion), along with juniors Justus Ramirez and Ezekiel Konay, showcased their prowess, earning well-deserved spots on the prestigious list.

Not to be outdone, the 2nd Team All-League members added to the glory. Francheska Escobar and Evan Adair, both seniors, demonstrated their skill alongside junior powerhouses Micah Fennel, Quinten Marks, and Ma'Shayla Carter. Freshman Charli



Student-athletes and coach pose for a post-ceremony photo. Standing (L-R): Head Coach Josh Gruver, Daniel Insko, Justus Ramirez, Juliet Coutinho, Ezekiel Konay. Front row (L-R): Marisa Santos-Vargas, Stephany Santana. Photo courtesy of Diana Santana

Ramirez-Oliva rounded out this impressive assembly of Cordova's cross country talent.

The ceremony highlighted not only their All-League distinctions but also acknowledged their exceptional performances in CIF Sub-Section and CIF Sections, reaffirming Cordova's standing as a force to be reckoned with in the realm of cross country athletics.

The discipline and dedication that all of these student-athletes demonstrated this season proved that they are the backbone to Cordova athletics at Cordova High School. They have paved the way for generations to come, and their legacy has been stamped in Cordova cross country history books.

Congratulations to these dedicated athletes for bringing honor and pride to Cordova High School! ★

Cordova Community Council Announces Two Exciting Concerts

Cordova Community Council Press Release

RANCHO CORDOVA, CA (MPG)

Classical music fans in the Rancho Cordova area will be thrilled to hear of the two upcoming concerts in the next few weeks.

Symphony d'Oro of Rancho Cordova has announced "The Spice of Life" concert on Saturday, February 3rd at 4 PM. The symphony's supporters asked for concerts in a more personal venue, so the Symphony is presenting this chamber music variety concert at the Mandarins

Event Center (near Bradshaw and US-50), a more intimate setting that will feature small groups of our Symphony's musicians performing a variety of music styles.

This is also the Symphony's annual fundraiser concert – your ticket includes light refreshments and the

knowing you are helping support free live music concerts in our community.

Tickets are available online for \$55 at <https://symphonydoro.ticketspice.com/the-spice-of-life>.

The other concert announced is the Stellis Trio performing on January 26th from 6-8 PM at

the Mills Station Arts & Culture Center (MACC) for only \$5. Come enjoy this fun candlelight concert upstairs at the MACC featuring Carlos McMillian Fuentes, Lorraine Crozier, and Chris Allen – the Stellis Trio. Purchase tickets on the MACC website calendar. ★



Employment Opportunities

Employment and Independent Contractor Positions at Messenger Publishing Group

We publish 18 local newspapers in the Sacramento Region. Our main office is in Carmichael. We have been publishing for 17 years and are seeking new qualified employees.

CURRENT WORK OPPORTUNITIES

Office Administration – We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office management experience is required.

Production Layout/Graphic Design – This part-time position assists with the layout of the newspapers and works with the production staff to create our weekly newspapers. Must have good working knowledge of InDesign production programs. Must be able to work within our current system and be able to take direction to meet our deadlines. Previous layout experience is a must. This is an entry level position. Work hours are between 8:30 am and 5:00 pm. This position is in our Gridley office and begins in January.

Copy Editor – We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

City Reporter – We are seeking a part-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Advertising Services Support – We are seeking a part-time Advertising Services Support person for our newspaper group. This position works in the Carmichael office and works directly with the owner of the company and the advertising/graphics staff. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous office experience is required.

Delivery Driver – We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

Newsstand Delivery Driver – We are seeking a part-time Newsstand Delivery Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position.

To find out more or to apply:

Email your questions or resume to Publisher@MPG8.com



Dare to Live Without Limits

by Bryan Golden

Low Expectations



"I probably won't get that promotion." "I don't know if I'll get a good grade on my next test." "I just can't lose weight." "I'm always late for work." "It's hard for me to meet people." "I don't like my job but what else can I do?" "I seem to always have bad luck." "People are always taking advantage of me."

I'm sure you've heard all of the above. You may have even made these kinds of statements yourself. The problem with these thoughts is that they put you into a mindset of low expectations. Before anything even happens, you start out anticipating the worst. When your prediction comes true, your belief in low expectations is reinforced.

Unfortunately, this pattern creates a vicious cycle of negative thoughts creating negative results. The person caught up in such a cycle is convinced their attitude results from their experiences, when in reality the reverse is true. What happens to you is affected by your expectations.

People with low expectations object vociferously to any suggestion that they play a role in the circumstances they find themselves in. A failure to recognize the cause-and-effect relationship between attitude and results relegates a person to an endless loop of frustration.

You will hear people with low expectations justify their position by claiming they are being realistic and don't want to be disappointed. What they fail to realize is when you aim for the stars and fall short, you will hit the moon. But if you aim for the basement, you'll never get off the ground.

Low expectations serve no purpose other than to limit the chance for success. No one who has ever accomplished anything significant has had low expectations. Goals will be reached only with high expectations.

People fear disappointment. There is also an aversion to failure. It's a real blow to a person's ego to admit having failed. Low expectations serve as a disclaimer. If something doesn't work it's no big deal. After all, there was never any predication of success. When one

advertises a probability of poor results, in their mind there can be no failure.

In reality, these people have acknowledged they will fail before even starting. So, when low expectations generate poor results, they have simply lived up to their expectations. They have convinced themselves that everything is ok because their expectations are constantly met.

These people limit their accomplishments by expecting so little of themselves. Rather than living without limits, they condition themselves to live with restrictions. These self-imposed limitations then start to feel so normal they don't realize they exist.

The mind is programmed by low expectations to expect and be satisfied with mediocre or poor results. More importantly, the mind works to bring the low expectations to reality. Your mind does not discriminate, it will work equally diligently to accomplish high or low expectations.

People who are consistently successful make a habit of developing high expectations, regardless of the challenges at hand. They don't get discouraged if results should fall short. They redouble their efforts and keep going.

Since you are capable of much more than you realize, why would you want to shortchange yourself by aiming low? Don't be afraid of failure. Aim as high as you can. Expect great results. Before you get started, anticipate a positive outcome. Believe in your own potential.

People with high expectations will always outperform those with low expectations. Every winner expected to win at the outset. Frustrated people tend to lack a belief in their potential. You have complete control over your expectations. So next time you face a challenge, expect the best.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columist.com or write him c/o this paper. ©2024 Bryan Golden ★

Boys Soccer Having Up & Down Season



Freshman goalkeeper Arturo Juarez stops tying goal against West Campus.



Sophomore Emzar Lozhanidze prepares to make a long kick against West Campus.



Senior Edgar Torres dribbles upfield against Florin.



Coach Eric McCahon gives team halftime instructions during Florin match.



Senior Ricardo Vigil-Lepe battles for ball against Florin.

Story and photos by Rick Sloan

RANCHO CORDOVA, CA (MPG) - Of all the outdoor sports for Cordova High, boys and girls soccer have the toughest playing conditions. The weather is so challenging for this fast-paced sport with temperatures in the low 40s, high winds and even rain. The players compete hard during play that goes constantly up and down the playing field only stopping for penalty kicks, corner kicks, out of bound toss-ins, injuries and after a goal is scored.

Head Coach Eric McCahon, in his 19th season at the helm, was ready to attack his last season in the Greater Sacramento League

(GSL): the Lancers will be switching to the more competitive Metro League next year. As the GSL 23-24 season wraps up with only four more league matches to play, the Lancers find themselves currently sitting in 5th place with a 3-3-2 record, and 8-5-3 overall.

The season has been a bit of a challenge for the Lancers. According to Head Coach McCahon, "It's been an up and down season so far." Cordova had a nice start with solid play in the beginning of the season during the non-league competition. Cordova had victories over Christian Brothers, Placer and River City. Once league started they hit a bit of a dip in form and got off to a slow start.

Coach McCahon is still pretty optimistic of making it to the playoffs, especially after defeating West Campus by a score of 2-1 on Friday, January 19th. The Lancers will need to win their remaining four games of the season if a playoff appearance is going to be a possible reality.

Offensively, the team is led by a young sophomore forward, Emzar Lozhanidze. Senior Drake Garner has also provided a solid contribution, and with the return of senior forward Giovanni Reyes has provided their attack a much-needed spark. Seniors Mateo Munoz and Edgar Torres lead the way in a very strong midfield, along with the freshman talent of Misael Ceja-Rosas.

Defensively the Lancers are led by reigning defensive player of the year, senior Alejandro Jauregui. His play on the back line has made it very difficult for the opponents to get a shot off on goal. Other seniors performing at a higher level this season are Steven Myatt, Ricardo Vigil-Lepe, Christian Rodriguez and Wyatt Hartman. All four seniors have been very strong in multiple positions. Another young player with an incredible future is freshman goalkeeper Arturo Juarez. In the 2-1 victory over West Campus he dramatically stopped the tying shot on goal from a long free kick.

Coach McCahon is extremely proud of his team and very grateful for his coaching staff. His 19

years of coaching has always included a high degree of professionalism, confidence and enthusiasm. When asked how the program is looking for next year, Coach McCahon said, "We have an incredibly bright future with all of the young talent at both the JV and varsity level. I'm excited to move into the new Metro League starting next season."

The last home game of the season, and what will also be Senior Night, will be on January 31st against Natomas. Game time is 6:30 p.m. for varsity and 4:30 p.m. for the JV game. Grab a warm jacket and come on out to cheer the boys on to victory. ★

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