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Grapevine Independent

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Dreams and Aspirations



Mayor David Sander, fourth from left, poses with luncheon attendees (from left) Chris Lombardo, Robin Wood, and Lombardo's son Jordan Lombardo, all associated with No Moss Softwash of Elk Grove; and on the Mayor's right, Rancho Cordova resident and artist Evelyn Tsuha.

Story and photo by Margaret Snider

RANCHO CORDOVA, CA (MPG) - This year is David Sander's fifth term as Mayor of Rancho Cordova, in concordance with his one-year term as President of the National League of Cities. The NLC represents the 19,000 cities, towns, and villages of our country in Washington. "I am only about two months into this job (as president of NLC), and already

have seen a number of opportunities come to our city that we wouldn't have otherwise had."

The luncheon was filled with more than 170 guests, a record attendance. Sander started out with a scientific experiment carried out by the guests at their own tables, as an illustration of cities being scientific laboratories of democracy.

"We have cities because thousands of years ago somebody," Sander said, "probably two families, decided to

live close to each other and determined, 'You know what? We're better off when we do that.'" More people and families joined, tested the hypothesis, and it worked. Sander broke down the city concept into three pillars: Partnerships, Service, and Innovation.

Of Partnerships, he said, "We're not talking about the traditional ways that cities or governments look at their residents. Because usually . . . a city
Continued on page 3

Storm Season Safety: Evacuation Warning vs. Evacuation Order

California Governor's Office of Emergency Services News Release

SACRAMENTO COUNTY, CA - As a significant series of storms continue to impact parts of the state, the California Governor's Office of Emergency Services (Cal OES) reminded all Californians Monday about the importance of being prepared.

Extreme weather such as heavy rainfall and snow are contributing to dangerous conditions. To keep Californians safe, law enforcement issues evacuation warnings or orders ahead of major emergencies, such as weather events.

An evacuation warning means there's impending danger to your life or property. If a warning is given, assume an evacuation order will follow. Start gathering important items for your family and pets. Any individuals who need extra time to evacuate, or anyone with large animals, should pack up and leave when a warning is issued.

An evacuation order means there's an immediate threat to your life and you need to leave immediately. Follow all directions from law enforcement to ensure you and your family evacuate safely.

Leave as soon as evacuation is recommended to avoid being caught in flood waters or road congestion. In some emergencies, officials might not have time to knock on every door. If you are advised to leave, don't hesitate!

Officials will determine the evacuation areas and escape routes based on the danger's location, behavior, terrain, etc.

You will be advised of potential evacuations as early as possible.

Do not return to your home until officials determine it's safe. Notifications will be given as soon as possible.

When a disaster hits, you might not have time to gather necessary supplies. Pack a Go Bag so it's ready to grab when there's an emergency. Items to take are important documents, cash, medicine and important medical information, and phone charger and backup battery.

Plan ahead for your pets and know where you will take or leave them during an emergency. During an emergency, local animal rescue organizations work with law enforcement and fire departments to rescue as many animals as they can. You should also have
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FCUSD Reorganization: Is It Feasible?

Story by Margaret Snider, photos by Rick Sloan

RANCHO CORDOVA, CA (MPG) - In June of 2023, a Special Joint Meeting between the FCUSD Board, City of Rancho Cordova, and City of Folsom focused on the feasibility of splitting the district into two school districts - a Folsom district and a Rancho Cordova district. At that time the Board unanimously decided to hire School Services of California to proceed with the study.

The three organizations met again in a Special Joint Meeting on January 29, 2024, to learn the answer to, "Is it feasible?" School Services of California consultants Brianna Garcia and Matt Phillips reported that three of the nine criteria that govern school district reorganizations in the State of California, numbers 4, 6, and 9, could "not be substantially met."

This was so because (entire wording may not be included here, for brevity) Number 4: The "reorganization could exacerbate existing racial



Brianna Garcia presents the results of the Folsom Cordova Unified School District Reorganization Feasibility Study.

and socioeconomic disparities and segregation already inherent in the communities being served." Number 6: "The reorganization could result in significant disruption to educational programs in the districts, especially to the smaller Rancho Cordova USD, and would have a negative impact on the educational performance of the students within Rancho Cordova USD, based on the data analyzed within this study."

Number 9: "The reorganization would result in lowered revenues per ADA (average daily attendance) and increased personnel costs per FTE (full time equivalent) in Folsom USD which may lead to a substantial negative effect on the fiscal status."

Board president Tim Hooley requested comments from both cities, and from the Board.

David Sander, PH.D., mayor of Rancho Cordova, attended the meeting remotely from

Washington D.C. "This report was, frankly, shocking," Sander said. ". . . There are massive disparities (between Folsom and Rancho Cordova schools)." Council member Garrett Gatewood and vice mayor Siri Pulipati agreed and expressed their support of a division, while being open to other solutions that might bring about the desired result.

"The next logical step for Rancho Cordova is to put this on our City
Continued on page 4

Local Author Calls Up Baseball Fans with New Book

By Tamara Warta

NORTHERN CALIFORNIA (MPG) - The San Francisco Giants baseball team clearly has countless fans across Northern California, and have inspired many young baseball players to dream of going on to the Major Leagues themselves. One of those dreamers was Zak Ford, who grew up in the 1980s and 90s — the heyday of Candlestick Park.

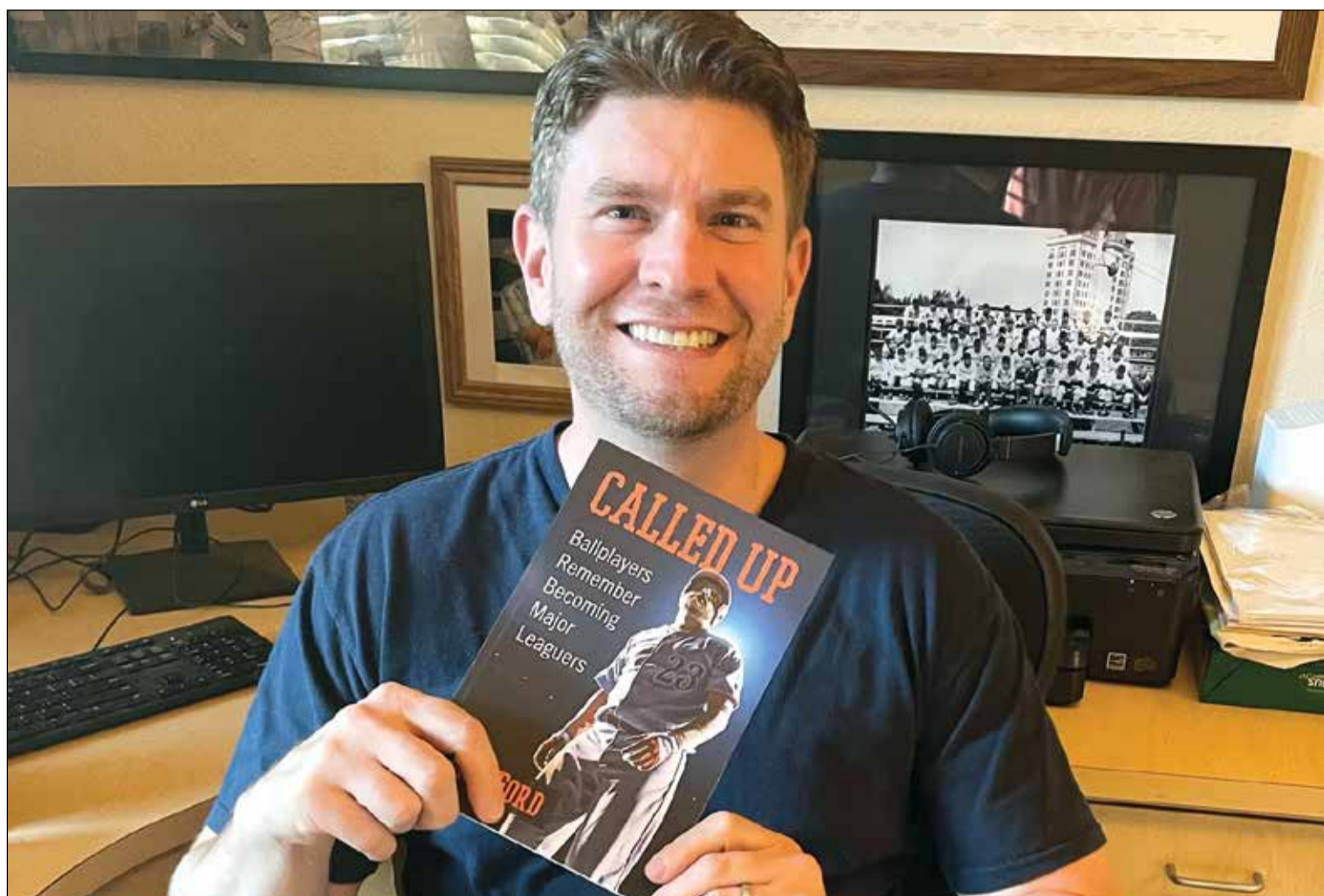
Ford not only enjoyed cheering from the stands at many a Giants game growing up, but he also heralded from some pro-ball genetics. His great-uncle, Larry Powell, pitched in 14 professional seasons in the 1930s through 1950s. He was picked up by the Boston Red Sox out of spring training, but was released two weeks later. Powell was then signed by the Boston Braves, but again was released — this time after only one week. His MLB dreams died without ever stepping into a game.

Ford grew up knowing of Powell's experience, but never asked him how that journey felt. Instead, Powell — who struggled to hit .200 throughout his own Little League years — decided to write about baseball instead.

Ford's book, *Called Up: Ballplayers Remember Becoming Major Leaguers*, may not include Larry Powell's perspective, but it does delight readers with 109 stories of MLB players reflecting upon the moment they were called up to the big leagues. Written in a first-person narrative, it's a human interest book that will obviously be enjoyed by baseball fans, but written with such skill that it will also draw in readers that have limited knowledge of the process and history of the game.

"It really captures the feelings and emotions of becoming a MLB player," says Ford. "To be able to capture 109 stories about the achievement is something I'm very glad of being capable to do."

Out of the 109 featured in the book, about 10 of them are local



Zak Ford, author of *Called Up: Ballplayers Remember Becoming Major Leaguers*. Photo courtesy of Zak Ford

to the Sacramento region — those that either came out of the area, and reside in the Sacramento region now. Ford himself grew up in the Rancho Cordova area and now lives in Cameron Park. He works in workforce development policy, which aims to improve outcomes for people with disabilities. He was also a member of the Folsom-Cordova School Board from 2010-2018.

Ford clearly has a passion and enthusiasm for people and bettering the world around him, but the world of baseball — and later writing about it — has always captured him.

"I've always been a fan of baseball dating back to when I was a 7- or 8-year-old kid," says Ford. "I kind of realized that I was going to have to choose a different avenue

for me to find my niche in the game and decided to pursue writing. I've basically been doing it as a hobby since I was a teenager. One of the goals I've always had was to write a baseball book, and now at 45 [years old] I've achieved it."

To write the book, Ford interviewed former MLB players for about two and a half years. When asked what stories really stuck out to him, Ford took a thoughtful pause to answer.

"All of these players had to exhibit extreme dedication and perseverance to meet the goal of becoming a MLB player," he said. "All of them are great inspirational stories. I grew up a Giants fan, and I was able to capture the stories of some of the guys who came up with the Giants during the

time I was a young baseball fan. Those are the stories that stick out to me."

Sean Estes, who is now active with Giants broadcasts, is one example of a player that shared his story of being a number one pick.

"It took him four or five years to reach the major leagues," Ford recalls. "He was up in the major leagues for the majority of the next 12 or 13 years."

The lesson to be learned? Never give up on your dreams.

"There are many stories that show ups and downs, that show hardship and overcoming adversity. It's an inspirational book about going through that journey and showing dedication and perseverance," said Ford.

Since his book's publication, Ford has done virtual

presentations for baseball groups, as well as a local book signing. He's also working on a second book. Potentially entitled *Next Up*, the new manuscript will focus on MLB players' lives in the normal workforce outside of baseball — perhaps disproving the belief that all MLB players retire wealthy.

"The vast majority of them need to have jobs after their playing careers," says Ford.

"There are players that have had pretty big challenges trying to find what's next, while others have that hustling mentality they picked up in baseball that serve them well after their playing days. That scrappy mentality has paid off."

It has paid off for this successful local author as well. You can keep up with Zak's career by visiting his website, zakford.com. ★



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Dreams and Aspirations

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leader would say, 'Our residents are like our customers.' I think that is fundamentally untrue . . . We are partners in this. And this is how we've tried to govern Rancho Cordova. And that's the ideal of a democratic style laboratory."

Evelyn Tsuha, a Rancho Cordova resident, found this concept interesting, as she said later. "I do a lot of experimenting . . . when I cook, and I also do experimenting when I do my art. So, I like that part, that we're all experimenters, we're all doing laboratory work."

About Service, Sander pointed out, "If you are in this room, you are already community leaders." That could be through your involvement with your kid's school, your church, another nonprofit, or maybe in your work. "When people come and visit Rancho Cordova . . . they always say, 'You have something special there with regard to your commitment to community.' They don't know what it is, but it's Service."

Sander gave the Cordova Community Council as an example. It is an organization that puts on events, that brings in other nonprofits to do things they can't do on their own. Sander said he has found no true examples of a similar organization in other cities, and every time he explains it to his fellow leaders, "Everybody wants a Community Council."

Rancho Cordova does not have an arts commissioner. "But we have the MACC," Sander said, "an entire building we've remodeled for the arts." The MACC hosted a Smithsonian exhibition in Rancho Cordova. A documentary film festival happens every year. There are documentaries produced every year, children's art happening in all of our schools, and two

theater companies. There are poetry contests, a poet laureate, and a community band.

"We have a symphony, for crying out loud, in Rancho Cordova," Sander said. "No government planned that. We never planned that, the arts commission that we don't have, they could never have planned that. Who did that? Our residents did that. How did they do it? We just allowed them to innovate. We just provided funding, knocked down barriers . . . Part of my job as NLC president is to spread that idea."

There are six big housing projects under development now in Rancho, with additional projects in the works. "We're also seeing some multifamily housing as well as some senior retirement (housing)." The project at Mather Fields Road and Folsom Boulevard will be in the design phase this year. Mather Veterans Village, the housing for homeless veterans will go into phase 4 this year and will result in over 200 veterans housed at that facility. Many new businesses have moved into Rancho Cordova: UC Davis headquarters, Solidigm, and Clutch and many smaller businesses have moved in, with more planning to come.

The Zinfandel pedestrian overcrossing is scheduled for completion in 2025 and will be "iconic, beautiful, it will probably be a destination for people to go look at," Sander said.

Chris Lombardo, owner of No Moss Softwash, attended the luncheon. When he was in the Air Force, his first duty station was Mather Air Force Base. He now lives in Elk Grove, but he said, "I have a tender spot for Rancho Cordova. The dreams and aspirations of the Mayor really, really touched my heart today, and I want to be a part of that." ★

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The City of Rancho Cordova is now accepting applications for grant funding from individuals, organizations, businesses, and community partners who are interested in enhancing the Rancho Cordova community.

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If your project or program will take place at a school or park, your application is due by Friday, March 1, 2024.



Community Grant Types

- Arts, Culture, History, Entertainment and Sports
- Education
- Other Projects

The city anticipates awarding approximately \$2.5 million in community grants in Fiscal Year 2024/2025.

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CityofRanchoCordova.org/CommunityEnhancementInvestmentFund



The Community Enhancement & Investment Fund is funded by Measures H and R, ½ cent local sales tax measures approved by Rancho Cordova voters respectively in November 2014 and 2020.

Storm Season Safety: Evacuation Warning vs. Evacuation Order

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FCUSD Reorganization: Is It Feasible?

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Council agenda and invite people to come and comment," said Rancho Cordova council member Linda Budge.

City of Folsom council member YK Chalamchera thought that something legislative might be the answer to achieving a split, which was echoed by some others present.

"Rancho Cordova is just booming," said Folsom council member Rosario Rodriguez. "On the economic side, I just see long term success for your students and for the residents of Rancho Cordova, and I think this (split) would be a very positive thing for the City of Rancho Cordova."

Vice Mayor Sarah Aquino said that it made sense to have Rancho Cordova take the lead on any sort of split, and "I think it sounds like there is support from the City of Folsom."

Board vice president Jennifer Laret, from Rancho Cordova, said, "Raising your kids in Rancho Cordova sometimes feels like you're screaming and no one's hearing you . . . this report feels like we're finally being heard." Later, Laret said, "I was pleased with the civility and compassion that was exhibited during the meeting. It was clear that after discussion, all three entities are committed to student success and are willing to explore options, including a possible District reorganization."

Board member Chris Clark of Rancho Cordova said, "We're going to get there . . . I feel cautiously optimistic." Board clerk David Reid commented, "If Rancho Cordova wants their own district, then Rancho Cordova should have their own district . . . I'm a fan of local control." Student Board member Van Merrill said that before, he had been undecided, but after listening to the discussion he is now in favor of the split.



Brinna Garcia of School Services of California presents results of the FCUSD Reorganization Feasibility Study to the City of Rancho Cordova (left), City of Folsom, (right), and the FCUSD Superintendent Sarah Koligian and the FCUSD Board of Directors.

"While we can pledge support or . . . want to move forward," said Board member Kara Lofthouse of Folsom, "it's important for everybody to remember that this decision can't be made here. There are people above us who are going to be making those decisions."

Board president Tim Hooley summarized, saying it was worthwhile continuing to talk about reorganization of the District. However, given the results of the feasibility study, Hooley said it appears that none of the group wants to move forward with the study. "It is a great idea to have a formal conversation with Elk Grove USD, San Juan USD, and Sac City USD," Hooley said. "That would allow Dr. Koligian to explore Districts that maybe we would want to bring into either Rancho Cordova USD or Folsom



Folsom City Council members, Anna Rohrbough in front, present their response to the FCUSD Reorganization Feasibility Study.

Cordova USD." The Special Joint Meeting of January 29, 2024, can be viewed in its entirety at <https://www.youtube.com/watch?v=IQv1eHodQeY>

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And Another Thing

Punxsutawney Phil Didn't See His Shadow, That Means That Spring Will Arrive Early

By Bob McGarvey

Congress passed the Fiscal 2024 Defense Spending Authorization Act. Congress also passed a short-term spending bill that will stop a looming partial government shutdown into March. That is the third stopgap funding measure since last October. The full-year spending bills usually begins in October. I believe that a vast majority of American citizens want their elected officials to get off their rear ends and do the job they were hired to do!

Well, on February 2, the Groundhog Day in which the groundhog Punxsutawney Phil burrowed out of its den and it didn't see his shadow. That of course means that spring will arrive early. I found out that studies showed no consistent association when Phil sees his shadow or not. Last year for example, even though Phil didn't see his shadow the winter continued on much longer than it should have according to the lore of Punxsutawney Phil. I guess we'll have to wait and see if our winter is shorter or longer.

We watch our TV and watch shows and programs, especially on weekends, and today (Sunday Feb. 4) while working on my column the power went out for about 5 seconds then it back in. I was glad my iPad works on batteries instead of relying on AC power. The weather forecasters said the wind could possibly come up with gusts of 50 or 60 mph

winds. We hope that there is no damage from trees or power lines coming down here in Rancho. More information after tonight.

I haven't looked at some of the different charities for a while and was told that some of them were Family Promise, Coalition for the Homeless, Covenant House, StandUp for Kids, U.S. Veterans Initiative, and there were many more. In Rancho there is an organization called HART. "HART is a group of organizations, businesses, and individuals who care about those in Rancho Cordova who are currently without a home. Together we aim to be a resource for the homeless and ultimately end homelessness in Rancho Cordova. You can learn about Rancho's Winter Sanctuary program by contacting them atranchocordova-hart@outlook.com. Different churches in Rancho Cordova help some of the homeless during the winter months too.

I have been interested in how weather affects us over many years and even though my jobs haven't made me a weather forecaster, it has still been something I still enjoy.

The fences in our back yard are bending back and forth because of the 40 and 50 mph gusts that are hitting in Rancho.

This is shorter than usual, but our power is out again, so I will stop for now. We hope no one has anything bad happen, like a tree going down.

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

MEMORIAL

ALYCE MARY RAMAY (THOFT), • 5/10/1926 — 11/20/2023

Alyce Mary Ramay (Thoft), long time resident of Rancho Cordova, passed away peacefully on November 20, 2023.

Alyce was born in Lindt Minnesota on May 10, 1926, the 5th of 7 children of Hector and Olga Thoft.

At 18 she moved to California to work for Northrop, where she worked on an assembly line. Alyce was very proud of her background as a "Rosie the Riveter" while helping the war effort. After the war she continued in the company office until her marriage to the love of her life, Joseph Stinson Ramay. The couple subsequently lived in several states until settling in Rancho Cordova in 1961.

Alyce was employed for many years as a project analyst for Aerojet General. She later was employed by the state in the Unemployment Department, providing retraining information



Martinez (Raul), and Maura Ramay-Miljkovic (Tess). She doted on her 6 grand daughters and 4 grandsons. 4 great-grand daughters and 5 great grandsons were a joyful source of pride, and she was able to greet her first great-great grandson this past summer. Alyce was predeceased by her husband, Joseph, as well as her parents and 5 siblings.

A celebration of her life will be held on Friday February 16, 2024 at 11:00 AM at St. John Vianney Catholic Church in Rancho Cordova. Mass will be followed by a family gathering for interment at Kilgor Cemetery.

The family would like to extend special praise and thanks to Bristol Hospice nurses, chaplain, and aides who made the final chapter of our mother's/grandmother's life safe, comfortable, and peaceful.

and assistance. Alyce and Joseph were among the original parishioners of St. John Vianney Catholic Church in Rancho Cordova. Both were very active and involved in church activities, training and participating in the Lector and Commentator programs, serving as a Eucharistic Minister, as well as participating in many groups and ministries.

Family was of utmost importance to Alyce. She leaves 3 daughters, Carla Kohle (Michael), Brita

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Kings Korner By V.G. Harris



If you're like many Kings fans, you've probably already had a conversation as to whether the current Kings team can surpass the 48 wins of last year.

As of this writing, the Kings are on a 5-1 road trip, and with a win over the Cleveland Cavaliers, this road trip poses the possibility of being the best in the last 25 years! This, after a horrific four-game losing stretch that should have been at worst two wins and two losses.

Time to give out some much-deserved kudos. Much-criticized coach Brown has tightened up his rotations in recent games, and the results are speaking loudly.

It is so good to see Davion Mitchell jumping off the bench every game and creating havoc with the opposing team. His presence literally changes the defensive chemistry on the court, and it seems to work like a much-needed jump start. Collectively, everyone seems to realize that it's time to up-tempo the defensive effort, and I'm seeing significant changes in Fox, Sabonis, Murray, Huerter, and even Kessler Edwards.

In addition to Mitchell seeing increased playing time, let's give coach Brown some credit for giving Trey Lyles more time on the court. As I have expressed several times, we have yet to see what Lyles' ceiling will be, and he continues to impress me. He could arguably be the best 3-point shooter on the team, but his game brings much more. Like Sabonis and Barnes, he is adept around the rim, a good passer, and one of the best on the team in drawing offensive fouls.

A 5-1 road trip, with the potential of winning six games before returning home, puts smiles on everyone's faces, and like last year, the Sacramento Kings are telling the league, "We are tough on the road!"

Playoff teams win on the road, period! Something else playoff teams do is shoot free throws.

If the Kings don't make some immediate improvement in their ability to sink free throws, look for another quick exit from the playoffs. Yes, we first have to make the playoffs, but this team is very capable of doing that, and I for one believe they will surpass 50 wins this year.

The Kings have exactly two players shooting 80% or better from the line, and that

would be Malik Monk at 81% and Harrison Barnes at 80%.

The team is dead last in the league, and that just isn't acceptable. While it's true that the coaching staff doesn't shoot free throws, with the number of coaches on this team one would think we could find a prescription to improve the moniker of worst in the NBA.

Let's set some goals here Kings fans, and the first one should be getting out of last place. We can do this!

I would be remiss if I didn't hand out a major accolade to "Mr. Double-Double," Domantas Sabonis, who just tied Oscar Robertson for achieving the most consecutive double-double games as a member of the Kings roster, with an incredible 31 straight. In addition to his stellar consistency, Sabonis is challenging the league leader Nikola Jokic for triple-doubles! This is nothing short of remarkable. For all Kings fans, stop and smell the roses. This is something you may never see again, so let's appreciate the guy that brings his lunch pail to work like no one else does.

29-19 and fifth place in the western conference should be applauded, and I hope you're enjoying the breadth of this team. There is something here for everyone.

As much as I like to see coach Brown tightening up his rotations, something needs to be done as it relates to coach's challenges.

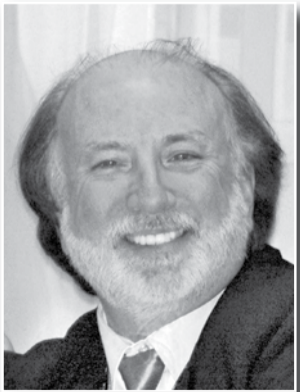
My wife made the observation that with a success rate of 28%, it makes more sense to flip a coin than continue on the present course.

When you are wrong three out of every four challenges, it's time to make some changes. Give this to one of the assistant coaches, or if it comes at a critical time in the game, call a timeout, and take the time necessary to make a good decision.

Last note, De'Aaron Fox broke out of a miny slump to lead the team in points on the recent road trip. His 41 points in the win against Chicago was huge, and watching him improve from the free-throw line was encouraging.

Trade talks have died down, so appreciate the team we have, and let's have a tremendous second half!

Light the Beam!
Your thoughts? Reach out to me at vghar-riskingsfan@gmail.com. ★



**Publisher,
Paul V. Scholl**

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Grapevine Independent

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Dave Ramsey Says

you're living right now will have either a positive or negative effect on your future. I decided I wanted the greater, long-term good, so I gave up on the short-term stuff.

Debit cards are great tools. You can't spend money you don't have with them like you can with a credit card. But you've still got to budget very carefully for each month, and give a name and a job to every single penny of your income. Otherwise, you can still overspend.

— Dave

Put The Money In Your Own Pocket

Dear Dave,

Are home warranties a waste of money if you already have a fully-funded emergency fund containing six months, or even more, of expenses set aside?

— Jodie

Dear Jodie,

I don't do extended warranties, because they're not a good deal. In my mind, you're better off to self-insure against damage or things breaking down. That way, you can put what would have been profit and marketing

dollars for the extended warranty company in your own pocket. I mean, think about it. If you buy something, but can't afford to fix it if something goes wrong, it's not really a smart move to buy it in the first place, is it?

I always recommend an emergency fund of three to six months of expenses to cover the unexpected things that life will throw at you. In most cases, this amount of cash—sitting in a good money market account with check writing privileges—will allow you easy access in the event of unexpected expenses or a financial emergency.

— 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. ★

\$24M NIH Grant Extends Study of Healthy Aging in African Americans

UC Davis Health News Release

SACRAMENTO, CA (MPG) - Researchers at UC Davis Health and Kaiser Permanente Division of Research have received a \$24 million grant from the National Institute on Aging, part of the National Institutes of Health (NIH), to continue the Study of Healthy Aging in African Americans (STAR) for an additional five years.

STAR, which launched in 2017, follows a group of approximately 750 older adults to understand how behaviors and lifestyle may increase the risk of Alzheimer's disease and related dementias for Black and African Americans. The study is also trying to better understand the factors that may protect brain health.

Black Americans have the highest rate of Alzheimer's disease and related dementias of all ethnic and racial groups in the United States. Older Black Americans are about one-and-a-half to two times more likely than white Americans to be living with dementia or Alzheimer's.

Among Black Americans 70 years of age and older, 21.3% live with Alzheimer's. But information about potential risks in early life — and ways to mitigate those risks — relies almost exclusively on research conducted with white participants.

Rachel Whitmer, a professor in the departments of Public Health Sciences and Neurology and co-director of the UC Davis Alzheimer's Disease Research Center, and Paola Gilsanz, an epidemiologist and research scientist at Kaiser Permanente Division of Research, are the principal investigators of the study.

"We are thrilled to continue this study for another five years so that we can further unravel what contributes to brain health and dementia risk in Black Americans," Whitmer said. "There have not been a lot of studies following this community from middle age into late life. But understanding the risk and protective factors throughout someone's life is key to improving brain health and reducing disparities."

Study follows participants' health and habits over time

Participants in the STAR study are Black adults living in the San Francisco Bay Area and the greater Sacramento region. They are long-term members of Kaiser Permanente Northern California, meaning the researchers have a wealth of health data as far back as the 1960s. This offers a unique opportunity to understand how factors earlier in life, such as hypertension

in young adulthood, may contribute to brain health later.

"With the ability to further follow these individuals over time, we will be better able to understand the cognitive aging transition and how to reduce the risk of cognitive impairment in this important population," Gilsanz said.

The STAR participants are visited in their homes or local clinics and participate in surveys and cognitive tests looking at an array of health, behavioral and functional measures. Some participants also undergo magnetic resonance imaging (MRI) brain scans, a non-invasive way to view brain health.

The information collected by the researchers helps identify associations between behavioral and lifestyle factors, along with changes in the brain over time, to understand the risk factors and protective factors for dementia.

Identifying factors that hurt or help brain health

The first five years of STAR produced significant findings regarding factors that may contribute to late-life cognition. Researchers learned that:

-School segregation and timing of desegregation are associated with differences in late-life cognition

-Hypertension, diabetes and high cholesterol (hyperlipidemia) in adolescence, young adulthood and midlife are linked to poorer cognitive performance and more vascular brain injury later in life

-Birth in a "stroke-belt" state is associated with poorer cognitive function in late life

The study also identifies some potentially mitigating factors that might improve brain health:

-Study participants who read or played games weekly had better executive function than those who did not

-Study participants who volunteered several times a week later in life had the highest levels of executive function compared to those who did not volunteer

Researchers also found that attending a school with mostly Black students was associated with lower depressive symptoms later in life. Recent studies show a link between depression and dementia.

"Dr. Gilsanz and I are immensely grateful for our STAR participants," Whitmer said. "Their participation is leading to greatly improved knowledge about aging and brain health for Black Americans in the U.S. They are also showing us what can be done to reduce the disparity of diseases like Alzheimer's, which is expected to almost quadruple by 2060 for Black Americans." ★

LOCAL ARREST RECORDS

Find out what's happening in your local area

Arrest Logs updated daily

RANCHOCORDOVAINDEPENDENT.COM



Sorooptimist Int'l of Rancho Cordova/Gold River presents...

Be My Bunco-tine

Bring a friend or loved one with you and save \$5 on admission tickets

When: Saturday, February 10, 2024

Time: Doors open at 1:30, Bunco 2-4pm

**Where: Cordova Church of Christ*
10577 Columa Rd., Rancho Cordova, 95670**

*THIS FUNDRAISER IS NOT AFFILIATED WITH THE CORDOVA CHURCH OF CHRIST

**Cost: \$20/pp or 2 tickets for \$35 total when purchased in advance
\$25/pp at the door the day of fundraiser without ticket portal RSVP**

Includes snacks, non-alcohol beverages, Bunco fun, & door prize entry

Fee-free Ticket portal: <https://guestli.st/766884> or mail a check payable to SIRCGR, PO Box 1841, Rancho Cordova, CA 95741

Raffle tickets \$1 ea. / 6 Raffle tickets for \$5 / 15 Raffle tickets for \$10

Bring a multi-pack of crew socks or underwear, \$5 minimum Target or Dollar Tree gift card for our Project 680 Homeless Student/Families In Transition project and receive a maximum of 6 free raffle tickets (worth \$5)

Funds raised will support our Dream it Be it Life & Career Preparation conference for Middle/high school students, Live Your Dream college scholarship for head of Household women, Veterans support programs, and homeless/at-risk student support, and other programs.

Contact Sheryl Longsworth at 916-833-1218(m) or siranchocordova@sorooptimist.net with questions.



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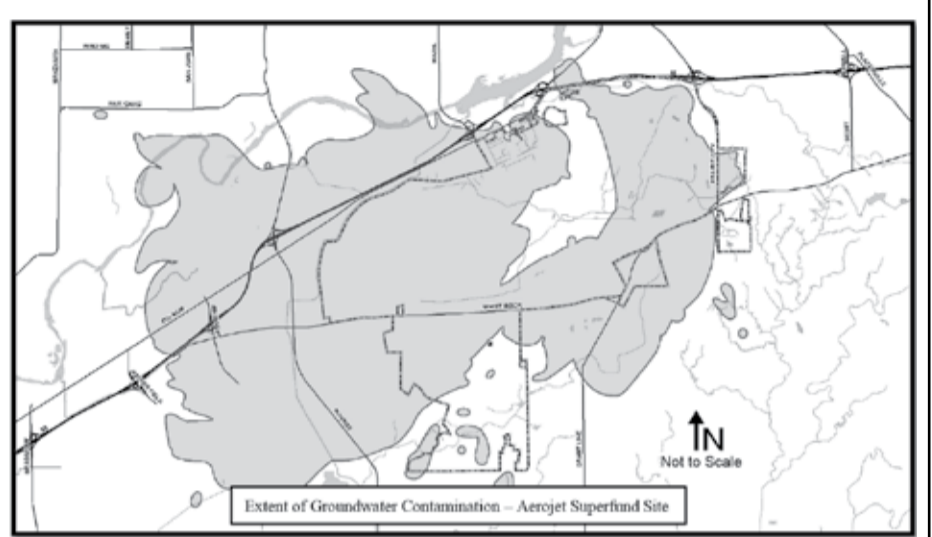
PUBLIC NOTICE

Extent of Groundwater Contamination Eastern Sacramento County

Groundwater in a portion of eastern Sacramento County is contaminated. Contaminants include industrial solvents and chemicals resulting from the manufacture and testing of rocket and missile systems and production of chemicals.

The map shows the approximate extent of contamination in the vicinity of the Aerojet Superfund Site where contaminant concentrations exceed regulatory standards established to ensure safe long-term consumption. There are currently two regulatory actions (Western Groundwater Operable Unit and Perimeter Groundwater Operable Unit) that require Aerojet Rocketdyne to halt the spread of contamination, remediate the contamination, and restore the groundwater to beneficial use. Aerojet Rocketdyne has installed and is currently operating the treatment systems necessary to remediate and restore the offsite groundwater. Additional system modifications are anticipated to be completed in the next several years. Groundwater in portions of areas south of the Aerojet Superfund Site is also contaminated. Other regulatory actions are addressing these areas.

Drinking water in this area is primarily provided by public water supply systems, which monitor water quality and shut down impacted wells under the oversight of the State Water Resources Control Board-Division of Drinking Water.



Construction of new private and public water supply wells in Sacramento County requires a county permit. The Sacramento County Environmental Management Department has developed a special review procedure for permit applications associated with wells proposed to be constructed near sites with known groundwater contamination. Before proceeding with plans to construct a well within the general proximity of the Aerojet Superfund Site area, please contact:

Well Permitting: Sacramento County Environmental Management Dept. 916-875-8400	Regulatory Contacts: Joseph Dumont U.S. EPA 415-972-3383	Geoff Rader Regional Water Quality Control Board 916-464-4707
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Grapevine Independent 2-9-2024

SUMMONS

warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services

Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede

decidir en su contra sin escuchar su version. Lea la informacion a continuacion. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en forma- to legal correcto si desea que

procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is: (El nombre y direccion de la corte es): Carol Miller Justice Center, 301 Bicentennial Circle, Sacramento, CA 95826 The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Vanessa Amador, Norcal Attorney Brokers, 1355 Florin Road Suite 4, Sacramento, CA 95822, 916-396-9934. Date: (Fecha) 10/12/2023 Clerk (Secretario) K. Johnson, Deputy (Adjunto) THE PROPERTY DESCRIBED IN THE COMPLAINT FILED ON 01/04/2024, DESCRIBED AS 5060 SAN MARQUE CIRCLE, CARMICHAEL, CA 95608. Legal Description: Lot 39, as shown on the Map of Mission Terrace, in the County of Sacramento, State of California, filed in the Office of the County Recorder of Sacramento County

on August 27, 1954, in Book 38 of Maps, Map No. 15., APN: 282-0251-039-0000. Publish: February 2, 9, 16, 2024 SHARP 2-16-24

SUMMONS (CITACION JUDICIAL) CASE NUMBER: 34-2023-00336575-CL-CL-GDS NOTICE TO DEFENDANT: Chesean Enoch Reed, an individual, and does 1 through 10, inclusive

YOU ARE BEING SUED BY PLAINTIFF: Iver Capital Corporation. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una

carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

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The name and address of the court is: (El nombre y direccion de la corte es): Superior Court of California, County of Sacramento, 720 9th Street, Sacramento, CA 95814

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Ali Nabavi, Esq., Coastal Law Firm, APLC, 4533 MacArthur Boulevard Suite 777, Newport Beach, CA 92660, 714-424-6300

Date: (Fecha) October 23, 2023 P. Lopez, Deputy (Adjunto) Publish: Feb 9, 16, 23, March 1, 2024 IVER 3-1-24



City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Tuesday, February 20, 2024 at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

FIRST READING OF AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA, STATE OF CALIFORNIA, AMENDING SECTIONS 10.50.010 AND 10.50.020 OF CHAPTER 10.50 OF TITLE 10 OF THE RANCHO CORDOVA MUNICIPAL CODE TO ESTABLISH ENFORCEABLE SPEED LIMITS ON THE ROADS LISTED IN THE ORDINANCE.

The purpose of this public hearing is: Adoption of the Ordinance would amend
Sections 10.50.10 and 10.50.20 of Chapter 10.50 of
Title 10 Vehicles and Traffic

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. Questions regarding this matter should be directed to Edgar Medina, City of Rancho Cordova Public Works Department at (916) 851-8907.

NOTICE REGARDING CHALLENGES TO DECISIONS

Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

ADA COMPLIANCE STATEMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's Department at (916) 851-8720. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting.

Printed in the Grapevine Independent on February 09, 2024.

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Tuesday, February 20, 2024, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

SUNRIDGE PARK III — TENTATIVE SUBDIVISION MAP & GENERAL PLAN AMENDMENT —
PROJECT No. PLND-0822-0050

REQUEST: The Applicant is seeking approval of the Sunridge Park III Tentative Subdivision Map to subdivide the subject property into 55 lots and a General Plan Amendment to change the land use designation from Public/Quasi Public (P/QP) to Low Density Residential (LDR) to be consistent with the current zoning designation of RD-5 (SDSP).

OWNER: Sunridge Park, LLC 2410 Fair Oaks Boulevard, Suite 110 Sacramento, CA 95825	APPLICANT: RJA Engineering (Sean Davis) 2541 Warren Drive, Suite 100 Rocklin, CA 95677
--	--

LOCATION: Southwest Corner of Canyonlands Drive and Timberland Drive (APN: 067-0650-052-000)
ZONING: RD-5 (Sunridge Specific Plan)

ENVIRONMENTAL: Exempt per California Environmental Quality Act (CEQA) Guidelines Section 15183 "Consistent with the Community Plan, General Plan or Zoning."

PROJECT PLANNER: Arlene Granadosin-Jones, AICP, Senior Planner

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the Planning Commission Clerk's office prior to the time of the hearing will be made a part of the public record.

Questions regarding this matter should be directed to the City of Rancho Cordova Planning Division at (916) 851-8750.

NOTICE REGARDING CHALLENGES TO DECISIONS

Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

ADA COMPLIANCE STATEMENT

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Printed in the Grapevine Independent on February 9, 2024.

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GRAPEVINE INDEPENDENT

The Sun is Rising on Public Safety in Sacramento County

A Commitment to Protecting, Connecting, and Preserving Public Safety



Thien Ho and Sacramento Police Chief Kathy Lester. Photo courtesy of District Attorney's Office

Story by Kristina Rogers

SACRAMENTO COUNTY, CA (MPG) - On January 31st, Sacramento District Attorney Thien Ho gave a public safety address to a packed room at Clunie Hall. Guests included Police Chief Kathy Lester, elected officials, colleagues, community leaders, crime victims, and friends. D.A. Ho laid out his department's mission and here are a few important highlights.

To begin, since January 2021, more than 600 people have died in Sacramento County of Fentanyl. D.A. Ho explained those numbers are expected to rise. Most parents don't know social media is the leading platform for drug dealers. Counterfeit



Laura Didier sharing her story about her beloved son. Photo courtesy of District Attorney's Office

crimes can go to GetHelpSac.org for answers. There, they can access organizations like My Sisters House, Weave, and the Community Against Sexual Harm (CASH).

The discussion moved to the fear and crime our local businesses and property owners are experiencing. It's no secret that retail theft has skyrocketed in California. The D.A.'s office is taking aim with a new organized retail theft unit. Not only are they focused on fighting the crimes that shutter our local businesses, but D.A. Ho is advocating for answers to nearby encampments as well. He noted that these homeless camps "put people between compassion and chaos."

To help people on the street get back on their feet, Thien Ho supports the development of a shelter model called Hope for Sacramento. This model allows anyone on the streets to get shelter and move toward sobriety and housing at a reasonable pace (hopefor-sacramento.org).

District Attorney Ho knows Incarceration isn't the only solution to crime. This is why his office has another answer. Non-violent offenders will receive an opportunity at redemption with the new Changing Courses program. Instead of prison, those accused of a crime can choose to enter an apprenticeship program in the trades. If they complete the program, they can move toward a lucrative job, and a real future. D.A. Ho explained, "This allows them to change their course from a life of crime to a life of construction."

Still, there is another hurdle that our law enforcement professionals can't handle alone. Current legislation in California is one of the biggest obstacles to public safety. That is why Thien Ho and District Attorneys across California are advocating for a measure to be added to the fall ballot called The Homelessness, Drug Addiction, and Theft Reduction Act. Many law enforcement professionals point to Prop 47 as a contributor to the rise in crime across California. It's been ten years since the proposition passed, and they believe it is time to change things. Interested folks can review the petition details and how to get involved go to: casafecommunities.com.

The presentation ended on a hopeful note. D.A. Ho believes Sacramento has been sleeping, and although it's a slow process, she is waking up. The sunrise is coming, and our Thien Ho is welcoming us with coffee.

To review the entire presentation and learn more about the Sacramento District Attorney's office, go to: sacda.org. ★



District Attorney Thien Ho giving the State of Public Safety Address. Photo courtesy of District Attorney's Office

crimes can go to GetHelpSac.org for answers. There, they can access organizations like My Sisters House, Weave, and the Community Against Sexual Harm (CASH).

The discussion moved to the fear and crime our local businesses and property owners are experiencing. It's no secret that retail theft has skyrocketed in California. The D.A.'s office is taking aim with a new organized retail theft unit. Not only are they focused on fighting the crimes that shutter our local businesses, but D.A. Ho is advocating for answers to nearby encampments as well. He noted that these homeless camps "put people between compassion and chaos."

To help people on the street get back on their feet, Thien Ho supports the development of a shelter model called Hope for Sacramento. This model allows anyone on the streets to get shelter and move toward sobriety and housing at a reasonable pace (hopefor-sacramento.org).

District Attorney Ho knows Incarceration isn't the only solution to crime. This is why his office has another answer. Non-violent offenders will receive an opportunity at redemption with the new Changing Courses program. Instead of prison, those accused of a crime can choose to enter an apprenticeship program in the trades. If they complete the program, they can move toward a lucrative job, and a real future. D.A. Ho explained, "This allows them to change their course from a life of crime to a life of construction."

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Voter Registration and Elections Update My Voter Portal

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Voter Registration and Elections is excited to introduce My Voter Portal (MVP) to access your voter registration record, view your ballot status and voting history, access accessible election materials, view your County Voter Information Guide, obtain information regarding the current election, find Vote Center and Official

Ballot Drop Box locations near you, and so much more!

Visit the My Voter Portal link and check it out on the Sacramento County website.

If you have questions or need help, contact VRE at (916) 875-6451, email voterinfo@sacounty.gov, or use the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone). ★

Caltrans, and the CIF Partner to Promote Safe Driving Behaviors

Office of Traffic Safety and Caltrans News Release

SACRAMENTO, CA (MPG) - The California Office of Traffic Safety (OTS) and the California Department of Transportation (Caltrans) announced today a partnership with the California Interscholastic Federation (CIF) aimed at raising awareness and educating drivers on safe travel behaviors, especially in and around highway work zones.

everyone can get behind."

"We are happy to have California OTS and Caltrans as partners," said Bryan Powell, General Sales Manager for CIF Sports Properties. "Traveling safely to and from CIF events is incredibly important, and we are pleased to share this messaging with the attendees of our upcoming championship events."

Additional messaging and content will focus on safe and responsible driving, including awareness about California's hands-free cell phone law and the risks of distracted driving, as well as reminding drivers to slow down and "Share the Road" by looking out for bicyclists and pedestrians.

The OTS and Caltrans will display digital messages, signs and audio public service announcements at the CIF State Wrestling Championships in February, Basketball Championships in March, and the Swim & Dive and Track & Field Championships in May encouraging student-athletes, parents and families to always "Be Work Zone Alert" and "move over" for highway workers, or slow down if unable to do so.

In addition, traffic safety messages will appear on social media, the CIF state website, and the CIF Sports 365 mobile app.

Car crashes are a leading cause of death for teens in the United States. In 2021, there were more than 17,000 fatal and injury crashes involving teen drivers across California, according to data from the California Highway Patrol's Statewide Integrated Traffic Records System.

"Traffic Safety is a team sport and we're thrilled to team up with the CIF to encourage safe driving behaviors," said Caltrans Director Tony Tavares. "Engaging youth is a great play to help reach our Vision Zero Initiative's goal to eliminate traffic-related severe injuries and deaths."

Student-athletes, parents and fans are encouraged to join the Go Safely Movement and sign up as "traffic safety champions" for their families and communities.

"Traveling safely is a game plan that's always a win," OTS Director Barbara Rooney said. "We are excited to partner with the CIF to relay important traffic safety messages to student-athletes, parents and fans that

To learn more about efforts to save lives on California roads, visit gosafelyca.org and follow on Twitter, Facebook and Instagram @GoSafelyCA. ★

Sutter's Fort to Light Exterior Walls in Recognition of Key Dates in 2024



Lights on the exterior of Sutters Fort. Photo courtesy of Midtown Association

Midtown Association News Release

SACRAMENTO, CA (MPG) - In partnership with California State Parks and Sutter Health, the Midtown Association is proud to announce plans to light the historic exterior walls of Sutter's Fort State Historic Park in recognition of key dates in 2024. The iconic walls of Sutter's Fort State Historic Park will be lit from sunset to sunrise on key dates in colors reflective of and appropriate to each occasion.

show that Sutter's Fort serves all people."

The area around Sutter's Fort State Historic Park is one of the most significant green spaces in the central city, and is in close vicinity to upcoming development projects, hotels, and Sutter Health hospital, totaling approximately 7,000 nearby residents.

"Celebrating our 100-year legacy of providing care, Sutter Health is dedicated to the health and well-being of the communities we serve," said Ryan Loofbourrow, Government Affairs Director of Sutter Health, Valley Area. "We applaud efforts large and small that raise awareness to important causes or dates that deserve recognition and reflection."

This new installation at Sutter's Fort adds

In 2023, new exterior lighting around Sutter's Fort was installed to improve the visibility and increase security in the area. The project also helps to amplify and "shine a

2024 Dates for Special Exterior Lighting of the Exterior Walls of Sutter's Fort		
February 2-4: Black History Month	World's Indigenous People	
February 9-12: Heart Health Month	September 16: 916 Day	
March 29-April 1: National Doctors Day	September 20-23: National Hispanic Heritage Month	
April 7-10: World Health Day/World Health Worker Week	October 4-7: Domestic Violence Awareness Month	
April 22-25: Earth Day	October 14-17: Indigenous Peoples' Day	
May 1-3: Asian American and Pacific Islander Heritage Month	October 18-21: Breast Cancer Awareness Month	
May 5-7: Missing and Murdered Indigenous Persons Awareness Day	October 28-30: National First Responders Day	
May 10-12: National Nurses Week	November 1-3: National Native American Heritage Month	
June 7-10: PRIDE Month	November 8-11: Alzheimer's Awareness Month	
June 19-21: Juneteenth		
August 9-12: International Day of the		

light" on the reinterpretation of the history of Sutter's Fort, which is part of a key initiative underway throughout the California State Parks system.

"In 2020, California State Parks committed to making Sutter's Fort a more inclusive and truthful historic site," said John Fraser, Capital District Superintendent for California State Parks. "This 2024 lighting awareness campaign is another important way we can

to a list of lighting projects throughout the district led by the Midtown Association to light up Midtown parks and other key areas in the grid with a goal to help activate spaces, beautify our city with innovative lighting strategies, and increase safety and visibility.

For more information about the Midtown Property Business Improvement District (MPBID), please visit www.exploremidtown.org. ★

COMICS & PUZZLES

The Spats



Amber Waves



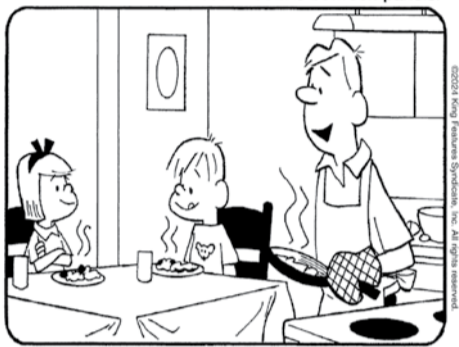
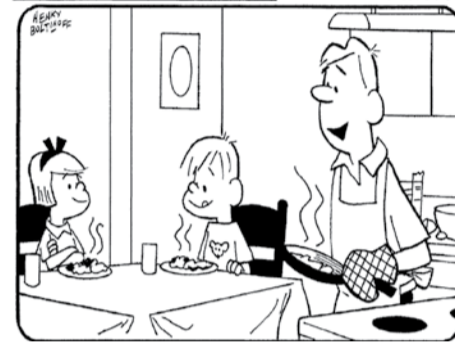
Out on a Limb



HOCUS-FOCUS

BY HENRY BOLTONOFF

Find at least six differences in details between panels.



Differences: 1. Burner is larger. 2. Hand is not showing. 3. Plate is moved. 4. Glass is moved. 5. Box is missing. 6. Hair is longer.

TIGER

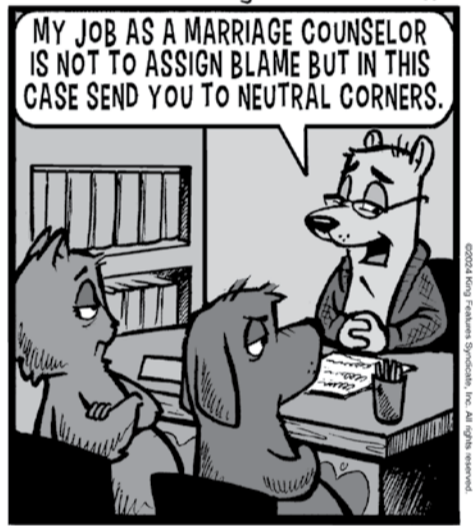


GRIN AND BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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STATEPOINT CROSSWORD • LOVE

- CLUES**
- ACROSS**
- Zagreb native
 - Not St. or Blvd.
 - Tucked in
 - Whatchamacallit
 - Robert Redford's Sundance
 - In a cold manner
 - Tiny island
 - Mad King George's number
 - Hearing, e.g.
 - *Love's late Nirvana husband
 - *Star-
 - *Air Supply's "Making Love Out of Nothing at"
 - Elementary particle
 - Tire meas.
 - Land of Israel
 - *Joe Cocker and Jennifer Warnes: "Love lifts us up where we"
 - Ladder crosspiece
 - Frenzied
 - London's Thames, e.g.
 - European language
 - Call it quits
 - Very bright star
 - What procedural and epidural have in common
 - Crosby's and Still's partner
 - Mountain valley
 - Final words
 - Future J.D.'s hurdle
 - Food scrap
 - Tax
 - Pen point
 - *"All You Need Is Love" band, with The
 - *"Letters to Juliet" destination
 - Habituate
 - NHL surface
 - Ancient marketplace
 - Like many bathroom floors?
 - Blunderbuss, e.g.
 - Entrenched (2 words)
 - Whirlpool
 - Volleyball court center
 - English homework assignment
- DOWN**
- Computer-related imaging acronym
 - CISC alternative
 - Capital of Norway
 - Single-cell protozoan
 - Bottom lines
 - Similar
 - One of the Tudors
 - Authoritative proclamation
 - Single pip cards
 - The Container Store purchase, pl.
 - "What can I say?"
 - T-shirt, after tied
 - Chemical cousin
 - Homer's epic
 - Actor Lowe
 - Deviation from the norm
 - *U2's "In the Name of Love" song
 - First light of day
 - Lemur from Madagascar
 - Damien's prediction
 - Ding-a-
 - Convex molding

CROSSWORD

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

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Dare to Live Without Limits

by Bryan Golden

Turn Your Back



To lead an orchestra, a conductor has to turn his back to the crowd. To lead your life, you have to turn your back to the crowd. This means you have to immunize yourself to what others say, think, or do relative to your quest to achieve your goals.

Just as a conductor must focus on the performance of the orchestra, you need to focus on the performance of your life. If a conductor faces the crowd, he can't direct the musicians.

Do you measure your performance by what the crowd thinks. Are you more concerned about the opinions of others than about the direction of your life? If so, you may find it hard to stay on a path of your choosing.

Far too many people have abandoned their dreams due to input from the crowd. This is a shame, since it is you who suffers when your dreams are abandoned. The crowd rarely roots for success. They would rather see failure. If you doubt this, just look at the news. How many stories depict defeat and tragedy compared to success and triumph?

People tend to be jealous when someone does better than them. Rather than attempting to elevate themselves, they boost their stature by comparing themselves to those who are doing worse. Additionally, people love to give their opinion, often unsolicited. When you pay attention to the crowd, you do yourself a disservice.

At first it won't be easy to turn your back. You have become conditioned to care about what others think. You want to be accepted and fear rejection should you not be sensitive to others' opinions. You want to fit in.

Dave loved to cook and entertain. One beautiful summer day, he invited a number of friends over for a barbecue. He put several steaks on the grill. As he was cooking, one of his friends came over and told Dave the steaks needed more salt. Wanting to accommodate his guest, Dave followed his suggestion.

Then another guest came over and suggested the food needed more steak sauce. Again, Dave did as his guest asked. Each guest proceeded to make some suggestion about how to make the steaks better; add garlic, turn the flame up, turn the heat down, more spices, less spices.

When Dave served the steaks, no one liked them. Even though Dave knew how to make a tasty steak, he listened to everyone. The result was inedible food. If Dave had done the cooking his way, everything would have turned out fine. Dave's party would have been much more successful had he turned his back to the crowd.

Imagine Dave's frustration. In spite of all the effort, time, and money he put into having a successful party, it was a flop. Dave tried to please everyone but in the end no one was happy.

What happened to Dave is exactly what happens to many people. They take advice from anyone and everyone. Their minds constantly vacillate depending on who they are speaking to at the moment. The result is just as unsatisfactory as the food at Dave's barbecue.

There was a better way for Dave to handle the situation. All he had to do was thank each of his friends for their suggestion while he continued to grill the food his way. With this approach, Dave would have had a successful party without being rude to anyone.

Turn your back to the crowd. Do your own thing. Conduct your life the way you want. Thank others for their suggestions while proceeding along your own path. Keep your attention focused on what's ahead of you.

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@columnist.com or write him c/o this paper. ©2024 Bryan Golden ★



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

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Bera Releases Statement on Passage of Bipartisan Tax Package



Ami Bera

Office of Representative Ami Bera News Release

WASHINGTON, D.C. (MPG) - On the evening of January 31st, Rep. Ami Bera, M.D. (CA-06) released a statement following his vote to pass H.R. 7024 - Tax Relief for American Families and Workers Act of 2024, bipartisan tax legislation that delivers

critical wins to hardworking families and small businesses in Sacramento County. The legislation passed by a vote of 357-70 on the House floor.

"Tonight, I joined a strong majority of members on both sides of the aisle to pass a bipartisan tax package that will make meaningful changes to the tax code to uplift hardworking families, empower small businesses, and bolster American innovation.

"The package includes several pro-growth, pro-family tax priorities I've been fighting to deliver throughout my time in office, including an expansion of the Child Tax Credit and the Low Income Housing Tax Credit,

incentivizing research and development, supporting small businesses, and strengthening our trade relationship with Taiwan.

"This package is an important step in the right direction that will put money back in the pockets of hardworking families. I urge the Senate to take up this bill quickly so we can get this tax relief signed into law soon. It's estimated that 16 million children will benefit from this package in the next year, including 49,000 in my district.

"Despite the dysfunction and chaos that has defined this Congress, this bipartisan bill demonstrates the progress we can make when lawmakers come together to find common ground." ★

Hoover Introduces Legislation to Stop the Proliferation of Fentanyl in Schools



Josh Hoover

Office of Assemblyman Josh Hoover News Release

SACRAMENTO, CA (MPG) - On February 1st, Assemblyman Josh Hoover (R-Folsom) announced the introduction of groundbreaking legislation to address the alarming rise of fentanyl in California schools and communities.

Assembly Bill 2045 would increase penalties on fentanyl crimes involving minors and add sentence enhancements for criminals who traffic fentanyl within 1,000 feet of school grounds.

"Our number one job as lawmakers should be protecting our most vulnerable from harm," Assemblyman Hoover said. "We must do more as a Legislature to

create a safe environment where our children can learn, grow, and thrive. This bill sends a clear message that those who endanger minors and bring deadly fentanyl into our schools will face severe consequences."

AB 2045 would classify fentanyl in the same category as other dangerous illicit drugs and would give prosecutors new tools to hold dealers accountable.

Key Provisions of the Proposed Legislation:

1. New penalties on the sale of fentanyl to children: The bill seeks to add an additional 2 years to the sentence of any adult who solicits, induces, encourages, or intimidates a minor with the intent that the minor commits a drug crime. If passed, this felony offense will be punishable by 5, 8, or 11 years in state prison.

2. Sentence enhancement for fentanyl-related offenses on or near school grounds: Brings fentanyl in line with other drugs like heroin or cocaine in cases

where the offense occurs upon or within 1,000 feet of school grounds by adding a 2-year enhancement to the sentence of those who solicit, encourage, or intimidate minors to commit these drug crimes. This enhancement aims to create a safer environment for students attending public or private elementary, vocational, middle, or high schools during school hours or related programs.

3. Additional punishment for trafficking fentanyl on or near school grounds: Adds fentanyl to the list of illicit drugs already covered under state law for drug trafficking offenses on or near school premises. For adults committing specified drug trafficking offenses within 1,000 feet of a school, the legislation adds an additional punishment of 3, 4, or 5 years. Furthermore, if the offense involves a minor who is at least four years younger than the defendant, an extra enhancement of 3, 4, or 5 years applies, subject to realignment. ★

Sacramento Jewish Film Festival Celebrates 25 Years

The Jewish Federation of the Sacramento Region News Release

SACRAMENTO, CA (MPG) - Since 1997, the Sacramento Jewish Film Festival (SJFF) has presented the best films reflecting the rich cultural diversity of the Jewish experience. In 2024, the festival celebrates its SILVER JUBILEE, with 30 plus feature films over two weekends of live theatre and two weeks of films streaming online. The event will take place March 9 - 24, 2024.

The variety of films include comedies, dramadies, dramas, and documentaries from all over the world, plus Q&As, mini-concerts, special panels, and in-person receptions.

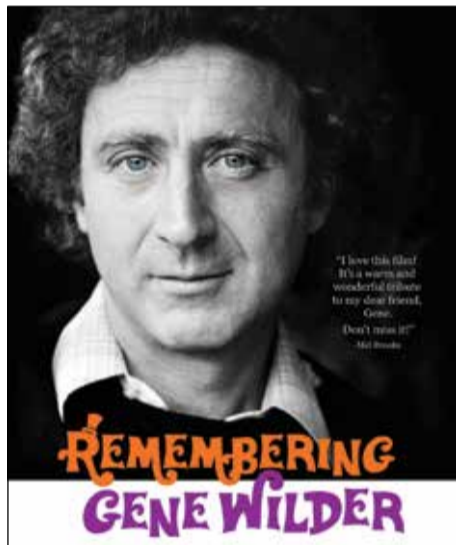
Opening weekend will be live on the big screen at the Veterans Memorial Theatre in Davis on Saturday night, March 9 and Sunday, March 10.

Closing weekend will be live in-theater at The Center at 2300 Sierra Blvd in Sacramento on Saturday night, March 16 and Sunday, March 17.

All-Festival Passes are \$150 and include all in-person films and streaming films, plus receptions and film chats. Weekend passes and individual film tickets will also be sold. The website will go live, and tickets and passes will be on sale on January 22, 2024.

Visit the festival website at <https://sac-jewishfilmfest.org/> for a complete list of feature films, shorts, special events, ticket sales and sponsorship opportunities.

Questions? Call the Jewish Federation at (916) 486-0906 or email



REMEMBERING GENE WILDER celebrates the beloved star of classics such as "The Producers," "Blazing Saddles," and "Willy Wonka & the Chocolate Factory." Gene's life is brought to life through never-before-seen home movies and photographs, as well as the intimate insights of friends and colleagues including Mel Brooks, Alan Alda, Carol Kane, Harry Connick Jr., (Saturday night, March 16, at the Veterans Memorial Theatre in Davis.) Photo courtesy of Sacramento Jewish Film Festival

jbirch@jewishsac.org. seeFacebook at: <https://www.facebook.com/SacJewishFilm> or Instagram at: <https://www.instagram.com/sacramentojewishfilmfestival/?hl=en>

SJFF is a program of the Jewish Federation of the Sacramento Region.

The mission of SJFF is to showcase thought-provoking, entertaining films that inform, inspire, and celebrate the Jewish story for audiences everywhere. ★

Steve Garvey's Campaign Announces 2023 Fundraising

Matt Shupe, Praetorian Public Relations News Release

LOS ANGELES, CA (MPG) - Baseball legend Steve Garvey's campaign for the US Senate announced its 2023 year-end fundraising report last Wednesday.

Garvey's campaign raised \$610,920.86 from approximately 4,5000 individual donors between Oct. 10, 2023, and Dec. 31, 2023.

"In just two and a half months, the momentum and support for Steve Garvey's campaign, along with its rocket-like rise in the polls demonstrates that he is resonating with Californians," said Matt Shupe (@MattShupePR), spokesman for the Garvey campaign. "While Steve Garvey in the first months of his campaign didn't match the substantial funds raised, through the Washington D.C. establishment, over the course of years, by the career politicians in

this race, it's Steve's commitment to common-sense and compassionate solutions along with his genuine connection with the people of California that truly sets his campaign apart. In January alone, Steve Garvey has matched his total 2023 Q4 fundraising. The dynamics of this race to beat Steve Garvey will only intensify the closer we get to Election Day."

Garvey launched his campaign on Oct. 10, 2023, just three days after the horrific attack on Israel on Oct. 7, and with just a little over two holiday months left in the year.

To learn more about Garvey's campaign for the US Senate, please visit: <https://stevegarvey.com>.

Social Media:
Twitter: @SteveGarvey6
Instagram: stevegarvey6
Facebook: stevegarvey6
TikTok: SteveGarvey6. ★

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You can find a full list of Ballot Drop Boxes and Vote Center locations in your County Voter Information Guide, in your mail ballot packet, or at www.elections.saccounty.gov

Vote Early! Vote by Mail.

Update your language preference
Every registered voter will receive an official ballot in the mail containing contests, candidates, and voting instructions in your preferred language. If you prefer your ballot and voter information in Spanish, Chinese, or Vietnamese, update your language preference online by scanning this QR code or call (800) 762-8019.

The Presidential Primary is Party Specific
During the March 5, 2024 Presidential Primary Election voters will nominate one presidential candidate from each party to run against each other in the November 5, 2024 General Election. To vote for the presidential candidate you want in the primary election, ensure you are registered with your preferred party by visiting www.elections.saccounty.gov or calling our office at (800) 762-8019.

If you would like to change your party, reregister at: registertovote.ca.gov or scan:

Captain Joseph House Foundation Holds Fundraiser at El Camino High



This photo of Special Forces Army CPT. Joseph Schultz and his proud mother, Betsy Schultz, was taken in 2010 when the El Camino High graduate earned his Green Beret in North Carolina. Photo courtesy of Betsy Schultz

Captain Joseph House Foundation News Release

SACRAMENTO, CA MPG - Captain Joseph House Foundation, which opened in 2022, will share information about the development, growth and status of the Gold Star Family program on Feb. 17.

This is the first such presentation in a community with a donor-rich base of support, according to Captain Joseph House Foundation founder Betsy Schultz. The foundation is in memory of Special Forces Army CPT. Joseph Schultz, her son and an El Camino High School graduate. Joseph Schultz was killed in Afghanistan on Memorial Day weekend, May 29, 2011.

The nonprofit foundation's mission is to honor Fallen Heroes through remembering and caring for their Gold Star Families left behind, according to Schultz, a Gold Star mother.

Within days of her son's death, Schultz recognized that something was missing in the continuum of care for Families of our Fallen Heroes: the opportunity to bond with others experiencing a similar loss.

Forming the nonprofit Captain Joseph House Foundation, Schultz donated her large "bed and breakfast" to the organization and began converting it into a respite home for Gold Star Families.

Gold Star Families from every military branch and from every state in the U.S. may qualify for the Family-to-Family

respite program. A respite week, with up to three families meeting together, provides an opportunity for sharing a common love and loss, Schultz said. It is also a time to celebrate the life of one's hero and build new relationships that can last beyond the week at Captain Joseph House, located in Port Angeles, Washington.

There are no fees for the families, which includes roundtrip airfare, daily transportation, lodging, all meals and recreational activities. Volunteers, in-kind, discounted services and financial donations to the foundation made it possible to open the doors of the house to welcome Gold Star Families in 2022, Schultz said.

"Your donations have been sincerely appreciated," Schultz said. "Fundraising will continue to ensure this opportunity will be available for Gold Star Families to participate in future years."

The Captain Joseph House Foundation's State of the Foundation is from 7 to 9 p.m. Feb. 17 at El Camino High School Center for the Arts, 4300 El Camino Ave., Sacramento. Doors open at 6 p.m.

Admission is \$25 per ticket and free for anyone 19 years old and younger. Tickets are available at <https://www.brownpaper-tickets.com/event/6232423> or

<https://m.bpt.me/event/6232423> or at the door.

or more information, call 360-460-7848 or go online to www.CaptainJosephHouseFoundation.org or [Facebook.com/CPTJosephHouse](https://www.facebook.com/CPTJosephHouse). ★



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SACRAMENTOCHORAL.ORG

Leafy Greens Thrive in the Winter

Story and photos by Mitch Barber

SACRAMENTO, CA (MPG) - Under the freeway at 8th and W streets, adjacent to downtown Sacramento, there is a bustling farmers' market on Sundays from 8 a.m. to noon. The freeway provides a concrete canopy to protect visitors from the rain in the wet months, and a shady refuge when temperatures creep toward 100 degrees.

This writer visited the Certified Farmers' Market on February 4th. At a table close to the main entrance, next to the parking lot, sits a husband and wife pair, Dan and Renae Best. They operate and manage the market they said was founded in 1980.

Renae humbly boasted that the Certified Farmers' Market is one of the largest in California, and that growers come from near and far — counties like Sacramento and El Dorado that are close by, and distant areas like the North Coast and Fresno.

When asked what was in season, Renae emphatically said "leafy greens," which became the focal point of this article.

The first stall visited was the Salle Orchards tables where Billie Jean Salle greeted this MPG writer, standing behind a bevy of green leafy vegetables. She owns the farm in Wheatland with her husband of more than 50 years, Nick, who happened to be born on the farm. Their children Nicole and Gene do the farming while Billie Jean displays the produce at the market.

Billie Jean explained the various ways to eat leafy greens — vegetables such as curly and dino kale, swiss chard, and cabbage — saying, "The possibilities are endless." There are cabbage rolls, soups, stews, vegetable lasagnas, and chips (like kale chips). Cats enjoy the produce as well; she mentioned that some customers make natural,



Juan Toledo, owner of Toledo Farms, stands behind his economically-priced produce.



A variety of chards, and spinach on the right, are at the Barbageleta Farms stall.

nutritious cat food that includes leafy greens.

She said of leafy greens, "You can grow some of them year-round, when it isn't hot. Heat makes lettuce bitter."

Another vendor was Brent Levin who sells organic produce from Spreadwing Farm, a farm he owns with his wife and another couple. The farm is in Rumsey, a very small town in the Capay Valley. He was all smiles.

At the entrance of his stall were an assortment of kales



Cabbage is for sale at the Salle Orchards stall.

for \$3 a bunch — dinosaur, red Russian, and white Russian kale. He said his favorite way to prepare them was simply cooking them in butter with garlic salt. He said other folks juice them.

He also sells head lettuces and

cabbage, which is a disputed leafy green. He talked to customers and weighed produce while taking part in the interview.

And the farm's name? It comes from a type of dragonfly: one of the female owners specializes in

entomology. He got specific with the leafy-green growing season on his farm: November through April or early May.

Lettuce was \$3.50 per head, and cabbage was \$2 per pound. The different kales were \$3 a bunch.

Bargains were to be found at the Toledo Farms booth on the north side of the market. Juan Toledo, who owns the business with his father Federico Toledo, was selling heads of lettuce for \$1. They also sell dandelion greens, swiss chard and kale.

What does one do with dandelion greens? Juan said they are good "juiced, roasted, diced up, and in salad." He said people are split into "eat-it-raw" and "cook-it" camps.

Theirs is an organic, family-owned farm in Lodi.

Next door was Barbageleta Farms, based in Linden, which is just to the east of Stockton. Martin and Francisco Barbageleta were speaking Spanish when this writer approached — a customer was slinging the Spanish language, as well.

Martin explained that his Swiss chard that was a rainbow of colors is best steamed or boiled, and cooked with other things, like meat.

He said that the current weather was conducive to chard growth and that it is too hot during the summer for it to grow well. He was selling leafy bunches of spinach, as well. Bunches of greens were \$3 and two for \$5.

Unfortunately, about 10 vendors canceled on February 4th, largely due to the high winds. Fortunately, the freeway's columns serve as a wind break, as well.

Why not come out and shop on a Sunday in the temperate friendly confines of the Certified Farmers' Market under the freeway? ★



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