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Grapevine Independent

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New Airshow Format with Flair



Freccia Tricolori takes a colorful flight. Photo courtesy of Freccia Tricolori, Pattuglia Acrobatica Nazionale, Aeronautica Militare, Rivolto Air Base, Italy

By Tamara M. Warta

SACRAMENTO, CA (MPG) - The California Capital Airshow, which typically roars through Sacramento Mather Airport each September, is returning again for 2024 - but with a new date and a distinct European flair.

This year, the 18th annual California Capital Airshow will feature Freccia Tricolori, the Italian Air Force's military jet demonstration team. It will also be primarily an evening event, happening July 13 and 14. The changes may be surprising to airshow regulars, but excitement truly is in the air for the switch to summer and the international celebration it's bound to bring.

"Every year we want to do something fresh, we want to do something new. We want to bring our community something different," said Darcy Brewer, Executive Director of the California Capital Airshow. "We survey the insiders every single year. We heard a couple of different things from people. They wanted to see something they've never seen before, and they wanted us to bring back the night show we did in 2018."

The "insiders" Brewer refers to are the approximately 60,000 Air Show Insider® members of the California Capital Airshow community. Becoming an Insider is free and provides early access to tickets, helpful discounts, and a chance to view airshow schedules and events prior to

the general public.

Famous for their interactive STEM exhibits, large airplane and fighter jet displays, food and family activities, the airshow is well-known as a distinct stand out from the approximately 450 air shows that happen each year across America.

"We are one of the largest," said Brewer. "We want to be different."

With the arrival of Freccia Tricolori, which has not performed in North America in 30 years, this year's air show is sure to delight both regular patrons and some new faces.

"We start flying at 6 p.m. and go nonstop until 10 p.m. And that last half hour is going to literally blow you away," says Brewer. The event

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Local Girl Scouts Sharpen Skills as Cookie Season Begins



Girl Scouts Heart of Central California News Release

SACRAMENTO, CA (MPG) - Girl Scouts Heart of Central California (GSHCC) is excited to announce the official launch of the 2024 Girl Scout cookie season, bringing delightful treats and smiles to communities in the Greater Sacramento, Stockton, and Modesto regions. The Cookie Program not only spreads joy but also fosters the entrepreneurial spirit of numerous local Girl Scouts.

The Girl Scout Cookie Program is the largest girl-led entrepreneurial program in the world. Proceeds from the Program support local Girl Scout troops and enable GSHCC to organize workshops, events, and initiatives that help create the next generation of empowered and innovative female leaders. GSHCC's Cookie Program supports two Girl Scout camps, two STEM Centers + MakerSpaces, a mobile STEM Center + MakerSpace, and provides resources to more than 4,000 volunteers.

"Entrepreneurship remains one of Girl Scouts' most powerful program pillars," said GSHCC Chief Executive Officer, Dr. Linda E. Farley. "More than 8,000 local Girl Scouts will participate in the Cookie Program this year, gaining real-world opportunities to practice their entrepreneurship skills. Beyond the goal setting, money-management, and decision-making skills these girls learn, they also make connections with their community, develop friendships with their sister Girl Scouts, express creativity, and build their capacity to be leaders."

Local Girl Scouts have already begun taking orders from family and friends, and supporters will begin to see cookies available for local purchase in front of stores beginning February 23 through March 17. Additionally, GSHCC encourages the use of the Cookie Finder feature on the Girl Scouts' website, which provides a convenient and accessible way for cookie enthusiasts

Continued on page 3

Dignity Health Named to Newsweek's America's Greatest Workplaces



"Dignity Health has long been dedicated to creating a workplace that values equity and inclusion," shares Julie J. Sprengel, California Region President, CommonSpirit Health. Courtesy photo

Dignity Health News Release

SACRAMENTO REGION, CA (MPG) - Dignity Health announced today that it has been recognized for the second consecutive year as one of America's Greatest Workplaces for Diversity 2024 by Newsweek and Plant-A Insights Group. This survey of over 220,000+

individuals included representation at over 1.5 million companies in America.

The esteemed list features the top large and mid-size companies recognized by their employees, via an anonymous online survey, for genuinely respecting and valuing individuals from different walks of life.

"Dignity Health has long been dedicated to creating a workplace that values equity and inclusion," shares Julie J. Sprengel, California Region President, CommonSpirit Health. "By fostering diversity within our workforce, we are better equipped to meet the needs of the unique communities we serve."

Many different genders, races, nationalities, sexual orientations, and identities are represented at Dignity Health hospitals and clinics, but the focus and commitment around diversity is more than that. Diversity, Equity, Inclusion, and Belonging (DEIB) ensures everyone has the opportunity to be

Continued on page 2

News Briefs

City of Rancho Cordova News Release

Mayor Sander at the Rancho Cordova Luncheon

Mayor David Sander spoke about the city's plans for 2024 and his National League of Cities presidency at the Rancho Cordova Luncheon last month. His speech can be watched at <https://www.youtube.com/watch?v=zXgqD7UPvIQ>.

Clutch Unveils New Headquarters in Rancho Cordova

Clutch, an innovative women-owned business—and also named the fastest-growing business in the Greater Sacramento area—recently moved its headquarters to Rancho Cordova.

Celebrating Diversity: Black History Month

Rancho Cordova celebrates and supports our diverse community throughout Black History Month and all year long. The Celebrating Diversity webpage is an online resource for upcoming events and programs in the region and virtual experiences. Learn more at <https://www.cityofranchocordova.org/residents/community-topics/celebrating-diversity/black-history-month>.

Save the Date for Spring Service Day

The City of Rancho Cordova is known for its spirit of volunteerism and service to the community, but this year, that commitment will grow exponentially with the city's first Rancho Cordova Spring Service Day on Friday, May 18. More information to come about how to volunteer your time and talents for many projects citywide.

Grant Applications Accepted Started February 5

The city will be accepting applications for Community Enhancement & Investment Fund grants from individuals, organizations, businesses, and community partners interested in enhancing the community. Applications will be accepted from Monday, February 5 through Monday, March 15.

Youth Environmental Leadership Camp Seeking Applicants

The immersive summer program lets campers connect with nature, learn about human impacts on the environment and discover career opportunities. Students entering 6th or 7th grade this fall are encouraged to apply.

Rossmoor Bar Trails Enhancement Project

A project to improve pedestrian accessibility and preserve native habitat in the Rossmoor Bar area is currently in the planning phase. Trail improvement concepts will be shared with the public through an online survey.

City Offers Free Trees and Stump Removal Service

Save money and beautify your yard with the city's Urban Forest Program Stump Removal Service! A professional arborist crew can remove and grind your stump and replace it with a free shade tree.

Animal Services Seeking Towel and Blanket Donations

Help lost, stray and wild animals stay safe and comfortable while in care by donating used, clean towels or blankets to the city's Animal Services Division. ★

Dignity Health Named to Newsweek's America's Greatest Workplaces

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involved, developed, empowered, and trusted by Dignity Health.

Being recognized on Newsweek's list underscores Dignity Health's belief that a diverse workforce brings a variety of perspectives, leading to innovative solutions and better outcomes for both employees and patients. Some of our proudest achievements include:

- Dignity Health hospitals have been recognized by the Healthcare Equity Index (HEI), a program of the Human Rights Campaign. The HEI is the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors, and employees.

- CommonSpirit Health has entered into a historic 10-year, \$100 million dollar partnership with Morehouse School of Medicine that will increase

development of Black and minority physicians by ensuring that a minimum of 300 additional underrepresented providers complete their residency training. Three new residency programs are under development in Dignity Health's California Region.

-Dignity Health prioritizes cultural competency training for all employees to provide care that is highly sensitive to the concerns of those who are marginalized.

"Diversity is a widely discussed topic – and it remains a crucial factor as people look for an employer or a business partner. Newsweek and market-data research firm Plant-A Insights are proud to introduce "America's Greatest Workplaces for Diversity 2024," highlighting companies that are committed to offering diverse and inclusive work environment," shared Nancy Cooper, Global Editor in Chief for Newsweek. ★



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New Airshow Format with Flair

Continued from page 1

includes what the organization is referring to as a "choreographed pyrobatic musical," featuring fireworks, daredevil jet maneuvers, music, and more.

"In the air, on the ground and throughout the year – the airshow crew is all about honoring those who serve, and inspiring the next generation --- but this year we'll be doing it all in two different languages --- so if you've ever been to Italy and love it, or dreamed of going to Italy --- we're making it more simple this summer and bringing Italy to you," said Brewer.

This is the only location in the western United States where you will be able to be a part of

Frecce Tricolori's full airshow performance, get the chance to see their colorful jets up close, and maybe even meet team members on the ground.

"People in America love the US jet teams, the rest of the world loves the Italian jet force," says Brewer. "Brush up on your Italian and get ready for a once in a lifetime experience."

The California Capital Airshow has taken to the international skies one time prior - in 2017 they welcomed the French government for a one-day event over Easter weekend. Now, with that experience under their belt, the organization is going big. The Frecce Tricolori team includes 75 members, as well as multiple government dignitaries that are expected

to be in attendance.

Outside of the stunning displays and huge draw from the world's best pilots, the California Capital Airshow is unique for another reason - its commitment and passion for community past and present. The group is a non-profit that supports other non-profits. Groups are invited to apply to work at the airshow and raise funds for their various causes. \$79,000 went out to non-profit groups through parking lot and concessions volunteerism.

"We're all about STEM education, scholarships, and youth programs," noted Brewer. The group has many interactions with young people, equipping them to grow up to become whatever they dream.

"We try to inspire the next generation to get a job where they wake up in the morning feeling the same way the staff at the California Capital Air Show feels," Brewer says with pride when speaking about the great work environment found within the organization. Her enthusiasm and love of life is contagious, as is her passion to get people excited and involved about the air show and all it signifies.

"We like shining a spotlight on a region that we love. If you like history, aviation, or international flavor - there's something for you and we will make sure it happens before the gates open."

You can find out more about the upcoming airshow by becoming an Insider at californiacapitalairshow.com. ★

COMMUNITY ENHANCEMENT & INVESTMENT FUND

★ GRANTS AVAILABLE ★



Local Girl Scouts Sharpen Skills as Cookie Season Begins

Continued from page 1

to locate nearby cookie booths. Cookie connoisseurs can input their zip code in the Cookie Finder tool to see where cookies are being sold in their community. ★



Girl Scouts with their cookie display. Photo courtesy of Girl Scouts of Northern California.



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.

APPLY THROUGH March 15, 2024, 12 PM!

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



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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.

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

By Tim Coughlin



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

How does my COBRA compare to private health insurance through Covered California? Am I eligible for "Premium Assistance" or "Cost-sharing reductions?"

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

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

Rules, Deadlines, and Penalties

Our health insurance and Medicare systems have complex rules regarding eligibility, enrollment deadlines, and costs.

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

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Tim Coughlin is an award-winning independent insurance agent specializing in health and Medicare insurance for over 35 years in Gold River.

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AARP Community Challenge Grant Applications Open

Sacramento County News Release

There are three grant opportunities: -Flagship Grants are for projects that especially benefit community members who are 50 or older.

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Department of Child, Family, and Adult Services is encouraging community groups to apply for AARP's Livable Communities Grant Program, known as the AARP Community Challenge.

Grant applications are open until March 6, 2024. Nonprofits and other community organizations are encouraged to apply.

- Key Dates for the 2024 application process include: -March 6: Application window closes -June 26: Selected grantees announced -December 15: completion of all projects.

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Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS.

FRESH PRODUCE

Price list for fresh produce: Pink Lady Apple 69¢/lb, Red Potato 79¢/lb, Blueberry 18 oz \$4.99, Celery 89¢/lb, Russet Potato 10 lbs \$2.79/bag, Yuca Root \$1.29/lb, Shallot Onion \$1.29/lb, Baby Spinach 2.5 lbs \$4.99/bag.

AMERICAN/HISPANIC GROCERY

Price list for American/Hispanic grocery: French's Yellow Mustard 14 oz \$1.99, Libby's Pesto 1000g \$8.99, Tapatio Carne Asada Marinade 5 oz \$1.99.

ASIAN GROCERY

Price list for Asian grocery: Kapal Api White Coffee 15.7 oz \$3.99, Lotus Rice Noodles 320g \$2.99, Lucini Mung Beans 14 oz \$1.59.

EUROPEAN GROCERY

Price list for European grocery: LahmAjneh Pizza Crust 12 pieces 16 oz \$4.99, French Whole 4 Magnon Quails 24 oz \$12.99.

KOREAN/JAPANESE GROCERY

Price list for Korean/Japanese grocery: Wine Kani-guava Rice 2 kinds 15 lbs \$11.99, Soy Sauce 500 ml \$5.99.

HOUSEWARES

Price list for housewares: MODAMODA SHAMPOO 300 G \$29.99, ELECTRIC BBQ GRILL \$39.99.

FROZEN & FISH DEPT

Price list for frozen/fish dept: Salmon Cutted lb \$3.99, Columbus Pastrami \$12.09.

EUROPEAN DELI

Price list for European deli: Green Olives Stuffed w/ Almonds \$5.99, Ham Off The Bone \$6.19.

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And Another Thing

“Books Are Just The Beginning”

By Bob McGarvey

The weather that hit us last weekend was very difficult on many people. We are really fortunate that we didn't have the rain that hit in Los Angeles or San Diego. We did get some very strong winds that went through Mather. They had gusts up to 68 mph, and there were some big trees that went down in our neighborhoods. It takes time to get to those trees as you know. Just look at the big tree that went down in El Manto Drive. Fortunately it didn't go into the buildings right next to it, but the last time I looked at it whoever will clean it up needs more time. Remember that everyone who is cleaning up will be able to do so very safely.

News just came up about AT&T saying that they were planning on getting rid of its land lines. Land lines are the wires that drop from a telephone pole to your house or your business. That drop line has been extremely important for decades because that is where you will get dial tone when you pick up your phone. Many people have changed from phones that have a coiled wire on their phone, to phones that are wireless.

If you lose power in your home, you will still have dial tone if you have a wire on your phone. The dial tone comes from the phone company central office. There are many very large batteries that are parallel which give the DC current that provides the dial tone through the drop line to your phone. If you lose AC power in your home, and all you have a wireless phone, that phone will be dead because the AC power is gone. There are many in our city, and even more out in the county, that only have dial tone on the drop line. They can't use a cell

phone because there are no towers in their community. We'll see if the California Public Utilities Commission lets AT&T get rid of the drop lines for hundreds of thousands of customers.

As you can see, there are more and more people on TV asking us for their vote in the primary and in the general election this coming November. Our Governor is on TV asking for our vote on Proposition #1. It is a proposition that will cost over \$6 billion, but \$1 billion of those \$6 billion will be spent on our Veterans. In the most current issue of our Grapevine, Mayor David Sander spoke at the Community Luncheon on January 19, and said that the Mather Veterans Village could go into phase 4 this year. The money will be coming from our city, from Sacramento County, the state Veterans Department, and from other sources, but some of it could possibly come from Proposition 1. We will have to see if it passes.

There are many more things you can do and get at our Rancho Cordova Public Library. I know what used to be found at the public libraries was mainly books. Today you can pick up many different things that are in current libraries. If you need to print something you can go and print it in black \$0.15, or color \$0.59, and also find books, digital media, learning resources, wi-fi and more. Quite often when we go to the library there are different programs in progress which are nice to see. There are many more things you can take advantage of in today's library. As it says in the “WELCOME TO YOUR LIBRARY” and “BOOKS ARE JUST THE BEGINNING”.

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

Sacramento Kings fans have not been accustomed to 5-2 road trips, and since that's exactly what the Kings just did, you would think the town would be celebrating. But blowout wins by the Oklahoma City Thunder, and of all teams, the Detroit Pistons, have given fans reason to pause and ask the question, who are these guys?

Well, they are a team with a huge upside, and one that is capable of beating any team in the NBA on any given night.

The most recent road trip started in San Francisco where the Kings came away with a one-point win over the Warriors, 134-133. During that same road trip, the Kings came away with wins over teams like Dallas, Memphis, Miami, and even the defending champs, the Denver Nuggets.

In the Denver game, should-be all-star Domantas Sabonis outplayed two-time MVP Nikola Jokic in every aspect of the game, coming away with another triple-double, and extending his streak of consecutive double-double games to 31, tying the franchise record held by Oscar Robertson.

Currently Domantas is not only leading the league in double-doubles for the second straight year, he is leading the league in triple-doubles with an eye popping 17! Domantas overtook Nikola Jokic, and is now leading the entire NBA in both categories.

After an amazing season last year, leading the league in rebounding and double-doubles, it is almost incomprehensible that he could be doing even better this year. No one in the league brings the consistency of effort to the hardwood every night like the Kings center, and he has become an absolute anchor for the team.

One other note, in regards to the win over the Nuggets, is that the Kings finally found their shot from the free throw line, shooting 89% for the game. Sadly, Sacramento remains in last place in the league, shooting with a 73% mark from the charity stripe. If the Kings have any hope of moving beyond the first round of the playoffs this has to change. Players have to take responsibility for making free throws and taking it seriously. This is a player issue, and definitely a coaching issue. Last place is not just embarrassing, it's unacceptable!

As the Kings go into Phoenix they bring a 30-22 record with them, which puts them 7th in the Western Conference. Both the Pelicans and

Suns enjoy a half-game lead over the Kings, and if Sacramento has any hope of moving beyond the first round of the playoffs, they need to leapfrog over both these teams.

Finishing in 5th place will likely provide a first-round matchup that is far better than the opponent they would meet if they finish 7th or 8th.

So, that begs the question, how do the Kings elevate their game and accomplish this task. One word — consistency. Something that has been lacking all year.

Throw in free-throw shooting and you have the recipe for success.

This team has players that bring it every night, and other players that recede for games at a time.

Harrison Barnes has been roundly criticized for his lack of consistent scoring, but I would have to add rebounds, and practically every other aspect of the game. Harrison will suddenly show up and look like the Harrison Barnes that played for the Golden State Warriors, and literally put the team on his back. But, just as quickly he will vanish, and at times it looks like the Kings are playing four-on-five. I have repeatedly begged for more playing time for Trey Lyles who is arguably a better all-around player, but this is a coach's decision, and Coach Brown doesn't show signs of messing with his starting lineup.

Keegan Murray looks like the guy with the sophomore slump, and much like Harrison, has games in which he is all but impossible to find. Keegan has had numerous positive moments this year, scoring 47 points in one game, and showing off an impressive midrange game that sometimes reminds me of Malik Monk.

Positives are that Davion Mitchell is getting increased time, as is Trey Lyles. Domantas Sabonis, De'Aaron Fox, and Malik Monk bring a consistent effort every game, but we need to add to this list.

I will add Kevin Huerter to the list of inconsistent players, and the real problem is that, like Harrison Barnes, Kevin is a starter. Coach Brown needs to shake things up and get both Malik Monk and Trey Lyles into the starting lineup. Both Huerter and Barnes can make their mark coming off the bench, but if the Kings continue on this path, I see a 7th or 8th seed in their future.

If you have a thought let me know at vghar-riskingsfan@gmail.com.
Go Kings and let's Light the Beam! ★

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COMICS & PUZZLES

The Spats



by Jeff Pickering



Amber Waves



by Dave T. Phipps

Out on a Limb



by Gary Kopervas

TIGER



by BUD BLAKE

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Purse is different. 2. Arm is moved. 3. Label is higher. 4. Hair is different. 5. Saucer is missing. 6. Nametag is higher.

GRIN AND BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



R	I	F	T		C	A	P		H	A	S	P						
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CLUES

ACROSS

- Falling out
- Bottle top
- Door fastener
- Shoe emanation?
- Staff note
- Home to Buccaneers
- Actress Spelling
- Thor's father
- Kidman's husband
- *He served two nonconsecutive presidential terms
- *JFK and RFK's relationship, abbr.
- Foreword
- J. Edgar Hoover Building org.
- Pac-Man venue
- Long and adventurous journey
- Rudolph's Clarice, e.g.
- Like life, according to some
- Is it enough?
- Jalisco plant
- As opposed to rent
- Grassy mound
- Flat-top hill
- *W in George H. W. Bush
- Nicki Minaj's genre
- Reusable painting pattern
- Sacred songs
- Horse control
- Laughing predator
- Gunk
- *Nobel Peace Prize winning president
- Social media button
- Tangerine-grapefruit hybrid
- Greek god of love
- Cautious gambler
- Trousers
- Baltic capital
- Port in Yemen
- Follow ems
- Not ever, poetically

DOWN

- Campus drillers
- One on a pedestal
- Golfer's warning
- "Jeopardy" question, e.g.
- Closet wood
- ___ acid
- Body between England and U.S.?
- *President who spent the shortest time in office
- Orator's stand
- Pampering establishments
- J.M. Barrie's Peter
- Like hot lava
- Short and plump
- Endow
- *WW2 Pres.
- *Thomas Jefferson was his VP
- "Thesaurus" author
- Cut it out
- Sound on Old MacDonald's farm
- Annoy a bedfellow
- "Bravo! Bravo!" e.g.
- Online reviews
- Delivered by a mare
- Hole punching tool
- *a.k.a. Old Kinderhook
- Danish money
- Intelligent humor
- Vomiting
- Pressed beverage
- Tap house
- TV classic "___'s Heroes"
- Egg parts
- Past tense of chide
- Sand trap tool
- Ill-mannered
- Albany-Buffalo canal
- Theater section
- Russian ruler
- #10 Down, sing.

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Dare to Live Without Limits

by Bryan Golden

Don't Sell Yourself Short



Selling yourself short results from undervaluing your abilities, capabilities, potential, and worth. Whenever someone sells himself or herself short, they limit, from the start, what they'll be able to accomplish.

There are numerous reasons people give for selling themselves short. They proclaim they're too old, too young, not smart enough, don't know enough, don't have enough time, don't have the right connections, or don't know where to start.

When you sell yourself short, you hold yourself back. You set an artificial barrier your mind believes is true. As a result, your mind won't allow you to get past your self-imposed boundary.

This self-imposed restriction is based on a lack of belief in one's self. It becomes a constant source of self-criticism which is far more destructive than faultfinding by others. Your perceived reality is shaped and reinforced by your short selling proclamations.

You can become so used to selling yourself short that you aren't aware you are doing it. Your negative reaction to opportunity becomes an involuntary response. A cycle of self-fulfilling prophecy that validates your initial beliefs is then created. Consequently, your false premises are transformed in your mind into fact.

I try to motivate people, who are selling themselves short, by pointing out how much they are capable of. Invariably, they construct a vociferous argument as to the validity of their beliefs. Their thinking has become so entrenched they adamantly resist any outside attempt to encourage removal of any mental barriers.

At the age of 55, Mark was laid off from a job he had held for the last 20 years. He doubted he could effectively compete with younger people for a new job. Mark halfheartedly applied for a few positions in his field. After several interviews without an offer, Mark became convinced his age was a liability.

Mark lowered his expectations. He applied for jobs below his skill level.

Ultimately, he took a position that wasn't based on his many years of experience. Although Mark was frustrated and unhappy, he was resigned to live with his perceived age limitation. As soon as Mark convinced himself he couldn't get the job he wanted, he effectively eliminated any possibility he would.

A better strategy for Mark would have been to enthusiastically market his experience, skill, and maturity. Especially in today's labor pool, knowledge and competence are a valuable asset to any employer. Mark had many qualifications younger job prospects just didn't possess.

Amy had been very athletic in high school. She participated in most sports but especially enjoyed running. Now, many years later, after having raised her kids, Amy wanted to get back into running. She was overweight and out of shape.

But Amy didn't sell herself short. She knew she had the will to get back into the sport she enjoyed. Amy started off gradually. She began improving her diet and running short distances. Amy was consistent in her efforts, never wavering in her belief that she could accomplish her goal.

After much effort, Amy began racing again. Although she wasn't setting any speed records, Amy was doing what she wanted. Had Amy sold herself short, she never would have begun to get back in shape. "I'm too heavy," "It's too late for me to start running again," and "I just can't do it" would have been some of her justifications.

You have a choice. You can sell yourself short and come up with reasons why you can't do what you want. Or, you can identify reasons you can succeed. Then start today taking the necessary steps to reach your goal. Either way, you will meet your expectations.

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 ★



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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.

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Mitchell Marauders Compete and Win at Area Wrestling Tournaments

Story and photos
By Joe Zilles, W.E.
Mitchell Middle School
wrestling coach

RANCHO CORDOVA, CA (MPG)

- (Please note that this article was written in January, and its publication was delayed due to unforeseen circumstances.) The Mitchell Marauders Middle School wrestling team took on competitors from throughout the greater Sacramento area at local wrestling tournaments with impressive results. The Marauders' season started in December when they competed at the Smedberg Middle School tournament in Sacramento and had top-three finishes in 15 divisions. Notable individual grappler results included, for the Girls division, Erica Banks (1st place), Peyton Ollinger (2nd place), Harmony Navarette-Williams (3rd place) and Jayden McCullar (3rd place). For the varsity boys, Moses Alvarez (2nd place), Jonathan Orozco (2nd place), and Mario Covarubius (3rd place) stood out in their respective divisions; and for the JV boys Caleb Evangelista (1st place) and Hayden Barton (1st place) dominated their weight classes, while Aiden Senner (2nd place), Asher Jiang (3rd place), Jaekob Mendoza (3rd place), Connor Freemyer (3rd place), Bentley Medina (3rd place), and Pryce Harlin (3rd place) finished the day with wins in their divisions to collect a medal.

The Marauder Wrestlers visited the Bella Vista High School Winter Classic Wrestling Tournament on January 13 where Hayden Barton again won 1st place (138) for his second first place finish of the season, and teammates Asher Jiang (83), Kaleb Evangelista (112), and Peyton Ollinger (122) grappled to hard fought 3rd-place finishes. ★



Hayden Barton (138) has his hand raised after wrestling a tough opponent for 1st place at the Bella Vista tournament.



Asher Jiang (83) has his hand raised after his 3rd-place match for a win at the Bella Vista tournament.



Kaleb Evangelista (112) show off his 1st-place medal at the Smedberg Tournament.



Left: Jonaton Orozco (152) show off his 2nd-place medal at the Smedberg Tournament.



Right: Mario Covarubius (145) show off his 3rd-place medal at the Smedberg Tournament.



Hayden Barton shows off his second 1st-place medal of the season after winning the 138-pound division at the Bella Vista Winter Classic tournament.



Erica Banks shows off her 1st-place medal after winning the 104-pound division at the Smedberg Tournament.



Peyton Ollinger shows off her 2nd-place medal in the 122-pound division at the Smedberg Tournament.



Jayden McCullar shows off her 3rd-place medal in the 135-pound division at the Smedberg Tournament.



Harmony Navarette-Williams shows off her 3rd-place medal in the 102-pound division at the Smedberg Tournament.



Moses Alvarez (95) show off his 2nd place medal at the Smedberg Tournament.

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Fifty East Elite Takes Center Stage in Highway 50 Corridor



Coach Gruver (middle) and athletes Ricky Murray and Trey Lofton (left and right, respectively) at University of Oregon, July 2023. Photo by Kevin Murray



Coach Gruver (middle) and athletes Christian Petinaud and Trey Lofton (left and right, respectively) at Army West Point, January 2024. Photo by Kevin Murray



Coach Gruver (selfie) with, left to right, athletes Jeff Deacon, Christian Petinaud, Russell Stevens, and Ricky Murray in Spokane, Washington, January 2024. Photo by Josh Gruver



Coach Gruver (middle) and athletes Dru O'Neil and Charlie Ramirez-Oliva (left and right, respectively) at the Junior Olympic Qualifier, November 2023. Photo by Kevin Murray



Left to right, Jeff Deacon, Christian Petinaud, Russell Stevens, Ricky Murray, and Coach Gruver in Spokane, Washington, January 2024. Photo by Kevin Murray

By Josh Gruver, president and head coach of Fifty East Elite

RANCHO CORDOVA, CA (MPG) - The recently established Fifty East Elite, stretching from Rancho Cordova to El Dorado Hills along the Highway 50 corridor, has been turning heads since its inception in June 2023. This dynamic group continues to make waves on the national stage with remarkable

achievements in various track and field events. In July 2023, individual qualifiers from Fifty East Elite proudly represented the region at the University of Oregon for the USATF Junior Olympic Track and Field Championships. Their success carried into the fall season as they ventured to Kentucky for the USATF Junior Olympic Cross Country Championships, showcasing their endurance and determination.

The excitement doesn't stop there, as Fifty East Elite is gearing up for the USATF Junior Olympic Indoor Championships in Kentucky in March 2024, aiming to further showcase their skills on the national stage. The team will then set their sights on the July 2024 USATF Junior Olympic Track and Field Championship in Texas, ready to compete at the highest level. Over the past months, the team has also made a mark

during the Indoor Track and Field season, competing in prestigious locations such as Boston, New York, and Washington. Comprising talented athletes from local high schools like Cordova High School, Folsom High School, and Vista Del Lago High School, the group has not only elevated their performance, but also lowered personal best records. As president and head coach of the Fifty East Elite, I'm

excited to witness the growth of this talent-filled organization. Fifty East Elite provides these athletes the opportunity to see the national stage of cross country and track and field. It's been an absolute blast, and the future is gleaming for Fifty East Elite. As these elite athletes continue to shine under our guidance, the community eagerly anticipates the continued success and growth of Fifty East Elite along the Highway 50 corridor. ★





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