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# Grapevine Independent

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## Girl Wrestlers Prove Their Mettle



Pictured left to right, top row, Coach Zilles, Mario Covarubius, Hayden Barton, Aiden Senner, Jonathon Orozco, Zander Tran. Bottom row: Peyton Ollinger, Harmony Navarette-Williams, Jayden McCullar, and Erica Banks.

Story by Coach Joe Zilles, photos by Isabel Ollinger

**RANCHO CORDOVA, CA (MPG)** - The Mitchell Middle School wrestling team includes several standout girl wrestlers, and over the course of the 2023-2024 season the Marauder girls continued to prove their mettle posting impressive wins at dual matches and several area tournaments. Since December, the girls have competed alongside their boy teammates and opponents at area tournaments in Sacramento,



Peyton Ollinger pins her opponent from Sutter.

Rocklin, Fair Oaks, and Roseville. On February 17 they competed at the CIF Norcal Regional

Championship Tournament Girls Division in Folsom, California. The girls wrestling squad includes Harmony-Navarette-Williams (98), Erica Banks (105), Aspen Barcelo (108), Alivia Dennis (116), Peyton Ollinger (122), and Jayden McCullar (135). Ollinger, Banks, Navarette-Williams and McCullar lead the team with consistent performances and results demonstrating their grasp on the fundamentals and advanced techniques

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## Top RC Volunteers to be Honored March 8



Rancho Cordovan of the Year, Julie Hagan-Belka. Photo courtesy of Cordova Community Council

By Cordova Community Council

**RANCHO CORDOVA, CA (MPG)** - An arts group paying it forward, a pair of Red Cross volunteers who have responded to hundreds of Rancho Cordovans in distress and a Boy Scouts leader whose contributions span decades are among the outstanding volunteers to be honored during the 24th Annual Community Volunteer Awards hosted by the Cordova Community Council on March 8. Top award of the night will go to Julie Hagan-Belka, a lifetime resident of Rancho Cordova whose philanthropic reach includes the Rancho Cordova Police Activities League, Easter Seals of Superior California, Rancho Cordova Food Locker, Cordova Community Council, and numerous others who benefited from the charitable golf tournament she created. She will be honored as "Rancho Cordovan of the Year," an award reserved for those who have made extraordinary contributions to the community over a lifetime.

Efforts by the Church Jesus Christ of Latter-Day Saints to assist refugees in Rancho Cordova and a dedicated driver delivering meals to seniors for more than a decade are also on the list of honorees.

"This is the time and place for us to honor and celebrate that which makes Rancho Cordova truly a great All-America City - our outstanding volunteers," said Cordova Community Council President David Sander. "It is inspiring to hear their stories of selflessness and commitment to the community and a great reminder that we all have something to offer to our great city."

Nine volunteers and organizations will be honored at "Volunteer Treasures," a pirate-themed party and awards ceremony. Visit [www.cordovacouncil.org/community-volunteer-awards](http://www.cordovacouncil.org/community-volunteer-awards) for tickets.

Honorees will include:

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## Cordova High School Athlete Shines

City of Rancho Cordova News Release

**RANCHO CORDOVA, CA (MPG)** - Our Rancho Cordova students continue to impress us, both inside and outside the classroom! Charli Ramirez-Olivia, a freshman and student-athlete at Cordova High School, is an inspiring example of a student in the city that excels in both athletics and academics.

In his first season as a Lancer, Charli secured a top five position in the Division 2 CIF Section Championships in the freshman and sophomore race. Not only did he shine at the high school level, but Charli joined the Fifty East Elite Youth Club Track and Field/Cross Country team where he embarked on a journey towards the USA Track and Field 2023 Junior Olympic Cross-Country Championships in Louisville, Kentucky.

Throughout his journey to Louisville, Charli

clinched a top five finish at the Pacific Association Championship and won first place in the 15-16 age group at the USATF Region 14 Championship.

"Charli's achievements not only reflect his dedication and resilience, but

Coach Josh Gruver. With these amazing accomplishments, Charli became the first Cordova High School student-athlete to represent the city at the USATF Junior Olympics Cross Country Championships, put-

this indoor track and secure victories in multiple races.

Charli's talents on the track field didn't distract him from his schoolwork as he maintained a 3.5 GPA during his freshman year, demonstrating his commitment to academic excellence.

"The City of Rancho Cordova is extremely proud of Charli and his accomplishments," said Rancho Cordova Mayor David Sander. "Our talented student-athletes at Cordova High excel with the help of supportive academic staff, community programs and teammates. Our Rancho Cordova community is setting a high bar in the cross country and track and field world. We have some of the best facilities, extensive coaching and impactful community programs available in support of our athletes. This is the standard for us in Rancho Cordova, where every kid gets a chance to play and excel."

★



Charli Ramirez-Olivia smiling for a photo. Photo courtesy of City of Rancho Cordova

they also mirror the support and guidance he receives from his incredible teammates at Cordova High School and the Fifty East Elite," said Fifty East Elite President and Head

ting Rancho Cordova on a national platform. Charli also competed at the University of Boston, making him once again the first Rancho Cordova student-athlete to compete at

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# Local Girl Scouts Reach Outer Space!



Above: Girl Scouts from Troops 793, 917, 1089, and 1105 smile before their big moment. Right: Jasmin Moghbeli. Photo courtesy of NASA

Story and photos by Annie Kerr

**SACRAMENTO, CA (MPG)** - Wouldn't it be fascinating to speak to an astronaut who's currently in outer space? On the cloudless morning of Feb. 22, Girl Scout Troops 793, 917, 1089, and 1105 from Sacramento, Lodi, and Roseville had the extraordinary opportunity to make contact with the International Space Station (ISS). Via Amateur Radio on the International Space Station (ARISS), the 13 Girl Scouts were able to reach NASA Astronaut Jasmin Moghbeli, who was traveling through space at approximately 17,000 miles per hour.

The event was held at the Sacramento Regional Program Center and STEM Center, home of the Girl Scouts Heart of Central California (GSHCC), and was bustling with camera crews, families, friends, and media. And cookies, of course.

Because the opportunity is so rare, the Girl Scouts were preparing since November for the event. Each Girl Scout prepared individual questions to ask Moghbeli, a very accomplished woman. Moghbeli is not only a NASA astronaut, but a United States Marine Corps test pilot, a Massachusetts Institute of Technology (MIT) graduate, a flight engineer, and the Mission Commander of SpaceX Crew #7. She is qualified to fly at least 25 different aircraft. Adding to her list of accomplishments, Moghbeli is the first professional Iranian American astronaut to fly to space. While on her space mission, Moghbeli spoke to the Girl Scouts for about 10 minutes until connection was lost.

Before the connection was established, the event began with



Jasmin Moghbeli. Photo courtesy of NASA

comments from various speakers. Sue Richards and Amanda Bates, troop leaders for Troop 1089 and GSHCC volunteers, spoke briefly about how honored they were to have this opportunity and how it happened. According to Bates, there are only about 60 to 100 International Space Station contacts globally made per year, which is about two per week. In fact, the last two contacts occurred in Rome and Spain.

Next, Jennifer Garland spoke. Garland was the event's primary volunteer and is a River City Amateur Radio Communications Society member. She helped prepare the Girl Scouts for the big day by helping them practice their media and public-speaking skills. Garland told the crowd what to expect for the rest of the event and answered audience questions until playing a short video before the big moment arrived.

In the video, a pre-recorded Jasmin Moghbeli told a little bit about her story. "I still wake up every morning and it feels like a pinch-me moment to think that I am actually an astronaut right

now," she said. Also on the TV screen was a map tracking the progress of the space station, coming closer and closer.

The time finally came to contact the astronaut: 10:24 a.m. precisely (as planned). A hush fell over the room as Garland began the countdown. Loud static could be heard, and then Moghbeli's voice broke through, all the way from outer space, and the questions began. Each Girl Scout had the privilege of asking two questions before time ran out.

To highlight some of the questions, Girl Scout Avery T. asked her what she is most excited for upon her return to Earth, to which Moghbeli responded, "My children, my husband, a shower with running water, and normal food."

On the other hand, Elsa W., another Girl Scout, asked what Moghbeli will miss about space. Moghbeli replied that she would miss her six crewmates who she has grown close to, floating and flying around in space, and looking back at Earth from her vantage point.

Then, Girl Scout Edie B. asked

for what advice Moghbeli would give to a girl wanting to be an astronaut, and she replied that space exploration is very challenging to get into and that failing is inevitable but failing is also OK. And realizing that failure is OK is the best way to keep moving forward with your dreams.

Next, Leia B., another Girl Scout, asked if Moghbeli believes in life beyond Earth and the astronaut said she does. "There's just too much out there," she said.

Moghbeli continued to answer questions about what she does in her free time up in space, what she eats there, what the average workday looks like and if she would live

into cheers once the Girl Scouts wished Moghbeli a safe return to Earth and signed off.

After the call, each Girl Scout was handed a special badge to commemorate what they accomplished. Then, each Girl Scout, all in high school, took to the microphone to briefly discuss how this event might inspire them to study science and/or space exploration.

"Through events like this and other STEM programs, Girl Scouts is committed to helping our future female leaders become better problem-solvers, critical thinkers and gain the confidence to turn their ideas into breakthrough inventions to



Girl Scout Ambassador Leia B. asking Jasmin Moghbeli a question.

on Mars.

Alyssa S. asked if she listens to music or podcasts in space. Moghbeli highlighted a few of her favorite artists she listens to: Hozier, Whitney Houston, and Stevie Wonder.

Much was learned in such a short time span. Each question was well-executed, and the process went smoothly. The room erupted

help others," said Dr. Linda E. Farley, Chief Executive Officer, Girl Scouts Heart of Central California.

At the end of the day, it all comes down to helping young people see what they are capable of. Jasmin Moghbeli proved to the Girl Scouts that they can do anything they put their minds to... they can even go to outer space. ★

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## Reducing Ambulance Patient Offload Time

## Girl Wrestlers Prove Their Mettle



Sacramento County Board of Supervisors want to reduce the time that it takes to get an ambulance patient into a doctor's care from 72 minutes down to 20 minutes. Photo Courtesy Sacramento County

### Sacramento County News Release

**SACRAMENTO REGION, CA (MPG)** - Every second counts in an emergency, and when it comes to medical emergencies, time is of the essence.

The time it takes for an ambulance to offload a patient to the emergency department (ED) can make all the difference; the longer the wait, the more critical their condition can become.

It's an emotional and stressful situation for patients and their loved ones, who are already worried about the outcome of their medical emergency.

As the population of Sacramento County continues to grow, so do the demands on its emergency medical services. One crucial metric that affects patient outcomes and the overall efficiency of emergency medical services is the Ambulance Patient Offload Time (APOT).

The time interval is between the arrival of an ambulance patient at an ED and the time that the patient is transferred to the ED gurney, bed, chair or other acceptable location and the emergency department assumes the responsibility for care of the patient. In Sacramento County, that time has hit a high of 72 minutes but the county has an ambitious goal to drop that time to 20 minutes.

This goal comes as Assembly Bill 40, which takes effect on July 1, will require every local EMS agency to develop a plan not to exceed 30 minutes for 90% of ambulance arrivals and report the

standardized time to the authority.

Sacramento County, with prehospital providers, local hospitals, interested community members and Sacramento County Board of Supervisors Patrick Kennedy and Pat Hume, shared their innovations and best practices Feb. 13 to address the Ambulance Patient Off-Load Time crisis.

Dr. Gregory Kann stated the importance of sharing ideas and innovations to create better services for all, adding that out of this crisis comes opportunity.

Sutter Roseville, a not-for-profit hospital that is part of the Sutter Health network, shared a real-time data system implemented to monitor its Ambulance Patient Offload Time. By using its medical health record system, EPIC, Sutter Roseville tracked a patient's emergency room trip from entrance to transfer, allowing obstacles to be identified and any issues to be corrected. The hospital leadership also educated staff to help identify when a patient needed ER treatment or could be moved to another department or service. These efforts helped the hospital reduce the time from 100 minutes to 31 minutes, according to the Sutter Roseville presentation.

A Sacramento Metropolitan Fire District (SMFD) presentation approached the Ambulance Patient Offload Time issue another way. The fire district implemented the county's revised protocol (Policy Number 5050 - Destination), which authorizes patients to be taken to their medical

health system's hospital, instead of the closest hospital, allowing for faster treatment since their medical records were already there.

The Sacramento Metropolitan Fire District also determined if a patient needed to be directly taken to the ER or if they could safely wait in the lobby. The fire district also partnered with other ambulance providers to provide additional ambulances to support the 9-1-1 system.

The fire district implemented a Mobile Integrated Health program, which means a Physician Assistance/Nurse Practitioner teams with a paramedic who responds to calls and determines what a patient might need and if they can be treated at the scene without going to the emergency department.

The Sacramento Metropolitan Fire District's innovations aim to get patients to the right place the first time, whether that's the ER, lobby or another service, according to the presentation.

The Feb. 13 event demonstrated that local hospitals, prehospital provider and the Sacramento County Board of Supervisors are strongly committed to improving Ambulance Patient Offload Time and emergency medical services, according to the county. With continued collaboration, innovation and inspiration, Dr. Kann emphasized that these conversations are what will fuel the plan to better lead the Ambulance Patient Offload Time and deliver better outcomes for patients in Sacramento County. ★



Erica Banks prepares to pin her opponent during the regular season dual match.

*Continued from page 1*  
including takedowns, breakdowns, and pinning combinations. Starting in November, the lady grapplers worked hard to improve and take on the challenges of increased competition with every passing week learning over 70 moves and combinations of moves throughout the season.

Peyton Ollinger (122) has wrestled for two seasons and placed in the top three at every tournament she's competed in this season. Notably, Ollinger competed in the boys division at most tournaments with top two finishes at five tournaments. Most recently, Ollinger finished second at the Norcal Regional Championship Tournament. Ollinger's record in regular season dual matches was 4-1, with an overall season record of 17-8.

Erica Banks (105) is in her second season of wrestling and after a successful first year has continued her winning ways with top-three finishes at three tournaments this season and most recently winning first place at the Norcal Regional Championship Tournament. Bank's record in regular dual matches was 5-1 and 14-9 overall.

Jayden McCullar (135) is wrestling for the first time this season and has excelled in understanding the fundamentals with a powerful and aggressive style of wrestling leading her to post impressive wins over more experienced opponents. McCullar won top-three finishes at four tournaments and recently won second place at the Norcal Regional Championship



Harmony Navarette-Williams pins her opponent during a dual match against Sutter Middle School.



Aider Senner executes a mat return move against his opponent during a regular season dual.

Tournament. McCullar's dual record this season was 3-1 and 11-6 overall.

Another first-year wrestler, Harmony Navarette-Williams (98) showed she could be a fast learner as she improved week after week. Navarette-Williams won top three finishes at three tournaments this season and recently won first place at the Norcal Regional Championship Tournament. Navarette-William's dual record this season was 3-1 and 10-8 overall.

A total of eight wrestlers from Mitchell competed at the 2024 Norcal Regional Championship Tournament which also included Zander Tran (122), Aiden Senner (103), Mario Covarubius (142), and Jonathon Orozco (153).

The Regional Tournament is a Norcal Tournament of Champions (TOC) qualifying event, and 8th-grader Zander Tran (122) finished third in the boys division. Only the top four finishers qualify for the TOC event. Tran wrestled tough with patient, deliberate and calculated wrestling strategies after only losing his first match to finish with a tournament record 4-1. This is the second year Tran qualified for the TOC event.

Next up for the Marauders is the California Middle School Girls State Championship in Ukiah, California, on March 30, 2024; and the Norcal Tournament of Champions for boys March 2, 2024, in Loomis, California. ★

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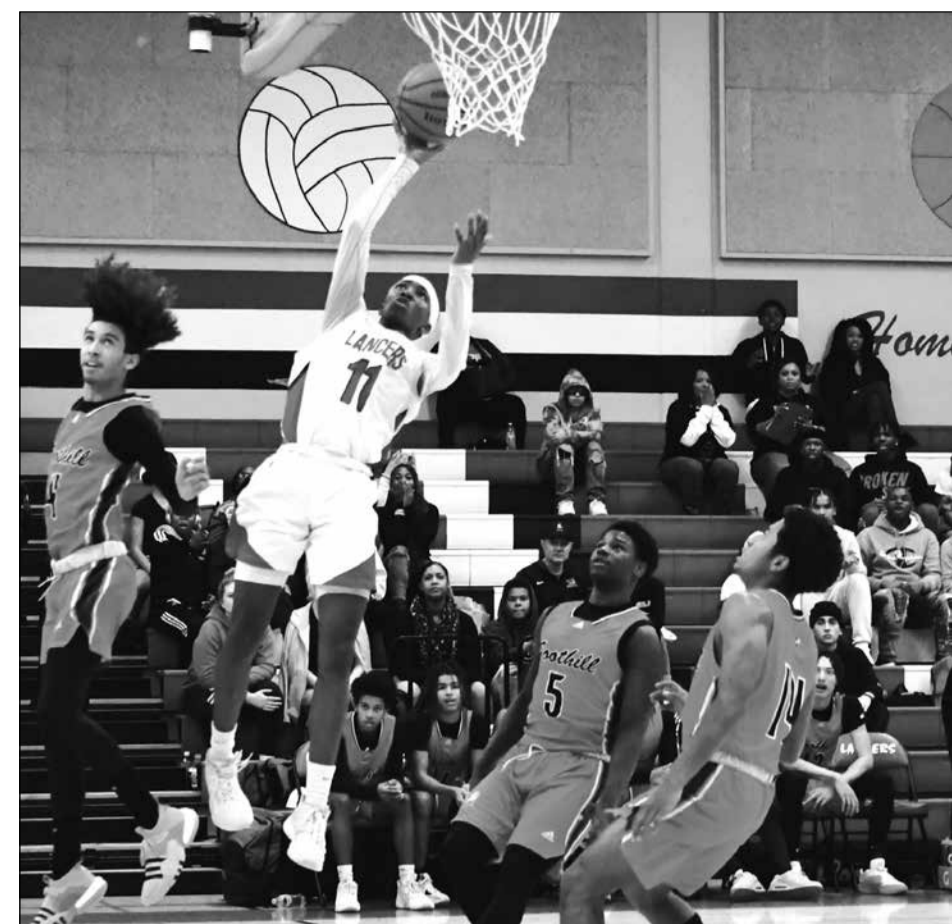
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# Six Lancer Hoopsters Take League Honors



Amir Sabir makes a layup against Foothill.



Baron Sabir makes a hard shot against Bear Creek.



Malachi Gorman gets fouled underneath against Bear Creek.



Da'Mareya Griffin looks for an open teammate to pass to against Bear Creek.



RayShawn Johnson shows his talent against Bear Creek.



Roman Panasyuk shoots a layup against Bear Creek.

**Story and photos by Rick Sloan**

**RANCHO CORDOVA, CA (MPG)** - The 2023 Cordova Basketball season came to an end after 28 hard-fought games. The Lancers finished with an overall record of 17-11. They finished league play in 2nd place with a record of 9-3, one game behind Natomas that finished with a 10-2 record.

The Lancers made it to the first round of the Division 2 CIF-SJS Section Championships after defeating Bear Creek of Stockton in a play-in game at home on

February 12th. The exciting overtime victory ended with a score of 65-60 much to the delight of the hometown crowd.

Unfortunately, the Lancers had to face the No.1 seeded Jesuit Marauders across the river in Carmichael. The game played on Valentine's Day ended in a 63-94 loss. Jesuit was upset by #4 Del Oro by a score of 66-62 in the semifinals. The Vanden Vikings took top honors with a victory against Del Oro 64-52.

The Lancers saw six of their players achieve league honors. Seniors Amir Sabir and

RayShawn Johnson were named by the league coaches to first team All-League. Amir also finished in 2nd place for the league MVP honor. Named to the 2nd team All-League were freshman Baron Sabir and sophomore Da'Mareya Griffin. Taking Honorable Mention honors were senior Roman Panasyuk and junior Malachi Gorman.

Cordova had three players making it in the top 10 for total points scored during the season. Amir Sabir was in 5th place with 276 points, Johnson was in 8th place with 261 points and Baron

Sabir was in 10th place with 249 points.

I was really impressed with the way the Cordova Lancers competed during this season. I saw more passing, more energy on defense and overall, more team play. They fought hard against taller opponents and were still able to get many second efforts underneath with offensive rebounding. Head Coach Fletcher Johnson said, "This year was a very special year. The players really bonded as a team and played some incredible basketball. With each player

believing and encouraging each other to pull their best, they were able to pull out some amazing wins".

The Lancers will be saying goodbye to 6 seniors. Looking at next year, the Lancers are looking very good with some returning talent. Coach Johnson said, "Next year's team will have the potential to be pretty good with some nice athletic players from JV and freshman teams. Also, there should be some talented incoming freshmen from Mills and Mitchell Junior High."

**GO BIG RED!**



# And Another Thing It is Still the Sound of Freedom

By Bob McGarvey

I read an article in the Bee the other day, and something was said in it about the 250th anniversary of the 1776 United States Declaration of Independence which is coming up in two years. That reminded me of all the time and work we put in to celebrate the Bicentennial (200 years) in 1976 in Rancho Cordova. Here in Rancho Cordova there were Boy Scouts and other groups that painted the fire hydrants red, white, and blue, or painted them to look like US flags. Another thing that was done was to sell U.S. Flags flags so we could raise money to accomplish our goal. That goal was to repair the bell tower and the building itself so the the Edward Kelly School would be safe to use.

Originally the school opened in 1869. The school was rebuilt twice after fires in 1874 and 1897. We decided to have our Bicentennial goal to repair the historical school. Since we weren't a city yet, we were looking for a goal in our Rancho Cordova sphere of influence. Initially the school was the Brighton School, but it was renamed the Edward Kelly in 1924. We were successful working on that school and making it safe for use. There were some very good people

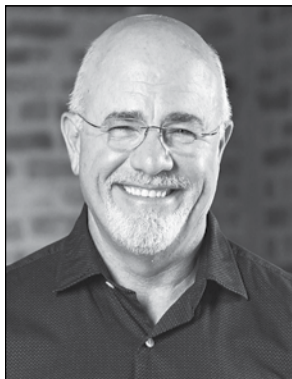
who worked on the many goals which were decided on. I was very glad to be a part of the bicentennial celebration.

As I said earlier, in two years there will be many communities, cities, and states who will be celebrating the 250th anniversary of the 1776 United States Declaration of Independence. Something which will be different this time is that we are a city now, and we are going to be able to work with the city when we decided what our goals can be. I am glad that we will have the time to see how we can work together on our country's past and future. I think we will also be able to work on our city while we are working on our country's future.

This year the Capital Air Show has been changed to July instead of in September or October. The weather will definitely be hotter than in the past, but maybe we will be fortunate and will have some good weather. I have enjoyed seeing the wonderful planes and talk to the pilots when we can. I really enjoyed reading "High Flight" for John Gillespie Magee Jr. I still think we are fortunate to hear and see the planes as they fly over our city. It is still the sound of freedom.

Oh I have slipped the burley bonds of earth  
And danced the sky on laughter silvered wings.  
Sunward I've climbed, and joined the tumbling mirth  
Of sun-split clouds,—and done a hundred things  
You have not dreamed of—wheeled and soared and swung  
High in the sunlit silence. Hov'ring there,  
I've chased the shouting wind along, and flung  
My eager craft through footless halls of air...  
Up, up the long delirious, burning blue  
I've topped the wind-swept heights with easy grace  
Where never lark nor ever eagle flew—  
And, while with silent lifting mind I've trod  
The high untrespassed sanctity if space.  
Put out my hand, and touched the face of God.

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



# Dave Ramsey Says

## If You're Not Going All In, Stay Out

Dear Dave,

I have an idea for a small business I think would be a huge success in my area. How do you feel about me keeping my current day job, and hiring a full-time manager for the business to handle the day-to-day operations, while I do the accounting and oversee things? If it doesn't break even or better, I can always close it. In my mind, I equate my plan to being like selling real estate on the side, while keeping my regular, full-time job. What are your thoughts?

– Victor

Dear Victor,

To be honest, I don't think there's a high likelihood of success using this model. Unless, of course, you're willing to devote 40 to 50 hours a week to this

new business, in addition to the time you spend at your current job. In my mind, you'd have a better chance of making it work if you bought an existing business with a manager already in place. That way, at least you wouldn't have to be so entrepreneurial and constantly involved in things like adjusting the business model, checking prices and dealing with customers.

Honestly? This idea isn't a lot like real estate at all. Real estate will run itself—for the most part—once you find a tenant. Also, the number of hours you'd have to put into selling real estate on the side is nothing like the time you'd spend getting a new business off the ground.

Here's the deal, Victor. The secret ingredient to your small business success is you. You are the ideas, the passion and the energy. The problem with your plan is that you are only a small part of the equation. Franchises and chains try to train this kind of stuff into people with pep talks and other forms of motivation, but when something's your

baby, it's really your baby. You're going to do your best, days, nights and weekends, to grow it properly. You're going to worry over it constantly, and treat it almost like it's your very own child.

I love your entrepreneurial spirit, but I'm sorry, Victor. I just don't like this plan. It sounds like your idea is to swing by once in a while, eyeball things and crunch a few numbers. And if that's the case, I wouldn't waste my time or money if I were you. You'd probably benefit your community more by just giving what you'd invest in the venture to a good charity.

– Dave

*Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions* ★

# Newsom Announces New Appointment To Sacramento Superior Court



Gavin Newsom

## Sacramento Superior Court News Release

**SACRAMENTO, CA (MPG)** - Gov. Gavin Newsom recently appointed Richard C. Miadich, of Sacramento County, to the Sacramento Superior Court bench.

"The court welcomes the addition of Mr. Miadich and the experience he will bring to the Sacramento County bench," Presiding Court Judge Bunmi O. Awoniyi said.

Miadich has served as chair of the California Fair Political Practices Commission since 2019. The commission is responsible for regulating statewide campaign finance, governmental ethics, and lobbying activity.

Prior to his appointment to the FPPC, Miadich worked at Olson Hagel &

Fishburn LLP from 2005 to 2018, where he held several positions including managing partner, partner, and associate. The practice focused on litigation matters involving election and campaign finance law, education law, government and administrative law, and constitutional law. He also assisted in the firm's political advising, primarily in areas of elections and initiatives.

Miadich has litigated matters at the trial and appellate levels in California, including the California Supreme Court, and has represented clients before state administrative agencies. He has also participated in matters before the United States Supreme Court, the United States Courts of Appeals for the Seventh and Ninth Circuits, and the United States District Courts for the Northern and Eastern Districts of California.

Miadich was an at-large director of the Sacramento County Bar Association Board of Directors.

He also served on the Board of Directors of the Sacramento County Bar Foundation, the charitable arm of the Sacramento County Bar Association. Previously, Miadich also served on the Executive Committee of the Public Law Section of the California State Bar and was the assistant editor of the State Bar's Public Law Journal.

Miadich earned his law degree from the University of California at Davis in 2002. While there, he served as a member of the U.C. Davis Law Review, externed with the California State Assembly Judiciary Committee, and participated in the school's trial practice program. He received his bachelor's degrees in political science and history from the University of California at Los Angeles in 1998.

Miadich fills the vacancy created by the appointment of Judge Daniel J. Calabretta to the federal bench. ★

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Publisher,  
Paul V. Scholl

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# Social Security Matters

## About Medicare's Dreaded "IRMAA" Provision



**By Russell Gloor,**  
**AMAC Certified Social Security Advisor**

**Dear Rusty:** My wife is on Medicare and receiving Social Security benefits each month. We built a house and used money from our investments to pay for it. We knew we would pay taxes on that withdrawal, but my wife got a letter from Social Security saying that because the money we withdrew was listed as income, her 2024 Medicare premium went up over \$500. And since Medicare is taken out of her Social Security, that results in a \$6,000 loss to our budget.

Is there anything that can be done about this situation? We sent a letter to Social Security, but they responded that unless her situation was one of only a few categories (loss of house, divorce, etc.) nothing could be done for the year.

The money was used strictly on another investment - our new house. It wasn't like we took it out and spent it wildly. Can you please advise? **Signed: Frustrated Homeowner**

**Dear Frustrated:** Unfortunately, it sounds like your wife is a victim of the Medicare provision

known as "IRMAA" - the "Income Related Monthly Adjustment Amount." Each person's Medicare Part B premium (coverage for outpatient healthcare) is determined yearly from their income from all sources as reported to the IRS two years prior. IRMAA sets income thresholds, depending on your IRS filing status, and if those thresholds are exceeded you must pay a higher Medicare Part B premium (and also a higher Part D premium if you have prescription drug coverage).

Assuming you file your taxes as "married/jointly," if your combined 2022 income as a couple was between \$206,000 and \$258,000 your wife's 2024 Part B premium is \$244.60 (instead of the standard \$174.70); if your combined 2022 income was between \$258,000 and \$322,000 then your wife's Part B premium for 2024 is \$349.40; if your combined in 2022 was between \$322,000 and \$386,000, her Part B premium is \$454.20; if your combined 2022 income as a married couple was between \$386,000 to \$750,000 then your wife's 2024 Part B premium is \$559; and if your 2022 income as a married couple was over \$750,000 your wife's Part B premium is \$594. If your wife also has private Part D prescription drug coverage, IRMAA also increases those premiums. Note that the IRMAA thresholds are different for other income tax filing statuses.

As the Social Security office has already explained, you could appeal your wife's IRMAA premium increase if she had a "life changing event," but the list of acceptable life changing events is quite small (see form SSA-44). The only good news is that your wife's Medicare premium will be calculated anew for next year, so her Medicare premium for 2025 will - if your 2023 joint income is less than the first IRMAA threshold - revert to the standard 2025 premium.

FYI, it doesn't matter what you used the money for. Your withdrawal was reported to the IRS as taxable income, which is what caused IRMAA to apply to your wife's Medicare premium for 2024. Many people don't realize that Medicare premiums are higher for those with a higher income, but since your withdrawal was a one-time event, your wife's Medicare Part B premium next year should be much less and her Social Security benefit correspondingly higher.

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

# Sacramento, California's Capital, Is Also The Capital Of Official Sneakiness



**By Dan Walters,**  
**CALMatters.org**

Sacramento is California's capital, but that distinction is quickly being overshadowed by the city's penchant for official sneakiness.

City officials' hide-the-pee tendencies first became obvious in December when the city council, after adjourning its regular meeting, reconvened for a special meeting to ratify new contracts with two employee unions.

Then, without any advance notice, it voted to give City Manager Howard Chan, already the state's highest paid city administrator, and several other top officials hefty salary raises.

Doing so was a blatant double violation of California's Brown Act, which requires local governments to do their business openly. One section of the law requires 24-hour public notice of special meetings and another bars local governments from considering salary increases for their executives in special meetings.

Moreover, the council voted for those raises even though Chan and other city officials knew that Sacramento had a \$50 million hole in its budget, although that was not publicly announced

until a month later.

The Sacramento Bee blew the whistle on the illegal meeting and the city quickly retrenched. "The city agrees that an item regarding the salaries of its charter officers should be voted on at a regular meeting of the council," city spokesman Tim Swanson told the Bee. "The city will bring this item back at the next regular meeting of the City Council on Jan. 9."

When the \$50 million deficit was finally revealed in January, Chan said it resulted from union contracts and other spending that outstripped revenues.

"What you all approved we can't afford," Chan told the council. "It's not sustainable." He ordered city departments to freeze hiring, travel and purchases to save money.

The obvious implication is that Chan and other officials wanted to lock down their salary increases before revealing the big gap in city finances.

However, it was not the only example of municipal sneakiness.

This month, after materials for the March 5 election were distributed to voters, Sacramento's small businesses and professional service providers were surprised to learn that a city-sponsored ballot measure, if passed, would increase their city business license fees by 70%.

Why, one might wonder, were those affected by the fee increase so surprised?

It turns out that the city council, with little discussion, had voted to place Measure C on the ballot way back in November, but

city officials failed to honor a provision of the city charter requiring that a notice of the action be published in the city's official newspaper within 10 days.

In fact, it didn't publish it until Feb. 7, much too late for opponents to submit ballot arguments against it, and "only after The Bee Editorial Board had repeatedly requested a copy," the newspaper reported.

There are late-blooming efforts by business groups to mount a campaign against Measure C, the Bee has editorialized that it should be rejected due to the sneaky process and if it passes, its validity will certainly be challenged in court.

City officials continue to insist that the delay in publication was an innocent mistake that should not invalidate the measure because the city published it on its own website.

During a city council meeting this month, Mayor Darrell Steinberg acknowledged the error but insisted "it was not a mistake ... that in any way was attempting to mislead, and I think the best evidence of that, again, is the fact that the ordinance and the deadlines for filing the arguments were published online the very same night."

The message to Sacramentans from these two incidents is that sneakiness is now official policy and they cannot rely on its officials to reveal what they are doing.

*Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers.* ★

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# DA Thien Ho Announces Settlement with Quest Diagnostics

**Sacramento County District Attorney's Office News Release**

**SACRAMENTO COUNTY, CA (MPG)** - On February 14th, Sacramento County District Attorney Thien Ho announced a settlement with Quest Diagnostics, Inc., resolving allegations that the diagnostic laboratory company unlawfully disposed of hazardous waste, medical waste, and protected health information at its facilities statewide. As part of the settlement, Quest Diagnostics will be required to pay nearly \$5 million for penalties, costs, and supplemental environmental projects and make significant changes to its operations and practices at its California facilities. Attorney General Rob Bonta, DA

Thien Ho and the district attorneys of Alameda, Los Angeles, Monterey, Orange, Sacramento, San Bernardino, San Joaquin, San Mateo, Ventura, and Yolo Counties are a part of today's settlement.

The settlement is the result of over 30 inspections conducted by the district attorneys' offices at Quest Diagnostics laboratories and Patient Service Centers (PSCs) statewide. During those inspections, the district attorneys' offices reviewed the contents of Quest Diagnostics' compactors and dumpsters and found hundreds of containers of chemicals, as well as bleach, reagents, batteries, and electronic waste; unredacted medical information; medical waste such as used specimen containers for blood

and urine; and hazardous waste such as used batteries, solvents, and flammable liquids. The unlawful disposals are alleged to violate the Hazardous Waste Control Law, Medical Waste Management Act, Unfair Competition Law, and civil laws prohibiting the unauthorized disclosure of personal health information.

After being notified of the investigations, Quest Diagnostics implemented numerous changes to bring its facilities into compliance with California law, including hiring an independent environmental auditor to review the disposal of waste at its facilities and modifying its operating and training procedures to improve its handling, storage, and disposal of hazardous waste,

medical waste, and personal health information at all four laboratories and over 600 PSCs in California.

The settlement resolves the allegations above and requires Quest Diagnostics to pay \$3,999,500 in civil penalties, \$700,000 in costs, and \$300,000 for a Supplemental Environmental Project to support environmental training and enforcement in California. The settlement also imposes injunctive terms, including requirements that Quest Diagnostics maintain an environmental compliance program, including hiring a third-party waste auditor, and report annually on its progress.

"This settlement is the result of a successful collaboration

between District Attorney's Offices and the state Attorney General's Office to protect California's environment and its health consumers," said Sacramento County District Attorney Thien Ho. "Thanks to the joint efforts of our Consumer and Environmental Protection Unit and prosecutors across the state, the financial penalty and permanent injunction will deter Quest Diagnostics from violating hazardous waste, medical waste and protected health information laws. Sacramento County will receive a total of \$259,440 from the settlement, which will reimburse the cost of prosecuting this case and increase the enforcement of consumer and environmental protection laws." ★

**LEGAL ADVERTISING**  
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984  
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 - September 18, 1969  
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 - March 12, 2020  
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 - March 21, 1988

**NOTICE OF PETITION TO ADMINISTER ESTATE**

March 28, 2024, 1:30 p.m. in Dept 129, Room 214; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Tabitha E. Thompson, 8662 Farewell Court, Elk Grove, CA 95624; 916-730-3947  
Publish: Feb 23, March 1, 8, 2024  
COLEMAN 3-8-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF CORNELIA CLEMENT  
CASE NO. 24PR000340

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Cornelia Clement.  
A Petition for Probate has been filed by Chelsea Clement, in the Superior Court of California, County of Sacramento, requesting Chelsea Clement be appointed as personal representative(s) to administer the estate of the decedent.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A hearing on the petition will be held in this court as follows March 19, 2024, 1:30 p.m. in Dept 129, Room TBD; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate

Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Chelsea Clement, 6944 Beach Avenue, Orangeville, CA 95662; 916-390-3231  
Publish: Feb 23, March 1, 8, 2024  
CLEMENT 3-8-24

**NOTICE OF HEARING**

NOTICE OF COURT HEARING AND TEMPORARY RESTRAINING ORDER-JUVENILE ORIGINAL ORDER  
CASE NUMBER: JD242750-4  
Superior Court of California, County of Sacramento  
William Ridgeway Family Relations Courthouse  
3341 Power Inn Road  
Sacramento, CA 95826  
Protected Person: SABRINA CHAPPELLE  
Person to be Restrained: JERMAINE DAVIS, SR.  
Child's Name: CHAPPELLE/DAVIS MINORS  
Other Protected People: KAYLEE CHAPPELLE, RAELYNN CHAPPELLE, ACHILLES DAVIS, JERMAINE DAVIS, JR., KEIARA DAVIS-CHAPPELLE  
Your Hearing Date: (Court Date) Original Court date of January 5, 2024  
A request to reschedule the court date was granted. Your court date is rescheduled for the day and time listed below.

Date: March 22, 2024 Dept: 130, Time: 8:30 am  
Name and address of the Court: Superior Court of California, County of Sacramento  
Sitting as the Juvenile Court  
3341 Power Inn Road  
Sacramento, CA 95926  
Publish Feb 23, March 1, 8, 15, 2024  
CHAPPELLE 3-15-24

**NOTICE OF PETITION TO ADMINISTER ESTATE OF DAVID ROBERT BIEDERMAN**  
CASE NO. 24PR000415

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of David Robert Biederman.  
A Petition for Probate has been filed by Mary Barr and Brent Biederman, in the Superior Court of California, County of Sacramento, requesting Mary Barr and Brent Biederman be appointed as personal representative(s) to administer the estate of the decedent.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A hearing on the petition will be held in this court as follows March 27, 2024, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Monica Anne Clark Johnson, PO Box 276562, Sacramento, CA 95827; 510-693-7516  
Publish: March 1, 8, 15, 2024  
SHARIAH 3-15-24

Shariah.  
A Petition for Probate has been filed by Monica Anne Clark Johnson, in the Superior Court of California, County of Sacramento, requesting Monica Anne Clark Johnson be appointed as personal representative(s) to administer the estate of the decedent.  
A hearing on the petition will be held in this court as follows March 27, 2024, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Monica Anne Clark Johnson, PO Box 276562, Sacramento, CA 95827; 510-693-7516  
Publish: March 1, 8, 15, 2024  
SHARIAH 3-15-24

**SUMMONS**

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 non-

profit 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 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.  
Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación 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 telefónica 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 más información 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 presentación, pida al secretario de la corte que le de un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá 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 remisión 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 poniéndose 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 extras por imponer un gravamen sobre cualquier recuperación de \$10,000 o mas de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso.  
The name and address of the court is: (El nombre y dirección de la corte es): Superior Court of California, County of Sacramento, 720 9<sup>th</sup> Street, Sacramento, CA 95814  
The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la dirección 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 **Wednesday, March 13, 2024, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the Planning Commission 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:

**VALERO GAS STATION BEER & WINE SALES—CONDITIONAL USE PERMIT & LETTER OF PUBLIC CONVENIENCE AND NECESSITY—PROJECT NO. PLND-1023-0086**

**REQUEST:** The Applicant has submitted an application for a Conditional Use Permit (CUP) and Letter of Public Convenience and Necessity (PCN) for off-site alcohol sales at an existing Valero gas station. Staff and the Rancho Cordova Police Department have reviewed the application and have determined that this location is not suitable for alcohol sales due to above average calls for service and high concentration of existing alcohol licenses in the area. Therefore, Staff is recommending denial for this application. This item was originally presented and continued at the February 14, 2024 Planning Commission meeting.

**OWNER:** Rakesh Sehgal/United Petroleum  
10299 Folsom Boulevard  
Rancho Cordova, CA 95670

**APPLICANT:** Daniel Savala  
645 P Street  
Sacramento, CA 95814

**LOCATION/APN:** 10299 Folsom Boulevard; APN: 076-0221-001-0000  
**ZONING:** Commercial Mixed Use (CMU) within the Folsom Boulevard Specific Plan (FBSP)  
**ENVIRONMENTAL:** Project not subject to CEQA per section 21080(b)(5) as project is recommended for denial.  
**PROJECT PLANNER:** Nicholas Sosa, Associate 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 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**

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Planning Division at (916) 851-8750. 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 March 1, 2024.





Kings Korner

By V.G. Harris



Free Tax Help Available for Low and Moderate-Income Households

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Now is a great time to think about filing income taxes.

The County of Sacramento Department of Human Assistance (DHA) has again partnered with the United Way California Capital Region to offer the Volunteer Income Tax Assistance (VITA) Program.

All taxpayers earning a gross income of \$63,398 or less qualify for this Free Tax Preparation Service.

Investment income must be \$11,000 or less for the year. The Department of Human Assistance

site will be available through April 4 by appointment at 2700 Fulton Ave., Sacramento.

Also bring a valid photo ID for you and your spouse, Social Security cards for everyone listed on your tax return and all tax forms such as W2s, 1099s, student loan interest/tuition statements and book receipts.

If available, bring last year's tax return. If you plan to itemize deductions, have the necessary paperwork, such as mortgage interest statement, real estate taxes and charitable donations.

Be ready to show a 1095-A and/or 1095-B form if you had health insurance through the Affordable Care Act or Medi-Cal.

If you are married and filing jointly, both spouses must attend the appointment.

Call 916-498-1000 to make appointments at the Fulton office. To make an appointment at other locations offering free tax-preparation services to moderate- and low-income individuals and families, call 2-1-1.

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The home stretch has officially begun, and your Sacramento Kings are 3-0. Wins over the world champion Nuggets for the third straight time this season.

After suffering losses to the Thunder and the Suns prior to the break, rattling off three straight wins is just the elixir the Kings were hoping for.

Right now, this team looks like world beaters, so what created this consistency that has provided three wins in a row?

Defense is #1, followed by a lot of energy. Collectively, the Kings are playing better and more intense defense, and it is obvious.

We've talked about Davion Mitchell's presence, but others are stepping up and making a difference. Most notably, De'Aaron Fox and Keegan Murray.

De'Aaron has taken a chapter out of Mitchell's book, and Sunday's win over a very good Clippers team was highlighted by the intense defense Fox took to James Harden.

Mr. fourth quarter, De'Aaron Fox, and Mr. Triple-Double Domantas Sabonis are the undeniable leaders of this team.

I hear talk about Fox and his fourth-quarter scoring, and Sabonis leading the league in rebounds and triple-doubles, but is anyone stopping for just a moment to relish the combination of these two gladiators?

In Sacramento Kings history, there has been no one that has played the five position, with the excellence and all-star capability, as we have witnessed with Domantas Sabonis.

puts down a thunder dunk. This is a very strong man, and when Domantas wants to dunk the basketball, they should probably check it to make sure it's not out of round!

Fifth pick overall, DeMarcus Cousins, had a total of 9 triple-doubles in his entire career, while should-be all-star Domantas Sabonis has a league leading 20 this season alone.

I am enjoying this team! Even more than last year's squad, and it's because this team appreciates what each team member brings to the team and the floor every night.

Against the Clippers Mitchell hoisted two pretty threes that came at just the right time, adding to the defensive effort he was bringing on the other end of the court.

Much-maligned Harrison Barnes, finally throwing off trade rumors, provided an electric 22 points, and played well at both ends of the court.

Harrison isn't getting any younger, and now is the time to make his experience and presence felt.

Huerter is showing some of the brilliance of last year that earned him a starting spot nearly every game this season.

I can't leave out the contribution by Chris Duarte whose four points and two rebounds doesn't tell the tale.

I admire the way the Kings came into the Clippers' house, and shaking off two earlier losses to L.A., the Kings played a full four quarters, never leaving in doubt what the outcome would be.

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Financial

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Need Help? Hire a Pro! Image of a person painting a wall.

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Your Fitness Genie Virtual Sessions. Age Well At Home. Avoid Assisted Living. Keep Strength and Mobility. Be Active, Call Today!

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'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes.

Primered. First \$2,500 drives it away. 530-742-9144 leave message.

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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

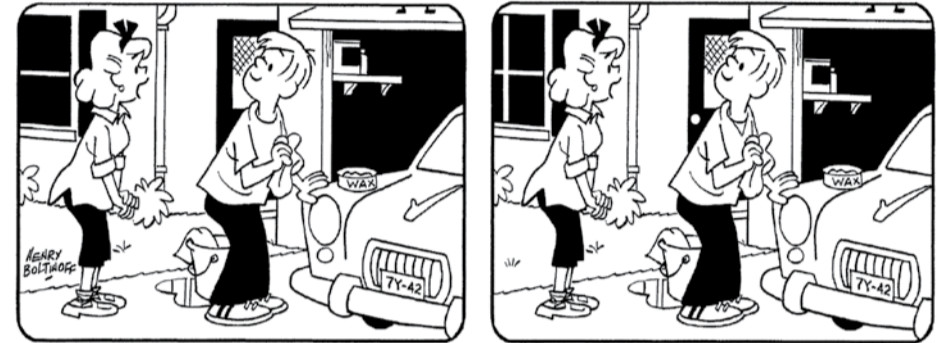
by BUD BLAKE



## HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Bumper is different. 2. Shell is different. 3. Window is added. 4. Wax is moved. 5. Neckline is different. 6. Doorknob is added.

## GRIN and BEAR IT

## Just Like Cats & Dogs

by Dave T. Phipps



B	A	R	B		S	P	A		M	B	A			
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P	L	Y				A	N	T			E	S	P	Y

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**ACROSS**

- Aggressive remark
- Pampering spot
- Wharton degree
- Light bulb, in comic book
- Burn to a crisp
- Size option
- Cameron of "There's Something About Mary"
- Fabled racer
- Take care of debt (2 words)
- \*He wore a white leisure suit on the dance floor
- It can be pleasant or unpleasant
- Buenos \_\_\_\_\_
- Dove's sound
- \*She wore a white dress above a subway grate
- Get house ready for living
- Rap sheet acr.
- Famous fictional canine
- Brussels org.
- Not AstroTurf
- Take the gold
- Certain cigarette
- Speed of object divided by speed of sound
- Lord's subordinate
- Ann Patchett's novel "\_\_\_\_\_ Canto"
- Made by Bayer
- Friskily
- Long period of time
- Repeat, in music
- Cough syrup balsam
- \*She wore a meat dress
- What cobbler does
- Good's foe?
- Muddy road grooves
- Waltz, in France
- White House "sub"
- Red light action
- Layer
- Marching insect
- Sports award

**DOWN**

- Ebay click
- Miners' passage
- \*Kim Kardashian exposed it on the cover of Paper in 2014
- \*Harper's \_\_\_\_\_, famous fashion magazine, launched in 1867
- Fossil fuel rock deposit
- Fractions
- Atlas stat
- Egg salad ingredient
- View from high-speed train?
- High mountain
- Uncontrollable movement disorder
- Animal trail
- \*Singer who sported a cone bra
- Viola da Gamba, pl.
- Pool tool
- Molten rock
- Southern cuisine pods
- Civil rights org.
- Jimmy Buffet: "You got \_\_\_\_\_ to the left..."
- Many iambs
- Iron/carbon alloy
- \*Golgightly of little black dress and sunglasses fame
- Tchaikovsky's fowl
- Bro's sib
- \*Nothing came between her and her Calvins
- Loud noise
- Car's unique identifier, acr.
- Diamond on a sweater
- Awaken
- Rough
- Type of juniper
- Proclamation
- Bluish green
- Billy Joel's "\_\_\_\_\_ the Good Die Young"
- Bulgarian money
- Glory prerequisite
- Above
- NFL's Lamar Jackson in 1923, e.g.
- Done with "my little eye"?

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# It Costs \$18,441 for a Hospital Stay in California

# Top RC Volunteers to be Honored

**Charlotte Green, Digitaloft News Release**

**SACRAMENTO REGION, CA (MPG)** - A new study reveals the most expensive states for a hospital stay and the most common reasons for those stays.

The research, conducted by Universal Drugstore, looked at the average cost of a hospital stay in each state to determine the most expensive states for a stay. The study also uncovered the most common reasons for a hospital stay.

California is the most expensive state for a hospital stay. On average, by staying for 4.6 days, patients can expect to pay an astronomical \$18,441, equating to just over \$4,000 daily. Despite the high prices, the sunny state has various hospitals for residents to consider, including Cedars-Sinai Medical Center and UCLA Medical Centre. Each hospital is ranked nationally in multiple specialties with high-performing procedures and conditions.

Oregon is the second most expensive state for a hospital stay. It's a top visitor location known for its diverse landscape, scenic forests, and beautiful lakes. However, when it comes to its healthcare, Oregon is one of the most expensive states in the US, averaging around \$18,336 to afford a typical 4.6-day hospital stay. There are plenty of hospitals in and around the state, including OHSU Hospital, which has been described as Oregon's leading academic medical center, offering advanced treatments and expert care.

Washington state is also one of the most expensive places for a hospital stay. An average stay of just under five days in Washington can cost as much as \$17,753, equating to more than \$3,800 per day in

hospital fees. If you are looking for specialized hospital care, Inova Fairfax Hospital and MedStar Washington Hospital Center have numerous medical specialties. From complex care to common procedures and conditions such as knee replacement and heart failure.

The most common reasons for hospital stays:

- 1-Septicemia
- 2-Heart failure
- 3-Osteoarthritis
- 4-Pneumonia (except that caused by tuberculosis)
- 5-Diabetes mellitus with complication
- 6-Acute myocardial infarction
- 7-Cardiac dysrhythmias
- 8-COPD and bronchiectasis
- 9-Acute and unspecified renal failure
- 10-Cerebral infarction

Septicemia, also known as sepsis, is the clinical name for blood poisoning by bacteria; surprisingly, it is the most common reason for hospital stays in the United States, with a shocking rate of over 2.2 million. Sepsis is a life-threatening infection that requires urgent medical treatment.

Another primary reason for hospital stays across the US is heart failure. This typically happens when the heart cannot adequately pump blood around the body, especially when it has become weak. In the United States, a staggering 1,135,900 hospital stays resulted from heart failure in 2018.

With more than 1.1 million hospital stays, osteoarthritis is one of the most common reasons for visiting the hospital in the US. The condition causes joints to become painful and stiff. It is also one of the most common types of arthritis. ★

*Continued from page 1*

**Rancho Cordovan of the Year:** A Cordova High graduate and dedicated booster of her hometown, Hagan-Belka will be honored for a shining list of charitable accomplishments, including founding the Rancho Cordova Community Golf Classic which raised more than \$300,000 for local charities in five years.

**Distinguished Community Service Organization:** Rancho Cordova Arts, a non-profit organization of visual artists, will be honored for an astonishing array of community contributions, including raising more than \$30,000 over the past four years to purchase art supplies for teachers in Rancho Cordova schools through their Mini-Masterpieces fund-raising event.

**Distinguished Community Service Individuals:** Terry Sanford and Patty Cicogni of Rancho Cordova are both managers of a Red Cross Disaster Action Team which, in responding to residential fires, provides immediate assistance to those displaced by disaster. In the past three years, this team has responded to 32 disasters in Rancho Cordova and assisted 107 persons whose health, safety, and property were impacted by the fires or flooding, and installed over 300 smoke alarms for senior residents of Rancho Cordova. Sanford is a leader in Sacramento County as "Volunteer in Chief" for all Red Cross disaster volunteers and Cicogni's dedication to the disaster mission has topped 12,000 hours earning a significant award from her employer for inspiring others to serve their communities.

**Outstanding Service to Youth:** Marshall Stewart. A dedicated Boy Scouts leader for more than 40 years, leading scouts in countless community events and activities, Stewart is also active in the restoration and preservation of the American River Grange Hall in Rancho Cordova.

**Distinguished Service by a Faith Community:** Church of Latter-Day Saints Refugee Outreach Project. Activating a

core program of the church worldwide, the local effort centers around outreach and supplies to Afghan refugees who arrived in Rancho Cordova. From this humble beginning a Rancho Cordova Refugee Resource Fair grew, providing resources and links to new arrivals from around the globe ranging from Ukraine to Afghanistan.

**Distinguished Community Business Partner:** River City Rentals. This local business is being honored for generous support of community events, particularly the popular Heartstoppers Haunted House, which raises funds for charitable organizations.

**Outstanding Teen Service:** Van Merrill. Cordova High School student Merrill has racked up hundreds of volunteer hours at school and community events and has been an ardent advocate for underserved students while serving as the student representative on the Folsom Cordova Unified School District Board of Trustees.

**We Could Not Have Done It Without You:** Roy Jones. Jones has volunteered as a delivery driver for Meals on Wheels Sacramento County for over 10 years providing a lifeline for his participants who are isolated, frail, and homebound in Rancho Cordova. He is a vocal advocate helping Rancho Cordova residents get connected with local services to support them through life threatening emergencies, including quick thinking that saved a Rancho Cordova life.

The Community Volunteer Awards will feature a pirate-inspired dinner, awards program, and celebration at Rancho Cordova City Hall. The spectacular theme-party event opens at 6 p.m. on Friday, March 8 and is open to the public. All tickets must be purchased in advance at [www.cordovacouncil.org](http://www.cordovacouncil.org). Tickets are also on sale at the Cordova Community Council office in Suite 117, Rancho Cordova City Hall. For more information visit [www.cordovacouncil.org](http://www.cordovacouncil.org) or call JR Sterba at 916-273-5715. ★

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# Combating the Loneliness Epidemic

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)**

- This time of year can feel especially lonely for many — as the holiday season fades and Valentine's Day adds extra pressure to be in a romantic relationship. If you feel this way, you are not alone. A recent Gallup poll found that about 44 million American adults report feeling lonely. In fact, the US Surgeon General even declared loneliness an epidemic last year due to its serious physical health consequences. According to the Surgeon General's "Our Epidemic of Loneliness and Isolation" report, poor social connection increases the risk of heart disease, stroke and dementia.

Additionally, loneliness can lead to mental health conditions like depression and anxiety. The CDC reports that having a mental health condition, like depression, can also increase one's risk of feeling lonely and isolated.

American men are at an especially increased risk of experiencing loneliness and social isolation. While 30 years ago, 55% of American men reported having at least six close friends, that number is now closer to 27%. In fact, 15% of men report having no close friendships at all. Unfortunately, men also experience increased stigma around sharing their emotions and expressing vulnerability, which also contributes to them reporting more instances of feeling lonely.

There are multiple reasons our modern world can feel so isolating regardless of gender. The COVID-19 pandemic led to physical and social isolation that led many to develop thoughts of hopelessness and helplessness. Social media, smartphones



Loneliness can lead to mental health conditions like depression and anxiety. Photo courtesy Helena-Lopes Pexels

and cars have all contributed to a world where people live far apart from each other and are not incentivized to connect in person. It is now common to go for weeks without seeing or speaking to loved ones.

However, it is still possible for us to foster the inclusion and connection that provides us with the necessary support we need to overcome life's challenges. Here are some ways to combat loneliness from the CDC:

-Keep in regular contact with others. Reach out to different friends and family regularly. If

one person is unavailable to take your call, someone else probably is.

-Ask for help. If you need extra support, ask a mental health provider. The Stop Stigma Sacramento Services page has a list of resources.

-Help others. Lending a hand lets the people you love know how much you care. This can create a deeper connection and can feel rewarding. Volunteering is a great way to help others and meet people.

-Unplug. Ironically, the technology we have to connect

us makes people feel lonelier. In-person interactions make us feel closer to our loved ones.

Being more socially connected can also improve stress responses and minimize the negative health effects of stress, according to a National Library of Medicine publication. To get connected, join a social group. Sacramento has many organizations to join for activities like yoga, a fitness group, art classes and book clubs. Being part of a group with shared interests, values or goals can foster a sense of belonging.

While it can seem daunting to contact someone when you are feeling lonely, keep in mind that reaching out can often help you feel relieved and hopeful. Maintaining your social connections is the key to combatting loneliness.

If you're struggling with your mental health you can visit the Stop Stigma Sacramento Services page or call NAMI's (National Alliance on Mental Illness) free helpline at 800-950-NAMI (6264). Know that help and hope is always available. ★

# Trailways Forges Strategic Alliance with Greyhound and Flixbus

## Trailways News Release

**SACRAMENTO REGION, CA (MPG)** - Trailways, the largest and oldest network of independent motor coach operators in North America, has announced a new strategic partnership with Greyhound and Flixbus.

The new alliance will add hundreds of Greyhound and Flixbus destinations to Trailways.com, including stops in Sacramento, and Trailways.ca, giving customers even more access to convenient, comfortable, and affordable bus travel at a time when other travel options have become cost prohibitive and difficult to navigate. Starting Tuesday January 23rd, customers visiting Trailways.com and Trailways.ca will be able to purchase tickets for Flixbus and Greyhound trips, with travel dates commencing January 30th and beyond.

"This is a historic moment for Trailways. Connectivity is the backbone of North America and a critical piece of this partnership. By working in concert with one another and interlining our inventory, we're aligning with



Trailways buses will soon be available in your area. Photo courtesy of Trailways

Trailways' commitment to make affordable and eco-friendly transportation more accessible to travelers across North America," said Alex Berardi, President of Trailways.com.

Members of Trailways' Loyalty Program, Driven Rewards, will also reap the benefits of the new relationship. Driven Rewards Points members will be able to earn and redeem across all Trailways partners, including Flixbus and Greyhound, when making purchases online, giving members a compelling reason to explore new roads together.

"The Trailways alliance reaffirms Flix North America, Inc.'s commitment to partnering across the industry and delivering

even more affordable travel options for customers," said Kai Boysan, CEO of Flix North America, Inc. "We will continue to work with our partners throughout the country to elevate travel and nurture further growth. Trailways shares this vision, recognizing the power of collaboration and the benefit that the Flix platform unlocks in building a brighter future for travelers and the industry."

New connecting services will be powered by technical integrations from Transcor Data Services of Jacksonville Florida. Customers looking for information about service, schedules, arrival and departure times, and fares, are encouraged to visit Trailways.com or Trailways.ca. ★

# Arrest Made in 2022 Rancho Cordova Homicide

## Sacramento County Sheriff's Office News Release

**RANCHO CORDOVA, CA (MPG)** - On Aug. 5, 2022, Sacramento County Sheriff's deputies and officers from the Rancho Cordova Police Department responded to a shooting at a residence on the 3000 block of Ramsgate Way in Rancho Cordova.

Deputies and officers arrived on scene and discovered the victim, 20-year-old Corey Shearer, lying on the front lawn of the residence with several gunshot wounds, according to law enforcement. Shearer was transported to a local hospital, where he was pronounced deceased.

Sheriff's homicide detectives and crime scene investigators responded to the scene. Through their investigation, they determined the suspect was a young black male adult wearing a black hooded sweatshirt and black pants with holes. Witnesses observed the suspect draw a handgun from his waistband and shoot

Shearer several times before fleeing on foot. Detectives allegedly located a 9mm handgun nearby, along with several articles of property belonging to the suspect. It was also reported that video footage showed the suspect jumping into a nearby backyard.

Detectives continued a long investigation, eventually hosting a press conference and releasing the surveillance video in hopes of being able to identify the suspect in January 2023. After their tireless efforts, homicide detectives eventually identified the suspect as 19-year-old Amyis Coogler of Sacramento.

Coogler had been arrested for unrelated robberies by Sheriff's robbery detectives in June 2023, allowing for DNA collection during the booking process.

Through DNA, witness accounts and other evidence collected, Coogler was formally charged in the homicide of Corey Shearer on Feb 26. ★

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*Best food in town!*

**BUY ONE GET ONE FREE WEEKDAYS**

With an entrée at regular menu price and purchase of 2 drinks. No holidays. Dine-in only. Steak and seafood not included. Not valid with any other coupons or discounts. Expires 3/31/2024

**BUY ONE GET ONE 1/2 OFF WEEKENDS**

With an entrée at regular menu price. No holidays. Dine-in only. Steak and seafood not included. Not valid with any other coupons or discounts. Expires 3/31/2024

**\$6.99**

### Ham & Eggs Special Mon-Fri All Day!

Served with 2 eggs, potatoes and toast

**916-361-1647**  
rosiescountrykitchen.net

**OPEN 7 DAYS A WEEK 6AM-2PM**  
10273 Folsom Blvd, Rancho Cordova, CA

# KP International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive, Rancho Cordova, CA 95670  
916.853.8000

**NOW OPEN**

ENJOY OUR FRESHLY BAKED BREAD & CAKE

## FROZEN & FISH DEPT

<p><b>Korean Style Salted Mackerel</b> 2.2 lbs REG. \$15.99/ea</p> <p><b>\$10.99/ea</b></p>	<p><b>Imitation Crab Stick</b> 1.1 lbs REG. \$5.99/ea</p> <p><b>\$3.99/ea</b></p>
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## WEEKLY MEAT SPECIALS

<p><b>Beef Cross Rib/Shoulder Roast - Bnls</b> 4.99/lb</p>	<p><b>Beef T-Bone Steak</b> 4.99/lb</p>	<p><b>Beef Porterhouse Steak</b> 5.49/lb</p>
<p><b>Pork Baby Back Ribs</b> 3.99/lb</p>	<p><b>Pork Butt's Boneless</b> 2.99/lb</p>	<p><b>Pork Loin Chops Boneless</b> 2.99/lb</p>

## FRESH PRODUCE

Mission Fig 8 oz \$5.99	Russet Potato 10 lbs \$2.79	Rainbow Bellpepper 2 lbs \$4.59	Black Grape \$3.49/lb
Mexican Papaya 79¢/lb	Italian Squash \$1.49/lb	Baby Spinach Popeye 10 oz \$1.79	Young Thai Coconut 9 ct \$14.99

## AMERICAN/HISPANIC GROCERY

99¢/ea	\$1.99/ea	\$14.99/ea	\$3.49/ea	\$2.99/ea
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## ASIAN GROCERY

\$2.99/ea	\$3.99/ea	\$9.99/ea	\$1.29/ea	89¢/ea
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## EUROPEAN GROCERY

\$7.99/ea	\$3.29/ea	\$10.99/ea	\$10.99/ea	\$13.99/ea
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## KOREAN/JAPANESE GROCERY

\$6.99/ea	\$7.49/ea	\$7.99/ea	\$2.49/ea	\$1.99/ea	\$2.99/ea
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## HOUSEWARES

**MODAMODA SHAMPOO 300 G \$29.99/ea**

**ELECTRIC BBQ GRILL \$39.99**

**ELECTRIC RICE COOKER \$14.99**

## FROZEN & FISH DEPT

**Fermented Soy Beans 170.1 g \$1.99/ea**

## EUROPEAN DELI

\$13.19/ea	\$7.39/ea	\$12.49/ea	\$4.99/ea
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 28 - MARCH 05, 2024.

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