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Citizen of the Year



Vanessa Grenyion, a familiar face for those frequenting the Home Medical Equipment (HME) industry at the HealthQuest located on 8141 Greenback Lane in Fair Oaks.

Story and photos by Judy Andrews

FAIR OAKS, CA (MPG) - Earlier this year, local business owner and pharmacist

Vanessa Grenyion was named Citizen of the Year by the Fair Oaks Chamber of Commerce (FOCC). Vanessa and her husband Kevin Grenyion – who is a clinical pharmacist and a veteran

– own HealthQuest, Inc., a medical supply store in Fair Oaks.

The Citizen of the Year award is presented by the FOCC Board of

Continued on page 3

Construction Bid Approved for Village Renovations

By Shaunna Boyd

FAIR OAKS, CA (MPG) - On April 20, the Fair Oaks Recreation and Park District (FORPD) Board of Directors approved the lowest construction bid for the renovation project in the Village, which will include updates to Village and Plaza parks, the Veterans' Community Amphitheatre and the Community Clubhouse.

Bobo Construction of Elk Grove has been approved as the general contractor for the project, with a full bid of \$21.7 million, which includes a \$1.8 million bid allowance to cover costs or additional work that becomes necessary as the project moves forward. The initial cost estimation for this project was \$18 million, but it is not unexpected that the lowest bid would come in higher than that estimate due to significantly rising costs in the last year, such as for fuel and materials.

Most of the funding for the project will come from Measure J, at \$20 million. The rest is coming from new-development impact fees and several grants – including \$560,929 for ADA access improvements to the Community Clubhouse from the U.S. House Appropriation awarded through Congressman Ami Bera.

And additional ADA improvements will be made to all the facilities under renovation. District Administrator Mike Aho explained that at this time, there isn't any official ADA access for these parks and facilities, and it was critical to ensure that everybody can access the park. Once the renovation is complete, Aho said, "It will be fully accessible, and that is incredibly exciting."

In addition to the ADA updates, the Community Clubhouse will get new lighting and sound systems, "Bringing it up to today's standards," Aho said.

At the Veteran's Memorial Amphitheatre, the outdoor amphitheatre seating will remain, while the new theater building will feature new restrooms, dressing rooms and a stage that can be enclosed as a black box theatre for smaller performances in winter weather. This space will also feature multi-use community rooms available inside.

Both Plaza Park and Village Park will be improved, and a new and expanded playground will feature a slide hill.

"We're excited to see

Continued on page 3

Dignity Health Celebrating New Surgery Center

Dignity Health Press Release

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Surgery Center, in affiliation with Dignity Health and United Surgical Partners International (USPI), hosted a grand opening event today to give community members, medical staff and media their first look at a new 16,000 square-foot ambulatory surgery center in Citrus Heights. Unanimously approved by the Citrus Heights Planning Commission, the \$13 million project will provide patients in Citrus Heights with a range of outpatient specialty surgical services.

The new state-of-the-art Citrus Heights Surgery Center will be utilized for outpatient general surgery, otolaryngology, orthopedics, gastroenterology, pain management, podiatry and procedures. This is a joint venture between Dignity Health, USPI and local physicians. The facility will feature three operating room beds, three treatment bays and 11 recovery unit beds for patients undergoing same-day surgeries. The surgery center is expected to have approximately 70 physicians on its medical staff.

"Providing high quality, compassionate care is what Dignity Health is known for and where we



Citrus Heights Surgery Center Staff celebrate the expansion of health care access in the region with a Grand Opening. From left to right: Rachelle Manglicmot, Gloria Vivona, Avelina Donchenko, Renelle Estrada, Dawn Lacy, and Julia Lebedev. Photo courtesy of Dignity Health

provide that care continues to vary as technology and the needs of our community evolve," said Michael Korpel, President of Dignity Health Mercy San Juan Medical Center. "By partnering with USPI, the ability to increasingly provide care in an outpatient setting is made possible thanks to significant advances in surgical techniques, medical technology, and pain control which results in many benefits to patients including faster recovery times, significant cost savings and historically fewer complications."

"We are pleased to see this important project come to fruition and

honored to have the opportunity to serve the community here in Citrus Heights and beyond," said Eric Boon, Market President, USPI. "We are deeply committed to enhancing access to top quality care together with Dignity and our physician partners."

This facility will help meet the growing medical needs of the Citrus Heights community and improve access to quality care for residents in Citrus Heights and beyond. It represents an investment in the community that provides long-term employment opportunities and vital services.

"This state-of-the-art facility is providing needed medical services to residents of Citrus Heights and the Sacramento region and bringing high level jobs to our community," said City of Citrus Height's Mayor Porsche Middleton. "I look forward to having them serve our community with high quality medical care for many generations."

County residents, workers, business owners and others are encouraged to go to www.citrusheightssurgery-center.com/ for more information or to schedule an appointment. ★

'Debatable' Quality Lunches



A lunch offered at Casa Roble High School includes a spicy chicken sandwich, corn and 2% milk. Photo courtesy of Catherine Patton

By Shaun Holkko,
assistant editor

ORANGEVALE, CA (MPG)

Casa Roble freshman Catherine Patton is unsatisfied with the meals available to students at her school.

"Here at Casa Roble High School, the quality of school lunches is debatable," Patton wrote in an essay titled, "Health is Wealth" that she recently wrote for one of her classes. "The salad bar was removed and there isn't a large variety of fruits and vegetables. Your school lunch should contain the five food groups: fruits, vegetables, protein, grain and dairy. Most of the lunches consist of pizza, hot pockets and more processed foods.

"The school isn't exactly lifestyle-friendly for those with eating disorders, allergies, diabetes, or other unique circumstances. Often, the portions in food they give are too little, not enough for the students who do choose to eat school lunches, still leaving them hungry after lunch."

Raj Rai, Director of Communication for the San Juan Unified School District, explained that the lunches currently available to students are within the recommended guidelines.

"School meals meet or exceed the latest federal and state requirements and are designed to ensure that students receive a balanced meal low in fat and sodium," Rai said via email. "Current guidelines for lunch require that we offer five components daily: fruits, vegetables, whole grains, meat/meat alternatives and milk. A student must take at least three of the five required components and at least one of those three must be a fruit or a vegetable."

"San Juan Unified is committed to serving healthy meals that support

students' academic efforts and a healthy lifestyle. As a result of the USDA's extension of special COVID-19 waivers, we have been able to offer free meals to all students in the district this school year."

The 15-year-old Patton argues that students with financial difficulties are unable to choose what they eat which is why schools should make an effort to serve healthy food.

"Some students have no choice but to eat school lunch, due to it being free," Patton wrote. "If students have low-income families, they're forced to get what's cheap, whether it's healthy or not, because their families cannot afford it."

Patton believes Casa can do more to educate students about what they're putting in their bodies outside of school as well.

"Casa could do a presentation to educate our students on nutritional value, health risks and spreading awareness," Patton said. "In the mornings, kids will bring Starbucks, Dutch Bros and energy drinks, using them to cope, to stay awake during class and (they) often experience withdrawal. If students had a better outlook on what it was doing to their bodies, and the effects it could have on them in 10 years, it might change their mindset."

An educational presentation isn't the only idea that Patton had on how Casa can improve the food being served to students.

"Although we have a cooking class, it isn't required," Patton wrote. "A cooking class could be beneficial for knowing how to cook and for the healthy eating aspect. Our school could also start a gardening class and teach students to grow their own organic food and use that fresh food as ingredients in the cooking class."

Patton argued that if

the school had the funds for it, some things students would enjoy include a smoothie bar and snack boxes that are like bento boxes filled with fruit, vegetables, organic hummus, juice, milk, water and a little desert.

"If you give kids pizza and burgers every day, 80% of the students will get sick of that," Patton said. "You could have vegan food, a salad bar, Chinese food, sushi, smoothies, veggies, and fruit and 90% of the students would prefer it over the unhealthy food."

However, Rai argues that some suppliers may be facing difficulties due to food shortages.

"Many of our food distributors are facing challenges in manufacturing and product unavailability or shortages may necessitate menu substitutions from our published menus on occasion," Rai said.

Following a review of the SJUSD middle and high school lunch menus for April, chicken nuggets and patties, bean burritos, mini cheeseburgers, and pizza are offered on the menu daily. Fruits, vegetables and milk are also offered on the menu as part of the five meal components required by the school district.

"There are several health risks that come with the school lunches being served nowadays, like the high amount of salt, fat, sugar, and empty calories the foods contain," Patton said. "Diabetes, obesity, cancer and more can all stem from school lunches. If we don't make a change, the numbers for obesity and diabetes will just keep rising higher."

"It's up to us to change the food we are consuming, to have healthy eating habits, to better our schools and our students." ★

Do You Have an Uncashed Sacramento County Check?

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Currently, the County has nearly 6,000 uncashed checks, totaling more than \$2.1 million. How does this happen and could this be your unclaimed money?

If a Sacramento County issued check goes six months without being cashed by the rightful payee, the information becomes available in a PDF document on the Unclaimed County Warrants (checks) webpage. The data is also searchable on the County's Open Data portal.

Think you might have an uncashed check with Sacramento County? Here are quick and easy ways to find out:

From the Unclaimed County Warrants webpage, scroll through the check numbers on the Unclaimed Warrant listing PDF document (use the Find feature [Ctrl+F] to search names or other terms in the PDF).

Go to the Sacramento County Open Data portal. Once on the portal, click the "Finance" icon; click the "County Outstanding Checks" link; then either use the "filter" cone-shaped icon for specific value sorting, or the column headings for alpha/numeric listings to get ascending or descending sorts.

If you find your name or business on the data listing, go to the Unclaimed County Warrants webpage to find out about the documentation and information needed to

validate that you are the rightful payee to receive the funds.

More Unclaimed Monies

The Revenue Recovery Division of the Department of Finance has unclaimed payments that are a result of not having a current address for the recipient. On the Open Data portal, under the Finance category, check out the Revenue Recovery Unclaimed Payments data and search for your name. If you locate a claim due to you, contact Revenue Recovery at (916) 875-7815, and provide the following information:

- Claimant's Name
- Date of Birth
- Address (Current and Previous)
- Phone Number
- Amount of the claim
- DRR Account Number
- Court Docket Number
- Date of Order
- Defendant's Name
- Proof of Identity (Driver's License or ID Card)
- Proof of Payment: Copy of check, money order receipt or credit card confirmation number
- Information regarding the incident (case information)

Sacramento County makes this data easily available on its websites, Open Data Portal and other measures to ensure the information is accessible and the monies go to the rightful payees. ★

Update on Homicide Investigation at Fair Oaks Park

By Sergeant Rod Grassmann,
Sacramento Sheriff's Department

UPDATE

Citrus Heights Police Department Press Release

CHPD Community Update regarding a homicide that took place on April 18, 2022.

On April 18, 2022, at approximately 7:00 PM, the Citrus Heights Police Department received numerous 911 calls regarding a shooting on Madison Ave and Fair Oaks Blvd in the City of Citrus Heights.

CHPD officers quickly arrived and located an unconscious male subject with multiple gunshot wounds to his body. That subject, later identified as 41 year-old Jerzain Trenado Orozco, was transported to a local hospital where he was pronounced deceased.

During the investigation that followed, it was determined that Orozco had shot and killed another subject at Fair Oaks Park moments before his own death.

During the past week, Citrus Heights Detectives conducted a thorough investigation into the homicide of Orozco. Through the collection of numerous pieces of evidence, witness statements and forensic analysis, Citrus Heights Detectives obtained an arrest warrant for 39 year-old Jose Maldonado for the murder of Orozco.

On April 27, 2022, Maldonado turned himself into the Sacramento County main jail and was arrested for PC 187 – Murder.

The Citrus Heights Police Department would like to thank the community for their support and cooperation in solving this homicide. Additionally, the Citrus Heights Police Department appreciates the ongoing regional partnership with the Sacramento County Sheriff's Office whom we routinely collaborate with during serious criminal investigations.

Anyone who has any additional information related to this homicide investigation is encouraged to contact the Citrus Heights Police Detective Unit at (916) 727-5500. ★

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Fair Oaks Citizen of the Year



Vanessa Grenyion is recognized as Citizen of the Year. FOCC Executive Director Kimberley Pitillo (right) congratulated her on her achievements in the community. Photo by Judy Andrews

Continued from page 1

Directors to a chamber member who demonstrates outstanding leadership by going the extra mile and making a difference in the community.

“Vanessa is a bright light and shining star in the community,” said FOCC Executive Director Kimberley Pitillo. “She was referred to us by several people last year for the outstanding work and service she continually provides, and in 2021 she adapted her business to become an essential resource in the community.”

We recently caught up to the busy business owner to learn more about her.

It Started with a Vision

In 2012, while working locally as a staff pharmacist, Vanessa envisioned expanding her health-care expertise into the Home Medical Equipment (HME) industry. With minimal training on the medical supply side, her desire to switch careers stemmed from a realization that many of her customers — who were aging in place — needed help in ways pharmacies couldn’t provide. After diligently researching about the HME industry, she learned that by the year 2030, one in five Americans will be over 65 years old and will most likely need various supportive medical devices to age in place safely.

Seeking to be a bridge for an aging demographic, in 2016 Vanessa opened HealthQuest, a medical supply shop catering to customers who could see, touch, and learn about the products her store carries. Although the company does support some online business, it is not

their main focus.

“When you buy online, you remove dollars from the community,” expressed Vanessa. “The community flourishes when you invest in supporting the ‘mom and pop’ shops—and right now there are a lot of small businesses that need help!”

Dot Boyd, Senior Safety Specialist, has known Vanessa for five years as a colleague and friend. “In an age of online shopping, way too much gets missed when it comes to the knowledge and personal touch Vanessa brings to the table,” said Dot. “I think what’s remarkable about Vanessa is her determination to be a local resource for people with an old-fashioned standard of caring and personalized service—even if she doesn’t always have what the customer is looking for.”

Vanessa has a close relationship with her customers and considers them neighbors or good friends. Her shop provides a serene and cheerful space for customers to safely address their health needs. “I never got into this business just to sell a lot of things,” she said. “My main focus is to help my customers find the best products to meet their needs.”

Opening a Vaccination Clinic

In 2020, the Grenyions made the difficult decision to close the store like so many small businesses (deemed ‘non-essential’) had to do at the time. Vanessa recalled how many of her customers expressed fears about leaving home.

“People still needed medical supplies that were necessary for the care of their loved ones. If we cut off access, where would they go?” she said.

After re-evaluating the

business as ‘essential,’ the Grenyions reopened HealthQuest, and Vanessa continued to be a resource for seniors, their families, and others looking for home health tools.

In early 2021, prior to the release of Covid vaccines, Vanessa discovered another way to give back to the community where her pharmacy skills would come in handy. After dedicating hours of her own time and expenses, Vanessa opened an onsite vaccination clinic at HealthQuest.

“I’d been a pharmacist for more than 16 years and I know how to set up a vaccination clinic,” she said. “I thought by becoming a vaccination hub for my customers and local residents, people could get back to living again.”

Dot recalled being among a team of volunteers who helped Vanessa and Kevin on the clinic’s opening day. “I helped with the check-in process so they could focus on administering vaccines,” said Dot. “Appointments were timely, people were treated with kindness and care, and the Grenyions took the time to answer questions and address concerns.”

Just under 100 people were vaccinated that first Saturday and returned a month later for their boosters. “It was pretty special to be a part of those two days,” said Dot.

Overall, the clinic has administered more than 1,300 vaccinations in the community. Now that the clinic has wound down, Vanessa is able to refocus her energy back into her business—and after six years of running HealthQuest on her own, she’s ready to hire an assistant manager. The Grenyions live in the community and have three children ages 13, 10, and 7. Vanessa feels the additional help will allow her to spend more quality time with her family and be a better resource for her customers.

HealthQuest is located at 8141 Greenback Lane in Fair Oaks and is open weekdays from 9:30 AM to 4:30 PM (lunch breaks from 12 to 1 PM). You may reach them via phone/text at 916-238-1700 and their website is HealthQuestHME.com. ★

Kaiser Donates \$25K to Help Secure Jobs for Unhoused Women



Six Sacramento women experiencing homelessness graduated from Women’s Empowerment in March. The organization recently received funding from Kaiser Permanente Northern California Community Benefit Programs. Photo courtesy of Thébaud Communications

By Kristin Thébaud, Thébaud Communications

SACRAMENTO, CA (MPG) - Women’s Empowerment recently received \$25,000 from Kaiser Permanente to empower women experiencing homelessness in Sacramento with the tools to secure a stable job that leads to a livable wage so they can provide a healthy home for their families during the pandemic. Funding will support Women’s Empowerment’s employment-readiness program, including mental health assistance as well as domestic violence and substance use support groups.

“Kaiser Permanente has been a longtime funder of our programs, and we are honored that they continue to support our comprehensive

work to ensure women and children can rise from homelessness during the pandemic and prolonged housing crisis,” said Lisa Culp, executive director, Women’s Empowerment.

Women’s Empowerment provides a two-month employment-readiness and empowerment program, paid job training, childcare and support services so all women and their children can break the cycle of homelessness. Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness, and their children. On average, 70% of women in the program find housing during the ongoing housing crisis. Last year, 142 job placements were achieved by Women’s Empowerment graduates. Since its

founding in 2001, the award-winning organization has graduated 1,740 women and their 3,864 children. Women’s Empowerment is funded through private donations from the community and grants. To make a donation, visit WomensEmpowerment.org.

“At Kaiser Permanente, we believe everyone deserves a safe and healthy place to live. Stable housing is critical to health,” said Trish Rodriguez, senior vice president and area manager for Kaiser Permanente South Sacramento. “We are proud to support the work of organizations like Women’s Empowerment so they can provide resources for women to have a healthy home, stable employment and support for their overall well-being.” ★

Construction Bid Approved for Village Renovations

Continued from page 1

that kind of amenity happen here in the park,” Aho said.

The area will also gain expanded park space, outdoor seating areas and increased perimeter parking.

The work will take approximately 18 months, and all the park facilities in the Village will be closed during that time.

But when everything reopens after project completion, estimated in October 2023, Fair Oaks residents will enjoy a fully integrated park complex with interconnected walkways, new landscaping and new amenities.

Board member Ralph Carhart said, “It is a beautiful and amazing project that will revitalize the Village center.” ★

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Out & About

with MaryAnne Povey



7-Eleven Comes to Orangevale!



Mona (left) and Manny Gill, Orangevale 7-Eleven owners, give Camp ReCreation representatives a donation of \$711 at the grand opening celebration. Jesse Olsen (right), 7-Eleven regional representative, holds out microphone to recipients of the donation. Photo courtesy of Heide Lettwa Photography

By MaryAnne Povey

ORANGEVALE, CA (MPG) - After months of anticipation, 7-Eleven has come to Orangevale! The new, 24/7 convenience store, located at 9396 Greenback Lane, opened its doors on April 28th with an official ribbon cutting ceremony by 7-Eleven corporate officials, the Orangevale Chamber of Commerce and interested community members. The festivities included a DJ, free goodies and samples of their signature Slurpees. They also presented a check for \$711 to Camp ReCreation, a local non-profit in Orangevale that has been serving people with disabilities since 1983.

The owner/operator Manny Gill, and his wife Mona, thanked everyone for coming and expressed their interest in “looking forward to getting involved and being part of the great community of Orangevale”.

Before the ribbon cutting ceremony, Orangevale Honorary Mayor, Luz Johnson, welcomed Manny, Mona and their crew to Orangevale. Brad Squires, from the Orangevale Chamber of Commerce also welcomed the new business and shared what a positive impact it has already made to our community.

“Their investment into our commercial corridor was one of the catalysts helping us in securing \$6M in funding for Greenback Lane streetscape improvements,” said Squires. “We’re also hopeful to expand upon what they’ve begun and to attract additional commercial investments into Orangevale. All of this leads to a more vibrant and stronger economy and community.”

The new store will be offering weekly promotional specials during the month of May and are currently hiring. Applicants are encouraged to go to 711orangevale@gmail.com to apply. ★

Tickets on Sale for Taste of Fair Oaks



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce

Spend a fun-filled evening with family and friends at Taste of Fair Oaks on Friday, May 20. This is the 27th year for Taste of Fair Oaks in the community and the Fair Oaks Chamber’s largest fundraiser of the year. More than 60 different exhibitors of local restaurants, wineries, and breweries are scheduled to be featured with new exhibitors being added every day!

Proceeds from ticket sales benefit the Orangevale-Fair Oaks Food Bank, which helps feed more than 80 families a day in need in our community. Taste of Fair Oaks will be held from 6-9:30 p.m. at the exclusive North Ridge County Club. Other event highlights include a putting contest (and chance to win \$5,000), a silent auction, mystery wine wall, key contest (and a chance to win \$500), music, dancing, and much more! For tickets, go to FairOaksChamber.com.

Here’s a look at some more upcoming events in Fair Oaks:

The next monthly networking mixer will be held on May 11 from 5-7 PM at Lyon Real Estate located at 8814 Madison Ave. These mixers and chamber luncheons are a great way to meet other business owners and chamber members

in the community.

The Women’s Thursday Club will be hosting their annual yard sale and fundraiser on May 21, from 9 a.m. to 2 p.m. at 10625 Fair Oaks Blvd.

For family fun, don’t miss the next Food Truck Mania & Classic Car Show on June 2 from 5-8 p.m. at Fair Oaks Park, 11549 Fair Oaks Blvd. If you own a pre ’75 classic car and would like to show it off, just drive on in.

Plus, Concerts in the Park will be returning on June 23, July 28, and August 25 from 8-10 p.m. at Fair Oaks Park Softball Field, 11549 Fair Oaks Blvd. These concerts are free to attend.

For more information on these events and how you can become a Fair Oaks Chamber of Commerce member, please visit FairOaksChamber.com. ★

See you in Fair Oaks!

Rams’ Streaky Season Ends

By Shaun Holkko, sports editor

ORANGEVALE, CA (MPG) - The Casa Roble High School boy’s volleyball team concluded the 2022 season on Wednesday evening, April 27, with a victory over Woodland on Senior Night.

The Rams (7-8, 6-4 Golden Empire League) began the week with a match against another school with a Ram as its mascot, Dixon (15-1, 10-0), on Monday night in Orangevale. Dixon came into the match-up already having clinched the Golden Empire League Championship with an undefeated record in league play.

In a battle of the Rams, Casa Roble pushed Dixon to its limit. For the first time since March 15 against Davis, the Rams conceded a set to their opponent. In fact, they lost two after not giving up even one for nine straight games and all season to league opponents. Casa Roble came out aggressive and determined to pull off the upset and snap Dixon’s 12-game winning streak, winning each of the first two sets by a tight margin at 25-22.

However, Dixon refused to go down without a fight, prevailing in a tough third set 25-21. After recapturing the momentum by staying alive in the match, Dixon cruised to a fourth set victory 25-14 and in the decisive final set, 15-6.

Casa Roble had two players record kills in the double digits with senior outside hitters Easton Kimm and Gage Sjolín. Kimm led the way with 13 kills and Sjolín followed closely behind with 11. Kimm tallied five serving aces. Senior setter/right side Mark Dyachuk led Casa Roble in total blocks with two. Two Rams had digs in the

double digits as Kimm had a team-high with 18 followed by senior libero Michael Jordan (no, not Jumpman) who had 15.

The numbers don’t lie when it comes to the Dixon Rams’ dominance in league play. Dixon lost two sets to league opponents all regular season. The next closest team are the Mesa Verde Mavericks who lost 11, however, six of them were to the Rams.

Casa Roble came into Wednesday’s season finale seeking to bounce back from the heart-wrenching loss suffered against Dixon. Casa Roble took on the winless Woodland Wolves to end the season.

The Rams cruised to a first set victory, 25-11. The second and third sets were much tighter as the Wolves prevailed in both, 25-23 and 25-19 respectively. This may have shocked Casa Roble who expected to run over Woodland, but the Wolves wanted to end their season on a high note with an upset. Casa Roble responded to the adversity extremely well, controlling the last two sets and going on to win, 25-11 and 15-7.

Dyachuk recorded a team-high 12 kills. Dyachuk and Marquez each tallied seven aces. Dyachuk and seniors, middle blocker Chase Allen and OH Adrian Perez, each recorded one solo block. Jordan led the way for the Rams not in dunks, but in digs, with eight.

With the 3-1 win, the Rams streaky season comes to an end. Casa Roble lost its first three games in a row, then won five straight and proceeded to follow that up with three more consecutive losses. The Rams ended their latest streak on April 8 with a road win at Pioneer, lost the next two including against Dixon, then were victorious in their final game of 2022. ★



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Sacramento County Project Roomkey Houses Hundreds

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Project Roomkey (PRK) was launched in Sacramento County in April 2020 in response to the growing concern of vulnerability to COVID-19 our unhoused population was facing. PRK was introduced as a statewide solution to an emergency situation and the County, City of Sacramento and Sacramento Steps Forward pooled their resources to bring it to fruition.

The program was intended to be short-term, to allow for the COVID-19 virus to run its course and then ramp down the sheltering efforts as community efforts lessened. As we now know, the program has been running for nearly two years and has served more than 2,000 people – having provided isolation for persons who contracted the virus and private units for people to safely shelter in place. As a result, of these efforts, hundreds of people have exited to stable and safe locations.

Due to the unexpected duration of COVID response, state and federal dollars were made available for use to extend local PRK efforts. With state and federal funding running out, the threat of COVID-19 waning due to increased vaccination rates and lower transmission rates, Sacramento County and its many partners are ramping down the prevention and isolation units and working closely with community providers to transition PRK participants into long-term housing solutions.

The PRK program was never intended as a long-term solution to homelessness and is not a sustainable sheltering model as the program is incredibly expensive – more than \$4000 per person a month and relies on resources that were only available due to the community-wide shutdown. Hotels that offered up their space need to resume their place in tourism, and Goodwill employees reimagined as shelter staff need to return to their chosen field of work.

Project Room Key by the Numbers through January 2022:

Total sheltered: 2,051; Total exited to stable housing: 425; Total exited to temporary housing or emergency housing: 361; Still in PRK motels: 335; Average length of stay: 7.5 months; 88% have been there for more than a month; 63% have been there more than 3 months; 27% have been there over 6 months; 21% have been there over a year.

For a full report on the demographics, numbers and exits from the PRK program through January, read the latest report on the Sacramento Steps Forward website.

PRK Program ends at La Quinta

The PRK program at La Quinta closed on March 15 and all participants were provided shelter or housing options; with many having received many options over the course of their stay. While the County has taken the lead on managing operations and funding the shelter components, re-housing involves many public and private partners.

Over the last month, housing efforts have intensified across PRK to ensure connectivity to community-based programs that will carry them well beyond their time at PRK. With the closure of the first site, County staff and partners have ensured all participants had a safe place to transition to. At the February presentation of the ramp-down plan there were 121 participants at La Quinta, of those: 55 participants have moved to the two remaining PRK motels; 53 participants will receive 21-day motel vouchers (which will be extended when housing has been identified and participants have continued to work on next steps with their community-based housing provider); 6 have moved into housing; 2 chose to exit voluntarily; 5 were exited for egregious program rule violations.

Federal Reimbursement Funding Extension

DHA was recently informed that FEMA's non-congregate shelter reimbursement will be extended until June 30, 2022 (formally scheduled to end March 31, 2022), and the CA Department of Social Services has also confirmed that Counties can request additional Emergency Solutions Grant funding for continued PRK efforts. As such, DHA will be reevaluating the closure dates of the final two motel locations in concert with our partners from the City, Sacramento Steps Forward and SHRA, who provide critical re-housing supports for those in PRK, and will determine how best to use the funding options now accessible for this purpose.

Shelters and housing programs

The programs, services and funding offered through the County of Sacramento is dynamic, but below is a partial list of the programs the County funds to help shelter, house and care for our community members experiencing homelessness. The programs are often a collaboration between many County departments, including Human Assistance; Health Services; and Child, Family and Adult Services.

Sheltering (Capacity per night)

Emergency Family Shelters: 40 families; Mather Interim Shelter: 140 individuals; North A Street Shelter: 80 adults; Scattered Site Shelters: 115 people; Domestic Violence Shelter: 162 women/children.

Transitional Housing (Capacity per night)

Adolfo Transitional Housing for Foster Youth: 68 youth households; Mather Family Transitional Housing: 25 families; Youth Transitional Housing: 12 Youth.

Permanent Housing (Yearly Capacity)

Flexible Housing Program: 300 households; Flexible Supportive Rehousing: 250 households; MHSA Built Permanent Supportive Housing Units: 221 households.

For a full picture of county-funded homeless outreach, shelter and housing services, as well as mental health and addiction services, review our Homeless Program Matrix. ★



Dare to Live Without Limits

by Bryan Golden

You Only Need One Reason to Succeed



When striving to accomplish a goal, it's easy to conjure up a long list of excuses as to why you can't reach your objective. It is amazing how many excuses can be found in a short time. Although you may have dozens of excuses for failure, you only need one reason to succeed. Let's look at some excuses and how to counter them.

Excuse: I'm too old. You are never going to be as young as you are today. So, you may as well get started now. People of senior ages have finished a degree, started a new career, and made major changes to their life. Take action today so you don't regret not doing so tomorrow.

Excuse: I don't have enough talent. Everyone has strengths which should be fully utilized. Any weaknesses you have can be overcome through education, experience, and practice. There are people who possess the talents you need. They can be your partner or you can pay for the services of those with the necessary talent as needed.

Excuse: I don't know enough. You can either learn what you need or hire people who do have the knowledge you desire. There are more opportunities for learning today than at any time in history. Education is a lifelong endeavor. You can always be expanding your knowledge.

Excuse: I come from a poor background. History

is replete with examples of highly successful people who started with nothing. Your desired destination is what matters. Your starting point is irrelevant.

Excuse: I don't have enough time. Everyone has the same amount of time each day. It's up to you how to use it. You are productive when you are actively working towards a goal. You are active when you are busy with nothing to show for your efforts. The more productive you are, the more you will accomplish.

Excuse: I know I can't do it. If you believe you can't, you are right. Conversely, if you believe you can, you are also right. Your attitude determines your success. Your brain believes what you tell it, so program your brain for success. Successful people believe in themselves and their ability.

Excuse: I'm not a lucky person. Luck is when preparation meets opportunity. The harder you work, the greater the luck you'll have. Don't wait for opportunity, go find it. If you can't find the opportunity you want, go create it.

Excuse: I'm not that motivated. Find goals which excite you. The world is full of opportunity. Start by looking for whatever motivates you. Remember that everything you do for fun and enjoyment, someone is making a living doing.

Excuse: I'm not ready. What are you waiting for? Procrastination is

a dream killer. You can start today doing something. Begin with research and planning. Explore options. Learn about how others have pursued similar goals. Every journey begins by taking the first step.

Excuse: I don't want to fail. Failure only occurs when you don't start or give up. An undertaking which doesn't work as anticipated is a learning experience. Success usually requires several attempts before a desired objective is reached. The only way to avoid failure is to keep going.

Excuse: People will laugh at me. Every invention and discovery was achieved by an individual who ignored the naysayers. Your success is not dependent on what others say, think, or do. What matters is what you say, think, and do.

If you truly want to succeed, formulate just one reason for success. Eliminate all excuses for failure. Harness your drive, determination, and persistence. Never give up. Problems can be solved and obstacles overcome.

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@colum-nist.com or write him c/o this paper. © 2022 Bryan Golden ★



By Marlys Johnsen Norris, Christian Author

'He' Is My Everything!

happen. What is it? Allow me to share with you how I discovered what His plan was for me!

When I was very young my grandfather planted Gods "seeds" and some good "fruit" into my life about the One we call "God"! He would take me to the park and as we walked he would sing old gospel songs and talk to me about Jesus love for me. He would tell me about the words Jesus spoke to various people when He was alive and the good things He continuously did. Then, grandpa said "Jesus died for us to wash away our sins." I didn't really know what that word (sin) meant at that time. (*Death and the washing away of sins*)

Then when I was around twelve years old I went to Sunday School and Church with my second cousin. One Sunday the church had an Evangelist and he presented the gospel messages on John 3:16 inviting

people to come forward and accept Jesus as their Lord and Savior. Margie nudged me and I got up and went forward. Then, we prayed and invited Jesus into our hearts and life. The church gave me a little gift with the verse in it.

Little by little as the years passed by, I learned more and more about a loving Almighty God who was full of love for everyone. At age 34 I prayed with the pastor of the church we were attending and truly "came alive" and was "born-again" and began my walk to know and love God with my heart and soul. He became "My Everything" and remains "My Everything".. today! Praise His Name Forever!

Marlys Johnsen Norris
Christian Author
of 7 Books
ARM Columnist since
2006 Stephen's Minister
Marlysjn@gmail.com ★

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Subscriptions should be mailed to:
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CLUES

ACROSS

- a.k.a. vampire
- Asian cuisine pan
- Type of tide
- Make more attractive
- Lawyers' grp.
- China grass
- "West Side Story's" Tony and _____
- Mourner's acronym
- Utilizing
- "a.k.a. 'The King'"
- "Kitschy art movement begun in '50s (2 words)"
- Mortar carrier
- Back of the neck
- "Kelly or Chanel 2.55, e.g."
- Hurtful remark
- "_____ Margery Daw," nursery rhyme
- Paper unit
- Duds
- Eurasian antelope
- Guessimate phrase (2 words)
- Unaccompanied
- Disgust with sweetness excess
- Brandish
- Track competition, e.g.
- Frustrated driver's recourse
- Legendary King of Pylos
- Tsar, tzar or _____
- Greek letters on campus
- Deprivation
- Greek R
- "A Streetcar Named Desire" star
- "Popular type of 1950s restaurant"
- Pro athletes' move
- Sea in Spain
- Narcotics agent
- Stringed instrument of India
- Brewpub offering
- Shakespearean "ergo"
- "Gwendolyn Brooks' 'Annie Allen' entry, e.g."
- "Doris of 'Que Sera, Sera' fame"
- Disinfectant brand

DOWN

- Statue of Liberty: "I lift my _____ beside the golden door"
- Sixth month of civil year
- Encore!
- "Like Maureen O'Hara and Samuel Beckett"
- Not digital
- On one's guard
- "Wan of 'Star Wars'"
- Fraternity K
- "Space program established in 1958"
- Arabian chieftain
- Are not
- Margaret, for short
- Raja's money, pl.
- Changes to a manuscript
- Military moves
- Fail to care
- * _____ v. Board of Education
- Eagle's nest
- Kr and Xe on the periodic table, e.g.
- "Postwar prosperity"
- Per person
- Farm structures
- Ancient market
- "Rio Grande" and "Rio Bravo"

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First Responders Training Facility Requires More Investment

By Patrick Larenas

RANCHO CORDOVA, CA (MPG) - The approaching summer in California means to government officials and first responders that a potential season of large fires and large-scale disasters lies just ahead. Which is why Assemblymember Ken Cooley and Sacramento Metropolitan Fire District announced at a press conference on Friday, April 15, a request for funding for the expansion of the Zinfandel First Responder Training Facility on 3801 Zinfandel Drive in Rancho Cordova, CA.

Approval would authorize that building at the existing training facility could commence Phase 3 of the development of the 53-acre site, purchased by Sac Metro Fire in 2008—approximately 2.7 miles from their headquarters.

Earlier in the year, on March 30, 2022, Cooley submitted a one-time state funding request for \$44 million to begin construction at the Zinfandel First Responder Training Facility in order to make it a “central hub” and help increase the resiliency of trainees. Cooley said the proposal, which is expected to be voted on in June of this year, has “strong bipartisan support... [including] the Governor who encounters large-scale disasters in his watch.”

Assemblymember Cooley wrote in a letter submitted to the Assembly Budget Subcommittee, “The unprecedented demands currently placed on emergency responders, combined with the lack of adequate training facilities, are increasing the risks faced by local first responders.”

“This facility will facilitate joint



Assemblymember Ken Cooley speaks at the April 15th press conference involving allied agencies from throughout the area including fire engines, fire trucks, heavy rescue, and a firefighting helicopter. From left to right: Rancho Cordova Police Captain Brandon Luke, Mayor Donald Terry, Sacramento Metro Fire Chief Todd Harms, Firefighter Parker Wilbourn. Photo provided by the Office of Assemblymember Ken Cooley

training in firefighting, urban search and rescue, and mutual aid coordination, including enhanced skills in interoperability of fire equipment, by Northern California fire agency personnel,” added the office of the assemblymember.

According to Sac Metro Fire Chief Todd Harms, the property signaled for the increased development, located adjacent to Mather Airport in Sacramento County, is strategically placed at a good junction near the intersections of Highways 50, 99 and Interstates 5 and 80 and “is a perfect location for resources to be staged for anything on the northern side of California.”

Assemblymember Cooley wrote in his letter, “The training facility would be available to public safety agencies in the Sacramento region and throughout Northern

California... The size and scale of the facility, after the completion of Phase 3, will accommodate large scale multi-agency and multidisciplinary coordinated training, which is not possible with existing facilities in the region.”

Specifically, the funding would go to commence construction by adding: A) 40,000-50,000 square foot multi-purpose Administration/Classroom/Staging Building; B) 1,000 square foot Outdoor Classroom/Storage/Restroom/Decontamination Structure; C) 4-acre Emergency Vehicle Operations Course (EVOC); D) Multi-Story Training Tower.

For more information contact the Office of Assemblymember Ken Cooley at (916) 3139-2008 visit a08.asmdc.org/ or visit metro fire.ca.gov/

Sac County DA Association Backs Thien Ho for Sac County DA

Thien Ho for District Attorney News Release

SACRAMENTO, CA (MPG) - The Sacramento County District Attorney’s Association announced their endorsement of prosecutor Thien Ho in his campaign for Sacramento County District Attorney.

The association joins a growing list of prominent elected, law enforcement and community leaders who have endorsed Ho.

“The Sacramento County District Attorney’s Association voted unanimously to endorse Thien Ho for District Attorney,” said Tim Carr, President of the Sacramento County District Attorney’s Association. “On the long journey to justice, we have seen Thien repeatedly demonstrate empathy and a lasting commitment to obtaining justice for victims and families. We trust Thien

to prioritize safety over politics to ensure that our system serves everyone equally.”

Ho’s campaign has opened a wide lead in fundraising with more than \$519,000 in 2021.

As a refugee who fled Vietnam seeking freedom and opportunities for a better life, Thien Ho is the embodiment of the American Dream. As a lawyer with 23 years of experience, Thien has pursued justice every time he steps into the courtroom. As a deputy district attorney, Thien has prosecuted the most violent and dangerous criminals, including the East Area Rapist/Golden State Killer. As the Assistant Chief Deputy District Attorney for Sacramento County, Thien manages and oversees an entire bureau of lawyers who protect the public, collaborate with community partners, and guard the integrity of the criminal justice system. ★

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<p>Financial Services</p> <p>Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)</p>	<p>Classified Advertising</p> <p>916 773-1111</p>	<p>Miscellaneous</p> <p>NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)</p> <p>The difference in winning and losing market share is how businesses use their advertising dollars. Mark Twain said, "Many a small thing has been made large by the right kind of advertising." So why spend your hard-earned dollars on social media where you already have an audience? For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com</p>	<p>Music Lessons</p> <p>Guitar Lessons - Beginner to Advanced. \$15/half hour. \$25/hour. freddiebalbert@gmail.com. 916-Music Lessons 507-6658 (MPG 12-31-22)</p>	<p>Real Estate</p> <p>California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than</p>	<p>Notice to Readers</p> <p>\$500 must state in their advertisements that they are not licensed by the Contractors State License Board. DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any contracts before you sign. Shop around for rates.</p>	<p>10971 Olson Dr. Rancho Cordova, CA 95670</p>

Ask Toni

Losing Employer COBRA with Dental Benefits and Enrolling in Medicare ... What Do I Do?



Toni King

Toni:

I will be eligible for Medicare in July and am now receiving cancer treatment from MD Anderson. I am currently on my ex-employer's COBRA and searching for dental care when I go on Medicare in July. The only dental/vision plans I am finding are in Medicare Advantage plans, but MD Anderson has advised me to not go in that direction because many Medicare Advantage plans are no longer accepted at their facility.

Is there a dental plan that Medicare offers? Please advise.

~ Tammy from Alvin, TX

Tammy:

"What's NOT Covered by Part A & Part B?" is explained in the Medicare & You handbook. It states... "Original Medicare does not cover everything and if you need certain services that Medicare Part A and Part B doesn't cover, you will have to pay for them yourself unless:"

• You have other coverage (including Medicaid) to cover the costs.

• You are in a Medicare Advantage Plan that covers these services.

Some of the items and services that Original Medicare does not cover include:

• Most dental care.
• Eye examinations related to prescribing glasses. • Dentures. • Cosmetic surgery.
• Massage therapy • Routine Physical Exams • Hearing aids and exams for fitting them. • Long-term care.

• Concierge care (also called concierge medicine, retainer-based medicine, boutique medicine, platinum practice, or direct care).

• Covered items or services you receive from an opt out doctor or doctor not accepting Medicare.

Since Medicare does not cover dental, I would recommend that you talk to your dentist and see which dental insurance plans he/she prefers.

There are 2 types of dental plans:

1) **Traditional or indemnity dental insurance plans** which is generally higher in premium, and the preventive services are usually covered at 100%, basic restorative is generally covered up to 80% and major procedures at 50%. Recently, new dental plans have been released which help with the costs of dental claims such as fillings, crowns, and root canals. A major surprise is that these plans begin immediately with no wait. Many of the older traditional/indemnity dental plans may have a wait for services such as fillings, root canals, bridges, crowns, etc.

2) **Discount dental plans** are generally less expensive than traditional dental plans. These plans provide a discount for services, but your dentist must be part of the plan's network and agree to give the dental discount.

In the Medicare & You handbook, it talks about eyeglasses (after cataract surgery) which is a limited benefit because Medicare will cover one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. The Medicare Part B deductible will apply for the cataract surgery, and you will pay the 20% of the Medicare-approved amount unless you are enrolled in a Medicare supplement then your out of pocket may be low.

Medicare defines purchasing glasses and hearing aids as an elective. Which means you will have to pay for them. "Medicare covers the hearing exams if your doctor or other health care provider orders them to see if you need medical treatment. You pay the 20% of the Medicare-approved amount and the Part B deductible applies."

May's Confused about Medicare Zoom webinar is Thursday May 19th at 4:00 PM. Visit www.tonisays.com to sign up for the Toni Says online webinar event.

Toni King, author of the 2022 Medicare Survival Guide® Advanced edition is giving a \$5 discount on the Medicare Survival Guide® Advanced book and bundle packages for the Toni Says® newspaper article readers at www.tonisays.com. Have a Medicare question, email Toni at info@tonisays.com or call 832-519-8664. ★



Letter to Mom

Hi Mom. I miss you. I only hope you found the peace you were seeking those last couple years. I can't believe you have been gone for twenty-two years. It seems like only yesterday, you, Rick and I would go to your favorite spot for brunch on Sunday after mass...the Waffle House or Denny's. Not fancy, but you felt comfortable there with waitresses who got to know you by first name. Of course on Mother's Day we always tried to do a special brunch that included a lovely buffet and flowers. So many memories to ponder. I still remember how you would convince the waiters to let you take home a couple of desserts because...as you told them... you just could not eat enough to justify the prices they charged. But they would always chuckle, and yes, you got that extra dessert to take home for later. Embarrassing? A little, but you somehow made them laugh and perhaps think of their own mothers and what they would do.

Mom, you would not believe what's going on in the world today. From a pandemic that has devastated the world to a war with innocent people dying because a tyrant wants more power and land to so many shootings in malls, on the streets, at parties, and we cannot understand what is happening mentally to our country. Seems like we are losing control. And don't get me started on how nasty and rude folks are to one another. Don't get me wrong though. There are still some wonderful people who reach out to others in need, whether it's here in our own backyard or overseas. I truly believe that people are still inherently good, but perhaps just lost their way. Hopefully, that will change.

On this day, I think back to the good times too. I remember you in your gingham dress tending to your garden on our little farm and having a stand to sell



Happy Mother's Day Mom! Photo courtesy of Mary Jane Popp

what we did not need from tomatoes to peppers even corn. You really had a green thumb for growing. It was only for about two years, but it was a good experience for me as a little girl experiencing what the land was all about and learning to love animals. I miss seeing your smiling and proud face when I would be on stage performing and enjoying so many of the events we attended from stage to the terror in your eyes when, live on TV, I held a python around my neck at the State Fair on my show.

There were some rocky times too when we disagreed. It seemed important then, but now just a fleeting moment and then love took over. Mom, I wish I could send you flowers and even an extra dessert, but I know you are in a better place filled with joy! I can still hear your laughter that stood out over the rest. I wish I could give you a BIG hug, but I will have to settle for the good memories. Love you Mom and **HAPPY MOTHER'S DAY!** ★

Social Security Matters Payroll Tax and Income Tax on Social Security



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Is it possible for you to go over how the Federal withholding tax is computed on Social Security benefits? **Signed: Curious Taxpayer.**

Dear Curious: I'm not sure if you're asking about how FICA (or self-employment) tax on your earnings from work is determined, or if you're asking about how much income tax to have withheld from your Social Security benefit, so I'll address both:

The 7.65% FICA tax withheld from your earnings by your employer consists of two elements - 6.2% is for Social Security and 1.45% is for Medicare Part A. Your employer pays an equivalent amount on your behalf. This is a standard amount that all American workers pay, which - after enough credits are earned - enables you to collect Social Security benefits when you retire and permits you to enroll in Medicare Part A for free when you're 65. If you are self-employed, you pay a "self-employment tax" on your net earnings instead of a FICA tax, and you must pay both the employee and employer portion of the tax (15.3%). The only exception

to this is that certain U.S. states have opted out of participation in the Federal Social Security program, thus exempting some state employees from paying the Social Security portion of the FICA tax (they must still pay the Medicare Part A portion). These percentages are set by Congressional legislation and will not change unless Congress enacts future legislation to do so.

Determining how much income tax to have withheld from your Social Security is something best discussed with a qualified Tax Advisor with access to all your income data. Your recommended tax withholding rate for income tax purposes depends upon your overall taxable income level and the tax rate which results from that income (considering your dependents and your tax filing status (single or married)). Having income tax withheld from your Social Security benefit is optional, but if you choose to do so you must submit IRS form W-4V to your local Social Security office. Form W-4V permits you to specify that either 7%, 10%, 12%, or 22% of your SS benefit be withheld for income tax purposes. Here's a link to IRS form W-4V: <https://www.irs.gov/pub/irs-pdf/fw4v.pdf>.

The IRS may levy income tax on a portion of your Social Security benefits depending on your combined income from all sources. Your "combined income" consists of your Adjusted Gross Income (AGI) on your tax return, plus 50% of your Social Security benefits received during the tax year, plus any other non-taxable

income you may have had. Tax on your SS benefits is computed at your normal IRS tax rate and based on your tax filing status.

If you file your income tax as "single" and your combined income from all sources exceeds \$25,000, then half (50%) of your SS benefits becomes part of your overall taxable income. And if your combined income from all sources as a single filer exceeds \$34,000 then up to 85% of your SS benefits become taxable income.

If your income tax filing status is "married-filing jointly" and your combined income is over \$32,000 then 50% of your Social Security benefits received during the tax year becomes part of your taxable income. If, as a couple filing "married/jointly," your combined income exceeds \$44,000, then up to 85% of the SS benefits you received during the tax year becomes part of your overall taxable income.

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

DON'T FLUSH YOUR MEDS

Help prevent medication misuse and keep them from entering our waterways.



Please dispose of unused prescription and over-the-counter medications responsibly.

Proper disposal is as easy as 1-2-3!

1. Remove pills from containers and put them in a clear zipper bag. Keep medicated liquids and creams in original containers.
2. Recycle your empty containers, but first scratch off or black out personal information.
3. Find a medication collection bin near you, and place the zipper pill bags, liquids, and creams in the bin.

To locate a bin near you, visit www.takebackdrugs.org

Only household prescription, over-the-counter, and pet medications are accepted. Controlled medications are accepted at select locations. Sharps and business waste are not accepted in the bins.



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WEEKLY COMICS

Amber Waves by Dave T. Phipps

HEY, GUYS, THE FARMER IS HEADING THIS WAY. LOOKS LIKE HE'S GOT SOME NASTY OLD GRUB HE JUST WANTS RID OF. HE JUST DUMPS IT IN THE MUD AND EXPECTS US TO EAT IT RIGHT UP. YOU GUYS REALLY JUST ATE ALL OF THAT...AND DIDN'T LEAVE ME ANY?

The Spats by Jeff Pickering

I MADE YOU A DRINK. WHAT IS IT? IT'S A LAWYER'S FAVORITE COCKTAIL... ...IT'S CALLED A "SUBPOENA COLADA."

Out on a Limb by Gary Kopervas

NOMOUSTACHE... NOMOUSTACHE. NOMOUSTACHE. DRAT! I FORGOT TO SHAVE. YOGA CLASS SPONSORED BY DOLLAR SHAVE CLUB

THEY'LL DO IT EVERY TIME BY AL SCADUTO

HAPPENS EVERY FROM TIME-TUX RENTAL DEPT. W-WHAA-? THEY GAVE ME TWO PANTS AND NO JACKET! AND SOME BOY HAS TWO COATS AND NO PANTS! SIGN OF THE TIMES- DOESN'T SHE HAVE VOLUME CONTROL?

R.F.D. by Mike Marland

YEAH, THIS IS DEFINITELY BETTER!

ANY POSTAL WORKER WILL TELL YOU...

ANY POSTAL WORKER WILL TELL YOU... A SMALL ENVELOPE IS ADDRESSED IN A HEAVY, LARGE HAND-WRITING... AND- POSTER-SIZED PACKAGES-- THE SCRIPT IS AS TINY AS BIRD SCRATCHINGS...

GRIN AND BEAR IT

"We need a sound check, Senator. ... Could you give us a no-comment?"

LAFF-A-DAY

"I'd like to have it before the prices change."

Just Like Cats & Dogs by Dave T. Phipps

FOR COUPLES THERAPY TODAY IT WILL BE REMOTE. NOT BECAUSE OF COVID, I'M JUST AFRAID TO BE IN THE SAME ROOM AGAIN.

HOCUS-FOCUS BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

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<p>BLUE BUFFALO DRY DOG FOOD 30 Lb Bag Limit 2 Bags •Chicken (Regular & Large Breed) •Fish & Oatmeal (Reg & Large Breed) •Puppy (Reg & Large Breed) •Senior (Reg & Lrg Breed) •Lamb & Rice •Healthy Weight</p> <p>\$5 OFF Our Regular Low Prices! Effective 5/4/22 - 5/10/22</p>	<p>PRO-PLAN DRY DOG FOOD •Chicken & Rice 30-35 Lb Bag •Beef & Rice •Lamb & Rice •Sensitive Skin & Stomach •Lite •Performance</p> <p>Limit 2 Bags per Family \$5 OFF OUR NEW LOW PRICES! Effective 5/4/22 - 5/10/22</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD •Chicken/Sweet Potato •Duck/Sweet Potato •Bison/Beef/Sweet Potato •Samon/Sweet Potato •Texas Beef/Sweet Potato</p> <p>22 Lb Bag Limit 2 Bags per Family \$10 OFF OUR REGULAR LOW PRICE! Effective 5/4/22 - 5/10/22</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag</p> <p>Limit 2 Bags Per Family \$9.99 Effective 5/4/22 - 5/10/22</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family ON SALE Everyday Effective 5/4/22 - 5/10/22</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD Black Label Gold Label 2.8 Oz.</p> <p>Limit 2 Cases Per Family EVERYDAY LOW PRICES Effective 5/4/22 - 5/10/22</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug</p> <p>•Regular •Unscented Limit 2 Jugs Per Family ON SALE Everyday Effective 5/4/22 - 5/10/22</p>	<p>HI-COUNTRY WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$10.49) (Audubon Friends, 20 Lbs - \$8.99)</p> <p>Limit 2 Bags Per Family \$9.99 Effective 5/4/22 - 5/10/22</p>

<p>NATURAL BALANCE DRY DOG FOOD •Ultra Fresh 24 Lb •Potato & Duck 26 Lb •Fat Dog 28 Lb •Vegetarian 28 Lb •Chicken & Brown Rice 26 Lb •Ultra Original (Regular & Large Breed) 30 Lb Limit 2 bags</p> <p>Limit 2 Bags \$5 OFF OUR REGULAR LOW PRICES</p>	<p>EVERCLEAN PREMIUM CAT LITTER •ES Unscented •US Ever Fresh 25 Lb. Box Limit 2 Boxes</p> <p>\$13.99</p>	<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases</p> <p>20% OFF OUR REGULAR LOW PRICES</p>
<p>SCIENCE DIET DRY DOG FOOD 28.5-33 Lb Bag •Lite •Active Maturity •Sensitive Stomach •Perfect Weight</p> <p>\$53.99 \$55.99 \$58.99</p>	<p>PESTELL CLUMPING CAT LITTER 40 Lb. Bag Limit 2 Bags</p> <p>\$9.99</p>	<p>IAMS DRY DOG FOOD 30 Lb Bag •Large Breed •Lamb Meal & Rice •Weight Control</p> <p>Limit 2 Bags \$32.99</p>
<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$4.99) Limit 2 Bags</p> <p>\$6.99</p>	<p>MILK-BONE DOG BISCUITS Large 10 Lb Box Flavor Snacks 7 Lb Box</p> <p>\$11.99 \$10.49</p>	<p>PURINA YESTERDAY'S NEWS CAT LITTER Made with Recycled Paper 13.2 Lb. Bag</p> <p>\$6.99</p>
<p>BOSS DOG HI-PROTEIN DRY DOG FOOD Complete Balance with Probiotic 4 Lb & 24 Lb Bag •Chicken & Ancient Grains •Fish & Ancient Grains</p> <p>Buy One & Get One FREE</p>	<p>ÖKOCAT CLUMPING WOOD LITTER •Regular •Soft Step 11-13 Lb 16.7 lb \$13.99 19.8 lb \$17.99 Dust Free 12.3 lb \$17.99</p>	<p>ESSENCE CANNED DOG FOOD Super Pet Nutrition 13 Oz. •Ocean/Freshwater •Ocean Recipe •Ranch & Meadow •Land Fowl Recipe Limit 2 Cases</p> <p>As Marked 20% OFF OUR DISCOUNT PRICE</p>

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<p>AQUEON BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish</p> <p>\$48.99 Limit 1 Per Family</p>			<p>TETRA FISH FOOD SALE Tetrafin Goldfish 7.06 oz. \$9.99 Tetrafin Goldfish 7.06 oz. \$13.99 Tetra Color 7.06 oz. \$13.99</p>	<p>MARINELAND PREMIUM FISH FOOD ALL VARIETIES •Goldfish •Cichlids •Tropical •Wafers</p> <p>20% OFF OUR SUPER LOW PRICES</p>	

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* Excludes Medicare and Worker's Compensation.

KP International MARKET

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market - 7 Days: 8am - 9pm
Food Court - 7 Days: 11am - 7:30pm
Korean/Mex/Viet: 7:30pm last call
Chinese/Japanese: 7:00pm last call

NOW OPEN! KARAOKE & FOOD COURT

FROZEN & FISH DEPT

Raw Shrimp Peled & Deveined 61/70 1 lb **\$4.99** /ea (REG. \$6.99)

Breaded Calamari Rings 2 lb **\$10.99** /ea (REG. \$15.99)

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

BONUS BUY Beef New York Roast - Boneless Carne de Res Nueva York Asado Desahusado \$6.49 /lb	GREAT VALUE Shoulder Steak Boneless \$3.99 /lb	USDA CHOICE Espadilla Thin Sliced \$4.99 /lb
ibp Beef New York Steak - Boneless Carne de Res Nueva York Filete sin Hueso \$6.99 /lb	ibp Beef Cross Rib/Shoulder Roast Asado de Costillas Cruzadas de Carne y Asado de Hombro sin Hueso \$3.99 /lb	ibp Pork Butt Roast Bone-In Trozo de Puerco con Hueso \$1.69 /lb
ibp Chicken Drumsticks Pernas de Pollo 79c /lb	ibp Pork Neck Bones Huesos del Cerdillo de Cerdo \$1.59 /lb	ibp Pork Ribs - Single Pak \$2.79 /lb

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 MAY 4 - MAY 10, 2022.

FRESH PRODUCE

Mexican Mango 9 ct \$9.99 /box	Mexican Squash 79c /lb	Lemon 3 lb \$3.49 /bag	Red Potato 79c /lb
Russet Potato 10 lb \$3.49 /bag	Seafood Mushroom 150 g 99c /ea	Green Pea 16 oz \$2.49 /ea	Sweet Onion 5 lb \$3.99 /bag

AMERICAN/HISPANIC GROCERY

Swirl Soft Ice Cream 8.5 liter \$12.99 /ea	Gold Medal All Purpose Flour 5 lb \$2.99 /ea	Soft & Strong EED Soft & Strong Bath Tissue 12 rolls \$7.99 /ea	CRV Langens Apple Juice 64 fl oz \$2.99 /ea	CRV Knorr Light Marsh Light Charms 12 lb \$11.99 /ea
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ASIAN GROCERY

TBCV Steamed Rice 12 oz \$3.00 /ea	Sweet Cow Sweet Condensed Milk 13.23 oz \$3.00 /ea	That Lays Potato Chips 1.61 - 1.75 oz \$1.99 /ea	ABC Assorted Jelly Snacks 31.7 oz \$7.99 /ea	Mr. Brown Instant Coffee 15.8/16.9 oz \$6.99 /ea
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EUROPEAN GROCERY

Pedrosa Beef Ground 300 g \$5.69 /ea	Vigna All Purpose Sausage 250 g \$2.49 /ea	Pedrosa Sausage Chicken Flavor 62 g 99c /ea	33 Korenka Cookies 150 g \$1.49 /ea	Flour Croissant 6 x 40 g \$2.99 /ea
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KOREAN/JAPANESE GROCERY

Wang Kimchi 40 lb \$32.99 /ea	Julius Hot Sauce 7.05 oz \$3.99 /ea	Shi No Miso 16 x 8.23 oz \$13.99 /ea	Natural Soy Sauce 2.75 oz \$3.99 /ea	Soybean Paste 1.7/1.8 liter \$5.99 /ea
Hot Chicken Flavor Ramen 2.4 Kinds 5 x 5.69 oz \$5.99 /ea	Tea Greening Berry 300 g \$3.99 /ea	Organic Coconut 300 g \$5.99 /ea	Balena Curry 4 Kinds 2.8 oz \$3.99 /ea	S&B Crunchy Garlic 3.65 oz \$4.99 /ea
S&B Prepared Wasabi 1.90 oz \$2.99 /ea				

HOUSEWARES

HAMILTON BEACH KITCHENWARE 4 Pieces 99c /ea	3.99 /ea	3.99 /ea	3.99 /ea
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FROZEN & FISH DEPT

Wild Caught Sardine 5 lb \$10.99 /ea	REG. \$15.99/ea
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EUROPEAN DELI

Columbus Maple Syrup 4 Honey Comb 4 Pieces \$8.19 /ea	Krino's Pitted Green Olives \$3.99 /ea
Kretschmar Bits Off The Bone w/ Natural Juices \$5.39 /ea	Krino's Olive Medley \$3.99 /ea

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