



**Lancers Grab
5th Straight GSL
Championship**

PAGE 3

**Remembering
All of Them on
Memorial Day**



Grapevine Independent

VOLUME 58 • ISSUE 21 PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968

MAY 24, 2024

**SEE
INSIDE**

**SENIORS HONORED
AT ANNUAL
AWARDS NIGHT**



PAGE 2

**ALICE ASTAFAN
SHARES HER
STORY**



PAGE 11

**HONORING
GENERAL
BUD ANDERSON**



PAGE 11

It's Not Your Typical Fire Service



In back from left are Battalion Chief Parker Wilbourn, Assistant Chief Jon Rudnicki, Fire Chief Adam House, Assistant Chief Kiley Keeley, Battalion Chief Scott Perryman, and Government Affairs director Kyle MacDonald. In front is Metro Fire Mascot Flare (April West).

*Story and photos
by Margaret Snider*

RANCHO CORDOVA, CA (MPG)
- Fire Chief Adam House had a lot to say about the Sacramento Metropolitan Fire District at the Rancho Cordova Luncheon on May 17.

"I'm proud to say I'm from Rancho Cordova and it's a unique and a humbling experience for me to say I'm the fire chief of where I grew up," House said. "Kind of a childhood dream."

House graduated from Cordova High School in 1987. Sacramento Sheriff Jim Cooper and Sacramento City Police



From left are Taylor Haven, Cordova Community Council; Pam Garcia, Rancho Chamber of Commerce; "Flare," Sac Metro Fire's Mascot (April West); and JR Sterba, Cordova Community Council.

Chief Katherine Lester also attended Cordova High.

"I'm being told, by some people in Rancho Cordova, that having the police

chief, the sheriff and the fire chief all having gone to the same high school may be the first time ever in the nation," House said.

House has been fire chief for nearly a year.

"What did the Fire Department do in 1986?" House asked. "... We responded to fires, we did fire prevention, and we dabbled in EMS ... We really started looking at advanced life support, started hiring paramedics early on in Sacramento. But we didn't envision what we're doing today ... Now every one of our units, every time we respond, we have advanced life support working away ... We have three helicopters that respond ... we can respond to any call from disasters to people

Continued on page 8

Rosemont Community Park Sport Courts Complete!

*By Shelby Golden,
Cordova Recreation
& Park District*

RANCHO CORDOVA, CA (MPG)
- On May 16, Cordova Recreation & Park District (CRPD) and the community celebrated the successful completion of Rosemont Community Park Sport Courts Project.

The community's input, feedback and unwavering support have been instrumental in shaping this project every step of the way. Leading up to submittal of grant applications for this project back in 2020, Cordova Recreation & Park District attended multiple meetings in the community including the Rosemont Community Association, the Rosemont Friday Night Food Truck Events in the summer and the Annual Rosemont Community Celebration where we solicited direct feedback through online surveys.

After this extensive outreach process, Cordova Recreation & Park District discovered that the neighbors of Rosemont were in support of renovating the existing tennis courts and providing more amenities for teens such as pickleball and basketball. From the initial planning stages to the final design, the community's vision has guided CRPD and made this project truly community-driven.

This project has been nothing short of transformative. What once stood as four tennis courts has now been reborn into a dynamic multi-sport court facility that includes one basketball court, two pickleball courts and two tennis courts.

The total project costs including design was approximately \$615,000. The Federal Community Development Block Grant Funds (CDBG), administered by the Sacramento Housing and Redevelopment Agency (SHRA) contributed \$165,630. The American Recovery Plan Act (ARPA) funds administered by Sacramento County contributed \$250,000 and Cordova Recreation & Park District's MyParks Enhancement Fund (Measure J) contributed the remainder of around \$200,000.

It is through these vital sources of funding that Cordova Recreation & Park District has been able to turn the community's dreams into reality,

Continued on page 5

Excellence Honored in Special Education

*Story by Lilia Neal,
photo by Aaron Storey*

RANCHO CORDOVA, CA (MPG)
- The Folsom Cordova Unified School District Special Education Local Plan Area (SELPA) and the Community Advisory Committee (CAC) on April 24 together hosted a momentous event: the Excellence in Special Education Awards.

This ceremony served as a heartfelt tribute to the outstanding contributions made by staff, families and students within the special education community. Held at the Cordova High School Performing Arts Center, located at 2239 Chase Drive in Rancho Cordova, the event celebrated 139 nominees, along with their students, coworkers, friends and families.

Among the distinguished guests were Anthony Uribe, representative from



Amy Strawn, left Cordova High School principal, stands with Sierra Adair, top nominee in the category "General Education Student Who Supports Inclusion."

the office of Congressman Ami Bera, M.D., Board of Education member Christopher Clark, Folsom Cordova Education Association President Jeannette Sansenbach and California School Employees Association

and its American River Chapter Number 528 President Robert Corn, as well as members of the Community Advisory Committee and Folsom Cordova Unified School District leadership. Betty Jo Wessinger, assistant

superintendent of special education and director of Special Education Local Plan Area, commenced the proceedings, setting the stage for a night filled with appreciation and recognition.

The ceremony unfolded with the presentation of awards across seven categories. Nominees from each category stood proudly on stage as their contributions were lauded and their nominations read aloud by various dignitaries. Every nominee received a certificate honoring their impactful work, fostering an atmosphere of celebration and gratitude.

Here are the top nominees for each category:

Administrator: Hunt Lin, Classified Employee: Richard Forrest, General Education Student Who Supports Inclusion: Sierra Adair, General Education Teacher: Meggan McCall,

Continued on page 4

Scan our QR Code for a direct link to our online edition!

PRSRD STD.
U.S. POSTAGE
PAID
CARMICHAEL, CA
PERMIT NO. 350
OR CURRENT
POSTAL CUSTOMER

Cordova Seniors Recognized at Annual Awards Night



Students in the top 10% stand to be honored.

Story by Soledad Parada, Cordova High School College Career Center clerk, photos by Rick Sloan

RANCHO CORDOVA, CA (MPG) - On Monday, May 6, Cordova High seniors were recognized at the high school's annual

Scholarships and Awards Ceremony. Principal Amy Strawn welcomed the seniors and their families, and Assistant Principal Michele Brown served as master of ceremonies. Principal Strawn was quoted, "Tonight, we celebrate the remarkable achievements of our graduating seniors. From academic excellence

to outstanding leadership, our students have shown incredible dedication and talent throughout their high school journey. I want to extend my gratitude to our students for their hard work, our faculty for their support, and our families for their unwavering encouragement. Congratulations to the recipients of

scholarships and awards. Your accomplishments are truly inspiring. Let's cherish this evening as we honor our seniors and celebrate the bright futures ahead." 22 students who had applied for local scholarships received scholarship awards, totaling \$35,000 in local scholarships. ★

**The scholarship winners were:
Catherine Fidel Scholarship \$1,000 each student:**

Sierra Pena and Valeria Rosales Garcia, CHS Construction Scholarship \$500: Lucas Pope, Clark Family Memorial Scholarship \$500: Sierra Pena, CREATE Mentoring Program \$3,000: Anna Afurkeeva, CREATE Mentoring Program \$1,000: Denice Caingat, CREATE Mentoring Program \$750: Saima Tahsin, Cordova Joe Memorial Scholarship \$1,000: Mazzy Creeger, Cordova Lancers, Leaders, and Legends Scholarship \$1,000 each student: Lina Al Karagooly, Kevin Rangel Ariella Taitague, Don Nottoli Scholarship \$5,000: Alyssa Gonzales, Folsom Cordova Leadership Assn. (FCLA) Scholarship \$250 each student: Calvin Chen and Daniel Insko, Gary and Janie Sorg Family Scholarship \$1,500: Shanya Sobhi, Kelly Family Scholarship for Orchestra \$250 each student: Alyssa Lacayo, Brandon Nham, Amil Lopez, LDS 62 Leadership Award \$1,500: Sierra Adair, Lester Family Scholarship \$1,000: Justice Johnson-Patterson, Mark Levy Memorial Scholarship \$500: Valeria Rosales Garcia, Natoma Lodge #64 \$1,000 each student: Sierra Pena and Sydney Murphy, Rancho Cordova Community Pride Scholarship \$500: Ariella Taitague, Rancho Cordova Rotary Academic Scholarship \$1,000 each student: Sierra Pena and Shanya Sobhi and Ariella Taitague, Rancho Cordova Rotary Interact Scholarship \$1,000 each student: Sierra Pena and Lizette Ignacio and Alyssa Lacayo, Rancho Cordova Republic Services \$1,000: Malina Uriarte, Tri Counties Bank \$1,500: Shanya Sobhi, Virgil Douglas Brown, IV Scholarship \$1,500: Ariella Taitague

Two students received Student Government Awards for four years of Leadership:

Sierra Adair and Francheska Escobar

Five Students were recognized for enlisting in the military:

Karla Ramirez-Cuellar, Justin Butler, Loelani Ned, Tyler Nguyen, Nolan Yeager

Cordova High School's diverse student body has once again excelled in earning the State Seal of Bilingual Proficiency. This year, 70 seniors have been awarded a special gold seal for their diploma and a medal to wear at graduation, in recognition of their proficiency in English and one or more others.

Languages represented were: Armenian, Dari, Farsi, French, Pashto, Russian, Spanish, and Ukrainian.

The following students received the California State Seal of Bilingual Proficiency:

Anna Afurkeeva- Russian, Jonathan Alvarado- Spanish, Ashley Alvarez Martinez- Spanish, Faza Awalkhil- Pashto, Anjolie Asay- Spanish, Amalya Atoyan- Armenian and Spanish, Inna Barleac- Russian, Yurianna Batres- Spanish, Jenny Bi- Spanish, Bogdan Bobylev- Russian, Estephani Botello Magana- Spanish, Ramon Bravo Vega- Spanish, Mohammad Mosawer Brishna- Farsi and Dari, Denice Caingat- Tagalog, Rodrigo Cardenas Diaz- Spanish, Sharon Chavez Lemus- Spanish, Yarezi Chavez Velez- Spanish, Mazzy Creeger- French, Maria Damil- Tagalog and Spanish, Kevin Duran Ibarra- Spanish, Elliot Ea- Spanish, Francheska Escobar- Spanish, Shiela Gabriel- Spanish, Juan Garcia Andrade- Spanish, Thad Gifford- French, Victoria Golovin Russian- Spanish, Micah Hall- French, Shaiz Hamkar- Pashto and Dari, Marilynn Hernandez Ruelas- Spanish, Andrii Hurzhyi- Russian & Ukrainian, Daniel Insko- French, Yahir Jimenez Hernandez- Spanish, Davit Khachatryan- Armenian, Justin Kofnovec- Spanish, Evangelina Koran- Russian, Ruyim Kravchuk- Russian and Ukrainian, Erica Kutepova- Russian, Alyssa Lacayo- Spanish, Julianne Long- Spanish, Benjamin Maddrell- French, Adi Mangas- French, Micah Martin- French, Stephany Martinez Gonzalez- Spanish and French, Selena Maya- Spanish, Bailey McIntire- Spanish, Angelica Medina- Spanish, Maria Mendoza Chavez- Spanish, Sydney Murphy- French, Fabiola Osornio- Spanish, Norman Perez- Spanish, Jason Petrashishin- Russian, Haley Pineda- Spanish and French, Viktoriia Polozhiuk- Russian and Ukrainian, Edwin Ramirez- Spanish, Joselyn Ramirez Chavez- Spanish, Katherine Ramirez Garcia- Spanish, Kevin Rangel Gomez- Spanish, Carlos Reyes Correa- Spanish, Imanol Rivas Castro- Spanish, Stephany Rodriguez- Spanish, Jacob Rodriguez-Blue- Spanish, Oscar Sanchez-Ortiz- Spanish, Alexandra Scerbani- Spanish, Shanya Sobhi- Spanish, Ariella Taitague- French, William Ternes- French, Diana Trachuk Russian- Ukrainian, Kenny Vargas- Spanish, Kimberly Ventura- Spanish, Giselle Villalobos Armas- Spanish,

11 have earned the honor of wearing stoles at the California Scholarship Federation graduation. California Scholarship Federation Life Members (* Highest Honor Life Member):

Estephania Botello*, Calvin Chen*, Mazzy Creeger*, Alyssa Gonzales*, Justin Kofnovec*, Evangelina Koran*, Erica Kutepova*, Julianne Long, Amil Lopez, * Alexandria Shelstead, Shanya Sobhi*

Cordova High School is proud to offer the International Baccalaureate Programme and the International Baccalaureate Career Programme for students interested in medical careers. One student received the prestigious International Baccalaureate full Diploma, accompanied by a certificate. Additionally, 25 students earned the International Baccalaureate Career Programme purple cord and certificate, and 34 students were awarded International Baccalaureate certificates and blue cords, which they will proudly wear at graduation.

Full International Baccalaureate Diploma:

Jenny Bi

IB Career Programme Certificates:

Abigail Perona, Alexandria Shelstead, Alyssa Lacayo, Amalya Atoyan, Carlos Reyes Correa, Dajey Valdez, Danielle Yeater, Estephania Botello Magana, Fabiola Osornio Silva, Faza Awalkhil, Jade Harvey, Jessica Sotelo, Josephine Mongano, Julia Avagyan, Katalena Daffron, Kevin Rangel Gomez, Lina Al Karagooly, Malina Uriarte, Maria Damil, Niayla Champlaie, Paris Rai, Paris Yang, Shanya Sobhi, Soriya Tan, Sydney Murphy

IB Certificate (3 or more IB classes in 11th and 12th grade):

Alyssa Gonzales, Amelia Reeves, Andrii Hurzhyi, Anjolie Asay, Ariella Taitague, Avery Schulze, Brandon Nham, Caitlyn Arnold, Calvin Chen, Daniel Insko, Devina Vargas, Elliott Ea, John Pugh, Julianne Long, Kaitlyn Gisworld, Keane Culapan, Kevin Duran Ibarra, Kirthika Lal, Kyle Cook, Mateo Munoz, Mazzy Creeger, Oscar Flores, Oscar Gonzalez- Zavala, Salah ud din Rafi, Shiela Mae Gabriel, Sierra Pena, Sriyans Kanneganti, Justin Kofnovec, Thad Gifford, Vanessa Del Rosario, Veronica Rivers, Victoria Golovin, William Ternes, Zainab Hameed

Among 39 students who achieved a top 10% ranking in their graduating class, one exceptional student stood out as our valedictorian, securing the top position, and earning special recognition.

Class of 2024 Top 10%:

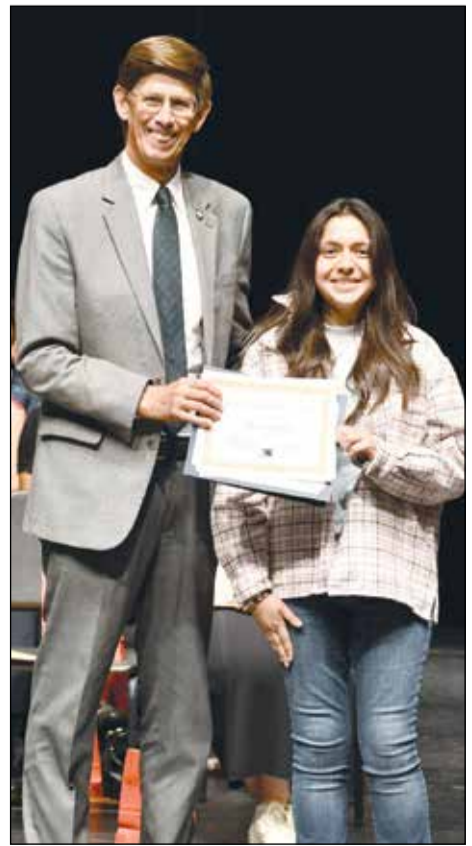
Alexandra Scerbani, Alexandria Shelstead, Alyssa Gonzales, Amelia Reeves, Andrii Hurzhyi, Anjolie Asay, Anna Afurkeeva, Ariella Taitague, Caitlyn Arnold, Calvin Chen, Carlos Reyes Correa, Carmen Thedim, Dajey Monique Valdez, Daniel Insko, Danielle Yeater, Denys Gromovenko, Erica Kutepova, Estephania Botello Magana, Helena Rubina, Israel Alvitre, Jenny Bi, Julianne Long, Justin Kofnovec, Keane Culapan, Kenny Vargas, Kyle Cook, Lina Al Karagooly, Mackenzi Fisher, Malina Uriarte, Mateo Munoz, Mazzy Creeger, Micah Hall, Paris Rai, Salah ud din Rafi, Shiela Tomas Gabriel, Sierra Adair, Steven Myatt, Victoria Golovin, Willow Bui



Cordova High School Principal Amy Strawn congratulates Valedictorian Shanya Sobhi.



Cordova Lancers Leaders & Legends Scholarship recipients received checks.



Former County Supervisor Don Nottoli awards \$5,000 Family Scholarship to Alyssa Gonzales.



Mazzy Creeger was awarded the first Cordova Joe Memorial Scholarship. To her left is Pat Lashinsky, and to her right is Kelly Lashinsky.



Rancho Cordova Rotary Scholarship recipients stand with Rancho Cordova Rotary President Mike Passof.

Lancers Grab 5th Straight GSL Championship

Story and photos by Rick Sloan

RANCHO CORDOVA, CA (MPG) - The 2023-24 softball season ended with Cordova finishing league play undefeated and grabbing its 5th straight Greater Sacramento League championship. There will not be an opportunity to accomplish a sixth championship, as the Cordova Lancers will be moving to the Metro League next year. This move, although being a more challenging league, should be a better fit for Cordova's needs. The move gives the Lancers the ability to field a junior varsity team, which the GSL lacked. Having a JV team will be a major program building opportunity.

The Lancers finished with an overall record of 12-6 and had



The championship Cordova team poses with coaches.

in the Metro League.

Players to watch next year besides Lee, Arana, and Brookins will be junior Emily Collins, junior Addison Bradybaugh, freshman Tiah Kennedy, sophomore Jazmine Glenn and freshman Izzy Nersisyan. In the pitching department Cordova will have returning players Lee, freshman Isabella Tarpley-Cruz, freshman Briana Corianna and Bradybaugh. As we all know, pitching is a major key to the success of any team and these players will need to put in extra work during the summer building their pitching skills.

Cordova traveled to Bella Vista high school in Fair Oaks to compete in the first round of the CIF Sac-Joaquin Section Softball Playoffs on May 14. Cordova, who competed all year



Abby Perona delivers the pitch against Bella Vista.



Adriana Arana gets a base hit against Valley.



Becca Lee attempts to throw the runner out at first against Bella Vista.



Briel Brookins gets a base hit against West Campus.



Morgan Sebastein is ready at the plate against Monterey Trail.

five players chosen with All-League honors. The five players were senior Abby Perona, senior Morgan Sebastein, junior Adriana Arana, sophomore Briel Brookins and freshman Becca Lee.

All five All-League players had some pretty nice numbers offensively. Perona finished the season with a .673 batting average, .679 on base percentage and a slugging percentage of .909. Sebastein finished with a .667 batting average, .786 on base

percentage and a slugging percentage of .833. Arana had a .526 batting average, a .591 on base percentage and a slugging percentage of .667. Brookins had a .552 batting average, a .614 on base percentage and a .776 slugging percentage. Lee finished with a .590 batting average, .638 on base percentage and a .787 slugging percentage. Brookins and Perona were tied for first place in league with 26 runs batted in apiece. Brookins also led

the league in runs scored with 29.

Also being honored by the league was coach Kim Little as she was chosen as Coach of the Year for the 2023-24 season. Little was also chosen as the Coach of the Year for the Cordova girl's 2023-24 basketball season. Coach Little is very thankful for this honor and is very proud of the accomplishment of her team. "We had a very young team this season, but will build off of the success we did

have", said Little.

Next year looks very promising, as many of the returning players have shown great improvement this year. The key to a successful season next year will be work the returning players put in on the off-season. Coach Little said that most of the team will participate in travel ball this summer. Travel ball will help jump start the 2024-25 season and help build much needed confidence

in Division IV, was the 15th seed after being elevated to Division II for the playoffs. They didn't bring their much needed "A" game and fell to the 2nd seeded Bronco's 10-0. Next year the Lancers will be competing all year in Division II and if by chance they make it to the playoffs, will be competing in Division II. I wish the team and the coaches all the best as they move on to their next challenge. ★

GO BIG RED!

Robert J. McGarvey
~ Air Force Veteran ~

Honoring our Veterans on Veterans Day

As a veteran, I know how much giving years of your life to the country means. Thank you for your service.

a fresh take.
RANCHO CORDOVA
CALIFORNIA

AMARI HOME HEALTH & HOSPICE SUMMERSSET SENIOR LIVING

Summerset Senior Living & Amari Home Health & Hospice

JOIN OUR VETERANS SUPPORT GROUP

Are you a veteran seeking camaraderie, support, and understanding? Look no further! Our veterans support group provides a safe space for veterans to connect, share experiences, and access resources.

JOIN US AT SUMMERSSET SENIOR LIVING
SECOND WEDNESDAY OF EACH MONTH
1:30 PM

Facilitated by DPCS Melissa Meibert, a US Army Veteran from Amari Home Health & Hospice.

PLEASE CALL TO RSVP
(916) 330-1300

2341 Vehicle Drive • Rancho Cordova, CA 95670

Summerset
Senior Living
Independent • Assisted • Memory Care
2341 Vehicle Drive • Gold River/Rancho Cordova

summersetseniorliving.com
916-400-0838

RCFE # 347005361

California's Lagging Economy Hinders Efforts to Close State Budget Deficit



By Dan Walters,
CALMatters.org

As Gov. Gavin Newsom and state legislators spend the next few weeks fashioning a state budget that's plagued by a multibillion-dollar deficit, they can't count on a booming economy to make their task easier.

California's recovery from the devastating economic impacts of the COVID-19 pandemic has been sluggish at best, trailing what's happening in the nation as a whole and in the state's archrivals, such as Texas and Florida.

According to Employment Development Department data, there are 200,000 fewer Californians in the labor force — those employed or seeking employment — than there were in February 2020, just before the pandemic exploded. There are 500,000 fewer employed, and 200,000 more unemployed.

While California's unemployment rate of 5.3% in March was just a third of what it was at the height of the pandemic-induced recession, it was still the highest of any state, markedly higher than the national rate of 3.9% and nearly two percentage points higher than it was before the pandemic.

By the federal government's more nuanced measure of employment called U-6, which counts not only the unemployed, but workers who are "marginally attached" to

the labor force and those who are involuntarily working part time, the state's 9.5% rate of underemployment is also the nation's highest.

Those numbers imply an economy that's not even operating at cruising speed, much less accelerating. Even the state's technology sector, centered in the San Francisco Bay Area, has cooled off as its once high-flying corporations announce layoffs virtually every day.

"California's civilian employment growth has been essentially flat since the second half of 2022 while the U.S. has remained relatively healthy, resulting in the state's unemployment rate rising faster than the nation," the revised budget Newsom unveiled last week acknowledges.

The pandemic erased about 3 million jobs in California as Newsom shut down large segments of the state's economy. Countless employers, particularly small businesses, never reopened after the health crisis eased and those that did survive have had to contend with inflationary costs, tighter loan conditions and changed consumer habits.

The budget blames stubborn inflation and the high interest rates imposed by the Federal Reserve System to tame inflation for California's slowdown, but economies of other states have experienced the same factors and prospered despite them.

However, they don't contend with factors unique to California, such as extremely high costs for housing, utilities and labor that make job creation more difficult here. Until recently, California has been losing population, thanks to outward migration to other states. The state has

also seen employment shifts, particularly in technology.

Those conditions underscore the sluggish recovery that sets California apart from other states. For instance, Texas' unemployment rate, 3.9%, is identical to the national rate while Florida's 3.2% is even lower.

So, one might ask, where is California's once-booming economy headed?

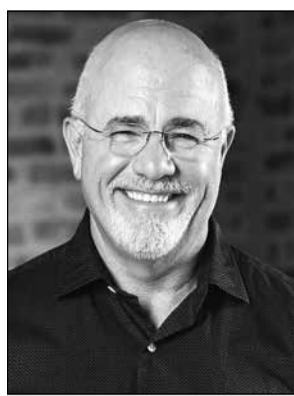
Newsom's Department of Finance says it "has not modeled a recession scenario. However, if inflation takes longer to cool and interest rates remain high for longer than projected in the May Revision baseline forecast, continued tight credit conditions could further discourage economic activity."

A few days before he released his revised budget, Newsom stood at the top of a Golden Gate Bridge tower to record a video celebrating the tourism industry's recovery.

Visitors to California spent \$150.4 billion last year, he said, surpassing the previous record of \$144.9 billion in 2019.

That's good news, even though an adjustment for inflation would probably reduce the recovery's relative impact. But while it's a high-profile economic sector, tourism is scarcely 3% of the state's overall economy. It's the other 97% we should be nurturing.

Dan Walters is one of most widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981. He has been at CalMatters since 2017. ★



The Lesser of Two Evils

Dear Dave,

My husband and I are following your plan, and we're on Baby Step 2. We just learned that the person who has done our taxes for the last three years made mistakes on all our returns. They were really nice and did our taxes for free, but now we owe back taxes in the amount of \$18,000. Since we're still paying off debt, the only savings we have is the \$1,000 in our beginner emergency fund. Should we take out a personal loan to take care of this, or set up payments with the IRS?

— Laura

Dear Laura,

Take out a personal loan. Period.

Let this sink in for a min-

Dave Ramsey Says

ute. How often does Dave Ramsey tell people to borrow money? Almost never. Why am I doing it now, in this situation? Because the IRS is the worst creditor on the planet. They have almost unlimited power, which they use and abuse, and they have ridiculously high penalties and interest rates. With a personal loan from a local bank or credit union, you'll at least have more input and flexibility in deciding the terms of the agreement.

Now, I don't know about you, but if the person doing my taxes screwed things up to the tune of \$18,000, I'd find someone else in a heartbeat. I understand you want to work with someone nice, and free is usually a great price. But in this case, free was not so free after all.

Just go to your local bank or credit union, explain the situation and see what you can work out. I always recommend small banks or credit unions over any of the mega banks. Places like Bank of America and Fifth Third

just have no soul or empathy whatsoever. And the customer service at a credit union or small bank is a hundred times better than what you'll find at a big bank. Sure, they're still bankers, but there's a human element in there. You're not just a number to them like you are to the mega banks.

I hate debt, Laura, and I'm sorry you guys are in this situation. But 100% of the time, I'd rather have personal loan debt than IRS debt. In my mind, it's the lesser of two evils.

— 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. ★

Excellence Honored in Special Education

Continued from page 1

Parent/Community Member: Laura Wasco-Kenrow, Related Service Provider: Lisa Hall, Special Education Teacher: Sarah Behlen.

Throughout the night, families, students, Folsom Cordova Unified School District staff and community members expressed their appreciation for these remarkable individuals who wholeheartedly support students with disabilities. Their unwavering dedication and tireless efforts serve as a beacon of inspiration, enriching the lives of students and fostering an inclusive

educational environment.

The Excellence in Special Education Awards Ceremony honored the achievements of these exceptional individuals and underscored the collective commitment of the Folsom Cordova Unified School District community to ensuring the success and well-being of every student, regardless of their abilities. As we reflect on this memorable occasion, let us continue to champion inclusivity, empathy and excellence in special education, laying the foundation for a brighter and more equitable future for all. ★



Dare to Live Without Limits

by Bryan Golden

Your Words Matter



You are usually conscious of what you say to others. The things you say are based on what you want to achieve. You know from experience that the words you chose have a big impact. When you use the wrong words, the reaction of others is not what you intended.

What you say to yourself is just as important as what you say to others. Yet, too many people are not fully aware of the impact their self-talk has on their own wellbeing. Your words to yourself program your mind.

Your mind follows whatever commands you provide. It doesn't question the directives it receives. It dutifully obeys whatever it is told to do. Your attitude, your actions, the way you feel, your perception, and your outlook, are all impacted by your words.

You talk to yourself constantly. Too often you say negative things. You find fault with yourself. You put yourself down. You diminish your accomplishments. You focus on what you feel you can't do. You tell yourself how many things are impossible. You justify failures with a never-ending string of excuses.

If there are areas of your life you want to improve, you must begin by changing what you tell yourself. Your self-talk changes your thoughts. Nothing in your life changes until your thoughts change.

There are various flawed strategies which people employ instead of striving to say the right words to themselves. For example, waiting for conditions to improve leaves you waiting a long time. Rather than passively waiting for things to change, you have to make things change.

Hoping for circumstances to change is also ineffective. Although there is nothing wrong with hope, it must be combined with action in order to have a positive impact.

Blaming others for your situation puts your fate in someone else's hands. You are responsible for your life. Although you can't control the actions of others, you do control your thoughts, emotions,

and responses.

Doing the same things over and over, while expecting a different result, is one definition of insanity. In order to alter your results, you must change what you are doing. Remember, there is always a cause-and-effect relationship between what you do, and the results you obtain.

Don't justify negative self-talk as being realistic. This is another excuse. While you are figuring out reasons for not succeeding, others are doing exactly what you claim is unrealistic.

You can make self-talk a powerful, positive tool which propels you towards your goals. Here are some steps to guide you through this process. Begin with a constant awareness of the words you use when speaking to yourself. Each negative word must be replaced with a positive one.

You want a zero-tolerance policy for negative self-talk. There is no room for any discouraging words. Each negative word, or phrase, has a corresponding positive one. You must fill your mind with positive instructions.

Use the same approach which works when taking a vacation. Start by selecting a destination. Next, figure out how to get there. The way you accomplish any goal is to start with positive self-talk. You tell yourself all of the reasons you can, should, and will succeed. You tell yourself all of the benefits of reaching your goal. You tell yourself how you will feel once you have arrived at your destination.

Clearly, the words used when speaking to yourself matter. They are the difference between success and failure. They lead to happiness or produce frustration. Since you have total control over which words you use, choose only words which lead to positive outcomes.

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

Social Security Matters Older Husband and Working Wife Seek Guidance



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I am 74 years old, retired and receiving Social Security. My wife will be 65 in January of 2025. Our hope was to start paying off some credit card expense by her receiving SS when she turns 65, however it appears there would be a substantial reduction to her benefits. Her work income is \$37,500 a year, and she wasn't planning on retiring from work at age 65. Because I am 11 years older, we felt it makes sense to use her Social Security as a means to lower our debt. We have \$27,000 in credit card debt, and I don't really want to use my 401(k) funds due to taxes. We pretty much live on my Social Security and pension. **Signed: Seeking Suggestions**

Dear Seeking: Your wife's full retirement age (FRA) for Social Security purposes is age 67. Because she will not yet have reached her FRA in January 2025 (when she is 65), if she claims SS to start at that time, not only will her monthly amount be reduced, but she will be subject to Social Security's annual earnings test. The earnings test sets a limit for how much can be earned by beneficiaries who claim SS before FRA. The earnings limit for 2024

is \$22,320. The limit for next year is not yet published (it's based on changes to the national wage index) but will be a bit higher — likely about \$23,500. Thus, I can't provide the exact impact, but if your wife's 2025 earnings exceed next year's limit, Social Security will take back \$1 in benefits for every \$2 over the limit (half of the amount over the limit). So, if your wife earns \$37,500 per year, that will likely be about \$14,000 over the limit and Social Security will take back half of that (\$7,000). They "take back" by withholding future benefits, or you can repay them in a lump sum. So, you will have a choice — repay Social Security from your other assets, or they will withhold your wife's SS benefits for the number of months needed to offset her penalty for exceeding the earnings limit. The number of months they will withhold depends on how much is owed and what your wife's monthly SS benefit is. For example, if your wife's age-65 SS benefit is about average (\$1,900) and her penalty for exceeding the limit is \$7,000, Social Security would withhold your wife's benefit for 4 months to recover the penalty, but she would receive her full benefit for the remaining 8 months of the year.

Unless your wife tells them in advance that she will exceed the limit, Social Security will find out the following year (after you file your income taxes). But, in any case, your wife cannot avoid the annual earnings test for working before reaching her full retirement age. The earnings test goes away when

your wife reaches her FRA of 67. Until that time, if she continues working she will have a choice to have her benefits withheld for a portion of the year, or simply repay Social Security in a lump sum (in which case her benefits would continue uninterrupted).

FYI, there is a silver lining in this, because if your wife has benefits withheld because she exceeds the earnings limit before her FRA, after she reaches her full retirement age Social Security will give her time credit for the months when benefits were withheld, which will result in her monthly Social Security payment amount increasing somewhat at her full retirement age. Thus, over time, your wife may recover the benefits which were withheld for exceeding the annual earnings limit. But to get 100% of the benefit she's earned from a lifetime of working, and be exempt from Social Security's earnings limit, she would need to wait until she reaches her FRA to claim.

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. ★



And Another Thing Memorial Day

By Bob McGarvey

Memorial Day. I hope that many of you will be able to come to the ceremony on Monday, May 27, 2024. I really appreciate the information in the Grapevine about some of the history of Memorial Day. That holiday has roots backing to the post Civil-War era. The people would place flowers on the graves of fallen soldiers, and it was originally called decoration day.

Something else which many of our citizens of the great generation will remember is D*Day. It will be the 80th anniversary of D*DAY on June 6, 2024. For younger citizens who aren't aware of that historic day, it was when the Normandy landings and the airborne operations of the Allied invasion of Normandy took place. It was called Operation Overlord and let us and our Allies eventually end Adolph Hitler's dominance of Europe.

Here is something I commented about in the past. Could you say Happy Memorial Day? It is difficult for some people to stay happy on that day. Many people I have talked to seem to think that Memorial Day is only for somber thoughts or somber ceremonies. Actually, you can get more than that because that day can be a time in which we are thankful for the life we live today, which was provided by the sacrifices of generations of Veterans.

We can take time to reflect on the men and women who gave all for us. It can

be a way to memorialize this for yourself and your family as you thank the Veterans of the present and think about our American Veterans of the past. I appreciate what I read about Veterans, and I don't know who the author is, but it says, "...and the truth is that all Veterans pay with their lives. Some pay all at once, while others pay very slowly. Their families pay too."

We are very fortunate to have the Rancho Cordova River City Concert Band as part of our city. The musicians of that band are extremely talented and enjoy sharing the music with the audience. I asked some people about the band, and there are quite a few people who aren't aware of it's existence. We have been able to enjoy their music for years on Memorial Day, Veterans Day, and they are heard at many other locations during the year.

We are very fortunate to have Rick Swinford, a Veteran on the US Navy, as our Master of Ceremonies for the Memorial Day program. He was able to work with former Master of Ceremonies Bob Burns until Bob died last year. I really appreciated the work that Bob Burns did for us. He was a Veteran who served during WWII, Korean War, and the Vietnam War. There are fewer and fewer WWII Veterans every day, so thank those Veterans if you have an opportunity and thank other Veterans you may meet.

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

Rosemont Community Park Sport Courts Complete!



Cordova Recreation & Park District board of directors, staff and community members celebrate the completion of the Rosemont Community Park Sport Courts Project. Photo courtesy of CRPD

Continued from page 1

creating a space that will enrich the lives of community members for years to come.

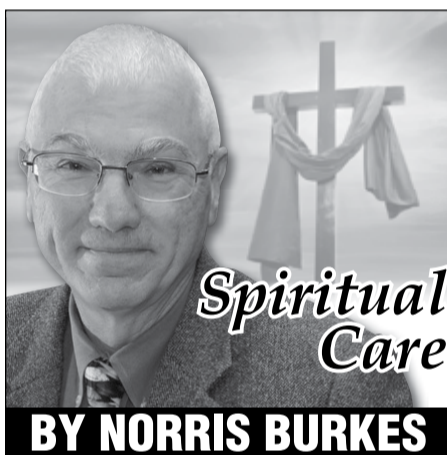
Cordova Recreation & Park District looks forward to the countless memories

and experiences that will be created at the new sport courts!

Enjoy Rosemont Community Park's new sport courts at 9326 Americana Way, Sacramento. For more information, visit cordovarpd.gov. ★

WE SUPPORT FIRST RESPONDERS
MPG
Messenger Publishing Group

But First, Answer Me This



I knew he was referring to 1 Timothy 2:12: "I do not permit a woman to teach or to assume authority over a man; she must be quiet" (NIV).

Since I assumed he knew I invited the guest pastor, his question seemed more challenging than inquisitory, intoned much like the political questions I get.

"You must FIRST believe that abortion is wrong," suggested a Pro-life advocate.

"Isn't God against homosexuality?" was the message left in a weathered tone. "God FIRST made man and then made woman."

"We need to FIRST return prayer to the schools," said one visitor who dared attend without first checking my political pedigree.

"God is on the side of Israel!, Shouldn't we all be calling for the destruction of Hamas?" asked one local pastor.

I know that many books have been written about all of these issues by good Christians on both sides. I know sincere believers can disagree about things.

But I try to discourage those seeking a binary faith of yes-and-no answers by sharing first, the words from The Message in Matthew 22:36-40.

"When asked what was the FIRST and most important of all of God's laws, Jesus said, 'Love the Lord your God with all your passion and prayer and intelligence.' This is the most important, the first on any list.

"But there is a second to set alongside it: 'Love others as well as you love yourself.' These two commands are pegs; everything in God's Law and the Prophets hangs from them."

I know I didn't answer most of my callers as they would have hoped. But perhaps once I've mastered Jesus' list, I'll have better responses to their questions.

Finally, my best call began last week, with "FIRST, I think your new picture makes you look like Jean-Luc Picard."

Of course, as a Trek fan, I knew he was referring to Patrick Stewart, the fictional captain of the USS Enterprise-D in Star Trek: The Next Generation.

I felt a bit affronted as Stewart is totally bald. I'm not - yet.

Should I allow this caller to make the final cut for our church membership? Stay tuned. ★

"First, I'm curious as to what kind of church you are running up there?" asked a caller to my church office.

His was the kind of question I get lately since returning to the pastor role.

Most often, callers are like the young mother of three who told me, "I have three churches I'm considering attending, but first I'm asking the pastors to answer some questions."

She squashed that ordinal number "FIRST," as if drawing a line in the theological sand.

"FIRST, does your church teach tithing?"

I assumed she knew most churches encourage donations, but not wanting to scare her off, I was slow to answer. Was she looking for a discount? Or was she searching for a rich church?

Some people call the church directly and others find me through my local column. Readers usually leave a voicemail, graciously giving me time to formulate an answer.

I played back a message from a man last week wanting to know how he could donate to Chispa Project. I returned the call, excited to tell him about my upcoming trip to Honduras, but he too began with a question.

FIRST, "I want to know if angels are able to speak to us."

His challenging question made me want to ask, "Can I call a friend? Or ask the audience?" Maybe I should have said, "Yes. The angels are telling you to donate to Chispa Project at Chispaproject.org/chaplain."

Another man saw that I had a woman scheduled to preach while I was away.

"FIRST of all, should women really be allowed to preach in church?"

CHURCH DIRECTORY

SUN RIVER CHURCH
11223 Trinity River Drive
Rancho Cordova • (916) 635-9000
9:00 am Sundays: Youth and Adult classes
10:30 am: Worship Gathering
Nursery and Children's programs available at both 9:00 and 10:30 am

NEW LIFE CENTER A-G
2451 Zinfandel Drive
Rancho Cordova • (916) 635-8287
Lead Pastor Lance Feliciano
Sunday Service is 10:30 am
Wednesday Night Bible 6:30 pm
www.newliferc.net

ST. CLEMENT'S EPISCOPAL CHURCH
www.saint-clements.com
2376 Zinfandel Drive (916)-635-5282
Sunday Worship at 10am
Kids' Sunday School During Service
The Episcopal Church Welcomes You!

SUNRISE COMMUNITY CHURCH
RANCHO CORDOVA
Meets Sundays, 12:30 pm at New Life Center
2451 Zinfandel Drive, Rancho Cordova • (916) 710-0142
Senior Pastor Roy Leos
Sunday: 12:30 pm in person and Facebook Live
Wednesday: 7 pm via Zoom
www.rcsunrise.org

FIRST BAPTIST CHURCH
10720 Coloma Road • (916) 635-4672
Morning Worship 10:00 am Sunday - Children's Church & Nursery
Live Stream on www.fbcrancho.org
Bible Study Senior Ladies 8:45 am, Adults & Children 11:30 am
Midweek Bible Study, Prayer, & Encouragement 6:30 - 8:00 pm
Wednesday with Pastor Tom Jones

Place Your Church Services Ad in the Grapevine Independent Church Directory. Call us at 916-773-1111

Grapevine Independent
Serving Rancho Cordova and Sacramento County Since 1968

It is the intent of the *Grapevine Independent* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Grapevine Independent* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Grapevine Independent* are copyrighted. Ownership of all advertising created and/or composed by the *Grapevine Independent* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Grapevine Independent*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$52 per year within Rancho Cordova. \$72 within Sacramento County.

The *Grapevine Independent* is published weekly. Call 916-773-1111 for more information.

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

The *Grapevine Independent* is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

DUDEPRESSURE
DUDE. THAT IS CLEAN!
CALL NOW!!!
Robert Beard 916-825-0999

It's Not Your Typical Fire Service

Continued from page 1

stuck in tunnels, or off high elevated platforms. We have a Type I Hazmat Team. If you bring a cake mix, we can tell you if it's Betty Crocker or Pillsbury. We have our own on-board lab, something we thought we'd never see in the fire service."

House introduced Battalion Chief Scott Perryman: "He's been recognized this year as Innovator of the Year for the unique challenges that we face in today's fire service. We're looking outside the box."

House turned the microphone over to Perryman who presented a Power Point report concerning Mobile Integrated Health or MIH. Perryman described some of the emergency-medical services history. Emergency medicine became official in 1975; before then, there was no recognized emergency physician when going to the hospital for an emergency

20 years, we've seen a 67% increase in 9-1-1 calls over that time and only a 9% increase in population size," Perryman said. "So the supply and demand is just not meeting up."

House has been in public service for 36 years, including four years plus in the United States Army. In his fire department service, most of it with Metro Fire, House ascended the ranks from firefighter to captain, battalion chief and assistant chief. House was instrumental in establishing the Metro Fire Special Operations Division Type 1 Hazardous Materials Program and was the initial program manager.

Rancho Cordova Police Chief



Matthew Tamayo, who attended the luncheon, said that the Police and Fire departments are obviously public safety partners first and foremost.

"We work together many times a day," Tamayo said. "There have probably been 10 calls today where we've been somewhere together. So it's a great partnership, invaluable partnership I would say." House concluded his remarks at Rancho Cordova City Hall saying, "I think that everybody would recognize this isn't a typical fire service . . . We're all looking at how we can always be better, strive to be better." Early in his career, House met Colin

Powell who served the U.S. as National Security Advisor, chairman of the Joint Chiefs of Staff and Secretary of State. Powell's message was that to be an effective leader, you have to take two steps.

House quoted Powell as saying: "The first is, you have to show up. What I really mean is, you have to be present. The second was that you have to care and that is shown by taking care of people's needs."

"So I ask today in this room," House said, "when we find ourselves out in our community, is it showing up or being present? I think what I see in Rancho Cordova is, people show up and they are present . . . and looking at the room today, you're here because you care."

Editor's note: Watch for a future story presenting details of the challenges Metro Fire is facing and why the district is considered to be leading the nation in many ways. ★



In Memory Of...

It's time for celebration on **Memorial Day** weekend and that's okay. But do we really know what Memorial Day is all about? We sometimes confuse it with Veteran's Day. Both are significant, but they are different. Memorial Day is specifically dedicated to honoring and remembering



those who died while serving in the U.S. Military. It is a solemn day of remembrance. **Veteran's Day**, on the other hand, celebrates all veterans...both living and deceased...who have served in the armed forces.

Memorial Day is observed on the last day of May each year. It originated during the American Civil War when citizens began decorating the graves of fallen soldiers with flowers. It was officially proclaimed in 1868. Originally, it was known as Decoration Day. **Memorial Day** honors those who made the ultimate sacrifice by giving their lives in service to their country. Traditionally **Memorial Day** is marked by ceremonies, parades, and the decoration of graves with flags and flowers. The civil War ended in the spring of 1865 and claimed more lives than any conflict in U.S. history, and required the establishment of the country's first national cemeteries. By the late 1860s, Americans in various towns and cities had begun holding springtime

tributes to those countless fallen soldiers, decorating their graves with flowers and reciting prayers. It's not clear where exactly this tradition originated and numerous different communities may have independently initiated the memorial gatherings. Some records show

that one of the earliest **Memorial Day** celebrations was begun by a group of formerly enslaved people in Charleston, South Carolina less than a month after the Civil War ended in 1865. On May 5, 1868, General John Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. For decades **Memorial Day** was observed on May 30, but in 1968, Congress passed the Uniform Monday Holiday Act, which established **Memorial Day** as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. It's the same law that declared **Memorial Day** a federal holiday.

Let's all remember what this day stands for in the midst of the fun with a moment of silence which takes place at 3:00 PM local time. I found the following and truly believe what veterans have given us with their sacrifice. ★

- It is THE VETERAN, not the preacher, who has given us freedom of religion.
- It is THE VETERAN, not the reporter, who has given us freedom of the press.
- It is THE VETERAN, not the poet, who has given us freedom of speech.
- It is THE VETERAN, not the campus organizer, who has given us the freedom to assemble.
- It is THE VETERAN, not the lawyer, who has given us the right to a fair trial.
- It is THE VETERAN, not the politician, who has given us the right to vote.
- It is THE VETERAN who salutes the flag.
- It is THE VETERAN who eternally serves under the flag.

MAY THEY REST IN PEACE!

66th Sacramento Suburban Kiwanis

ART FIESTA®

www.KiwanisArtFiesta.org

Featuring art from more than 70 artisans: paintings, pottery, glass, photography, jewelry, and more.

All Artisan Spots Filled!

Free Admission

Free Parking

Catered Food Available Onsite

Sacramento Suburban Kiwanis

SCOTTISH RITE MASONIC CENTER

6151 H ST., SACRAMENTO, CA 95819

Saturday, June 1, 10:00 am - 4:00 pm

Sunday, June 2, 10:00 am - 3:00 pm

BUY TICKETS NOW!

JULY 13 & 14, 2024

CaliforniaCapitalAirshow.com

CALL A PRO BUSINESS DIRECTORY

SLS
Superior Landscape Services
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
 Lic#794551

(916) 728-5812 • Cell (916) 761-0999
 Dave Cochran Owner • dave_SLS@surewest.net

A-1 AFFORDABLE ROOFING SERVICES, INC

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

John Fleenor, Contractor
 1741 L Street, Rio Linda, CA 95673

Cell: **(916) 206-1613**
 Contractor Lic. #1064966

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning,
 Tree Removal & Stump Grinding

Free Estimates
 Competitive Prices
 Licensed and Insured

(916) 224-9750

Tractor Rich

Mowing, Tilling,
 General Dirt Work,
 Etc.



Licensed and Insured
916-502-7928

Patch Masters Drywall
 Acoustic Removal & Drywall Textures

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation
- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited

Mike Church
 Owner
 CA Lic# 1004984
 Bonded & Insured

(916) 847-7783
 PatchMastersDrywall@yahoo.com
 www.DrywallPatchMasters.com

Rio Linda Eye Care

Laser Surgery • Eye Glasses • Contact Lenses
 • Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444

Saturday Appointments Available
 6716 RIO LINDA BLVD., SUITE B, RIO LINDA

THE MASON MAN
 LICENSE # 810329

VISUALIZE & CUSTOMIZE MASONRY / FENCING / CONCRETE

CALL FRED FRANKLIN - THE MASON MAN

916.826.9796
 VCMASONRY@ICLOUD.COM

Just Send It Postal

justsendit11@yahoo.com
 Phone: (916) 723-8855 • Fax: (916) 723-0208
 Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED

7250 Auburn Blvd. #C Citrus Heights, CA 95610
 www.justsenditpostal.com

NOTARY * PRINTING * SHREDDING

All American Pro Construction
 Family-owned & operated.

We offer Veterans & Senior Discounts
 Great Craftsmanship & Customer Service

Specializing in Kitchen & Bath
 Remodels, plus Much More

BIG or SMALL, We Do It All. Give Us a Call.
916-504-0188

CSLB# 1089369, Licensed, Bonded & Insured

Mr. Handyman
 Home Improvement Professionals

Professional • Safe • Reliable • Fully Insured
(916) 487-8655
 www.mrhandyman.com/arden-arcade

SENIOR DISCOUNTS!

SMOOT LANDSCAPING LANDSCAPES & DESIGN

DESIGN - RENOVATION - WATER FEATURE
 STONE & CONCRETE - OUTDOOR LIGHTING
 IRRIGATION SYSTEM

916-454-1300
 www.SmootLandscaping.com

Lic#633224; Serving Sacramento since 1982
 Recognized in the Sacramento Bee,
 Street of Dreams & Garden Tours of East Sacramento

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

Local Classifieds Advertise in your local community newspaper Call 916-773-1111

Announcement

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

Computer Service

Zinsky's
 PC Configurations
 "Don't replace it - REPAIR IT!"
 Custom Desktop Computer Configurations
 • PC Repair • Home Wireless Networking
 • Installations • Virus & Spyware Eradication

Alan Zinsky
 Phone: 916-622-2269
 Zconfig@abcglobal.net
 Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
 www.zinskyspcrepair.com

For Sale

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primed. First \$2,500 drives it away. 530-742-9144 leave message. (TFN)

Insurance/Health

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844203-2677 www.dental50plus.com/calnews #6258 (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE



Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation, Est 1987 American Construction & Property Maintenance Company

WE ACCEPT VISA & MASTER CARD
(916)612-0776
 Lic#690968

RETIRED COUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY
 Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING
 Principal **(818) 248-0000** Broker
 WWW.VIPLoan.com *Sufficient equity required - no consumer loans

Real Estate License #91041073 CA Department of Real Estate, NMLS #339217
 Private Party loans generally have higher interest rates, points & fees than conventional discount loans

Auctions

California Commercial Agriculture Auction! 19.5 Acres, 222,000sf Nursery Facility, buy650buenavistadrive.com
Blackwell Auction & Realty Visit website for terms and conditions 10% Buyer's Premium Bond #108038589 (Cal-SCAN)

Cellular Plans

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-844-908-0605 (Cal-SCAN)

Hall Rentals

VFW Post 6158



8990 Kruithof Way,
 Fair Oaks, CA

916-966-1663
 vfw6158.org/rent-our-hall/
 Call or come by

Internet

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Direct and get your first free months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-888-641-5762 (Cal-SCAN)

Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving ALL installation costs. (Additional terms apply. Subject to change and vary by dealer. Offer ends 6/30/24 Call 1-833-985-4766 (Cal-SCAN)

Music Lessons

Guitar Lessons
 Beginner to Advanced . \$20/half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/31/2024)

Tree Service

BP TREE SERVICES LLC.



TREE & STUMP REMOVAL
 TREE TRIMMING/ SHAPING
 FREE ESTIMATE
 10% OFF WITH THIS AD
 Insured. Workman's comp. Arborist
916-722-6321
 BPTreeServices.com
 VISA / MASTER CARD
 California Contractors Lic #1036031

Autos Wanted

DONATE YOUR VEHICLE to fund the SEARCH FOR MISSING CHILDREN. FAST FREE PICKUP. 24 hour response. Running or not. Maximum Tax Deduction and No Emission Test Required! Call 24/7: 1-877-434-6852 (Cal-SCAN)

Elder Care

Hardworking, tender-hearted, Christian woman available for full-time Elder Care. References. Maria 916-283-1427 (5/24/24)

Health/Wellness

JOIN FOR FREE - NO KITS OR QUOTES & FREE WEBSITE. CFTO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.mycfto.com (TFN)

Help Wanted

Kp International MARKET

Many Positions are Available. Please no phone calls. Apply in person.
 10971 Olson Dr.
 Rancho Cordova,
 CA 95670

Miscellaneous

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Roofing

BERNARDINO ROOFING
 Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!

FREE ESTIMATES
 SENIOR DISCOUNTS
 Lic.#817945 43 Years Experience
916.920.0100
 www.bernardinoroofing.com

We Support Our Military

Financial

Struggling with debt? If you have over \$10,000 in debt we help you be debt free in as little as 24-48 months. Pay nothing to enroll. Call Now: 1-877-435-4860 (Cal-SCAN)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 866-675-2404 (Cal-SCAN)

Visit: mpg8.com

Landscaping

YARD SERVICE
 ONE-TIME CLEANUP
 Mow, Weed, Prune & Haul
 NEED: Landscaping bark?
 Gutters cleaned?
 Light fence work?
 CALL 916/205-9310
 or 916/627-9000/

The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com

Advertise in your local community newspaper
 Call (916) 773-1111

FOLLOW US for Local News and much more!

Rancho Cordova Grapevine Independent

Facebook: @RCGIMPG8

Be a part of something important

Local Writers Wanted

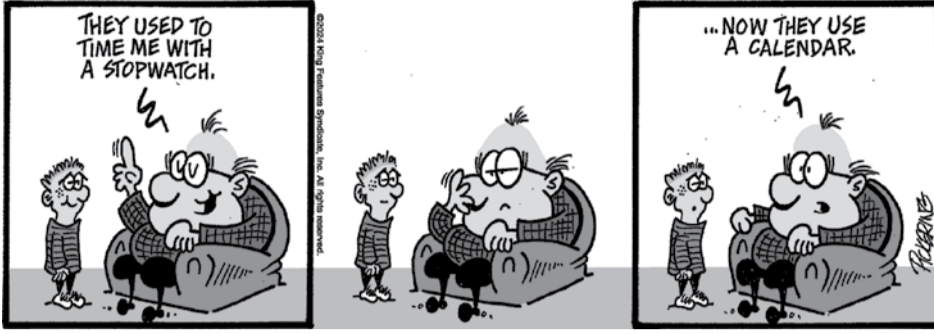
We are looking for local Freelance Writers to provide great coverage.

MPG Call us today at 916-773-1111

COMICS & PUZZLES

The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



TIGER

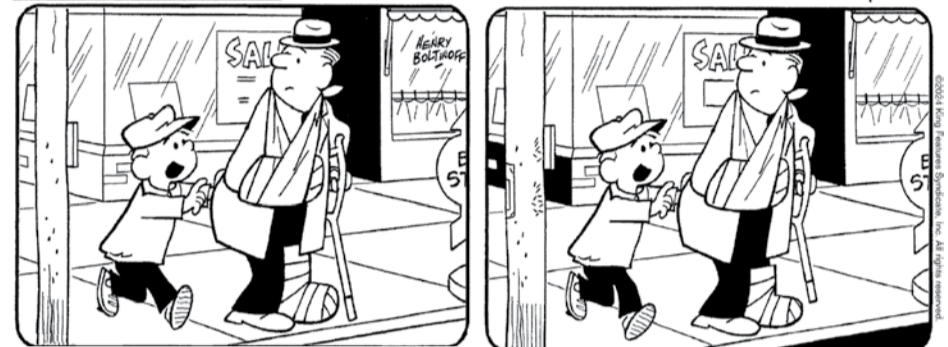
by Bud Blake



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Crutch is shorter; 2. Leg in window is different; 3. Pole is thicker; 4. Hat is larger; 5. Sign in window is different; 6. Pole is smaller; 7. Crutch is shorter; 8. Leg in window is different; 9. Pole is thicker.

GRIN TO BEAR IT

Just Like Cats & Dogs

by Dave T. Phipps



A	B	Y	S	S	B	A	G			M	A	R	T			
B	O	O	T	H		O	B	I		P	I	K	E	R		
E	A	G	R	E		H	A	S		U	N	I	T	E		
T	R	A	I	L	E	R				M	A	T	I	N	E	E
		P	V	C		G	O	G	O							
U	P	S		E	A	S	Y			O	F	F	I	C	E	
S	L	A	W		S	H	M	O		F	E	L	O	N		
H	U	S	H		H	O	N	K	S		T	E	N	D		
E	T	H	O	S		W	A	R	E		A	U	T	O		
R	O	A	D	I	E		S	A	W	S		S	O	W		
					M	A	S	T		E	M	U				
P	O	P	C	O	R	N				D	R	I	V	E	I	N
O	N	I	O	N		A	P	E		T	E	L	C	O		
L	U	M	P	Y		I	L	L		E	A	S	E	D		
L	S	A	T			L	Y	E		S	L	E	D	S		

STATEPOINT CROSSWORD • AT THE THEATER

- CLUES**
- ACROSS
 1. Bottomless pit
 6. Paper or plastic one
 9. Mercantile establishment
 13. *Ticket agent's cubicle
 14. Kimono sash
 15. Cautious gambler
 16. Tidal bore
 17. ____-been
 18. Get together
 19. *Movie preview
 21. *Daytime attraction
 23. Rubber substitute
 24. 1960s ____ boots
 25. Good times
 28. No problem
 30. *Box ____
 35. Deli side
 37. Jerk, in Yiddish
 39. Cell dweller
 40. *Common theater admonition
 41. Blows a horn
 43. Be inclined
 44. Community spirit
 46. Stuff for sale, sing.
 47. Not manual
 48. *Traveling entertainer's helper
 50. Cutting tools
 52. "Reap what you ____"
 53. Sail holder
 55. Ostrich-like bird
 57. *Snack in a tub
 61. *Blast from the past venue
 65. Bulb in produce aisle
 66. Zoo's Primate House inhabitant
 68. Telephone company portmanteau
 69. Like an uncomfortable mattress
 70. Not in good health
 71. Alleviated
 72. Law school prerequisite, acr.
 73. Sodium hydroxide
 74. Musher's ride, pl.
- DOWN
 1. Drive a getaway car, e.g.
 2. Wild swine
 3. Vinyasa workout
 4. Landing road
 5. Put on hold
 6. Physicist Niels
 7. Lawyers' grp.
 8. Contraction
 9. Adjective for #9 Across
 10. Blood-related
 11. Network of nerves
 12. Standing pose in #3 Down
 15. Postpone (2 words)
 20. E-wallet content
 22. Don McLean: "A long, long time ____"
 24. Simone Biles, e.g.
 25. *Theater guide
 26. Mickey Mouse's pet
 27. Alexander, for short
 29. *Opera or movie
 31. Sheep's milk cheese
 32. Intestinal obstruction
 33. What contortion and contour have in common
 34. Furnish with a fund
 36. Who would
 38. Creole cuisine staple
 42. Waste conduit
 45. Bribery, to a church official
 49. ENT's first concern?
 51. Afflicts with a blow
54. Symbol of slowness
 56. Relating to uvea
 57. Gallus's inquiry
 58. Burden
 59. Type of cotton
 60. Native Egyptian, in Roman times
 61. Expunge
 62. *At concession stand: "Anything ____?"
 63. Not hot, at a coffee shop
 64. Nonverbal OKs
 67. Layer

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19						20			21	22			
				23				24					
25	26	27		28		29			30	31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48				49		50			51		52		
				53		54			55		56		
57	58	59	60					61			62	63	64
65						66	67			68			
69						70				71			
72						73				74			

Classified Advertising

Sell Your Stuff!
Reach 1000's of Readers Every Week!

916.773.1111

3	5	2	6	7	8	4	9	1
1	6	8	4	9	2	3	7	5
4	9	7	1	3	5	2	6	8
6	8	4	2	5	7	1	3	9
5	1	3	9	4	6	8	2	7
2	7	9	3	8	1	5	4	6
8	3	6	7	1	4	9	5	2
7	4	1	5	2	9	6	8	3
9	2	5	8	6	3	7	1	4

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising

916-773-1111

All Legal Ads Published by Messinger Publishing

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

SUDOKU

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB 1-855-576-5653

		2	6					1
				9			3	7
	9	7	1					8
				7				
5	3				8			7
		3						
8					4	9	5	
	4	1		2				
9					3	7		

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

Alice Astafan Shares Her Story

Retired Major General Highlights Achievements (and Challenges) in New Memoir

By Annie Kerr

SACRAMENTO, CA (MPG) - Being the first female two-star general in the Air Force Reserves is only one of 85-year-old trailblazer Alice Astafan's many accomplishments. She was also a CEO, worked at the Pentagon, was personally appointed by former Gov. Arnold Schwarzenegger and is now a published author.

But that's merely scratching the surface. Astafan's memoir, "Lady Leader Leaves Lasting Legacy," takes the reader through a detailed journey of her extraordinary life, leaving inspiration and courage along the way.

Messenger Publishing Group had a recent conversation with Astafan at her Carmichael home. Tucked away in a peaceful neighborhood, the Astafan house is warm and inviting. Astafan is quick-witted, energetic and wildly interesting.



Astafan stands as one woman general, among the many male generals. Photo courtesy of Alice Astafan

would become very successful. Little did she know that she would go on to make history as the first female two-star general in the Air Force Reserves. To clarify, a two-

near and far, eventually landing at Tinker Air Force Base in Oklahoma City in 1965, where she met her future husband, Peter Astafan, a civilian employee. The pair mar-

ried in a small ceremony in 1968. "He was perfect," Astafan said. "He didn't have a jealous bone in his body."

hard-fought battle in 1994 at age 20, which turned Astafan's world upside down.

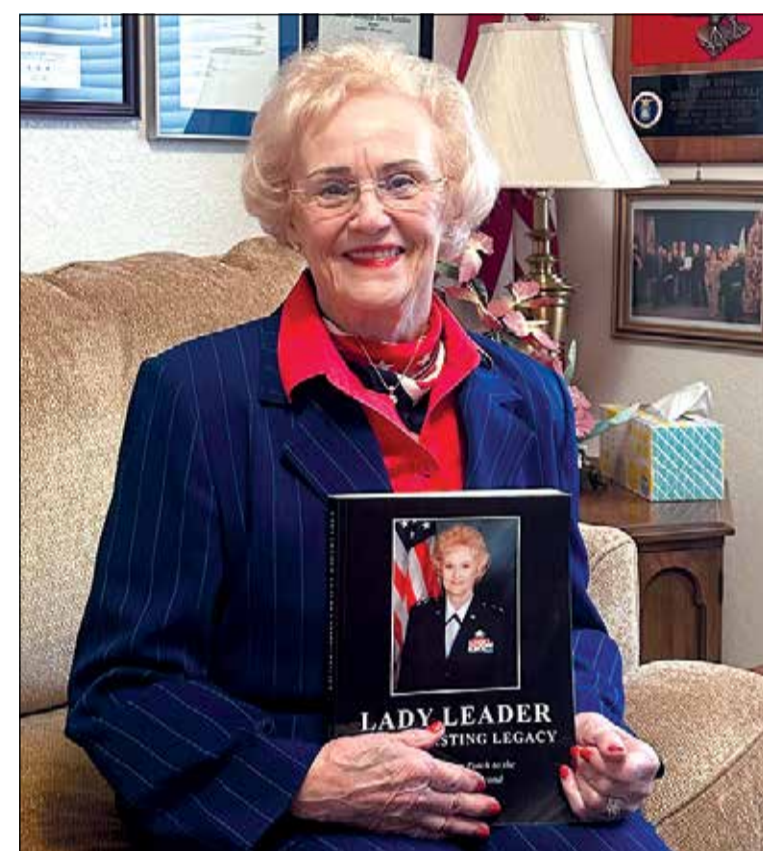
"He was a jewel, he really was," Astafan said. Patrick's legacy has



Lady Leader Leaves Lasting Legacy, By Alice Astafan

childhood education and international affairs from California State University at Sacramento.

Astafan hopes her passion for this country will inspire American youth to serve their country, chase their dreams and believe in themselves.



Donned in her red, white, and blue, Alice Astafan poses proudly with her book in her office. Photo by Annie Kerr

"Why do newspaper people care so much about my age?" she laughed when asked.

A longtime Carmichael resident, Astafan hails from a farm in rural Alabama, which is obvious when her honey-sweet Southern accent comes out. Born Nora Alice Davidson, she spent her childhood among eight other siblings (seven also served in the military), helping with farmwork and living off the land.

Dreaming of a bigger life, she later put herself through the University of Alabama by working various jobs on campus. There she studied biology and chemistry. "Roll Tide!" she said at one point of the newspaper interview, alluding to the Alabama slang.

Astafan was first inspired to serve her country when she attended a movie theater at age 19. She saw a cutout of a woman dressed in an Air Force uniform, advertising women's enrollment in Officer Training School. This piqued her interest, so she joined the Air Force in 1960, where she

star general is nominated by the president and confirmed by the Senate.

Being one of the only women among thousands of men in the Air Force, it would be safe to assume there was some disadvantage due to the time period. However, Astafan was sure to point out, she didn't face much sexism or prejudice in the military, and if anything, the men she worked with were protective and supportive of her. Astafan reminisced that they recognized her work ethic and loyalty and gave her the promotions she deserved.

"Throughout my career, I had 42 male supervisors and they all treated me with great respect," she said.

Astafan's military career lasted 38 years, taking her throughout the world. Her duties included developing and finalizing logistics plans, inventorying war readiness material, coordinating and planning support for aircraft and hundreds of personnel, and much more.

From Thailand to Austria to England to Africa, she traveled



Alice Astafan is accompanied by her son, Patrick, and husband, Peter, as she is pinned with her first star. Photo courtesy of Alice Astafan

ried in a small ceremony in 1968.

"He was perfect," Astafan said. "He didn't have a jealous bone in his body."

When Peter was assigned to Fort McClellan in 1973, he and Astafan moved to Carmichael. Shortly after their move, the Astafans welcomed a baby boy named Patrick. To juggle motherhood and her booming career, Astafan stepped down from her 13-year stint of active duty and joined the Air Force Reserves. This gave her more ability to care for Patrick and still do the job she loved. Impressing all her supervisors, it was only a few years later in 1988 when she was named a general and received her first star.

What made Astafan so successful? She said it was all about following the Air Force mission, being a team player and working to the best of her ability. Her grit and determination were recognized and she proved herself capable every single time she was promoted.

While continuing her successful career, the unimaginable happened when Patrick was diagnosed with leukemia in 1992. While Patrick was fighting leukemia, Astafan somehow kept rising up the military ladder, traveling and working in logistics at the Pentagon, officially receiving her second star in 1993, while also supporting her son.

Unfortunately, Patrick lost his

since been honored with a scholarship fund in his name at both Oklahoma Christian University and California State University, Sacramento (CSUS), which has helped fund nearly 200 students' education.

Then in 2021, Peter died from retrograde amnesia, which was another unimaginable loss.

"We had been married for 53 years, four months, and nine days. My life will never be the same," Astafan wrote in her memoir.

When asked how she kept going after losing both her husband and son, Astafan points to sky, referring to God. She honors both Patrick and Peter in her memoir's Chapter 15, "My Soulmate and My Angel - Love is the Greatest Blessing of All."

After retiring from the Air Force in 1998, Astafan immediately dove into a new role as the CEO of the Federal Technology Center, which works with state, federal, and local government contracts. She stayed in that role for 10 years. In addition, she was appointed by former Gov. Schwarzenegger to serve as the chairperson on the California Veterans Board. She served on 20 boards of directors with no compensation, and wrote and gave 100 speeches across the country, was the grand marshal of the Sacramento and Elk Grove Veteran's Day parades, and even got her master's in both early

"Quite frankly, the country needs women to serve," Astafan said. "We need good honest people to serve our nation so our way of life can forever be safe and in place. Why do so many people want to come to America? Think about it."

She provides words of wisdom to young people: "You do not have to be born with a silver spoon in your mouth. You can dream big, set goals, work honestly and diligently, and become most anything in America. Also, it is not what happens to you along the way, it is how you handle those things. Life is short; it is like a drop of dew on a blade of grass; in the morning it is there but it is soon over. Make your time on this Earth count for something!"

There is so much more to her story. Astafan has lived what can only be described as a remarkable life and has changed the lives of others, as well. Devoted to every role she has had, whether picking cotton on her childhood farm, being a wife and mother, a mentor, a CEO or a two-star general, Astafan has lived a life full of hard work, selflessness, patriotism and integrity.

Leaving no stone unturned, Astafan's book is filled to the brim with her past speeches, every article written about her and a vast array of photos. It is now available to purchase on her website (aliceastafan.com) or on Amazon. ★

Honoring General Bud Anderson

Aerospace Museum of California News Release

MCCLELLAN, CA (MPG) - On May 17 at 5:29 p.m., World War II Triple Ace Brigadier General Clarence E "Bud" Anderson passed away in his home peacefully in his sleep, surrounded by his family. He was 102.

Brigadier General Anderson, a true American hero, achieved more than 16 victories in aerial combat during World War II while flying his P-51 Mustang, Old Crow. Throughout his distinguished military career, Anderson flew three different models of the P-51 Mustang, all proudly bearing the name and paint scheme of "Old Crow."

The Aerospace Museum of California "extends heartfelt condolences for the passing of this remarkable U.S. Air Force pilot. His bravery and dedication to our



A young Bud Anderson is happy to serve his country. Photo courtesy of the Aerospace Museum of California

country's freedom will forever be honored and remembered at the Aerospace Museum of California.

Our world is a better place because of him and the incredible legacy that he leaves behind. Always a kind gentleman and a true friend of the museum, Bud graciously signed autographs, answered any questions, and offered a firm handshake



Bud Anderson stands in front of his beloved Old Crow plane. Photo courtesy of the Aerospace Museum of California

accompanied by his warm Anderson smile. He generously shared his incredible stories and personal artifacts with the public and his contributions have enriched our understanding of history and inspired countless individuals.

A hero, legend, fighter ace, role model, and American icon,

may he forever fly in blue skies. General Bud, you will always be remembered."

Learn all about his legacy and more at <https://toflyandfight.com/>.

Honor General Bud with a donation to the Brigadier General Bud Anderson STEM Education Fund. Triple Ace General Bud Anderson

has made many incredible contributions to aviation, and he will continue to inspire future generations to explore STEM careers. His love and passion for education are at the heart of the museum's mission to "honor the past and inspire the future through STEM education." ★



Business Environmental Resource Center
2024 SUSTAINABLE BUSINESS AWARDS
NOMINATE TODAY!

NOMINATION DEADLINE: JUNE 30, 2024

The Business Environmental Resource Center is seeking nominations for businesses that exemplify environmental stewardship and eco-friendly business practices in Sacramento County.



Scan the QR code to nominate today!

For more information about the Sustainable Business Program, visit www.sacberc.org.

The Sustainable Business Program is presented in partnership with:



Rosie's Country Kitchen

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 5/31/2024

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 5/31/2024

\$6.99
Ham & Eggs Special Mon-Fri All Day!

Served with 2 eggs, potatoes and toast

Try a Refreshing Mimosa!

Now Serving Adult Beverages

916-361-1647

rosiescountrykitchen.net

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



Protect and Heal your whole family with Affordable Chiropractic Memberships

All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!



- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica
- Improves mobility, maintains flexibility
- Family owned and operated
- 20+ years experience serving the community

AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362

americanriverchiropractic.com

CALL or TEXT today!

KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive, Rancho Cordova, CA 95670
 916.853.8000
 Market - 7 Days: 6am - 9pm
 Food Court - 7 Days: 11am - 7:30pm
 Korean/Mex/Viet: 7:30pm last call
 Chinese/Japanese: 7:00pm last call

NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE

10971 OLSON DR. RANCHO CORDOVA, CA 95670



FRESH PRODUCE

Tomato Cherub 10 oz \$3.79	Tomato Vine \$1.39/lb	Aloe Vera 99¢/lb	Black Berry 6 oz \$1.99
Grapefruit 3 lbs \$2.79	Tomatillo Milpero 1lb \$2.29	Red Cherry \$1.79/lb	Orange Navel 10 lbs \$4.99

AMERICAN/HISPANIC GROCERY

Vegetable Juice Original 64 oz \$2.99	Mixco Coconut Juice 10.5 Ltr 59¢/ea	Post O's Cereal 11 oz \$3.99	Gen. Dried Cranberries 10 oz \$1.99	Charmin Super Mega Bath Tissues 6 rolls \$14.99
---------------------------------------	-------------------------------------	------------------------------	-------------------------------------	-------------------------------------------------

ASIAN GROCERY

Lee Kum Kee Vietnamese Soy Sauce 16.9 oz \$2.99	Magnolia Cheezee 15.52 oz \$4.99	ABC Jelly Straws 31.7 oz \$7.99	ABC Jelly Straws 31.7 oz \$9.99	Dragonfly Beef Flavor Broth Mix 35.2 oz \$9.99	FOCO Roasted Coconut Water 1 liter \$2.99
-------------------------------------------------	----------------------------------	---------------------------------	---------------------------------	------------------------------------------------	-------------------------------------------

EUROPEAN GROCERY

Goodwill Alay Buckwheat 3 kg \$12.99	Goodwill Alay Semolina 700 gr \$2.49	Ulker Tea Biscuit 400 gr \$2.19	Monte Pollino Wafers 5 kinds 275 gr \$2.99	Royal Chef Vermorel #1 Choice 1 lb \$1.49
--------------------------------------	--------------------------------------	---------------------------------	--------------------------------------------	-------------------------------------------

KOREAN/JAPANESE GROCERY

CJ Chonba Light Rice 15 lbs \$9.99	Korean BBQ Sauce 4 kinds 8-40 \$3.99	Tea Herb Sausages 30 pk 3000 ml \$4.99	Dried Brigsien 5 oz \$6.99	Asaj Seasoned 2.1 oz \$3.99	O'Food Luncheon Meat 340 \$2.99
All Purpose Flour 2.5 kg \$3.99	Korean Pancake Frying Mix 1 kg \$2.49	Dor. Andor Red Ginseng Premium 60 x 50 ml \$5.99	Shin Noodles Spicy 4 x 120 g \$4.99	Niaba Katsushahi 100 g \$8.99	Ball-Doj Tonkatsu Sauce 500 ml \$3.99

HOUSEWARES

BIGEN SPEEDY HAIR COLOR \$5.99	ELECTRIC BBQ GRILL \$39.99	ELECTRIC RICE COOKER \$49.99	ELECTRIC RICE COOKER \$54.99	ELECTRIC RICE COOKER \$59.99
--------------------------------	----------------------------	------------------------------	------------------------------	------------------------------

FROZEN & FISH DEPT

Sanuki Udon 5 x 8.8 oz REG. \$6.99/ea \$3.99/ea	Frozen Breaded Oyster 250 g 8.81 oz REG. \$7.99/ea \$4.99/ea
--------------------------------------------------------	---------------------------------------------------------------------

WEEKLY MEAT SPECIALS

Beef London Broil/Top Round Roast \$4.99	Beef T-Bone Steak \$5.99	Beef Porterhouse Steak \$6.49
Chicken Leg Quarters 89¢/lb	Pork St. Louis Ribs - Single Pack \$3.99	Pork Tenderloin \$3.99

FROZEN & FISH DEPT

Masago Capellin Roe 500 g REG. \$24.99/ea \$12.99/ea

EUROPEAN DELI

Columbus Beef Pastrami \$12.09	Cerrignola Olives \$6.69
Belmont German Ham \$5.49	Olive Medley \$4.99

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 22 - MAY 28, 2024.