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# Grapevine Independent

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## Cordova High Celebrates Commencement



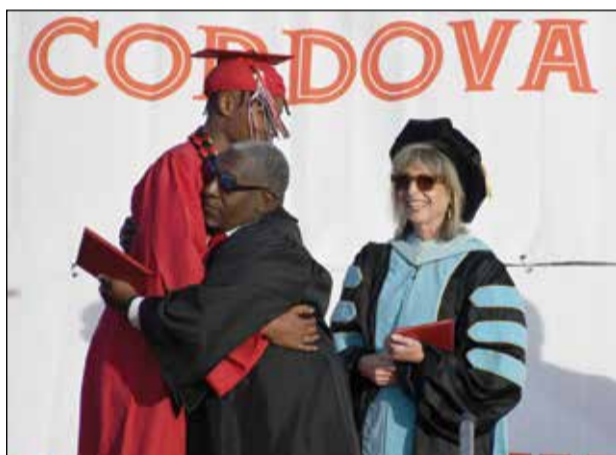
A group of graduating seniors pose for a photo before leaving Cordova High for the last time.

Story by Cordova High School Principal Amy Strawn, photos by Rick Sloan

**RANCHO CORDOVA, CA (MPG)** - In October of last year, Cordova High School welcomed alumni from throughout the country to celebrate the 60th Homecoming.

The school spirit was electric and that enthusiasm was once again present on May 24 at the commencement ceremony for the Class of 2024.

Three-hundred-and-



Folsom Cordova Board of Education Trustee Chris Clark gives Michael Brown a hug before giving him his diploma.

seventy-three students and proudly received their diplomas.

The event, which took place in Lancer Stadium, was a memorable occasion for students, families and staff alike.

The ceremony featured several district dignitaries, including Jennifer Laret, vice president, Folsom Cordova Board of Education; David Reid, clerk, Folsom Cordova Board of Education; Chris Clark, Folsom Cordova Board of Education; Folsom Cordova Unified School District Superintendent Dr. Sarah

Continued on page 2

## SMUD's Shine Program Accepting Applications

SMUD News Release

**SACRAMENTO REGION, CA (MPG)** - The SMUD Shine Awards' application period opened for nonprofit organizations June 1 and runs through July 31. The Shine Awards program is designed to improve and revitalize communities in the Sacramento region.

Proposals should focus on projects that support zero carbon workforce development, environmental justice and equity, inclusive economic development and STEM education. Shine projects align with SMUD's Clean Energy Vision, which is to eliminate all carbon emissions from the power supply by 2030.

Shine awards range from \$5,000 to \$100,000 and are very competitive. Any incorporated nonprofit organization within SMUD's service area is eligible to apply. Shine awards are available at three funding levels: Spark (up to \$10,000), Amplifier (up to \$50,000) and Transformer (up to \$100,000). Applications will be accepted through July 31.

While SMUD will consider a broad variety of potential projects, it is primarily interested in proposals that promote the 2030 Clean Energy Vision. That includes utilizing clean energy solutions, advancing zero carbon workforce development and training, promoting energy efficiency, energy conservation and greenhouse gas reduction particularly in diverse and under-resourced communities (environmental justice and equity), supporting inclusive economic development and involving clean energy education related to energy efficiency, renewable energy or related Science, Technology, Engineering and Math (STEM) fields.

SMUD will host multiple technical assistance webinar sessions about Shine and the application process. A registration link and application can be found on [smud.org/Shine](http://smud.org/Shine).

This past year, SMUD awarded more than \$583,000 in Shine funding to 29 local nonprofits. SMUD received a wide range of applications, and the selected projects were able to successfully demonstrate collaboration and the potential for broad community impact.

Each year, SMUD contributes approximately \$3 million in financial support and in-kind services to community-based organizations.

For more information about the SMUD Shine program, including a list of previous winners, visit [smud.org/Shine](http://smud.org/Shine). ★

## Volunteer Now for California Capital Airshow



A group of California Capital Airshow volunteers pose in front of the Capital Club VIP area. Photo courtesy California Capital Airshow

Story by MPG Staff

**SACRAMENTO REGION, CA (MPG)** - California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, invites community members to sign up as airshow volunteers for the 2024 Airshow.

This year's Airshow at Mather Airport on July 13 and 14 features aerial performances by Italian

Jet Team Frece Tricolori and the United States Air Force Thunderbirds Jet Demonstration Team.

More than 1,000 community members make up the corps of volunteers that help bring the California Capital Airshow to life each year. The Airshow is looking for adults, age 18 and older, to volunteer their time on July 13 and July 14.

"Airshow volunteers play a vital role in

supporting California Capital Airshow's mission to inspire the next generation through the wonder of flight," said Darcy Brewer, executive director of the California Capital Airshow. "Their efforts make a huge impact for our nonprofit and they get to build a sense of community while enjoying the behind-the-scenes excitement of producing a truly spectacular event."

Volunteers will be fed

and provided with water throughout the day, in addition to receiving a commemorative "Airshow Crew" T-shirt, the opportunity to make new friends, and the Airshow team's deepest gratitude for supporting this nonprofit event.

Those interested are encouraged to complete volunteer registration at [californiacapitalairshow.com/become-a-volunteer](http://californiacapitalairshow.com/become-a-volunteer). ★

# Cordova High Celebrates Commencement



Three-hundred-and-seventy-three seniors parade into Lancer Stadium to the applause of the large crowd.



Retiring Superintendent Dr. Sarah Koligian waves to the crowd after being introduced.



Senior Class President Francheska Escobar, left, and Associated Student Body President Sierra Adair deliver their heartfelt speech.



Leilani Williams-Carter captivated the audience with a solo performance.



Cordova High Principal Amy Strawn gives the opening remarks.



Valedictorian Shanya Sobhi inspires her peers with her story.



Seniors sit patiently in the warm sun awaiting their diplomas.



From left, fellow graduates and football teammates Jabari Davis, Solomon Alboro III and Noah Sloan pose one last time for a photo in Lancer Stadium.

*Continued from page 1*  
 Koligian; Dr. Jim Huber, assistant superintendent educational services; Angela Griffin, director, communication and community engagement; and Joye McKetty, director of food services.  
 I gave special recognition to Superintendent Dr. Koligian who is retiring at the end of June, sharing, "Thank you for your 37 years of service in public education and for the last seven here in

Folsom Cordova. Cordova High is a better place because of your leadership and, personally, I am inspired and grateful for your mentorship and example."  
 The ceremony began with junior Emma Smiley reading the recently-adopted land acknowledgment statement by the Folsom Cordova Unified School District. The Air Force JROTC Color Guard presented the colors to the flag followed

by the recitation of the Pledge of Allegiance.  
 Associated Student Body President Sierra Adair and Senior Class President Francheska Escobar delivered a heartfelt speech, reminiscing about their high school journey and the bonds formed along the way.  
 My address emphasized the importance of a growth mindset encouraging graduates to continue learning and growing.

Valedictorian Shanya Sobhi inspired her peers with her story of overcoming challenges as a newcomer to the country and learning a new language. She urged her fellow graduates to be courageous and seek advice when needed, reflecting on her personal growth and academic achievements.  
 The ceremony was also highlighted by an outstanding solo performance from Leilani

Williams-Carter, captivating the audience with her talent.  
 The commencement concluded with the singing of the cherished Alma Mater, followed by a joyous celebration on the field where families gathered to honor the graduates. For those unable to attend in person, the ceremony was live streamed by @AllTownMedia, ensuring that all could partake in the special event. ★

# SAFE Credit Union Announces Scholarship Award Recipients



Aamina Phineas, a scholarship recipient, is currently studying at Los Rios Community College. Photo courtesy of SAFE Credit Union



Daniel Fomichev, one of the scholarship recipients, attends American River College and is a Fair Oaks native. Photo courtesy of SAFE Credit Union



Scholarship recipient Fouzia Khan attends Elk Grove Charter School. Photo courtesy of SAFE Credit Union

## SAFE Credit Union News Release

### SACRAMENTO REGION, CA (MPG)

On May 20, SAFE Credit Union announced this year's scholarship's recipients. SAFE Credit Union's Scholarship Program granted \$4,000 scholarships to graduating high school seniors and community college students who met various eligibility requirements.

SAFE is pleased to congratulate Daniel Fomichev, Fouzia Khan, Aamina Phineas, Jayha Buhs-Jackson and Ronit Prasad for their continued commitment to their studies within the community.

The recipients were selected based on their academic achievement, personal statement and a letter of recommendation and are SAFE Credit Union members with either a checking or savings account.

Scholarship recipients were either a graduating high school senior or a current community college student with 60 or fewer credits with a GPA of 3.0 or above and must

currently attend a high school or community college in one of the 13 counties in SAFE's service area: Sacramento, Placer, El Dorado, Yolo, San Joaquin, Contra Costa, Solano, Yuba, Sutter, Butte, Nevada, Alameda, and Amador.

"We are thrilled to share that we increased our scholarship awards from \$2,000 to \$4,000 so we can make a larger financial impact for our recipients," said Johnna Ali, Community Relations Program Manager, SAFE Credit Union. "SAFE understands that college is a major expense and that's why we expanded our application eligibility from high school students to now include community college students with 60 or fewer credit hours to apply."

The recipients were asked to share how this scholarship will support their academic goals:

"Education plays a crucial role in fostering community engagement and collaboration. As a firefighter with a solid educational foundation,



Fair Oaks' Jayha Buhs-Jackson is a student at Bella Vista High School. Photo courtesy of SAFE Credit Union

I can actively engage with community members to raise awareness about fire safety, emergency preparedness, and risk mitigation strategies. By organizing workshops, training sessions, and outreach programs, I can empower individuals and communities to take proactive steps towards creating a safer environment for everyone," said Daniel Fomichev of Fair Oaks and a student at American River College.

"I aspire to pursue a career in the medical field.

I plan to attend Cosumnes River College for two years and then transfer to a university. After my four years are done and I graduate with a degree, I plan to attend medical school to become a pharmacist or physician assistant. The medical field is something I'm personally very passionate about," said Fouzia Khan of Elk Grove and a student at Elk Grove Charter School.

"My educational goals in entrepreneurship are intrinsically linked to my desire to positively impact



Scholarship recipient Ronit Prasad is a student at Whitney High School in Rocklin. Photo courtesy of SAFE Credit Union

my community. By harnessing the power of entrepreneurship, I aim to create innovative solutions to address societal needs, generate employment opportunities, advocate for social justice, and foster collaboration and empowerment within my community," said Ronit Prasad of Rocklin, and a student at Whitney High School.

"By being a lawyer, I would be able to advocate for individuals affected by mental illness, or as a physician I would treat and

diagnose patients in the psychiatric specialty," said Jayha Buhs-Jackson of Fair Oaks and a student at Bella Vista High School.

"This scholarship not only represents financial assistance but also signifies a profound acknowledgment of the challenges I have faced and overcome, fueling my determination to make a positive impact in both my life and the lives of others," said Aamina Phineas, a student at Los Rios Community College. ★

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## Rancho Cordova Welcomes National League of Cities



David M. Sander, Ph.D.

By Ornella Rossi

### RANCHO CORDOVA, CA (MPG)

This week, the city takes on a new role as host to the 2024 National League of Cities (NCL) summer Board and Leadership a Meeting.

From June 10 to June 13, Rancho Cordova welcomes more than 200 local elected officials from across the United States to share ideas and act for the community's betterment.

The National League of Cities Summer Board Conference isn't just another gathering. It's a crucial platform where mayors, vice-mayors, council members, and city leaders come together to talk about what's important for their communities. Everything from climate change to tech advancements, infrastructure needs and emergency services, will be on the table.

So why Rancho Cordova?

The answer lies in the city's own leadership. Mayor David M. Sander, Ph.D., holds the prestigious title of National League of Cities

president this year. His stewardship, alongside the city's commitment to progress and inclusivity, makes Rancho Cordova the natural choice for this year's gathering.

Preparation is key and Rancho Cordova is ready. Attendees will find themselves greeted with local hospitality, from the comfortable accommodation of Rancho Cordovas hotels to the flavors of its diverse culinary scene.

Two of National League of Cities' six constituency groups, The National League of Cities Local Indigenous Leaders and the Hispanic Elected Local Officials will convene during the event, fostering important discussions of inclusivity and diversity.

Local Indigenous Leaders serves as a platform, facilitating meaningful connections among Indigenous local officials to address issues impacting Indigenous and Tribal communities. The upcoming meeting presents an opportunity for attendees to tackle present day challenges facing these communities. Together, they will discuss strategies for expanding membership, enhancing outreach efforts, and prioritizing key policy objectives for 2024, amplifying awareness, education, and advocacy on matters related to Murdered and Missing Indigenous Persons.

Hispanic Elected Local Officials plays a vital role

in connecting Hispanic and Latino/local officials, promoting the sharing of best practices and advocating for policies that benefit their communities. This year, the group aims to focus on immigration issues at the local level, workforce development and the disproportionate impacts of public safety, the opioid crisis and mental health on Latino communities. The conference offers attendees an opportunity to connect with peers nationwide, including officials and municipal staff.

On June 10, the Hispanic Elected Local Officials and the Local Indigenous Leaders will convene, alongside the State League Steering Committee. June 11 brings additional meetings, including gatherings of Local Indigenous Leaders and the Hispanic Elected Local Officials, along with the Presidential Election Task Force Meeting. June 12 kicks off with the Board of Directors meetings, followed by mobile workshops and committee meetings covering various topics. The day ends with an off-site Joint Event at Soil Born Farms. June 13 wraps up the event with more committee meetings covering topics such as transportation, public safety, finance, human development, information technology, community and economic development, and energy and environment. ★

# Inflation Hits California Families Hardest. It's Shaping Their Views on The Economy



By Dan Walters, CALMatters.org

On paper, the U.S. economy seems to be doing well with historically low unemployment. Yet most Americans have a sour view in recent polls, with stubborn inflation in living costs cited as the reason for that pessimism.

"As the 2024 general election begins in earnest, voters' assessment of the economy and of the candidates' ability to manage it will, as usual, have a strong impact on the outcome of the race," Brookings Institute stated in a recent analysis of economic attitudes. "With little more than seven months until Election Day, the economy remains a key advantage for former President Donald Trump, and a drag on President Biden's reelection prospects."

Biden needn't worry about losing California to Trump, but it has one of the nation's highest rates of inflation, according to Moody's Analytics, worsening its already outlandishly high costs of housing and other living expenses. It's the biggest factor in California having the highest level of functional poverty of any state, 13.2% according to the U.S. Census Bureau, about 50% higher than the national rate.

The Public Policy Institute of California, using similar statistical methodology, has found that a quarter of Californians are either living in poverty or financially close. More recently, the PPIC has explored the impact of inflation, especially on California families which struggle to pay for housing, food and other necessities.

In 2018-19, PPIC reported, "these necessities cost California's low-income households about \$26,000, on average; by 2024, these households would need to spend over \$32,000 on the same goods and services. By comparison, the top income group spent on average \$82,000 on these basics in 2018-19, which would now cost nearly \$100,000 in 2024."

The PPIC has found that "prices have increased unevenly across goods and services - with varying effects across households at different income levels. Food prices are up 27% compared to April 2019, and gasoline is up 29%. While expenditures on these goods and services make up large portions of most household budgets, lower-income households spend almost all of their resources (83%) on food, housing, transportation (including gasoline), and health care."

Obviously those on the lower rungs of the economic ladder have more difficulty adjusting to increases in living costs. It's not hyperbole to say that inflation is a major reason why so many Californians cannot move up that ladder. Meanwhile, efforts to

curb inflation have a compounding effect. The Federal Reserve System maintains high interest rates to cool off the economy and bring down inflation, but those interest rates make home ownership more difficult and affect businesses, which often raise the prices of goods and services to maintain profits.

Inflation also hits the public sector, increasing the costs of providing services and wreaking havoc on state and local government budgets. It's one of the reasons the state budget suffers from a massive deficit and why many cities, counties and school districts are struggling to balance their budgets.

By happenstance, the PPIC issued its report on inflation on the same day that BravoDeal, a website devoted to helping consumers find bargains, released its study of fast food prices, comparing four popular chains state-by-state.

Overall, fast food outlets in Mississippi had the lowest prices while those in Hawaii were the highest, followed by New York, New Jersey and California.

For example, a McDonald's Big Mac costs an average of \$5.11 in California but just \$3.91 in Mississippi.

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. ★



That's a Pretty Good Deal

Dear Dave,

I'm in college full-time right now, and my parents have been generous enough to pay for some of my school expenses. In addition, they let me live at home while I complete my degree. I work some nights and most weekends so I can go to school debt-free, but I'm trying to figure out how to move out on my own and continue working, while remaining a full-time student and attending career-related campus events. The cost of living is high in our area, so I'm having trouble figuring out how to make it all work. Do you have some advice?

- Will

Dear Will

You sound like a very driven and mature young man. Congratulations on everything you've been able to accomplish so far. I'm glad you're working hard in school with

## Dave Ramsey Says

an eye toward the future. First off, out of the three considerations you mentioned — school, work, and cost of living — I think you need to decide which is your number one priority. If I were in your shoes, school would come first.

Now, to go to school without borrowing money, you're going to have to keep working. But finishing school on time, while attending some of the extracurricular events that will move you toward your career, might pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic and graduation goals while staying at home just a little bit longer? That sounds like a winner to me. It's a pretty nice deal your parents are offering, but I can understand your desire to be out on your own, too.

I want you to be out on your own as soon as you can, as well. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to throw your entire school process out of whack. Guess what your number one priority was in that

scenario? Right, moving out. If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then in my mind you've put your focus on the wrong thing.

Your number one goal should be finishing school on time, while attending as many connected events as possible. Meanwhile, keep working enough so that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off, I'd do it!

- Dave

Dave Ramsey is an eight-time No. 1 national best-selling author, personal finance expert and host of *The Ramsey Show*, heard by more than 20 million listeners each week. He has appeared on *Good Morning America*, *CBS Mornings*, *Today Show*, *Fox News*, *CNN*, *Fox Business*, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, *Ramsey Solutions*. ★

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## Dare to Live Without Limits

by Bryan Golden

### The Battle Inside You Part 1



There are two opposing forces within you. One is positive, the other negative. The dominant force is the one that determines the path your life takes. Most people are unaware of this conflict, or worse yet, allow the negative to rule them.

Developing an awareness of your thoughts and emotions is essential to cultivating the positive ones, while allowing the others to wither. Your quality of life is directly related to the outcome of your inner battle.

The negative emotions are anger, envy, jealousy, sorrow, regret, greed, arrogance, superiority, self-pity, guilt, resentment, inferiority, lies, and ego. These repel good and attract negative.

Anger clouds your judgement. It impairs your ability to make rational decisions. To minimize, or hopefully eliminate, feelings of anger, remember you can't control the actions of others, but you can control your reaction.

Whenever you want what someone else has, you experience envy and jealousy. You are not in a contest. It doesn't matter what others have. Devote your efforts to pursuing your own goals.

People who constantly feel sorrow or regret are spending too much time in the past. These feelings emanate from events that are over. In order to move forward, decide where you are going from here. If you remain chained to the past, you will sacrifice your future.

Greed is self-absorption. Greedy people are only concerned about their own needs. They are often willing to act in an unscrupulous manner. Greed repels happiness. To get what you want, help others get what they need.

A person who is arrogant believes they are better than others. The attitude of superiority they radiate repels people. You are not better than anyone, and no one is better than you. Treat each person you encounter with respect and dignity.

Victims feel self-pity. You are not a victim; you are in charge of and in control of your life. If you are not happy with your circumstances, change them.

Don't blame others or expect someone else to solve your problems.

Guilt can be self-imposed or precipitated by others. Guilt can be related to things you have done or connected to a decision you are about to make. If you make the best decision possible, with all the information you have at the time, you have nothing to feel guilty about. You will never be able to please everyone, so don't try.

Resentment serves no purpose. You may not like what has happened, or the manner in which you have been treated. Being resentful won't make you feel any better. You will only feel bitter. Regardless of whatever has happened, keep focused on what you want to do next. If you want positive results, take positive actions.

Thinking you are not good enough produces feelings of inferiority. You feel others are better or more important. This leads you to sell yourself short, often settling for much less than warranted. You are a good person. No one is better than you.

A life based on lies has no foundation and will soon crumble. Don't do anything you are ashamed of. There is never a need to lie about who you are or what you do. If you believe there is, you need to make some changes.

Feeding one's ego turns off other people. Don't brag about what you do or what you have. If your motivation is to impress others, you will never be happy, and ironically, no one will be impressed. It really doesn't matter what other people think.

In the next two columns, I will write about the positive emotions of joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

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

## Social Security Matters

### Ask Rusty - About Social Security's Earnings Test and Cost of Living Adjustments



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** Is there a limit on earnings when you're fully retired? Also, should all retirees receive COLA or is there an exception? **Signed: Retired But Wondering**

**Dear Retired:** Your questions are fairly simple but, nevertheless, often perplexing to those wishing to apply for Social Security, because the SS rules are many (over 2,700 of them) and those about to apply for their benefits may be simply unsure and want to avoid a costly mistake. I'm happy to answer your questions and, hopefully, clarify any uncertainties you have on these topics.

Social Security imposes an earnings limit on anyone who collects Social Security before reaching their full retirement age (FRA). If you haven't yet reached your FRA (somewhere between 66 and 67, depending on the year you were born), and you continue to work, there is a limit to how much you can earn before they take away some of your benefits. So, the answer to your first question is, yes, there is an earnings

limit (\$22,320 for 2024) if you haven't yet reached your full retirement age. If the annual earnings limit is exceeded, Social Security will take away some of your benefits (\$1 for every \$2 you are over the limit, up to the year you attain FRA when the assessment is less). However, if you have already reached your full retirement age the earnings limit no longer applies, and you can earn as much as you like without consequence. And here's a nuance to be aware of: if you work and exceed the earnings limit, and have some benefits withheld as a result, when you reach your FRA, you will get time credit for any months you didn't get benefits, which will result in your monthly amount being a bit higher after your FRA.

Regarding COLA (Cost of Living Adjustment), everyone, without exception, who has earned a Social Security benefit and reached eligibility age (62) receives the annual COLA increase whether they are already collecting their benefits or not. If you're not yet collecting, the COLA is added to your "primary insurance amount" or "PIA," on which your benefit will be based when you claim. If you are already collecting SS, COLA will be added to your gross monthly SS benefit amount. However, since there was a \$9.80 increase in the 2024 Medicare Part B premium, and since the Part

B premium is taken from everyone's SS benefit payment, Social Security recipients enrolled in Medicare Part B will not see the full 3.2% COLA in their net monthly Social Security payment. Everyone will receive the COLA increase, but no one enrolled in Medicare Part B will get the full COLA increase in their net SS payment because some of the COLA increase is used to pay their increased Medicare premium.

Social Security's rules are myriad and often confusing, but no question is too simple to be asked. The AMAC Foundation's Social Security Advisory Service is available, at no charge, to answer all your Social Security questions - [SSAdvisor@amacfoundation.org](mailto:SSAdvisor@amacfoundation.org) via email, or call 1.888.750.2622.

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# And Another Thing

*“... they gave the last full measure of devotion ...”*

By Bob McGarvey

Quite a few things were brought to our minds on Memorial Day as we all think about Veterans and their families. As President Lincoln said “...they gave the last full measure of devotion...” as he talked about the soldiers who died at Gettysburg.

Many people went to the “Tomb of the Unknown Soldier” at the Arlington National Cemetery and felt the warmth in their hearts increase. Many volunteers placed American flags on the graves of those who died protecting their country. We could see a few hundred Rancho Cordovans come and watch the wonderful Memorial Day ceremony in our city. I think the people who performed there did one of the best ceremonies. Thank you all.

When we became a city in 2003, our city manager, Ted Gaebler, brought our new City Council members along with some of our staff to Washington DC to become a member of the National League of Cities (NLC). This year our Mayor, David Sander, who is also the President of the NLC, said that this year the NLC Conference will be in the City of Rancho Cordova. That will be

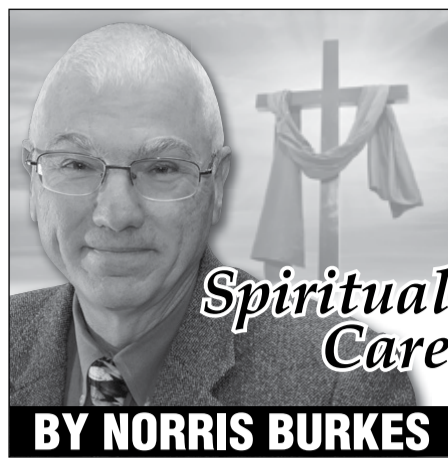
something to see. Congratulations David. That will bring Rancho Cordova’s name and local across our nation.

Like almost everyone who has a website, I get some pretty wild social media. It is hard to understand some of the wild and weird things that some people accept as truth on the social media. The social news is easier to accept when the ‘news’ comes from ABC, CBS, or NBC.. I know there are many people who no longer accept the news from the networks that have been around for a long time. Personally, I find it easier to accept information from the networks.

“Life if what happen when your’s busy making other plans.” John Lennon said that, and it seems to be very true. Many members of our family, kids and parents and grandparents, have all found that to be very true. I know that is true for me on occasion when I’m working on my column. Today I have quite a few things to do, and I am going have to do some other things. Like Babe Ruth said, “Never let the fear of striking out keep you from playing the game.” Look at what Rancho Cordova has been able to do since it began.

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

# “Chaplain Faints Again, Misses Deadline”



BY NORRIS BURKES

I’m still on a Baltic Sea cruise this week with Holland America. It’s been good sailing, but I carry motion sickness medication just in case.

I wonder if that medication would have helped me some years ago when I went to my doctor hoping for a simple steroid shot for the bursitis in my shoulder.

(Stop me if I’ve told you this story before because I think I may have.)

As the nurse smeared the injection site with disinfectant and placed a surgical drape over my shoulder, it was clear that this wasn’t going to be a plain old shot.

To mask my anxiety, I started cracking jokes.

“Will this steroid buff me up and help me play amazing baseball?” I asked.

The doctor seemed unamused as she began reciting the list of things that could possibly go wrong. It was simple things such as nerve damage, infections and twitching.

“Don’t worry,” she said as I eyed the door, “we’ve never had a problem.”

Easy for her to say. She was on the giving end of the 3-inch needle.

“Do you mind if I sing a hymn?” I asked. “No, go right ahead,” she said.

I began to hum, “Shall We Gather at the River?” but her glare suggested that I change that tune.

A few moments later, as she began the deep injection, I had a news flash. To be more precise, a hot flash.

“Simple” quickly became complicated. “I think I’m going to faint,” I said. It felt like severe motion sickness.

“Lie down,” the doctor advised, “and don’t forget to breathe.”

Breathing wasn’t my problem at that moment; it was my hearing that felt impaired. I’ve always heard that hearing

was the last thing to go before you die. Then came a muffled question from the nursing assistant. “Do you feel your heart beating faster?”

“I don’t think so,” I whined as I felt her offering her hand. I’d always heard that in a near-death experience, someone will take your hand and walk you through a tunnel toward the light.

“Your pulse is slowing a bit, but don’t worry,” the doctor reported, “I think you’re having a vagal response.”

“What’s a vagal response?” I asked. I didn’t hear an immediate answer, so I persisted.

“Is that some kind of anaphylactic shock?”

I wanted her to know I knew some medical lingo. Anaphylactic shock is a life-threatening condition where blood pressure becomes too low to sustain life.

I wondered if it might be the kind of thing that often precipitates near-death experiences.

“Lord,” I silently prayed, “if this is going to be a near-death deal, please send me back before my column deadline.”

I was imagining the headline: “Chaplain Reports Existence of God After Near-death Experience.”

It was definitely Pulitzer-Prize stuff; but as I thought about it, I wasn’t sure I was ready for an exclusive with the Holy. So, I nodded to the doctor and pronounced, “We’re done here.”

Nevertheless, I did learn a few things. First, I learned that sometimes the best evidence we have of God’s existence is the warm hand of another. Thankfully, this means that God will always have a pulse, even when I don’t.

Second, I think maybe sometimes we need to allow God to find us through the kindness of others. I was looking for God down that tunnel and, while I didn’t see God, I did see someone who showed compassion.

In other words, God showed up and she was wearing scrubs.

The third thing I learned is the definition of a “vagal response.”

“A vagal response,” my doctor explained as she called me back from the proverbial tunnel of white light, “is pretty much like fainting.”

“We’ll have to try this next week. I’ll get you a prescription for Xanax for your anxiety.”

Wow. I guess searching for faith isn’t for the faint of heart. ★

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

# Field Day a Celebration for Ham Radio Enthusiasts

Friends & Amateur Radio Communications Enthusiasts News Release

**SACRAMENTO COUNTY, CA (MPG)** - Ham radio operators from the Friends & Amateur Radio Communications Enthusiasts in the Sacramento County area will participate in a national amateur radio exercise from 11 a.m. Saturday, June 22 to 12:59 p.m. on Sunday, June 23.

If you are new to Field Day, it is like Ham Radio’s Open House.

Hams set up temporary transmitting stations in public places to showcase the science, skill and service of amateur radio. It is an exciting opportunity to learn, connect and demonstrate the capabilities of this hobby. Use the Field Day Locator at [www.arrl.org/field-day-locator](http://www.arrl.org/field-day-locator) to find a site near you and join the celebration. The Friends & Amateur Radio Communications Enthusiasts group will set up operations in Diamond Springs.

The event is the American Radio Relay League (ARRL) Field Day ([www.arrl.org/field-day](http://www.arrl.org/field-day)), an annual amateur radio activity organized since 1933 by the league. Hams from throughout North America ordinarily participate in Field Day by establishing temporary ham radio stations in public locations to demonstrate their skill and service. Their use of radio signals, which reach beyond borders, bring people together while providing essential communication in the service of communities. Field Day highlights ham radio’s ability to work reliably under any conditions from almost any location and create an independent, wireless

communications network.

from the Sacramento, El Dorado and Placer County area will also use radio stations set up in their homes or take to their backyards and other locations to operate individually or with their families. Many hams have portable radio communication capability that includes alternative energy sources such as generators, solar panels and batteries to power their equipment.

Hams have a long history of serving our communities when storms or other disasters damage critical communication infrastructure, including cell towers. Ham radio functions are completely independent of the internet and phone systems and a station can be set up almost anywhere in minutes. Hams can quickly raise a wire antenna in a tree or on a mast, connect it to a radio and power source, and communicate effectively with others.

During Field Day 2023, more than 40,000 hams participated from thousands of locations throughout North America. Hams range in age from as young as 9 to older than 100.

For more information about American Radio Relay League Field Day and ham radio, contact the California Department of Technology Radio Association (N6CDT) at [soudabeh.najarzadeh@stateofca.gov](mailto:soudabeh.najarzadeh@stateofca.gov) or visit the Amateur Radio Club (KF6NNM) Friends & Amateur Radio Communications Enthusiasts page at [www.kf6nnm.net](http://www.kf6nnm.net).

Introductory information can be found at [www.arrl.org/what-is-ham-radio](http://www.arrl.org/what-is-ham-radio).

A self-study license guide is available from American Radio Relay League: The American Radio Relay League Ham Radio License Manual is online at [www.arrl.org/shop/Ham-Radio-License-Manual](http://www.arrl.org/shop/Ham-Radio-License-Manual). ★

**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.

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# St. Francis Social Studies Department Chair Promoted to Assistant Principal

**St. Francis Catholic High School News Release**

**EAST SACRAMENTO, CA (MPG)** - St. Francis Catholic High School is proud to announce Julie Van Houten as its new assistant principal. Van Houten, who holds a Master of Arts in education, is a member of the executive staff and has been serving as the social studies department chair for the past two years. She will

assume her new role effective July 1. "St. Francis is an amazing school that needs to be celebrated," said Van Houten. "As a current teacher and parent of a St. Francis student, I have a strong understanding of the academic, social and emotional needs of the key stakeholders: students, families and teachers."

"I am excited about the opportunity to continue working and collaborating



**Julie Van Houten is the new St. Francis Catholic High School assistant principal.** Photo by Bill Smith Photography

in an environment where I can contribute to the quality of an all-girls faith-based education," she said. Van Houten started teaching in the Elk Grove Unified School District in 2001 and joined the staff at St. Francis Catholic High School in 2016 as a social studies teacher, including AP U.S. history and AP government and politics. Van Houten is also an Adjunct Professor at Sacramento State University where

she teaches aspiring multiple subject and social science teachers. "We are excited to have Julie take on this position of leadership at St. Francis," said Principal Elias Mendoza. "Her time as a faculty representative on our executive staff, her innovative approach to curriculum and instructional delivery, and her passion for the mission of St. Francis make her the perfect choice." ★

**LEGAL ADVERTISING**  
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*The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 - March 21, 1988*

**NOTICE OF PETITION TO ADMINISTER ESTATE**

of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the

proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows June 20, 2024, at 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the grant-

ing of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section

58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Shaun D. Culbreath, Esq., 1810 Grand Canal Blvd., Suite 6, Stockton, CA 95207; 209-952-4545 Publish: May 24, 31, June 7, 2024 MCCANN 6-7-24

from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Huck Ingram, 110 Bank Street, Grass Valley, CA 95945; 530-432-1996. Publish: May 31, June 7, 14, 2024 HERNANDEZ 6-14-24

han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), en el Centro de Ayuda de las Cortes de California, ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos extensos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso. The name and address of the court is: (El nombre y direccion de la corte es): Superior Court of California, County of Sacramento - Gordon D. Schaber Courthouse, 720 9th Street, Sacramento, CA 95814. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Melissa Robbins Couits, Esq., McCarthy & Holthus, LLP, 2763 Camino del Rio S, Suite 100, San Diego, CA 92108, 619-685-4800. Date: (Fecha) August 29, 2023 Clerk (Secretario) S. Fry, Deputy (Adjunto) Publish: May 17, 24, 31, June 7, 2024 TAB 6-7-24

**NOTICE OF PREPARATION OF A DRAFT ENVIRONMENTAL IMPACT REPORT AND PUBLIC HEARING ON THE MILLS CROSSING PROJECT**

The City of Rancho Cordova has prepared a draft environmental impact report (DEIR) for the Mills Crossing Project in compliance with the California Environmental Quality Act (CEQA) (Public Resources Code Section 21000 et seq.) and the State CEQA Guidelines (14 California Code of Regulations Section 15000 et seq.).

**Description of the Project:** The City of Rancho Cordova is proposing a 9.85-acre mixed-use project (the Mills Crossing Project) located at the corner of Folsom Boulevard and La Loma Drive in the City of Rancho Cordova. The property is zoned Residential Mixed Use (RMU) within the Folsom Blvd Specific Plan (FBSP) designation of the General Plan. The project will include approximately 140,000 square feet of community-commercial buildings, up to 120 housing units including multi-family affordable apartments and zero lot line townhouse-style homes, up to 2.5 acres of public open space, and a parking structure with up to 325 parking stalls. The community-commercial component will include health and wellness, community serving commercial, and arts center with black box theater and flex studios, a community event hall, and retail. Adoption of the project contemplates approval of the following City entitlements: certification of the EIR; amendment of the City of Rancho Cordova General Plan and Specific Plan; zoning amendment; tentative subdivision map; and a Major Design Review approval. Future City entitlement approvals may include, but are not limited to, the following: a Development Agreement.

**Project Location:** The Project is located at 10153-10179 Folsom Blvd (APNs: 076-0020-019, -020, -021, & -022)

**Cortese-Listed Sites:** Section 15087(c)(6) of the CEQA Guidelines requires that this notice disclose whether the project site is listed on the lists enumerated under Government Code Section 65962.5 (Cortese List). As noted in Chapter 3, Project Description, of the DEIR, there is one remedial site on the northwest corner of the project site of a former dry-cleaning site which operated from 1971 to 2003. The site was found to have elevated levels of tetrachloroethylene (PCE) in groundwater. Remediation efforts, including soil vapor extraction and groundwater extraction, were conducted from 2010 to 2017; however, residual PCE in soil vapor still exceeds safe levels. The City plans further remediation, including soil and sewer line excavation in the former dry cleaner area and in-situ soil treatment in the former parking lot area. Chapter 5.6, Hazards, and Hazardous Materials, of the DEIR outlines additional details regarding hazards and hazardous materials at the site.

**Significant Environmental Impacts of the Project:** The DEIR evaluates three land use development alternatives at an equal level of detail. Analysis of environmental impacts associated with the project identified potentially significant or significant impacts in the following issue areas: air quality, biological resources, cultural resources, greenhouse gas emissions, hazards and hazardous materials, tribal cultural resources. Mitigation measures would reduce all potentially significant impacts to a less than significant level.

**Public Review Period:** The DEIR is available for review during a 45-day comment period that begins on June 7, 2024, and ends on July 22, 2024. A public hearing on the DEIR will be held on August 28, 2024, from 5:30-7 pm at the Rancho Cordova City Hall located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670. This public hearing will be open to the public and all interested persons are invited to attend and provide testimony on the DEIR. The hearing will begin with a project overview and summary of the DEIR. Written and verbal comments on the DEIR will be accepted during the meeting. The Planning Commission will preside over the meeting; however, it will not take any action on the DEIR or project. Staff will note general themes of verbal comments made and will address them in the Final EIR. Members of the public are encouraged to submit written comments to ensure that their specific comments are represented in the project record and addressed in the Final EIR.

Copies of the DEIR can be reviewed at the following locations:  
 City of Rancho Cordova Planning Department  
 2729 Prospect Park Drive  
 Rancho Cordova, CA 95670  
 Rancho Cordova Public Library  
 9845 Folsom Boulevard  
 Rancho Cordova, CA 95827

The Draft EIR is also available on the City's website at: [www.cityofranchocordova.org/residents/new-business-and-projects/mills-crossing](http://www.cityofranchocordova.org/residents/new-business-and-projects/mills-crossing)

Written comments on the DEIR must be postmarked no later than July 22, 2024, and should be sent to the following address:  
 Stefan Heisler  
 City of Rancho Cordova  
 Planning Department  
 2729 Prospect Park Drive  
 Rancho Cordova, CA 95670  
 sheisler@cityofranchocordova.org  
 Printed in the Grapevine Independent on June 7, 2024..

**City of Rancho Cordova Notice of Public Meeting**

NOTICE is hereby given that on **Monday, June 17, 2024, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Meeting at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

**AN URGENCY ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA EXTENDING A TEMPORARY MORATORIUM FOR ONE YEAR, ON THE ESTABLISHMENT, EXPANSION, OR MODIFICATION OF USES IN THE VILLAGES OF ZINFANDEL SPECIAL PLANNING AREA DESIGNATED THEREIN AS M-1 AND MP (OFFICE INDUSTRIAL PARK) ZONES, EXCEPT THOSE ACCESSORY USES PERMITTED BY ORDINANCE NO. 13-2023 AND INDOOR AUTO STORAGE AND OFFICE USES**

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.  
**Questions regarding this matter should be directed to the City of Rancho Cordova Planning Department at (916) 851-8750.**

**NOTICE REGARDING CHALLENGES TO DECISIONS**

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

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

Printed in the Grapevine Independent on June 7, 2024.

**NOTICE OF PUBLIC HEARING**



**CORDOVA RECREATION & PARK DISTRICT DISTRICT FEE SCHEDULE AMENDMENTS**

The Board of Directors of the Cordova Recreation and Park District will conduct a public hearing to revise the District Fee Schedule, per the provisions of CA Government Code 66018. The District will amend, through Resolution, user fees and fees for service based on the cost of providing the service, which will include direct, indirect, and capital costs. No fee shall exceed the costs reasonably borne by the District in providing the service (Gov. Code 61123).

The Fee Schedule is needed for the performance of various District services and use of District properties. After evaluating costs to provide services, analysis of revenue generated in each program area, and use of District properties, fees may be adjusted, added or eliminated from the Fee Schedule.

The proposed amendments to the Fee Schedule are on the agenda to be adopted by the Board of Directors at a Regular meeting held at **6:30 p.m. on Wednesday, June 19, 2024** at 11070 White Rock Road, Suite 130, Rancho Cordova, CA 95670.

All interested persons are notified to attend this meeting and express their opinions regarding the increase, decrease, or omission of any item(s) from the Fee Schedule. Any person wishing to testify may appear and be heard and/or may file a written statement with the Clerk of the Board at any time before or during the Public Hearing: [djones@cordovarpd.gov](mailto:djones@cordovarpd.gov).

The Draft Fee Schedule is available for public inspection online at [www.cordovarpd.gov](http://www.cordovarpd.gov) through the Public Hearing on June 19, 2024. The proposed date for the adjusted fees to take effect is September 1, 2024.

Signed,  
 Patrick Larkin  
 General Manager  
 May 23, 2024

**LEGAL ADS FOR SACRAMENTO COUNTY?**  
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# California Highway Patrol Swears in 106 New CHP Officers



The mission of CHP is to provide Safety, Service, and Security. Photo courtesy of CHP

## California Highway Patrol News Release

**SACRAMENTO, CA (MPG)** - The newest members of the California Highway Patrol (CHP) were sworn in May 10 during a graduation ceremony at the CHP Academy in West Sacramento. The 106 officers are part of the CHP's multiyear recruiting campaign to fill 1,000 vacant officer positions by hiring qualified individuals from California's diverse communities.

"These men and women have chosen to dedicate themselves to a career in public service. They have completed several months of rigorous training at the CHP Academy to prepare them to serve the people of California," said CHP Commissioner Sean Duryee. "While this job is one of the most difficult things they will do in their entire life, it is also the most rewarding thing that they will do, and we are proud to have them as part of the CHP family."

The swearing-in ceremony for the new officers marks the completion of a challenging 26-week journey at the CHP Academy. They will report to one of the 103 CHP Area offices throughout the state to begin serving the people of California.

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Additionally, cadets receive

instruction on mental illness response and crisis intervention techniques. Training also covers vehicle patrol, crash investigation, first aid, and the apprehension of suspected violators, including those who drive under the influence. Cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and various codes, including the California Vehicle Code, Penal Code, and Health and Safety Code.

The CHP has seen an outpouring of interest in joining the ranks since the onset of a multiyear recruitment campaign in June 2022. In the first four months of 2024, the CHP received more than 7,600 cadet applications - a more than 100% increase from the same period in 2022. To accommodate the surge of interest, the CHP has been holding three Academy classes simultaneously for the first time in the Department's history. The next cadet graduation from the CHP Academy is scheduled for July 12, 2024.

For more information about a lifechanging career with the CHP, visit our website and register for our online hiring seminar at 6:30 p.m. on May 22.

The mission of the California Highway Patrol is to provide Safety, Service, and Security. ★



With Mary Jane Popp

## Resilience

Are you stressed to the MAX? I'm not at all surprised. From jobs, relationships, health, and kids, I would be amazed if you weren't stressed out. But **Dr. Stephen Sideroff** says you don't have to stay mired in that stress. You can move forward, and he tells us how in "**The 9 Pillars of Resilience**:" the proven path to mastering stress, slow aging and increase vitality. The good doctor is an Associate Professor of psychiatry at UCLA's Geffen School of Medicine and he shared this synopsis of the 9 pillars with me on my "POPPTALK" radio show in search of truth.

**1. RELATIONSHIP WITH SELF.** This is the pillar that all others rest on, this is about how you feel about yourself and how you treat yourself. It's important to treat yourself with respect, love, compassion, support, acceptance and care. Despite childhood lessons, it's never constructive to put yourself down, or be hard on yourself. It only creates more tension and undermines confidence. This pillar is about developing a healthy internal voice.

**2. RELATIONSHIP WITH OTHERS.** This is the ability to communicate and establish close and intimate relationships, and to receive support. Friends and other relationships in which positive affect is expressed, enhance the sense of a safe world.

**3. RELATIONSHIP WITH SOMETHING GREATER.** This can have a spiritual emphasis or it can be involvement with community, charity or other forms of service. Involvement, meaning and belief in something greater than yourself, can include purpose and makes daily hassles less significant. It enhances a sense of security and hope.

**4. PHYSICAL BALANCE AND**

**MASTERY.** This is the ability to deeply relax and to quickly recover from stress. It is being able to keep your stress response in proportion to the demands of the specific situation and not over-react. And to fully utilize sleep for optimal recuperation.

**5. COGNITIVE BALANCE AND MASTERY.** This pillar is about having a positive attitude and positive expectations. It's also the ability to control your thoughts; to let go of thoughts and worry and move on, as well as to be focused and avoid distractions.

**6. EMOTIONAL BALANCE AND MASTERY.** Unexpressed emotions or emotions that you are unaware of make you more sensitive to hurts and inappropriate over reactions. They are accompanied by physical holding patterns, anxiety and stress.

**7. PRESENCE.** This component is about being fully in the moment, aware and in contact with your environment, and not distracted by thoughts, worry of other preoccupation.

**8. FLEXIBILITY.** This is the ability to adapt to changing circumstances and minimizes frustration, anger and tension.

**9. POWER.** He defines power as your ability to get things done. This includes courage to take action, persistence the face of obstacles and frustration, focus in keeping the goal in view, and assertiveness in making your desires known. It also involves the ability to make decisions as well as planning and being strategic. It enhances your sense of control, self-trust and confidence.

Check out **Dr. Sideroff** at [www.drstephensideroff.com/resilience](http://www.drstephensideroff.com/resilience) to stop stress from controlling you. **IT'S A WIN FOR LIFE!** ★



# Sac County Caps Initial Water Development Fees

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Water Agency Board of Directors approved a new cap on Initial Water Development Fee Payments required at the Improvement Plan approval stage of the development process. The Development Fee Program pays for water infrastructure projects within the county's Zone 40 area.

The fees are paid by developers and have been set at \$21,399 per home being built. The Sacramento County Water Agency collects the fee during the development process. The initial payment is 15% of the

total fee, with the remainder permitted when the building permit is issued.

Zone 40 was formed nearly 40 years ago as a capital development fund. The funds help build new water systems and ensure there is an adequate water supply for development within Zone 40.

Changing this Sacramento County Water Agency section, known as Title 4, allows the water agency discretion to cap the initial payment of 15% to a maximum of \$200,000 per subdivision. Capping the fee will reduce one of the larger upfront costs typically financed by developers and help bring down the cost of building homes in Sacramento County.

The cap can be removed during an annual review if Sacramento County Water Agency finds a potential reduction in cash flow. Less money would impact the water agency's ability to plan, design and construct new water supply facilities needed within Zone 40 for future development.

Sacramento County Water Agency has partnered with the Building Industry Association on these changes with a mutual goal of removing the barriers to building cost-effective housing in Sacramento County. ★

**Right: The cap on fees will bring down the cost of new homes in Sacramento County.** Photo courtesy of Sacramento County



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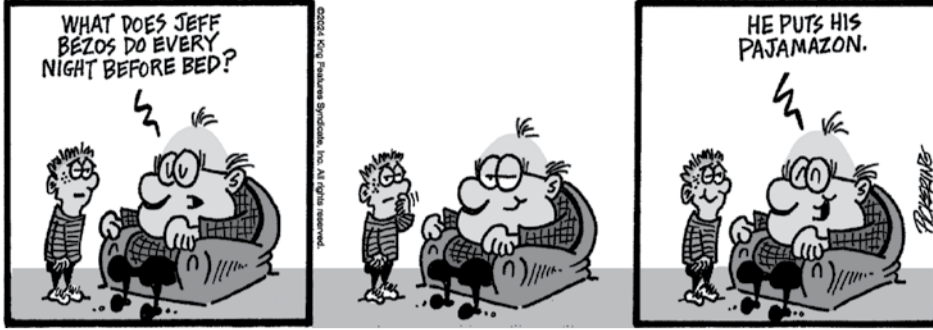
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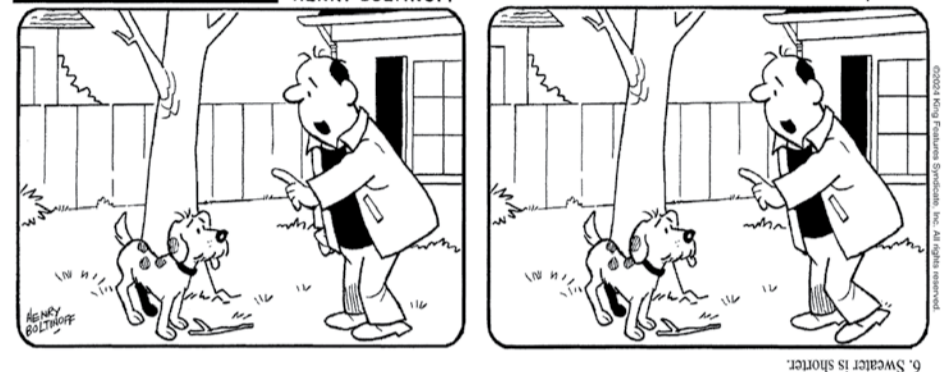


**Out on a Limb**

by Gary Kopervas



**HOCUS-FOCUS** BY HENRY BOLTINOFF Find at least six differences in details between panels.



**TIGER**

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**CLUES**

**ACROSS**

- House pest
- Emergency responder, acr.
- Meme dance moves
- Below, prefix
- Swimmer's distance
- Not urban
- Take a base
- Grazing spot
- Stressful or unnering
- \*Clint Eastwood's "Space \_\_\_"
- \*First U.S. space station
- Salty dog's domain
- Fail to mention
- Spermatozoa counterpart
- Ukrainian person, e.g.
- State of submission
- Network of nerves
- Muscle or strength
- \_\_\_ Mara, Africa
- Shapeless form
- Cliffside dwelling
- \*Saturn's environs, sing.
- Poetic feet
- Darn a sock, e.g.
- Per person
- Rendezvous
- Mine entrance
- After-tax amount
- Litter's littlest
- French vineyard
- \*Sun's outer layer, not beer brand
- \*"Second S in ISS
- Ancient Celtic priest
- Sun kiss
- \*"Mea \_\_\_," or "my fault"
- \*"From the Earth to the Moon" author
- In the past
- Judge
- Education station
- Order's partner
- Food between meals

**DOWN**

- Reduced Instruction Set Computer
- "I'm \_\_\_ you!"
- Not many (2 words)
- Dungeness and snow, e.g.
- \*Circles of light around sun and moon
- 90-degree pipes, e.g.
- \*\_\_\_ Jamison, the first African-American woman in space
- Tetanus symptom
- Two-fold
- Diva's solo
- Prickle on a wire
- Sylvester Stallone's nickname
- Johnny Cash's "Get \_\_\_"
- Churchill/Roosevelt/ Stalin meeting site
- Model-builder's purchase
- Gorge oneself
- \*Planet's path
- Type of consonant
- Skeleton, archaic
- Attention-getting interjection
- Like pink steak
- Of the Orient
- Jousting pole
- \* \_\_\_-year

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	3	7			
	7				
	2	9	5	8	
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		3	7	5	2
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**CLUES**

- Opposite of flows
- \*Solar \_\_\_ sun's emission
- Authoritative proclamation
- Walked with long steps
- \*Solar System center
- Parcels
- Birth-related
- One-eighty
- Manitoba native
- Couple's pronoun
- Dorothy Hamill's turf
- Jon of "Game of Thrones"
- Pelvic parts
- Petroleum-exporting grp.
- Police informer
- VHS successor
- Palindromic title

# Many Ways to Celebrate Family Health and Fitness Day

## Sacramento County News Release

### SACRAMENTO COUNTY, CA (MPG)

- Gather your family and friends and celebrate Family Health and Fitness Day on Saturday, June 8. Sacramento County Regional Parks is excited to partner with several local organizations, businesses and nonprofits to promote this special day.

"The Regional Parks system and our wonderful partners play a key role in providing facilities and programs that positively influence the health of the Sacramento region and contribute to our goal of advancing health equity within Regional Parks," said Liz Bellas, Director of Regional Parks. "This year, we are hosting several events of our own, including a 5k run at the Cosumnes River Preserve, and partnering with several incredible organizations, like Sac Republic FC!"

For Family Health and Fitness Day 2024, Regional Parks is pleased to share these programs and "partnership events" for the community to enjoy.



June 8 is Family Health and Fitness Day. Photo by Andrzej Rembowski Pixabay

### American River Parkway American River Raft Rentals Special

All participants will receive a 25% off coupon for their next raft rental, and one lucky group wearing their lifejackets will win one free 12-person raft rental. During normal business hours. Raft rental rates apply. \$7 per vehicle entry at American River Parkway entrances.

### Turtles at Bushy Lake

Join Dr. Michelle Stevens at Bushy Lake to learn about the native Western Pond Turtle and the Bushy Lake Restoration Project Park near Cal Expo Lot P (Corner of Ethan/Hurley) with a short hike to the lake. Free event, free parking.

### Soil Born Farms - Farm Stand Open

Buy farm fresh organic produce and learn about American River Ranch classes and volunteer opportunities.

2140 Chase Drive, Rancho Cordova, CA. 8 a.m. to 1 p.m. Free parking.

### Sacramento Valley Conservancy

Volunteer Workday at Camp Pollock! 1501 Northgate Blvd, Sacramento, CA. 8 a.m. to noon. Free event, free parking.

### American River Bike Patrol

Join members of the volunteer Bike Patrol at an Information, Hydration and Bike Mechanical Station at William B. Pond Park and take a ride along the trail! \$7 per vehicle entry fee at American River Parkway entrances.

### Tree Treasure Hunt and Educational Odyssey

75 Trees and 17 species have been selected along the American River Parkway to help you learn and recognize the trees along the multi-use trail as you enjoy riding your bicycle. Free event. \$7 per vehicle entry fee at American River Parkway entrances.

### Dry Creek Parkway Sac Republic FC Soccer Clinics

Join Sac Republic FC for soccer clinics at Cherry Island Sports Complex! Free event, free parking.

### Sports Games and Relays at Cherry Island Sports Complex

The Rio Linda Elverta Rec and Park District and the National Academy of Athletics are hosting sports games and relays to promote positive physical and mental development through sports fundamentals at Cherry Island Sports Complex. Free event, Free parking.

### Disc Golf Demonstration

Join Parks staff and the El Dorado Disc Golf Sports Foundation to learn about disc golf with a demonstration area to practice your skills at Cherry Island Sports Complex. Free event, free parking.

### Pumpkin Planting Event

Bring the family to Gibson Ranch Regional Park and plant a pumpkin to bring home and watch grow. Free event, free parking.

### Birds and Bees, Flowers and Trees

Enjoy the beautiful display of



Exercise is extremely important for people of all ages. Photo by RDNE, Pexels

blooming flowers while learning about the proposed Community Garden and Food Forest concept at Gibson Ranch. Free event, free parking.

### Family Fun at Cherry Island Golf Course

Join the crew at Cherry Island Golf Course for a morning of family fun, including bounce houses, face painting, kids' introduction to golf stations and more. 10 a.m. - 1 p.m. Free event, free parking.

### Night of the Revving Dead Car Show

Join Alley Cats Car Club for "Night of the Revving Dead" car show, music and family fun. Noon to 8 p.m. Free event for spectators - \$5 parking

per vehicle.

### Southern Sacramento County and Virtual

### Trek the Trails 5K Fun Run/Walk

Bring the Family out for a 5K Fun Run and Walk along the Cosumnes River Preserve Trails. The timed race begins at 9 a.m. but anyone is welcome to join between 9 and 10 a.m. 13501 Franklin Blvd., Galt, CA. Free event, free parking.

### Stroll Around Mather Regional Park

Head to Mather Regional Park to enjoy an easy 1.5 mile walk around Mather Lake, picnic, visit the playground or fish at the lake! Parking Fees are waived on June 8. Free entry.

### Re-Introducing: Agents of Discovery

Agents of Discovery is an interactive, augmented reality game and we're bringing it back to Sacramento County Regional Parks. While in participating parks, users will be encouraged to explore missions to find "challenges" that will... well, challenge their knowledge of the parks. Free app download is available in the Apple App and Google Play stores.

To learn more about Family Health and Fitness Day and how parks help keep our communities and families healthy and active, visit the Regional Parks website. ★

# Without More Transparency, We Won't See Real Accountability on Homelessness



Josh Hoover

## By Assemblyman Josh Hoover

**SACRAMENTO, CA (MPG)** - Homelessness continues to be a main topic of discussion at each one of my community meetings. Our residents are rightfully concerned that California's current approach to solving this crisis is falling woefully short. The numbers demonstrate that very clearly.

Today California is home to nearly half of the nation's unsheltered homeless. Since 2018,

our state has spent nearly \$24 billion taxpayer dollars to solve its homelessness crisis, only to see its unhoused population rise by 32% during that same period of time. In Sacramento County alone, the homeless population has grown by 67% since 2019 and recently passed San Francisco.

That's why one of the first actions I took as a newly elected member of the Assembly in 2023 was to request an audit of our state's homelessness spending. I was thankful to be joined by a bipartisan coalition of legislators including Senator Dave Cortese (D-San Jose), Senator Roger Niello (R-Fair Oaks), and Assemblymember Evan Low (D-Silicon Valley).

The premise was simple enough: if the billions we

are spending to solve this crisis aren't getting the desired results, what are we doing wrong and how can our investments be put to better use?

The results, however, were more troubling than I expected. Not only could the dollars be put to better use, in most cases we do not even have the necessary information to properly assess program effectiveness.

The State Auditor's two-part report, which focused on 5 state level programs and 2 local governments, highlighted a number of eye opening findings:

Despite billions in spending, the homeless population in California has increased by 53% in the last 10 years.

The state has failed to systemically track homelessness spending and is

not adequately positioned to collect data and assess outcomes.

Only two of the five state programs audited could provide enough information to assess their cost effectiveness.

Neither San Jose or San Diego centrally tracks and reports its spending and outcomes.

Neither city has properly evaluated the effectiveness of its homelessness programs.

Both cities have sent millions in funding to outside service providers but have not assessed whether these service providers are actually getting results.

One solution the Auditor proposed is for the Legislature to mandate new reporting requirements telling state agencies to measure the costs and outcomes of state-funded

homelessness programs. That seems like something that should have been happening all along to make sure policymakers have the ability to regularly assess program efficacy.

I introduced Assembly Bill 2093 to implement this change and I am happy to report that it passed the Assembly Housing Committee with unanimous bipartisan support.

Before we spend another dollar on homelessness, we need assurances that the dollars are being tracked. The inability to measure outcomes and performance will inevitably lead to wasted resources and broken promises.

Our communities deserve better. At a recent oversight hearing on homelessness, our lead

agencies in California admitted that they have no idea where the money has gone or how many people it has helped. This is a complete failure of leadership and it's time for the Legislature to demand more accountability.

Assemblyman Josh Hoover is a member of the Joint Legislative Audit Committee and represents the 7th Assembly District in Sacramento County, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale, and Rosemont. You can contact his office at [Assemblymember.Hoover@assembly.ca.gov](mailto:Assemblymember.Hoover@assembly.ca.gov). ★

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# Moonlight Movies Return to Village Green



A rainbow appears over the crowd at a previous Moonlight Movies event. Photo courtesy of Shelly Blanchard

## Cordova Community Council News Release

**RANCHO CORDOVA, CA (MPG)** - Grab a blanket, lawn chairs and the kids and head over to Village Green Park where the summertime favorite "Moonlight Movies" returns June 7.

Free admission, green grass and family-friendly movies with a science theme await in the amphitheater with showtime beginning at sunset at 8:30 p.m.

Prior to the show, various outreach partners will be on hand, and beverages and snacks will be available from vendors and food trucks.

This year's theme is "Summer of Science." The movie line-up includes: "Meet the Robinsons" on June 7; "Wall-e" on June 14; "Cloudy with a Chance of Meatballs" on June 21 and "Big Hero 6" on June 28.

"This is the 10th year for our Moonlight Movies series, and it is one of our favorite times of the year," said Shelly Blanchard, executive director of the Cordova

Community Council. "Just come as you are, stretch out on the grass, watch the kids run around and then snuggle in for the movie."

The movies are just the first half of the Cordova Community Council's summer series at Village Green. The series returns in August for free Friday Night Concerts, with live music, food vendors and warm summer nights. The line-up of bands includes Guilty as Charged on Aug. 2, Neon Playboys on Aug. 9, Adam Aldama and the Aces on Aug. 16, Pop Fiction on Aug. 23 and Cripple Creek Band on Aug. 30.

The free movie and concert series is produced by the Cordova Community Council with venue sponsored by the Cordova Recreation and Park District. Sponsors include Sunrise Orthodontics, River City Christian, Rancho Cordova Food Locker, KP International Market, Rancho Cordova Fiber City, Rancho Cordova Rotary, Mayor David Sander, SMUD, Republic Services, City of Rancho Cordova, Visit Rancho Cordova and Atlas Disposal. ★

## KP International MARKET

10971 Olson Drive, Rancho Cordova, CA 95670  
916.853.8000

Market: 7 Days: 8am - 9pm  
Food Court: 7 Days: 11am - 3pm  
Korean/Mex/Viet: 7:30pm East Call  
Chinese/Japanese: 9:00pm Last Call

### NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE

10971 OLSON DR. RANCHO CORDOVA, CA 95670

## FROZEN & FISH DEPT

Tilapia Fillets 2 lbs REG. \$8.99/ea <b>\$5.99/ea</b>	Asian Style Cold Noodles 4.4 lbs REG. \$7.99/ea <b>\$4.99/ea</b>
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## WEEKLY MEAT SPECIALS

Beef Rump/Bottom Round Roast - Bnls Pulpa Contra en Trozo sin Hueso <b>\$4.99/lb</b>	Beef T-Bone Steak Filet Chuletón de Ternera <b>\$6.49/lb</b>	Beef Porterhouse Steak Filet Biste de Ternera <b>\$6.99/lb</b>
Boneless/Skinless Chicken Breasts Pechuga de Pollo sin Hueso <b>\$2.49/lb</b>	Pork Spare Ribs (Single Pack) Costillitas de Cerdo <b>\$3.99/lb</b>	Pork Butts Bone In Trozo de Puerco con Hueso <b>\$2.99/lb</b>
		Pork Tenderloin Lomo de Cerdo <b>\$3.99/lb</b>

## 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 6/30/2024

**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 6/30/2024

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

Served with 2 eggs, potatoes and toast

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Now Serving Adult Beverages

**916-361-1647**  
rosiescountrykitchen.net  
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americanriverchiropractic.com  
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## FRESH PRODUCE

Russet Potato 10 lbs <b>\$1.79/bag</b>	Grape Tomato 10 oz <b>2/\$3.00</b>	Green Grape Premium <b>\$2.99/lb</b>	Red Grape Premium <b>\$2.99/lb</b>
Lemon 3 lbs <b>\$2.99/bag</b>	English Cucumber <b>99¢/ea</b>	King Oyster Mushroom <b>\$1.79/lb</b>	Red Cherry <b>\$1.29/lb</b>

## AMERICAN/HISPANIC GROCERY

Cherry's My BFF Honey Nut Family Size 18.5 oz <b>\$4.99</b>	ROMA Detergent Powder 5 lbs <b>\$10.99</b>	Zulka Pure Cane Sugar 4 lbs <b>\$3.99</b>	VS Beet Ginger Lemon Juice 46 fl oz <b>\$1.49</b>	100% Original 16 lbs <b>\$15.99</b>
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## ASIAN GROCERY

Three Ladies Viet Pho Noodles 2 lbs <b>\$4.99</b>	Amira Oint Tamarind Candy 10.5 oz <b>\$1.99</b>	Deka Mini Wafers Bites 6.35 oz <b>\$2.99</b>	Hello Bee Bee Snow Cracker 17.6 oz <b>\$6.99</b>	Bamboo Tree Coconut Water 1 liter <b>\$1.99</b>
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## EUROPEAN GROCERY

Allegro Pure Sunflower Oil 5 liters <b>\$17.99</b>	Sofal Special Black Tea 50 T/B <b>\$5.79</b>	Al Amira Pumpkin Seeds 300 gr <b>\$4.99</b>	Maria Cortana Maria Cookies 200 gr <b>\$1.59</b>	Indo-European Rose Water 10 oz <b>\$1.99</b>
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## KOREAN/JAPANESE GROCERY

Mixed 7 Galbans <b>\$6.99</b>	Korean BBQ Sauce 4 kinds 840 g <b>\$3.99</b>	Tea Herb Sonaghan 30 pk 3000 ml <b>\$4.99</b>	Dried Brocken 5 oz <b>\$6.99</b>	Soy Sauce for Pickled Vegetables 17 liters <b>\$6.99</b>	Premium Dried Kelp 55 g <b>\$2.99</b>
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## HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) <b>\$5.99</b>	ELECTRIC BBQ GRILL <b>\$39.99</b>	ELECTRIC RICE COOKER (5 CUPS) <b>\$4.99</b>	ELECTRIC RICE COOKER (10 CUPS) <b>\$5.49</b>	ELECTRIC RICE COOKER (10 CUPS) <b>\$5.99</b>
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## FROZEN & FISH DEPT

Breaded Crab Claw 1.5 lbs <b>\$5.99/ea</b>	Turkey Breast Pepper Black Forest Ham <b>\$7.99/lb</b>
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## EUROPEAN DELI

Mixed Olives Salad <b>\$12.49/lb</b>	Olives Stuffed <b>\$7.99/lb</b>	Mixed Olives <b>\$4.69/lb</b>	Stuffed Ham <b>\$4.99/lb</b>
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Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 05 - JUNE 11, 2024.

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