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# Grapevine Independent

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By Mary Jane Popp



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## Hot, Hot Fourth



The Rancho Cordova Jr. Lancers organization was difficult to miss with dozens of uniformed cheerleaders and football players combining for an energetic parade entry.

By MPG Staff, photos by Rick Sloan

**RANCHO CORDOVA, CA (MPG)** - Brutal heat beat down on the Rancho Cordova Fourth of July activities last week but even the sizzling temperatures failed to put a damper on the largest community party of the year.

A crowd of 15,000 awaited cooler evening breezes to kick in before heading to Hagan Community Park for music, carnival rides, a circus and fireworks. The crowd was smaller than last year but substantial, considering the triple-digit heat that baked the region.

The heat did not deter more than 140 runners who turned out for the inaugural



A beautiful Mexican dancer served as a reminder that America is a country of immigrants who share their different cultures, even while celebrating America's birthday.

Fourth of July fun run down Coloma Road. The blazing forecast did diminish the crowds along the Rancho Cordova Fourth of July Parade route but more than 60 entries had fun as

the procession made its way down Coloma Road to Chase Drive, before wrapping up at Cordova Gardens School.

As hot sunshine began to recede on both July 3 and

July 4, Hagan Park filled with fun-seekers. They were greeted with carnival rides and more than 30 food trucks featuring festival food.

The heat pushed the performance times of the Los Moralitos Circus, which had traveled across the country from the Midwest to perform but the crowds materialized and showed enthusiastic appreciation for acts of derring-do. The July 3 concert featured the Three Queens of Motown tribute to legends Diana Ross, Aretha Franklin and Tina Turner. Summer Night City Abba Tribute warmed up the crowd for the pyrotechnics on July 4.

The highlight of both days of activities were the

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## City Council Champions Economic Growth

By Ormella Rossi

**RANCHO CORDOVA, CA (MPG)** - Items discussed at the Rancho Cordova City Council meeting on June 1 included the Jobs and Talent Attraction Economic Incentive Program and Award aimed at diversifying the local economy and creating high quality jobs.

The City of Rancho Cordova's Economic Development Jobs and Talent Attraction Program attracts new businesses, headquarters and expansions within targeted industries. By encouraging these entities to establish operations or grow their employee base within the city, the program seeks to enhance Rancho Cordova's competitive edge.

The second resolution authorizing the city manager to execute a contract with Clutch for a Jobs and Talent Attraction Economic Incentive Award marks a significant step forward in partnership with Clutch, a local enterprise located at 3249 Quality Drive.

Mayor David M. Sander, Ph.D., welcomed Clutch, expressing optimism: "It's a pleasure to have you guys here and we are benefiting as a community. We look forward to a strong and fruitful partnership."

This program targets headquarters companies, expansions and satellite operations, aiming to generate at least 20 new net jobs. Any position with a base salary of \$100,000 in W-2 wages qualifies for a \$10,000 incentive paid over five years, contingent upon the job's retention. Employers must enforce a "work from the office" policy for at least three days per week.

Discussions on the job requirements, specifically the "work from the office policy" for a minimum of three days, sparked debate.

Councilmember Linda Budge raised concerns about mandatory office presence: "When you tell the employer they are mandated to be in the office a certain number of days a week, it messes with their personal practices."

City Manager Micah Runner defended the policy as essential for maximizing return on investment. But Councilmember Donald Terry expressed openness to flexibility: "If this was the sticking point between landing somebody and not landing somebody, I'm OK with that not being there as a mandatory thing."

Sander highlighted the advantage of having people in the office as they are more likely to shop and

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## Dangerous Heatwave Continues

Office of Governor Gavin Newsom News Release

**SACRAMENTO REGION, CA (MPG)** - Much of interior California entered its fourth day of temperatures reaching 110 degrees or higher on July 5 and most areas weren't expected to see relief until early next week. Governor Gavin Newsom urged Californians on July 5 to take precautions and directed an all-hands response to the heatwave by state government.

About two weeks ago, the governor directed the Office of Emergency Services (OES) to activate its State Operations Center and move into Phase II of its Extreme Temperature Response Plan. This action ensures a 24/7, coordinated, whole-of-government response to the heatwave.

Excessive heat warnings and watches were in effect



The National Weather Service forecasts Extreme Heat Risk for much of the state this week. Photo courtesy of Dreamstime

for much of California through the week. The National Weather Service forecasted an Extreme Heat Risk for many parts of the state, with hot conditions between 105 and 118 degrees, and little overnight relief.

Extreme heat kills more

Americans every year than all other extreme weather, including wildfires and flooding.

"California is in the middle of a record heatwave and now is not the time to let our guard down. We must remain vigilant: stay cool, stay hydrated and

check in on loved ones and neighbors," Newsom said.

**What California is Doing to Protect Communities**  
Emergency coordination and response. California Office of Emergency Services is coordinating with local governments

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# California State Fair Honors the State's Agricultural Industry, with Much to See and Enjoy!

By Carol Feineman

**SACRAMENTO REGION, CA (MPG)** - The 170th California State Fair offers 17 days of old-fashioned fun for the whole family, from July 12 to July 28.

Lucky for us that we don't have to drive too far; the first state fair sponsored by the California State Agricultural Society, was held in San Francisco on Oct. 4, 1854, and rotated to different cities for the next six years. In 1861, however, Sacramento became the permanent location for the extravaganza.

While today's California State Fair still honors the state's agricultural industry, there is much more to see and enjoy at the annual event.

There are plenty of activities for all ages. That

includes eating funnel cakes, waffles to sliders; listening to top musicians; riding Butler Amusements' thrilling Zipper to the classic and calmer Crown Merry Go Round; and checking out competitions and exhibits that feature our neighbors' talents and skills.

Besides the nightly concerts, entertainment is ongoing each day. For starters, there's the Tanzanite African Acrobats, the Stilt Circus and the Salsa Steel Band.



What would a fair be like without going on rides at the carnival? There are rides for the thrill-seekers as well as for those who want a tamer but just as fun experience. Photo courtesy of California State Fair



The many competitions include the Open Livestock Show with beef cattle, sheep, Boer goats, dairy cattle, dairy goats, Nigerian dwarf goats, pygmy goats, angora and fiber goats, longhorn cattle, llamas and alpaca.

And the always popular Junior Livestock competition spotlights the dedicated youth FFA members with their beef cattle, sheep, swine, goats, dairy cattle and dairy goats.

Exhibits range from a Candy Maze Selfie Exhibit, a Student Showcase & CA Crafts Exhibit, Animation

Academy to a fine art and photography exhibit.

The California State Fair is open different hours of the week.

Main Gate and Blue Gate hours are from 11 a.m. to 10 p.m. Monday through Thursday and from 10 a.m. to 10 p.m. Friday through Sunday.

Green Gate opens at 2 p.m. Monday, Wednesday, Thursday and Friday, and at 11 a.m. Tuesday, Saturday and Sunday.

Carnival and Skyride hours are from 2 to 11 p.m. Monday, Wednesday, Thursday and Friday, and from 11 a.m. to 11 p.m. Tuesday, Saturday

and Sunday.

Kids Park hours are 1 to 11 p.m. Monday, Wednesday, Thursday and Friday, and 11 a.m. to 11 p.m. Tuesday, Saturday and Sunday.

Exhibit Building hours are 11 a.m. to 10 p.m. Monday through Thursday; and from 10 a.m. to 10 p.m. Friday through Sunday.

The Monorail opens at 11 a.m. Monday through Thursday, and at 10 a.m. Friday through Sunday.

Tickets can be bought online at <https://calexpostatefair.com/tickets> or at the fair's box office. Several ticket prices and packages are offered. Daily tickets to the fair and food festival

start at \$16 for adults (\$14 in advance), \$12 (\$10 in advance) for seniors 62 and older and \$10 (\$8 in advance) for children ages 5 to 12. Fair admission is free for children 4 and under.

In addition, a Family Fun Pack is \$49.99 and includes four single-day general admissions, four ride tickets (each good for one ride in the Carnival or on the Monorail), and a parking pass.

The Toyota Concert Series is free with fair admission ticket in the area behind the General Admission seating area to the first 700 concert-goers. Seats can also be reserved, starting at \$25.

Parking is \$15 a day or three days for \$30.

There are also different prices for the carnival rides, starting at \$1 per ticket and carnival fast passes from \$10 to \$15. An Unlimited Ride Wristband bought at the Carnival is \$39 Mondays, Wednesdays and Thursdays, and \$44 Fridays, Saturdays and Sundays.

Cal Expo is at 1600 Exposition Blvd. in Sacramento, northeast of the American River.

For more information about the California State Fair, go online to [calexpostatefair.com](http://calexpostatefair.com), call 916-263-3000 or email [info@calexpo.com](mailto:info@calexpo.com). ★

## California Capital Airshow Returns with Dazzling Night Show



California Capital Airshow will offer four hours of non-stop aerial performances from 5:30 to 9:30 p.m. July 13 and 14. Photo courtesy of the California Capital Airshow

### California Capital Airshow News Release

**MATHER, CA (MPG)** - The 18th annual California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, runs from 3:30 to 9:30 p.m. July 13 and 14 at Mather Airport in Sacramento.

The two-day event will feature an extraordinary lineup of performers, including the Italian jet team, Frece Tricolori, and the United States Air Force Thunderbirds, plus miles of ground attractions and the return of nighttime aerial performances concluding with a massive pyro-musical fireworks and 500-drone show.

The Airshow is part of Frece Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness its full performance. Frece Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team.

Aerial performances will run 5:30 to 9:30 p.m. both days and will begin with the United States Air Force Thunderbirds, followed by Frece Tricolori, U.S. Navy

F-18 Super Hornet, U.S. Air Force F-35 Lightning and C-17 Globemaster demo teams, and an impressive roster of highly-skilled civilian performers.

Tickets are still available for purchase at [CaliforniaCapitalAirshow.com](http://CaliforniaCapitalAirshow.com) and will not be sold at the gate. Adult General Admission tickets start at \$42.50 and each ticket includes free admission for up to six youth (ages 15 and under) and free parking. A variety of upgraded tickets and experiences are also available for purchase.

California Capital Airshow gives special thanks to generous partners Sacramento County, the City of Rancho Cordova, Modern Aviation, Keurig Dr. Pepper Snapple Group, Visit Rancho Cordova, Folsom Lake Dodge, Donaghy Sales, SMUD, Thunder Valley Casino Resort, Kaiser Permanente, Atlas Disposal, Sunbelt, Teichert, Elite Power, FOX 40, iHeart Media, and UPS.

In addition, the Airshow team is grateful to its 1,000 passionate volunteers, a long list of committed community supporters, as well as the teams of law enforcement and emergency services that give their time and energy to keep everyone safe.

Tickets and more information can be found at [CaliforniaCapitalAirshow.com](http://CaliforniaCapitalAirshow.com). ★



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We're seeking proposals that promote zero carbon workforce development, environmental justice and equity, inclusive economic development and STEM education. Shine projects align with SMUD's goal of eliminating all carbon emissions from our power supply by 2030, so all our customers will live in a Clean PowerCity®.

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Learn more at [smud.org/Shine](http://smud.org/Shine)

- Shine Awards range from \$5,000 to \$100,000.
- Applicants must be incorporated nonprofit organizations within SMUD's service area.
- Awards are competitive and funds are limited.
- Attend an informational webinar.
- Apply online by **July 31, 2024 by 11:59 p.m.**

# Hot, Hot Fourth



It was "forward, march" for the Cordova High School Marching Band, one of four bands performing at the Rancho Cordova Fourth of July Parade.



High-flying antics filled the performance of the Los Moralitos Circus, defying not only gravity but sizzling temperatures as well.



Even the audience got into the action at the Los Moralitos Circus, a family of circus performers who entertained at the Rancho Cordova Fourth of July.



The City of Rancho Cordova float honored the contributions of volunteers for their parade entry, celebrating the inaugural Spring Service Day that attracted hundreds of volunteers who performed volunteer activities a few weeks earlier.



Mayor David M. Sander, Ph.D. and his wife, Maggie, were among the dignitaries who reigned over the crowds at the Rancho Cordova Fourth of July Parade.

*Continued from page 1*

evening fireworks shows that painted the sky in dazzling, sparkling color, choreographed to music. Audiences responded with appreciation as the heavens exploded in a memorable, golden shower of fireworks for the July 4 finale.

"It was a hot, hot Fourth of July that taxed everyone from our volunteers to our

visitors but it was still a great observance of the freedoms we enjoy and celebrate on the Fourth of July," said Shelly Blanchard, executive director of the Cordova Community Council, organizer of the 39th annual event. "It really is a day to focus on the many things we have in common as Americans, no matter what the thermometer says." ★

## Council Shares Waegell Property's Development Plan

By Omella Rossi

**RANCHO CORDOVA, CA (MPG)** - In a special meeting held July 1, the Rancho Cordova City Council discussed the implementation of a comprehensive development plan for the Waegell property, a milestone in the city's urban expansion strategy.

The Waegell property, sprawling across approximately 1,334 acres at the city's southern portion, lies within the Grant Line North Planning Area, which also encompasses an additional 500 acres in unincorporated Sacramento County. The area has been designated for development for some time and is the last vacant land in the area to go through the entitlement phase of development. Initially conceived in 2007 under the Arboretum Specific Plan, the project stalled until recently with the new interest of revitalizing the site by Reynen & Bardis.

The planning area is projected to accommodate a population of 16,601 residents, with plans for 6,916 dwelling units and 3,634 jobs.

The meeting commenced with detailed presentations from planning manager Darcy Goulart and senior planner Arlene Granadosin-Jones outlining the historical background of the property, potential development scenarios and questions directed at council members for feedback on the project.

The plan's key aspects include residential villages, greenways, parks and a comprehensive trail system, emphasizing community connectivity and sustainable living.

"Learning parameters will help dictate how we place make the community and further celebrate the natural elements," said Granadosin-Jones asking the council for feedback on how they envision the project progressing.

Mayor David M. Sander, Ph.D, highlighted the need for a community centric approach for this development, stating, "This development is more about the

people. We envision a town where different housing types and organic layouts create a vibrant, walkable environment."

Councilmember Linda Budge echoed these sentiments, advocating for a unique blend of executive housing and job opportunities within the development.

"Connectivity is crucial, whether by car, foot, or bicycle. We need a mix of housing types to cater to diverse needs," Budge said.

Councilmembers emphasized the need for multifamily housing options, including single-family residential rentals and entry-level opportunities, which are lacking in the city and are crucial for individuals getting into the neighborhood.

"Executive housing is important because we are trying to make this a city where you can live, work and play," said Vice-Mayor Siri Pulipati. "We want people to live here rather than commute."

Pulipati highlighted the project as a cornerstone for Rancho Cordova emphasizing the need for uniqueness.

"Having a theme throughout the community is important, like Mayor Sander said, if you were dropped there, you would know where you are," Pulipati said.

Addressing environmental considerations, Councilmember Gatewood emphasized the potential value of natural amenities such as ponds. He stressed the importance of ensuring such amenities, whether they be lakes, creeks or trails, remain accessible to the public.

Budge highlighted Rancho Cordova's natural beauty and the importance of enhancing public spaces.

"Our backyards are getting smaller, so all of our recreational spaces have a greater burden for providing areas to the community," Budge said.

Looking ahead, the project team will integrate the insights and feedback gathered from the meeting into the next steps of the development process, including consultations with the Planning Commission. ★

## City Council Champions Economic Growth

*Continued from page 1*

live in the area and said, "Three days a week might be reasonable but I think there is also the need to probably have some consideration on how that might work. We might need a bit of flexibility."

Another resolution, approving a Conditional Use Permit, marked another step toward the Mather Veterans Village Phase 4 housing project aimed at supporting homeless and disabled veterans. Adoption of the resolution would also adopt findings overruling the Airport Land Use Commission incompatibility determination.

Councilmember Donald Terry highlighted the project's significance: "We saw a 30% reduction in homeless counts, we are at the precipice of getting to functional zero for veteran homelessness within the city."

Councilmember Garret Gatewood praised the project's location: "Homeless veteran housing on a retired air base next to a VA hospital — you can't plan it better than that."

The Rancho Cordova Class XVII of Leadership Rancho Cordova presented a needed check to the Rancho Cordova Food Locker.

Executive director Carrie Johnson expressed the importance of the Leadership Rancho Cordova program: "This program is invaluable to our city promoting better ways to collaborate, communicate and lead this great city."

The class raised an impressive \$36,000, resulting in a \$20,000 donation to the Food Locker, which provides food-related support to those in need.

Sander praised the initiative stating, "It is so great to see leaders in our community come together to achieve something special for our community."

Celebrations continued as Rancho Cordova officially marked its 21st anniversary.

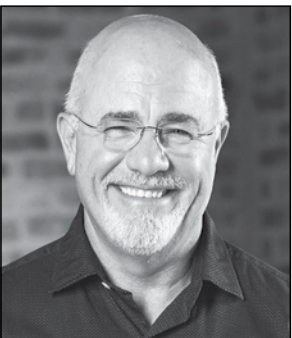
"It's remarkable to think how far we have come as a city and the efforts we have undertaken," Sander said, reflecting on the city's journey. ★

## Sacramento Native Serves Aboard USS George Washington



**SACRAMENTO, CA (MPG)** - Quartermaster 3rd Class Theresa K. Ulbera, from Sacramento, assigned to navigation department, raises a flag aboard Nimitz-class aircraft carrier USS George Washington (CVN 73) while underway in the Pacific Ocean, June 18, 2024. USS George Washington is deployed as part of Southern Seas 2024 which seeks to enhance capability, improve interoperability, and strengthen maritime partnerships with countries throughout the U.S. Southern Command area of responsibility through joint, multinational, and interagency exchanges and cooperation. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Roselia Garcia

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That's Not Okay

## Dave Ramsey Says

not to use credit cards, and why they shouldn't. So, I can't very well go around encouraging folks to just swipe their credit cards when they buy from my company.

For starters, that client is way out of bounds. It's not their place to tell you how to run your business. But you're lucky to only have one person getting pushy about the whole credit card deal. Everything about the credit industry today is out of control. But even though your case is a little different than mine, you have every right to not accept credit cards—especially if you have a moral or values-related issue with the product.

As time goes by, you'll probably have a few other people turn up their noses at the idea of not being able to pay with a credit card, but if you consistently offer great services or products at great prices, those experiences will only be a bump in the road. You don't want to be argumentative when things like this happen, so maybe you can just smile, and let them know you always appreciate input from your clients.

I'm sure you and your husband work hard to make your business the best it can

be. The fact that you're still around over a decade after opening up shop is proof of that. You've probably realized, too, that being in business for yourself isn't all sunshine and rainbows every day. Regardless, no one has the right to get in your face over how your business is structured or try to push you into doing things differently. Listening to, and evaluating, suggestions from clients only makes sense. It's a smart thing for any business owner to do. But this one client is saying you should change a long-standing operating principle based on a whim—their whim.

And that's not okay

—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.* ★

## Social Security Matters

### Will IRA Withdrawals Affect My Medicare Premiums?



By Russell Gloor,  
AMAC Certified Social Security Advisor

**Dear Rusty:** I am a member of AMAC and learn so much from the Ask Rusty column. I hope you can give me some information about a question that has come up in my family. My husband is retired and has reached full retirement age. He is considering withdrawing money from an IRA to pay off our mortgage. We are wondering what, if any, penalties may be incurred on Social Security, Medicare, and income tax. Thank you for your help in this matter. **Signed: Concerned Taxpayer**

**Dear Concerned:** Thank you for contacting the AMAC Foundation Social Security Advisory Service. Regarding your question on the impact of withdrawing IRA funds, there is no impact to your husband's gross Social Security benefit. The amount withdrawn, of course, is considered ordinary income for federal income tax purposes,

and will need to be included as such on your federal income tax return and will therefore affect your federal income tax liability when you file the return.

Depending on the amount withdrawn, there could be an impact to the Medicare premium due to the Income-Related Monthly Adjustment Amount (IRMAA) provision. Assuming you file jointly, you will pay a higher Medicare Part B premium if your modified adjusted gross income is above certain thresholds (i.e., more than \$103,000 for an individual and \$206,000 for a married couple). Please note that Medicare's procedures will not note this income change for two years, so if you make the withdrawal in 2024 it will not trigger the increases until your 2026 Medicare premiums. A change to your Medicare premium might also result in a change to your net Social Security payment at that time (since Medicare is automatically deducted from your Social Security payment).

Also depending on the amount withdrawn, you may have to pay an additional amount on top of your Medicare Part D premium. The Part D adjustment amount is calculated based on a

percentage of the Part D national base beneficiary premium, not on a percentage of the plan premium.

The Social Security Administration mails letters to beneficiaries who currently pay a Part B Income-Related Monthly Adjustment Amount (IRMAA) and, according to the Centers for Medicare & Medicaid Services (CMS), are in a Part D plan. The letter explains the additional Part D amount, and how exactly Social Security will collect it. You can contact SSA at 1-800-772-1213 or your local SSA agency if you have any further questions about your Part D IRMAA premium.

*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](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).* ★

## Environmental Opposition to Vital Sacramento Area Highway Project is Ridiculous



By Dan Walters,  
CALMatters.org

Some things are just so ridiculous that they demand critical attention. One of them is the opposition from environmental groups to widening the Interstate 80 freeway between Sacramento and Davis.

For years, motorists have complained about what has been dubbed the "Davis bottleneck" that often backs up traffic for miles. What should be no more than a 10- or 15-minute drive can often take 45 minutes or more.

The state Department of Transportation wants to convert median strips into new traffic lanes that would require a toll payment to traverse. Environmentalists, who are trying to block the project in court, contend that it would merely encourage more drivers to use the stretch of freeway and therefore relief from congestion would be only temporary.

Opponents also complain that Caltrans and local officials are using the subterfuge of improving pavement to widen the freeway, and that the project runs counter to official state policy of reducing vehicular traffic as a way to reduce greenhouse gasses.

"These projects are being oversold to the public as a way to reduce congestion; they are not," Susan Handy,

director of the National Center for Sustainable Transportation, told the Los Angeles Times. "A court decision is going to be very important."

Ironically, Handy's organization is housed in the UC Davis campus, where the chronic congestion spills over.

The complaints might have some validity if this stretch was merely another local commuter route, but it isn't. Interstate 80 is one of the nation's most important transcontinental arteries, running 2,901 from San Francisco to the New York City metropolitan area with much of its route in western states following 19th-century immigrant trails.

The only other east-west interstates are either hundreds of miles to the north or hundreds to the south. That makes I-80 an extremely important route for interstate cargo, a fact evident to anyone who shares the freeway with an endless stream of large trucks.

Moreover, there are no alternative routes because the eastern portion of the freeway is a causeway over a marshy area that's home to wildlife and is often flooded during winter and spring months. Water is diverted into the "Yolo Bypass" from the Sacramento River as an important element of the Sacramento region's flood protection system.

Simply put, trucks and cars must either use I-80 between Sacramento and the Bay Area or not move at all. The notion that widening will increase traffic is ludicrous: The traffic will be there regardless because it has nowhere else to go.

"We experience some of

the most severe congestion in California seven days a week," Autumn Bernstein, executive director of the Yolo Transportation District, told the LA Times. "We have more than five hours of congested traffic in the eastbound direction and (in) Davis every afternoon."

The ultimate fate of the project is not certain. The California Transportation Commission gave its approval in May and allocated money to begin work, but the environmental groups are suing, characterizing it as a showdown over the state's official policy of avoiding projects that increase carrying capacity and lead to more traffic.

It's unfortunate that Caltrans officials decided they needed to hide expansion of the freeway as a pavement improvement project and make it a joint project with local officials — with some token funding for mass transit — to sidestep a direct confrontation over environmental impacts.

In a more rational world, the need would be obvious, and officialdom would be criticized for waiting so long to do something about a bottleneck.

*Dan Walters is one of most decorated and 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.* ★



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CalExpoStateFair.com





# And Another Thing

**Under California law, all vehicles, including bicycles, must stop at stop signs**

By Bob McGarvey

There are quite a few people who ride bicycles in California, and even though I've talked about them before, there has been some news recently about bicyclists who were killed or hurt pretty badly. According to the California Bicycle Laws, bicyclists have the same rights and responsibilities as motor vehicle drivers. "There are some specific rules. Below, for your benefits, we summarize the key sections of the law that relate to cycling.

It was interesting to me when I read that people who ride bikes must ride as close to the right side of the road as practicable. That would be in a regular traffic lane, or even in a bicycle lane, they are supposed to ride on the right side to be safe and away from motor vehicles.

Something else that is really important is riding on the right side of the road in the direction of traffic, except when passing, making a legal left turn, riding on a one way street, riding on a road that is too narrow, or when the right side of the road is closed because of construction. Something else is important, "Under California law, all vehicles, including bicycles, must stop at stop signs. If the roadway has a stop line, the cyclist must stop behind the line." I know most people don't stop at stop signs while riding a bike.

There were some wonderful and enjoyable floats in our 4th of July parade this year, and there were also different

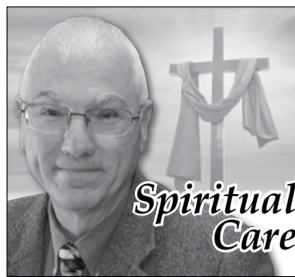
marching bands. Our Rancho Cordova parade has been one of the best parades in the Sacramento Area. There are many people who have been involved in the parade for quite a few years. We always have thousands of people who have watched our parade for years, and it is very traditional for many people.

Many events are going on this July. We had our city's birthday on July 1, Our Country's Declaration of Independence on July 4th, our Capital Air Show will be the 13th and the 14th of July (instead of September or October), and the California State Fair will be from July 12 to July 28. I hope that one of those events will not be having temperatures more than 100 plus all the way through the month. The Capital Air Show may be pretty hot if there are temperatures like the ones we just had. Some of those are setting new records like 114 degrees in Sacramento. The temperature in Palm Springs was 124 degrees, and in Death Valley the temperature was 128 degrees.

Something happened in California which has not occurred for 13 years, and that is a new incorporated city. Mountain House off 1-580 which is near Tracy, became California's 483rd city. It is the newest city in California since 2011. Rancho Cordova was California's newest city in 2003, and we are city number 478. We wish the best luck for Mountain House, and we will have to go see the new city when we have an opportunity to do so. Good look to the new city.

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

# "Forced Worship Stinks in God's Nostrils"



BY NORRIS BURKES

Under a new Louisiana law, every public school from elementary to college will be required to post the Ten Commandments by the end of this year.

If Jesus were around today, and I believe he is, I think he'd find the new law reeking with hypocrisy.

He'd likely question the irony of enforcing Commandment No. 2 in a state that still carries the stench of 130 graven images of confederate "heroes."

He'd likely call "foul," as the LSU Tigers, the eighth-best team nationally, dishonor the Sabbath with Saturday games.

But worst of all, he'd ask if the state legislature planned to include the fine print of Mosaic law with 248 do-this commandments, and 365 definitely-do-not-do-this commandments.

For instance, will the posted commandments include Exodus 21:29, that says if an ox gores someone to death, both the owner and the ox must be executed?

I'm not trying to villainize the Pelican State, but I am trying to prove a point during this season of patriotism about the principle of separation of church and state.

The principle has taken some hits in recent years.

Opponents make two points. First, the separation idea is not in the constitution. Second, they say our founding fathers would have never favored such a

split because they sought to make the USA into a Christian nation. The first argument is true. Separation of church and state is only an interpretation of the First Amendment which clearly forbids our government from establishing a religion. Additionally, it's interpreted to mean the government can't favor any single religion.

The second point is decidedly untrue.

Thomas Jefferson, the primary author of the Declaration of Independence was "not a God-fearing humanitarian but rather a slaveholding epicurean deist," says Tim Alberta in his latest book, "The Kingdom, the Power, and the Glory: American Evangelicals in an Age of Extremism."

"Jefferson was not an earnest follower of Christ but was known to mock revivalists and rarely attend church," Alberta writes.

I gained some understanding of Jefferson's view during my visit to Roger Williams National Memorial last summer. It's possible that Jefferson's understanding of the church and state issue was forged from Williams's.

Living 100 years prior to Jefferson, Williams was excommunicated from the Anglican Church for blasphemy. Banished from his home in 1636, he was forced on a most horrendous walkabout through a blizzard to present-day Rhode Island. It was there he established a Baptist community free from puritanism.

According to a National Park Service article, Roger Williams believed government-established religions were "...responsible for the death of millions of innocent souls whose only crime was having their own,

unique conscience."

Williams added with succinct clarity, "Forced worship stinks in God's nostrils."

Alberta notes that Jesus himself "physically ran and hid from the people who desired to make Him king. Jesus dismissed his critics by telling them, 'Give back to Caesar the things that are Caesar's, and to God the things that are God's.'"

Alberta concludes this thought with an interpretation from a modern-day preacher who gained fame in 1965.

"In other words, pay your taxes, forget politics, and serve God with all your heart."

That man was the late Jerry Falwell - before he successfully revived his failing college through a political arm called, "The Moral Majority."

Imagine what might happen if a different religion wanted to post their treatise.

Visualize a Baptist mom in New Orleans whose job transfer takes her family to Dearborn Michigan. Once there, she will likely enroll her Baptist son in a school belonging to the largest Muslim-populated school district in the US.

Once in class, Mom will need some assurances that her son can enjoy his religious freedom without being required to memorize the Five Pillars of Islam.

As you approach the voting booth this fall, let's keep church and state separate. But most of all, beyond November, I encourage people of faith to, "Serve God with all your heart."

Currently, the Louisiana law is being legally challenged. In the end, I suspect Louisianans will find, as did a dozen other states, that their law won't pass the "the sniff test." ★

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**Kings Korner**  
 By V.G. Harris

Celebration time, come on! Yes, it really is celebration time in Sac Town, and for the naysayers in the group that were wailing that the free agents were flying by and Monte McNair wasn't pulling the switch, it's time for some credit and accolades.

The most recent acquisition, albeit not yet complete, of free agent DeMar DeRozan, has a 50-plus win season written all over it for our hometown team.

DeRozan, without question one of the most coveted free agents in this year's mix, has apparently chosen the Sacramento Kings over other contenders such as the L.A. Clippers and L.A. Lakers. What makes this exceptional is that DeRozan is from Southern California, and he chose Sacramento over his hometown.

Sacramento has received criticism over the years that the Kings can't attract big free agent names, and the signing of DeRozan may spell an end to that rhetoric.

One of the shortcomings of last year's team was their inability to close out close games, and that they were somewhat too one dimensional with their late game methodology.

No question De'Aaron Fox can't be called upon to provide all of the late game heroics, and that was primarily the end game strategy the past couple of seasons.

The signing of DeRozan will enhance opportunities for not only Fox, but Keegan Murray, Domantas Sabonis, and Malik Monk, as well.

Opposing teams cannot plan their defense around stopping De'Aaron Fox with a weapon like DeRozan on the floor, and his scoring ability will undoubtedly enhance the scoring capabilities of everyone around him.

DeRozan doesn't come cheap, and part of the process in procuring a 6-time NBA all-star is making room under the salary cap. To make that happen, the Kings had to shed the 18 million per year they were paying to veteran Harrison Barnes, and Harrison was delt to the San Antonio Spurs who are apparently looking for veteran leadership amid their current youth movement.

For many Kings fans that have enjoyed watching Harrison bring his slashing style of offense and the mid-range shooting he has become known for, it's bittersweet. Harrison

was a fixture in the Kings starting lineup since February of 2019, and his durability was one of the unquestionable qualities the Kings will miss.

For a team that led the NBA in scoring just two seasons ago, Sacramento dropped 13 spots last year, and even a stronger defensive presence wasn't enough to make up the difference. Missing the playoffs after making the playoffs just one year ago was a gut punch, and it put a bull's eye on the backs of players that were too inconsistent with their scoring. Harrison, as a starter, was at the top of the list.

So, we wish Harrison well, and usher in a different looking starting lineup that will hopefully include fan favorite Malik Monk, as well.

Without question, DeRozan brings a veteran strength that will show itself in additional wins this season, but the Kings still need help for their all-world center and NBA leader in rebounds Domantas Sabonis.

While Monte McNair could run for mayor of Sacramento and probably win right now, other potential moves are still in the offing. Drew Timme, 6' 10" center from Gonzaga, was just signed to the Kings summer league team, and although not drafted, there is something about this your 23-year-old that will make you look twice. Could he be a diamond in the rough? It's possible, but for much needed up front help, let's not forget that already secured on the Kings roster is little heralded Alex Len, and veteran Trey Lyles.

At times, coaches have a tendency to overlook what they already have, and I for one do not believe that we've seen the best basketball that these two Kings out there to offer.

For the Chris Duarte fans out there, sadly Chris was sent to Chicago along with two second round draft picks and money to conclude the DeRozan acquisition. We will miss Chris and his spark off the bench, but like Harrison, the Sacramento fans wish Chris all the best in Chi Town.

Stay tuned Kings fans for more magic from your intrepid GM, and thank you Monte McNair for having the patience to wait for the right player to surface for the Kings.

Welcome DeMar DeRozan! ★

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number assigned to this case 2024-00252-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid, by remitting the funds and affidavit described in Section 2924m(c) of the Civil Code, so that the trustee receives it no more

than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase.  
 Date: July 1, 2024 Western Progressive, LLC, as Trustee for beneficiary  
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 Ventura, CA 93003  
 Sale Information Line: (866) 960-8299 <https://www.altisource.com/LoginPage.aspx>

Trustee Sale Assistant  
**WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. RANCHO CORDOVA GRAPEVINE INDEPENDENT**  
 Publish: 7/12/2024, 7/19/2024, 7/26/2024  
**GRAPEVINE INDEPENDENT 7-26-24**



**City of Rancho Cordova Notice of Public Hearing Correction**

NOTICE is hereby given that on **Tuesday, September 3, 2024 at 5:30 p.m.**, (Originally published as August 19, 2024) or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

A RESOLUTION OF THE CITY COUNCIL APPROVING MAXIMUM RATE ADJUSTMENTS FOR RESIDENTIAL SOLID WASTE COLLECTION AND STREET SWEEPING SERVICES FOR THE PERIOD FROM JANUARY 1, 2025 THROUGH JULY 1, 2029

The purpose of this public hearing is to provide an opportunity for residential solid waste rate payers to provide public comment on the proposed maximum residential solid waste and street sweeping rate adjustments for the period from January 1, 2025 through July 1, 2029.

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 Public Works Department at (916) 851-8710**.

**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 July 12, 2024

**PUBLIC NOTICE**

Golden State Water Company's 2024 Annual Water Quality Reports (Consumer Confidence Reports) detailing local water quality and service during the 2023 calendar year are now available. Interested parties who would like to view or print a copy can access the reports at: [www.gswater.com/annual-water-quality-reports](http://www.gswater.com/annual-water-quality-reports).

Grapevine Independent 7-12-2024



**MPG Employment Opportunities**

**We Are Hiring Opportunities at Messenger Publishing Group**  
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**Circulation Manager** - We are seeking a full-time Circulation Manager to oversee our 18 local newspapers. Duties include managing the weekly reporting of distribution, preparation for weekly audits, managing and recruiting our carrier staff, preparing and reporting postal statements, customer service support, physical labor repairing and replacing newsstands, setting up new locations, and other related duties needed to run the circulation department. This position works primarily in Carmichael but will require some local travel to our other offices in the Sacramento region. The hours may vary but are flexible due to the nature of the duties.

**Office Administration** - We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August.

**City Reporter** - We are seeking a full-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Managing Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

**Copy Editor** - We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

**Delivery Driver** - Weekly Hauling to Marysville- We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

**Newsstand Delivery Driver/Local** - We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position. Previous experience preferred.

**To find out more or to apply:**  
 Email your questions or resume to [Publisher@MPG8.com](mailto:Publisher@MPG8.com)

**Dangerous Heatwave Continues**

*Continued from page 1*  
 and emergency managers on regional needs.

Through Listos California, the Office of Emergency Services deployed in-language preparedness messaging to California's most impacted communities and those who might be most at risk during extreme temperatures, including those 65 years of age or older; individuals with chronic illness, disabilities or who are pregnant.

The Office of Community Partnerships and Strategic Communications deployed in-language messaging to higher risk communities through Heat Ready CA, which includes a network of community organizations and outreach to ethnic media.

Through the state's Priority Populations Task Force, the Office of Emergency Services convenes more than 20 agencies to coordinate state and local resources and share information with the public, identify and address unmet needs, and ensure comprehensive preparedness and response in support of Californians at greatest risk and coordinate with local jurisdictions.

**Protecting Workers**  
 The California Division of Occupational Safety and Health (Cal/OSHA) reminded employers to protect workers from heat illness during high temperatures by providing water, rest, shade and training.

Field inspectors are conducting targeted inspections at worksites where workers are most vulnerable to heat illness, including in agriculture and construction.

Details on heat illness prevention requirements and training materials are available online at [99calor.org](http://99calor.org). Cal/OSHA's heat illness prevention standard applies to all outdoor worksites.

The Government Operations Agency has coordinated messaging to all state employees on increased temperature preparedness and worked with building managers to reiterate state efficiencies during warmer days.

**Protecting Public Health and Safety**  
 The California Department of Public Health created a Heat and Summer Safety toolkit to provide resources and communication tools that can be shared, including the difference between heat exhaustion and heat stroke.

California Department of Public Health also develops heat guidance for schools, local health jurisdictions and other community service providers to protect Californians, particularly heat-vulnerable populations such as children, students, older adults, the unhoused, outdoor workers and those with existing health conditions.

**Increasing Climate Resiliency**  
 The California Natural Resources Agency and state climate partners are addressing longer-term impacts of climate change and extreme heat events through the Extreme Heat Action Plan to Build Community Resiliency.

Efforts include resources for vulnerable

and underserved communities, investments in shading communities through green schoolyards and urban forestry initiatives and putting nature-based solutions to work to cool buildings and infrastructure.

**How You Can Stay Safer from Extreme Heat**

Go to [ready.ca.gov](http://ready.ca.gov) to find resources and tips to stay safe from extreme heat and other natural disasters.

Stay cool (during the hottest times of the day). Those without air conditioning should consider going to a cooling center. Check out this list of cooling centers across the state or visit a public location such as a library or shopping mall. To find free transportation to cooling centers in certain areas, use this finder tool.

Avoid physical exertion or exercising outdoors.

Wear lightweight, light colored, loose clothing, hats, sunglasses and sunscreen.

Stay hydrated. Drink plenty of fluids, especially water, even when not thirsty; drink sports drinks (in moderation with water) to help replace electrolytes lost during exercise.

Avoid sugary, alcoholic, and very cold drinks.

Eat plenty of fruits and vegetables.

Stay connected. Monitor those at higher risk of heat-related illness including infants and young children; people 65 years of age or older; individuals with chronic illness, disabilities or who are pregnant. Determine risk at [heatreadyca.com](http://heatreadyca.com).

Californians are also encouraged to check on their neighbors - call or visit higher risk people and offer to pick up groceries, medication and other necessities. Older adults, young children and babies, people with chronic medical conditions and those who are pregnant are most at risk.

Use a buddy system when working in the heat.

As a precaution, keep all communication and medical devices charged.

Stay informed. Check for weather forecasts, extreme heat alerts and cooling centers at <https://news.caloes.ca.gov/coolingcenters/>.

Stay safe outdoors. Warm summer weather is causing continued snow melt from winter's record snowpack, resulting in colder and faster water that continues today. Remember to always be safe around the water.

Make sure you and your loved ones wear properly fitting, U.S. Coast Guard-approved life jackets. Several public and private entities make life jackets available to the public on a loan basis.

Always supervise children by appointing a designated "water watcher." Know your limits. Swimming in a lake, ocean or river is different than swimming in a pool. If someone is in distress, seek help from a lifeguard or call 9-1-1 if one is not available. ★



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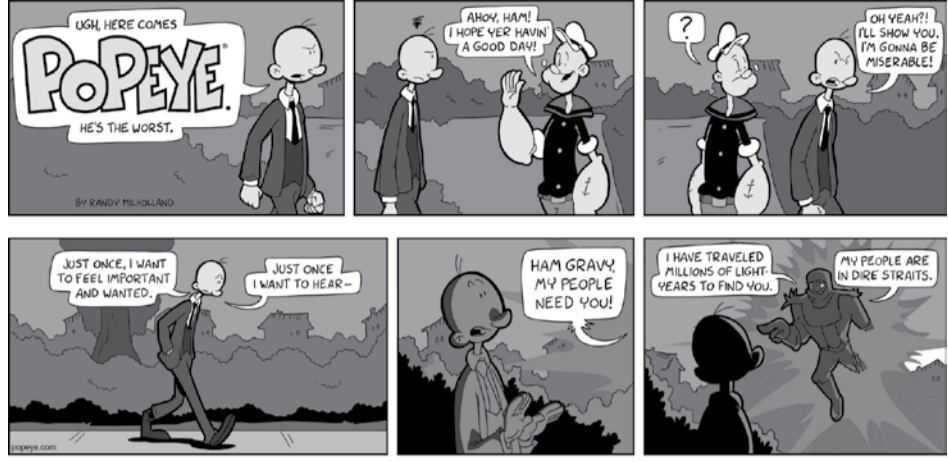


# COMICS & PUZZLES

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by Jeff Pickering



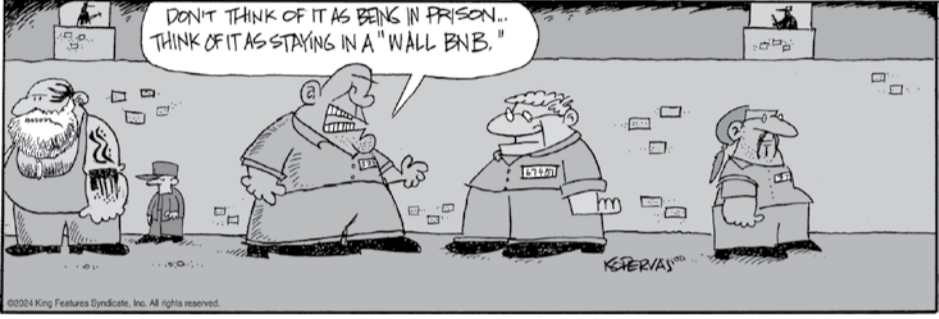
BY HENRY BOLTINOFF

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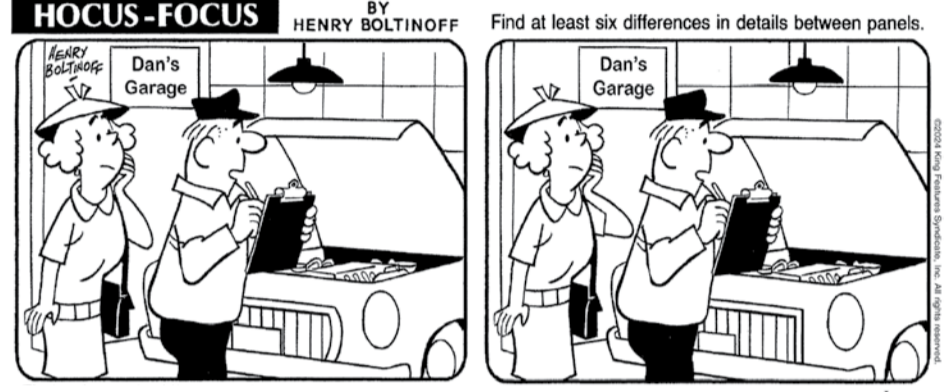


by Dave T. Phipps

## Out on a Limb



by Gary Kopervas

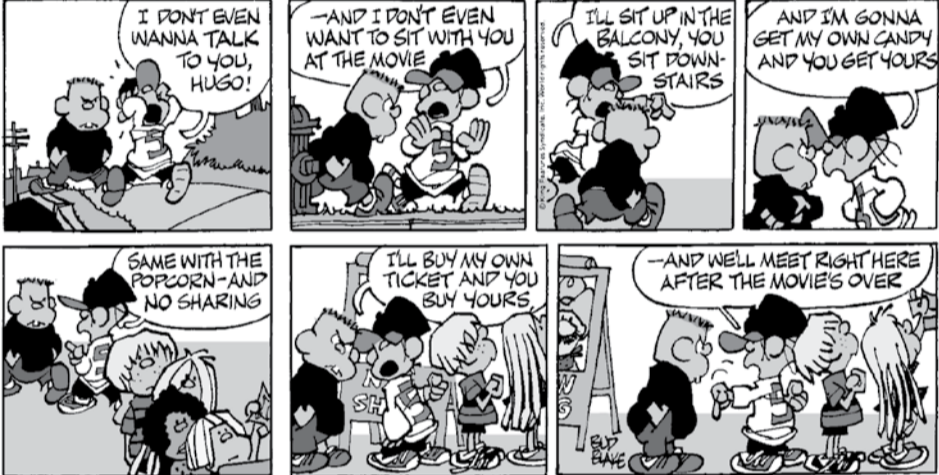


## HOCUS-FOCUS

BY HENRY BOLTINOFF

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## TIGER



by BUD BLAKE



## Just Like Cats & Dogs

by Dave T. Phipps

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- CLUES**
- ACROSS
- Croat or Moravian, e.g.
  - Paid player
  - Not Miss or Ms.
  - First-rate
  - Mattress with memory?
  - Be of use
  - "It's time!" signal
  - \_\_\_-de-camp
  - Like an unhealthy dog
  - \*First one to circumnavigate globe, almost
  - March Madness org.
  - Bring upon
  - Orange Lavaburst drink
  - \*Rita \_\_\_\_, first Latina to win Academy Award
  - Winter rides, in Russia
  - Brewery order
  - Unties or unbuttons
  - Nearly
  - One born to Japanese immigrants
  - Good times
  - Rheumy
  - Tel \_\_\_\_, Israel
  - Bequeath
  - Once known as
  - West African country
  - \*Chuck \_\_\_\_, first to break speed of sound
  - Genetic info carrier, acr.
  - City near Düsseldorf
  - Short for Dorothea
  - \*First artificial satellite (2 words)
  - Marine eagle
  - Mercantile establishment
  - Singer Piaf
  - Concert series
  - Indian nursemaid
  - Craggy peak
  - Little troublemaker
  - Solitary
- DOWN
- Give in to gravity
  - Weaver's apparatus
  - The "I" in "The King and I"
  - Carrots or peas, slangily
  - French soldier in WWI
  - Speed gun
  - \*First horror film about Damien Thorn, with The 8. Supernatural life force
  - Capital of Latvia
  - Canny
  - Han Solo's "Millennium "
  - Prenatal test, for short
  - \*The first one helped combat smallpox
  - Tedium
  - 120 mins.
  - #8 Down, pl.
  - Martini garnish
  - Pine product
  - Midterm, e.g.
  - a.k.a. Tibetan wild ass
  - Feel the same
  - Timider
  - Deadly challenge
  - Military moves
  - \*Mount first conquered by Hillary and Norgay
  - 10 to 12-year-old
  - Ewe's cry

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# Grand Jury Addresses Missile Site Contamination

**Story and photo by Carol Feineman**

**NORTHERN CALIFORNIA, CA (MPG)** - One of the 2023-2024 Placer County Grand Jury Final Consolidated Report's 13 individual reports addressed the trichloroethylene (TCE) contamination spreading today from a Lincoln Titan I-A Missile Site that closed in 1965.

The 58 county grand juries, made up of interested community members, investigate operations of the various officers, departments and agencies of local government, according to California Courts, Judicial Council of California.

The grand jury is part of the county judicial system authorized by the California State Constitution.

What's striking about this year's report is that the grand jury took on the missile site's contamination that falls under the responsibility of a federal agency, the U.S. Army Corps of Engineers and the state's Central Valley Regional

Water Quality Control Board. The Water Board oversees what corrective actions the Army Corps will finally take to eliminate the TCE.

The areas which are not within Placer County Grand Jury jurisdiction include federal agencies and state agencies.

Yet the Placer County Grand Jury addressed today's contamination spreading into a Lincoln active-adult community from the missile site because "it is important to educate the citizens of Placer County about this issue. Cleanup of former military sites contaminated with toxic chemicals such as TCE is a lengthy process. The process typically involves assessments, cleanup plans and implementation, with involvement from multiple stakeholders. It is crucial to prioritize safety and effectiveness in these cleanup efforts."

The grand jury's 18-page report, "From Missiles to Meadows: Restoring Nature's Balance," stressed



From left, Lincoln City Councilman Bill Lauritsen, Ray Birge and Anne Constantin Birge, members of the grassroots Titan I-A Missile Site Environmental Contamination and Remediation Committee, were looking at the number of the monitoring well to see what the trichloroethylene (TCE) levels have been over the years.

that the former Lincoln missile site "poses environmental health risks due to past activities, including chemical use, chemical spills and unexploded ordnance (military supplies such as weapons, rockets, or armor). The source of contamination is trichloroethylene (TCE), a solvent which was used to clean the liquid oxygen Rocket

Propellant-1 piping and was discharged into the ground..."

The grand jury found that "Cleanup efforts will require soil remediation and groundwater monitoring to mitigate environmental impacts.

To date, no remediation efforts have been completed, resulting in health and environmental

concerns from the community. Without cleanup efforts, the contamination poses a risk to the surrounding environment and public health. It is essential for proper authorities to prioritize and initiate cleanup efforts to address these potentially serious hazards. This remediation project underscores the importance of monitoring and managing environmental contamination at former military sites to ensure public safety and environmental preservation."

A little history is in order. The 54 former intercontinental ballistic missile (ICBM) silo sites in California, Colorado, Wyoming and Washington built during the Cold War in the early 1960s were designed to destroy enemy targets anywhere around the world within an hour of launch.

The two-stage missiles were stored in underground silos and raised to ground level for launch, according to the Library of Congress. Furthermore, each complex consisted

of three missile silos supported by a network of underground fuel storage tanks, equipment terminal, antennas and connecting tunnels.

Beale Air Force Base 851st Strategic Missile Squadron oversaw Northern California's triangle of Titan I missile silo complexes in Lincoln, Chico and Live Oaks.

Co-founder Anne Constantin Birge of the grassroots Titan I-A Missile Site Environmental Contamination and Remediation Committee, trying to speed up the cleanup process, appreciated the grand jury report.

The report accurately stated that no remediation efforts have been completed, according to Birge.

"Many thanks to the members of the Placer County Grand Jury for succinctly and clearly putting the issues on the table for all to see," Birge said. "And, for the Water Board and United States Army Corps of Engineers to know, there are others watching them." ★

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# Popp Talk

With Mary Jane Popp

## Rejuvenate And Shine

How would you like to invigorate your mind, body and spirit? It's called whole body wellness, and Dr. Susan Smith-Jones can help us "Rejuvenate and Shine."

Dr. Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced living. I love having her on my POPPTALK Radio Show. She has authored some thirty books with the goal of making our lives better. So get ready for ten tips that can change your life.

**1. REJUVENATE AND REFRESH.** Make sure to build breaks into your day. From sunrise to bedtime—reset and refresh. It's okay to unplug now and then, or at least press the "reset" button.

**2. EXERCISE FOR VITALITY.** Everyone is different when it comes to the time of day that's best to exercise. Henry David Thoreau wrote: "An early morning walk is a blessing for the whole day."

**3. JOIN THE BREAKFAST CLUB.** The word "breakfast" literally means breaking the fast from the night before. It jumpstarts metabolism. Your body needs to be refueled for the tasks ahead of it.

**4. UTILIZE NATURE'S HEALING POWER.** Go outside to play and pray. The more time we get outdoors into nature and appreciate the beauty and blessings of God's splendor, the more compassionate, forgiving and kind we become.

**5. VISUALIZE YOUR DAY AHEAD.** Albert Einstein said: Your imagination is a preview of your life's coming attractions." Visualizing success and positive outcomes can help prepare us for the real thing.

**6. EAT MORE FRUITS AND VEGGIES.** The fiber in these foods helps

your digestive tract keep humming along the way it was designed. Eating your fruits and veggies has the added bonus of beautifying skin, boosting metabolism, and elevating mood.

**7. NOURISH YOUR OVERALL WELL-BEING WITH AMPLE SLEEP.** Too little sleep makes you hungry, especially for calorie-dense foods (it's harder to pass up that cupcake or order of fries) and primes your body to hold on to all the calories you eat.

**8. ADJUST YOUR ATTITUDE TO INCLUDE PLENTY OF ATTITUDE.** Those who catalog the positive things in their lives are healthier, happier, more motivated, less stressed, and more well-rested.

**9. TAKE TIME TO PRAY, MEDITATE AND BREATHE DEEPLY.** This simple, cost-free practice has been scientifically proven to heal the body, boost immunity, reverse aging, and lift your mood from negative to positive. It's a salve for the mind, body, and spirit.

**10. ENJOY DAILY LAUGHTER AND TICKLE YOUR FUNNYBONE.** Laughter releases endorphins into your body that act as natural stress busters. It helps relieve pain, counteracts fear, anger, and depression, all of which are linked to depression, and linked to illness and stress.

You can find these ten tips and so much more in her latest book "A Hug in a Mug." And don't forget to sign up for her free monthly newsletter. All you have to do is go to her website [www.susansmithjones.com](http://www.susansmithjones.com) and look up in the right corner. One click on subscribe and you're in for a real treat with tons of great information and inspiration. **STAY WELL!** ★

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