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2023 AND YOU
By Mary Jane Popp



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From Farm to Family

Soil Born Farms Connects Community to Fresh, Local Produce



Kids learn the joy of growing and harvesting fresh vegetables at Soil Born Farms, located along the American River in Rancho Cordova. Last year, almost 1,000 students visited the Farm for field trips, homeschool classes, after-school activities, and summer camp. Photo courtesy of Soil Born Farms

Story by Shaunna Boyd

RANCHO CORDOVA, CA (MPG) - Soil Born Farms is a non-profit urban agriculture and education project that grows local organic produce on the 55-acre American River Ranch at 2140 Chase Drive in Rancho Cordova. The goal of the farm is to connect people with healthy food and the process of growing that food – which encourages healthy living, an investment in the environment, and a commitment to a sustainable community.

At Soil Born Farms, a big part of creating a



Everyone can benefit from getting their hands dirty as they become part of the process that brings fresh, organic produce into the community. Photo courtesy of Soil Born Farms

connection between the community and the food they eat has always been the Farmstand, where people could browse fresh, organic produce. But during the last couple of years, Soil Born Farms

had to make changes in response to the challenges of the COVID-19 pandemic. Terese Hollander Esperas, project manager for Soil Born Farms, said they had to “rethink and pivot” to meet the community’s needs. They shifted their in-person Farmstand to an online marketplace, which opens Tuesday evenings on the website for customers to make selections for a Saturday morning drive-thru pickup at the farm. In addition to produce from the farm, the online marketplace offers curated items from 35 local

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Nominate a Great Volunteer!

**Cordova Community
Council News Release**

RANCHO CORDOVA, CA (MPG) - Do you know a great Rancho Cordova volunteer? If so, don't be late for this very important date!

The Cordova Community Council (CCC) is seeking nominations of residents, organizations and businesses who have gone above and beyond the call of duty to make Rancho Cordova a great hometown and will be celebrated in “wonderland-style.”

Nominations for the 23rd Annual Community Volunteer Awards are now open. But don't delay – nominations close at 5 pm Jan. 31.

Each year, the CCC recognizes outstanding contributions to the community in various categories ranging from business to faith leadership. The prestigious “Rancho Cordovan of the Year” award can honor an exceptional contribution to the community during the year or over a lifetime.

Nomination categories include:

Distinguished Community Business Partner; Distinguished Community Service (individual); Distinguished Community Service Organization; Distinguished Service by a Faith Community; Outstanding Teen Service (Service by an individual teenager or teen service organization); Outstanding Service to Youth (Educator, faith leader, coach or group serving youth in the community); “Couldn't Have Done it Without You” (An all-encompassing award category that let's you use your imagination!); Rancho Cordovan of the Year (An exceptional accomplishment in 2021 or a lifetime of service within the community of Rancho Cordova)

Inspiring stories always emerge about individuals, teenagers, businesses and organizations which are making a big difference in the Rancho Cordova community through extraordinary volunteer effort. Winners will be honored at “Volunteers in Wonderland,” a celebration inspired by the beloved Alice in Wonderland tale on Friday, March 10. Tickets go on sale Feb. 1.

Want to make a nomination?

Nomination forms are available online at www.cordovacouncil.org/community-volunteer-awards. Or, pick up a nomination form from the Cordova Community Council at Rancho Cordova City Hall, 2729 Prospect Park Drive, Suite 117, Rancho Cordova CA 95670. For more information, contact Marie Beckstaiger at 916-273-5701. ★

Our Future is Greater than Our Past



From left are Diann Rogers, president and CEO, Rancho Cordova Chamber of Commerce; Shelly Blanchard, executive director, Cordova Community Council; David Sander, Rancho Cordova city councilmember; Mayor Linda Budge; and Micah Runner, new City Manager.

Story and photo
by Margaret Snider

RANCHO CORDOVA, CA (MPG) - The January Rancho

Cordova Luncheon featuring 2023 Mayor Linda Budge broke the record for attendance - 122. The previous record was 112.

The year 2023 is especially important – it is the City's 20th anniversary and representations of

each table. “We're using the balloons,” said Shelly Blanchard, executive director of Cordova Community

Continued on page 3

UC Davis Health Improving Eye Care for People with Diabetes

UC Davis Health News

SACRAMENTO, CA (MPG) - Diabetes affects 34.2 million people in the United States. Diabetic retinopathy, a diabetes complication that affects blood vessels in the eye, is the leading cause of blindness in adults. Early detection and treatment are critical to prevent vision loss but fewer than 50% of the 3.2 million Californians with diabetes undergo their recommended yearly eye screening. Glenn Yiu, a professor of ophthalmology at UC Davis Health, hopes to increase that number significantly.

The UC Office of the President announced Yiu received a \$2 million grant to lead an interdisciplinary program, the Collaborative UC Teleophthalmology Initiative, or CUTI. The project, part of UCOP Multicampus Research Programs & Initiatives, is in partnership with medical centers at UC San Diego, UC San Francisco and UC Los Angeles. CUTI builds on a screening program Yiu launched at UC Davis Health in 2018. The goal is to expand eye care access for diabetics, particularly for underserved populations. The project will utilize digital medical equipment for teleophthalmology or “remote” ophthalmology.

How Teleophthalmology can be used for Screenings

A key feature of the CUTI program is integrating digital eye screenings into routine care at primary care facilities or clinics for patients with diabetes. The screening is simple and just requires the patient to look into a special camera. Known as a fundus camera or retinal camera, the machine takes high-resolution images of the interior of the eye. The images can detect changes that may signal diabetic retinopathy and other eye conditions. After the digital image is

taken at the primary care office or clinic, the results are sent to an off-site eye care provider for evaluation and diagnosis.

“Teleophthalmology pro-

will work with community clinics and Federally Qualified Health Centers (FQHCs) to reach underserved members of the community.

community clinics, such as Clinica Tepati and Paul Hom Asian Clinic, that provide care in Sacramento’s inner-city neighborhoods. UC Davis

awareness and acceptance of telehealth. He thinks this technology can reduce in-person health visits and improve access and adherence to preventative eye care.

The interdisciplinary CUTI team includes members from the four different UC campuses with expertise in public health, clinical informatics, and health economics who can address obstacles in clinical workflow, technology integration, and financial sustainability.

The retinal images taken during the four-year study will be collected in a centralized repository for research using artificial intelligence. Artificial intelligence may be able to identify eye diseases and predict the risk of cardiovascular events and strokes simply from images of the eye’s interior.

“The introduction of artificial intelligence is another exciting development in teleophthalmology,” Yiu said. “The incorporation of AI for automated image interpretation allows for faster and more sensitive diagnosis of early eye disease.”

Remote diabetic eye screening is already available at UC Davis primary clinics in Midtown, Folsom, Elk Grove, and the Lawrence E. Ellison Ambulatory Care Center. Yiu and his team believe that remote eye imaging may be used in the future to screen for other eye conditions such as glaucoma and age-related macular degeneration (AMD). Over the four-year program, they hope to spread the word to improve awareness about preventative eye care.

“We are excited to start this project and hope to find a way to scale it up for all of California. Our long-term goal is to make it easy for people with diabetes to get their annual eye screening, so we can help people avoid preventable blindness.” ★



The UC Office of the President announced Yiu received a \$2 million grant to lead an interdisciplinary program, the Collaborative UC Teleophthalmology Initiative, or CUTI. Image by David Mark from Pixabay

vides a convenient way to get your eyes screened for diabetic retinopathy and other ocular disorders during a routine visit to the primary care physician,” Yiu said. “It also enhances eye care access for those who do not live near an ophthalmologist.”

Since launching a separate pilot teleophthalmology program at UC Davis in 2018, Yiu has improved diabetic eye screening rates by more than 15%, helping to make UC Davis Health one of the top performers in the country.

Screening for Underserved Patients

In addition to eye screenings at primary care facilities at UC health systems, the program

“Teleophthalmology provides a convenient way to get your eyes screened for diabetic retinopathy and other ocular disorders during a routine visit to the primary care physician.”

GLENN YIU, A PROFESSOR OF OPHTHALMOLOGY AT UC DAVIS HEALTH

In the Sacramento area, this includes student-run free

Health is also working with Communicare Health Care Centers, a FQHC, to provide remote diabetic eye screening to rural areas of California’s Central Valley. The region has limited eye care access. UC San Diego and UC San Francisco will also be engaging with community clinics in addition to primary care centers.

Training and Identifying Barriers

Because eye screenings are not a routine part of primary care, the program will train health care providers and identify the barriers that prevent the widespread adoption of remote eye screening. Yiu noted that the COVID-19 pandemic increased

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- Pork Neck Bones \$1.59/lb

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- REG. \$3.49 **\$3.49/ea**
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- Pined Olives Garlic Sauce \$4.29/lb
- Green Olives \$4.69/lb

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Our Future is Greater than Our Past

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Council, “because they’re a reminder to all of us on this 20th anniversary that a citizen-driven effort was really raised by a million dreams that people had for what their city could look like.”

This is the fifth time as mayor for Linda Budge, who was one of the inaugural City Councilmembers when Rancho Cordova became a city. Out of all the years did Budge have a favorite year? She had two, and by happenstance she was mayor for both. “One was in 2008 when we signed our Sister City relationship with Turrialba in Costa Rica,” Budge said. “. . . We turned five years old that year – the city of Turrialba turned 105 years old.” Her second favorite was 2013, when Rancho was 10 years old. “That was a year that as mayor I went to the United States Conference of Mayors and found some really fun things, like the organization that honors veterans, and we still belong to that organization.”

Budge thanked the voters who approved the two sales tax measures since 2014 that have made possible the funding of so many special efforts the City has undertaken, proposed by people who live and work here. “You do it,” Budge said, “because you know Rancho Cordova wants to continue to be a great place to Live, to Learn, to Work and to Play.”

As a place to LIVE, Budge thought back to the 20 years before cityhood, Rancho had not been growing then. “We had 65,000 people driving in to work, but so many people didn’t live here,” Budge said. “. . . Today we have not only five very significant housing projects in development and underway, but there are also another five currently in creation. We have eight additional housing development projects in the pipeline that might have potential starts in this next fiscal year . . . There’s a unique single family for-rent neighborhood that’s been approved, very close to

employment opportunities.”

Rancho is also a great place to WORK. “We have a house for everyone, we also have a job for everyone,” Budge said. With all the growth, many employers are coming to Rancho Cordova, the newest being UC Davis and Solidigm, who are “both bringing over 1,000 jobs this year.” Retail is expanding, as can be seen all around the area. Chamber president and CEO Diann Rogers pointed out that 2023 is also an anniversary for the Chamber – the 60th “We’ve got a gala planned, we’ve got a blood drive,” Rogers said. “All kinds of wonderful things just to celebrate that 60th anniversary.”

Rancho Cordova is a great place to LEARN. There is a ten-week program offered by MBARK, the Minority Business Assistance and Recovery Kickstart that will provide intensive training for small business owners. The Rancho Cordova Youth Center is open, with the operational partners of the Boys and Girls Club. The Police Activities League will be inviting all our young people to come and see what they have to offer. And the Folsom Lake College, Rancho Cordova, Promise Program is going to continue.

Ultimately, Rancho Cordova is a great place to PLAY. “Nobody has an organization devoted to having fun like the Cordova Community Council,” Budge said. Partnering with the Community Enhancement Fund, they bring almost 100 mostly free, exciting events for all of us to enjoy every year. This year the Cordova Community Council is going to help us celebrate the City’s 20th anniversary in some very neat ways.”

Go to www.cordovacouncil.org to learn about the special anniversary programs planned for June 30 through July 4. Budge ended her talk by quoting the late Dave Roberts, who was the first mayor of the City of Rancho Cordova. He said, “Our future is greater than our past.” ★

From Farm to Family



Gardening classes and volunteer opportunities at Soil Born Farms provide plenty of opportunities for people in the community to get involved in growing their own food. Photo courtesy of Soil Born Farms

Continued from page 1

farmers, bakeries, orchards, and a variety of artisan food producers. Esperas said it has been “a really successful endeavor.”

Now, Soil Born Farms has been able to re-open the Farmstand on Saturdays, but they are continuing the online marketplace as well since the service has proved to be so popular. Having the option of ordering online or browsing the Farmstand in person makes it possible to meet the needs of more people in the community – bringing fresh produce and healthy food into more homes, in whatever way works best or them.

Another big change at Soil Born Farms is a major renovation to the Farmhouse Kitchen, which is now a commercial kitchen space. This allowed the Farm to expand their services to include culinary classes, catering, and making soups and meals for the marketplace and for pop-up brunches on Saturdays. The new kitchen is the homebase for Phoebe’s Tea & Snack Bar, which serves as the Farm’s job-training site for teens, where they learn customer service skills as they serve tea, coffee, pastries, and soup to guests.

Soil Born Farms also expanded the parking lot and built a variety of new outdoor spaces for gathering and to hold outdoor classes. The Farm is open to guests on Saturdays (except in inclement weather) from 8:00 AM to 1:00 PM for the Farmstand

and marketplace pickups, farm tours, bird-watching, brunch, music, and family events. Milly’s Mercantile is open on Saturdays at the Farm as well, offering artisan housewares and handcrafted gifts.

There are always volunteer opportunities at Soil Born Farms, in addition to bi-annual plant sales and a variety of classes that focus on gardening, wellness, nature and the environment, herbal studies, cooking, and Summer Day Camp for the kids. Visit the website for the full schedule (<https://soil-born.org/>).

Soil Born Farms provides an opportunity to find healthy, local food while connecting to the land where that food is grown. Spend a Saturday gathering with friends and family while you enjoy nature and all the Farm has to offer. ★



At Soil Born Farms, a big part of creating a connection between the community and the food they eat has always been the Farmstand. Photo courtesy of Soil Born Farms

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RANCHO CORDOVA RECOVERY GRANTS

Rancho Cordova Recovery Grant Applications are Now Open!

Rancho Cordova Recovery Grants support local nonprofit organizations that are experiencing economic hardship from the COVID-19 pandemic.

The City Council approved \$500,000 of American Rescue Plan Act funding for grants to nonprofit organizations that are located in the city and serve our Rancho Cordova community. Multiple grants are available.

Organizations are required to submit documents verifying their nonprofit status, such as IRS designation and Secretary of State reports.

Application period:
Monday, January 9, 2023 at noon through Tuesday, January 31, 2023 at 5 PM. Applications may only be submitted electronically.

Apply now and learn more:
CityofRanchoCordova.org/RecoveryGrants

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Aging Well at Home

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - Preserving fitness at an advanced age is one of the challenges seniors face. The most basic skills, or activities of daily living, include bathing, getting dressed, walking, eating meals, and conserving personal hygiene, but further ability to maintain good mobility and strength can enable seniors to continue living at home. Personal trainer Jenn Alton has taken it as the goal in her business, Your Fitness Genie, to help people do this. When people have problems with stability, walking, or a tendency to fall, Alton pointed out, they may be well enough to exercise, but through discomfort, pain, inertia, dependence on medication, or lack of motivation may not do so. "I feel extremely passionate about my mission statement: Age well at home," Alton said.

Using herself as an example, Alton said that she does not like to cook, and has compensated for that over the years by buying a lot of cookbooks, which she doesn't use. Similarly, people who know they need to exercise may get all the right equipment, buy a nice exercise outfit, but don't utilize them. They may also not know how to use the equipment and therefore be afraid of injury. "Personal trainers assist by, first, helping people define their goals." Trainers also can show clients the correct way of using equipment and



Your Fitness Genie owner Jenn Alton has been a NASM certified personal fitness trainer for 22 years and specializes in senior fitness. Photo provided by Your Fitness Genie



Your Fitness Genie owner Jenn Alton chats with client Cyndi Sills as she works on her cardiovascular health with an exercise bike at her home in Rancho Cordova on Friday, Dec. 30, 2022. Photo provided by Your Fitness Genie

exercising to avoid or mitigate injury.

One of Alton's clients Cyndi Sills, 72, admits she doesn't like exercise at all. "I have Jennifer come because if she comes, I'll

do it and if she doesn't, I won't." She has built up enough equipment at her home, Sills said, so that the training can take place right at her house. "We do a variety of things,"

For 12 years, Alton worked as a personal trainer for 24 Hour Fitness, training clients in an age range of 12 to 92 years. She began Your Fitness Genie around 2002 and saw clients at a local gym as an independent personal trainer. "Exercise really is a benefit for so many of the medical conditions that are out there," said Alton. She has certifications in several specialties of personal training with NASM (National Association of Sports Medicine), and she has chosen senior fitness as her training specialty.

Alton also encourages her clients to join classes that she teaches at Neil Orchard Senior Center on Tuesdays, Wednesdays, and Thursdays. The classes involve active aging chair yoga, floor mat pilates, restorative yoga for the back, and active aging balance and movement.

Another of Alton's clients is 90-year-old June Huffman. "It is hard for me to get out," Huffman said, and she also trains at home. "(Alton) is like a breath of fresh air when she comes in," Huffman said. "She's always happy and very positive . . . She's very much aware, in my case anyway, of how I'm feeling and what I'm doing and so forth." Huffman said that she does feel better when she works out. "My sons especially notice that there's a difference when I'm doing it and when I'm not."

For more information about Your Fitness Genie, call or text Jenn Alton at 916-768-8767. ★



Jenn Alton instructs client Cyndi Sills on overhead dumbbell shoulder press, while sitting on a stability ball at Sills' home in Rancho Cordova on Friday, Dec. 30, 2022. Photo provided by Your Fitness Genie

Sills said. "We work on cardio and weight training, and for me balance is a big, important thing." Although she remembers the different exercises, Sills doesn't know when

to switch from one thing to another. Having Alton there keeps her on track. "When you have Jennifer, she's the brains behind it, she just says, 'You do it,' and then you feel better."



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By Bob McGarvey

And Another Thing

Knowing what that looked like when it started years ago and seeing it now is quite different

We are fortunate to have time to get some of the water out of the flooded counties in California. According to the weather forecasters there will be at least another whole week so the waters can recede. From what I have learned, at least 85% of Rancho Cordova is on property that is mapped above the high-risk flooding area. I remember watching the American River go up very high, almost up to Ambassador Drive in 1986. Fortunately, after we received 4 inches of rain for two days in a row, the rain stopped and began letting the water go down. If the rain had continued, the water would have gone over the top of Folsom Dam, and what a disaster that would have been. We will definitely have to continue to pay attention to the weather this rainy season in our city.

My wife and I were able to go to the retirement parties of Supervisor Don Nottoli and City Manager Cyrus Abhar. Those two gentlemen helped our city reach some of our great successes. I can not begin to talk about all of the details because there are too many. One thing which Don helped us build was the Mather Veterans Village. One of the first things which Cyrus did was to work very hard on the Kilgore Cemetery. I just want to say thank you to both of them.

Something which was very important was the return of NASA's Orion Capsule to Earth after it circled the Moon following

its test flight. That was something I talked about in a previous column, but I hope our space program will be important to our children. The next Orion flight around the moon is currently targeted for 2024. Four astronauts will make that trip, and that will be followed by a two person lunar landing as early as 2025. After 1972 when our Apollo program ended, I definitely didn't think that it would take until 2022 before NASA would send another vehicle to the Moon. I wonder how many children today pay much attention to the real program? Star Wars is popular of course, but I hope that watching the real thing like the Orion Capsule is as popular with kids as Star Wars.

Now something which used to be very important was going to stores and shopping in person. My wife and I went to the Sunrise Mall this weekend. We started at the end of the mall, and it was truly different looking down as far as we could see. There weren't any people walking down the mall for a minute or so. Knowing what that looked like when it started years ago and seeing it now is quite different.

March 2020 really started tremendous changes when the COVID-19 began, and we all watched the stores close, the schools closed, and people began dying in hospitals. It took two years for the vaccines to be created and saved lives. I hope the vaccines we have will continue to be successful.

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

Transit Ridership Falter, Posing a 'Fiscal Cliff'



By Dan Walters, CALMatters.org

California utopians, including those holding public office, envision a state that by 2045 will have achieved zero net emissions of carbon dioxide and other greenhouse gases.

The largest source of those emissions is transportation – the cars, trucks, buses, airplanes and railroad engines that carry Californians, the goods they need to live and the inputs and outputs of the state's \$3.4 trillion economy.

To that end, the California Air Resources Control Board has issued seemingly countless decrees, including one that would ban the sale of autos with gas- or diesel-powered engines by 2035.

Public transit is central to the state's hopes of reducing transportation emissions. Officials want more Californians to park their cars – or not buy them in the first place – and use buses and light and heavy rail systems for commutes and other personal trips.

Despite those hopes, transit ridership is going the other way, and transit system operators and advocates are using terms such as "fiscal cliff" and "death spiral" as farebox revenues decline and there is greater demand for taxpayer

money to shore up their operations.

Transit usage cratered when the COVID-19 pandemic hit the state three years ago and millions of workers either lost their jobs or shifted to working at home. Ridership picked up a bit when pandemic closures eased and employment finally returned to pre-pandemic levels. However, the California Transit Association says that as of the third quarter of 2022, overall ridership was averaging just two-thirds of what it had been prior to the pandemic.

"Some agencies have returned to pre-pandemic ridership levels and above, while others continue to struggle with ridership counts that are one-third of previous totals," the organization says in a new "strategic plan" it unveiled in December.

The plan "comes at a moment when our industry faces serious existential threats – slow ridership recovery, a fiscal cliff, and a widening workforce gap," Karen King, who chairs the organization's executive committee, said.

The plan makes obtaining more financial support, particularly from the state, its highest priority, citing not only declines in ridership and operational revenue, but the state's mandate that it get rid of its hydrocarbon-fueled buses and replace them with battery-powered vehicles. The cost of zero-emission buses and the infrastructure to operate them is tabbed at more than \$11.6 billion.

Three weeks after the plan was released, Gov. Gavin Newsom proposed

a new budget for the 2023-24 fiscal year with spending reductions to close what he said was a \$22.5 billion deficit, thanks to a projected decline in revenues.

Transit officials and their supporters didn't like the budget's treatment of transit, particularly a \$2 billion reduction in transit infrastructure. The industry's top legislative advocate, Scott Wiener, a Democratic state senator from San Francisco, pledged to seek restoration of the funds and more money to cover transit's revenue declines.

Wiener said, "We must not let our public transportation systems go over the impending fiscal cliff and enter a death spiral – where budget shortfalls lead to service cuts that lead to ridership drops that lead to further budget shortfalls and service cuts. The state must serve as a financial back-stop against this fiscal cliff to ensure our transit systems survive."

The transit dilemma typifies the conflicts and tradeoffs that permeate the state's hopes for achieving carbon neutrality 22 years hence. As a recent CalMatters analysis of the state's ambitious but tortured plans to rid itself of hydrocarbon-fueled cars underscores, it's one thing to declare such a goal on paper, but it's quite another to make it reality when the precise steps needed are complicated, time-consuming and expensive.

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

California Loses Population Again

Commentary by Ted Gaines

California reigned for decades as the unmatched destination for people around the country. Now people can't leave fast enough. Recently released numbers from the U.S. Census Bureau indicate that between July 2021 and July 2022, California lost roughly 343,000 residents to other states. This number is a "domestic net migration" figure, meaning that 343,000 more Americans moved out of California over those 12 months than moved here from other states.

Where are they going? The number-one net migration winner over that period was Florida, which gained around 319,000 residents from other states.

It's too easy to say exclusively that Newsom is driving people out of state and Florida Governor Ron DeSantis is attracting them, but to the extent the two governors symbolize different approaches to taxation, regulation, and liberty, it holds true. People are leaving Newsom-like states and flocking to DeSantis-like states. If you want to handicap the 2024 presidential election, this is a good place to start.

The states shedding domestic population are progressive strongholds, with extensive regulatory regimens, strong public employee unions and other Democrat policy priorities. They are, simply, big government states. High tax, high cost of living states. Joining California in the top five net losers are New York, Illinois, New Jersey, and Massachusetts.

States attracting Americans are lower-cost, lower-tax, Republican strongholds. Trailing Florida in the top five net gainers are Texas, North Carolina, South Carolina, and Tennessee.

And even if your individual tax burden is not too bad in California, big government, supported by high taxes (regardless of who pays them) indicates a mindset that the state should always be doing more and additional money for government is inherently good.

This bigger-is-better approach leads to government solutions in search of problems.

It's why California government seeps into every crack of your life, blocking the exercise of what you can eat, what house you build, what car you drive, how much you keep of the money you earn, down to such trivialities as what drinking straws you can get in a restaurant. Do you feel as though you personally need government monitoring your straw usage, or is that a decision you are competent to make as an adult? Florida trusts you to choose your own straw, California does not.

The California government mindset drives up costs in every area of living. Looking at taxes alone doesn't tell a complete story of government-imposed costs. How many taxes would have to move lower to make up for policy-driven expenses in California? Would a one-percent decrease make up for gas that's two-dollars-a-gallon higher than the national average? Would slightly lower sales taxes offset electricity costs 80-percent higher than the national average? Exactly what tax would offset the cost of an \$800,000 starter home, driven in part by extraordinary regulatory costs in our state?

California will always be desirable for the wealthy. I defy another state to produce a Yosemite, a Golden Gate, giant redwoods, Lake Tahoe, Big Sur, Santa Monica beach...the list of our wonders is long, if you can afford to enjoy them. But our unmatched beauty is apparently overwhelmed by policy failures of colossal dimension. People are voting with their feet and moving.

It says so much about our government's misguided agenda that hundreds of thousands of people last year abandoned everything this state has to offer because of everything this state takes away. It's time for an affordability revolution in California to turn us once again into a destination state.

Senator Ted Gaines (Ret.) was elected to represent the Board of Equalization's First District. He is a leading taxpayer advocate, defender of Prop. 13, and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 34 counties of northern, eastern, and southern California. For more information, visit www.boe.ca.gov/Gaines. ★

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STATEPOINT CROSSWORD • SUPER BOWL

- CLUES**
- ACROSS**
- COVID tester
 - Pep rally syllable
 - To overlay with thin gold coating
 - Sky bear
 - Abundant
 - Worrier's worry?
 - Fishing spot
 - Blackhearted
 - Full of coral
 - *2023 Super Bowl stadium sponsor
 - Research facil.
 - Egg cell
 - King Charles to Prince Harry
 - Thief's target
 - *2023 Super Bowl Halftime Show star
 - Mozart's "L" del Cairo
 - Bob Marley's music
 - Yarn spinner
 - "The Poky Little ____"
 - Skeddadle
 - 18-wheelers
 - "Guilty," e.g.
 - Fabric inset
 - One of the sibs
 - *Super Bowl advertiser's purchase
 - Anatolian language
 - Decay
 - "There it is," à Paris
 - "Hold on!"
 - *Home of the Ravens, for both Super Bowl appearances
 - Cuckoo for these puffs!
 - Curved molding
 - Medicinal plant
 - Court orders, e.g.
 - Sonny & Cher and Abbott & Costello
 - Talk like a drunk
 - Actor Danson and character Lasso
 - *Owner of a Lonely Heart" band
 - *Star of the most-watched Super Bowl Halftime Show
- DOWN**
- Paddleboarding acronym
 - Court order
 - Between ports
 - Hungarian composer Bela ____
 - *Either one of the opposing Super Bowl teams
 - Flambé
 - Position of leadership
 - *2023 Super Bowl AZ location
 - Frosts, as a cake
 - Hit the road
 - Like certain humor
 - Disprove
 - Dickens's Heep
 - Each and all
 - One of a set of dice
 - Father, colloquially
 - Round openings
 - Pickled garnish
 - *Last year's Super Bowl winners
 - Nimbus, pl.
 - Nigerian money
 - Torcher's crime
 - Elmer's, e.g.
 - Found at the pump
 - *Team with most Super Bowl appearances
 - Signing tool at the cash register
 - Greenwich-related acronym
 - Superior ones
 - Itsy-bitsy bits
 - Patterned table linen
 - Lacking clarity
 - Bread spreads
 - Donned
 - As opposed to base in chemistry
 - Snatchers' quest
 - Cantina pot
 - *Overwhelming Super Bowl defeat
 - Fear-inspiring
 - 100 lbs.

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CLG NEWS UPDATES

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DOJ seizes more classified docs from Biden's Wilmington home after 12-hour FBI search

21 Jan 2023 | The Justice Department seized additional classified records from Joe Biden's Wilmington, Delaware, home after an FBI search on Friday, Fox News has learned. "On Jan. 20, 2023, the FBI executed a planned, consensual search of the President's residence in Wilmington, Delaware," Joseph D. Fitzpatrick, an assistant U.S. attorney to U.S. attorney for the Northern District of Illinois John Lausch, told Fox News Saturday. Lausch was the DOJ official running the investigation into Biden's improper retention of classified records ahead of the appointment of Special Counsel Robert Hur... The FBI search began Friday morning at 9:45 a.m. and concluded Friday night around 10:30 p.m.

Customs officials are seizing eggs [instead of fentanyl] at the U.S.-Mexico border

20 Jan 2023 | U.S. customs officials are cracking down on egg smugglers. With egg prices soaring in the U.S. over the last year, more Americans are crossing into Mexico to buy the food item and trying to sneak cartons of raw eggs along some areas of the southern border, including California and Texas. "We are seeing an increase in people attempting to cross eggs from Juarez to El Paso because they are significantly less expensive in Mexico than the U.S.," U.S. Customs and Border Protection spokesman Roger Maier told CBS MoneyWatch. "This is also occurring with added frequency at other Southwest border locations."

Border agents confirm 1.2 million 'gotaway' migrants under Biden administration – Illegal immigration continues to skyrocket under Biden

22 Jan 2023 | U.S. border agents have confirmed that 1.2 million illegal migrants "got away" from authorities while crossing the border under Joe Biden's administration, U.S. Customs and Border Protection (CBP) sources told Fox News on Sunday. CBP tracks hundreds of thousands of migrant encounters at the U.S.-Mexico Border every month, but that stat does not include the number of known "gotaways," or migrants who were detected by authorities but not apprehended. Since Biden entered office in January 2021, border crossings have exploded, and at least 1.2 million migrants successfully evaded authorities. The first half of Biden's four-year term saw monthly border encounters rise from 101,000 in February 2021 to 251,000 in December 2022, according to CBP stats.

Border Patrol nabbed 17 people on FBI terror watch list at southern border in December

21 Jan 2023 | Border Patrol agents stopped 17 people on the FBI's terror watch list at the southern border in December, bringing the total of individuals arrested at the southern border to 38 already for the current fiscal year. Customs and Border Protection's (CBP) latest numbers for December, released on Friday, revealed Border Patrol has arrested 17 people at the southern border whose names match on the FBI's Terrorist Screening Database (TSDB) – which contains information about the identities of those who are known or "reasonably suspected" of being involved in terrorist activities. December's numbers bring the total number of terror watch list arrests between the ports of entry to 38 since FY 2023 began on Oct 1. There were 98 terror watch list arrests in FY22, 15 in FY21 and just three in FY 20 at the southern border caught between ports of entry.

Where Did All the Workers Go?

20 Jan 2023 | In a November 30, 2022, speech on "Inflation and the Labor Market," Federal Reserve chairman Jerome Powell blamed most of the 3.5 million estimated shortfall in the U.S. labor force on premature retirements. He also blamed a large portion – between 280,000 and 680,000 – on "long Covid." **In a footnote, however, Powell acknowledged a far more somber factor: an estimated 400,000 unexplained deaths among working age people...** In 2020, Covid did not take very many lives of healthy young and middle-age people – for example, the types of people who are employed at large and mid-size companies and who have group life insurance. ...[G]roup life insurance benefit payments in 2020 were barely higher than in 2018... In 2021, however, group life payments exploded by 20.7 percent over the five year average and by 15 percent over the acute pandemic year of 2020. Why would healthy young and middle-age people suddenly begin dying in large numbers in 2021 when they'd navigated 2020 with relative success? Especially when we consider that in 2021, the US administered 520 million Covid-19 vaccine doses. Shouldn't healthy people employed in good jobs with good benefits, now protected with vaccines, have fared better in 2021 than in 2020?

Federal agencies withholding data behind pilot heart condition change, COVID vax stroke reversal

20 Jan 2023 | Federal agencies are withholding the data behind recent decisions that relate or may relate to COVID-19 vaccines and severe adverse events, fueling speculation that they are putting both vaccinated and unvaccinated lives at risk. The Federal Aviation Administration told Just the News it widened the acceptable range of heart rhythms for commercial pilots, who were initially subject to industry-wide vaccine mandates, in light of "[n]ew scientific evidence" that it has yet to specify. The Oct. 26 update to the heart arrhythmias section of the FAA Guide for Aviation Medical Examiners made two key changes. The agency raised the maximum so-called PR interval for first-degree atrioventricular block to 300 milliseconds, with no regard to age, on the list of "normal variants" that don't require deferment in the absence of "symptoms or AME concerns." FAA spokesperson Ian Gregor provided a modified version of the statement the agency released last spring after American Airlines pilot Robert Snow blamed his in-flight cardiac arrest on coerced vaccination.

'Bombshell' Emails Reveal Fauci Was Part of NIH and Who Conspiracy to Silence Wuhan Lab Leak Theory

21 Jan 2023 | Dr. Anthony Fauci, once considered America's top Covid doctor, conspired with influential scientists around the world, including at the World Health Organization, to quell concerns that SARS-CoV-2 may have leaked from the Wuhan Institute of Virology, newly un-redacted emails show. The newly released emails raise questions about Dr. Fauci's motives in dispelling public scrutiny over the potential the novel coronavirus had escaped from the Wuhan laboratory. Fauci had misled Congress over the extent that the National Institutes of Health had funded the Wuhan lab as a subcontractor of EcoHealth Alliance. The Wuhan laboratory was also funded by the Pentagon, contract awards show. The un-redacted NIH emails show how public questioning that SARS-CoV-2 may have escaped from a laboratory was a concern for the group's scientists lest it become a "conspiracy theory."

FDA assigned Pfizer's COVID vaccine a license number months prior to actually licensing it

6 Jan 2023 | Back in July 2020, when the U.S. Government committed to purchasing millions of doses of Pfizer's Covid vaccines prior to the vaccines actually being authorized for use in the American public, some wondered whether the FDA's "review" process for granting Emergency Use Authorization (EUA) was just a mere formality... Based on an FDA document that ICAN's (Informed Consent Action Network) attorneys recently obtained, it appears we can now say that the FDA's post-EUA procedure for determining whether to formally license Pfizer's Covid vaccine was indeed just that - a mere formality. On June 17, 2021, the FDA drafted a memo announcing that it was issuing a license number for Pfizer's Covid vaccine. But the FDA didn't actually license the Pfizer's Covid vaccine until several months later on August 23, 2021. In the document, the FDA makes the stunning admission that, while granting a BLA license number prior to actual licensing was a "deviation from [the FDA's] normal practice," it was doing so to "facilitate product labeling and distribution" because it had reviewed "much" of the information in Pfizer's licensing application. ★

SBA Positioned to Swiftly Assist

California Businesses and Residents Affected by the Statewide Winter Storm

SBA News Release

SACRAMENTO, CA (MPG) - Low-interest federal disaster loans are now available to California businesses and residents as a result of President Biden's major disaster declaration, U.S. Small Business Administration's Administrator Isabella Casillas Guzman announced.

The declaration covers Merced, Sacramento and Santa Cruz counties as a result of severe winter storms, flooding, landslides, and mudslides that began Dec. 27, 2022.

"With President Biden's declaration, SBA is working closely with FEMA and our state and local officials on the ground to deliver expedient disaster recovery loans and support that will aid Californians impacted by these severe and devastating winter storms, flooding and mudslides," said Administrator Guzman. "My heartfelt condolences go out to the families who have lost loved ones, and I urge affected residents to stay safe and heed the guidance of local emergency officials. As the state faces continued rainfall and heightened risks of flooding and mudslides, the SBA is committed to providing the full breadth of our resources to help small businesses and communities recover and rebuild stronger than before."

Businesses of all sizes and private nonprofit organizations may borrow up to \$2 million to repair or replace damaged or destroyed real estate, machinery and equipment, inventory and other business assets. SBA can also lend additional funds

to businesses and homeowners to help with the cost of improvements to protect, prevent or minimize the same type of disaster damage from occurring in the future.

For small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private nonprofit organizations of any size, SBA offers Economic Injury Disaster Loans to help meet working capital needs caused by the disaster. Economic injury assistance is available to businesses regardless of any property damage.

Disaster loans up to \$200,000 are available to homeowners to repair or replace damaged or destroyed real estate. Homeowners and renters are eligible for up to \$40,000 to repair or replace damaged or destroyed personal property.

Interest rates can be as low as 3.305 percent for businesses, 2.375 percent for private nonprofit organizations and 2.313 percent for homeowners and renters with terms up to 30 years. Loan amounts and terms are set by SBA and are based on each applicant's financial condition.

To be considered for all forms of disaster assistance, survivors must first contact the Federal Emergency Management Agency at www.disasterassistance.gov. As soon as Federal-State Disaster Recovery Centers open throughout the affected area, SBA will provide one-on-one assistance to disaster loan applicants. Additional information and details on the location of disaster recovery centers is available by calling the SBA Customer Service Center at (800) 659-2955. ★

State Fast-tracks Groundwater Recharge Pilot Project to Capture Flood Waters

DWR News Release

SACRAMENTO, CA (MPG) - The Department of Water Resources (DWR) is partnering with the State Water Resources Control Board to fast-track efforts to capture flood waters to recharge groundwater basins. Water captured during extreme wet periods such as the one California is now experiencing will be stored in groundwater basins for use during dry periods.

Governor Newsom's "California Water Supply Strategy, Adapting to a Hotter, Drier Future" calls on DWR and the State Water Board to work with local agencies to significantly expand the State's ability to capture water from winter storms and adapt to more extreme weather patterns caused by climate change. DWR and the board are working together to expedite the regulatory steps necessary to store significant rainfall and excess water underground, while still ensuring protections for the environment and other water users as required in State law.

"The State is capturing more water supply by accelerating groundwater recharge permitting and projects that mitigate the impacts of prolonged drought and support long-term sustainable groundwater management," said DWR Director Karla Nemeth. "Projects that capture available precipitation, stormwater, or floodwaters to recharge depleted groundwater basins need to be ready to capture high flows when they are available during each wet season, typically October through April in California."

The State's efforts reached a milestone January 6 when the State Water Board approved a six-month permit that will enable multiple landowners to divert excess flows from Mariposa creek near the City of Merced to recharge a key groundwater basin. The Merced Project permit, the first approved under a new pilot regulatory assistance program, is expected to pave the way for future projects to allow water from wet-weather storms to be captured and diverted. The permit will cover multiple diversions by multiple landowners in a coordinated fashion managed by a groundwater sustainability agency.

The pilot program began in August 2022 with an application from the Merced Irrigation District and the Merced Irrigation-Urban Groundwater Sustainability Agency to divert and store water from the Mariposa creek. The permit application authorizes diversion of up to 10,000 acre-feet of water from the creek during periods of high flows that would otherwise likely flow through the system. The Merced Subbasin is one of 21 basins in the state of California identified as Critically Overdrafted by DWR.

"The review process for these permits is complex and must consider impacts to the environment and existing water rights, including those dependent on specific Delta conditions and state and federal water project requirements," said State Water Board Chair Joaquin Esquivel. "In

acknowledgement of this complexity, we have streamlined the process so we issue them in a timely way and help local agencies succeed in capturing stormwater for recharge and bringing stressed groundwater basins into balance."

Since 2016, the State Water Board has approved 20 temporary permits. Currently there are five applications pending, with two more projected to be approved next week. The remaining three are going through a public noticing process.

The Merced Project's permit includes multiple points of diversion. Diversions will be directed to a number of agricultural fields to support groundwater recharge consistent with the Merced Subbasin Groundwater Sustainability Plan. Water diverted for recharge purposes will be applied to working agricultural lands only, and water stored will be accounted for in the upcoming growing season as the first irrigation water to be pumped from the aquifers.

"Merced Irrigation District is excited to partner with DWR supporting GSAs with this crucial pilot project intended to help groundwater basins become sustainable by turning potential flood waters into groundwater recharge opportunities," said Hicham Eltal, Deputy General Manager, Merced Irrigation District. "The project is intended to show that the subsidence being experienced in part of the Merced Groundwater Basin along the San Joaquin River can be addressed while simultaneously reducing recurring flood events from local creeks tributary to the San Joaquin River. The goal is that this effort paves the way for acquiring temporary permits to divert flood flows by GSAs throughout the State to help groundwater basins reach sustainability."

As part of the Newsom's Administration water supply strategy, the State is looking to expand groundwater recharge by at least 500,000 acre-feet in potential capacity. By expediting groundwater recharge projects, the State can help local agencies prepare now to take advantage of future heavy precipitation events. Early pilot project efforts, like the Merced Project, will demonstrate the feasibility of capturing available high flows for groundwater recharge while minimizing flood risks, and provide insight to support further streamlining of this process.

Groundwater basins serve as the state's water savings account and are intended to provide a reliable water source when we have less rain and snowmelt. As weather patterns have become more variable and extreme from the effects of climate change, resulting in more frequent and consequential droughts and high flow events, replenishment of depleted groundwater basins is an essential part of California's long-term water resilience and drought mitigation efforts. Significant expansion of groundwater recharge projects such as the Merced Project will be required to support environment, agricultural uses, and ability to withstand future droughts. ★

WEEKLY COMICS

Amber Waves



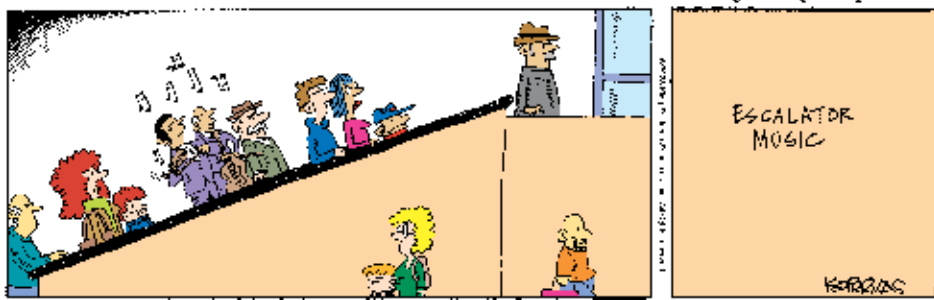
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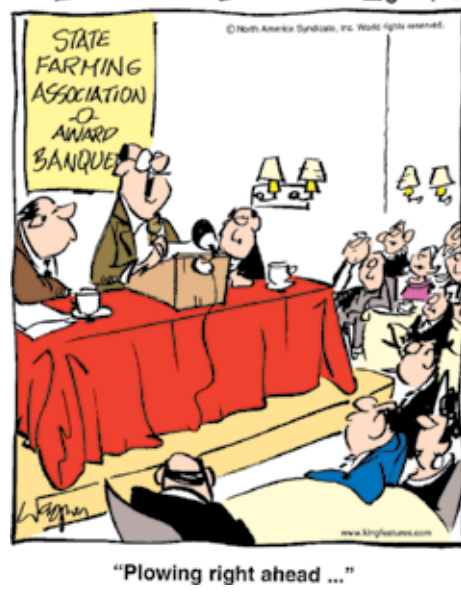
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by Mike Marland



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2023 And You

Last time we looked at 2023 through the eyes of an Astrologer. So this time, let's peer into the future with an internationally known Psychic/Medium **Mary T. Browne**. She counsels world leaders and celebs alike with her no-nonsense approach to life. So here she goes.

"I am feeling very unsettled as we enter the New Year. Inflation will remain high, but will taper off slightly toward the end of the year. There will be a large increase in job cuts as companies continue to cope with higher labor costs and higher interest rates. As these cuts intensify, people will feel fearful and desperate. Covid will remain a health emergency. People are becoming more and more complacent thinking that the covid has ended. This attitude is a major reason for the increased number of covid cases plaguing us right now. Many people who tossed their masks aside will be forced to put them back on, especially when they enter crowded venues. I see a resurgence of Spiritualism in 2023. Spiritualism is a religious movement based on the belief that we can communicate with the Spirit World. The enormous number of deaths from the covid epidemic, the incredible insecurity brought about by financial stresses and the constant images of war and political strife blasted in front of us, has many people believing that the next world has to be better than this one. These feelings motivate many people to seek answers from communication with the departed. Though I believe deeply in life after death, and I have had a great deal of experience dealing with the Spirit world, it is important that we focus on making our lives in this world meaningful. We prepare for our



place in the next world by the quality of our life in this world. Every day gives us an opportunity to be of service to others!"

Her advice is practical too like **"The Five Rules of Thought,"** her latest book. Here's a brief look.

1. You Must Decide What You Want. Be exact and clear what you want. You may want many things from money to a promotion, but you must focus on them one at a time because your mind can only think of one thing at a time.

2. See It Done. Focus your mind on the completed goal, not on the individual steps leading you toward it. Take a direct route to your desire.

3. Don't Vacillate. It means don't waver, change your mind, or not commit. We vacillate because we are unsure. That results in fluctuating thoughts. A fear of failure and disappointment comes into our minds. Release those thoughts.

4. You Must Have Faith. Faith is belief. Nothing can be accomplished without it. Many people struggle with faith, but maybe they wouldn't if they took a minute to think about all the things we do that rely on faith.

5. Persistence Reaps Results. Persistence builds strength around your thoughts. It's the ability to keep pursuing your goals despite adversities.

If you need more info on **Mary T Browne**, you can go to www.MaryTBrowne.com.

**HAPPY PSYCHICALLY
NEW YEAR!**

CSLB Urges Homeowners to Hire Licensed Contractors



The Contractors State License Board (CSLB) is reminding homeowners to use licensed contractors for any construction repairs above \$500. Photo courtesy Monkey Business Images | Dreamstime.com

CSLB News Release

SACRAMENTO, CA (MPG) - After a series of severe damaging storms and with more wind and rain expected to impact California, the Contractors State License Board (CSLB) is reminding homeowners to use licensed contractors for any construction repairs above \$500.

After a disaster, CSLB's mission is to help ensure unlicensed or unscrupulous contractors do not take advantage of consumers.

Homeowners should use CSLB's Find My Licensed Contractor feature to build

personalized lists of licensed contractors in their area. They should always check all contractors' license numbers on the CSLB website and check each contractor's pocket license to confirm the person representing the construction business is listed as personnel of record on the license. A CSLB-issued state license is required for any construction job of \$500 or more (labor and/or materials).

"Disaster survivors take a huge risk when they hire unlicensed contractors," said CSLB Registrar David Fogt. "Most are not properly insured and likely don't have the skills or knowledge to perform the work."

Homeowners should be aware that CSLB offers a designated Disaster Help Center section online, which provides publications that can be downloaded or ordered. These include "Debris Removal and Construction Scams," "After a Disaster, Don't Get Scammed," and "What You Should Know Before Hiring a Contractor." In addition, information can be requested by calling CSLB's Disaster Hotline, 800-962-1125, staffed Monday through Friday from 8 a.m. to 5 p.m., or via the automated assistance line, 800-321-CSLB (2752).

Californians seeking information about the state's response and recovery efforts should visit the California Governor's Office of Emergency Services (Cal OES) website.

About CSLB: CSLB operates under the umbrella of the Department of Consumer Affairs and licenses and regulates nearly 285,000 contractors in California. In 2022, CSLB helped consumers recover more than \$40 million in ordered restitution. ★

National Anthem Auditions to be held at Sutter Health Park

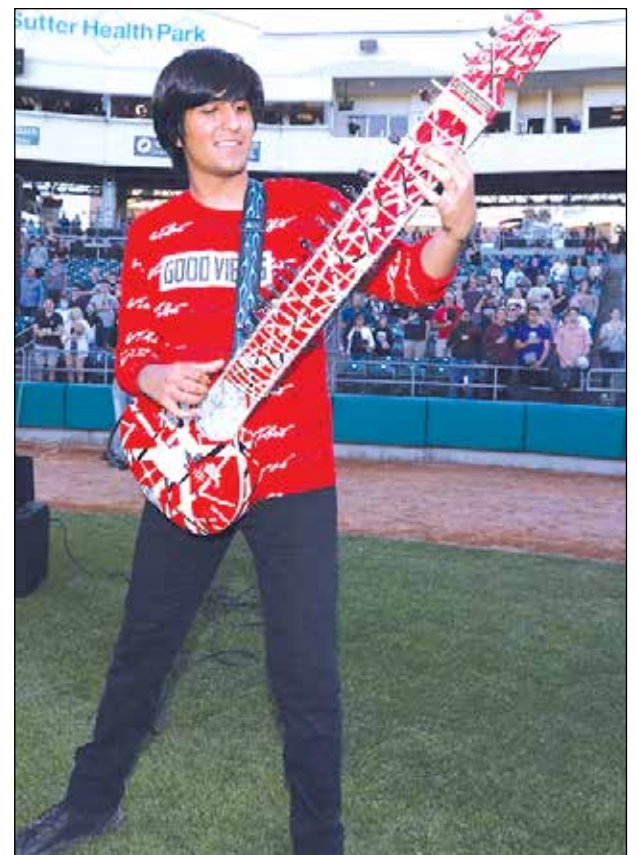
Sacramento River Cats News Release

WEST SACRAMENTO, CA (MPG) - The national anthem is open to all soloists, groups, and instrumentalists. Those interested in performing the national anthem at a 2023 River Cats game must submit an audition demo by Friday, Feb. 10.

Audition Demo Guidelines: A capella version; The Star-Spangled Banner in full; Clear, consistent, and correct lyrical performance; And, full performance must be under 90 seconds.

Audition demos must be emailed as an mp3 file or YouTube link to marketing@rivercats.com with the following information: Subject: 2023 National Anthem Demo; Include: Name, Phone Number, and Email.

Submissions that do not meet the above guidelines will not be considered for a call back. Demos received past the due date



To perform the national anthem at a 2023 River Cats game, you must submit an audition demo. Photos courtesy of Sacramento River Cats

will not be considered.

The River Cats will invite the top-50 submissions to a live audition at Sutter Health Park. Due to the number of demos

received, performers will only be contacted if selected. Selected parties will be contacted with further instructions the week of February 13. ★

Local Assistance/Disaster Recovery Center Opening

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - To support residents and businesses that have suffered disaster-related losses or damages, Sacramento County has opened a Local Assistance Center (LAC) starting on Jan. 18, 2023, in partnership with the Federal Emergency Management Agency and California Officer of Emergency Services, at the Chabolla Community Center, 600 Chabolla Ave, Galt, CA 95632.

A LAC is activated following major disasters for those who have disaster-related losses or damages by providing recovery direction, assistance and resources to recover from a disaster. This is a "one-stop" shop for resources for those affected by the storms and will be open daily from 7 a.m. - 7 p.m.

Services onsite include FEMA individual recovery assistance, California

Department of Insurance, DMV, Public Health, County Economic Development and Behavioral Health Services linkage.

People who suffered losses from the storms should contact their insurance companies first. Insurance delivers the majority of financial help in disasters. For losses not covered by insurance, residents can register for disaster assistance in four ways:

Online through disasterassistance.gov; Using the FEMA App; Calling 800-621-3362 or 800-462-7585 (TTY), or; Visiting the Local Assistance Center.

Find out about applying for FEMA disaster assistance.

Property owners and businesses in the County of Sacramento are welcome to visit the LAC location but are still encouraged to report storm-related damage to their insurance providers and fill out the Sacramento County Disaster Damage Report for inspection assessments of properties. ★

Hometown Heroes Sacramento Native Conducts Maintenance on Aircraft Aboard USS Nimitz

Story and Photo Courtesy Navy Office of Community Outreach

U.S. Navy Aviation Structural Mechanic 2nd Class Raven Lopez, from Sacramento, CA., repairs a broken bonding wire of an F/A-18E Super Hornet, from the "Blue Diamonds" of Strike Fighter Squadron (VFA) 146, in the hangar bay aboard the aircraft carrier USS Nimitz (CVN 68). Nimitz is underway conducting routine operations. ★



Pictured is Aviation Structural Mechanic 2nd Class Raven Lopez. Photo courtesy of U.S. Navy - Mass Communication Specialist 3rd Class Caylen McCutcheon

Hometown Heroes Sacramento Native Volunteers at Navy Post Office in Okinawa, Japan

Story and Photo Courtesy Navy Office of Community Outreach

Postal volunteer Aviation Ordnanceman 2nd Class Isabel De Jesus, from Sacramento, Ca. and assigned to Commander, Fleet Air Western Pacific Aviation Intermediate Maintenance Detachment Kadena, scans and labels incoming mail at the Kadena, Okinawa, Japan, navy post office, Dec. 12, 2022. Postal volunteer provides extra manpower to the post office during the holiday season. ★



Pictured is Aviation Ordnanceman 2nd Class Isabel De Jesus. Photo courtesy of U.S. Navy - Mass Communication Specialist 1st Class David R. Krigbaum