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Weighing Job Risks



Health officials are walking a fine line between keeping essential services and the economy afloat and controlling the spread of the virus. Photo: Pixabay

By Ana B. Ibarra, CALMatters.org

Look no further than your favorite restaurant, your kid's school or your local hospital to see the effect of California's latest bout of infections.

Cases have skyrocketed since the holidays, reaching nearly 7 million people infected since the pandemic began. That means so many workers are calling in sick that many businesses and offices are left understaffed and fellow workers are stretched thin.

Health officials are walking a fine line between keeping essential services and the economy afloat and controlling the spread of the virus. But a labor shortage has noticeably influenced national and state COVID-19 policies – even temporarily allowing for health care employees to continue working despite a positive test as long as they

feel no symptoms and wear an N95 respirator. These guidelines have prompted questions about safety and whether public health is being jeopardized.

Since the start of the pandemic, California's top officials have been adamant that the state's COVID-19 response is based on science. But these policies also have to be flexible, Gov. Gavin Newsom recently told reporters.

"It's called dealing with reality," the governor said in defense of recent health workplace guidelines during his Jan. 10 budget briefing. "The pragmatism – not what you want, but what you need to do at a time of challenge."

Experts note that the virus and the pandemic environment are fast-changing, and policies in response have to adjust quickly.

But labor needs and politics aside, when it comes to returning safely to work, what are experts and research

telling us about omicron? When is it safe for an infected employee to return to work and how dangerous is it to shorten that period? What if you have no symptoms? And what should your employer be doing to keep you and your coworkers safe? Here's what you need to know.

A red flag with omicron is that early research suggests that the incubation period – the time between when one becomes infected and when one starts to show symptoms – is shorter with this variant – about three days, compared to the four to five days of earlier strains.

Usually, the day before symptoms start and the day symptoms appear are when people are the most infectious, said Sanghyuk Shin, director of UC Irvine's infectious disease science initiative.

That means people can become
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CTC Allocates \$589 Million for Transportation Improvements

Department of Transportation Press Release

SACRAMENTO, CA (MPG) - The California Transportation Commission (CTC) allocated \$589 million for projects to repair and improve transportation infrastructure throughout the state. Senate Bill (SB) 1, the Road Repair and Accountability Act of 2017, accounts for \$302 million – more than half of the funding.

"This investment follows our 'fix-it-first' commitment to repair California's aging infrastructure, while at the same time increasing transit and active transportation options," said Caltrans Director Toks Omishakin. "These projects will make our transportation system safer and more convenient for all users and create thousands of good-paying jobs in the process."

Among those projects approved was one on State Highway 32 in Chico from Muir Avenue to Highway 99 that will rehabilitate pavement, install signals and lighting, upgrade Transportation Management System (TMS) elements, rehabilitate drainage systems, and upgrade facilities to Americans with Disabilities Act (ADA) standards. The project was allocated \$3.51 million.

Caltrans also presented the CTC with the draft 2022 State Highway Operation and Protection Program (SHOPP) at our meeting. Aimed at preserving the condition of the highway system, the draft 2022 SHOPP accounts for \$17.3 billion in funding over a four-year period and includes projects for safety, restoration, road and bridge preservation, and other highway-related facilities.

The CTC will host a public hearing in February to receive comments on the draft SHOPP. All the comments will be considered in the final version that goes before the CTC for adoption at its March meeting. All 2022 SHOPP projects are available on the Caltrans' Ten-Year Project Book website, ProjectBook.dot.ca.gov

SB 1 provides \$5 billion in transportation funding annually split between the state and local agencies. Road projects progress through construction phases more quickly based on the availability of SB 1 funds, including projects that are partially funded by SB 1.

For more information about transportation projects funded by SB 1, visit RebuildingCA.ca.gov

Blocking A Million Cyber Threats Daily

Sacramento County Press Release

SACRAMENTO, CA (MPG) - What if every person in the United States, about 333,000,000 people had tried to hack into Sacramento County government information systems in 2021?

The reality is that the amount would still be shy by roughly 27 million. Last year, there were a whopping 360 million unauthorized attempts to connect to Sacramento County information systems, and each of them was successfully blocked by network filters. At the same time, email filters were successfully blocking 145 million malicious email messages.

In 2021, Sacramento County Successfully Blocked Cyber Threats:

360,000,000 Unauthorized Network Attempts
145,000,000 Malicious Email Message Attempts

Network and email filters are just two of the ways Sacramento County's Department of Technology (DTech) is working vigorously to protect the confidentiality, integrity and accessibility of the County's information systems and the data within them.

Some other ways: Every day, cybercriminals try to trick Sacramento County employees into clicking malicious links. Thanks to DTech's ongoing Security Awareness training required for the entire workforce, employees are becoming more sophisticated about these persistent "phishing" attempts. In the fourth quarter of 2021, employee and contractor

phishing susceptibility was only 6.6 percent, compared to 17.6 percent in the fourth quarter of 2020, and compared to the overall government susceptibility rate of 26 percent.

To prevent cybercriminal takeovers of County accounts, DTech has implemented two-factor authentication, which requires users to verify their sign-in to County systems, webmail, and other external-facing web services.

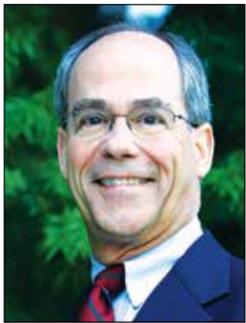
Whenever a vulnerability is discovered in systems or workstations, DTech takes quick and thorough action to implement a software patch. Today, 99 percent of critical and important security patching is being completed within 30 days.

"The fact is, we are so focused on cybersecurity that most of our 14,000+

Sacramento County employees have no idea of the millions of malicious attacks we are blocking and intercepting on our network and email systems every single day. It is now our reality that all U.S. government agencies, big or small, are a target for cybercriminals from all over the globe. We make every effort to be one step ahead of the millions who try to break in," said, CIO and DTech Director Rami Zakaria.

Each workday, County workforce members go about their tasks knowing that although there is an army of cybercriminals constantly seeking to steal County data or disrupt operations, only a very tiny fraction of these attempts will succeed. DTech's mission is to keep shrinking that tiny fraction. ★

Assemblyman Roger Niello Announces Campaign for State Senate



Roger Niello

Roger Niello for State Senate 2022 Press Release

SACRAMENTO, CA (MPG) - Assemblyman Roger Niello (fmr.) announced his campaign for the newly drawn State Senate District 6, currently represented by Senator Brian Dahle and Jim Nielsen.

"It is no secret that California faces significant challenges, unfortunately high rates of homelessness, increasing crime, and an abysmal climate for small business owners." Niello stated. "We need leaders who are willing to put politics aside and do the hard work of crafting solutions that improve life for California's working families."

Niello enters the race

for Senate District 6 with wide-reaching support, with endorsements from over twenty-five local elected officials, including Placer County Supervisors Bonnie Gore, Robert Weygandt, and Jim Holmes, as well as Sacramento District Attorney Anne Marie Shubert and Supervisor Rich Desmond.

"Roger Niello has been a longtime advocate for our region and been steadfast in creating new business and job opportunities for Sacramento and Placer County residents," said Placer County Supervisor Bonnie Gore. "He did it as a business leader, he did it as an Assemblyman, and I firmly believe he will do it again as our representative in the State Senate."

Senator Jim Nielsen also added his early support for Roger, stating "Roger Niello is uniquely qualified to serve Placer and Sacramento Counties in the State Senate. After more than four decades representing these communities in the State Legislature, there is no one I trust more to serve with

knowledge, experience, and real-world compassion than Roger Niello."

Roger Niello is a successful small business owner, having owned and operated The Niello Company auto dealer group with his brothers David and Rick.

Roger is a CPA and formerly served as a member of the Sacramento County Board of Supervisors, the California State Assembly, and President & CEO of the Sacramento Metropolitan Chamber of Commerce. In addition, Roger served as Interim Director of the El Dorado County Community Services Agency.

Roger is running for California Senate District Six, an open seat that is comprised of large portions of Placer and Sacramento Counties, including the communities of Galt, Rancho Murieta, Rancho Cordova, Arden-Arcade, Carmichael, Fair Oaks, Folsom, Citrus heights, Antelope, Roseville, Rocklin, Granite Bay, Loomis, and Lincoln.

Roger lives with his wife, Mary, in Fair Oaks. Together, they have five adult children and six grandchildren. ★

Jones Campaigning for California's 3rd Congressional District



Scott Jones

Sheriff Scott Jones for US Congress

SACRAMENTO, CA (MPG) - Sacramento County Sheriff Scott Jones announced he is joining the Republican primary for California's newly drawn 3rd Congressional District.

Starting with the Sacramento County Sheriff's Office in 1989, Sheriff Jones rose through the ranks, earning the respect of his peers and the community alike. He was first elected Sheriff by the people of Sacramento County in 2010 and was subsequently re-elected in 2014 and 2018.

"We are at a pivotal moment in America's history. Our people have an infinite amount of patriotism, passion, ingenuity and drive. Unfortunately,

the failed policies and politics of liberal Washington politicians are dividing us, making us less safe, and stifling opportunity.

I've spent 33 years on the front line of law enforcement. I think everyone knows I'm not always politically correct, and that I 'call it like I see it.' Crime and lawlessness are growing. Nothing is being done to secure the border and stop illegal immigration.

That is why this election is all about who has the leadership and experience to make a difference, and who will restore law and order in America. I am the law and order candidate - I'll stand up against the 'woke' liberals like Nancy Pelosi. I have and will stand up against the 'Defund the Police' movement to help make our communities safe again. I have and will stand up to demand we secure our border.

Today, I am declaring, with my wife of 27 years and my 4 children at my side, that I am a candidate for Congress. I will put the safety of America and Americans first again." Sheriff Jones

accomplished a strong record of leadership at the Sacramento County Sheriff's Office, stewarding the Department's recovery from the worst financial crisis of its history, becoming a regional leader in the fight against gangs, and hiring a record number of women, minorities, and veterans. As one of the foremost experts on law enforcement in California, Sheriff Jones will be an advocate for investing in public safety and a vocal opponent of the 'Defund the Police' movement. Jones will be an advocate for fiscal accountability, border security, and restoring criminal justice to America's communities.

California's 3rd Congressional District includes the Counties of Placer, Nevada, Mono, Sierra, Inyo, Plumas and Alpine and portions of Sacramento, El Dorado and Yuba Counties. It is an open seat and Republicans hold a 7-point registration advantage.

To learn more about Sheriff Scott Jones and his campaign for Congress, visit: scottjonesforcongress.com. ★

Sacramento Metropolitan Chamber PAC Endorses Pat Hume for Supervisor

Pat Hume News Release

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Chamber Political Action Committee (Metro-PAC) endorsed Pat Hume for the Sacramento County Board of Supervisors in District 5.

"Pat Hume is a proven regional leader through his work to drive

economic development and create coalitions across geographic and political lines to tackle real issues," said Metro-PAC Board Chair Chelsea Minor. "Pat has been a champion for the business community, especially our small businesses. It is because of Pat's understanding on the important role public policy plays in creating jobs

and driving inclusive economic prosperity that the Metro-PAC has endorsed him for Sacramento County Supervisor."

The Sacramento Metropolitan Chamber Political Action Committee is joined by other area business groups including Region Business, Sacramento Association of Realtors, California Apartment

Association, and the Builders Exchange in supporting Pat Hume.

Hume has already been endorsed by the Sacramento County Deputy Sheriff's, Sacramento County Probation Association, State Coalition of Probation Organizations, as well as the Elk Grove and Sacramento Police Officers Associations.

Pat Hume was elected to the Elk Grove City Council in 2006, and overwhelmingly re-elected three times, most recently in 2018 when he earned nearly 60% of the vote. District 5 includes the cities of Elk Grove, Galt and Isleton, and Rancho Cordova; along with the unincorporated communities of Rosemont, Wilton, and the Delta. ★

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Weighing Job Risks

Continued from page 1

highly infectious faster with omicron than with the previous variants. For example, if person A is infectious and A infects B, person B can then infect person C quicker with omicron than they may have with delta.

“This creates epidemic dynamics that are really hard to get in front of,” said Andrew Noymer, epidemiologist and professor of public health at UC Irvine. “Because it’s so rapid.”

Here is how fast omicron is moving: It was first identified in late November; in the week ending on Dec. 18, the omicron variant was responsible for about 38% of the cases in the U.S., according to the CDC’s variant monitoring system. By the week ending on Jan. 15, omicron made up 99.5% of cases.

In late December, the Centers for Disease Control and Prevention shortened the recommended isolation period for a person who tests positive but no longer has symptoms from 10 days to five. Those who were exposed but haven’t tested positive should also quarantine for five days, the agency said.

The CDC said the change was motivated by growing data showing that much of the transmission was occurring earlier “generally in the one to two days prior to onset of symptoms and the two to three days after.”

But this move came with quite a bit of push-back and criticism from some in the public health and medical communities who deemed it too lax,

especially because the federal rules don’t require a negative test to leave isolation. California updated its guidance to align with the CDC’s, but the state does ask that people remain isolated until they receive a negative test.

Some research has shown that people can still be contagious after five days of testing positive. A small study from Harvard, for example, took a look at infected NBA players and found that 25% of players infected with omicron were still infectious on day six after their first positive test and 13% were still contagious on day seven. The study has yet to be peer-reviewed.

“Having people who might still be infectious return to work, could of course lead to more people getting infected and additional workers being forced to isolate,” Shin said.

While recommendations about isolation and quarantine can be hard to keep up with, the bottom line is that people should test negative before returning to work and gathering with others, regardless of symptoms, Noymer said.

Asymptomatic transmission does occur and it’s a big reason why the pandemic has been so difficult to control.

“We can tell everyone who feels sick to stay home, but not everyone feels sick,” said Shin.

Experts say the best public health practice is for anyone who tests positive to isolate, regardless of how they feel.

Studies – albeit, many conducted pre-omicron – have shown that a large percentage of



Roxanna Torres prepares a to-go order at Baker & Commons in Berkeley on Jan. 19, 2022. Experts recommend wearing N95 masks in indoor work settings. Photo by Martin do Nascimento/CalMatters

COVID-positive people show no symptoms. Research published in December reviewed 95 studies consisting of about 30 million people worldwide. Of those who tested positive, 40% had no symptoms at the time of testing. “The high percentage of asymptomatic infections highlights the potential transmission risk of asymptomatic infections in communities,” the research authors concluded.

Meanwhile, separate studies show that the viral loads of asymptomatic patients were comparable to those who had symptoms.

Trying to calculate the odds that you’ll contract COVID at work is not really possible because there are so many factors to consider, experts say.

Research has shown that wearing masks indoors can substantially cut

transmission, and with omicron, a high-quality mask is more important than ever. N95 masks are the gold standard, especially with a variant as contagious as omicron, Noymer said. Cloth masks are much less effective unless they have multiple layers and a nose wire. And it’s essential for masks to fit snugly around the mouth, nose and chin.

“A well-fitting N95 mask should do a pretty good job. But nothing is guaranteed,” he said. “Surgical masks do something, but they’re not great...and some masks are just pure theater.”

N95 masks can filter about 95% of particles in the air, according to the CDC. Experts at UC Davis say it is OK to reuse an N95 mask, but they recommend waiting one to two days between uses so that viral particles can die off.

How crowded a room

is also plays a big role. If you’re in a busy kitchen or warehouse without many windows, the risk will be greater, Shin said.

A molecular PCR test is the most sensitive and most likely to capture an infection, but rapid antigen tests are effective tools too, experts say.

Antigen tests are often used for routine screening of people who are not sick. If being used as a precaution for an in-person gathering, for example, Shin says a repeat test could help rule out a false negative — a test the day before and a test the day of an event.

However, given the shortage of rapid tests, this could seem like a luxury. People with symptoms looking to confirm whether they’re infected or not, ideally would seek a PCR test, Shin said. But with a backlog in testing, results are sometimes taking more than three days.

Because of the heightened demand for testing, some California counties have come out with new recommendations. Some have urged residents to only get tested if they have symptoms and others have asked people to first seek tests from their health care provider rather than county-ran testing sites because they are overwhelmed.

In an ideal world with no supply shortages, workers who come in contact with large numbers of people, such as those who work in customer service or in grocery stores, would be able to access testing easily and test repeatedly and routinely, experts say.

That said, routine testing of essential workers should go hand-in-hand with adequate paid sick leave, Shin said. “I’ve definitely known people who have said they don’t want to get tested because they don’t know what to do if they test positive. They can’t not go to work, they need to pay rent.”

California’s COVID sick leave expired in September and legislators and labor unions are negotiating how to reinstate it.

Shin said there is room for more education of workers on how the virus spreads. For example, if someone is in an office space alone, they might think it is safe to take their mask off, but if that same space is occupied by others throughout the day, then people should keep their masks on because COVID-19 is airborne and infectious respiratory particles can remain in the air for up to three hours.

Improving ventilation helps, too.

“Opening windows seems like a no-brainer, but opening windows reduces risk,” Shin said.

Workplaces should also consider investing in high grade filtration systems or high efficiency particulate air (HEPA) filters, experts say. According to the Environmental Protection Agency, filters need to be able to remove small air particles in the size range of 0.1 to 1 microns to help remove viruses.

Ana is a Sacramento-based health reporter. She joined CalMatters in 2020 after four years at Kaiser Health News, where she covered California health care and policy. ★

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City Hall Art Shows Life from Above

Story and photos by Margaret Snider

RANCHO CORDOVA, CA (MPG) - "Aerial View" is the theme of this quarter's City Hall Art Show and the variety of artwork bears witness to the differences in interpretation of that theme. "As far as whether aerial view perspective speaks to me or not, my painting just sort of evolves," said artist Sid Wellman. He said his wife Donine calls them happy accidents. "Sometimes you just kind of stagger onto something and go," Wellman said.

Cordova Community Council, the City of Rancho Cordova, and Rancho Cordova Arts help to create an environment supportive of the arts. "I'm just impressed with what Rancho Cordova is doing compared to other areas," said artist Lyla Paakkanen. Artist Emily Goldhahn said that the current show contains amazing art. "A lot of really fine artists exhibit here," Goldhahn said. "It's difficult to get a place to show our art, and this provides a venue."

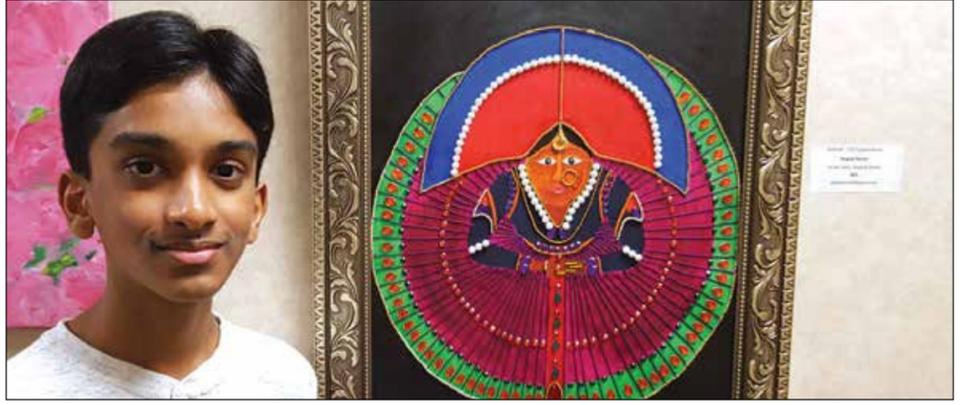
This juried show awarded eight prizes. Gert van Ommering won Best of Show with his photograph *Lava Hole, Kilauea, Hawaii*. "I want to do something with the photography to make it look different or unique and interesting," van Ommering said, "where you have to think a little bit, 'What is this?'" Retired from the aerospace industry, van Ommering did "a lot of really advanced technology stuff for space."

Paakkanen took first place for *The Fall of Men*, a digital painting printed on canvas. A retired art professor, with a master's degree in art, she taught at several colleges and universities. In the past, she often has painted dragons, and is an advocate for care of the earth. "In Asian culture, the dragon is often represented as

water or the spirit of water," Paakkanen said. Wellman took second place with *Road Trip*, a spinoff of his mosaic on Folsom Boulevard done for the celebration of the Lincoln Highway that went from New York to San Francisco. "Very cartoony . . . People who see my art, it makes them happy, so I like to do fun pieces," Wellman said. Emily Goldhahn received third place for *1988 MacIntosh Road*, done in acrylic on reclaimed denim jeans and fabric samples. "I actually grew up on this farm in central Montana," Goldhahn said. A practicing CPA, she said she is driven to do art. She uses discarded items to keep them out of the landfill. "All of my friends give me their old jeans and their old house paint, whatever they have." Susan Wickersham received honorable mention for *Mending Tahoe*.

In the youth category Nishanth Vijayakrishnan, 13, won First Place with *Mughal Dancer*. "I started to draw at a very young age and went to art classes," Nishanth said. For *Mughal Dancer*, he observed the dances in old Bollywood movies on YouTube. "I refer to multiple photographs and I come up with the final picture in my head and then I draw it," Nishanth said. He added the mixed media effects using Mod Podge. Janessa Hernandez, 8, took second with *Explorer's Plane*. "I like airplanes and I always want to go in them," Janessa said. "I like animals so I added that, and I like going to the beach so I added that, too." Third place for youth is Jalena Hernandez, 12, for *Turple Sea*. For her, art is relaxing. "I always thought that the beach and the ocean were really fascinating because you can find different things and different rocks," Jalena said.

Aerial View runs from January 24 through April 29, 2022, at Rancho Cordova City Hall, 2729 Prospect Park Drive. ★



Mughal Dancer won first place for Nishanth Vijayakrishnan at the City Hall Art Show Aerial View. "He likes to do a lot of things as it comes to his imagination," said Nishanth's mother, Deepika Gangarasaiah.



Pop artist Sid Wellman won second place for *Road Trip*. "I just get crazy ideas and just start doing," Wellman said.



Emily Goldhahn took third place for *1988 MacIntosh Road*, which depicts the farm in central Montana where she grew up.



Janessa Hernandez, 8 (left), and Jalena Hernandez, 12, display their artwork, for which they won second and third place respectively.



Best of show winner Gert van Ommering stands with his photograph *Lava Hole, Kilauea, Hawaii*. He was flying in a helicopter about 200 ft. up. "The clouds with all the smoke gave this interesting lighting where the hole just popped out for a few seconds, and then disappeared again under the smoke."



Judy Pinner (left), Jamie S. Perry, and Cheryl Gleason (background) apply labels next to artwork in preparation for the opening of the City Hall Art Show Aerial View.

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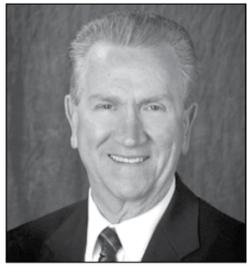
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By Bob McGarvey

And Another Thing Pictures Can Bring Back Memories of the Past

As I write my column, things which have happened or I've seen or felt can and do become part of the material of the column. I think you can see how that happens at times.

"Undeniable: The Truth to Remember," was on TV last Saturday night on CBS. It was about what happened to over 6 million Jews by the Nazis during WWII in concentration camps. Many students have never heard about the Holocaust before. The program follows Holocaust survivors, including 97-year-old Holocaust survivor Lily Egbert, as they share their harrowing stories with a group of students from Hasting High School in Houston, TX. Some of the students looked like they were astonished that it really happened. The survivors of the concentration camps came to the school and told the students about what was done to them and their families. They begged the students to never forget so it wouldn't again.

In last week's Grapevine Independent, there was a Column about Prop. 47. While I was on the City Council I asked our police what the end result of Proposition 47 was. I was told that the criminals could now steal up to \$950.00 and are back on the street the same day. In the article it says, "Assembly Bill 1599 to repeal Proposition 47, the ballot initiative reclassified a member of felony theft offenses as misdemeanors." I am also concerned about the thieves who are doing that to small businesses, and there are more "small crooks" who are out of jail because of the COVID-19. Our citizens/voters passed Prop. 47, and they can also vote to get rid of it, if it is on the ballot. I will keep passing on whatever information I have to you.

Like most people I am trying to drive safely, and that means paying attention to others. There seem to be drivers who at times may be thinking about something or don't care that they are driving through red lights and stop signs or

cross over pedestrian crosswalks. It is pretty scary when you come to a corner and your traffic light is green, but you feel like you have to watch one more time before you go forward. You may be very glad you waited because you see a car going right on through the red light. I just want everyone to be careful on the road.

For some reason (probably part of a program in my computer) I am looking at pictures which are 5 years old. The first picture showed my wife holding our little granddaughter when she was only a baby. There were also pictures of the new "Robert J. McGarvey Elementary School" still being built. The last picture was one of a family we have known for years. Pictures can bring back memories of the past. The past could be years ago, but it could also be yesterday. I haven't found any pictures of the future, but I guess we will have so wait for that to come.

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

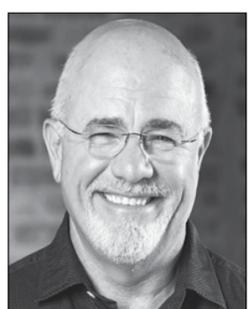
Nonprofit Gives 4K in Art Supplies to Rancho Cordova Schools

Mills Station Arts and Culture Center

RANCHO CORDOVA, CA (MPG) - Rancho Cordova Arts non-profit group raised money to buy art supplies for local Rancho Cordova teachers to help with the continuing decline of arts funding in schools. Teachers are working harder with less as years press on. Both students and teachers had quite a rough two years dealing with covid and adapting to online teaching and learning. They reinvent how they learn together over Zoom and Google Classrooms. Much of the fun aspects of school like music, art, P.E., drama, and dance have been absent for students. But unlike PE which is mandatory, the arts

are not mandatory. For many these are the activities that keep kids going to school, and where they learn so many different things (complex problem-solving skills, seeing vs. looking, math, and verbal skills).

Every year the Rancho Cordova Arts group has a 6x6 fundraiser for the non-profit - Micro Masterpieces. Last year the organizations board devoted \$3K of those proceeds (over half) to buy supplies for teachers who were in need to give back to the community. The other \$1K came from donations during the Student Show at the MACC. Each year the MACC (Mills Station Arts & Culture Center) hosts a student show for Rancho Cordova School kids K-12 in April during Arts Advocacy Month, this year that Exhibit is April 7-23. ★



Dave Ramsey Says

done, the payment you end up with shouldn't be more than 25% of your take-home pay on a 15-year, fixed-rate loan. The ratio of land to house can vary, and that part's up to you. If you're buying a big piece of land, you're probably going to have a higher ratio of land cost to home cost than if you bought a simple lot and put a really nice home there.

Generally, a standard subdivision lot is going to be around 20% of the total price. If you spend \$100,000 on the lot, you'll end up with a total project cost of about a half-million. Now, keep in mind that's just a fairly standard ratio. It's not a rule.

The only rule here is my rule about mortgage payments. Again, no more than 25% of your take-home pay on a fixed-rate, 15-year note. Otherwise, you can

end up house poor. And when you're house poor, it takes away your ability to save, build wealth, and give.

Having a big house and a lot of land is cool if you can afford it, Lee. But it's not worth it if it's financially stressful and prevents you from living your best life!

- Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of *The Ramsey Show*, heard by more than 18 million listeners each week. He has appeared on *Good Morning America*, *CBS This Morning*, *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 Ramsey Solutions. ★

Women's Empowerment Receives Grant to Help Homeless Women

By Kristin Thébaud, Thébaud Communications

SACRAMENTO, CA (MPG) - Women's Empowerment recently received a \$25,000 grant from Save Mart Companies C.A.R.E.S. Foundation to support the nonprofit's programs that educate and empower women experiencing homelessness with the skills and confidence necessary to secure a job, create a healthy lifestyle, and regain a home for themselves and their children. The foundation has supported Women's Empowerment since 2010. "Steadfast funding is the only way we are able to continue empowering women to rise from homelessness so they can support themselves and their children, especially during a pandemic and housing crisis," said Lisa Culp, executive director, Women's Empowerment. "The Save Mart Companies C.A.R.E.S. Foundation is one of our most loyal funders, and we are grateful that each year they recognize the important work we do and deem it worthy of funding."

The grant from The Save Mart Companies C.A.R.E.S. Foundation

will support Women's Empowerment's work to help women experiencing homelessness find and maintain housing and jobs, including providing them with job-readiness classes, one-on-one support with a staff social worker and employment specialist, support groups, legal services, financial literacy, childcare and child developmental assessments, health services and referrals to providers, transportation assistance, paid job training and more.

"When women have control over their income and livelihood, the effect on their families and communities is truly transformational," said Nicole Pesco, board member, The Save Mart Companies C.A.R.E.S. Foundation. "The Save Mart Companies C.A.R.E.S. Foundation is proud to help provide women with meaningful participation at all levels of economic decision making and a quality standard of living for themselves and their families."

Celebrating its 20th anniversary this year, Women's Empowerment provides a nine-week employment-readiness and empowerment program, paid job training, childcare and support services

so all women and their children can break the cycle of homelessness. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness, and their children. Eighty-two percent of the graduates secure a job or enroll in school. Despite the housing crisis, 75 percent regain a safe home for themselves and their children. The award-winning organization has graduated 1,734 women and their 3,859 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit WomensEmpowerment.org.

The Save Mart Companies C.A.R.E.S. Foundation supports community, arts, recreation, education and sports. The foundation was created by Save Mart Supermarkets and operates with a separate board of directors maintaining a separate focus on supporting the company's principle of giving back to the communities it serves. For more information: TheSaveMartCompanies.com/Cares. ★

Brandon Rose Elected SMUD Board President



Brandon Rose

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD's Board of Directors elected Brandon Rose as its new President of the Board. His term will run from January through December 2022. Director Rose was first elected to the Board in 2016 and represents Ward 1, which includes Fair Oaks, Citrus Heights, Orangevale and part of Folsom.

Rose first became interested in energy policy while a student researching SMUD's network of dams in the Sierra Nevada

along Highway 50. He later gained extensive experience while working in the California Energy Commission's Renewable Energy Office with a focus on emerging technologies including solar and wind power. At the California Energy Commission, Rose was staff lead for the pilot Performance-Based

Incentive Program for solar electric systems, an innovative economic-based approach to incentivize installations, and a precursor to California's Million Solar Roofs Initiative.

In his current role as an Air Pollution Specialist with the California Environmental Protection Agency, Rose focuses on emerging zero and near-zero transportation technologies, and the fuels that power them, such as hydrogen, renewable fuels and electricity. Rose is active in

the community, having served as an elected Board Member of the Fair Oaks Recreation and Park District for more than eight years, including two years as Chair. In 2011, Rose was elected as the Special District Representative to the Sacramento County Treasury Oversight Committee and chaired the Committee from 2014 to 2019. He is currently an executive Board Member and Past President of the Environmental Council of Sacramento.

Rose graduated from Bella Vista High School and holds a Bachelor of Science degree from U.C. Davis in Environmental Policy Analysis and Planning, with a specialization in City, Regional Planning and Public Lands Management.

For more information on SMUD's Zero Carbon Plan and its customer programs, visit smud.org. ★

How Much Dirt, and How Much House?

Dear Dave,
My wife and I own a small catering business. We have a few big corporations as clients, and our company has been very successful over the last two or three years. Now, we are planning to build a house. I was wondering what you think about how much should be spent on the land itself versus the construction of the actual house.

- Lee
Dear Lee,
When the whole thing is

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Newsom's Vacillation on Vaccinations, Phase 2



By Dan Walters
CALMatters

Is California – and its politicians – ready for VAX War II?

More pointedly, is Gov. Gavin Newsom ready?

Three years ago, the Capitol was wracked by one of the most heated conflicts in its history – legislation to make it more difficult for parents to exempt their children from mandatory vaccinations if they attended public schools. A bill sought to close a loophole that allowed doctors to approve exemptions without specifying reasons, leading to doctor-shopping by anti-vaccination parents.

Hundreds of opponents besieged the Capitol, claiming that the legislation would violate parental rights and require vaccines that could trigger autism or other adverse reactions. The measure's author, Sacramento Sen. Richard Pan, and other backers were accosted and threatened and on the final night of the legislative session, someone in the Senate gallery threw a cup of what authorities said "appeared to be blood" onto the Senate floor.

Eventually, the bill passed and was signed by Newsom in his first year as governor, but he engaged in some bizarre political theater before finally acceding.

As the bill was moving

through the Legislature, Newsom suddenly demanded a number of changes that weakened its provisions. "I'm a parent," Newsom said at one point. "I don't want someone that the governor of California appointed to make a decision for my family."

After two weeks of private negotiations, he finally accepted a revised version, telling a reporter, "All those amendments, if they're made, stamp of approval."

Two-plus months later, however, Newsom did another 180-degree pivot, demanding more changes. Eventually, a final compromise was reached, but Newsom had violated one of the Capitol's unwritten rules of conduct: once you make a deal, you don't renege. It drove a wedge between the new governor and lawmakers that affected other issues.

The possibility of renewing superheated vaccination warfare arose this week when Pan, a physician, introduced legislation to close what he regards as a huge loophole in Newsom's promise to have all school children vaccinated against COVID-19 when vaccines are available for youngsters.

"We have to be willing to take a stand," Pan said. "We need to be able to respond to this pandemic and future pandemics, but there is this asymmetrical warfare going on right now, and we're seeing the anti-vaccine movement trafficking in misinformation, threats, and violence."

Once again, Newsom's position is uncertain.

When he announced the school vaccination mandate in October, Newsom

boasted that California was the first state to impose such a requirement

"The state already requires that students are vaccinated against viruses that cause measles, mumps, and rubella (so) there's no reason why we wouldn't do the same for COVID-19," Newsom said. "Today's measure, just like our first-in-the-nation school masking and staff vaccination requirements, is about protecting our children and school staff, and keeping them in the classroom."

That would seem to be a strong endorsement of mandatory vaccinations. However, Newsom subsequently watered it down, at least verbally, by repeatedly reminding parents that they could opt out under state law's "personal belief" exemption. Pan's new bill would eliminate that exemption, leaving only precise medical conditions as a way to avoid vaccination.

Newsom's new fence-straddling is not going unnoticed.

"He's trying to be comforting and non-confrontational, but it sends a message that if you don't want to get the vaccine, don't get it," Catherine Flores Martin, executive director of the California Immunization Coalition, told CaliforniaHealthline. "Gov. Newsom struggles with this – he's trying to have it both ways."

Yes, he is.

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

NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that sealed bids are invited by the Cordova Recreation and Park District, Rancho Cordova, CA for specifications to provide:

Larchmont Community Park Tennis Court Repair Project

Base Bid Estimate of Probable Construction Cost = \$200,000.

The Cordova Recreation and Park District (District) is requesting bids from property licensed contractors for this project in strict accordance with the specifications. A Class A General Contractor C12 license is required.

There will be a **non-mandatory** pre-bid meeting at the site (2449 Stansberry Way, Sacramento, CA 95826) on **Wednesday February 2, 2022 at 9:00 AM**. All addendum questions are due by **Friday February 18, 2022 at 4 PM**. Bids must be received at the District's Headquarters no later than **2:00 PM on Thursday February 24th**.

The bid specifications and forms can be obtained on the District website: www.crpdpd.com. The District reserves the right to reject any and/or all bids received. All bids and bid questions should be directed to:

Cristina James, Park Planner PLA #5241
2729 Prospect Park Drive Ste. 230
Rancho Cordova, CA 95670
(916) 842-3312 cjames@crpd.com

Bids will be examined, evaluated, and as appropriate, recommended to the Board of Directors at a regular Board meeting within approximately thirty (30) days after the final date of Bid acceptance. CRPD reserves the right to reject all Bids, or to waive any irregularities or informalities in any Bid or in the Bid procedure, or to postpone the final date of Bid acceptance or award for good cause. CRPD hereby notifies all Contractors that it will affirmatively ensure that in regard to any contract entered into pursuant to this bid, Disadvantaged Business Enterprises (DBE) will be afforded full opportunity to submit Bids in response to this request and will not be discriminated against on the basis of race, color, sex, or national origin in consideration for an award. For more information about DBE's visit: http://www.dot.ca.gov/hq/bep/find_certified.htm

The successful Contractor must ensure that employees and applicants for employment are not discriminated against on the basis of age, color, race, national origin, ancestry, religion, sex, sexual preference, marital status, and shall comply with the Americans with Disabilities Act. Submittals shall be in accordance with the requirements set forth in the Bid documents. Submission of a Bid shall constitute a firm offer to the District.

Patrick Larkin
General Manager
Cordova Recreation and Park District
January 19, 2022

Grapevine Independent Jan. 28 and Feb. 4, 2022

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- CLUES**
- ACROSS**
- Shout from a ship?
 - Shout from the bleachers
 - ___ and don'ts
 - Infamous Henry's number
 - One with COVID, e.g.
 - Fighter jet button
 - Resting stops
 - Not guilty, e.g.
 - One of Singapore's official languages
 - Home of last year's Super Bowl winners
 - Armor chest plate
 - Given name of 2011 Super Bowl MVP
 - African grazer
 - Greek woodland deities
 - Ramones' hit "I Wanna Be ___"
 - Big fuss
 - Like certain Chili Peppers (2 words)
 - Cattle call goal
 - Scatterbrained
 - Bonthead
 - In a different direction
 - Jeté in ballet
 - More so than eggy
 - Conducted
 - Christmas firewood (2 words)
 - Annotator and commentator
 - Soda-pop container
 - Unpleasant and offensive
 - SWAT attack, e.g.
 - "Super Bowl I and II winning coach
 - Pertaining to a pope
 - Cain's unfortunate brother
 - Gives a hand
 - Anoint
 - Bébé's mother
 - Season to be jolly
 - "Most Super Bowl wins by one team
 - Snoop
 - Carhop's load
- DOWN**
- *Roman number of this year's Super Bowl
 - "___ Misbehavin'"
 - Santa Maria's traveling partner
 - Despair in the face of obstacles
 - "The Hobbit" hobbit
 - "Caribbean Queen" singer
 - Colloquial approval
 - Cold cuts counter
 - South American tubers
 - Pig's digs
 - Not dense
 - Make corrections
 - *Florida team with no Super Bowl appearances
 - Return punch
 - Come and ___ it
 - Lamentably
 - Bye, to Edith Piaf
 - Bottom line
 - *2022 Super Bowl stadium
 - Upholstery choice
 - *Archie to Super Bowl MVPs Peyton and Eli
 - Exploits
 - *Super Bowl Halftime show Snoops's "last name"
 - Hardly a beauty
 - *Like some teams
 - Denophile's concern
 - Many, many moons
 - Empower
 - Big Dipper's visible shape
 - Oppressive ruler
 - On the wagon
 - Nail salon board
 - Feminine of raja
 - Mt. Everest to Earth
 - Aladdin's light
 - Christian of fashion
 - Result of a brainstorm
 - Rudolf Nureyev's step
 - Stallone's nickname

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The "Most Radical Medical Experiment in Human History," Targets Children



Commentary
by Harold Pease, Ph.D.

We live in a day unlike any other outside the book burning of the Middle Ages, where truth is determined by who is the loudest and who is censored the least. Where everyone carries in a pocket a device loaded with the history, truth, and the wisdom of the ages, but instead, most prefer the shallow depth of social media to determine opinion. Where science

may have been captured by the "dark side" for profit and control of the masses. Where children with a 99.99X percent of surviving COVID, should they even get it which is rare, are the new target for inoculation and the Great Reset.

A day where the inventor of the Messenger RNA technology, used in the Covid injections, feels compelled "to issue a dire video, warning parents still considering getting their children injected, to instead protect them from what he calls "the most radical medical experiment in human history." But in that warning even he is largely censored.

Libertyunderfire.org considers censorship a threat to learning and liberty and thus has elected to share his warning. Dr. Robert Malone

is the world's leading authority on the subject. His warning entitled, "URGENT ALERT TO ALL PARENTS," follows in full without comment:

"My name is Robert Malone, and I am speaking to you as a parent, grandparent, physician and scientist. I don't usually read from a prepared speech, but this is so important that I wanted to make sure that I get every single word and scientific fact correct.

I stand by this statement with a career dedicated to vaccine research and development. I'm vaccinated for COVID and I'm generally pro-vaccination. I have devoted my entire career to developing safe and effective ways to prevent and treat infectious diseases. After this, I will be posting the text of this statement so you can share it with your

friends and family.

Before you inject your child, a decision that is irreversible, I wanted to let you know the scientific facts about this genetic vaccine, which is based on the mRNA vaccine technology I created.

There are three issues parents need to understand before they make this irrevocable decision:

The first is that a viral gene will be injected into your children's cells. This gene forces your child's body to make toxic spike proteins. These proteins often cause permanent damage in children's critical organs, including: their brain and nervous system, their heart and blood vessels, including blood clots, their reproductive system, And, most important, this vaccine can trigger fundamental changes to their immune system.

The most alarming point about this is that once these damages have occurred, they are irreparable. They cannot be reversed. You can't fix the lesions within their brain, you can't repair heart tissue scarring, you can't repair a genetically reset immune system, and this vaccine can cause reproductive damage that could affect future generations of your family.

The second thing you need to know about is the fact that this novel technology has not been adequately tested. We need at least 5 years of testing/research before we can really understand the risks associated with this new technology. The harms and risks from new medicines often become revealed many years later.

Ask yourself if you want your own child to be part of the most radical medical

experiment in human history. One final point: the reason they're giving you to vaccinate your child is a lie. Your children represent no danger to their parents or grandparents. It's actually the opposite. Their immunity, after getting COVID, is critical to save your family if not the world from this disease.

Finally, and in summary: there is no benefit for your children or your family to be vaccinating your children against the small risks of the virus, given the known health risks of the vaccine that as a parent, you and your children may have to live with for the rest of your lives. The risk/benefit analysis isn't even close with this vaccine for children. As a parent and grandparent, my strong recommendation to you is to resist and fight to protect your children." ★

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California Contractors Lic.#1036031

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
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Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535-March 12, 2020
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073- March 21, 1988*

Legal Advertising
7144 Fair Oaks Blvd #5
Carmichael, CA 95608

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2022-00313911

Issac Taz Pilgrim has filed a petition with this court for a decree changing the name(s) of Issac Taz Pilgrim to Issac Pilgrim Wright.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 9, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2022

Shama H. Mesiwala, Judge of the Superior Court
Publish: February 4, 11, 18, and 25, 2022
WRIGHT 180201 2-25-22

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO
ADMINISTER ESTATE OF GERALD
J. GUGLIELMINA
CASE No. 34-2020-00276307

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gerald J. Guglielmina deceased. A Petition for Probate has been filed by John M. Guglielmina, in the Superior Court of California, County of Sacramento, requesting John M. Guglielmina be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows March 24, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: John M. Guglielmina 3361 Nike Court Sacramento, CA 95827 916-912-6800

Publish: January 21, 28, and February 4, 2022
GUGLIELMINA 17062 2-4-22

NOTICE OF PETITION TO
ADMINISTER ESTATE OF STEVEN
ALAN MITTS
CASE No. 34-2022-00313533

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Steven Alan Mitts deceased. A Petition for Probate has been filed by James Robert Mitts Jr, in the Superior Court of California, County of Sacramento, requesting James Robert Mitts Jr be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows June 1, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: John M. Guglielmina 3361 Nike Court Sacramento, CA 95827 916-912-6800

Publish: January 21, 28, and February 4, 2022
GUGLIELMINA 17062 2-4-22

NOTICE OF PETITION TO
ADMINISTER ESTATE OF STEVEN
ALAN MITTS
CASE No. 34-2022-00313533

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Steven Alan Mitts deceased. A Petition for Probate has been filed by James Robert Mitts Jr, in the Superior Court of California, County of Sacramento, requesting James Robert Mitts Jr be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows June 1, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: James R. Paclik 9521 Horseshoe Bar Road Loomis, CA 95650 916-652-5508

Publish: January 28, February 4, and 11, 2022
PACLIK 17062 2-11-22

Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 24, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: James Robert Mitts Jr 7727 Wachtel Way Citrus Heights, CA 95610 916-955-1045

Publish: January 28, February 4, and 11, 2022
MITTS 17062 2-11-22

NOTICE OF PETITION TO
ADMINISTER ESTATE OF MARY
KATHLEEN PACLIK
CASE No. 34-2021-00313370

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Mary Paclik, Mary K. Paclik, Mary Kathleen Paclik deceased. A Petition for Probate has been filed by James R. Paclik, in the Superior Court of California, County of Sacramento, requesting James R. Paclik be appointed as personal representatives to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows June 1, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: James R. Paclik 9521 Horseshoe Bar Road Loomis, CA 95650 916-652-5508

Publish: January 28, February 4, and 11, 2022
PACLIK 17062 2-11-22

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: James R. Paclik 9521 Horseshoe Bar Road Loomis, CA 95650 916-652-5508

Publish: January 28, February 4, and 11, 2022
PACLIK 17062 2-11-22

SUMMONS

SUMMONS
(CITACION JUDICIAL)
CASE NUMBER:
C21-00972

NOTICE TO DEFENDANT: Victoria Cao, an Individual; Anchor General Insurance Company, a California Corporation; and DOES 1 through 25 YOU ARE BEING SUED BY PLAINTIFF: Rita Fernandes, an individual.

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación. Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le queda mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para

Publish: January 28, February 4, and 11, 2022
FERNANDES 2-4-22

obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desahar el caso. The name and address of the court is: (El nombre y direccion de la corte es): Contra Costa Superior Court Wakefield Taylor Courthouse 725 Court Street Martinez, CA 94553

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Rita Fernandes Pinole, CA 94564 Date: (Fecha) 5/12/2021 Clerk (Secretario) B. Pool Deputy (Adjunto) January 14, 21, 28, and February 4, 2022

FERNANDES 2-4-22

SUMMONS
(FAMILY LAW)
CASE NUMBER: (Numero del Caso):
21CHFL02068

NOTICE TO RESPONDENT
(Nombre): AL DEMANDADO (Nombre): Joseph Michael Squillacioti YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Artem Varlamichev.

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association. Usted tiene 30 DIAS CALENDARIO después de que se le presente esta Citación y Petición para presentar una Respuesta (formulario FL-120) en el tribunal y tener una copia notificada al peticionario. Una carta, llamada telefónica o comparecencia ante el tribunal no lo protegerá. Si no presenta su Respuesta a tiempo, el tribunal puede hacer órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. Es posible que se le ordene pagar la manutención y los honorarios y costos de los abogados. Para obtener asesoramiento legal, póngase en contacto con un abogado de inmediato. Obtenga ayuda para encontrar un abogado en el Centro de Autoayuda en Línea de los Tribunales de California (www.courts.ca.gov/selfhelp), en el sitio web de Servicios Legales de California (www.lawhelpca.org) o comunicándose con el colegio de abogados de su condado local.

NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. AVISO: LAS ÓRDENES DE RESTRICCIÓN ESTÁN EN LA PÁGINA 2: Estas órdenes de restricción son efectivas contra

ambos cónyuges o parejas domésticas hasta que se desestime la petición, se dicte una sentencia o el tribunal dicte más órdenes. Son exigibles en cualquier lugar de California por cualquier oficial de la ley que haya recibido o visto una copia de ellos. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. EXENCIÓN DE TARIFAS: Si no puede pagar la tarifa de presentación, pídale al secretario un formulario de exención de tarifas. El tribunal puede ordenarle que devuelva la totalidad o parte de los honorarios y costos que el tribunal renunció para usted o la otra parte. The name and address of the court are: (El nombre y dirección de la corte es): Superior court of California county of Los Angeles, Chatsworth Courthouse. 9425 Penfield Avenue Chatsworth, CA 91311

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es:) Artem Varlamichev 20881 Kelvin Place Woodland Hills, CA 91367 Date: (Fecha) 11-29-2021 Phone: 213-570-7951

By: Christy Andrade Clerk of Court Sherri R. Carter Deputy STANDARD FAMILY LAW RESTRAINING ORDERS Starting immediately, you and your spouse or domestic partner are restrained from: 1. removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court; 2. cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health automobile, and disability, held for the benefit of the parties and their minor children; 3. transferring, encumbering, hypothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except

in the usual course of business or for the necessities of life; and 4. creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party. You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or pay court costs. NOTICE-ACCESS TO AFFORDABLE HEALTH INSURANCE: ----- Do you or someone in your household need affordable health insurance? If so, you should apply for Covered California. Covered California can help reduce the cost you pay towards high quality affordable health care. For more information, visit www.coveredca.com. Or call Covered California at 1-800-300-1506 WARNING-IMPORANT INFORMATION California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the recorded title to the property. Publish: January 14, 21, 28, and February 4, 2022 VARLAMICHEV 2-4-22

NOTICE OF PUBLIC HEARING CORDOVA RECREATION & PARK DISTRICT Potential Transition to By- District Elections for Board of Directors



NOTICE IS HEREBY GIVEN that on February 16, 2022, the Cordova Recreation & Park District Board of Directors will conduct its 3rd Public Hearing to consider the proposal to establish five (5) district boundaries for by-district elections of Members of the Board of Directors, based on the 2020 Census and pursuant to the California Voting Rights Act (CVRA).

In accordance with California Elections Code section 10010, the Board of Directors conducted two initial public hearings on January 19 and January 24, 2022 to receive public input on the potential composition of voting districts. After conducting the two initial public hearings, the District's Consultant will prepare and publish, for further consideration, electoral district map(s) consistent with Federal and State law outlining the proposed boundaries of the electoral districts.

The Board will conduct two required public hearings to review draft voting district map(s). The first will take place at its Regular meeting on Wednesday, February 16, 2022 at 6:30 p.m. via [the Zoom Meetings platform](https://www.zoom.us/j/9251159205). The public is invited to provide input at all of these Zoom Meetings regarding the potential composition of these districts. Those desiring to provide written or oral comments will be given an opportunity to do so during such hearings. Members of the public may submit written comments to: customerservice@crpd.com

Persons who require reasonable accommodation or modification to observe and/or offer public comment are asked to contact the Clerk of the Board, Danielle Jones at (916) 842-3311 or djones@crpd.com at least 48 hours before the meeting.

Materials subject to the public hearings will be available at the Cordova Recreation & Park District website: www.crdp.com. For more information on the districting process, please visit CRPD's districting webpage at www.crdp.com

Danielle Jones
Clerk of the Board / Executive Assistant

Published in the Grapevine Independent February 4 and 11, 2022

WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



by Gary Kopervas

THEY'LL DO IT EVERY TIME

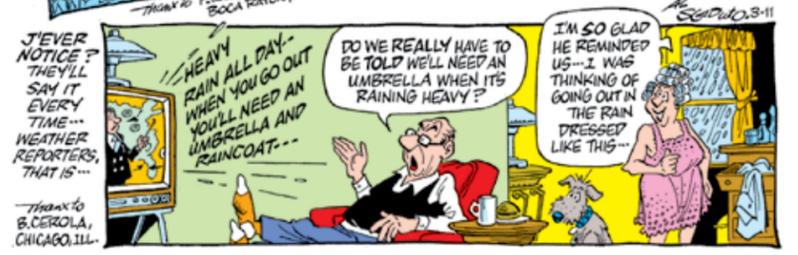


BY AL SCADUTO

R.F.D.



by Mike Marland



GRIN AND BEAR IT



LAFF-A-DAY

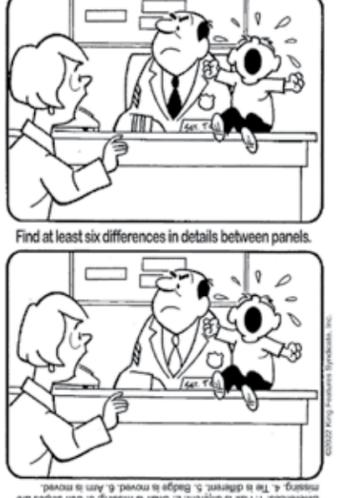


Just Like Cats & Dogs



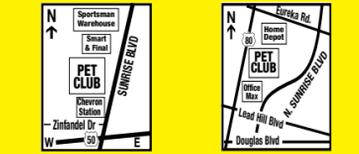
by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTZOFF

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(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family CHM
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43¢
Effective 2/2/22 - 2/8/22

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag Limit 2 Bags
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•Lite 30 Lbs (Lrg Breed Lamb \$31.99) (Ex Athlete \$36.99)
Effective 2/2/22 - 2/8/22

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegent Medley 3 Oz
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ON SALE Everyday
Effective 2/2/22 - 2/8/22

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
30 Lb Bag Limit 2 Bags Per Family
Chicken & Brown Rice & Oatmeal Formula
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•Senior **\$39.99**
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Effective 2/2/22 - 2/8/22

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WELLNESS CANNED DOG FOOD
Natural 12.5 Oz Full Case **20% OFF**
•Regular •Stew •Core Limit 2 Cases **OUR REGULAR LOW PRICES**

AVODERM CANNED DOG FOOD
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CHICKEN SOUP FOR THE SOUL DRY CAT FOOD As Marked
•Adult (Chicken & Salmon) •Indoor/Hairball •Kitten •Weight/Mature Care 13.5 Lb Bag Limit 2 Bags **10% OFF** OUR SUPER LOW PRICES

MEOW MIX DRY CAT FOOD
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Limit One Coupon Per Family
Price Valid Only With Coupon
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BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/2/22 - 2/8/22 **\$1.25** CHM PLU 573

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/2/22 - 2/8/22 **\$1.49** CHM PLU 422

Home and Community-based Care Supports Us All

Commentary
by Angela F. Williams

Every day, millions of workers enter people's homes to provide care to those with disabilities and the elderly. These "direct-care" workers assist individuals with bathing and dressing, cooking and eating, taking medication, and getting exercise. For the people they help, they are lifelines to health, independent living, and economic stability.

Yet our system for providing this care is in desperate need of repair. Medicaid serves approximately 4.8 million Americans with home- and community-based services, but there are still nearly 850,000 people on waiting lists. They often wait years for crucial support.

At the same time, direct-care workers have been underpaid for decades, causing instability in their own lives. This situation was untenable even before pandemic-induced social distancing kept these workers from fulfilling their jobs.

President Biden proposed a fix for the industry in his infrastructure plan, which would have added \$400 billion in federal spending for Medicaid's home and community-based services program. This would have provided a sorely needed boost to the caregiving economy.

Yet the president and a group of bipartisan senators dropped this aid from the "compromise" they reached and passed on infrastructure. That's deeply disappointing. Lawmakers must do everything they can to work this aid back in as a separate bill. Funding home- and community-based care for the most vulnerable Americans



The demand for home- and community-based care will only grow in the years ahead, given that one in four Americans today are living with a disability, and the average age of the U.S. population continues to rise. MPG file photo

shouldn't be a partisan issue. The demand for home- and community-based care will only grow in the years ahead, given that one in four Americans today are living with a disability, and the average age of the U.S. population continues to rise. According to Harvard University's Joint Center for Housing Studies, the U.S. population aged 74 and over is expected to increase by 48% in the next decade. And older Americans are increasingly cost-burdened. Among homeowners over age 79,

just 3% owed mortgage debt in 1989, compared to 27% by 2019.

It all adds up to a situation where more people need services but have fewer options.

The voting public recognizes this. An April poll from Morning Consult and Politico found that 76 percent of Americans support new funding to improve caregiving for people with disabilities and the elderly. And yet, some of our political leaders don't seem to see the need.

Perhaps they don't understand that care workers enable people to continue living in their own homes – or how important this is. Aid recipients prefer to be cared for in their own homes and communities, and the law obliges public agencies to do so whenever possible.

Care workers themselves also need help. Though entrusted with their clients' wellbeing, direct-care workers make \$11 an hour on average. Approximately 15% live in poverty. It's no wonder that there is 50%

turnover every year among direct-care workers.

The low wages also exacerbate gender and racial inequality, as women of color dominate the ranks of direct-care workers. And when we fail to support direct care, the burden of looking after family members typically falls to women, taking them out of the workforce.

Home- and community-based care makes it possible for millions of families to thrive. But without new expenditures, both

the workers who provide these services, and the individuals and families who rely on them, will not. Our lawmakers need to make this investment now, assuring a sustainable system of services and support for our most vulnerable citizens, their families, and the professionals who care for them.

Angela F. Williams is the president and CEO of Easterseals. This piece originally ran in the International Business Times. ★

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Publisher,
Paul V. Scholl

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