

**Cordova Massacre  
Attracts Hundreds**  
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# Grapevine Independent

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## What You Need to Know *Redistricting Final Maps Approved*



Trying to meet all the criteria — equal population, Voting Rights Act compliance, communities of interest and compact districts — in a state with California's diverse population and geography made the task difficult. Photo: MPG file

By Sameea Kamal,  
CalMatters.org

California voters have the brand new districts they'll use to elect their members of Congress and state legislators, after the state's independent redistricting commission voted unanimously Monday (December 20, 2021) night to approve its final maps.

These districts take effect with the June 2022 primaries and continue for the next decade. Redistricting happens once every 10 years, after every census, to ensure that each district has the same amount of people. It's the second time that California's redrawing is being done by a 14-member independent commission.

**But it hasn't been easy,  
or without contention.**

In addition to balancing population

numbers, the commission must comply with the federal Voting Rights Act, ensuring that no minority group's vote is drowned out. And to create fair maps, the commission didn't consider current district lines and isn't supposed to weigh partisan politics. In some cases, it puts incumbents into the same district, or forces others to appeal to new voters to be re-elected.

Particularly on the congressional level, that could help shift the balance of power between Democrats and Republicans. In the U.S. House, three California Democrats are among the 23 Democrats nationally who have already opted not to run for re-election in 2022. Combined with redistricting done by Republican-led legislatures in other states, that could tip the House in favor of the GOP.

Some California Democrats have blasted the "unilateral disarmament" of their power, though an initial analysis by the Cook Political Report says the new congressional map helps Democrats.

The commission was under the pressure of a court-ordered deadline to submit the maps to the secretary of state by Dec. 27 despite a nearly six-month delay in the release of census data. In the last few weeks, the panel held a number of marathon sessions late into the night to hear public comment and try to incorporate competing testimony into the maps. "There was robust discussion in terms of how these maps should be drawn. We know that not everyone will be happy, but I feel that they are fair maps for Californians," she told

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## Civic Center Inches Closer to a Reality

By Chris Ching

**RANCHO CORDOVA, CA**

(MPG) - The proposed Mills Crossing Civic Center has been one of the city's most debated topics in recent memory, and as it once more came up for discussion at the December 6 City Council Meeting, it again elicited heated debate. In fact, other items on the agenda were pushed to a later date to ensure the subject got its due notice.

With the hope of securing a Development Agreement from the City, Korin Crawford of developer Griffin Swinerton gave a presentation which touched on the previously requested expanded outdoor space as well as the next steps regarding the development process and proposed deal structures for the various components of the project: the overall land development, the community facilities, and the housing amongst other items.

The housing component itself has provoked the most ire from residents—many of whom appeared in person at City Hall or through Zoom to

voice their displeasure.

"Pick a lane. Is this a civic center or a housing center?" asked Fayzah Mughal. Not enough Council transparency and not engaging the community enough were also put forth by residents as issues. One bluntly said the assemblage should be fired.

Perhaps feeling the heat, the Council went about debunking the accusations.

City Manager Cyrus Abhar and Deputy City Manager Micah Runner detailed the history of the project emphasizing housing had always been on the table and not some last minute add-on.

The City Manager also addressed the lack of success in the past in securing interest from private investors that could help revitalize Folsom Boulevard. He said this current plan (including the housing) can bring the outside interest the area needs.

Mayor Garret Gatewood held up the many community coffees he had with residents after the previous Council Meeting discussion as proof he had personally reached out to the community. 'I

didn't want to feel I didn't do my due diligence," he said while echoing the words of the City Manager that the site will reinvigorate everything around it.

Councilmember Siri Pulipati acknowledged the work done by residents who submitted their own site proposal but said in her research (as well as the research of the Council and city staff as a whole) without housing there would be no way to pay for such an endeavor. The Council also explained how other suggestions wouldn't be feasible.

Referring to bulk emails decrying the work thus far done on the project sent to the Council that featured boilerplate copy with no signature as well as gossip on social media, David Sander called such things "damaging" to the community. He stated the Civic Center proposal was the best thing he'd seen in the close to twenty years that the matter had been discussed and would bring a "higher quality of life for everybody and more economic opportunity." Sander said helping to make

something like this into a reality was why he wanted to join the local government in the first place.

Vice Mayor Donald Terry tried to assuage fears that Rancho Cordova residents wouldn't have access to the housing. He also emphatically stated that the specific design is still in flux, but he did believe that the much desired more open space was a "recipe for disaster" describing it as increasing an already present homeless problem.

The Vice Mayor was enthusiastic about how the proposal dwarfed other Civic Centers in Sacramento and surrounding cities.

The Civic Center discussion concluded with a vote to hold another community meeting while the Development Agreement is being finalized.

The Council also discussed the proposed development of a 24-hour Chevron Service Station, Convenience Store and Carwash at the Anatolia Marketplace location on the corner of Douglas Road and Sunrise Boulevard. Prompted

*Continued on page 5*

## Stay Safe as Temperatures Dip Near Freezing

Sacramento County  
Press Release

**SACRAMENTO, CA (MPG)** - Check on elderly family members, friends, or neighbors. Seniors and those with serious medical conditions are at risk. Check on community members that might be vulnerable to ensure they are safely keeping warm.

Where to get help. For information on warming centers and shelter services, call 2-1-1 or go to the 211 Sacramento website.

Sign-up for Emergency Alerts. The Sacramento Region Emergency Notification System alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.

Heat your home safely - carbon monoxide is a silent killer. It is not OK to heat the inside of your home with any kind of BBQ, propane heater, or any other fuel-fired equipment due to the risk of carbon monoxide poisoning. Only use heaters installed with your home and those designed to be used indoors. Make sure that your natural gas furnaces and other appliances are in good, clean working order.

Insulate outdoor pipes that lead into your home to prevent freezing. Seal with caulk around the pipes that lead into and out of your home. Inside your home, leave the bathroom and under-sink cabinets open to help warm the water. If your pipes freeze, leave your tap on and call a plumber. You can defrost your pipes using a hair-dryer on a low setting, working your way slowly from the faucet to where your pipe enters the wall. County residents who need to have their water turned off in order to make repairs to their lines can go to 311 Sacramento Connect or download the mobile app or call 3-1-1 (or 916-875-4311 if calling from out of the area).

Ensure proper drainage by scooping up leaves and debris. Keeping storm drains clear can prevent street flooding and black ice from forming.

When raining, reduce your vehicle speed. Wet roads increase the distance and time needed to stop your vehicle. Be extra cautious on roads, bridges, and overpasses when temperatures are 32 degrees or below due to black ice - slow down and give yourself extra spacing between vehicles in front of you.

Watch for tree limbs. As

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# Named Worst 'Judicial Hellhole'

CALA Press Release

**CORONA DEL MAR, CA (MPG)** - California is the worst "Judicial Hellhole®" in the country, according to a new report.

The American Tort Reform Foundation (ATRF), in its 20th anniversary edition of the annual report, says the state's atrocious litigation environment and government officials' determination to expand liability across the board are to blame for its return to the top.

California has been in the Top 3 worst Judicial Hellholes® for a decade and was named an "Everlasting Judicial Hellhole" this summer.

"We have received this unfortunate honor, not once, but 16 times over the past 20 years," said Victor Gomez, executive director, California Citizens Against Lawsuit Abuses. "The result? Californians pay for lawsuit abuse and excessive tort costs in the form of an annual "tort tax" of nearly \$575 per person. The costs of this litigation also result in nearly 200,000 jobs lost each year.

"I was a franchise owner on the central coast for 17 years. My community was always supporting me, my business, and other locally owned businesses. That's what makes a community strong. Yet, we are often the targets of these type of shakedown lawsuits. I feared the threat of a lawsuit. There was nothing to protect me."

According to Tiger Joyce, President, American Tort Reform Association, "Although still referred to as the "Golden State, California is just about the worst place in the country to be a small business owner. Between frivolous lawsuits abusing state and federal laws and onerous business regulations that create nearly endless opportunities for unscrupulous trial lawyers, it's easy to see why business owners are making a mass exodus out of the state."

California's Private Attorneys General Act (PAGA) authorizes "aggrieved employees" to file lawsuits regarding labor code violations and to seek civil penalties. However, 75% of the penalties paid by non-compliant employers go to the state's Labor and Workforce Development Agency. Less than 25% goes to the "aggrieved employees" after their lawyers take one-third or more of the remaining 25%.

"The intent behind PAGA was to protect workers, but it has done little to help them. Employees have actually lost flexibility in their work lives as a result," Joyce said. "Most of these lawsuits revolve around technical nitpicks and don't claim any real injury. Trial lawyers have turned PAGA

into a loophole around arbitration clauses in employment contracts which typically limit expensive class actions that only benefit the lawyers."

ATRF says frivolous lawsuits filed under the federal Americans with Disabilities Act (ADA) are another issue plaguing California's civil justice system. 2020 brought a 22% increase in ADA filings while nationally, such filings decreased. 2021 is on pace to be a record-breaking year in California for ADA filings. California has more expensive penalties for ADA violations due to the state's Unruh Civil Rights Act. The Act includes a \$4,000 fine per violation, which other states don't have, plus attorneys' fees.

"Often, these alleged 'violations' are as minor as a mirror that is an inch too high or a sidewalk angled one degree off," Joyce said. "Unfortunately, businesses are rarely given a warning or even a customer complaint about noncompliance until sue-happy trial lawyers take them straight to court. As small businesses struggle to stay afloat, litigation costs alone could very well put them out of business for good."

ATRF reports that businesses of all sizes are under attack in California, though. This year, Amazon was held liable for injuries caused by a product sold by a third-party seller. The California Court of Appeals used a 2020 case, which the state Supreme Court refused to review, as precedent.

"The unfortunate reality is that where California goes, the country tends to follow," Joyce said. "The unintended consequences of this precedent could very well have a chilling effect on ingenuity and entrepreneurship across the nation. This is especially dangerous given California courts' willingness to allow questionable science as expert evidence in trials."

To view the full report at [JudicialHellholes.org](http://JudicialHellholes.org).

Founded in 1986, ATRA is a nonpartisan, nonprofit organization and is the nation's first organization dedicated exclusively to reforming the civil justice system through education and legislative enactment. ATRA acts as a nationwide network of state-based liability reform coalitions backed by 142,000 grassroots supporters. ATRA works to bring greater fairness, predictability and efficiency to America's civil justice system. Those efforts have resulted in the enactment of state and federal laws that make the system fairer for everyone. ★

# Homeschooling Will Boom Long After COVID-19

Commentary by Lance Izumi

**WASHINGTON, DC (MPG)** - Student enrollment in public schools has nosedived as parent disgust with school COVID-19 policies, student learning losses, and controversial education policies has gone through the roof. In the wake of this enrollment implosion, homeschooling has boomed across the country.

At the beginning of the current school year, the U.S. Department of Education estimated that 1.5 million students had left the public schools since the COVID-19 pandemic began.

If students are not enrolling in public schools, where are they going? The numbers show that many former public school students are now being homeschooled.

The U.S. Census Bureau found that the percentage of homeschooling households more than doubled in 2020 from 5 percent in spring to 11 percent in the fall.

According to a recent University of Michigan study, from 2020 to 2021, the enrollment at public schools in Michigan fell by nearly 46,000 students, which represented a more than a 3-percent drop. Among kindergartners, there was a decrease of more than 11 percent.

The increase in homeschoolers does not come from just a narrow segment of the American population. A University of Washington Bothell analysis found, "The diversity of homeschoolers in the U.S. mirrors the diversity of all students nationally," including all racial, religious, political, and income groups. For instance, the Census



At the beginning of the current school year, the U.S. Department of Education estimated that 1.5 million students had left the public schools since the COVID-19 pandemic began. Photo courtesy Pixabay

Bureau found that among African American households the increase in homeschooling was much steeper than in the country as a whole, rising from 3 percent to 16 percent, a five-fold jump.

This increase in African American homeschooling is not surprising given recent research by McKinsey & Company that found "Students in majority Black schools ended the [2020-21 school] year with six months of unfinished learning."

Demetria Zinga, one of the country's top African American homeschool YouTubers, says, "I believe homeschooling is growing and exploding amongst African Americans and there will be more and more homeschoolers."

Homeschool mom Magda Gomez, an immigrant from Mexico, has become an activist for homeschooling in the Hispanic community.

She observes: "We Hispanics as a culture are usually very protective and loving towards our children. However, I explain that love is not enough to raise our children. We have to educate ourselves in different areas of education, especially since we are not in our [native] country but are immigrants." "It is my dream," she says,

"to see more Hispanic families doing homeschool." Her dream is coming true with homeschooling doubling among Hispanic households, from 6 percent to 12 percent.

In addition to the racial diversity of homeschoolers, in 2021 the school-choice organization EdChoice found: "Many parents of children with autism, ADHD, and other neuro-developmental disorders report that public schools cannot effectively address their child's specialized learning needs."

Pediatric nurse and homeschool mom Jackie Nunes unenrolled her special-needs daughter from public school saying, "There just wasn't enough of the things that matter - time, attention, patience, persistence, passion, support."

The COVID-19 pandemic has exposed all the flaws in the one-size-fits-all public schools, which is why the homeschool boom is shaking up American education.

Lance Izumi is senior director of the Center for Education at the Pacific Research Institute. He is the author of the new book *The Homeschool Boom: Pandemic, Policies, and Possibilities*. This piece originally ran in the *Washington Times*. ★

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# Cordova Massacre Attracts Hundreds

Story and photos by Rick Sloan

**RANCHO CORDOVA, CA (MPG)** - On Saturday, December 11th one could hear the shouts of “cross face”, “chop him down”, “get your points” and “cradle” echoing throughout the Cordova gym as the tournament known as the Cordova Massacre took place. Approximately 430 wrestlers representing 38 high schools in the region competed in the one-day event featuring varsity, junior varsity and girl’s matches. Cordova wrestlers did extremely well and took home numerous medals in all weight classes.

The annual event, which was cancelled last year due to the pandemic, is a major fundraiser for the Cordova wrestling program. The packed gymnasium was in full service starting with 7:00 am weigh-ins and ending around 6 pm with the final heavyweight and first place matches. The bleachers were packed and the concession stand ran out of food around 1:30 pm.

Don Martinez, Cordova’s head wrestling coach started this tournament back in 1989. Coach Martinez, who also is the head wrestling coach at Sierra College, has a philosophy that is very different than most programs. His technique is to have his wrestlers go at a slower pace with the hopes that they will peak at the right time towards the end of the season taking them into the post league competition and possibly a trip to the Masters Tournament and even the State competition. “We will beat the wrestlers that we’re losing to at the beginning of the season. We are on pace. We see the progress everyday,” said Coach Martinez.



Referee announces Senior Aaron Fernandez 145lbs takes the win in a match.



JV Shabeer Hashimi 142lbs pins his opponent for 1st Place.



2nd Place Winner Junior Madison Daw 143lbs looks for help from her coaches.



Senior David Fuller Varsity 170lbs gets 1 point for escape.



Aaron Fernandez controls after a take down.

The program, which is in a rebuilding mode with more participation in the freshmen and sophomore levels, has seen much improvement due to the wrestling programs at Mills and Mitchell Middle Schools, as they are able to build interest in the

sport starting in 6th grade. I see great things ahead for this young enthusiastic group of wrestlers. They have been working hard and improving with each practice and understand what it takes to be successful.

The league competition starts on January 11th with matches against Florin and West Campus at Natomas High School, January 18th against Valley and Johnson at Valley High School and finishing up on January 25th vs. Natomas at Cordova High. All matches start at 5 pm. ★

## Stay Safe as Temperatures Dip Near Freezing

Continued from page 1

temperatures dip, trees become vulnerable to limbs snapping. For downed trees or branches in the roadway, County residents can go to 311 Sacramento Connect or download the mobile app or call 3-1-1 (or 916-875-4311 if calling from out of the area).

Prepare for wind. Secure yard items that may blow around and be prepared for the possibility of loss of power. For downed power lines, stay away and call 9-1-1 immediately.

Bring your pets inside when temperatures

start to dip near freezing. A dog or cat left outside in severe cold weather can die quickly from exposure. Except for exercise and walks, all dogs and cats are safer indoors during the winter. Make sure they have a warm, draft-free place indoors with a dry mat or blanket that they can lie on. For additional winter weather tips for animals, check out the Bradshaw Animal Shelter’s website.

Learn more about how to stay safe on the Sacramento Ready website for Fog and Cold Weather resources and information. ★



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# Lessons of Socialism



Commentary by Bruce Lee

Socialism, socialism ... what an alluring temptress. Following the 1991 collapse of the Soviet Union and China's move towards a free-market economy (reestablishing the Shanghai Stock Exchange in 1990), I hoped socialism found its rightful place in the dung heaps of history, unfortunately its temptations persist.

The seeds of socialism in federal (and California) policies as the Green New Deal, show how alluring the concept remains. Promising prosperity, security, and equality with other people's money, it has only delivered tyranny and poverty around the world. Examine Venezuela's economic collapse of the last decade. Again, socialism proved a Ponzi scheme; it sounds amazing only to collapse under the weight of centralized control and denial of basic human nature.

A simple, 2009 illustration helps us understand:

A hypothetical economics professor, who had never failed a single student in her career, supposedly failed an entire class. This class insisted that socialism worked - that no one would be poor nor be rich, a great social equalizer.

The professor said, "OK, we'll run an experiment to test this plan." Everyone's grade will be based on the

class average, so no one will fail but no one will receive an A either...(substituting grades for dollars - hopefully this would be more readily understood by all).

After the first test, the grades were averaged, and everyone got a B. The students who studied hard were upset, and the students who studied little were happy. As the second test came, the students who studied little, studied even less, and those who studied hard were now less motivated and studied less.

The second test average was a D! No one was happy. The third exam averaged an F grade.

As the tests proceeded, the scores never increased. Bickering, blame, and name-calling resulted in hard feelings, and no one would study for the benefit of anyone else.

To their unpleasant surprise, ALL FAILED, and the professor told them that socialism would also ultimately fail. "When the reward is great, the effort to succeed is great, but when government takes the rewards away, the motivation to succeed is taken away too!"

This illustration provides many lessons, but these five are the most applicable:

1. You cannot legislate the poor into prosperity by legislating the wealthy out of prosperity.
2. What one person receives without working for, another person must work for without receiving.
3. The government cannot give anything that it does not first take from somebody else.
4. You cannot multiply wealth by dividing it!
5. When half of the people get the idea that they do not have to work because

the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation.

That's socialism in a nutshell. And coincidentally, last night at dinner a contractor advised he cannot find any employees because they prefer to stay on the expanded unemployment. To lure a talented electrician to work, he finally had to pay him the \$600 unemployment bump out of his own pocket, PLUS his regular wage! And a nurse who works two jobs responded that nobody ever helps him with his bills and he's tired to supporting everyone else through his taxes! Unemployment sounded appealing to him!

Let's learn from history. Remember, after World War II, Britain, Israel, and India all turned to socialism, only to turn back to capitalism. Socialism's critical defect is that it ignores the power of incentives and basic human behavior!

*W. Bruce Lee is an educator and speaker (WBruceLee.com) with a career in government as an elected official and fiscal advisor, who has worked at the local, state, and federal levels. He authors the "We the Government" column as a community service. He is president of the Sacramento Taxpayers Association (SacTax) - promoting efficient, economical government; fair and equitable taxation which permits a strong, healthy economy; as well as sensible balance and rational control of government expenditures.. His private message telephone is 916-624-6476. Copyright W. Bruce Lee, 2021. ★*

# 38th Annual Optimist High School Girls Volleyball All Star Games



Optimist Hall of Fame inductee, Jennifer Wright, with Optimist Girls Volleyball Coordinator John Grix (Rio Americano High School) on her right, and Assistant Coordinator Matt MacDonald (Bear River High School) on her left. Photo: Evening Optimist Club of Sacramento

By John Yoshikawa, Evening Optimist Club of Sacramento

**SACRAMENTO REGION, CA (MPG)** - The 38th Annual Optimist High School Girls' Volleyball All Star games were marked by long rallies and many Ooohs and Aaahs! In the first match, the scores were 25-19, 25-21, and 25-16 with the winner being the 2nd Team South. The Outstanding Player for the 2nd Team South was Emma Johnson from Vacaville High School. The Outstanding Player for the 2nd Team North was Georgia Remmers from Rocklin High School.

In the second match, the scores were 26-24, 22-25, 25-17, and 26-24 with the winner being the 1st Team North. The Outstanding Player for the 1st Team North was Morgan Colyer from Lincoln High School. The Outstanding Player for the 1st Team South was Natalie Colfescu from Oak Ridge High School.

During the awards ceremony following the 1st match, Coach Jennifer Wright, retired Placer High School girls volleyball coach, was inducted into the Optimist Hall of Fame for her tremendous contribution, dedication, and commitment to the sport of volleyball. ★



Morgan Colyer (left) -Lincoln High School and Natalie Colfescu (right) -Oak Ridge High School. Photo: Evening Optimist Club of Sacramento



Outstanding Players Georgia Remmers (left) Rocklin and Emma Johnson (right) Vacaville. Photo: Evening Optimist Club of Sacramento

# State Finalizes Groundwater Management Principles and Strategies

California Water Board Press Release

**SACRAMENTO, CA (MPG)** - The Department of Water Resources and the State Water Resources Control Board today issued final groundwater management principles and strategies to help protect drinking water wells from the impacts of drought.

Developed in response to Governor Gavin Newsom's drought state of emergency proclamation in April, the principles and strategies provide a framework for state actions to proactively address impacts on groundwater-dependent communities as droughts become more frequent and intense as a result of climate change.

These principles and strategies incorporate hundreds of public comments received earlier this fall, including written comments submitted to DWR and feedback at public workshops and webinars.

"Ultimately, sustainable groundwater

basins will help Californians manage through drought - especially those dependent on domestic wells. But we're simply not there yet. These principles will help state agencies, local governments and communities address very real domestic well outages that are starting to occur," said DWR Director Karla Nemeth. "A big thank you to the members of the public who shared their insights with DWR. We are ready to implement."

"We are in a severe drought that, with declining groundwater levels, threatens drinking water wells and makes harmful contaminants become more concentrated in certain areas," said Joaquin Esquivel, chair of the State Water Board. "Articulating clear principles and strategies to manage groundwater, while protecting drinking water, improves the drought resilience of our rural and often disadvantaged communities, who are most burdened and impacted by

deteriorating conditions."

The final principles and strategies provide a shared policy framework of near-term drought response and long-term resilience actions by state agencies for those that rely on groundwater for drinking water. The strategies build upon existing programs and newly enacted laws, such as the 2021 drought planning legislation (Senate Bill 552), the implementation of the Sustainable Groundwater Management Act (SGMA), and the Safe and Affordable Drinking Water Fund for Equity and Resilience (SAFER). Following these principles will result in increased coordination and engagement with non-government organizations, Tribes, water agencies, groundwater sustainability agencies, and other local entities to ensure state resources and action support state and local needs. California is committed to increasing the frequency of forecasting data and tools, such as the recently released California's

Groundwater Live website, which supports data-informed decision-making and helps prioritize funding for emergency and long-term projects to support communities with drought resilience.

The framework prioritizes protection of public health and safety, as well as preparation and mitigation for the effects of drought conditions over the long term. Six principles describe how to address drinking well water impacts, and include strategies to achieve drinking water resiliency, integrate equity, identify underlying challenges, use best available data, build trusted relationships, and implement lasting solutions.

For more information and to find the final documents in both English and Spanish, please visit the Drinking Water Wells Principles webpage. To learn more about current drought conditions and the state's response, as well as dry well resources, visit drought.ca.gov. ★

# Call for Bands!

2022 West Sac Summer Concert Series Band Submission



Deadline Jan 14

Information at WestSacFun.org



# Green Heroin vs. the Call to Work

Commentary by Dr. James Thrasher

Addiction to government handouts continues to be a significant economic and societal issue. Recently, some authors have sounded the alarm by tagging the current CARES Act freebies as a form of “green heroin.” This addiction to green dollars has caused free-lunch addicts to lose their desire to work.

The reality is that 150 million people received \$1,200 stimulus checks, and 25 million people received a weekly \$600 addition to their unemployment checks, and the handouts keep coming. Unfortunately, this new cash has created some new users and cemented a dependency outlook with many established addicts. Why would the unemployed look for work, take a job, or return to work when they can make more money collecting stimulus and unemployment checks?

This unprecedented large-scale government handout of money has produced this freshly normalized perspective for some in our country. Freebies incentivize Americans not to work, which has dire consequences across the economy. The effect of this is being experienced by businesses, many of which are unable to open their doors or are having to curtail their hours because they cannot find a sufficient labor source.

Matthew Nicaud, in his article “Government Handouts Continue to Stagnate Economic Output,” states that “there is perhaps no more destructive force to destroy the motivation and work ethic of a workforce than the sedative of government handouts.” He adds: “when government doles out the entitlement dollars to the citizens, it sends a message that the nanny state will provide some or all of their income.” Consuming and relying upon this nanny-state sedative has chilling implications for America.

The tangible implications of the government CARES program have prompted a vital and foundational question: Why work?

Work matters. And to those of us of religious persuasion, work matters to God, now and eternally. Work is inherently good. God was, is, and will continue to be a worker. We are His image-bearers. A component of this

image-bearing is being created in His likeness as workers. God designed us to work, and it is an essential part of our humanity.

By God’s command, Adam and Eve were to tend and care for the Garden of Eden and to fill the earth and subdue it. Work is not a responsibility placed on man because of the fall, but rather a high calling and privilege given to us by God from the beginning. The call to work charges us to pursue excellence and to be faithful stewards of employment opportunities, abilities, and time to serve our Creator and our fellowman. God compels us to work and earn our keep. Work is a divine duty, and all vocational callings have dignity. Legitimate work is good and important to God as He works out His purposes in our lives.

Work has great significance in God’s providential plan for man. From the beginning, God has intended to use man’s call to work for His glory because every aspect of life is worship. Colossians 3:23 says “whatever you do, work at it with all your heart, as working for the Lord not for man.”

The workplace is part of God’s divine strategy to use workers as transforming and restorative agents by pointing others to Christ. It was God’s intention that true soul satisfaction would come from an honest day’s work. Proverbs 13:4 contrasts the worker and the sluggard by stating “the soul of the sluggard craves and gets nothing, while the soul of the diligent is supplied.” Through work we can love and serve our neighbor. Work provides income for tithes and offerings that should be shared with the church and people in need.

“Green heroin” is advancing an opioid-like dependency on entitlement dollars. This dependency contradicts God’s call to work. The only way to break the chains of this addiction is to see God’s purposes in the calling of work as an indispensable way in which He is caring for human beings and renewing His world.

*Dr. Jim Thrasher is the Senior Advisor to the Vice President for Student Recruitment and the coordinator of the Institute for Faith & Freedom’s working group on calling.* ★



By Bob McGarvey

Well, this is my last column of 2021. I talked about some good news in the articles during 2021, and unfortunately, there was some news which we all wanted to forget. Hopefully, my columns of 2022 can have more good than bad in them. For now, I wish that everyone had a very memorable and warm Christmas last weekend. Hopefully, the other holidays which are now being celebrated can bring marvelous memories - ones that you can keep close to your heart.

Something which is good right now are the inches of rain in the northern

# And Another Thing

## Lets See What We Can Do in 2022

Sacramento valley and the snow in the Sierra which is being counted in feet instead of inches. Earlier today the TV weather reports said right now we have almost 9 inches over the amount the rain we normally have this time of the year. All of us can continue to believe (or hope) that we can get out of the drought which is affecting everyone. What a blessing it would be if that would happen in 2022.

July 1, 2022 will be our 19th birthday as a city. In 2002 there were quite a few people who thought that Rancho Cordova would never be a city. At least they believed that until after the election of November 5, 2002, and the results of the election figures showed that the ballot was 77.8% for City hood! We have been able to show how much our

lives in Rancho Cordova have improved since then. I am very proud of our city, the great people who live in it, and the astonishing businesses who operate in the City of Rancho Cordova.

This coming New Year of 2022 we will be getting together with our family as we welcome in the new year. I’m not sure if all of our grandkids will be able to welcome in that new year at 12 midnight, but we will have to see. All I can say now is that I hope everyone in Rancho Cordova can have a great time as they welcome in the new year. Please be careful, and lets see what we can do in 2022!

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

# Civic Center Inches Closer to a Reality

Continued from page 1

by Councilmember Linda Budge’s concern over illegal activity in early morning hours, a condition to have a review of any crime after a year’s time with the possible reduction in operation hours was added. Comments about the design of the convenience store also sent city staff and the developer back to the drawing board.

Approval came swiftly for a traffic signal on Zinfandel Drive and Baroque Drive in anticipation of the recently approved Stone Creek Village. Councilmember Budge stated—with all the activity in the area—it was a necessity.

Representatives from the City’s legislative advisory groups gave lengthy reports to the Council about state and federal matters respectively.

During Council Reports, new positions were announced by Councilmember Sander and Vice Mayor Terry. The former is now the 2nd Vice President of the National League of Cities, and the latter has begun serving as Board Chair for the Sacramento Children’s Museum.

Councilmember Budge and others described the success of the city tree lighting. The Mayor took particular pride in having pushed the button that brought the tree to life. He struck again wielding a baton at a

performance by the River City Concert Band at, of all places, KP International Market.

Councilmember Pulipati urged any residents who have yet to get vaccinated to do so, especially in light of the new Omicron variant.

Vice Mayor Terry reported only 27 percent of students in Sacramento County Unified were vaccinated although they still had some time to be in compliance.

City Manager Cyrus Abhar reminded the public of the Workforce Development program which offers job skill training for Rancho Cordova residents.

New employee Xee Vang was introduced to the Council. Mayor Gatewood humorously remarked she had been rescued from her former work with Sacramento County. Vang will serve as Senior Finance Analyst.

Public Comment included a claim by Larry Ladd that Rancho Cordova drinking water was poisoned. Fayzah Mughal praised the work of Turning Point, a provider of behavioral health and social services. Chamber of Commerce CEO President and CEO Diann Rogers thanked the City’s Facilities department for their assistance at recent events.

The next meeting held on December 20 will reflect on Donald Terry as the new Mayor and Linda Budge as the new Vice Mayor. ★

# Defendant Convicted of Rancho Cordova Shooting Murder

Sacramento County District Attorney Press Release

**RANCHO CORDOVA, CA (MPG)** - Faron Mello was convicted by a jury of the first-degree murder of Kenneth Neal Evans and a personal use of a firearm allegation was found true. Mello was also convicted of felon in possession of a firearm.

On September 7, 2019, the victim was attending a birthday party in Rancho Cordova when a fight broke out in the parking lot. The fight was a result of threats that were made on social media up until the night

of the party. During the fight, the victim was shot at three times and hit in the chest and in the hand. On the way to the hospital, the victim made a dying declaration naming Mello as the shooter. The victim died from his wounds early the next morning. Detectives located and arrested Mello in Medford, Oregon the next day. The firearm used in the murder was never recovered.

Mello faces a maximum sentence of 50 years to life in prison. Sentencing is set for February 18, 2022, at 9:00 a.m. in Department 25 before the Honorable Donald Currier. ★

## CHURCH DIRECTORY

<p><b>SUN RIVER CHURCH</b> 11223 Trinity River Drive Rancho Cordova (916) 635-9000 9:00 AM Sundays : Youth and Adult classes 10:45 AM: Worship Gathering Nursery and Children's programs available at both 9:00 and 10:45 AM</p> <p><b>NEW LIFE CENTER A-G</b> 2451 Zinfandel Drive Rancho Cordova Lead Pastor Lance Feliciano Phone (916) 635-8287 Sunday Service is 10:30AM Wednesday night Bible 6:30pm www.newliferc.net</p> <p><b>SUNRISE COMMUNITY CHURCH RC</b> serving the Anatolia community Sunday Service 10am 11821 Cobble Brook Drive (916) 760-0970 Bible Study Tuesday 6:30pm Anatolia Clubhouse 11828 Chrysanthy Blvd. www.RC.Sunrise.org</p>	<p><b>FIRST BAPTIST CHURCH</b> of Rancho Cordova 10720 Coloma Road (916) 635-4672 Bible Study for All Ages 9am Sunday Morning Worship 10:30am Sunday Awana Children's Program Sunday 5-7pm (September - May) Mid-Week Prayer &amp; Encouragement 6pm Wednesday with Pastor Tom Jones Music Director: David Black</p> <p><b>BIBLE FELLOWSHIP BAPTIST CHURCH</b> 9900 Horn Road Sacramento, CA 95827 Phone: 916-368-5878 Sundays 10 am Bible Study 11 am Worship Service 6 pm Evening Worship Service Wednesday - 7 pm Prayer and Bible Study Loving Nursery provided all services aboutfbfc.com Pastor: Dennis Blankenship</p>
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DECEMBER 2021

## DTSC PUBLIC NOTICE

Department of Toxic Substances Control – DTSC’s Mission is to protect California’s people, communities, and environment from toxic substances, to enhance economic vitality by restoring contaminated land, and to compel manufacturers to make safer consumer products.

### EMERGENCY PERMIT AMPAC Fine Chemicals LLC Hazel and Highway 50, Rancho Cordova, CA 95741

The California Department of Toxic Substances Control (DTSC) has issued an Emergency Permit to AMPAC for onsite treatment of expired chemicals at Hazel and Highway 50, Rancho Cordova, CA 95741. The items to be treated include thirty-one (31) containers of Acryloyl Chloride, forty-seven (47) containers of Methyl Vinyl Ketone.

The Clean Harbors Environmental Services (CHES) has been contracted to conduct this treatment. The chemicals are potentially reactive and unsafe for transport in its present state. The treatment involves the keeping the container at low temperature to stabilize the chemical. Once the chemicals are treated, they will be transported offsite for proper management. DTSC has determined that the chemicals pose an imminent and substantial endangerment to human health and the environment if not properly managed. Therefore, an emergency permit should be issued. This Emergency Permit is effective from September 8, 2021 through November 8, 2021. The Emergency Permit includes measures to minimize any adverse impact to the community and the environment.

**CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA):** DTSC has determined that the issuance of this permit is exempt from the requirements of CEQA and has filed a Notice of Exemption (NOE) with the State Clearinghouse. The Emergency Permit, NOE, AMPAC’s request for this project are available for review at the file room located at:

DTSC Sacramento Regional Office  
8800 Cal Center Drive  
Sacramento, California 95826  
(916) 255-3758, call for an appointment

**CONTACT INFORMATION:** If you have any questions or concerns, please contact:

<p>Hai-Yong Kang Project Manager 916) 255-6522 Hai-Yong.Kang@dtsc.ca.gov</p>	<p>Jessica Anderson Public Participation Specialist (714) 484-5354 Jessica.Anderson@dtsc.ca.gov</p>	<p>Barbara Zumwalt Public Information Officer (916) 445-2964 Barbara.Zumwalt@dtsc.ca.gov</p>
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Hearing impaired individuals may use the California Relay Service at 711 or 800-735-2929 TTY/VCO/HKD to voice.

Additional information on DTSC sites can be found through our EnviroStor. (rev. 5-2020)

Ask Toni

# Who Will Pay First?



Toni King

Toni:

I am 67 and have group health insurance through my current employer. I have talked with friends, my company HR and my insurance agent and get answers from "I don't know" to "I'm not sure but I think ...". My company health insurance has a high deductible. If I have a medical claim and I have Medicare Part A and my employer medical insurance, who will pay the claim first and how much will I have to pay? Also, should I have enrolled in Medicare Part B since I am still working?

I have just started following your Medicare column in our local paper and am finding you are answering problems, I never knew I could have.

Thank You so much.

Roxanne, Pacific Palisades, CA

Roxanne,

Let's start with discussing enrolling in Medicare Part B when working with an employer group health plan. The Medicare & You handbook discusses "Should I Get Part B" with employer or union coverage and states... "If you or your spouse is still working, and you have health coverage through that employer or union, contact your employer or union benefits administrator to find out how your coverage works with Medicare... It might be to your advantage to delay Part B enrollment."

To answer about enrolling in Medicare Part B, it is optional because when you leave your or your spouse's employer group health plan, then you can enroll in Medicare Part B with a Special Enrollment Period.

Now let's talk about who will pay your claim first and this depends on how many employees are on your company's group health plan:

1. Your employer has 20 or more employees. Your group health plan will generally be primary. Should your group health plan not pay all the bill, you may need to ask the health care provider or your doctor to send the remainder of the

bill to Medicare if you are enrolled in Medicare Parts A and/or B for secondary payment. Should there be any cost your health insurance or Medicare did not cover, you will have to pay the balance. The employer must offer their employees 65 and older the same health benefits, under the same conditions, they offer employees under 65.

2. Your employer has less than 20 employees. Medicare pays first. Discuss with your employer's HR department or employer group health insurance agent as to whether to enroll in Medicare Parts A and/or B since a small amount of health insurance plans require employees employed by companies with group health plans that cover 20 employees or less to enroll in Medicare Part B. CMS form L-564 "Request for Employer Information" is available for employees "still working" past 65 with true employer insurance to avoid Medicare's Part B penalty. This form is available for the employee and their spouse enrolling in Medicare Part B past 65 years old. \*Remember that the 6-month Medicare Medigap/ Supplement Enrollment period begins when one is first enrolled in Medicare Part B\*

• **Your employer has less than 20 employees.** The small employer joins forces with other employers or employer organizations i.e., unions, to sponsor a multi-employer plan (group health plan). Sometimes employers with less than 100 employees will band together to form a multi-employer plan. Medicare pays second.

**Always** check with your Human Resources to find out if the Insurance Company will pay first when the employees or employees' spouses are over 65 and on company health benefits.

• One thing to know is that if you should go outside your employer's network, it is possible that neither the company's plan nor Medicare will pay.

For a Medicare Checkup, call the Toni Says® Medicare call center at 832/519-8664 or email [info@tonisays.com](mailto:info@tonisays.com) regarding your Medicare plans and options. Toni Says® Medicare Survival Guide is available at [www.tonisays.com](http://www.tonisays.com). ★



By Dan Walters  
CALMatters

The 1970s and 1980s were a tumultuous time for California's public schools, to wit:

• A tidal wave of kids from the post-World War II baby boom pushed school enrollment to well over 4 million, but the end of the boom in the mid-1960s and a slowdown in overall population growth drove enrollment downward in the 1970s. Throughout the state, local school systems pared back school construction, sold off school sites and even closed some schools.

• At the time, schools were largely financed by locally imposed property taxes but in 1971 a successful lawsuit, Serrano vs. Priest, declared that widely varying taxable property values among the state's school districts unfairly disadvantaged children in low wealth communities. In response, the Legislature began overhauling school finances to provide what was called "equalization."

• Subsequently, however, in 1978, voters passed Proposition 13, which clamped tight limits on property taxes, compelling the state to assume the fundamental task of financing schools from income and sales taxes and thus shifting

wrangling over education finance to the state Capitol.

• California's population soared in the 1980s due to high immigration and birth rates and so did school enrollment, eventually topping 6 million. In 1988, a decade after Proposition 13's approval, the education community persuaded voters to pass Proposition 98, an extremely complex measure that dictates how schools' share of state revenues is calculated. It has dominated the state budget process ever since.

This snippet of political history is offered because it could be repeated.

California's once-soaring population has slowed to a trickle, or perhaps even reversed, due to sharp declines in immigration and birth rates. Also, school enrollment, which topped out at 6.2 million a decade ago and remained virtually unchanged until recently, is beginning what demographers believe will be a steady decline.

The COVID-19 pandemic is partially responsible for some recent declines but the state Department of Finance projects that underlying demographic trends will drop enrollment to 5.5 million by 2030, some 700,000 lower than the peak.

"Projected declines are greatest in Los Angeles and Ventura Counties - roughly 20% lower by 2030 - 31," a recent study by the Public Policy Institute of California declares. "The declines in Los Angeles County are particularly noteworthy: county enrollment has already fallen over 10% in the past

decade, and enrollment in 2030 - 31 is projected to be 30% lower than it was in 2010 - 11."

State aid to schools is largely driven by enrollment, so districts that are seeing major declines, particularly large urban systems such as Los Angeles Unified, are beginning to feel the financial pinch and confronting the unpopular task of shutting neighborhood schools.

At the moment, school finances have a respite. Gov. Gavin Newsom and legislators have decreed that state aid is temporarily based on pre-pandemic enrollment but the "hold harmless" gesture is due to expire next year. What happens after that is anyone's guess.

Decreasing enrollment could be beneficial in the long run, because it could increase per-pupil spending. But that would depend on the willingness of state politicians to once again change the methodology of school financing, moving away from its enrollment base to some other model.

Given the tens of billions of dollars at stake, however, a major overhaul would be a tough political slog. Until and unless it occurs, the local systems seeing the most dramatic enrollment declines will have a difficult time balancing their budgets as their state aid shrinks and their fixed costs, such as pension fund contributions, continue to rise.

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

# What You Need to Know

Continued from page 1  
CALMatters.

California Common Cause - which pushed voters to create the independent panel - also defended the commission: "While the process was at times messy, it was an exercise in democracy done in public," with 150 meetings and 30,000 pieces of public input.

**Congressional lines**

Slower population growth in California means the state lost one of its 53 U.S. House seats this year.

The population numbers must be exact: There can't be more than a one-person difference between districts to make sure everyone is represented equally.

Trying to meet all the criteria - equal population, Voting Rights Act compliance, communities of interest and compact districts - in a state with California's diverse population and geography made the task difficult.

Political dominos quickly started toppling immediately after the maps were approved.

Rep. Doris Matsui of Sacramento declared that she will run next year in the new 7th Congressional District. It also includes fellow Democratic Rep. Ami Bera of Elk Grove, who within hours announced he will follow many of his current constituents into the 6th District.

Assemblymember Kevin Kiley of Rocklin announced that he plans to run in the new 3rd

District, if, as he expects, fellow Republican Tom McClintock of Elk Grove seeks re-election in the 5th District, just to the south. Meanwhile, Democratic Rep. John Garamendi of Walnut Grove said he will seek re-election in the new 8th District, which includes Contra Costa and Solano counties. Rep. Mark DeSaulnier, a Concord Democrat, will run in the neighboring 10th.

**State Senate districts**

While congressional districts each have about 760,000 people, state Senate districts are larger, with nearly 1 million Californians. For example, one encompasses California's entire border with Mexico. There's also more leeway - a 5% deviation from the ideal population.

Three Senate districts are going from a Democratic advantage in voter registration to a Republican majority, while one favors Democrats more. Republicans need to flip at least five seats in the Senate, or seven in the Assembly, to end the supermajority that allows Democrats to approve tax increases or put constitutional amendments on the ballot with a single GOP vote. Samea Kamal and Jeremia Kimelman  
DECEMBER 1, 2021

The commission's sixth and last criteria for redistricting is nesting - placing two Assembly districts into one Senate district where possible. In theory, that makes Senate

mapping easier. But because the commission placed a higher priority on other criteria, this time, only two Assembly districts were nested into a Senate district, in Northern California.

**Assembly lines**

While the Democratic majority in the state Senate might shrink under the new map, Democrats' grip of the Assembly could tighten.

They now hold 60 of the 80 seats. The new Assembly map creates 63 solid Democratic seats, according to an analysis by California Target Book.

**Board of Equalization**

With just four state Board of Equalization districts, they are far less complex to draw.

The board is tasked with ensuring that taxes across different counties are uniform - alcohol and beverage taxes, for example. Because of the county-specific policies, the commission tried to keep as many counties as possible intact. For example, densely populated Los Angeles County is one district by itself.

For these lines, there was little drama at the redistricting commission - and certainly nothing like the fights over congressional and legislative districts.

"I'm so proud of the work that together we have completed to serve all Californians. Despite a difference of opinion at times, there was always commitment to our common goal

— to the goal of creating representative and fair maps for all Californians," commissioner Pedro Toledo said as he made the motion for a vote.

After Dec. 27, the commission expects it will reconvene not only to defend its maps against any legal challenges, but to

work on a report that could make the process smoother for the next redistricting. Common Cause also said it is committed to examining improvements for the 2031 commission.

"We did receive community of interest testimony that did conflict so obviously there are some

people that are not going to be happy," said Fernández, a Republican from Yolo County. "We have more VRA districts than there currently are, we listened to more people than the prior commission. We took all the info to heart and worked together to build these maps." ★

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**Classified Advertising**

Sell Your Stuff!  
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**MPG**

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**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

Call to place your legal advertising  
**916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**

**STATEPOINT CROSSWORD • MOVIE QUOTES**

- CLUES**
- ACROSS**
- THESE
  - General Services Administration
  - Ex-Miami Heat player Dwyane
  - Pomegranate seed
  - Actor Chris O'
  - Pacific Crest Trail walker
  - Country dance formation
  - Wished undone
  - Popeye's sweetie
  - "Sudden Impact": "Go ahead, \_\_\_\_\_"
  - Arm part
  - Gold unit
  - Parabola, e.g.
  - San Joaquin Valley city
  - Hangs out with
  - Unit of electrical resistance
  - "Star Wars": "Stay in \_\_\_\_\_ formation"
  - Mr. Jim's (of "Meet the Parents") cry
  - Clay and silt deposit
  - Camel debris
  - Japanese sword fighting
  - Was aware of
  - Come into sight
  - "Independence Day": "I belong in the \_\_\_\_\_"
  - "The Dark Knight": "Why so \_\_\_\_\_?"
  - Common allergen
  - Cup alternative
  - Bird-made fertilizer
  - Sketch
  - "On the Waterfront": "I coulda been a \_\_\_\_\_"
  - El Dorado-related
  - Tabernacle Choir's home state
  - Contributed
  - Star Wars attacker
  - Unidentified aircraft
  - Prep for publication
  - Ladder step
  - Tropical American cuckoo
  - Part to play
- DOWN**
- Precedes storm?
  - Soprano's song, e.g.
  - "Mean Girls": "On Wednesdays, we wear \_\_\_\_\_"
  - Makes smooth, as in hair
  - Dutch cheese
  - "Darkest Hour": "I have nothing to offer but blood, toil, tears and \_\_\_\_\_"
  - Walker, American Girl doll
  - "Field of Dreams": "If you build it, he \_\_\_\_\_"
  - Related
  - Deity, in Sanskrit
  - "... he drove out of sight"
  - Fungus damage (2 words)
  - Meryl Streep's "The \_\_\_\_\_"
  - Supernatural life force, pl.
  - Query
  - "Who Framed Roger Rabbit": "That's all, \_\_\_\_\_!"
  - Côtes du \_\_\_\_\_ wine region
  - Mideast V.I.P.
  - Soreness
  - Kidney-related
  - "Princess Bride": "You killed my father. Prepare \_\_\_\_\_"
  - Bound by oath
  - "Lights out" tune
  - Nile reptile

**CROSSWORD**

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**dish** BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet  
AS LOW AS \$19.99/mo.

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**\$64.99** MO. for 12 mos. America's Top 120 Package  
190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card Press Code 10310  
**1-888-416-7103** Offer ends 1/1/22

**SUDOKU**

**GRAND ALASKAN CRUISE & TOUR**  
12 days, departs May - Sep 2022  
VANT 1-855-208-9533

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# Jack's Eyewear




**Standard Lenses**

**Anti-Reflection Lenses**

**2 pair of frame & lenses** (single vision - polycarbonate, UV protection, and scratch coating included) \* - **\$59**

**2 pair of frame & lenses with anti-reflection coating** \* - **\$99**  
(single vision, polycarbonate, UV protection, and scratch coating)

**916.696.6451** \* ask for details

Huge selection, more than 100 styles to choose from • Lab on premises, One hour service available

Mention  
this Ad!

6722 Fair Oaks Blvd. (Near Stanley) , Suite 104 Carmichael, CA 95608

## Local Classified

### Announcement

Become a Published Author. We want to Read Your Book! Dorrance Publishing- Truusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit <http://dorranceinfo.com/Call> (Cal-SCAN)

### Classified Advertising

916 773-1111

### Autos Wanted

DONATE YOUR CAR, BOAT OR RV TO HELP HOMELESS PETS. PETS ALIVE IS A CALIFORNIA, 501-C-3 NONPROFIT. GUARANTEED TAX DEDUCTIONS. PAPERWORK EXPERTS, FREE QUOTE AND PICK UP. ASK ABOUT FREE 7 DAY VACATION OR \$200 VISA GIFT CARD. LAPETSALIVE.ORG. 1-888-772-2632 (Cal-SCAN)

### Cable/Satellite TV

DIRECTV - Watch your favorite live sports, news and entertainment anywhere. More top premium channels than DISH. Restrictions apply. Call IVS - 1-888-641-5762. (Cal-SCAN)

### Cable/ Internet

AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-855-397-7909. (SCAN)

### COMPUTER SERVICES

Zinsky's

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

Alan Zinsky  
Phone: 916-622-2269  
[Zconfig@sbglobal.net](mailto:Zconfig@sbglobal.net)  
Bus. Lic. # 305312 • B. E. A. R. Reg. #54416  
[www.zinskyspcrepair.com](http://www.zinskyspcrepair.com)

### For Rent

**Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!**

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

### Fitness/Yoga

Your Fitness Genie

Virtual Sessions  
Your Fitness Genie  
Silver Sneakers  
NASM

Age Well At Home

Avoid Assisted Living  
\*Keep Strength and Mobility  
Be Active, Call Today!  
Jenn@YourFitnessGenie.com  
(916)768-3767

### Financial Services

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

### FLOORING

Beautiful waterproof flooring Certified Home Depot installer, more than 30 years experience! I have all material in stock! Material is 100% waterproof, 20 mil wear layer, extreme performance! For free estimates call or text Joseph, [jflores916@gmail.com](mailto:jflores916@gmail.com) 916 215-7558, [lic#1023377](https://www.linkedin.com/company/1023377)

### Handyman

A Quality Home Maintenance

Light Hauling  
Yardwork  
Gutters Cleaned

Scott Lehman  
Timeless Maintenance Services  
(916) 613-8359

### Health & Medical

"You are what you absorb." World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at [tbuckley1.renovaworldwide.com](http://tbuckley1.renovaworldwide.com). Tim 916-370-0858

### Insurance/Health

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

### Classified Advertising

916 773-1111

Steve Estabrook's private music studio in Orangevale is now accepting students for

Piano: classical, rock, some jazz  
Guitar: rock, folk, blues, classical  
Voice: all styles

Steve has a BM and MM in music from CSU Sacramento and over 35 years teaching experience. \$30/half hour. References Available.

916-599-6156  
[Steve@stevestabrook.com](mailto:Steve@stevestabrook.com)  
[Steveestabrook.com](http://Steveestabrook.com)

### Landscaping

CREATE YOUR PARADISE



Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial  
American Landscape Design & Installation, Est 1987  
American Construction & Property Maintenance Company  
WE ACCEPT VISA & MASTER CARD  
(916)612-0776  
Lic#690968

### LANDSCAPING

Winter Yard clean up. Mow, weed, prune, haul, rock, bark, and gutters. Light Fence Work  
916 205-9310  
916 688-9310

### All American Will Kits

Do-It-Yourself Legal Will  
Written by an attorney  
Valid in all states  
Order online at [www.allamericanwillkits.com](http://www.allamericanwillkits.com)

### Miscellaneous

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)

UPDATE YOUR HOME with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 1-877-438-0330. Ask about our specials! (Cal-SCAN)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today, 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

### Music Lessons

Guitar Lessons - Beginner to Advanced. \$15/half hour. \$25/hour. [freddiebbalbert@gmail.com](mailto:freddiebbalbert@gmail.com). 916-507-6668 (MPG 12-31-21)

### Classified Advertising

916 773-1111

### Pets/Animals

DOG RESCUE

Gary  
(916) 334-2841  
Please Adopt or Foster  
Because so many really great dogs are dying for a good home...  
ShelterMOU  
@hotmail.com

### Professional, Loving PET SITTING

\*Established Reputation  
\*Kennel Free  
\*Lots of TLC  
\*Happy & Safe Environment  
\*Affordable Rate  
Call Madeline  
(916) 723-1608

Use Happy Jack® ToneKote on dogs & cats to insure a warm winter coat, prevent shedding & eliminate doggy odor. At Tractor Supply® ([www.fleaabeacon.com](http://www.fleaabeacon.com)) (Cal-SCAN)

### Roofing

BERNARDINO ROOFING

Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
\*\*\*FREE ESTIMATES\*\*\*  
SENIOR DISCOUNTS  
Lic.#817945 35 Years Experience  
**916.920.0100**  
[www.bernardinoroofing.com](http://www.bernardinoroofing.com)

### Services

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 844-857-1737 (Cal-SCAN)

### HALL RENTALS

VFW Post 6158



8990 Kruihof Way,  
Fair Oaks, CA  
916-966-1663  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)  
Call or come by

### Tree Service

### BP TREE SERVICES LLC.



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

WE SUPPORT OUR MILITARY

Work Wanted

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References, College grad. Call Tim, 916-370-0858. (MPG 12-31-21)

### Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company [www.viploan.com](http://www.viploan.com) Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. ((Cal-SCAN))

### RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate\*

V.I.P. TRUST DEED COMPANY

OVER 40 YEARS OF FAST FUNDING  
Principal (818) 248-0000 Broker  
[WWW.VIPLON.COM](http://WWW.VIPLON.COM) \*Sufficient equity required...no consumer loans  
CA Department of Real Estate License #01041073  
\*Private Party loans generally have higher interest rates, points & fees than conventional loans

### NOVENA TO ST. JUDE

May the sacred heart of Jesus be loved, adored, cherished and preserved throughout the world now and forever. Sacred heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen. Say this prayer nine times a day for eight days. On the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude.

### Senior Living

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-844-741-0130 today. (Cal-SCAN)

### HEALTH & WEALTH

**JOIN FOR FREE - NO KITS OR QUOTAS & FREE WEBSITE. CTFO (Changing The Future Outcome)** has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: [canderson.mycfto.com](http://canderson.mycfto.com)

### 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](http://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.  
**DISCLAIMER**  
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.

### Painting / Roofing

PAINTER INTERIOR & EXTERIOR

\$30 Hourly or Fixed Price  
Cell: 650-773-5221  
Insured & Bonded  
Guarantee Work  
4-1-2022

### PAINTING

BAE'S Painting Service

House & Apt Interior/Exterior  
Flat Roof: Water Leak Repair  
Gutter Cleaning  
Cell: 279 333-6660  
20 years of experience

### Classified Advertising

916 773-1111

### FOR SALE

Power recliner chair \$500. Shower chair \$150. Geri Chair \$300. Power wheel chair \$600 All in excellent condition. Call 559-772-2233

### WANTED TO BUY

Stamp Collections, Post-cards and ephemera. Call Dale at 530-417-0627

### HELP WANTED

Kp International MARKET

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

BASEBALL Tours

Bob's Texas Tour ▶ Home games for the Houston Astros and Texas Rangers. Tour begins in Dallas/Fort Worth and ends in Houston.  
West Coast Tour ▶ Home games for Arizona, San Diego, Los Angeles (Dodgers & Angels), San Francisco, Oakland and Seattle. Tour begins in Phoenix and ends in Seattle.  
Field of Dreams ▶ Home games for Chicago (Cubs/White Sox), Brewers and Twins. Also a visit to the Field of Dreams movie site. Tour begins/ends in Minnesota.  
Tours include deluxe motor coach transportation, additional sightseeing opportunities and quality game tickets/hotels.  
Call for a FREE brochure: 507.217.1326

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WE DRAW THE LINES CA



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**877-205-4138**

Messenger Publishing Group

Call to Advertise Here 916 773-1111



Legal Advertising Hotline  
916-483-2299  
Legal Advertising Fax  
916-773-2999

# LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984  
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969  
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

## FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09993 RDH Diversified Properties, INC., 2395 El Camino Avenue, Suite 100, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Diversified Properties" 2395 El Camino Avenue, Suite 100, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 15, 2021 Publish: December 10, 17, 24 & 31, 2021  
DIVER 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10202 Positive Connections Worldwide, LLC, 5170 Golden Foothill Parkway, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Positive Connections Worldwide, LLC" 5170 Golden Foothill Parkway, El Dorado Hills, CA 95762. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 10, 17, 24 & 31, 2021  
POSIT 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10384 Shanton Tyson, 7510 Windridge Drive, Apt. 68, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "meant to be" 7510 Windridge Drive, Apt. 68, Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 30, 2021 Publish: December 10, 17, 24 & 31, 2021  
MEANT 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10195 Christian Jones, 5216 Field Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Jones Auto Care" 5216 Field Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 22, 2021 Publish: December 10, 17, 24 & 31, 2021  
JONES 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10194 Icy Nails LLC, 5216 Field Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Icy Nails LLC" 5216 Field Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 22, 2021 Publish: December 10, 17, 24 & 31, 2021  
ICY 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10189 Kool Wellness, LLC, 2902 Weald Way, Unit 121, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Kool Wellness, Hemprique" 2902 Weald Way, Unit 121, Sacramento, CA 95833. Filed with the Clerk of Sacramento County November 22, 2021 Publish: December 10, 17, 24 & 31, 2021  
KOOL 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10355 Well Ran LLC, 910 Drummond Avenue, Davis, CA 95618 is doing business under the Fictitious Business Name(s) "Soul Ona Roll Sac" 910 Drummond Avenue, Davis, CA 95618. Filed with the Clerk of Sacramento County November 29, 2021 Publish: December 10, 17, 24 & 31, 2021  
SOUL 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09751 Diego Garcia, 5508 Sandromond Boulevard, Oakley, CA 94561, Berta Fuentes, 1749 Tenama Drive, Woodland, CA 95695, Javier Cuellar, 7235 French Road, Apt. 16, Sacramento, CA 95828, Juan J. Chavez, 180 Odell Circle, Sacramento, CA 95835 and Gabriela Flores, 4815 Palomino Lane, North Highlands, CA 95660 are doing business under the Fictitious Business Name(s) "Nuevos Horizontes" 180 Odell Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 4, 2021 Publish: December 10, 17, 24 & 31, 2021  
NUEVOS 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09921 Agustín J. Duran, 4815 Palomino Lane, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Solar Panels Clean Energy" 4815 Palomino Lane, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 10, 2021 Publish: December 10, 17, 24 & 31, 2021  
SOLAR 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09844 AJAU & Associates Inc, 10058 Newhart Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "916 Notary Public, 916 Livescan Services, 916 Apostille Services, 916 Print Services" 10058 Newhart Court, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 8, 2021 Publish: December 10, 17, 24 & 31, 2021  
NOTARY 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10338 Robert W. Judah & Sandra J. Brown, 3249 Max Court, Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Trust Production Services" 3249 Max Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 29, 2021 Publish: December 10, 17, 24 & 31, 2021  
TRUST 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10467 Jesse A. Peevyhouse & Karen L. Peevyhouse, 9012 Terramore Drive, Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "KJ's Old Fashion Hot Dogs" 9012 Terramore Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 10, 17, 24 & 31, 2021  
KJ'S 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10253 Christopher S Lanning, 4101 Wheat Street, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Top Pick Mobile Welding" 4101 Wheat Street, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 10, 17, 24 & 31, 2021  
TOP 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10163 Melissa Faith Zanetta, 7921 Sunrise Boulevard, Apt. 3108, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Memories" 7921 Sunrise Boulevard, Apt. 3108, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 19, 2021 Publish: December 10, 17, 24 & 31, 2021  
MEM 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09848 Werner Visage DDS Inc, 6440 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Marconi Dental Group" 6440 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 8, 2021 Publish: December 10, 17, 24 & 31, 2021  
MARC 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09947 Susan Kim Dakuzak Schlack & William Perry Schlack, 4440 Minnesota Avenue, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Xleration Services" 4440 Minnesota Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 10, 17, 24 & 31, 2021  
XLER 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10494 Jesse Sonny Davis, 9670 Beachwood Drive, Orangevale, CA 95662 and Frank Thomas Gori IV, 7405 Springvale Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name(s) "Green Clean Solar Solutions" 6261 Hazel Avenue, #694, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 10, 17, 24 & 31, 2021  
GREEN 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09654 Yordanos G Beyene, 8028 Tetotom Parkway, Antelope, CA 95843 and Trnas G Beyene, 5332 Croxton Way, Sacramento, CA 95842 are doing business under the Fictitious Business Name(s) "Tesladiel" 4900 Madison Avenue, Suite B, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 2, 2021 Publish: December 10, 17, 24 & 31, 2021  
TESI 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10328 Armando Damian, 4400 Shandwick Drive, #277, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Lifetime Services" 4400 Shandwick Drive, #277, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 29, 2021 Publish: December 10, 17, 24 & 31, 2021  
LIFE 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10458 Ting Xian Griffis, 5017 Bumrae Place, Antelope, CA 95843 and Tingui Hou, 8280 Iron Gorge Drive, Sacramento, CA 95829 are doing business under the Fictitious Business Name(s) "Lili's Massage" 8891 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 10, 17, 24 & 31, 2021  
LLI 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10446 Samona Turner, 731 16th Street, #118, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "St. T. St. T Collaboratives" 731 16th Street, Suite 118, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 10, 17, 24 & 31, 2021  
ST.T 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10397 Robert David Vaughn, 4633 Chicago Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Wayne Nameplate Company" 4633 Chicago Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 1, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
WAYNE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10215 Edward R. Marszal Enterprise, Inc., 5805 Windmill Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jackson Road Chevron" 9700 Jackson Road, Sacramento, CA 95827. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
JACKSON 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09987 Brandee Thomas, 3920 Ramsey Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Exceptional Housekeeping Personnel Agency" 3920 Ramsey Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 15, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
EXCEPT 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10567 Robin Martin, 9239 Winding Oak Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Two Songbirds Press" 9239 Winding Oak Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 7, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
SONG 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09803 Maurice Harper, 5520 Claudied Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "TSQ Nursing Academy" 5520 Marconi Avenue, #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 5, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
TSQ 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10582 Melesio Anthony Perez Jr., 1038 Roosevelt Avenue, Winters, CA 95694 is doing business under the Fictitious Business Name(s) "Bowtie Specialties" 7846 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
BOWTIE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10142 Joseph Sparks, 3701 California Avenue, #A, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Gold Coast Creative" 3701 California Avenue, #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 19, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
GOLD 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09206 Kristina Schumacher & Megan Schumacher, 3300 Capitol Center Drive, #84, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Pretty In Faith" 3300 Capitol Center Drive, #84, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 15, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
PRETTY 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10559 Blake Krekelberg, 8868 Bluff Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "On Target Promotions" 11367 Pyrites Way, Suite K, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 7, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
ONTARGET 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10456 Jarnaela Constance Jennings, 4230 Fell Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "J Spot Kitchen" 3173 Marysville Boulevard, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
JSPT 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10534 FNU Shushma Kumari, 3512 Ester Brook Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Sanja Punjab Foods" 3512 Ester Brook Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
SANJA 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09943 No Ends Inc, 2300 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Crystal Nugs Events" 2300 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09946 Closed Door Inc, 2300 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Crystal Nugs Shop" 2300 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09945 Crystal Nugs Inc, 3109 Lea Starling Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Crystal Nugs Delivery" 241 North 10th Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10001 Samjhana Food Inc, 4740 Natomas Boulevard, Suite 150, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Himalaya Momo" 4740 Natomas Boulevard, Suite 150, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 15, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
HIMA 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10497 Amy Tremayne, 4080 Truxel Road, #100, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Mayne St. Properties, Mayne St. Coaching" 4080 Truxel Road, #100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
MAYNE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10540 Mohsen Razani, 5307 Marconi Avenue, #33, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Grand Central Cars" 9521 Folsom Boulevard, Suite R-1G, Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
GRAND 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10372 Reese Brother Enterprises LLC 6060 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Silvercreek Association Management, Silver Creek Association Management" 6060 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 30, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
SILVER 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10530 Aries Car Co Inc, 2620 La Mesa Way, Unit B, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Aries Car Co Inc" 2620 La Mesa Way, Unit B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
ARIES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10525 Prime Auto Registration LLC, 4865 Pasadena Avenue, Suite 17, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Prime Auto Registration LLC" 4865 Pasadena Avenue, Suite 17, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
PRIME 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10527 Creative Engineering LLC, 4330 Winding Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "AUL Painting" 4330 Winding Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
AUL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10210 Jose Martin Barrios, 4901 Patric Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Droplet Landscaping" 4901 Patric Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
DROPLET 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10705 Elena Sokolova, 5419 Manzanita Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bes Hair Lab" 5525 Hemlock Street, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
BES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10620 Tiana Keene, 7531 Andrewsrae Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Na-Cho Snacks" 7531 Andrewsrae Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
NA-CHO 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10402 Tony Hamblin, 2248 Garfield Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Warrior Method" 6022 A Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 1, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
WARRIOR 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10682 Creamon Alston, 5005 Argo Way, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "CRE Cutting Up" 5005 Argo Way, Sacramento, CA 95820. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
CRE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10690 Ezz ride auto sales, 3216 El Camino Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Ezz ride auto sales" 3216 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
EZZ 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10697 Kevin Pham, 7 Ingram Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Sacramento EDM Collective, Sac EDM Collective" 7 Ingram Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
SACEDM 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10698 Rory Randy Rodriguez, 7 Costa Brase Court, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Bimes ILL, Chaotic Forms" 7 Costa Brase Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022  
BIMES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10599 Jonathan Hemphill, MD, 3533 Serramont Court Carmichael, CA 95608, Scott Baron, MD, 11740 Melones Circle, Gold River, CA 95670, and Bradley Stauber, DO 875 Commons Drive Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Capitol Heart Center" 6347 Coyle Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
CAPITOL 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10640 Classy Merchandise, Inc, 30616 San Antonio Street Hayward, CA 94544 are doing business under the Fictitious Business Name(s) "Tartan Sports, Precise Golf" 30616 San Antonio Street Hayward, CA 94544. Filed with the Clerk of Sacramento County December 9, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
TARTAN 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10470 Lee A. Mahla, 2016 Idaho Mine Court Gold River, CA 95670 are doing business under the Fictitious Business Name(s) "Get Order Lee, RightSize Your Move" 2016 Idaho Mine Court Gold River, CA 95670. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
GET 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10607 PAN Moving and Storage, LLC, 1401 21st Street Suite F Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Tony's Sons Moving and Storage" 2419 Mercantile Drive Suite D Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
TONY 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-09694 VA7 Park Knoll, LLC 20212 Michelson Drive 4th FL Irvine, CA 92612 are doing business under the Fictitious Business Name(s) "Renew On Coloma" 10680 Coloma Road Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 3, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
RENEW 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10542 Gary Brian Kennedy, 6816 Loncera Drive Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Grand Bakehouse" 6816 Loncera Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
GRAND 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10713 Antonio Armendariz Hernandez, 7348 Walnut Avenue Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "ExclusiveLuxuryDetailing" 7348 Walnut Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 13, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
EXCLUSIVE 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10827 Cristian Rivalcaba and Cindy Martinez, 2507 Tronero Way Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Bright Finishes Painting" 2507 Tronero Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 17, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022  
BRIGHT 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10574 Paradise Laundry Inc, 3941 Park Drive Suite 20-284 El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Greenback Coin Wash" 7345 Greenback Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 7, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022  
GREENBACK 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10887 Khnissandra Swinney, 751 Taylor Morgan Way Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Liberty Tax Service" 8820 Greenback Lane Suite C Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 20, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022  
LIBERTY 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10595 Josh Sigal, 9433 Triathlon Lane Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Oasis Realty & Financial Services" 9433 Triathlon Lane Elk Grove, CA 95758. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022  
OASIS 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10902 Christina Alisha Armstrong, 8725 La Riviera Drive Apt# 188 Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Organizing Higher" 8725 La Riviera Drive #188 Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 21, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022  
ORGANIZING 180201 1-21-22

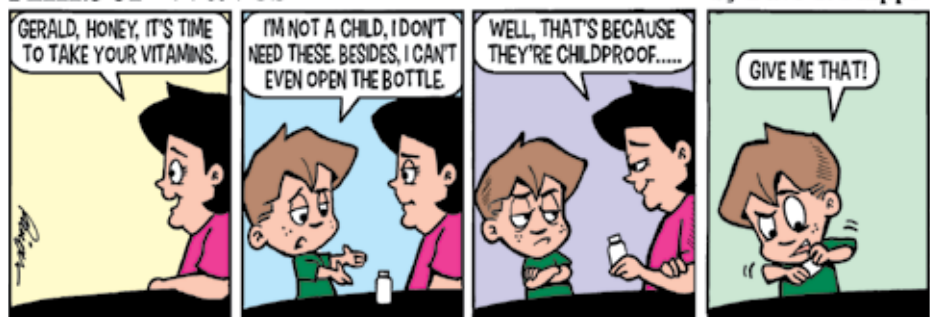
FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-10481 A&A Enterprises Inc, 1160 Tara



# WEEKLY COMICS

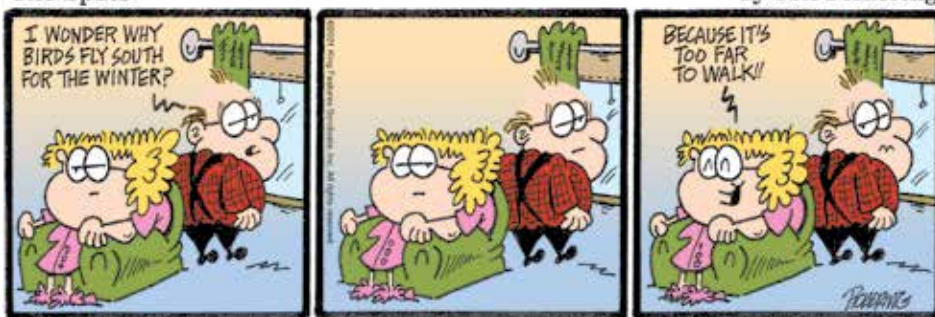
## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



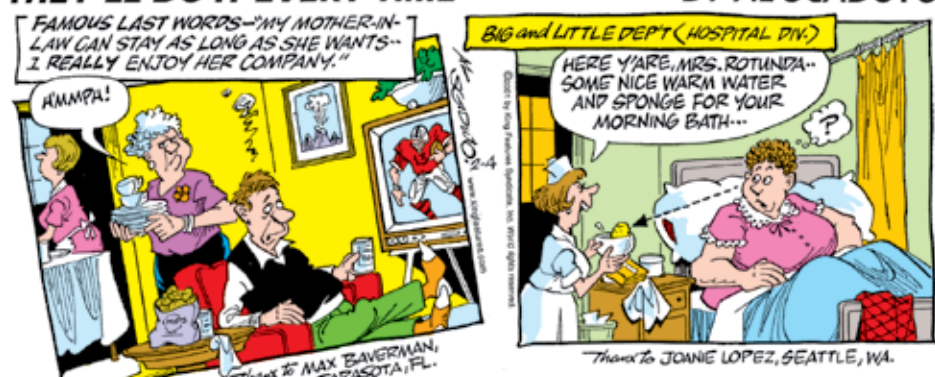
## Out on a Limb

by Gary Kopervas



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## R.F.D.

by Mike Marland



## CRIM THE BEAR IT

## LAFF-A-DAY

## Just Like Cats & Dogs

by Dave T. Phipps

## HOCUS-FOCUS

BY HENRY BOLTIHOFF



**We Beat Almost All Online Prices on Premium Brand Pet Foods.** Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

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916-635-5008 916-781-8500



**COUPON**  
\$200 OFF ANY 26 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336  
OR  
\$100 OFF ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337  
Nutra, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.  
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)  
Limit: 1 Coupon Per Family CHM  
Effective 12/29/21 - 1/4/22

**COUPON**  
2 FREE CANS OF PREMIUM FUSSIE CAT FOOD  
2.8 Oz Tin Black Label Only  
With Any Purchase of Pet, Fish Food, or Supply PLU 349  
Limit: 1 Coupon Per Family CHM  
Effective 12/29/21 - 1/4/22

Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

**NATURAL BALANCE DRY DOG FOOD**  
•Lamb Meal & Rice (Reg & Lrg Breed)  
•Sweet Potato & Salmon •Sweet Potato & Venison •Sweet Potato & Bison  
•Sweet Potato & Chicken 24-26 Lb Bag  
Limit 2 Bags Per Family  
**\$5 OFF**  
Our Super Low Prices  
Effective 12/29/21 - 1/4/22

**AVODERM NATURAL DRY DOG FOOD**  
26-30 Lb Bag Limit 2 Bags Per Family  
•Lamb Meal & Rice •Chicken Meal & Rice  
•Lite •Senior •Large Breed  
**\$4 OFF** OUR DISCOUNT PRICES!  
Effective 12/29/21 - 1/4/22

**NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD**  
Lamb Meal & Rice 30 Lb Bag  
•Small Bites (\*Adult •Large Breed \$42.99)  
Limit 2 Bags Per Family  
**\$41.99**  
Effective 12/29/21 - 1/4/22

**FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD**  
16 Lb Bag  
Limit 2 Bags per Family  
**\$10.99**  
Effective 12/29/21 - 1/4/22

**FRISKIES BUFFET CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 2 Cases Per Family  
**ON SALE Everyday**  
Effective 12/29/21 - 1/4/22

**ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER**  
20 Lb •Unscented •Double Duty  
•Clump n Seal •Slide 19 lb  
•Absorbx 15 lb  
Limit 2 Bags Per Family  
**ON SALE**  
Effective 12/29/21 - 1/4/22

**NATURAL BALANCE CANNED DOG FOOD**  
Selected Varieties 13 Oz (Reg price \$1.69)  
Reg. Price \$1.99-\$2.19 **\$1.89**  
Reg. Price \$2.39 **\$2.09**  
Limit 1 Case  
**\$13.99**  
Effective 12/29/21 - 1/4/22

**SCOOPAWAY CLUMPING CAT LITTER**  
42 Lb Bag  
•Multi-Cat Formula  
Limit 2 Bags Per Family  
**\$12.99**  
Effective 12/29/21 - 1/4/22

**EARTH BORN Grain-Free HOLISTIC DRY DOG FOOD**  
•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch •Weight Control •Large Breed 25 Lb Bag (Reg Price \$43.99)  
Limit 2 Bags Per Family  
**\$39.99**

**WILDERNESS DRY CAT FOOD AS MARKED**  
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags  
**\$10 OFF** OUR REGULAR LOW PRICES!

**NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER**  
Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags  
**\$6.99**

**CORE GRAIN FREE DRY DOG FOOD**  
3 Free Core Dog Food 12.5 oz can with each purchase  
Original **\$61.99** •Ocean •Reduced Fat **\$64.99**

**NATURALLY FRESH CAT LITTER** 100% Natural Walnut-based  
14 Lb Bag Limit 2 Bags **\$4.99** 10 Lb Pellets **\$4.99** Clumping **\$8.99** Multi-Cat Clumping **\$9.99**

Limit 1 case **EARTH BORN HOLISTIC CANNED CAT FOOD** Selected Varieties  
•Catalina Catch •Harbor Harvest 3 Oz. **89¢** 5.5 Oz. **\$1.25**

**9 LIVES DRY CAT FOOD**  
•Grilled Tuna & Egg 12 lb Bag Limit 2 Bags Per Family  
**\$8.99**

**GRAVY TRAIN DRY DOG FOOD**  
35 Lb Bag Limit 2 Bags  
**\$15.99**

**PURINA PRO-PLAN CANNED CAT FOOD**  
•Selected Varieties 3 Oz (Focus & Selected Varieties 99¢) Limit 2 Cases  
**89¢**

Limit 2 Bags Per Family **SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD** 16 Lb Bag  
•Adult •Mature 15.5Lb **\$35.99** •Sensitive Stomach 15.5 lb •Urinary 15.5 Lb **\$41.99**

Market Fresh Recipe **FUSSIE CAT PREMIUM DRY CAT FOOD**  
•Selected Varieties 2 Lb, 4 Lb, 10 Lb bag As Marked **10% OFF** OUR REGULAR LOW PRICES

•Probiotic •Gently Scented •Scent Free (Natural & Extra Strength) **BOXIE CAT CAT LITTER** Veterinarian Recommended Limit 2 Bags  
16 Lb **\$2.00 OFF** 28 Lb **\$3.00 OFF**

**MIDWEST METAL PRODUCTS**  
•Exercise Pens •Folding Crates Limited Supplies  
**20% OFF** OUR SUPER LOW PRICES

**PARAGON WHMZEEDENTAL Dog Treats** Edible Dog Treats All Varieties  
**20% OFF** OUR SUPER LOW PRICES

**CHUCK IT FETCH GAMES**  
•Ball Launchers •Flying Squirrel •Tennis Balls •Glow Balls •Fetch Toys All Varieties  
**20% OFF** OUR SUPER LOW PRICES

**WARE & KAYTEE SMALL ANIMAL PRODUCTS & KITS** All Varieties  
**20% OFF** OUR SUPER LOW PRICES

**BOXED GLASS TANK WITH STARTER KIT**  
10 Gal Tetra LED Deluxe . . . **\$62.99** 29 Gal Tetra LED Deluxe . . . **\$124.99**  
20 Gal Tetra LED Deluxe . . . **\$104.99** 55 Gal Tetra LED Deluxe . . . **\$204.99**

**AQUEON BOXED 10 GALLON TANK With Economy Kit** Just add Heater For Tropical Fish  
**\$48.99** Limit 1 Per Family

**KENT MARINE WATER SUPPLEMENTS** **20% OFF** OUR SUPER LOW PRICES

**REEF CRYSTALS** 50 Gal. Salt Mix **\$19.99**

**BONUS COUPON**  
**FANCY FEAST GOURMET CANNED CAT FOOD**  
3 Oz - All Varieties Except Elegant Medley  
Limit 1 Case Per Family  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 12/29/21 - 1/4/22  
**ON SALE Everyday** CHM PLU 361

**BONUS COUPON**  
**FRISKIES PARTY MIX CAT TREATS**  
2.1 Oz •Selected Varieties  
Limit 2 Pkgs With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 12/29/21 - 1/4/22  
**\$1.25** CHM PLU 573

**BONUS COUPON**  
**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
Limit 1 Bag With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 12/29/21 - 1/4/22  
**\$4.19** CHM PLU 362

# Parkour for Seniors - More Exercise is Better as You Get Older

Commentary  
by Nancy Lorentz

“Twenty-first century seniors live longer, healthier and more active lives. Sure, you’ll find some older folks who might prefer to sit out their senior years. But, for the most part, the elders among us – and there are a lot of them – choose ‘not to go gently into that good night,’ as poet Dylan Thomas put it,” says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

The Census Bureau reports that when they conducted their 2010 head count the oldest Baby Boomer – the first of whom were born in 1946 – was not even 65 years old yet. But since then, a staggering 10,000 of them have been celebrating their 65th birthdays each and every day and the “gray tsunami” will continue for yet another decade.

Today’s life expectancy is about 79 years. It was little more than 68 years in 1950 and it will continue to increase well beyond the turn of another century. Medical innovations have a lot to do with it. In 1950, there were nearly 589 deaths due to heart disease per 100,000 population; today, the death rate due to heart disease has dropped dramatically to 167 per 100,000.

But, while medical interventions certainly allow more of us to have longer life spans, another important contributing factor is modern day lifestyles. We’re taking better care of ourselves, eating better, sleeping better and getting more exercise. According to the Centers for Disease Control [CDC], “Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Older adults who sit less



More exercise is better than less as you get older and a little known training regimen called parkour is, definitely, more exercise. Photo Alessandro Biascioli, Dreamstime.com

and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.”

AMAC’s Weber, meanwhile, is suggesting that more exercise is better than less as you get older. Taking long walks, participating in sports, climbing stairs, lifting weights, doing push-ups and sit-ups. In fact, a growing number of seniors have gone so far as to

engage in more extreme ways to get exercise, she says, warning us to make sure we don’t overdo it.

For example, an exercise regimen known as Parkour has been growing in popularity in the U.S. in recent years. To say that it is an extreme way for senior citizens to stay fit is an understatement; it involves a lot of jumping, climbing and vaulting over and around barriers. As a matter of fact, Sean Hannah president of PK Move, told U.S. News, “You say,

‘parkour for seniors,’ and it hits the brain weird, like that’s the absolute opposite of what seniors should be doing.” PK Move bills itself as “The WORLD’S 1st and ONLY evidence-based program for seniors based on modified parkour.”

Nancy Lorentz is executive director and co-founder of PK Move. In an interview with Northern Virginia Magazine, she described parkour training as “the art of moving through

your environment in a smooth, efficient manner. This art of movement requires and builds mental and physical strength to overcome obstacles in the path you have chosen. Generally, parkour involves crawling, running, jumping, leaping, climbing, swinging or diving. There are no set routines (such as in yoga or tai chi) for practicing parkour, although proper functional form is required to train safely.” ★

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