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PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968

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Lend a Hand, Give a Can!



Cordova Recreation & Park District (CRPD) staff with 500 food donations for the Rancho Cordova Food Locker. Photo: CRPD.

By **Shelby Golden**,
Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - The Cordova Recreation & Park District's (CRPD) Community Engagement Program is underway! The Community Engagement Program, spearheaded by CRPD General Manager Patrick Larkin, is a program that focuses on giving back to the community. Over the last few weeks, District staff contributed food items including pasta, snacks, instant noodles, rice, baby formula and canned foods such as soup, veggies and chili. "More of our neighbors will be turning to food banks during the holidays - many of them for the first time. During a season that is traditionally

filled with festive gatherings and holiday meals, many people will not be able to afford food for themselves or their families," said Larkin. "We are proud of our donation to the Rancho Cordova Food Locker, who have become accustomed to this increased level of distribution and will continue to connect people to food. CRPD will continue to support and donate to the Rancho Cordova Food Locker that provides this critical service in our community."

On December 3, 2021, District staff presented over 500 food items to the Rancho Cordova Food Locker. The Rancho Cordova Food Locker provides an emergency supply of food for individuals and families in the community.

The Rancho Cordova Food Locker accepts more than just cans, however, canned, boxed or bottled non-perishable foods are welcomed. To learn more about the Rancho Cordova Food Locker or to donate items, visit www.ranhocordovafoodlocker.org.

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 130,000 residents and four school districts in the greater Sacramento area. CRPD provides over 42 parks and recreational facilities, a full-service 18-Hole course at Cordova Golf Course, as well as youth & adult sports, camps, enrichment classes, educational programs and special events for the community. ★

CHP Helps Prepare Senior Drivers for Years to Come



The *Age Well, Drive Smart* class is an education program specifically designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road. Photo courtesy Dreamstime

California Highway Patrol Press Release

SACRAMENTO REGION, CA (MPG) - The California Highway Patrol (CHP) is determined to help drivers age 65 and older maintain their driving independence through the support of a yearlong federal grant, *Keeping Everyone Safe (KEYS) XIII*. The CHP will continue to offer this in-person and virtual traffic safety program emphasizing roadway safety and mobility for California's senior drivers.

The *Age Well, Drive Smart* class is an education program specifically designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road, and discuss normal age-related physical changes and how they affect driving ability. Since 2015, the CHP has conducted over 1,800 senior driver traffic safety presentations, reaching more than 100,000 people.

"The CHP is committed to helping seniors drive safer," said CHP Commissioner Amanda Ray. "This course is designed to assist the state's most experienced drivers in refreshing their driving skills and ultimately saving lives."

The CHP invites California's older drivers to attend a free two-hour *Age Well, Drive Smart* class that provides senior drivers the tools to driving safer and driving longer. The class is offered at local CHP Area offices as well as many community centers. It is a great way for seniors to educate themselves, evaluate their driving abilities, and improve their driving skills.

To attend a class, either in person or virtually, contact a CHP Area office near you for available dates and times.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

A Right to Housing?

By **Manuela Tobias**,
CALMatters.org

The law says that every student is entitled to a free public education.

What if it said the same about housing?

That's what Darrell Steinberg, the mayor of Sacramento, believes to be the key to addressing California's homelessness. He recently proposed an ordinance that would require the city to provide at least two housing or shelter options to people living on the streets.

If those options weren't available, the person could sue the city. But if the homeless individual turned down the available options, they would be compelled to come inside, albeit using social workers, not police.

In the latest episode of the California Housing Crisis Podcast, The Los Angeles Times' Liam Dillon and CalMatters' Manuela Tobias interview Steinberg on his proposal, and how it has evolved over the years.



Is the 'right to housing' a solution to California homelessness? MPG file photo

"I want to put out what I believe, which is fundamentally, that the public policy of the society must be that people live indoors," he said. "Ninety to 95% of that is the government's obligation. The last five to 10% may fall on some individuals."

Aside from housing or shelter, two of the options that a person must be offered

include spaces at "Safe Ground" sanctioned tent encampments, hotel rooms, tiny homes and trailers.

"People have a much better chance to get permanent housing if they're indoors rather than outdoors," Steinberg explained. "We can't get mental health treatment or substance abuse treatment for people living on the river."

But, like the rest of the state, Sacramento is far from able to provide at least a single shelter bed per person, much less an affordable housing unit. If approved by the City Council, Steinberg's plan would take effect starting in 2023, or later if the city makes substantial progress on housing options by

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Fly to the Slopes with SMF



Several Tahoe ski resorts opened weeks earlier than planned which could be a sign of an incredible ski season to come! Photo courtesy Pixabay

By Scott Johnston, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento region had its first major rain-storm of 2021 in October, which brought huge amounts of snow to the Sierra. So much in fact, several Tahoe ski resorts opened weeks earlier than planned which could be a sign of an incredible ski season to come! Whether you're heading to Lake Tahoe's spectacular slopes or to the Rocky Mountains and beyond, Sacramento International Airport (SMF) can get you to the snow quickly. SMF offers direct flights and easy connections to many major ski destinations.

Locally, Lake Tahoe is home to 15 ski resorts, 477 miles of slopes, 146 lifts and views you won't find anywhere else in the world. Ski racing began in North Lake Tahoe in the 1860s, when gold miners decided to attach boards to their feet and skim down the slopes, and the first resort was built in 1924. Today, there's a resort for every kind of snow junkie - skiers, snowboarders, beginners and experts. SMF is approximately 100 miles from Tahoe and offers numerous nonstop flights from major U.S. hubs. Making both the north and south shores easily accessible.

For Northern Californians who are venturing outside of the state, flights from SMF can get you to some of the country's best ski resorts in no time.

The Rocky Mountains stretch from British Columbia south to New Mexico, with dramatic mountain vistas, breathtaking ski terrain and as much as 33-feet of snow per year. SMF has nonstop flights to Denver (DEN) on United Airlines, Southwest Airlines and Frontier Airlines, allowing you easy access to some of the Rockies' best ski resorts. Echo Mountain and Loveland Ski Area are about an hour away

from DEN, while Breckenridge and Copper Mountain are about a 90-minute drive.

Aspen is a spectacular year-round destination, but it is best known for its winter sports. Not into downhill, but still want to play in the snow? Aspen's four mountains offer cross-country skiing, snowshoeing and winter hiking trails. Off the slopes, Aspen has a vibrant dining with diverse culinary options both off and on the mountain. A bit further south, the old west vibe of downtown Telluride compliments the glamour of Aspen. The rustic town has been called the #1 Ski Resort in North America. Tucked into a canyon surrounded by 14,000-foot peaks, Telluride was designated a National Historic Landmark District in 1964, preserving the feel of Colorado's 1870s silver rush-era. The town is also home to a vibrant arts district, with galleries, performance spaces and architecture.

Salt Lake City (SLC) is also a short hop from SMF on both Delta Airlines and Southwest Airlines. Mother Nature delivers an average of 500 inches of snow to Utah's mountains every year and many of the best resorts are within an hour's drive from SLC. Park City, home of the Sundance Film Festival in January, has fabulous shopping and dining options as well as snow biking, snowshoeing, tubing, ice skating and sleigh rides nearby.

Western Canada's renowned Whistler Blackcomb Resort can be accessed via several nonstop flights to Seattle (SEA) on Alaska Airlines, Southwest and Delta. Once you land, drive into beautiful British Columbia to one of the largest ski resorts in North America with a lift that can take you to an elevation of 7,350 feet.

For more information on flights, visit the SMF website. ★

Proven to Decrease DUI Crashes, ACCESS Launches Nationwide Program

By Ryan Budmayr, ACCESS

SACRAMENTO, CA (MPG) - The Honorable Richard A. Vlavianos, in front of the California state capitol and surrounded by other Public Safety and Law Enforcement Officials, announced the launch of a new, nationwide non-profit organization designed to treat high risk and repeat DUI offenders. The new non-profit, ACCESS, launches with a foundation of learnings and track record of saving lives as proven through a pilot that's been active in California since 2008.

"After nearly 15 years and more than 5,000 participants, we've seen firsthand the difference this approach can make in changing behaviors and saving lives," said Chair of ACCESS and California Superior Court Judge Richard A. Vlavianos. "Each day, roughly 28 people die in drunk driving related car crashes and it's only fitting we make this announcement today as we kick off National Impaired Driving Prevention Month."

Current DUI and Drug Courts make an undeniable impact treating a smaller, more targeted population in need of



The new non-profit, ACCESS, launches with a foundation of learnings and track record of saving lives as proven through a pilot that's been active in California since 2008. Photo courtesy Pixabay

more significant support. ACCESS extends a similar approach to the remaining 70% of repeat DUI offenders that don't qualify for traditional DUI court. A recent study of the 5,200 participants indicates the concept is significantly changing behaviors with an 80% completion rate and most encouraging, a 19% decrease in DUI crashes. The six-year longitudinal study also found that participants did not revert to the norm upon completion of the program, indicating signs of long-term behavioral change.

"Existing special courts work with high-risk offenders who have high treatment needs, while ACCESS fills the gap by

focusing on offenders who may be high risk, but don't require the same level of treatment," said Judge Vlavianos. "To make an impact, we needed to ensure the ACCESS program was scalable and affordable. I'm excited that we can provide monitoring, education and training to repeat DUI offenders at a fraction of the cost of typical treatment programs, at about \$10,000 less per participant."

Discussions with multiple state law enforcement and judicial officials interested in launching ACCESS are currently underway. Those with questions or interested in learning more are encouraged to visit choosaccess.org. ★

FROM

KP

International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 7 Days 9am - 10pm
Food Court: 7 Days 11am - 8:30pm
(Chinese: 11:30am - 8:30pm)

NOW OPEN! KARAOKE & FOOD COURT

Frozen Cuttlefish
\$5.99/lb

Tempura Shrimp
12 oz • \$4.99/ea

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

Beef Porterhouse Steak
\$5.29/lb

Beef London Broil & Top Round Roast - Boneless
\$3.99/lb

Chicken Leg Quarters
69¢/lb

Pork Butt Roast Bone-In
\$1.49/lb

Pork Neck Bones
\$1.49/lb

Pork Spareribs Single Pak
\$2.49/lb

*Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 8 - DECEMBER 14, 2021.

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Big Taro
69¢

Carrots
5 lb \$2.29

Whole White Mushrooms
8 oz \$1.99

Italian Squash
69¢

Yellow Onions
5 lb \$1.49

Mini King Oyster Mushrooms
300 g \$5.99

Satsuma Mandarins
25 lb \$34.99

Oranges
10 lb Bag \$4.49

AMERICAN/HISPANIC GROCERY

Puritos
11.42 oz \$2.99

Coca-Cola
32 x \$6.99 \$3.99

Costeña Jalapeno Salsa
2/\$3

La Costeña Jalapeno Whole 26 oz
2/\$5

Santitas Chicken Breck
32 oz \$9.99

Gloria Pasteros
900 gm \$9.99

ASIAN GROCERY

Patis Fish Sauce
23 fl oz \$1.79

Golden Crown Rice
16 oz \$8.99

King Topshell
16 oz \$8.99

Rice Cookers
3.9 oz 2/\$5

Thai Tea Mix
16 oz \$5.99

Jade Drinks
11 fl oz 99¢

EUROPEAN GROCERY

Marinated Mushroom
840 gr \$4.99

Zvijezda Sunflower Oil 1 L
\$3.99

Rodo Pickled Garlic Chives
370 ml \$3.29

Vieja Processed Cheese 192 gr
\$3.19

Nutella B-ready
\$4.49

Novella Ferrero B-ready
132 gr \$4.49

KOREAN/JAPANESE GROCERY

Mild Kimchi 2.8kg
\$13.99

On Bone Soup w/ Beef 650 g
\$2.99

Simple Sweet Potato Noodles 650 g
\$3.99

Roasted Sesame Laver 36 x 14 oz
\$3.99

Organic Japen Ramen Noodle 5 x 135 g
\$4.49

Roasted Coffee 2 Kinds 100 x 12 g
\$9.99

HOUSEWARES

HAMILTON BEACH KITCHENWARE
99¢

NOVEL ELECTRIC BBQ GRILL
\$39.99

STAINLESS STEEL SINK
\$3.99

WATER DISPENSER
\$5.99

BLENDER
\$12.99

8-YEAR OLD RED GINSENG EXTRACT
\$69.99

FROZEN & FISH DEPT

Frozen Bay Scallops
80/100 • 1 lb \$5.99

Columbus Applewood Smoked Ham
\$7.59

Columbus Pin Roasted Turkey Breast
\$7.79

Belmont German Brand Ham
\$5.19

Reverchon Oven Roasted Turkey Breast
\$5.69

EUROPEAN DELI

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NCOIL Elects CA's Cooley President



Ken Cooley

NCOIL Press Release

SCOTTDALE, AZ, (MPG) - The Nation's premier legislator-led insurance public policy organization, the National Council of Insurance Legislators (NCOIL) elected CA Assemblyman Ken Cooley President for the next year.

"I am proud of the bipartisan friendships and solutions that NCOIL promotes, and I consider it a great honor to be asked to take on duties as NCOIL President during 2022" stated Cooley.

NCOIL is a national legislative organization with the Nation's 50 states as members, represented

principally by legislators serving on their states' insurance and financial institutions committees. NCOIL writes Model Laws in insurance and financial services, works to preserve the State jurisdiction over insurance as established by the McCarren-Ferguson Act seventy six years ago, and to serve as an educational forum for public policymakers and interested parties. Founded in 1969, NCOIL works to assert the prerogative of legislators in making State policy when it comes to insurance and educate State legislators on current and longstanding insurance issues.

"Ken's unique background has made him nationally respected among his lawmaker peers in the 50 states for his collaborative style and thoughtful insurance public policy insights," said In House Majority Leader Matt Lehman, who concluded his term as

NCOIL's President at the Annual Meeting.

Cooley continued, as a national organization of state legislators, NCOIL focuses on helping legislators solve insurance availability and operation problems back home and this makes its meetings very practical and bipartisan. NCOIL is the only national public policy organization I've been active with as a California Assemblymember since 2013.

"Ken Cooley has proven, at NCOIL, the NAIC and in the CA legislature, to be one of the most insightful and thoughtful insurance minds in the country. He is the perfect leader for NCOIL at this time of unprecedented disruption in insurance public policy," said NCOIL CEO Commissioner Tom Considine.

"I look forward to maintaining NCOIL's strong tradition of collegial problem solving," Cooley concluded. ★

Cross Country Finishes Historic Season



The boys Cross Country team Left to right: Coach Josh Gruver, David Perez, Elijah Smith, Marlon Schulze, Osvaldo Bernabe, Johnathan Angel, Julian Juarez, Nolan Mott, Matt Gardner-Procita, Max Mott, Evan Adair, Ayden Gregory, Daniel Insko, and Coach Courtney Heiner. Photo provided by Josh Gruver

By Douglas Benton

RANCHO CORDOVA, CA (MPG) - Cordova High School put together one of its best cross-country seasons including league titles, hosting events and community services.

The girls team won a league title during the 2020-2021 season while the boys team won its first league title since 1987 this fall.

"To win a league title and for them to do this for their school, it's huge. I will cherish it for the rest of my life," Cordova cross country head coach Josh Gruver (a 2010 Cordova graduate) said. "Stamped ourselves in the history books."

The top three boys finishers in the Greater Sacramento League were Julian Juarez, Daniel Insko, and Johnathan Angel.

Other all-league performers were Christiana Laret, Stephany Santana, and Mazzy Creeger. Laret and Santana, both freshmen, placed first and second at the individual Sac-Joaquin Section meet.

Through support from the City of

Rancho Cordova, the cross-country program has been able to purchase pop-up tents and new uniforms, said Gruver, who finished his sixth year as head coach.

"I never would have imagined how much we would accomplish," said Gruver, who said there were eight student-athletes in the program when he took over. The number is now around 30. Prior to the pandemic, numbers had reached 50 participants, which marked the program's highest numbers since the 1980s.

In another sign of the increased presence of the program, Cordova hosted three events during the fall with a pair of Greater Sacramento League meets and the HOKA Postal Nationals.

The cross-country team, which boasts one of the top GPAs among sports teams at Cordova High School, has volunteered at events such as the Urban Cow Half Marathon, Rancho Cordova Haunted House, Folsom Blues Half Marathon, HOKA Postal Nationals, Run the Parkway, Run to Feed the Hungry and California International Marathon. ★

Sacramento Men Convicted of Stealing Catalytic Converters



A catalytic converter is part of a vehicle's exhaust system. They often contain precious metals such as platinum, gold, rhodium, and palladium that have high value in the metal recycling market. Photo courtesy Tony Savino | Dreamstime

Office of District Attorney Jeff Reisig

WOODLAND, CA (MPG) - Dao Xiong, 44, and Shaneel Lal, 38, of Sacramento were convicted of conspiracy to commit a felony and grand theft for stealing catalytic converters in Yolo, Sacramento, Placer, El Dorado, Napa, Butte, Alameda, and Contra Costa Counties.

A catalytic converter is part of a vehicle's exhaust system. They often contain precious metals such as platinum, gold, rhodium, and palladium that have high value in the metal recycling market and make them an item of choice among thieves and crime rings. Replacement costs for catalytic converters range from \$1,000 to \$3,000 and often it can take weeks or months for an automotive repair shop to get the right catalytic converter.

The investigation began in September 2020 after a Davis resident reported to police that his catalytic converter had been stolen from his Toyota Prius. Detectives with the Davis Police Department's Community Oriented Policing and Problem Solving (COPPS) Unit launched an investigation and were able to obtain a surveillance video from a nearby car that helped identify the suspect's vehicle. Through surveillance and the assistance of the

Folsom Police Department, detectives were able to identify Xiong and Lal. Detectives monitored their activities as they traveled to multiple counties, with Xiong as the driver and Lal as the passenger. They appeared to be "scouting" neighborhoods. "Scouting" is searching or casing an area to engage in criminal activity. Electronic surveillance revealed that Xiong and Lal scouted neighborhoods during the daytime or early evening hours and then returned to the same locations later in the night or early morning hours. Official theft reports were made to local law enforcement agencies and the surveillance data matched the location and timeframe for catalytic converter thefts.

On October 23, 2020, Xiong and Lal were stopped by Davis Police officers and found with catalytic converters in their possession. Based on surveillance data and theft reports, these catalytic converters were believed to have been stolen out of Napa County. Charges were filed against Xiong and Lal; however, due to the judicial "zero bail" policy at the time, Xiong and Lal were released from custody. While out of custody, they continued to steal catalytic converters until they were arrested again by Davis Police detectives on February 2,

2021, at the Thunder Valley Casino in Placer County. Between September 17, 2020, and February 2, 2021, Xiong and Lal were believed to have stolen 64 catalytic converters from eight counties. The total loss amount is still being determined; however, it is expected to be approximately \$100,000.

District Attorney Jeff Reisig stated, "Catalytic converter theft is not victimless and is not just another 'property crime.' It impacts the livelihood and financial stability of many individuals. People are unable to drive their cars, get to work, or pick up their kids because of these thieves. These crimes will not be tolerated and this plea sends a message that law enforcement takes these thefts seriously."

Yolo County Deputy District Attorney Matt DeMoura, who prosecuted this case for Yolo and seven other counties stated, "this prosecution would not have been possible without the dedicated efforts of the Davis Police Department's Community Oriented Policing and Problem Solving (COPPS) Unit and the Folsom Police Department."

Xiong and Lal will be sentenced on January 10, 2022, in front of the Honorable Timothy Fall, who presided over the plea. Each is expected to receive 6 years in jail pursuant to a plea agreement. ★

Sacramento County Grand Jury Recruiting for 2022-23

Sacramento County Superior Court Press Release

SACRAMENTO, CA (MPG) - Sacramento County's Superior Court announced today that it has officially opened its application process seeking new jurors to serve on the 2022-23 Sacramento County Grand Jury. Nineteen Sacramento County residents, and 11 alternates, will be selected from among the qualified applicants to volunteer for the term which runs from July 1, 2022, to June 30, 2023.

The Grand Jury is the independent watchdog over the county's government agencies and services. Jurors investigate the performance of county, city, and local governing entities ranging from school districts to the criminal justice system to health and welfare agencies. Additionally, the Sacramento County Grand Jury is authorized to hear criminal indictments, and jurors have the rare opportunity to visit detention facilities throughout the region.

"The Grand Jury is entrusted by the public to investigate and report on local government operations and to ensure responsibilities are being fulfilled honestly

and with integrity," explains Grand Jury Foreperson Deanna Hanson. "It is also our duty to make certain the public understands our work and has the opportunity to be involved."

The current Grand Jury recently issued a report on COVID-19 vaccine mandates for K-12 public schools. It also received significant news media coverage earlier this month on its report regarding the serious safety concerns facing the Del Paso Manor Water District. Anyone may file a complaint against a county government entity with the Grand Jury for review and investigative consideration. All Grand Jury activities are conducted in secrecy.

Jurors act as volunteers and receive a small stipend for their work. To be considered as a Grand Juror, applications must be received by January 28, 2022. Anyone applying must be a Sacramento

County resident over the age of 18. Further qualification requirements are available on the Grand Jury website. Those who initially qualify will be interviewed, with the final Grand Jury empanelment taking place on June 3, 2022. To apply, visit the Grand Jury website at: www.sacgrandjury.org. ★

Sean O'Hare Joins First Northern Bank



Sean O'Hare

First Northern Bank News Release

DIXON, CA (MPG) - Steve McCurley, Senior Vice President/Real Estate Industries Team Manager is pleased to announce that Sean O'Hare has joined the commercial real estate loan team of First Northern

Bank as Vice President/Commercial Real Estate Loan Officer.

Sean's 13 years' experience in the financial services industry includes: commercial lending, real estate lending, underwriting, and business development. Prior to joining First Northern Bank, Sean served as Commercial Real Estate Portfolio Manager for Bank of the Sierra in Roseville.

Sean is a member of the Association of Commercial Real Estate (ACRE) Sacramento and has enjoyed volunteering at the Second Harvest Food Bank of Silicon Valley, and at Services for Brain Injury (SBI) in San Jose. He also

looks forward to volunteering in our local community in the coming year

Sean is a native of San Jose and currently resides in Lincoln with his wife and son. He enjoys golfing, waterskiing, snowboarding, attending sporting events, and spending time with family and friends.

The Real Estate Industries and Capital Region Commercial Lending Teams of First Northern Bank are located at 1375 Exposition Blvd. Suite #101, Sacramento, CA 95815. The office is open Monday – Friday, 9 a.m. – 5 p.m. Sean may be reached at (916) 246-7654, or sohare@thatsmybank.com. ★





Savvy Shopping

Prices are going up, but seems like our health is going down. Sara John, Senior Policy Scientist at the Center for Science in the Public Interest, shared some tips with me on POPPOFF on how to save bucks and still have a great family get-together with meal favorites.

SHOP THE PERIMETER OF THE STORE ... Find fresh produce, seafood meat and dairy. Other good foods are the single-ingredient whole food items like beans, legumes, nuts, oats and other whole grains. **LOOK FOR SUBSTITUTES IN THE DAIRY AISLE ...** try yogurt instead of mayonnaise when making dishes like deviled eggs. **AVOID PROCESSED FOODS ...** like canned cranberries which often contain added sugar or sodium. Buy the fresh cranberries. Same for gravy. **STOCK UP ON EXTRA VEGGIES ...** serve them first...like a salad before dinner or veggie-based appetizer earlier in the afternoon. It helps guests get the veggies they need instead of filling up on buttery mashed potatoes. **ALWAYS CHEAPER TO BUY WHOLE CARROTS AND OTHER VEGGIES THAN BUYING PRE-CUT...** stretches your dollar. **BUY WHOLE POTATOES AND BAKE THEM ...**if you decide on mashed, look for recipes that reduce heavy dairy like low-fat milk. **REDUCE IN HALF BUTTER AND BACON ...** like in green beans casseroles to reduce fat and calories. No effect on taste. **BUYING A FROZEN TURKEY?** Make sure you properly thaw it. Read the handling instructions carefully. The larger the bird, the longer time needed, usually up to 24 hours. Bake your turkey to reduce fat and cut calories. **DON'T BUY PREPARED PIES ...**usually contains extra sugar, salt, preservatives or sweeteners. Bake you own, but watch out for ones heavy in sugar like pecan pie. A single

slice can be 500 calories, 27 grams of fat and 31 grams of sugar. Pumpkin pie has half the calories and one-third grams of fat. **PLAN A HEALTHY BREAKFAST...** around your big meals by buying items like avocado and whole grain wheat breads. **AVOID THE SODAS AND SUGARY SWEETS AISLE ...** you'll be surrounded by up to some 30 displays in a typical store. Look for healthier flavored seltzers or waters. **WATCH OUT FOR SPECIAL DEALS ON PROCESSED SUGARY FOODS ...** supermarkets typically run discounts like two for one boxes of cookies to tempt you. Save money by skipping these deals. **USE THE SUPERMARKET'S BUY ONLINE/PICK UP IN STORE OPTION...** great way to save time and money and avoid temptations. **DOWNLOAD THE SUPERMARKET'S APP ...** most offer discounts. **EAT BEFORE SHOPPING...**even a small snack will help you avoid the "hunger effect" and buy what you don't need. **SLOW DOWN DURING MEALS...**the slower you eat, the less likely you overindulge. Give your stomach time to send the hormonal signal to tell your brain you're full. **CHOOSE HEALTHY COCKTAILS AND SNACKS ...** look for options like Negroni which has three simple ingredients (gin, Campari and sweet vermouth) with low sugar content, but great taste and colorful. **AVOID BUYING SNACKS WITH EXTRA SALT OR PRESERVATIVES ...**look for fresh nuts and berries to top desserts. **IF YOU CAN, LEAVE THE KIDS AT HOME ...** supermarkets are designed to tempt the kidlets. Better to avoid the battle over unhealthy choices. Have a wonderful Holiday season filled with love and caring!

HAPPY HOLIDAYS!!!

A Right to Housing?



Aside from housing or shelter, two of the options that a person must be offered include spaces at "Safe Ground" sanctioned tent encampments, hotel rooms, tiny homes and trailers. MPG file photo

Continued from page 1 fall 2022.

Liam and Manuela also discussed the results of a poll on homelessness conducted by the L.A. Business Council Institute and the L.A. Times.

The poll found 94% of voters viewed homelessness as a serious or very serious problem – a similar

number as two years ago. However, over the past couple years the city and county have spent hundreds of millions of dollars to deal with homelessness.

What has changed, however, is how people think the issue must be addressed: While voters were evenly split last time about spending money on short-term solutions such as shelter

and on long-term solutions such as housing, 57% said officials should focus on "short-term shelter sites."

Manuela is the housing reporter for CalMatters. Her stories focus on the political dynamics and economic and racial inequities that have contributed to the housing crisis in California and its potential. ★

Homicide Investigation

By Sergeant Rod Grassmann, Sac County Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - At approximately 7:40 a.m. on Wednesday December 1, 2021, the Sacramento County Sheriff's Office Communications Center received a call from a neighboring law enforcement agency who said they had contacted a resident on the 6500 Rio Linda Boulevard via telephone. The law enforcement agency stated they were concerned a medical emergency had occurred in the home after speaking with an adult subject they had contacted in an unrelated matter.

Metro Fire responded first to the residence to render medical aid but located an adult female victim with severe trauma and obviously deceased. Deputies responded to

the residence shortly thereafter and secured the scene. Sacramento County Sheriff's Office Homicide Detectives canvassed the area for witnesses as CSI collected evidence.

Homicide detectives have detained who they believe is the sole suspect for this murder. No suspect or further information is available at this time. The identity of the victim in this case will be released by the Sacramento County Coroner's Office after identification.

Detectives are asking anyone with information relating to this incident, to please contact the Sheriff's Office at (916) 874-5115 or Sacramento Valley Crime Stoppers at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com or by calling (916) 874-TIPS (8477). ★



TUNNEL TO TOWERS HONORS OUR MILITARY AND FIRST RESPONDERS
WHO CONTINUE TO MAKE THE SUPREME SACRIFICE OF LIFE AND LIMB FOR OUR COUNTRY

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By Mayor Garrett Gatewood

10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 Blast off with red, white, blue, and green fireworks to the backdrop music of "It's the most wonderful time of the year." I loved pushing the black plunger into the red box with help from my two sons, Owen and Jacob! Rancho Cordova, you did it again with a fabulous turn out of families crowding the venue of the Christmas Tree Lighting in Village Green Park on Sunday, November 28. When Rod Borba, Volunteer of the Year, turned on the tree lights, we gazed in amazement at the sparkling beauty. Later many people stood in front of the tree for holiday photos.

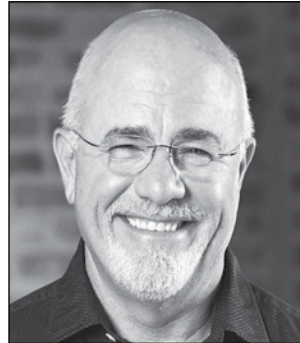
When I first entered the area, I stared in wonder at the packed display of community organizations, encouraging our citizens to join and participate in helping others. The first group was four acapella singers from the "Encore at

A Message from your Mayor

Christmas Carolers" organization, entertaining the crowd with their melodic carols and period costumes. There were many religious groups including the United Methodist Church. Families were lined up to take free train rides and horse-drawn hayrides. What fun when the snow surprisingly came down and dusted our coats. If anyone was hungry, there were 100% all beef hot dogs, popcorn, and hot chocolate for purchase. Also, many youngsters had bought the \$10 lighted sword and were trying their hand at being swashbucklers! The children were also busy making fun crafts for the holidays which may turn up on the family tree. The Salvation Army and Veterans of Foreign Wars had informational booths. I visited with Pat Hume who is running in District 5 for County Supervisor. The director of River City Rancho Cordova Concert Band asked me to be the conductor at their holiday show Sunday at 3 p.m. at Corona Plaza. The group has 61 members and maybe I will pull out my alto saxophone and join them.

Walking up to the stage, I passed lighted bags of white, green, and red votive candles. Santa's appearance on the stage was the highlight for the children that night. Many children sat on his lap and whispered their wishes of a gift to appear under the tree. Parents snapped photos, and each child received a red and white peppermint candy cane.

I want to thank the wonderful families, friends, merchants, and organizations of Rancho Cordova who made this a spectacular event. I have loved being mayor of such a warm, helping community that always reaches out to improve the lives of others. Two more events that I hope you will support include the Holiday PAL Run on Saturday, December 18. We will see so many neighbors and friends running, walking, and even skipping to celebrate the holiday season. Also, don't forget the annual Drive-Thru Holiday Lights from December 10 - 19. If you take a group to see this amazing sight, hot chocolate and cookies would be a fitting end to your outing! ★



Dave Ramsey Says

maturity and love. I'm proud of you for trying to create better relationships within your family.

My initial advice would be don't take discussions too deep, and make a conscious effort to stay away from any hot button topics you know already exist. I'm no family counselor, but the chances of you changing a lifetime of differences and toxic behaviors, or bringing them around to your way of thinking, in one brief interaction are probably pretty small.

Don't tell them you think what they're doing is wrong or that you feel they're bad people if things get a little tense. My best advice is to be a model of sanity and reason if you feel a confrontation brewing. Situations like this are hard to deal with, especially when the conflict is between a father and son or two brothers. It's hard on you and them, plus it has a negative impact on

the rest of the family during what is supposed to be a joyful and loving time of year.

These are people you love and care about, even if they are hard to get along with or understand sometimes. Pray for them, Cam. And ask God to give you guidance, patience and understanding in this situation, too.

- Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

Keep Things as Pleasant as Possible

Dear Dave,

I don't really see eye-to-eye with my dad and older brother on many things. This is not a new realization on my part, but over the last few years it has led to hard feelings and various arguments at family gatherings about religion, finances and other things. With Christmas coming up, I would like to avoid conflict and try to handle things a little better with them. Do you have any advice?

- Cam

Dear Cam,

It takes a strong, level-headed person with a good heart to want to approach a situation like this with



By Bob McGarvey

There are going to be more Vietnam Veterans this coming year who still need to be welcomed home. It will take a little time into 2022 before I can get the names of more Vietnam Veterans and set a time and a place where I can give them their lapel pins. It has been over two years since I was able to give that pin to the Veterans. On the face of the pin it says "Vietnam War Veteran," and the reverse states, "A Grateful Nation Thanks and Honors You."

I know that lapel pin is something that many readers have heard about before. However, there are quite a few people who haven't heard about the pin for a while because most of the news for a couple of years has been about the COVID-19 and it's different variants. The newest is named 'omicron', but at least we have something to fight back with now, vaccines. How well they protect us we will have to see but I am going back to the lapel pin.

I am going back to some

And Another Thing "A Grateful Nation Thanks and Honors You"

of the information which was covered in the past. The lapel pin was given in ceremonies recognizing Veterans beginning on May 28, 2012. The following is more information about the pin and its recipients.

"In accordance with Public Law 110-118 SEC.598, Congress authorized the Secretary of Defense to conduct a program to commemorate the 50th anniversary of the Vietnam War and ... facilitate other programs and activities of the Federal, State, and Local governments."

"By Presidential proclamation, the Commemoration extends from May 28, 2012 through November 11, 2025. During that time, the nation will recognize the services and sacrifices of all who served on active duty in the U.S. Armed Forces from November 1, 1955 to May 15, 1975, regardless of location. You were often blamed for a war you didn't start, and blamed for the misdeeds of a few, when you should have been praised and commended for serving your country with valor.

No distinction is made between who served in-country, in-theater, or who were stationed elsewhere

during the Vietnam War period. This was a challenging period on American history. All were called to serve, and the overwhelming majority of Veterans served honorable and admirably."

The "Rancho Cordova Memorial and Veterans Day Committee" joined more than 8,000 local, state, and federal organizations on October 2, 2013 that have come alongside the Department of Defense as Commemorative partners with the Vietnam War Commemoration. We are committed to assisting the nation in thanking and honoring our 6 to 7 million living Vietnam Veterans and the families in the 9 million who served."

A little more time in 2022 will be devoted to finding more Vietnam Veterans. I will be talking to individuals in different organizations and find more Vietnam Veterans. Then I will be able to invite them to the ceremonies and personally welcome them home and give them the lapel pin. It is something which they all deserve.

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

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<p>SUNRISE COMMUNITY CHURCH RC 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>	

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Senator Nielsen Urges Caution on Projected \$31 Billion State Surplus

Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Senator Jim Nielsen, R-Red Bluff, issued the following statement in response to the Legislative Analyst's Office report, The 2022-23 Budget: California's Fiscal Outlook, which projects a \$31 billion surplus.

"A \$31 billion surplus is not an invitation to build future spending obligations.

"Legislative Democrats used up their bag of tricks last year to avoid triggering the Gann Limit, which restricts how fast state spending can grow.

"The Gann Limit, which was passed on the heels of Prop. 13, expressed the

wisdom of voters. The surplus either needs to go back to taxpayers or be used for essential functions, like education, infrastructure and paying down debt.

"As the vice chair of the Senate Budget and Fiscal Review Committee, I urge The Legislature and the governor to proceed with caution."

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim. ★

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Crossword Puzzle on Page 6

M	E	C	C	A		A	C	T		C	U	B	E			
O	C	E	A	N		G	A	R		T	E	P	E	E		
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Y	U	L	E	L	O	G		B	O	X	I	N	G			
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R	E	L	A	Y		C	A	N		T	O	R	E	S		
Y	E	L	L			E	M	S		S	N	O	R	T		

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Crossword Puzzle Solutions on Page 6

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19				20			21	22						
		23				24								
25	26	27		28		29			30		31	32	33	34
35			36			37			38		39			
40						41			42		43			
44						45			46			47		
48						49			50		51		52	
						53			54		55		56	
	57	58	59						60			61	62	63
64						65	66			67				
68						69				70				
71						72				73				

CLUES

ACROSS

- Pilgrim's destination
- Make a scene
- Rubik's puzzle
- Hawaii environs
- Toothy fish
- Cone-shaped dwelling
- White Swan in "Swan Lake" ballerina
- Wan Kenobi
- Decorate with wreaths and holly, e.g.
- Either dessert or source of heat (2 words)
- Day, or second day of Christmastide
- Land parcel
- Strauss of denim fame
- Broadband access overseer, acr.
- Clarified butter
- Acute one and obtuse one
- Southeastern Asian country
- Jousting's breastplate
- Shrewdness
- Caspian basin river
- Pasadena's Tournament of
- Tel Aviv, Israel
- Native American emblem
- "Why not?"
- Hitchhiker's quest
- Omits when speaking
- Hard to find
- Bear's winter quarters
- Hoodwink
- Scepter's partner
- Number of days in Christmastide
- "Ugly" holiday party garb?
- Prepare a letter
- "Bingo!"
- Hunger for
- Pass-the-baton race
- Cranberry sauce sometimes comes from it
- Same as tori
- Raise the roof
- German river
- Stall sound

DOWN

- Whiny and miserable
- Shade of beige
- Finish a ceiling, to a plasterer
- Marlboro alternative
- Not digital
- Bug-eyed
- Not Uber
- Social group
- Ghana monetary unit
- Second word of many fairytales
- Cause of Titanic's demise
- Poetic "even"
- Burdensome
- Not this or that
- Lab eggs
- Time off
- Champagne holder
- Wassailing composition
- Raccoon's South American cousin
- Feeling of superiority, pl.
- Gum, food additive
- Furiously angry
- Exclude or omit
- Number of candles in kinara, Kwanzaa
- Troika vehicle
- "Will be," according to Doris

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Sudoku Puzzle on Page 6

1	9	5	4	8	2	6	7	3
3	8	2	9	7	6	4	5	1
6	4	7	3	5	1	2	8	9
7	1	3	8	6	9	5	4	2
2	6	4	5	1	3	8	9	7
9	5	8	2	4	7	1	3	6
4	2	9	1	3	5	7	6	8
8	7	1	6	9	4	3	2	5
5	3	6	7	2	8	9	1	4

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	9		8	6				
3	8		9					
7		7		9	5			
			5	1	3			
	8	2					6	
4	9	3		7				
			4		2	5		
	6	2			1			

Solutions on Page 6

Sacramento Sees 16th Fewest Home Sales Per Capita in U.S.

Lattice Publishing LLC, Report from Porch

SACRAMENTO REGION, CA (MPG) - Unusually high demand in the real estate market has been a consistent fact throughout the COVID-19 pandemic. While real estate sales — like most aspects of the economy — ground to a halt in March and April of 2020, buyers since then have been snapping homes up quickly, often offering to pay above asking prices and make other concessions to land a deal.

Part of the reason for this spike in demand has been favorable economic conditions for middle and upper income earners. While lower-wage workers were at much greater risk of economic instability during the pandemic, most professional class workers were able to keep their jobs by transitioning to remote work, save money from reduced spending in categories like travel, entertainment, and food, and enjoy strong returns in the stock market. Good

household financial conditions and low mortgage interest rates put homeownership within reach for many buyers.

The total volume of home sales nationwide shows the extent of this demand. Seasonally-adjusted monthly home sales dropped sharply early at the start of the pandemic to less than 400,000 in May 2020 but rebounded to a peak of more than 650,000 in October 2020. Monthly sales since then have leveled out at a lower level, but still well above pre-pandemic levels. This volume of homes is moving off the market even in spite of the fact that the inventory of homes for sale was at record lows for most of the pandemic.

While demand is unusually high in most markets, some locations are seeing greater competition than others. Notably, Florida and Nevada are far ahead of other states in average monthly home sales at 19.7 and 16.9 home sales per 10,000 residents. Most of the leading states offer a combination of relatively

affordable real estate, strong economic opportunities, and temperate climates that make them an appealing alternative to high-cost states like California and New York, which are seeing greater numbers of people moving away. At the metro level, the same trends hold with many so-called "second tier cities" in the South and West experiencing the greatest demand.

The data used in this analysis is from Redfin and the U.S. Census Bureau. To determine the metropolitan areas with the most home sales, researchers at Porch calculated the average monthly home sales per 10,000 residents between January and September 2021. In the event of a tie, the location with the greater average monthly home sales was ranked higher. Researchers also included median days on the market, the percentage of homes that sold above asking, and median sale price. To improve relevance, only locations with at least 100,000 residents and available data from Redfin

were included. Additionally, metros were grouped into cohorts based on population size.

The analysis found that the Sacramento metro area averaged 2,862 home sales per month between January and September. Overall, 12.1 homes sold per 10,000 residents. Out of all large U.S. metropolitan areas, Sacramento saw the 16th fewest home sales per capita between January and September of 2021. Here is a summary of the data for the Sacramento-Roseville-Folsom, CA metro area:

Average monthly home sales (per 10k residents): 12.1; Average monthly home sales (total): 2,862; Median days on market: 8; Percentage of homes that sold above asking: 68.3%; Median sale price: \$535,494

For more information, a detailed methodology, and complete results, you can find the original report on Porch's website: <https://porch.com/advice/cities-with-the-most-home-sales-per-capita> ★

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-08990 StephensonExpertMedical Consulting Inc., 875 University Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Rincon Physical Medicine & Rehabilitation, Tophers Stephenson, M.D." 875 University Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 7, 2021 Publish: November 19, 26 & December 3, 10, 2021 RINCON 180201 12-10-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-09933 Anh Le, 4216 Aubergine Way, Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Anna's Mobile Barber and Nail Salon" 4216 Aubergine Way, Mather, CA 95655. Filed with the Clerk of Sacramento County November 10, 2021 Publish: November 26 & December 3, 10, 17, 2021 ANNA 180201 12-17-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-09751 Diego Garcia, 5508 Sandmound 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 Agustin 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 ALJU & 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 FBNF2021-09947 Susan Kim Dakuzaku 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: November 26 & December 3, 10, 17, 2021 XLER 180201 12-17-21

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FBNF2020-05574 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Evolve Sites" located at 631 Wilhaggin Drive, Sacramento, CA 95864. Dina Paulos, 631 Wilhaggin Drive, Sacramento, CA 95864. The Fictitious Business Name Statement referred to above was filed on August 19, 2020 in the County of Sacramento. Publish: November 19, 26 & December 3, 10, 2021 EVOLVE 180201 12-10-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2016-10083 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Forensics Lab Supply" located at 8524 Erinbrook Way, Sacramento, CA 95826. Alan J Pedersen, 8524 Erinbrook Way, Sacramento, CA 95826. The Fictitious Business Name Statement referred to above was filed on December 30, 2016 in the County of Sacramento. Publish: November 19, 26 & December 3, 10, 2021 FOREN 180201 12-10-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2016-10083 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Forensics Lab Supply" located at 8524 Erinbrook Way, Sacramento, CA 95826. Alan J Pedersen, 8524 Erinbrook Way, Sacramento, CA 95826. The Fictitious Business Name Statement referred to above was filed on December 30, 2016 in the County of Sacramento. Publish: November 19, 26 & December 3, 10, 2021 FOREN 180201 12-10-21

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00310177 Nakana Darwin Kato has filed a petition with this court for a decree changing the name(s) of Nakana Darwin Kato to Nakaana Darwin Kato. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on December 22, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 27, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: November 19, 26, & December 3, 10, 2021 KATO 180201 12-10-21

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00310177 Shama H. Mesiwala, Judge of the Superior Court Publish: November 19, 26, & December 3, 10, 2021 KATO 180201 12-10-21

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311431 Jason David Ferenz has filed a petition with this court for a decree changing the name(s) of Jason David Ferenz to Jason David Kilbride. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 19, 2022, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 19, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: December 10, 17, 24 & 31, 2021 MOUA 180201 12-31-21

Suspect Arrested for Serial Sexual Assaults

By Sergeant Rod Grassmann,
Sacramento County Sheriff's
Department

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County District Attorney's Office and the Sacramento County Sheriff's Office announce the arrest of JD Wallace Simien (40) of Sacramento County for a series of violent sexual assaults. The assaults occurred between 2013 and 2014 in northern Sacramento County.

Despite investigative efforts at the time of the sexual assaults, no suspects were ever identified and the cases went cold. The suspect was referred to as the "Cloverleaf Rapist" over the years due to the proximity of the crime scenes to freeway entrances and exits, which resemble a cloverleaf pattern.

The cases remained unsolved until recently. Investigators from the Sacramento County District Attorney's Office and detectives from the Sacramento County Sheriff's

Office used Investigative Genetic Genealogy (IGG) to develop fact-finding leads which led them to JD Wallace Simien. This is the same investigative tool used to identify Joseph James DeAngelo (Golden State Killer and East Area Rapist) and Roy Waller (Nor Cal Rapist), who were both prosecuted for their crimes in Sacramento County. The arrest of Simien marks the sixth IGG case prosecuted in Sacramento County.

JD Wallace Simien is currently being held in the Sacramento County Main Jail without bail. He will be arraigned on Monday, November 8, 2021, in Sacramento County Superior Court. No further arrests are anticipated in this case. No additional information or booking photo is available at this time.

This is an active and ongoing criminal investigation. Any community members with information regarding this investigation are urged to contact Sacramento County Sheriff's Sexual Assaults Office at (916) 874-3918 or email: SEAB@sacsheriff.com ★

Licensed Vocational Nurse Arrested

By Sergeant Rod Grassmann,
Sac County Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - On December 2, 2021, Sacramento County Sheriff's Office Child Abuse Detectives arrested 48-year-old Edgar Gomez Burgion of Sacramento County on 6 counts of {PC273(A)} Endangering the Life or Health of a Child and 1 count of {PC422.75(A)} Attempted Offense Because of Disability. Burgion is

currently being held in the Sacramento County Main Jail with a bail amount of \$500,000.

Burgion worked as an in-home licensed vocational nurse for a severely mentally and physically disabled 13-year-old child.

This is an active and ongoing criminal investigation. Any community members with information regarding this investigation are urged to contact the Sacramento County Sheriff's Office Child Abuse Bureau at (916) 874-5191. ★



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NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY J. BELLAMY
CASE No. 34-2021-00310684

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Mary J. Bellamy deceased. A Petition for Probate has been filed by Karen Bellamy, in the Superior Court of California, County of Sacramento, requesting Karen Bellamy be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows April 20, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in

person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Mary P. Kulvinskas Law Offices of Mary P. Kulvinskas, 2625 Townsgate Road, Suite 330 Westlake Village, CA 91361 805-267-1125 Publish: November 26 & December 3 & 10, 2021 BELLAMY 17062 12-10-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF KATHRYN HATFIELD
CASE No. 34-2021-00310885
To all heirs, beneficiaries, creditors,

and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kathryn Hatfield deceased. A Petition for Probate has been filed by Brian Gray, in the Superior Court of California, County of Sacramento, requesting Brian Gray be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows April 20, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Samuel K. Swenson, The Swenson Law Firm 8788 Greenback Lane, Suite 105 Orangevale, CA 95662 916-333-0833 Publish: November 26 & December 3 & 10, 2021 HATFIELD 17062 12-10-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF JANINE L. GRAHAM
CASE No. 34-2021-00309782
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Janine L. Graham deceased. A Petition for Probate has been filed by Michele L. Graham, in the Superior Court of California, County of Sacramento, requesting Michele L. Graham be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows March 8, 2022 9:00 a.m. in Dept 129.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: H. Douglas Duncan, 214 W. Lockeford Street Lodi, CA 95240 209-810-2936 Publish: November 26 & December 3 & 10, 2021 GRAHAM 17062 12-10-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF WAYNE E. VAN WINKLE
CASE No. 34-2021-00293318-PR-PW-FRC
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Wayne E. Van Winkle, deceased. A Petition for Probate has been filed by Steven Douglas Van Winkle, in the Superior Court of California, County of Sacramento, requesting Steven Douglas Van Winkle be appointed as personal representative

to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows March 17, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Barbara Sonin 21 Court Street, Woodland, CA 95695 530-662-2226 Publish: December 10, 17 & 24, 2021 WINKLE 17062 12-24-21

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, December 20, 2021, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

MONTELENA VILLAGE 3 SUBDIVISION—MAJOR DESIGN REVIEW PROJECT No. PLND—0921-0006:

REQUEST: The Applicant, Richmond American Homes, is requesting a Major Design Review for Montelena Village 3 master home plans. The project includes 125 single-family homes and proposes 5 floor plans (four two-story homes and one single-family home), ranging from 1,401 SF to 3,043 SF with four elevations (Farmhouse, Craftsman, Wine Country, and Prairie). The Applicant is also requesting an increase of the allowable non-pervious surface maximum from 40% to 51% in order to accommodate an optional 3rd car garage. The increase would only be allowed for homes that utilize this option.

OWNER / APPLICANT:
Richmond American Homes
3200 Douglas Boulevard, Suite 110
Roseville, CA 95661

LOCATION/APN: South of Douglas Road and West of Montelena Drive; APN's: 067-2390-001 through -125
ZONING: RD-7 within the Sunridge Specific Plan (SDSP)
ENVIRONMENTAL: Exempt per CEQA Exemption 15182, Residential Projects Pursuant to a Specific Plan
PROJECT PLANNER: Nicholas Sosa, Associate Planner

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.

Questions regarding this matter should be directed to the City of Rancho Cordova Planning Department at (916) 851-8750.

NOTICE REGARDING CHALLENGES TO DECISIONS

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

ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on **December 10, 2021.**

City of Rancho Cordova Notice of Public Meeting

NOTICE is hereby given that on **Monday, December 20, 2021 at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Meeting at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

AN ORDINANCE AMENDING TITLE 2, ADMINISTRATION AND PERSONNEL, CHAPTER 2.30 PLANNING COMMISSION OF THE CITY OF RANCHO CORDOVA MUNICIPAL CODE:

The City of Rancho Cordova is updating the Rancho Cordova Municipal Code (RCMC) Title 2, Chapter 2.30 Planning Commission, Section 2.30.120 Compensation to establish a compensation for services for the newly reinstated Planning Commission in the amount of \$75 for each regularly scheduled Planning Commission meeting attended.

LOCATION: Revisions to the Municipal Code apply city-wide.

ENVIRONMENTAL: California Environmental Quality Act (CEQA) exemption found in Guidelines Sections 15061(b)(3).

PROJECT PLANNER: Darcy Goulart, Planning Manager

For more information about the Amendments to the Municipal Code, contact Darcy Goulart at (916) 851-8784; e-mail dgoulart@cityofranchocordova.org

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.

Questions regarding this matter should be directed to the City of Rancho Cordova Planning Department at (916) 851-8750.

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ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on **December 10, 2021.**

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, December 20, 2021, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

THE RANCH PHASE II: VILLAGE 8 MAJOR DESIGN REVIEW PERMIT PROJECT No. PLND-0921-0009:

REQUEST: The applicant, K. Hovnanian at Jaeger Ranch, LLC is requesting a Major Design Review Permit for the Ranch Phase II: Village 8. The Design Review is for rear alley loaded 4 floor plans with 3 architectural styles for each plan.

OWNER: K. Hovnanian at Jaeger Ranch LLC
Jaeger Ranch LLC
3721 Douglas Boulevard, Suite 150
Roseville, CA 95661

APPLICANT: K. Hovnanian at
3721 Douglas Boulevard, Suite 150
Roseville, CA 95661

LOCATION/APN: Located south of Douglas Road and east of Rancho Cordova Parkway within The Ranch Special Planning Area; APN: 067-2410-001-0000

ZONING: Ranch Special Planning Area (Residential)
ENVIRONMENTAL: Exempt per CEQA Exemption 15182, Residential Projects Pursuant to a Specific Plan
PROJECT PLANNER: June Cowles, Senior Planner

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.

Questions regarding this matter should be directed to the City of Rancho Cordova Planning Department at (916) 851-8750.

NOTICE REGARDING CHALLENGES TO DECISIONS

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

ADA COMPLIANCE STATEMENT

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Printed in the Grapevine Independent on **December 10, 2021.**

Ask Toni

Is Medicare's 7-Month Enrollment Period for Part A or Part B?



Toni King

Hello Toni:

I am turning 65 next March and am puzzled about Medicare's 7-month enrollment period. I have heard that this time is only for Medicare Part B and that confuses me because I do not know how to enroll in Medicare's Part A?

Do you enroll in Medicare Part A and B separately or together? I do not know how the 7-month window works. Is there only a certain time that I can enroll? I work part-time and am not eligible for the company benefits. Please explain what I should do. Thanks, Gary from Katy, TX

Gary:

Do not feel alone. America is confused on enrolling in Medicare the right way, to keep from receiving the dreaded Medicare Part B penalty.

The 7-month Medicare **Initial Enrollment Period** is for those who wish to enroll in Medicare Parts A and B when they are turning 65 and not covered by employer group health insurance. When one is covered by employer health insurance, whether through an employer or a spouse's employer group health plan, then there is penalty protection for not enrolling in Medicare Part B when turning 65.

Medicare's **Initial Enrollment Period** is a 7-month window that begins 3-months before the month one turns 65, the month turning 65, and 3-months after turning 65. If you are covered on Medicare Parts A and B by the end of your Initial Enrollment Period, you will avoid being stressed-out from worry about Medicare penalties.

Visit www.SSA.gov to create a My Social Security Account to enroll in Medicare,

which is very simple because everything is processed online at www.socialsecurity.gov/benefits/medicare for your Original Medicare to begin the month you are turning 65 by enrolling 3-months before turning 65. If enrolling the month, you turn 65, your Medicare will begin the month after. Enroll the 3-months after your birthday and your Medicare will be further delayed.

Additionally, it is important to know if you are going to take your Social Security check or not when turning 65. If you are not, then it will be your responsibility to visit www.ssa.gov/benefits/medicare and enroll in Medicare. By not enrolling at the right time, you put yourself at risk of a penalty.

When one enrolls in Medicare Parts A and B, then it is time to chose whether to go with Original Medicare with a Medicare Supplement and a stand-alone Medicare Part D for your prescriptions or pick a Medicare Advantage plan with a Medicare Part D plan.

When delaying enrolling in Medicare Part B, there could be additional paperwork related to the Medicare enrollment. You can later claim a Special Enrollment Period, when you or your spouse are still working and have an employer group health insurance plan. This Special Enrollment Period can keep you from being ambushed by penalties when processed at the right time and in the correct way.

This information on personalizing your Medicare enrollment and plan options can be found in the Medicare Survival Guide Advanced - available at www.tonisays.com.

For a Medicare Checkup, call the Toni Says® Medicare call center at 832/519-8664 or email info@tonisays.com regarding your Medicare plans and options.

Medicare Open Enrollment Special: \$10 discount to the Toni Says® readers on the 2021 Medicare Survival Guide® Advanced book at www.tonisays.com. ★

California Gun Law Headed to Supreme Court?



By Dan Walters
CALMatters

California has some of the nation's tightest gun control laws and virtually no session of the Legislature ends without additional restrictions being enacted.

In polling and by their votes, Californians have heartily endorsed making gun purchases and ownership increasingly more difficult.

As California's restrictive laws proliferated, however, the state's current and would-be gun owners complained that notwithstanding their political popularity, the laws violate Californians' constitutional right to bear arms, codified in the Second Amendment to the U.S. Constitution.

Those complaints are now likely to reach the U.S. Supreme Court because of Tuesday's decision by the 9th District Court of Appeals upholding two of the state's most controversial gun control laws, banning the sale and possession of magazines holding more than 10 rounds of ammunition. One was enacted by the Legislature and the other in a ballot initiative (Proposition 63) sponsored by Gavin Newsom in 2016 when he was lieutenant governor.

A federal judge in San Diego, Roger Benitez, became a hero to gun owners when he struck down Proposition 63's 10-round

magazine limit two years ago, saying that it unconstitutionally interfered with using guns for self-protection. "The statute hits at the center of the Second Amendment and its burden is severe," Benitez wrote.

Newsom had become governor when Benitez ruled and denounced the judge as a "wholly-owned subsidiary of the gun lobby and the National Rifle Association."

A three-three judge panel of the 9th Circuit Court sided with Benitez but on Tuesday, the full 11-judge court, dividing along ideological lines, ratified the magazine laws. It declared that they "reasonably supported California's effort to reduce the devastating damage wrought by mass shootings."

The majority opinion added that requiring owners of higher-capacity magazine to get rid of them is not an illegal government "taking" because "the government acquires nothing by virtue of the limitation on the capacity of magazines."

The case sparked a welter of opinions from individual members of the court both endorsing the majority opinion and dissenting.

Three judges appointed by former President Donald Trump were sharply critical of the majority, saying, "these magazines are lawfully owned by millions of people nationwide" and warning that applying California's law across America would "require

confiscating half of all existing firearms magazines in this country."

Newsom, of course, hailed the ruling that upheld his ballot measure, tweeting, "Weapons of war don't belong on our streets. This

is a huge victory for the health and safety of all Californians."

California being what it is, the nation's most populous state with some of the nation's tightest gun laws, the eventual outcome of the magazine capacity case could have wide effects. Blue state prosecutors filed briefs supporting California's position while those in Texas and other red states backed Benitez's ruling.

The possibility of it becoming a landmark case was enhanced when lawyers for gun owners who challenged the state's magazine limit immediately promised that they would appeal to the U.S. Supreme Court.

If, as Tuesday's decision indicated, judicial attitudes about gun control laws divide along ideological lines, California's limit on magazine capacity could face rough treatment from the Supreme Court's 6-3 conservative majority.

In recent decisions, the Supreme Court has become increasingly critical of restrictive gun laws and has a landmark case now pending, involving New York's ban on carrying guns outside the home.

During arguments a few weeks ago, majority justices gave every indication they would overturn the law, criticizing it for interfering with citizens' rights to self-defense. That's essentially the same line of reasoning that Judge Benitez adopted in overturning California's magazine limit.

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

CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See legitgov.org

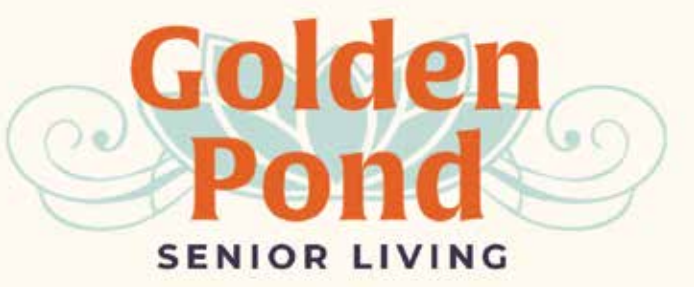
EU Leader Calls for Throwing Out Nuremberg Code in Favor of Forced Vaccinating All Dissenters - Comments come on the heels of Austria and Germany locking down the unvaccinated | 3 Dec 2021 | On Wednesday, Ursula von der Leyen - the president of the European Union (EU) Commission - told the press that she would like to see the long-standing Nuremberg Code ignored completely in favor of allowing countries to force vaccinate anyone who is refusing to take the experimental jab. Her alarming comments come just days after Germany followed Austria's lead, mandating an authoritarian lockdown on only the unvaccinated. In addition to being in full support of the segregated lockdown, von der Leyen said it was "understandable and appropriate" for EU countries to discuss mandatory COVID vaccinations because of the new Omicron variant, which has already been detected in 12 countries in the EU. From The BBC: "European Union countries should consider mandatory vaccination to combat Covid and the Omicron variant, the head of its Commission has said."

'Tool to Enforce Orwellian Rules': 80 House Republicans Help Pass Bill to Fund Federal Vaccination Database | 1 Dec 2021 | Eighty House Republicans voted with Democrats on Tuesday to pass the Immunization Infrastructure Modernization Act, which if passed by the Senate and signed into law would fund a federal vaccination database. According to the bill, also called H. R. 550, the government would provide \$400 million in taxpayer dollars to fund "immunization system data modernization and expansion," a system otherwise defined as "a confidential, population-based, computerized database that records immunization doses administered by any health care provider to persons within the geographic area covered by that database." Rep. Mary Miller (R-IL), who was one of the 130 Republicans to vote "no," told Breitbart News exclusively on Wednesday that the legislation would enable the federal government to "track" unvaccinated Americans who "will be targeted and forced to comply with Biden's crazy 'global vaccination' vision."

U.N. Taking Down Private Websites - Domain Level Censorship By Ice Age Farmer | Dec 2, 2021 | The U.N. Counter Terrorism Executive Directorate (CTED) is now responsible for taking entire privately hosted websites offline, as they seek to take total control of the flow of information and establish their "Great Narrative." CTED notifies domain registrars of "extremist" sites - i.e., those that promote narratives they don't approve of -- and the sites can no longer be found. This reflects a new level of internet censorship, but it is not just publishers who are in the crosshairs...it is all of us. Christian breaks it down in this Ice Age Farmer broadcast.

Dying COVID-19 Patient Recovers After Court Orders Hospital to Administer Ivermectin | 1 Dec 2021 | An elderly COVID-19 patient [Sun Ng, 71] has recovered after a court order allowed him to be treated with ivermectin, despite objections from the hospital in which he was staying, according to the family's attorney. After an Illinois hospital insisted on administering expensive remdesivir to the patient and the treatment failed, his life was saved after a court ordered that an outside medical doctor be allowed to use the inexpensive ivermectin to treat him, over the hospital's strenuous objections... The judge issued a preliminary injunction that day directing the hospital to "immediately allow... temporary emergency privileges" to Ng's physician, Dr. Alan Bain, "solely to administer Ivermectin to this patient." The hospital resisted the order on Nov. 6 and 7, denying Bain access to his patient. The hospital claimed that it couldn't let Bain in because he wasn't vaccinated against COVID-19 and that its chief medical officer wasn't available to "proctor" Bain administering ivermectin. The daughter's attorneys filed an emergency report with the court on Nov. 8 and Fullerton heard from both sides. The judge admonished the hospital and restated that it must allow Bain inside over a period of 15 days to do his job. When the hospital filed a motion to stay the order, Fullerton denied it, again directing the facility to comply. The ivermectin appears to have worked, and Sun Ng has recovered from COVID-19. He was discharged by the hospital on Nov. 27.

Austria Now Threatening PRISON to Anyone Who Refuses Vaccine - | 1 Dec 2021 | Unjabbed Austrians who refuse to comply with the government's draconian mandates could face prison sentences and crippling fines for non-compliance. After initially placing unjabbed citizens under lockdown, Chancellor Alexander Schallenberg announced that the jab would become compulsory from February 1 onward. Questions as to what would happen to those who refused to comply with the mandate have now been answered in the form of a draft that was leaked to the media. "Under the bill, anyone who refused to attend a scheduled vaccination appointment would receive an official summons from local authorities. If an individual failed to show up, they would then be summoned one more time within the next four weeks," RT reports... Summit.news reports: No one will be "forcibly brought" to a vaccination center to get jabbed against their will, although rest assured, they will be "forcibly" placed behind bars if they continue to refuse. If it passes, the legislation will stay in place for three years, with the government deciding if having recovered from COVID is a reasonable exemption. ★



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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



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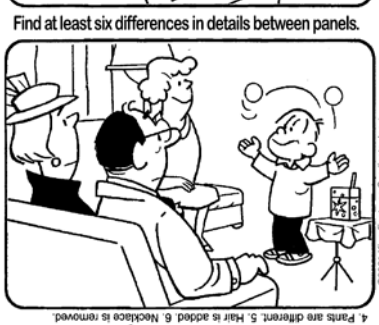
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CASCADE 300	100 Gal.	\$71.99																
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Holiday Visit Sparking Concerns with Aging Parents?

Commentary
by **Chris Orestis, CSA**
and **President of Retirement Genius**

As families reunite during the holidays, it's not unusual for adult children who haven't seen their aging parents in a while to begin to worry about them.

Are they experiencing health problems?

Are they still mentally on top of things?

Is it time to start thinking about long-term care?

"The holidays and their aftermath are the busiest time of year for long-term care admissions," says Chris Orestis, president of Retirement Genius (www.retirementgenius.com) and an authority on retirement planning, long-term care and financial health.

"Between Thanksgiving and Christmas, families get together and many are seeing Mom or Dad for the first time in months. Some will discover that their parent's health has declined and he or she should not be left to live on their own any longer."

If you are concerned about aging parents, Orestis offers a few things to be on the lookout for:

Physical deterioration. Be aware of potential signs such as significant weight loss, balance issues and falling, and loss of strength and stamina, Orestis says. "You might also see loss in what is known as ADL – activities of daily living," he says. "That includes such things as the ability to dress, eat, shower or use the toilet independently."

Mental deterioration. It's easy and tempting to blow off loss of memory or confusion about names, dates and locations as just a "senior moment," Orestis says. "But cognitive deterioration is an important warning sign that you should be on the lookout for dementia and Alzheimer's," he says. "These conditions can worsen quickly and can lead to many physical breakdowns and



Seniors want to remain independent as long as possible, and they don't want to become a burden on their family. Photo Monkey Business Images, Dreamstime

safety issues."

Lifestyle deterioration. Maybe your parent was one of those sticklers for the adage "a place for everything and everything in its place," but now the home isn't kept so neatly. "You may even encounter things that are oddly out of place, such as a house plant in the refrigerator or pots and pans in the bathtub," Orestis says. "Even more concerning, you might see signs of physical damage because they crashed the car into a fence or the wall of the garage, or there are burn marks on the kitchen wall from a flash fire. It's important to remember that long-term care is

not only a matter of healthcare, but also a matter of safety."

Certainly, seniors want to remain independent as long as possible, and they don't want to become a burden on their family, either physically or financially, Orestis says. As a result, they may try to avoid discussions about their health, mental capabilities and the possibility of the need for the assistance. Family members may be inclined to avoid these conversations as well.

"For some people, the need for long-term care can be brought on from a sudden event such as a fall, stroke, advancing dementia, or

other health-related malady," he says. "For others, it can slowly creep up over time and without realizing it one or more loved ones have become caregivers. Confronting the fact that a person has transitioned in life from being independent to dependent in one way or another is difficult."

But eventually, if it becomes clear professional long-term care is needed, family members should discuss a plan for making that happen. After that, the conversation should take place with the loved one in question, who may be apprehensive or even resistant, Orestis says.

"That conversation should be handled with compassion and delicacy," he says. "Emphasize that not only will this move improve their health and safety, but there will be numerous opportunities for social activities, games, art, entertainment and great food."

"The key is for the family to come together. Look for the signs that care is needed, formulate a plan, communicate effectively with your loved ones and change the perspective about long-term care from a negative to a safe, healthy and enriching experience in the continuing journey of life." ★

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