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Carmichael Times

VOLUME 43 • ISSUE 8 *Serving Carmichael & Sacramento County since 1981* FEBRUARY 25, 2022

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Let the Sun Shine In



Military veterans Don Harper (left), Dennis Modin, Michael Spiro and Joseph Bellacera join SMUD director Heidi Sanborn (center) and Carmichael Parks Foundation supporters at Veterans Hall. A SMUD grant will replace outdated windows as part of the building's \$50,000 renovation.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Pioneers Charles Deterding and Ancil Hoffman helped lay a Veterans Hall cornerstone in 1951. Beyond that date, few upgrades benefited the Carmichael Recreation and Park District facility. Bearing a \$50,000 price tag, a long-overdue facelift began last year.

The hall will reopen this spring with fresh landscaping, indoor lockers, air-conditioning, dry-walling, a new furnace and a complete paint job. Brightest embellishment will be 21 dual-pane windows, installed with funding from Sacramento Municipal Utility District.

SMUD's \$21,000 "Shine" grant was recently awarded to Carmichael

Parks Foundation. The utility giant assists selected non-profit projects that improve energy use in public buildings. State-of-the-art windows will not only please veteran groups; the 3500 sq ft complex accommodates preschool programs, auto club meetings and fitness classes. Its rooms are also available for rent.

"I've taught exercise groups here for over 30 years," notes Parks Foundation President Sharon Ruffner. "In all that time, we've not been able to open a window for fresh air. The fragile old wood frames were sealed shut. Everyone—from tiny tots to seniors who meet here—will appreciate all these renovations."

The project began last year when Carmichael Rotary Club members dug in for landscaping. Their donation and matching funds from Rotary

International yielded \$5000; this will also build display cases for veteran memorabilia. Carmichael Park District provided matching cash for this and the SMUD donation.

Though the utility district is annually inundated with funding requests, Ruffner attributes the Foundation windfall to the variety of age and interest groups that will gain from SMUD's contribution. "Our Park District is one of very few that doesn't benefit from a property tax assessment," she explains. "We were overjoyed to get this grant. Our renovations honor an historic building and the veterans who served our county."

Foundation and Park District plan a project-completion celebration before summer. Carmichael Veterans Hall is located at 5750 Grant Avenue. ★

Sacramento Rescinds Local Health Orders



Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In alignment with the State, effective immediately Sacramento County is rescinding the July 26 health order requiring all individuals to wear face coverings indoors and the Jan. 6 health order directing all public meetings be held virtually.

As per the California Department of Public Health (CDPH) order, all unvaccinated individuals will continue to be required to wear face-coverings in all indoor public settings. Statewide indoor masking requirements regardless of vaccination status will remain in effect for public transportation; healthcare settings; congregate settings like correctional facilities and homeless shelters; long-term care facilities; and in K-12 schools and childcare settings.

Public Health continues to recommend the use of masks in public settings as an effective tool to prevent the spread of the virus, especially in crowded settings. Continuing to mask indoors remains the safest way to protect those who are unable to be vaccinated.

Please remember some individuals may continue to wear masks in public spaces for a variety of reasons, even if they are vaccinated, and as mandates or advisories fade. Someone may be immunocompromised, prefer to wear a mask, or have a family member who is immunocompromised or too young to be vaccinated. Please be kind and conscientious of your fellow community members and the decisions they make to protect themselves.

Vaccinations continue to be the most effective tool in slowing the rate of spread and mitigating severe symptoms of COVID-19. For a list of vaccination clinics, visit the Sacramento County Public Health Vaccination website, call 2-1-1 or visit MyTurn.ca.gov. Homebound residents can contact 2-1-1 to request in-home vaccination services. ★

What Makes Carmen Run

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - In 27 years on US soil, Romanian-born Carmen Micsa has hardly let grass grow under her Nikes. She and husband Catalin have raised two kids; she's gained a Master's degree in English and established a thriving real estate brokerage. She has personally sold more than 600 houses, built two homes, run 14 marathons and written three books.

"I'd get bored if I only did one thing," says the 48-year-old. "I believe everyone has many gifts and passions to pursue."

When she and her electrical engineer husband bought a first home in Carmichael, she was operating a senior residence. Catalin wondered if his capable wife could be a realtor. "I'll give it a try," she decided. She hauled their infant Sophia to business meetings. "My clients didn't mind," she recalls. "Some even asked me to bring my baby. I had no



Romanian immigrant Carmen Micsa (left) has built a Carmichael real estate brokerage and has become an athlete and writer. She and daughter Sophia enjoy a poetry reading.

choice; back then, I didn't have childcare. Happily, little Sophia just lay in her stroller and slept.

"I found I liked real estate. No two deals were the same and I met all sorts of people. I always gave an honest opinion. If a house wasn't right for my buyer, I said so. Clients sensed I wasn't about money; I was there

to help them." Her Fair Oaks Boulevard brokerage, Dynamic Real Estate, now employs 22 agents. The dynamic owner feels her family (Sophia is now 15 and son Alex is 16) is testimony to the American dream. "Carmichael's my little slice of paradise," she says. "We're so grateful for doors that opened for us here. We could never

have achieved this life in Europe."

The health fanatic took up tennis with a vengeance at 30. This activity courted many life questions, so she self-published a Zen approach called 'Change your Grip on Life through Tennis.' It's a steady seller among tennis and fitness-lovers. At 40 she

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Annual STC Memorial Scholarship Available



Above: Sacramento Tall Club president Bob Huggett, left and his wife Patty, presented 2019 STC scholarship winner Nicole Hensley, a graduating senior of Bella Vista High School in Orangevale, with a \$1,000 scholarship check at the school's annual awards night celebration as fellow STC members LeeAnn and Dave Spencer look on. Inset: Ekaterina (Katia) Griffin, a graduate of William and Marian Ghidotti Early College High School in Grass Valley was one of three 2020 STC scholarship winners. Griffin attends the University of California San Diego and is studying chemical engineering. Photos courtesy of the Sacramento Tall Club

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - Members of the Sacramento Tall Club (STC) affiliated with Tall Clubs International (TCI) are seeking outstanding eligible high school seniors throughout Sacramento, Yolo, Placer and El Dorado counties to apply for their competitive annual academic scholarship.

While scholarship application materials were provided to county board of election departments in the four counties by STC in January, the club is taking an extra step this year to ensure that it gets the general word out to interested high school seniors throughout the geographical region, said Barbara Kerrin, STC scholarship chair.

"There are dozens of private and public high schools within the Northern California region whose students can and should apply," Kerrin said. "By distributing information broadly to the communication department of county boards of education throughout the region, we avoid any individual high school districts of

accusing us of favoritism." Every year, Sacramento Tall Club awards academic scholarships to qualified and talented high school seniors who meet the tall club height requirements (at least 5'10" for women and 6'2" for men.) The annual STC scholarship award is dedicated in memoriam of former STC members many of whom were big supporters of young scholars and their many talents and merits. Scholarship amounts can vary year to year.

Part of the scholarship application for each young person is to write an essay titled "What being tall means to me."

"Their essays are quite reflective and thoughtful about the personal challenges we as tall people, often face," Kerrin said.

Completed typed essays and all application materials submitted by area high school students graduating in the 2021-22 school year is March 1, said Barbara Kerrin, STC scholarship chair.

Local STC scholarship winners also compete for annual scholarships

awarded by both Tall Clubs International (TCI) and by the non-profit Tall Clubs International Foundation. Annually, the TCI Foundation awards additional multiple student scholarships of up to \$1,000 each.

While grade point average and test scores are especially important scholarship evaluation criteria, so too are participation in school activities and community involvement, Kerrin said.

"Just being tall doesn't alone qualify you," she said.

General membership itself in the social Sacramento Tall Club itself is open to men that are over six feet and women that are nearing that mark.

Ekaterina (Katia) Griffin, a graduate of William and Marian Ghidotti Early College High School in Grass Valley was one of three 2020 STC scholarship winners. Griffin attends the University of California San Diego and is studying chemical engineering.

In 2019, Nicole Hensley, a graduating senior from Bella Vista High School in Orangevale received a

\$1,000 academic scholarship from the Sacramento Tall Club scholarship award and was a Tall Club International (TCI) scholarship winner.

"We wish all our applicants all the best in the preparing of their applications, and in their overall scholarship search," Kerrin said. The 2020 STC scholarship winner will be notified later in March by the club membership.

Kerrin said all signed STC scholarship applications should be submitted with a good headshot photo, preferably a senior graduation photo. Partial applications are not accepted.

"If you want to know whether or not your STC scholarship application has been received, you MUST send in a self-addressed stamped envelope," Kerrin said. "We will not answer any requests via email to whether we have received an application or not."

Applicants may view STC scholarship application guidelines, sample essays and view photos of current and past winners on the club website at www.sacramento-tallclub.org/scholarship/

The club has a donations link to contribute to its scholarship fund at www.sacramento-tallclub.org/scholarship/contribute-to-our-scholarship-fund/ so the amount of student scholarship awards can be increased.

Completed scholarship applications can be submitted electronically to: scholarship@sacramento-tallclub.org or by mail to: STC Scholarship Application, c/o Sacramento Tall Club Scholarship, 8712 Brigham Way, Sacramento CA 95826.

Applicants can contact scholarship@sacramento-tallclub.org with questions or for more information. ★

Sheriff Scott Jones Signs the Taxpayer Protection Pledge



Scott Jones

Sheriff Scott Jones for US Congress

SACRAMENTO, CA (MPG) - Sacramento County Sheriff Scott Jones announced that he signed Americans for Tax Reform's "Taxpayer Protection Pledge," a pledge to oppose all new tax increases when elected to Congress.

"As Sheriff, I took a solemn pledge to protect and serve my community. It is with that same commitment that I sign the Taxpayer Protection Pledge to oppose all tax increases. Especially at a time with record high inflation, Americans, and especially Californians, are overtaxed and are often an afterthought when Congress decides where to spend their hard-earned tax dollars. I firmly believe that Americans should keep more of their own money, not send more and more to Washington politicians who continue to spend with impunity," said Sheriff Jones.

Sheriff Jones accomplished a strong record

of leadership at the Sacramento County Sheriff's Office, stewarding the Department's recovery from the worst financial crisis of its history, becoming a regional leader in the fight against gangs, and hiring a record number of women, minorities, and veterans. As one of the foremost experts on law enforcement in California, Sheriff Jones has been an advocate for investing in public safety and a vocal opponent of the 'Defund the Police' movement. In Congress, Jones will be an advocate for fiscal accountability, border security, and restoring criminal justice to America's communities. A nationally recognized law enforcement leader, Jones has testified before Congress, and has presented at two White House conferences on law enforcement, immigration, and safety issues.

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

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

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Board of Supervisors Declares a Shelter Crisis



By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted on February 15th, to declare a shelter crisis in Sacramento County as an important step towards implementing the Board's directions to open and operate sanctioned encampments (called "Safe Stay Communities").

While adoption of the proposed declaration will allow staff to move with expediency on site selection and development for proposed Safe Stay Communities and most sites will not require additional legal review by the Board, staff will bring all sites to the Board for input on site appropriateness before initiating construction.

In addition, staff will work with the Supervisor in whose district the site(s) are located in to develop a community engagement plan for each site.

In the FY 21/22 County Budget, the Board directed staff to pursue non-traditional options for providing sheltering, including use of sleeping cabins, creation of safe parking opportunities, and use of other shelter options. The benefits of such options include:

- They offer non-congregate sheltering, which is not only more private for the occupants but is easier to prevent the spread of disease, including COVID-19;
- They allow for sheltering of diverse populations as they present, including couples and those with pets; They are quicker and less expensive to build than traditionally built facilities;
- They are less permanent than traditionally built facilities, allowing a short-term solution in one community and relocation/re-use of the facilities at other sites as needed.

Staff is working on development of construction and operational plans for multiple potential sites for Safe Stay

Communities that could consist of temporary sleeping cabins, safe parking spaces or other emergency facilities. Each community will include on-site security, sanitation services and supportive services aimed at transitioning people out of unsheltered homelessness.

Additionally, the County is continuing to enhance the breadth and depth of outreach and services offered in encampments throughout the County, including the development of Encampment Services Teams that reach out directly to people living unsheltered. These Teams will also serve as outreach points to bring unsheltered into the safe stay communities and provide them with deeper connections to County behavioral health services, connection to benefits like CalFresh, CalWORKs, Medi-Cal, etc., linkages to longer-term shelters, and flexible funding to help support individuals' transition into permanent housing.

Ultimately, all sites should be considered as a stepping stone to stabilize and support individuals on a pathway to permanent housing.

While stable and affordable housing with appropriate services and support are ultimately what ends homelessness, safe stay communities afford the opportunity to provide immediate safe and hygienic locations for people experiencing homelessness to live and access services. They also provide a consistent location for service providers and outreach workers to engage on a more regular basis with occupants.

Additionally, by targeting those living unsheltered in the immediate vicinity of the communities, it is anticipated that the communities will create broader community benefits including a reduction in trash and debris, the mitigation of environmental and health hazards, and the ability to restore land previously occupied by unsanctioned encampments to its intended use.

Read more about the County's response to homelessness on our website. ★

What Makes Carmen Run

Continued from page 1

started running. "I ran half a mile and I thought I'd need an ambulance to get home," she laughs. "In my first year as a runner, I finished the California International Marathon. I've since done marathons in Boston, New York, Chicago, London, Utah and Southern California. I'll do Berlin this September. In shorter events, I choose charity runs where I can give back. Next year, in the Tokyo Marathon, I'll be helping environmental causes."

Something else happened along the road: she became a poet. "I noticed amazing things and found myself forming phrases about them in my mind," she says. "Sometimes I quickly took a photo so I could think about it later." Micsa's muse is most creative on American River Parkway. "Ideas flow out of me with the flow of the river," she considers. "I run and therefore, I write." This symbiosis was the root of her 2020 publication titled 'The Poetics of Running.'

Though marathons are long, Micsa favors brief poems and stories. Haiku (a Japanese short poetry form) is a frequent medium. Her 'Orange Orb' leaped from an Ancil Hoffman Park sunrise into her 2021 book. "Sliver of sunrise/ the sun paints the still trail/ the jack rabbit leaps."

ger verse called 'Poetry in Motion' she describes her jog to creativity: "When I first became a runner/ I discovered dancing words/ that floated freely in my mind/ and filled my soul with serenity. When I first became a poet ... all I needed were my running shoes/ to take me outdoors in nature/ where words, images and ideas/ were so easy to capture." Micsa's new book "Morsels of Love," was hatched by the pandemic. "With all the social distancing and our fear of hugging, I felt we all needed love," she considers. "This book is a gift of love to my readers."

Learn more about Carmen Micsa's books at www.runningforrealestate.com ★

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Crime, Homelessness Drag Down Newsom's Approval



By Dan Walters
CALMatters

Gov. Gavin Newsom's administration is very gingerly lifting the restrictions on personal behavior that were imposed to counter the omicron surge of COVID-19 – particularly the requirement to wear masks inside public places.

It's the latest wrinkle in two years of Newsom decrees alternatively tightening and then loosening behavioral controls to deal with the pandemic and comes as the governor focuses on getting himself re-elected to a second term this year.

His re-election prospects are high, given the lack – so far – of a viable Republican opponent, the state's very blue political orientation and his easy defeat of a recall attempt last year.

That said, Newsom's overall popularity is less than impressive, as two recent statewide polls found, with crime and homelessness the most erosive factors in his public standing.

The first poll, conducted by the Public Policy Institute of California in January, gave Newsom a 56% approval rating among all adults, markedly lower than his high water mark of 65% in May 2020 but also markedly higher than his low of 44% in September 2019.

The second, conducted in February and released on Tuesday by the Institute of Governmental Studies at UC-Berkeley, puts Newsom's approval rating among registered voters at 48%, just slightly higher than his lowest rating of 46% a year ago. Significantly, 47% of voters disapprove of how he has performed as governor.

"Contributing to voters' more mixed assessment of the governor are growing concerns of how Newsom is handling several festering problems, such as homelessness and crime, that are now plaguing the state," Mark DiCamillo, director of the Berkeley-IGS poll, said in an analysis.

"For example, two in three voters (66%) now rate Newsom as doing a 'poor' or 'very poor' job in his handling of the issue of homelessness. This is up 12 percentage points from 2020, the last time the poll made an assessment. In addition, a 51% majority of voters also downrates the Governor's performance on crime and public safety issues, up 16 percentage points from 2020."

The poll confirms that Californians are increasingly worried about a recent uptick in crime, both violent and property offenses, and are increasingly fed up with the inability of Newsom and other politicians to deal effectively with homelessness that has manifested itself in squalid encampments throughout the state.

Two recent crimes in the Sacramento area even indicate that the two issues

could be joined in the minds of voters. A young woman was kidnapped in suburban Sacramento and brutally murdered, allegedly by a homeless man living in the American River Parkway. A young mother was placing her two children in the car after they had visited a park in East Sacramento when she was attacked and beaten, allegedly by a man living in a nearby homeless camp.

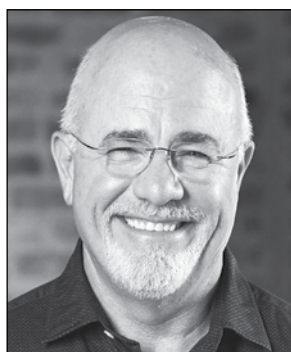
Newsom knows that these two issues are big downers for him and has uttered many recent denunciations of criminal activities, particularly smash-and-grab robberies, and promises to clean up urban blight.

Again, Newsom is no danger of being unseated this year. But if crime and homelessness continue to be seen as failures, they will stain his gubernatorial legacy. Moreover, they could adversely affect his fellow Democrats in down-ballot contests.

Both of the Sacramento crimes will be prosecuted by Sacramento County District Attorney Anne Marie Schubert, who is challenging Attorney General Rob Bonta, a Newsom appointee, and calling for a tougher attitude toward crime.

Republicans intend to make crime a centerpiece of their campaign to regain control of Congress and with several California seats up in the air, it could be a decisive factor.

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



These Debt Reduction Strategies are Bad Ideas

Dear Dave,

I've been seeing lots of ads lately for debt consolidation companies, debt settlement companies and the HELOC. Are any of these methods for reducing debt a good idea?

– Brent

Dear Brent,

No. These are all bad ideas when it comes to getting out of debt. There's a lot of buzz these days surrounding all the "quick" and "easy" ways to clean up debt and get control of your finances. But the truth is neither one is ever easy. If something sounds too good to be true, it probably is.

Dave Ramsey Says

Debt consolidation is basically a loan that combines all your debts into one single payment. Sounds like a great idea at first, right? But then you find out the lifespan of your loans increase, and that means you'll stay in debt even longer than before. The low interest rate that looks so appealing in the beginning usually goes up over time, too. Stretching out the amount of time you're paying off debt, plus adding interest, is just dumb.

Debt settlement companies are awful. These crummy outfits will charge you a fee, then promise to negotiate with your creditors to reduce what you owe. In most cases, they take your money up front, do a bad job "negotiating" your debt and leave you responsible for what's left.

A home equity line of credit (HELOC) is also a bad idea. With a HELOC, you're borrowing against your home. On top of that, you risk losing your house if you

can't pay it back on time. All these plans are really just gimmicks that only treat the symptoms of your money problems. They never help you address the root issue of why you landed there in the first place. Personal finance is always 80% behavior, and 20% head knowledge. You have to change your behavior if you want to make a lasting, positive impact on your finances!

– 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. ★

Camellia Society of Sacramento Announces 98th Annual Camellia Show

By Julie Vierra,
Camellia Society of Sacramento

SACRAMENTO, CA (MPG) - It's Blooming Time! Come see us at the Elks Lodge #6 and check out all the beautiful camellias! Admission is free! Besides all the hundreds of camellias, there will be flower arrangements, camellia waxing, and camellia plants for sale, collectable camellia buttons, and a display from Matsuyama, Japan! We will also have a fun raffle with many items to pick from. On Sunday we have watercolor artists at the show painting camellias! Some artists have cards and paintings for sale.

If you are interested in entering your camellias in competition, be down at the

auditorium around 8 in the morning (closes at 10 a.m.). There will be people to help you enter your camellias. We would love to see some new faces! Please call 916-371-2174 and ask for Julie if you have questions regarding entering and getting a schedule with instructions on entering.

Come to our last meeting at the Elks before our camellia show on Tuesday, February 22nd to find out more. Talk to experts on how to enter your blooms. We are there for you!

Hope to see you at our show!
Saturday, March 5th from 3-6 p.m.
Sunday, March 6th, 10 a.m.-6 p.m.
Elks Lodge No. 6 located at 6446 Riverside Boulevard, Sacramento 95831. ★

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CLUES

ACROSS

- Decree
- *U.S./U.S.S.R.'s cold one
- Harry Potter's mark
- Syrup flavor
- ___ Khan
- Bird of prey's nest
- Lieu
- H+, e.g.
- Bashful or Happy
- 1944 author George
- "Best-selling pop artist Bing
- Writer ___ Monk Kidd
- Genghis or Kubla
- Cranberry habitat
- Not nice
- Saddle holders
- *Boris Karloff's movie "The ___" pl.
- Actress Barrymore
- Asian goat antelope
- Supernatural life force
- Seethes
- South African antelope
- Cook from above
- Rotisserie part
- Not odd
- Italy in Italian
- What snob puts on
- .000001 joule
- Sound of a dropped tome
- Beer acronym
- * ___ Doctrine, U.S. foreign policy
- *How Green Was My ___
- Another word for nutria
- Ciao in the U.S.
- Trip guide
- Surveyor's maps
- Afflict
- Will alternative
- Additionally
- Nucleic acid
- Term of endearment

DOWN

- Emergency acronym
- *1949 international org.
- Copycat
- Chicken feet
- Christian hymn (2 words)
- Graveside sound
- Gone by
- TV's Yellowstone, e.g.
- Uses a Singer
- Underwater hermit
- Ethereal
- Gridiron official, for short
- Apollo Creed's son
- City in northern England
- Old towel, e.g.
- Rollerskater's protector (2 words)
- *Disney's 1942 orphan
- Abstractionism using optical illusion
- Kind of salami
- Crafts' companion
- Network of nerves
- Treasure collection
- Dreamer?
- *Popular music style
- Ship canvas
- *1939-1945
- Parallel grooves
- Acid turns it red
- "Bingo!"
- Daryl Hannah's 1984 movie
- Open up
- In spite of the fact, arch.
- Church sound
- Swedish shag rugs
- Plotting
- Velum, pl.
- Zeal
- New Haven University
- IRS employee?
- Yang's opposite
- Canny

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At the Pharmer's Market, Patients Suffer While Middlemen Profit



Commentary
by Sally C. Pipes

Imagine a visit to the local farmer's market. When you're about to pay the farmer for some fruit, a man in a suit and sunglasses interrupts the exchange and offers to negotiate a discount with the farmer.

Cool, right?

Not so fast. The man in the suit didn't tell you who the discount was for. He gets the fruit for less, to be sure, but sells it on to you for the original price. He keeps the difference between his purchase price and yours. You've received no benefit—and the farmer received far less than the price he'd listed.

Oh, to be that man in the suit!

Of course, that's not your typical farmer's market exchange. But that is how prescription drug sales work. And the suited man is called a pharmacy benefit manager.

PBMs serve as go-betweens for drug manufacturers and

insurers, helping the latter design prescription drug plans and negotiate prices. PBMs secure considerable rebates, discounts, and other payments from pharmaceutical companies.

A recent report from the Berkeley Research Group found that the majority of drug spending isn't going to the firms that develop and manufacture those drugs. Rather, it's going to entities within the supply chain like PBMs, hospitals, and health plans.

There's also evidence that middlemen are the primary reason that spending on prescription drugs is going up.

Between 2019 and 2020, total gross spending on branded medications

increased 6.4%—some \$31 billion. Payers including plan sponsors, insurers, the government, and PBMs received 35% of that increase—the largest share of any player in the market. Altogether, these entities received over \$140 billion in brand-medicine spending in the form of discounts, rebates, and other payments from pharmaceutical companies that were intended to lower the cost of drugs.

Sharing discounts directly with patients could save between \$145 and \$800 per patient annually. If all rebates were shared at the point of sale, patients could save \$57 billion over 10 years.

Yet those savings rarely make their way to individuals at the pharmacy counter. Even as overall drug spending rises and middlemen rake in cash, millions of Americans can't afford their prescription medicines.

This is proof of a broken system. But it need not be.

PBMs must be held accountable for their role in prescription drug spending. Lawmakers can consider requiring that prescription drug rebates be shared with patients at the point of sale. Employers can demand that their insurers and the PBMs with whom they work rebate the discounts they secure to their

beneficiaries at the pharmacy counter.

Ultimately, the stakes in this "pharmer's" market are more than your weekly produce—they can dictate whether someone is able to access medication. In other words, this market dysfunction is a matter of life and death.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *False Promise, False Promise: The Disastrous Reality of Medicare for All (Encounter 2020)*. Follow her on Twitter @sallypipes. This column originally appeared in *Issues and Insights*. ★

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LEGAL ADVERTISING Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 - September 18, 1969 Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 - March 12, 2020 The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 - March 21, 1988

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00523 Sheila Deleon, 7814 Carraway Drive Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "Sheila Deleon Mobile Detailing" 784 Carraway Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County January 4, 2022. Publish: February 4, 11, 18, and 25, 2022. SHEILA 180201 2-25-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00470 Nancy Gannon, 6100 Cherrilyn Way Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "River City Equestrian Events" 6100 Cherrilyn Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 24, 2022. Publish: February 11, 18, 25, and March 4, 2022. RIVER 3-4-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-01139 CORG, INC, 6640 Latrobe Road Shingle Springs, CA 95682 is doing business under the Fictitious Business Name(s) "Crumbl Cookies" 6920 Auburn Boulevard #120 Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 10, 2022. Publish: February 18, 25, March 4, and 11, 2022. CRUMBL 3-11-22

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00313373 Qutoni Moenuu Miikini has filed a petition with this court for a decree changing the name(s) of Qutoni Moenuu Miikini to Natia Moana Kekua. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on February 24, 2022, in Department 54, 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: December 30, 2021. Christopher E. Krueger, Judge of the Superior Court. PUBLISH: January 28, February 4, 11, and 18, 2022. KEKUA 180201 2-18-22

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 9, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2022. Shama H. Mesiwala, Judge of the Superior Court. PUBLISH: February 4, 11, 18, and 25, 2022. WRIGHT 180201 2-25-22

the name(s) of Mohammad Sulaiman Aqeel to Sulaiman Aqeel. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 23, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 31, 2022. Christopher E. Krueger, Judge of the Superior Court. PUBLISH: February 18, 25, March 4, and 11, 2022. AOEL 3-11-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00256 Elizabeth Matrino, 8462 Wheatland Drive Sacramento, CA 95828 are doing business under the Fictitious Business Name(s) "Notarize It-Mobile Notary" 8462 Wheatland Drive, Sacramento, CA 95828. Filed with the Clerk of Sacramento County January 13, 2022. Publish: February 4, 11, 18, and 25, 2022. INOTARIZE 180201 2-25-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00973 Cassandra Patterson, 9764 Nature Trail Way Elk Grove, CA 95757 are doing business under the Fictitious Business Name(s) "LILAC FIG, Brisco and Bane" 9764 Nature Trail Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County February 4, 2022. Publish: February 11, 18, 25, and March 4, 2022. LILAC 3-4-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-01104 Samuel Brown, 8057 Briar Ridge Lane Citrus Heights, CA 95610 are doing business under the Fictitious Business Name(s) "The Interior Guy" 8057 Briar Ridge Lane Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County February 10, 2022. Publish: February 25, March 4, 11, and 18, 2022. MARK 3-18-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00932 Oleksandr Khator, 5213 Winding Way Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Hilltop" 5915 Hilltop Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 3, 2022. Publish: February 25, March 4, 11, and 18, 2022. HILLTOP 3-18-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00792 Elizabeth Maas, 1820 Capitol Avenue Sacramento, CA 95811 are doing business under the Fictitious Business Name(s) "Yeshua Light Healing House" 7551 Freepoint Boulevard #1044 Sacramento, CA 95832. Filed with the Clerk of Sacramento County January 31, 2022. Publish: February 11, 18, 25, and March 4, 2022. YESHUA 3-4-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00921 Superior Auto Sales, 3300 Auburn Boulevard #6 Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "Superior Auto Sales" 3300 Auburn Boulevard #6 Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 3, 2022. Publish: February 18, 25, March 4, and 11, 2022. SUPERIOR 3-11-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00753 1st Rate Loans, LLC, 18501 Murdock Circle Suite 101 Port Charlotte, FL 33948 are doing business under the Fictitious Business Name(s) "Motto Mortgage" 28004 Gateway Oaks Drive #100 Sacramento, CA 95833. Filed with the Clerk of Sacramento County January 28, 2022. Publish: February 11, 18, 25, and March 4, 2022. MOTTO 3-4-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00944 Victoria Dorgan, 5414 Beaufort Court Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "Ellari" 5414 Beaufort Court Antelope, CA 95843. Filed with the Clerk of Sacramento County February 3, 2022. Publish: February 18, 25, March 4, and 11, 2022. ELLARI 3-11-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00802 Mr. Pork Brazilian Homemade Sausage LLC 220 Martis Valley Circle Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Mr. Pork Brazilian Homemade Sausage LLC" 322 East Bidwell Street Folsom CA 95630. Filed with the Clerk of Sacramento County January 24, 2022. Publish: February 25, March 4, 11, and 18, 2022. MR 3-18-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00802 Mr. Pork Brazilian Homemade Sausage LLC 220 Martis Valley Circle Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Mr. Pork Brazilian Homemade Sausage LLC" 322 East Bidwell Street Folsom CA 95630. Filed with the Clerk of Sacramento County January 24, 2022. Publish: February 25, March 4, 11, and 18, 2022. MR 3-18-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00907 PB 32G Inc, 4 Cain Court Sacramento, CA 95834 are doing business under the Fictitious Business Name(s) "Fruitridge Chevron" 3900 Fruitridge Road Sacramento, CA 95820. Filed with the Clerk of Sacramento County February 2, 2022. Publish: February 11, 18, 25, and March 4, 2022. FRUITRIDGE 3-4-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00599 Savanna W. Hamilton, 3643 1st Avenue #3 Sacramento, CA 95817 are doing business under the Fictitious Business Name(s) "Flowers by Savanna" 3643 1st Avenue #3 Sacramento, CA 95817. Filed with the Clerk of Sacramento County January 26, 2022. Publish: February 11, 18, 25, and March 4, 2022. FLOWERS 3-4-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00390 John E. Brightenstine, 9376 Mira Del Rio Drive Sacramento, CA 95827 are doing business under the Fictitious Business Name(s) "H&H Tax Services" 1060 Acacia Avenue Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 9, 2022. Publish: February 11, 18, 25, March 4, and 11, 2022. H&H 3-11-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-01077 Adil Chaudri, 1060 Acacia Avenue Sacramento, CA 95815 are doing business under the Fictitious Business Name(s) "H&H Tax Services" 1060 Acacia Avenue Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 9, 2022. Publish: February 11, 18, 25, March 4, and 11, 2022. H&H 3-11-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00802 Mr. Pork Brazilian Homemade Sausage LLC 220 Martis Valley Circle Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Mr. Pork Brazilian Homemade Sausage LLC" 322 East Bidwell Street Folsom CA 95630. Filed with the Clerk of Sacramento County January 24, 2022. Publish: February 25, March 4, 11, and 18, 2022. MR 3-18-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00802 Mr. Pork Brazilian Homemade Sausage LLC 220 Martis Valley Circle Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Mr. Pork Brazilian Homemade Sausage LLC" 322 East Bidwell Street Folsom CA 95630. Filed with the Clerk of Sacramento County January 24, 2022. Publish: February 25, March 4, 11, and 18, 2022. MR 3-18-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00944 Victoria Dorgan, 5414 Beaufort Court Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "Ellari" 5414 Beaufort Court Antelope, CA 95843. Filed with the Clerk of Sacramento County February 3, 2022. Publish: February 18, 25, March 4, and 11, 2022. ELLARI 3-11-22

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-00921 Superior Auto Sales, 3300 Auburn Boulevard #6 Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "Superior Auto Sales" 3300 Auburn Boulevard #6 Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 3, 2022. Publish: February 18, 25, March 4, and 11, 2022. SUPERIOR 3-11-22



ORDER TO SHOW FOR CHANGE OF NAME
 SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2021-00308500
 John David Palkovic has filed a petition with this court for a decree changing the name(s) of John David Palkovic to John David Halston.
 IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 22, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
 Dated: January 31, 2022
 Shama H. Mesiwala,
 Judge of the Superior Court
 Publish: February 18, 25, March 4, and 11, 2022
BROWN 3-18-22

NOTICE OF PETITION TO ADMINISTER ESTATE
 NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY M. THOMAS
 CASE No. 34-2021-00311779
 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 M. Thomas deceased. A Petition for Probate has been filed by Steven Arthur Nelson, in the Superior Court of California, County of Sacramento, requesting Steven Arthur Nelson be appointed as personal representatives to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: May 12, 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: David R. Morris Esq 5137 Golden Foothill Parkway Suite 110 El Dorado, CA 95762 916-789-9810
 Publish: February 18, 25, and March 4, 2022
NELSON 17062 3-4-22

NOTICE OF PETITION TO ADMINISTER ESTATE OF LOUISE E. ROLLINGS, AKA LOUISE ROLLINGS
 CASE No. 34-2022-314772
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Louise E. Rollings deceased. A Petition for Probate has been filed by Myles Rollings, in the Superior Court of California, County of Sacramento, requesting Myles Rollings be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: June 14, 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: David R. Morris Esq 5137 Golden Foothill Parkway Suite 110 El Dorado, CA 95762 916-789-9810
 Publish: February 18, 25, and March 4, 2022
NELSON 17062 3-4-22

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT MELVIN GLIDEWELL
 CASE No. 34-2021-00311420
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Robert Melvin Glidewell deceased. A Petition for Probate has been filed by Sandra Lee Colley, in the Superior Court of California, County of Sacramento, requesting Sandra Lee Colley be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: May 12, 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: David R. Morris Esq 5137 Golden Foothill Parkway Suite 110 El Dorado, CA 95762 916-789-9810
 Publish: February 18, 25, and March 4, 2022
NELSON 17062 3-4-22

ORDER TO SHOW CAUSE CHANGE OF NAME
 SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2022-00315168
 Faisal Waqar has filed a petition with this court for a decree changing the name(s) of Faisal Waqar to Arham Ayyan.
 IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 30, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
 Dated: February 7, 2022
 Richard K. Sueyoshi,
 Judge of the Superior Court
 Publish: February 18, 25, March 4, and 11, 2022
AYYAN 3-18-22

ORDER TO SHOW CAUSE CHANGE OF NAME
 SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2022-00314733
 Janelle Sheree Flagg has filed a petition with this court for a decree changing the name(s) of Janelle Sheree Flagg Brown.
 IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 22, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
 Dated: January 31, 2022
 Shama H. Mesiwala,
 Judge of the Superior Court
 Publish: February 18, 25, March 4, and 11, 2022
BROWN 3-18-22

REQUEST FOR PUBLIC BIDS
 Bids are invited for the Mission Oaks Recreation and Park Districts (MORPD) Security services contract. This contract is for recurring security services of MORPD's three facilities and 15 parks. Specifications and bid packets will be available on the district's website www.MORPD.com and at the mandatory Job walk on February 28, 2022.
 This is a public works contract subject to compliance monitoring and enforcement by the department of industrial relations. No contractor or subcontractor may be listed on a bid proposal, nor be awarded a contract for a public works project unless registered with the department of Industrial Relations pursuant to labor code section 1725.5.
 A mandatory pre bid job walk will be held on **Monday, February 28, 2022, from 9 to 11 am starting at the District Office located at 3344 Mission Avenue Carmichael, CA 95608.** Bids will be returned unopened to those bidders not in attendance at the scheduled pre bid job walk. Interested bidders are encouraged to register beforehand with the district to JR.Hichborn@MORPD.com. MORPD will receive bids until 2pm Monday, March 14, 2022 at the District Office (3344 Mission Avenue Carmichael CA, 95608) Attn: J.R. Hichborn, Parks Superintendent. Bids received after this time will not be accepted. Bids must be submitted in the bid forms contained in the bid packet available on February 28, 2022. Bids submitted in any other form will not be accepted. MORPD reserves the right to waive any irregularities and reject any and all bids.
 Carmichael Times February 18 and 25, 2022

PUBLIC NOTICE
EBI PROJECT #6122001154
 AT&T Mobility, L.L.C. is proposing to construct a 65 ft. monopole telecommunications tower facility located at 3637 Mission Avenue, Carmichael, Sacramento County, California 95608. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending comments to: Project 6122001154 - KMG EBI Consulting, 6876 Susquehanna Trail South, York, PA 17403, or via telephone at (313)495-0640.
 Carmichael Times February 25, 2022

PUBLIC NOTICE
NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
 Notice is hereby given that the intends to sell the personal property described below to enforce a lien imposed on sold property pursuant, to sections 21700-21716 of the business and professions code, section 2328 of the UCC, section 535 of the penal code and provisions of the civil code. The undersigned will sell at a public sale, by competitive bidding on or after **Wednesday, March 23nd, 2022, at 9:15am** on the Premises where the said property has been stored, and which are located at **Store & Go LLC, 21 Massie Court, Sacramento, 95823.**
 The following delinquent tenants' items described as appearing to be and/or possible: Misc. Furniture, household items, boxes, clothing, tools, art, (contents unknown)
 {Ruiz, Jesse} {Ruffin, Weltha}
 {Hausia, Kaloni J} {Scherr, Phillip}
 {Howard, Katrice Lachelle} {Crumby, Victor Lewis}
 {Smith, Carol Ann} {Navarro, Luis A}
 {Sanchez, Diana P} {Byrd, Chanell}
 Purchases must be paid for at the time of purchase with cash only, all purchased items sold as is, where is, and must be removed at the time of sale. Sale subject to cancellation in the event of settlement between owner and obligated party.
 Dated this **16th DAY OF March, 2022**
 A-Ward Auction
 209-614-7441
 Bond #MS237-04-79 & #MS324-27-45
March 16th, day of publication, 2022
 Carmichael Times February 25 and March 4, 2022

changing the name(s) of Janelle Sheree Flagg to Janelle Sheree Flagg Brown.
 IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 22, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
 Dated: January 31, 2022
 Shama H. Mesiwala,
 Judge of the Superior Court
 Publish: February 18, 25, March 4, and 11, 2022
BROWN 3-18-22

NOTICE OF PETITION TO ADMINISTER ESTATE
 NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY M. THOMAS
 CASE No. 34-2021-00311779
 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 M. Thomas deceased. A Petition for Probate has been filed by Steven Arthur Nelson, in the Superior Court of California, County of Sacramento, requesting Steven Arthur Nelson be appointed as personal representatives to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: May 12, 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: David R. Morris Esq 5137 Golden Foothill Parkway Suite 110 El Dorado, CA 95762 916-789-9810
 Publish: February 18, 25, and March 4, 2022
NELSON 17062 3-4-22

NOTICE OF PETITION TO ADMINISTER ESTATE OF LOUISE E. ROLLINGS, AKA LOUISE ROLLINGS
 CASE No. 34-2022-314772
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Louise E. Rollings deceased. A Petition for Probate has been filed by Myles Rollings, in the Superior Court of California, County of Sacramento, requesting Myles Rollings be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: June 14, 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: David R. Morris Esq 5137 Golden Foothill Parkway Suite 110 El Dorado, CA 95762 916-789-9810
 Publish: February 18, 25, and March 4, 2022
NELSON 17062 3-4-22

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT MELVIN GLIDEWELL
 CASE No. 34-2021-00311420
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Robert Melvin Glidewell deceased. A Petition for Probate has been filed by Sandra Lee Colley, in the Superior Court of California, County of Sacramento, requesting Sandra Lee Colley be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: May 12, 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: Myles Rollings 2637 Gunn Road Carmichael, CA 95608 916-764-2070
 Publish: February 25, March 4, and 11, 2022
ROLLINGS 17062 3-11-22

NOTICE OF HEARING ON PETITION TO DETERMINE CLAIM TO PROPERTY
 To all former clients, heirs, beneficiaries, creditors and contingent creditors of and persons who may be otherwise interested in the trust or estate or both of Frederick Stephenson. A Petition to Determine the Claim to Property has been filed in Superior Court of California, County of Sacramento, requesting the Trustee of the Frederick Stephenson 2020 Trust take legal possession and ownership over the remaining funds held in Frederick Stephenson's Attorney-Client Trust account (U.S. bank Account number 1-534-5501-4404.) If you were a prior client of Frederick Stephenson (California State Bar #39418) and believe you have a claim to the return of fees you paid to him, please contact attorney, Peter A. Galgani, at (916) 498-1357 or contact the Sacramento Superior Court, Probate Division, or appear at the hearing on March 10, 2022, at 9:00 a.m. in Department 129. YOU MAY EXAMINE the file kept by the court. The attorney representing the Petitioner is: Peter A. Galgani, attorney at law 916 Second Street, 2nd Floor, Sacramento, CA 95814. Telephone number 916-498-1357. Due to Covid 19 procedures, all appearances at the hearings must be remote either by telephone (888) 475-4499 or via Zoom at the link: <https://sacourt.zoom.us/j/dep129a>. The Zoom meeting ID# is 689-534-3925.
STEPHENSON 2-25-22

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES
 Sunday Schools (All Ages).... 9:45 am
 Sunday Worship..... 11:00 am
 Sunday Evening..... 6:00 pm
 Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
 (Located one block South of Madison; just East of Dewey)
PASTOR CHARLES CARTER
 CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

Carmichael Times

Serving Carmichael and Sacramento County since 1981

It is the intent of the *Carmichael Times* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Subscriptions should be mailed to *Carmichael Times*, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County.

The *Carmichael Times* is published weekly. Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.

MPG **ENPA** **CIRCULATION VERIFICATION COUNCIL**

Publisher, Paul V. Scholl
Carmichael Times is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.
Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

MPG Employment Opportunities

Employment and Independent Contractor Positions at Messenger Publishing Group

We publish ten local newspapers in the Sacramento Region. Our main office is in Carmichael. We have been publishing for fifteen years and are seeking new qualified employees.

CURRENT WORK OPPORTUNITIES

Office Administration – We are seeking a part-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous office management experience is required.

Production Layout/Graphic Design – This part-time position assists with the layout of the newspapers and works with the production staff to create our weekly newspapers. Must have good working knowledge of InDesign production programs. Must be able to work within our current system and be able to take direction to meet our deadlines. Previous layout experience is a must. This is an entry level position. Work hours are between 8:30 am and 5:00 pm.

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

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

Freelance Contributing Writer – We are seeking local writers for our ten local newspapers, including local sports coverage. These are independent freelance positions compensated on a per article basis. These are work from home positions.

Advertising Services Support – We are seeking a part-time Advertising Services Support person for our newspaper group. This position works in the Carmichael office and works directly with the owner of the company and the advertising/graphics staff. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous office experience is required.

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

Newsstand Delivery Driver – We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position.

Home Delivery Driver – We are seeking home delivery independent contractors for delivery in the Sacramento Region. Compensation is determined on a per piece basis. Delivery begins every Thursday morning and newspapers are picked up at our Carmichael office.

To find out more or to apply:
Email your questions or resume to Publisher@MPG8.com

WEEKLY COMICS

Amber Waves



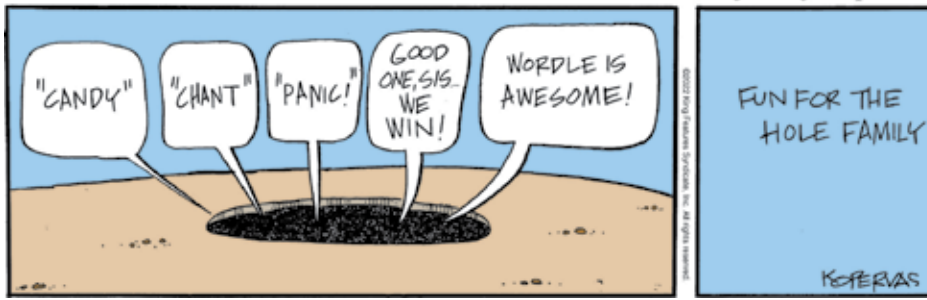
by Dave T. Phipps

The Spats



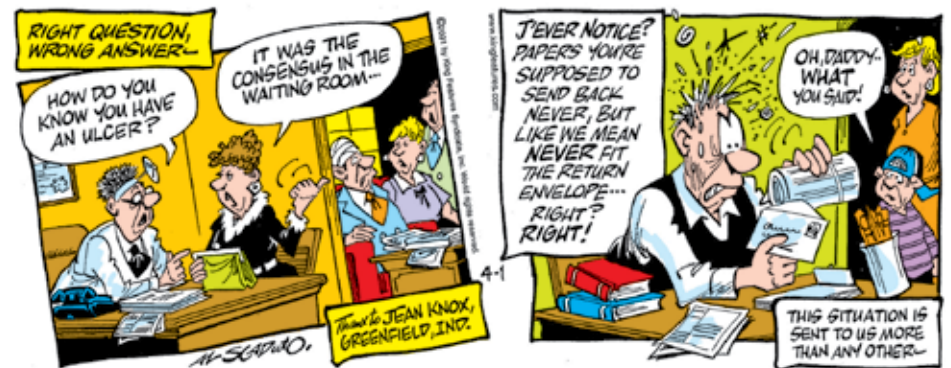
by Jeff Pickering

Out on a Limb



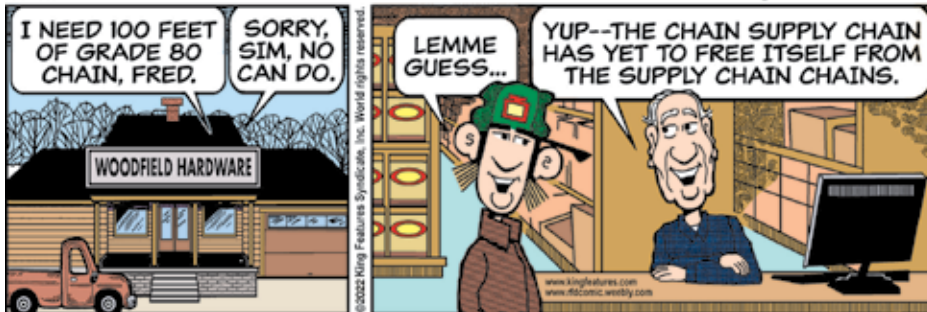
by Gary Kopervas

THEY'LL DO IT EVERY TIME

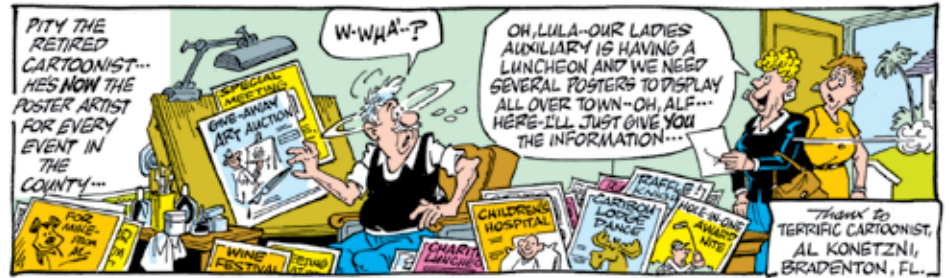


BY AL SCADUTO

R.F.D.



by Mike Marland



PITY THE RETIRED CARTONIST...

Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTZHOFF

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Limit 1 Coupon per family
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ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit: 1 Coupon Per Family
Effective 2/23/22 - 3/1/22

Look for Advertised Sale Items Everyweek at www.petclubstores.com

NATURAL BALANCE DRY DOG FOOD
22-26 Lb Bag
•Lamb Meal & Rice (Reg & Lrg Breed)
•Sweet Potato & Salmon •Sweet Potato & Venison •Sweet Potato & Chicken

Limit 2 Bags Per Family
\$5 OFF
Our Super Low Prices
Effective 2/23/22 - 3/1/22

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties

Limit 2 Cases Per Family
ON SALE Everyday
Effective 2/23/22 - 3/1/22

AVODERM NATURAL DRY DOG FOOD
26-30 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice •Chicken Meal & Rice
•Lite •Senior •Large Breed

\$4 OFF OUR DISCOUNT PRICES!
Effective 2/23/22 - 3/1/22

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER
20 Lb •Unscented •Double Duty
•Clump n Seal •Slide 19 lb
•Absorbx 15 lb

Limit 2 Boxes Per Family
ON SALE
Effective 2/23/22 - 3/1/22

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
Lamb Meal & Rice 30 Lb Bag
•Small Bites (•Adult •Large Breed) \$42.99

Limit 2 Bags Per Family
\$41.99
Effective 2/23/22 - 3/1/22

BLUE BUFFALO CANNED DOG FOOD
12.5 Oz
•Homestyle •Wilderness Only

Limit 1 Case
20% OFF
Our Regular Low Prices
Effective 2/23/22 - 3/1/22

FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD
16 Lb Bag

Limit 2 Bags Per Family
\$11.99
Effective 2/23/22 - 3/1/22

SCOOPAWAY CLUMPING CAT LITTER
42 Lb Bag
•Multi-Cat Formula

Limit 2 Bags Per Family
\$12.99
Effective 2/23/22 - 3/1/22

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

WILDERNESS DRY CAT FOOD
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags
\$5 OFF OUR REGULAR LOW PRICES!

NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER
Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags
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CORE GRAIN FREE DRY DOG FOOD 22-24 Lb Bag
Original \$61.99 •Ocean •Reduced Fat \$64.99

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

PURINA PRO-PLAN CANNED CAT FOOD
•Selected Varieties 3 Oz (Focus & Selected Varieties \$1.09) Limit 1 Case
99¢

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

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

Limit 1 case
EARTHBORN HOLISTIC CANNED CAT FOOD Selected Varieties
•Catalina Catch •Harbor Harvest •Monterey Medley •Chicken Catcicatori 3 Oz. 5.5 Oz.
89¢ \$1.25

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

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

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

ASPEN/PETMATE PET BEDDING & MIDWEST LOUNGERS & BEDS All Varieties
20% OFF OUR SUPER LOW PRICES

PET 'n SHAPE HEALTHY DOG TREATS All Varieties
20% OFF OUR SUPER LOW PRICES

EARTH-RATED WASTE PICK UP BAGS & DOG WIPES
•Unscented •Lavender Scent •Standard •Handle
20% OFF OUR SUPER LOW PRICES

HOME GUARD TRAINING PADS 50 Ct (Value Paw 100 Ct \$13.99)
\$7.99

RADIO SYSTEMS Pet-Safe Pet Doors & Patio Panel Pet Doors All Models •Aluminum •Plastic
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10 Gal Tetra LED Deluxe... \$62.99 29 Gal Tetra LED Deluxe... \$124.99
20 Gal Tetra LED Deluxe... \$104.99 55 Gal Tetra LED Deluxe... \$204.99

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

TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz... \$9.99
Tetrafin Staple 7.06 oz... \$13.99
Tetra Color 7.06 oz... \$13.99

REEF CRYSTALS 50 Gal. Salt Mix
\$19.99

BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/23/22 - 3/1/22
ON SALE Everyday CHM PLU 361

BONUS COUPON FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/23/22 - 3/1/22
\$1.35 CHM PLU 573

BONUS COUPON JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/23/22 - 3/1/22
\$4.19 CHM PLU 362

Ask Toni

Social Security and IRS Scams are Exploding!



Toni King

Reader Alert: I have been informed from clients during a Toni Says® Medicare consultation that they have received either calls on their cell or home phone or by mail from either Social Security or the IRS claiming

that they owe money, are being held liable and that their Social Security check has been suspended due to COVID-19 issues.

America is petrified that one wrong move and they can lose everything they have worked so hard for. Let's discuss what you, your friends or an elderly family member should do if you receive a call or something by mail.

Victims are receiving a telephone call from someone claiming to be from the IRS. They are told that they will be arrested if they do not make a payment immediately and asked to wire money, using Money Gram, Walmart, and other wire services. **Millions of dollars have been stolen from innocent, trusting Americans.**

The IRS will send you a letter not a phone call regarding your IRS account and will not send you an email, text message or reply to anything on social media about your personal tax information.

Below are 5 tell-tale warning signs to tip you off...is it or is not the IRS calling you?

1. **IRS** will not call you to demand immediate payment about taxes you owe without first mailing you a bill.
2. **IRS** does not demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
3. **IRS** does not require you to use a certain payment method for your taxes, such as a prepaid debit card.
4. **IRS** does not ask for credit or debit card numbers over the phone.
5. **IRS** does not threaten to bring in local police or other law-enforcement to have you arrested for not paying.

What should you do if you receive a call that you are not completely confident

whether it was the IRS?

- Immediately hang up.
- Report to the local law authorities that you have received a phone call which is a scam. Treasury agents are catching fraudsters throughout the United States who have defrauded millions from distraught Americans.

Social Security/COVID-19 SCAM:

In March 2020, local Social Security offices closed to the public due to COVID-19 concerns. **However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments due to the current COVID-19 Pandemic.** Any communication you receive that says Social Security will do that is a scam, whether you receive it by letter, text, email, or phone call."

A Social Security Alert is written on the back of the Social Security envelopes informing the public of a Social Security scam. It states, **"!!!SCAM ALERT!!!"** Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal actions. Do not be fooled! If you receive a suspicious call:

1. HANG UP! 2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION Social Security will NEVER!!

1. **Threaten** you with benefit suspension, arrest, or other legal action if you do not pay a fine or fee.
2. **Promise** a benefit increase or other assistance in exchange for payment.
3. **Require** payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
4. **Demand** secrecy from you in handling a Social Security-related problem.

Please be extremely alert when talking to telemarketers because one wrong move and you can lose your personal identity to a scammer.

New 2022 Medicare Survival Guide®, which is a simple guide that puts Medicare in "people" terms, is on sale at www.tonisays.com Email questions at info@tonisays.com or call the Toni Says Medicare hotline at 832/519-8664. ★



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