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Citrus Heights Messenger

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Serving the City of Citrus Heights & Sacramento County

DECEMBER 3, 2021

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PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA

Change Service Requested

Giving Time and Turkey



Volunteers check-in clients at the 2-day event beginning on Thursday, November 18. Photo by Robert Perricone

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG)

- For two days vehicles lined up for a mile waiting to enter the Sunrise Christian Food Ministry on San Juan Avenue. Over the two days, in a 12-hour time span, 1,800 turkeys and accompanying food was distributed to families from Citrus Heights and surrounding communities.

On Thursday, November 18, beginning well before

9 a.m. vehicles were welcomed on-site and lined up in four lanes, over 10 cars deep, ready to receive a turkey for their families.

Over the two days 150 volunteers helped sort, pack and distribute the food, including local student groups from California Northstate University in Rancho Cordova and Sacramento State University who signed up to participate in a hands-on experience helping in

their community. CNUCHS Professor Gloria Poveda and CSUS Community Engagement Center Volunteer & Program Specialist Marisa Warnock, also rolled up their sleeves and worked alongside their students, making the volunteer experience even more meaningful.

Other volunteer groups that came out to help included Kiwanis, Girl Scouts, Sunrise Church, Christ Community Church,

Rock Harbor Church, Advent Lutheran, Amazon, CGI United, as well as new and returning volunteers to the food closet.

According to April Jacek, Volunteer Coordinator, volunteers from throughout the community jumped in to help distribute 1,800 turkey and all the fixings to waiting food closet clients. Once in line volunteers quickly converged on each vehicle to greet clients, get

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COVID-19 Vaccine Booster Update



The Sacramento County Department of Public Health encourages all eligible individuals to get their booster dose as we head into the winter months and holiday season. Photo courtesy Dreamstime

By Samantha Mott, Sacramento County

SACRAMENTO COUNTY, CA (MPG)

- The Centers for Disease Control (CDC) now recommends a COVID-19 booster for anyone 18 or older. After receiving approval from the FDA, the CDC's Advisory Committee on Immunization Practices (ACIP) expanded upon their previous recommendation and has approved and recommends a third "booster" dose for anyone age 18 or older who received a Pfizer and Moderna COVID-19 vaccine.

Those who received the Moderna or Pfizer vaccine series should receive the booster at least 6 months after their second shot. For those who received a J&J/Janssen COVID-19 vaccine, it is recommended that everyone should receive a booster dose at least two months after their initial shot.

Any of the COVID-19 vaccines authorized in the United States can be used for the booster dose, individuals may choose which COVID-19 vaccine they receive as a booster shot. Some people may prefer the vaccine type that they originally received, and others may prefer to get a different booster. The CDC's recommendations now allow for this type of mix and match dosing for booster shots.

The Sacramento County Department of Public Health encourages all eligible individuals to get their booster dose as we head into the winter months and holiday season. We are ordering more vaccine in anticipation of increased demand and remind everyone they can get a dose at sites across the county - in hospitals, physicians' offices, local pharmacies, pop-up clinics, and more.

For more information on boosters and to find your vaccine, visit MyTurn.ca.gov or the Sacramento County COVID-19 Vaccine webpage. ★

Home Away from Home Dinner for Veterans



Hundreds of veterans have passed through these doors since it opened in 2013 under the guidance of owners Jim and Jeanne Rounsavell. Good food, music, and a special camaraderie was shared by all on this special night.

Story and Photos Wby Elise Spleiss

CITRUS HEIGHTS, CA (MPG)

- On November 18, dozens of local veterans, their family and friends gathered at the Citrus Heights Veterans Community Center at 6921 Sylvan Road for an early Thanksgiving feast. The old Sylvan School House has been a home away from home for these men and women who have served their country throughout the world since World War II. ★



Volunteer and dad, Kevin DeCarlo with son, Jackson (10) and center owner Jeanne Rounsavell. Kevin wants his children to meet and appreciate the veterans who have served to protect their country.



Read More at www.CitrusHeightsMessenger.com

United We Shine: 12-Day Giving Campaign



United Way California Capital Region volunteers collect items for a nonprofit partner in fall 2021. The group is asking residents to support its United We Shine campaign by supporting its local nonprofit partners. Photo by Thebaud Communications

By Kristin Thébaud, Thébaud Communications

SACRAMENTO REGION, CA (MPG) - This holiday season, the local United Way is shining a light on its nonprofit partners working to end poverty in the Capital Region. Each day for 12 days starting Nov. 29, United Way's United We Shine campaign will feature a different nonprofit partner that is working to build equity and end poverty in the region, including a specific need each is facing and how local residents can help. To participate, follow United Way California

Capital Region on social media. For more: YourLocalUnitedWay.org/post/United-We-Shine. "We are proud of the work we do at United Way to bring nonprofits together to work toward equitable systems and reduce poverty so all families in our region can thrive," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "After another difficult year, we can come together this holiday season to generously support the important work being done in our community. Over these 12 days, I hope everyone will join us in supporting as

many of our local nonprofits as possible." Featured nonprofits include Community Housing Opportunities Corporation, St. Vincent de Paul Sacramento Diocesan Council, Urban Strategies Inc., Computers 4 Kids, Yolo County Children's Alliance, Amador Tuolumne Community Action Agency, Bless Child Community Association, YMCA, Sacramento County Gifts from the Heart, New Morning Youth and Family Services, and Empower Yolo. On Nov. 30, Giving Tuesday, United Way will share more about the work it is doing and how local residents can get involved. For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. With a mission to build stronger, healthier and more compassionate communities, the local United Way starts at square one: helping every family succeed so their community can too. Serving Amador, El Dorado, Placer, Sacramento and Yolo counties, the local United Way is working to meet its 20-year commitment to significantly reduce poverty in the region by helping kids excel in school, investing in families, creating meaningful partnerships and organizing to lift impacted families. For more information or to make a donation, visit YourLocalUnitedWay.org. ★

SMF Holiday Travel Tips



SMF wants travelers to know there are many ways to get to their destination without carrying on all the stress. Taking the time to plan ahead will help travelers get through the terminals with ease. Photo courtesy pixabay

By Scott Johnston, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Demand for travel is back and this holiday season has the potential to be busier than ever. Online booking sites are predicting Thanksgiving passenger levels could be twice that of 2020 levels and 75 percent of 2019. Sacramento International Airport (SMF) wants travelers to know there are many ways to get to their destination without carrying on all the stress. Taking the time to plan ahead will help travelers get through the terminals with ease. Make a list of all travel essentials. Don't forget masks (more on that in a moment), antibacterial wipes and disinfectant; Pay attention to travel protocols. Depending on the destination, safety and vaccination requirements may be different than those at home; Transportation Security Administration (TSA) procedures have changed since the pandemic. Everyone is required to wear a mask and maintain social distance while in the security line and on the airplane, so bringing extra masks is recommended. Keep these helpful tips in mind when arriving at SMF: **Parking:** The East Economy Lot (\$10/day), Daily Lot (\$12/day), Garage (\$18/day) and Hourly Lot (\$29/day) are open for parking. Cash is no longer accepted at cashier booths in any parking lot. Customers paying with cash will need to do so prior to returning to their vehicle. Payment can be made at one of the self-service pay-on-foot kiosks located in the Parking Garage and outside Terminal B. Bus service will be provided 24/7 to and from the terminals from both the East Economy, Parking Garage and Daily Lot.

Wait times for busses can be up to 20 minutes. For more information, please visit the parking webpage. **Boarding Pass Self-Scanning:** Passengers will scan their own boarding passes and not hand them over to TSA employees. **Liquids:** Must be 3.4 ounces (100ml) or smaller with the exception of hand sanitizer, which can be in a 12-ounce container. Items must be removed from baggage before it goes through the X-ray and will be screened separately. **Food:** Passengers bringing meals on their flights should place them in a clear plastic bag, and in a separate tray from their luggage, for scanning. **Be Patient:** Like many businesses, TSA has suffered from a staffing shortage. Allow extra time for every part of your travel journey, just in case. **Touchless Security:** Get through security checkpoints faster with CLEAR, a digital health passport that uses biometrics to scan your eyes and face to confirm your identity in a touchless process. Learn more or opt-in for membership here. If you are feeling a bit stressed out, be sure to stop by and say hello to the wonderful pups that make up SMF's BARC (Boarding Area Relaxation Corps) team. These dogs and their handlers are there to help calm nerves and relax passengers before and after flights. The Center for Disease Control and Prevention (CDC) has released its recommendations for safe holiday travel, which is worth reviewing before you head out on vacation. As always, it is recommended travelers arrive two hours early in anticipation of additional security screenings. For more information, visit our website. ★

KP International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

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

NOW OPEN! KARAOKE & FOOD COURT

FROZEN & FISH DEPT

REG. \$9.99/EA

\$7.99

/ea

Frozen Tilapia Fillets
2 lb Bag

Breaded Calamari Rings
2 lb Box

\$10.99

/ea

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

Beef New York Roast - Boneless

\$4.79

/lb

Shoulder Steak & Espadilla

\$4.29

/lb

40 lb Box Tyson

\$25.99

/box

Beef New York Steak - Boneless

\$4.99

/lb

Beef Cross Rib/Shoulder Roast

\$3.99

/lb

Chicken Drumsticks

69¢

/lb

Pork Neck Bones

\$1.39

/lb

Country Style Pork Loin Ribs - Bnls

\$1.99

/lb

Pork Tenderloin

\$2.99

/lb

FRESH PRODUCE

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

Peeled Garlic
5 lb Bag

2.59

Beta

79¢

Ginger Roots

1.59

Oranges
10 lb Bag

4.49

Golden Kiwi

2.53

Sweet Tamarind

4.99

Hawaiian Purple Yams

2.59

King Oyster Mushrooms

3.99

AMERICAN/HISPANIC GROCERY

CH C&R Granulated Sugar
4 lb

\$2.99

Garden of Eatin' Cookies
16 ct

99¢

Maxima Corn Oil
40 fl oz

\$3.99

TAT Charmin Mega Roll Toilet Paper
12 Rolls

\$11.99

CVT Langer's Apple Juice
64 fl oz

\$1.99

ASIAN GROCERY

Sealed Seasonal Shrimp
14 lb oz

\$2.99

Sweet Peas
20 oz

\$3.99

Coconut Milk

4/\$3

Rice Cracker
373 ct

\$1.29

Instant Jumbo Coffee
5.3 oz

\$1.99

EUROPEAN GROCERY

Delicat Pickled Cucumbers
Gross Wt 22.9 oz

\$3.99

Salted Peas
1 lb

\$6.99

Almond Corn Oil
No. 1 - 100 T-3

\$4.99

Salted Organic Berries
Tea - 15 T-3

\$4.69

Salted Sugar Chocolate in Light Syrup
10.5 oz

\$7.99

KOREAN/JAPANESE GROCERY

Wondang Soybean Paste
15 lb

\$13.99

Soybean Paste
15 lb

\$4.99

Sealed Sweet Peas
20 oz

\$3.99

Sealed Soybean Paste
15 lb

\$4.99

Sealed Soybean Paste
15 lb

\$4.99

Sealed Soybean Paste
15 lb

\$4.99

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HAMILTON BEACH KITCHENWARE
Kitchen Utensils & More

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\$39.99

DISPOSABLE PLATES
100 ct

3.99

DISPOSABLE CUPS
100 ct

5.99

HAIR DRYER
1000 WATT

12.99

HAIR DRYER
1000 WATT

3.99

3-YEAR OLD RED COUNTRY EXTRACT
100 T-3

69.99

FROZEN & FISH DEPT

Cooked Wild Cold Water Shrimp
1.5 lb

\$6.99

/ea

SEAFOOD

\$6.99

/ea

EUROPEAN DELI

Columbus Applewood Stacked Bacon

\$7.59

/lb

Columbus Pan Roasted Turkey Breast

\$7.79

/lb

Kriechmar Oven Roasted Turkey Breast

\$5.19

/lb

ALL PURPOSE

\$5.69

/lb

Advised 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 1 - DECEMBER 7, 2021.

Advised 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 1 - DECEMBER 7, 2021.

Giving Time, Turkeys



Volunteers pack goodie bags for distribution. Photo by Robert Perricone

Continued from page 1
 them checked in and deliver a turkey for each registered family in the vehicle, along with fresh produce and baked goods, when available, and an accompanying goodie bag. Volunteers working at check-in were surprised to learn that about 40

percent of the families that lined up were new to the Sunrise Food Closet and the Sacramento Food Bank system. Once registered, these families can return to the Sunrise and other participating agencies to receive additional food resources for their families.

The Sunrise Christian Food Ministry returns to their regular distribution schedule, Monday-Friday, 10:30am-2:00pm, on November 29.

Anyone wishing to donate or volunteer can find additional information at www.sunrisechristian-foodministry.org. ★

Light up the Holidays

SMUD News Release

SACRAMENTO REGION, CA (MPG) - Many people will fill their homes with lights this holiday season. But before you hang them with cheer, check out our tips on how to be safe and save money this holiday season.

Money-saving tips:

Switch to LED holiday lights. LED lights come in a variety of colors and use nearly 80 percent less energy than conventional lights. LED holiday lights are cool to the touch and generally much more durable than incandescents. You can even buy LED holiday lights at SMUDEnergyStore.com. SMUD energy experts have done the work for you and selected a variety of high-quality lights for you to choose from.

Use a programmable timer so your lights are only on when you want them to be. There are many options out there, including some "smart timers" that work with your smart phone.

Safety tips:

Inspect all of your holiday decorations and look for broken or cracked sockets and frayed or bare wires. Damaged light sets should be immediately discarded; When installing lights from a ladder, stay away from all overhead power lines and electrical service lines, and take your time moving up and down the ladder. Most injuries related to holiday lights involve falls from ladders; Avoid installing holiday lights from or on your roof unless using proper safety gear, including a harness or guardrails; Only use Underwriters Laboratory (UL) or

Factory Mutual (FM) approved electrical devices, extension cords and lights. These approvals indicate the product has been tested for electrical safety and reliability when used as advertised; Always follow the manufacturer's instructions when stringing lights. Most brands recommend against connecting more than three sets of lights or combining LEDs and other types of lights in a single strand; Use one long extension cord instead of linking several shorter ones. And never run extension cords through standing water or across walkways.; Always unplug lights and electrical cords before connecting and hanging them; Keep paper, ribbon and other decorations away from holiday lights.; Unplug or turn off all decorative lights before going to bed or leaving your home; Make sure outdoor electrical outlets have shock-protecting Ground Fault Circuit Interrupters (GFCI).

About SMUD

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity to Sacramento County for more than 75 years. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies and for its sustainable solutions for a healthier environment. In 2020, SMUD's power supply was more than 60 percent carbon free and SMUD has a goal to reach zero carbon in its electricity supply by 2030. For more information on SMUD's Zero Carbon Plan and its customer programs, visit smud.org. ★

CHP Combats Retail Theft

CHP News Release

SACRAMENTO, CA (MPG) - With the holiday shopping season in full swing, the California Highway Patrol (CHP) is collaborating with local law enforcement agencies to aggressively investigate organized retail crimes, make arrests, and recover stolen merchandise from brick-and-mortar and online retail stores throughout the state.

The CHP's Organized Retail Crime Task Force (ORCTF) assists local law enforcement agencies and pursues leads, identifies suspects, and supports criminal investigations. Immediately following the high-profile burglaries in the Bay Area this weekend, the CHP contacted the local agencies investigating the crimes and offered assistance. As a result, effective immediately, the CHP is increasing patrols on the freeway corridors adjacent to major shopping centers.

Since its creation in 2019, the CHP's ORCTF, in conjunction with local law enforcement agencies, has participated in 773 investigations, made 240 arrests, and assisted in the recovery of more than \$18.9 million in merchandise.

"The CHP remains steadfast in its efforts to help reduce organized retail theft," CHP Commissioner Amanda Ray said. "We are collaborating with local law enforcement and district attorneys to apprehend and prosecute the criminals involved in this nefarious activity."

As California's state law enforcement agency, the CHP can assist local authorities with complex investigations that extend beyond their jurisdictions or as requested.

The ORCTF provides local law enforcement with logistical support and resources, including personnel and equipment. Every ORCTF team throughout the state shares information between law enforcement agencies and California's retailers, and has committed CHP detectives to investigate these crimes and enhance the safety of the public as they shop throughout California.

According to the National Retail Federation, organized retail theft accounts for an estimated \$30 billion in economic loss each year nationwide. Organized retail theft typically involves a criminal enterprise with multiple theft rings at numerous retail stores and uses a fencing operation to sell the stolen goods. Retailers carry losses from theft on several levels and ultimately the cost is passed on to consumers through price inflation to offset the economic loss.

If you observe organized theft:

Do not attempt to intervene; Note what the people involved look like; If possible, obtain a license plate and vehicle description; Be cautious – multiple suspects can be involved in these thefts; Report all suspicious activity to the store manager or police when safe to do so; Submit pictures or video of the suspects or criminal activity to law enforcement, if you can do so safely; Report organized retail theft incidents to CHP online at: <https://www.chp.ca.gov/notify-chp/organized-retail-theft-program>.

The ORCTF's efforts are consistent with the CHP's mission to provide the highest level of Safety, Service, and Security to the people of California and are in line with the CHP strategic goal to protect life and property. ★

Got Haz Wastes?



Properly Dispose of Your Household Hazardous Wastes (HHW)

HHW can be a danger to humans, pets, and our environment. Learn how you can help keep Citrus Heights safe and clean by properly disposing of HHW – for **FREE!**

WHAT IS HHW?

HHW is the leftover portion of household products that contain toxic chemicals, such as paint, cleaners, and products with warning labels. These wastes **CANNOT** be disposed of in your regular garbage.

HOW SHOULD I DISPOSE OF HHW?

Residents can drop-off their HHW at this location for **FREE:**

North Area Recovery Station (NARS)

HHW Facility
 4450 Roseville Road
 North Highlands

Open Tu-Th-Fr-Sat 8:30 am – 4 pm
 (916) 875-5555

Visit the site for a list of acceptable items and other important information.

www.CitrusHeightsRecycles.com

Get the Citrus Heights Recycles App

What to recycle...when to recycle... and more!



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SAFE Credit Union Selects Its First Woman President/CEO



Dave Roughton

SAFE Credit Union Press Release

FOLSOM, CA (MPG) - SAFE Credit Union announced that Dave Roughton will retire as President and CEO effective December 31, 2022. Roughton will be succeeded by Executive Vice President/Chief Credit Officer Faye Nabhani, who will be the first woman President/CEO in the credit union's history.



Faye Nabhani

"On behalf of SAFE Credit Union, thank you to Dave Roughton for his vision and leadership to build a strong credit union and position it for success into the future," said Terrance Tremelling, Chair of the SAFE Credit Union Board of Directors. "SAFE has been fortunate to have Dave at the helm for the past six years. Under his stewardship, SAFE doubled in size from \$2.14 billion to over \$4.3 billion, and from 192,000 members to more than 240,000. Dave also led a momentous investment in the Greater Sacramento region by partnering with the City

of Sacramento to secure the naming rights to the SAFE Credit Union Convention & Performing Arts District."

Roughton also inaugurated diversity, equity, and inclusion initiatives at SAFE; expanded technological solutions benefiting the credit union and its members; and deepened the credit union's influence on the community through expanded philanthropic and advocacy measures. Roughton further strengthened SAFE's ties to the regional business community through serving as Chair of the Sacramento Metropolitan Chamber of Commerce and as a board member of the Greater Sacramento Economic Council. He fostered a workplace culture that led SAFE to be named a Best Place to Work in the Sacramento region for four years in a row.

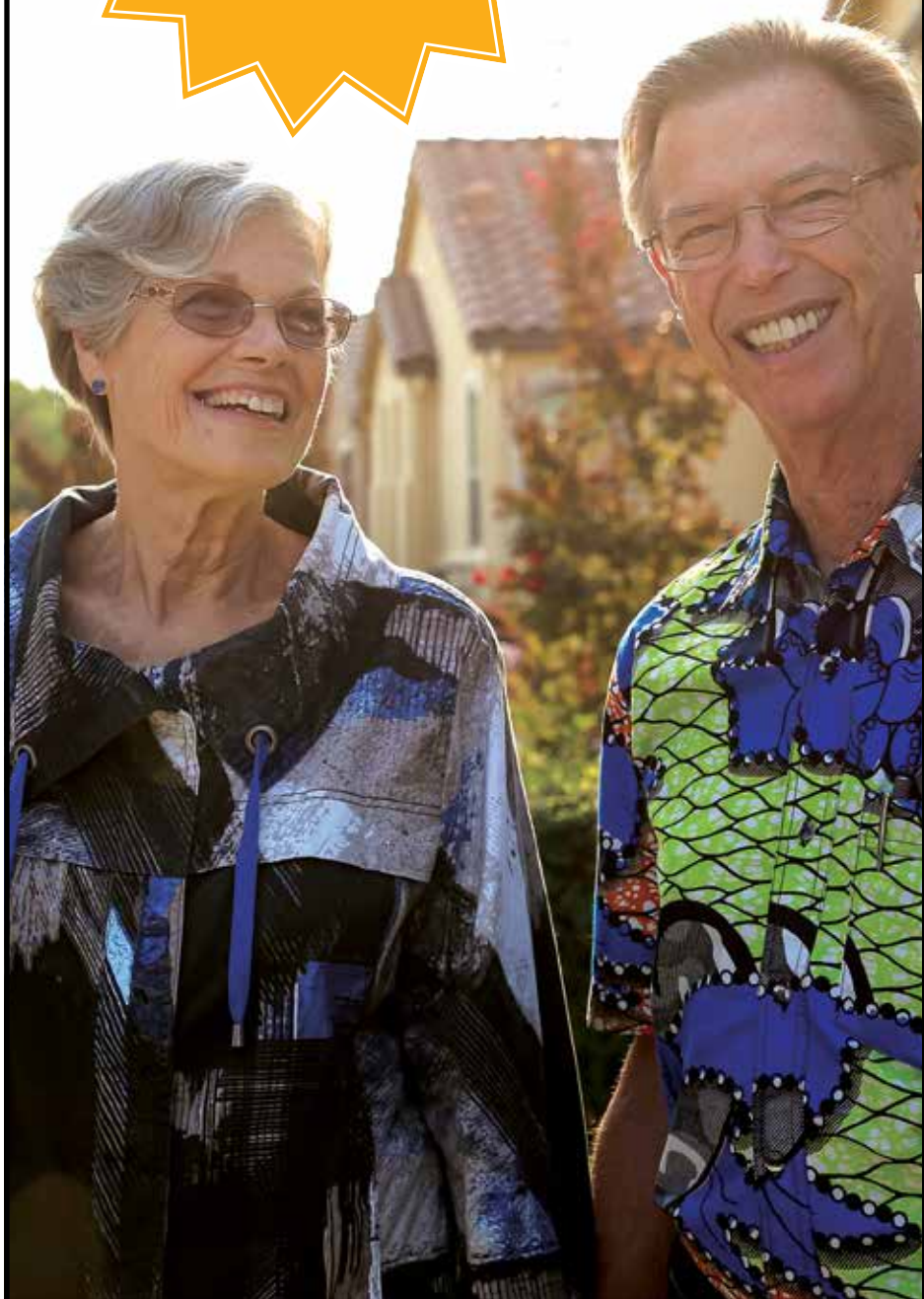
Faye Nabhani joined SAFE in 2016 as Executive Vice President/Chief Credit Officer, overseeing the credit union's successful lending programs, including mortgage, auto, credit, and commercial. During her tenure, she oversaw a 52% growth in SAFE's loan portfolio. She accomplished this remarkable growth with minimal FTE increases by consolidating loan operations around the organization into one team structure. She also implemented technological upgrades to facilitate online loan applications. In response to the economic impact of the COVID-19 pandemic, Nabhani led efforts that provided more than \$250 million in assistance to SAFE members through no- and low-interest emergency loans, forbearance, partial payment programs, waived fees,

and the Paycheck Protection Program.

Faye provides organizational leadership, strategic vision, and lending expertise as a key member of SAFE's Executive Management Team. Faye is also the strategic leader and executive sponsor of SAFE's core system conversion to Fiserv DNA, which will be completed in April 2022. As part of the leadership transition, Nabhani will become President as of January 1, 2022, and take on the combined President/CEO role on January 1, 2023. She will be the first woman President/CEO in SAFE's 80-plus-year history.

"I am deeply honored to be the next President/CEO of SAFE Credit Union," Nabhani said. "SAFE is a strong credit union and key corporate citizen in the region. I look forward to continuing to find new and innovate ways to better serve SAFE's members. SAFE will always be a partner to our community through philanthropy, corporate engagement, and by providing financial health to our members. Dave has pushed SAFE to new heights and I'm looking forward to guiding it through its next chapter."

Prior to joining SAFE, Faye worked for KeyPoint Credit Union in Santa Clara, California, for 22 years in a variety of credit operations and management positions, including most recently as their Chief Lending Officer. Faye has served as a member of various boards of directors, including MBL LLC (now CUBG), as an Executive Committee Member of the Credit Union National Association Lending Council. ★



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SacGreenTeam.com

REDUCE WASTE, REUSE & RECYCLE FOR THE HOLIDAYS

Give the holiday tree a proper send-off and a new life as beneficial mulch or biofuel! Residents can **RECYCLE** live holiday trees by dropping them off, Jan. 8 - 9, 2022. Visit SacGreenTeam.com for details.

From gifts you receive, **REUSE** bows, gift bags, boxes and wrapping paper. And, always use wrapping paper that can be recycled - e.g., no foil paper, tape, bows, etc.

Make a list to plan your holiday meal and buy just what you need. Store or preserve your leftovers (e.g., freeze slices of turkey or pie for another time). Let's **REDUCE WASTE!**

California Housing Crisis Drifts Toward Political War



By Dan Walters
CALMatters

The long-simmering conflict between state officials and local governments over housing construction – or the lack thereof – escalated this month and may be headed for a showdown at the polls next year.

Citing a stubborn shortage of housing that drives up housing prices and rents, the state has been pressing local governments, particularly cities, to encourage construction through zoning and pro-development policies. To make their point, legislators and governors have enacted new laws aimed at overcoming local not-in-my-backyard resistance to housing projects.

Attorney General Rob Bonta, armed with new authority, has stepped up the pressure by creating a new 12-member Department of Justice task force that will, he said, more strictly enforcing pro-housing laws.

Bonta hinted of more lawsuits against cities that fail to meet state-imposed quotas for zoning land for housing, a strategy that has been used occasionally in the past.

“That’s certainly an area of interest and an area where we can be more involved,” Bonta said during a virtual news conference. “We will be looking at cities to see if they are meeting their

obligations under the law.” Bonta’s announcement drew sharp criticism from the League of California Cities.

“The comments made during the attorney general’s press conference today, demonizing all cities for things they do not control, will not put roofs over the heads of Californians,” the organization’s executive director, Carolyn Coleman, said. “Cities do not build homes, and for years have endured whiplash from the state’s scattershot approach to passing housing laws that are often in direct conflict with each other and counterproductive to our shared goals to increase housing supply.”

More or less simultaneously, the state Department of Housing and Community Development put San Francisco on notice that the city’s recent rejection of two housing projects could run afoul of state law.

It ordered the city to provide “reasoning and evidence” for blocking more than 800 units of housing. Pro-housing groups have complained that cities often use the permitting process to stymie projects, even when they are being proposed for property zoned for housing, and recent law changes are aimed at preventing such arbitrary actions.

Meanwhile, the state’s pressure on local officials to sanction more housing could be tested with a ballot measure next year.

Angered by passage of two new state laws that open up more land for multi-family projects, Senate Bill 9 and Senate Bill 10, some city officials are proposing

an initiative measure that essentially would bar the state from overriding local land use laws.

The proponents have formed a new organization, Our Neighborhood Voices, to promote the initiative with “major funding from AIDS Healthcare Foundation.” It is a Los Angeles-based organization that has promoted pro-rent control and anti-development measures in the past and whose president, Michael Weinstein, has become a polarizing figure in California’s perennial housing debate.

Our Neighborhood Voices contends that the two laws essentially strip local officials and residents of their ability to shape the ambience of neighborhoods and allow developers to do whatever they want to do without local input.

“Voters strongly oppose the new state laws that strip our ability to speak out about what is happening literally right next door to our homes,” said Bill Brand, mayor of Redondo Beach, as the organization released a poll that found strong support for the proposed ballot measure.

On multiple fronts, therefore, California’s skirmishing over control of housing development is escalating into all-out political war as state officials increase pressure on local officials and they try to erect a legal wall to protect their traditional land use authority.

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



Harris v. Buttigieg would be the GOP’s Dream Primary

The GOP has had plenty of reason for good cheer in recent months.

Nothing can compare, though, with the glad tidings of a potential showdown between Vice President Kamala Harris and Transportation Secretary Pete Buttigieg to be Biden’s successor in 2024 should he decide not to run for reelection.

Surely, there would be other serious candidates in that circumstance, but there is no doubt that Harris and Buttigieg would be high on the list of potential contenders, as various journalistic outfits have noted over the past week.

As it happens, they exemplify the contemporary Democratic Party’s electoral deficiencies, while bringing their own flagrant personal political weaknesses to the equation.

If this is really the choice Democrats would face should Biden decline to run, they better hope he defies age, bounces back to robust political health, and is prepared to serve again well into his 80s.

Harris flamed out in the 2020 Democratic nomination well before the Iowa caucuses, unable to settle on a message or political identity. Her staff was obsessed with the progressive hot-house of Twitter, which is a powerful device for creating a false sense of what real voters, even

Democratic primary voters, care about.

As vice president, she’s basically picked up where her desultory campaign left off. In the latest USA Today/Suffolk University poll, Harris had a dismal 28% approval rating. It’s difficult to rate that low without getting indicted or suffering some other embarrassing scandal.

Her allies, of course, complain that she’s being treated unfairly because she’s a woman of color. This fixation on race and gender plays much better with the left-wing activist class than with the public. The simpler explanation for Harris’ woes is that she’s a below-average politician serving under an unpopular president.

Pete Buttigieg has had a happier tenure. With his surprising success in the 2020 Democratic primary, he bootstrapped himself into a Cabinet position and is now enjoying a windfall of resources thanks to the infrastructure bill.

He embodies, to a fault, the party’s growing strength among college-educated whites. He’s smooth, credentialed, hyper-articulate and a quick study who knows enough – sometimes just enough – to charm and impress journalists and other white-collar creative types.

If a management consultant were to design a progressive white Democrat in a bottle, the result would look a lot like Buttigieg, himself a former management consultant.

It’s become increasingly clear, though, that the Democratic Party’s new base among college-educated voters is a

trap if it is pursued to the exclusion of an appeal to working-class voters. The party’s poor standing with non-college-educated voters has begun to show up in eroding support among Latinos, a constituency that was presumed to be a key pillar of the Obama-crafted “coalition of the ascendant.”

A successful post-Biden Democratic future is more likely to be found in the likes of New York Mayor-elect Eric Adams than Harris or Buttigieg.

He is an African American former cop with a hard-knocks upbringing that gives him working-class street cred. He knows that woke bromides aren’t the way to appeal to African American voters, who put him over the top in the Democratic primary. He’s a standard progressive in many respects, but he has proven immune to fashionable left-wing causes. He not only defused a hot-button cultural issue – namely, crime – he campaigned on it and made it a strength, an ability that most national Democrats have lost as the party has moved left since 2016.

It’s far too early to know how his City Hall tenure will actually turn out, but Adams has the qualities and approach that, in theory, could be fruitful for Democrats nationally.

Meanwhile, even if the GOP is on a roll at the moment, it shouldn’t get its hopes up. At the end of the day, a 2024 Democratic primary dominated by Harris and Buttigieg is probably too good to be true.

Rich Lowry is editor of the National Review.

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Social Security Matters

Should I Take My Widower Benefit Now?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I lost my wife 7 years ago. I was told that I could possibly collect 30 to 35% of her benefit as a widower benefit when I turned 60. I will be 61 soon. Would it make sense to pursue this if it is true? I am still working full time. Would this affect my ability to collect Social Security on my own account once I retire? **Signed: Working Survivor**

Dear Working: Survivor benefits for a widower can be paid as early as age 60 if you have not remarried prior to that. But collecting a survivor benefit before you have reached your full retirement age (your "FRA", which is age 67) creates some other considerations you should be aware of:

- Your survivor benefit will be based upon the SS benefit your wife was entitled to at her death. Taken at your FRA you'd get 100% of the SS amount your wife was entitled to at her death, but if taken any earlier than your FRA the survivor benefit will be reduced.
- Taken before your FRA, your survivor benefit will be actuarially reduced according to the number of months prior to your FRA it is claimed. The reduction amount is 4.75% less per full year earlier than your FRA, and that is a permanent reduction. If you take your



survivor benefit at age 61, you'll get 71.5% of the SS benefit your wife had earned up to her death.

- Since you're not yet receiving your own SS retirement benefit, you can take your survivor benefit first and allow your personal SS retirement benefit to grow. Assuming your personal SS retirement benefit will be more than your survivor benefit, you can switch from your survivor benefit to your SS retirement benefit at any time after you are age-eligible to do so (age 62). You can also, if you wish, choose to continue your survivor benefit up until your personal SS retirement benefit reaches maximum at age 70. At age 70 your own benefit will be 24% more than your FRA benefit amount.

- If you claim the survivor benefit before your FRA and you are still working, you'll be subject to Social Security's "earnings test" which limits how much you can earn before SS takes away some of your benefit. The earnings limit for 2021 is \$18,960 (the 2022 limit is \$19,560) and if your earnings from work exceed that amount, SS will take back benefits equal to \$1 for every \$2 you are over the limit.

So, although you can claim a survivor benefit from your deceased wife now (and allow your own SS benefit to grow), practically speaking you may not be able to get a survivor benefit if you are

working full time and earning considerably more than the annual earnings limit. In other words, the penalty for exceeding the earnings limit may entirely offset the survivor benefit you are entitled to. If you're over the earnings limit by only a small amount, you'll only lose benefits for the number of months needed to repay what you owe. And for clarity, in the year you attain FRA the earnings limit goes up by about 2.5 times and the penalty is less (\$1 for every \$3 you are over the limit), and once you reach your full retirement age there is no longer a limit to how much you can earn. To avoid the earnings test, you could also choose to wait until your FRA to maximize your survivor benefit and then wait until age 70 to claim your maximum SS retirement benefit.

Regardless of when you claim your survivor benefit, your own SS retirement benefit won't be affected. Your SS retirement benefit, which will replace your smaller survivor benefit, will be based solely on your lifetime earnings history and the age at which you claim it.

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Dare to Live Without Limits

by Bryan Golden

Make Your Own Luck



What exactly is luck? Why do some people appear to be luckier than others? Is luck a question of chance, fate, or are there things you can do to improve your luck? Actually, being lucky isn't just a matter of luck at all.

Luck is a combination of attitude, mental orientation, preparation, and opportunity. Typically, lucky people have an approach of possibility whereas unlucky people have a mindset of impossibility.

Those with consistent bad luck expect to have bad luck. They advertise their expectations with statements such as, "I know this won't work," "Nothing ever goes right for me," "Why can't I ever catch a break," and "There's a dark cloud that follows me."

People with good luck seek solutions rather than fixating on problems. They understand that every impediment has a resolution. They are flexible in their thinking and not locked into patterns of behavior. Their outlook allows them to find opportunity where others see only roadblocks, failure, and despair.

When a person believes they have only bad luck, they tend to attract more bad luck. This creates a vicious self-fulfilling prophecy. No one is predestined for good or bad luck. If you want more good luck, there are steps you can take to bring it about.

Keep your Outlook Flexible

Imagine the following scenario. You are standing

at one end of a long hallway. Your destination is a door at the other end. As you walk down the hallway, you pass other doors which are slightly open.

Unlucky people will direct all of their attention on the door at the end. They will walk past the other doors without investigating what is on the other side. Behind the other doors lie potential opportunities. When they are bypassed, there is no chance of benefiting. When they discover what they missed, unlucky people will lament how unlucky they were.

Lucky people will look into each room. They will still have the door at the far end as their destination, but they won't ignore the others. This strategy positions lucky people to take advantage of unexpected and unplanned opportunities along their journey.

To increase your luck, maintain an awareness of what is around you. Don't go through life with blinders that hide opportunities.

Look for the Upside

Regardless of the circumstances you encounter, you have to figure a way to make the best of them. Lucky people consistently look for what they can learn or extract from every situation. This technique enables them to recover faster and get back on track. They always maintain a mental determination to overcome whatever obstacles are encountered. They feel they are lucky because things could have been

worse.

Unlucky people wallow in self-pity and become consumed with the negative. They can't see anything positive and feel and act like a victim. They won't take responsibility for their situation and therefore don't believe they have the power of self-determination. Whatever may happen, they get frustrated with how bad things are.

To increase your luck, don't lose sight of the fact that there is always a lesson to be learned and invariably a way out that will make you stronger. There is a solution to every problem.

Think and Act as if you are Lucky

Develop an attitude that no matter what happens, you are lucky. As a lucky person, you have the ability to make the best of every situation. Act like a lucky person. Don't talk about or dwell on problems. Concentrate on and discuss solutions.

You can become lucky. Luck is when attitude and preparation meet opportunity. Since each day is replete with new opportunities there is more than enough luck for everyone.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columbianist.com or write him c/o this paper. © 2021 Bryan Golden ★

CLG NEWS UPDATES

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NIH Director: Identify Those Who Spread 'False Information' Online and 'Bring Them to Justice' | 22 Nov 2021 | The National Institutes of Health (NIH) Director Francis Collins has warned against "misinformation" online and suggested that those who spread misinformation should be "brought to justice." Collins made the comments in defense of his colleague Dr. Anthony Fauci, who he says has been subjected to harassment over "misinformation." "Conspiracies are winning here. Truth is losing. That's a really serious indictment of the way in which our society seems to be traveling," said Collins in an interview with The Washington Post... Suggesting that people who spread allegedly false claims should be "brought to justice" is unconstitutional.

Biden's Bounty on Your Life: Hospitals' Incentive Payments for COVID-19 | 17 Nov 2021 | Upon admission to a once-trusted hospital, American patients with COVID-19 become virtual prisoners, subjected to a rigid treatment protocol with roots in Ezekiel Emanuel's "Complete Lives System" for rationing medical care in those over age 50. They have a shockingly high mortality rate. How and why is this happening, and what can be done about it? As exposed in audio recordings, hospital executives in Arizona admitted meeting several times a week to lower standards of care, with coordinated restrictions on visitation rights. Most COVID-19 patients' families are deliberately kept in the dark about what is really being done to their loved ones. The combination that enables this tragic and avoidable loss of hundreds of thousands of lives includes the CARES Act, which provides hospitals with bonus incentive payments for all things related to COVID-19 (testing, diagnosing, admitting to hospital, use of remdesivir and ventilators, reporting COVID-19 deaths, and vaccinations) and waivers of customary and long-standing patient rights by the Centers for Medicare and Medicaid Services (CMS).

Thomas Jefferson statue removed from City Hall after 187 years | 22 Nov 2021 | Thomas Jefferson is no longer in the room where it happens. Art handlers packed up an 884-pound statue of Jefferson in a wooden crate Monday after a mayoral commission voted to banish the likeness of the nation's third president from City Hall where it resided for nearly two centuries -- because he owned slaves. About a dozen workers with Marshall Fine Arts spent several hours carefully removing the painted plaster monument from its pedestal inside the City Council chambers and surrounding it with sections of foam and wooden boards. They then lowered the massive structure down the stairs leading to the building's first-floor rotunda with a pulley system and ushered the Founding Father out the back door.

Australian Army Begins Transferring COVID-Positive Cases, Contacts to Quarantine Camps | 23 Nov 2021 | The Australian army has begun forcibly removing residents in the Northern Territories to the Howard Springs quarantine camp located in Darwin, after nine new Covid-19 cases were identified in the community of Binjari. The move comes after hard lockdowns were instituted in the communities of both Binjari and nearby Rockhole on Saturday night. "Residents of Binjari and Rockhole no longer have the five reasons to leave their homes," said Northern Territory chief minister, Michael Gunner, referring to the country's five allowable reasons to avoid lockdown (buying food and supplies, exercising for up to two hours, care or caregiving, work or education if it can't be done from home, and to get vaccinated at the nearest possible location). "They can only leave for medical treatment, in an emergency, or as required by law." "It's highly likely that more residents will be transferred to Howard Springs today, either as positive cases or close contacts," he continued, adding "We have already identified 38 close contacts from Binjari but that number will go up. Those 38 are being transferred now." ★

Don't Neglect Long-Haul Covid in the Panic Over Delta

Commentary
by Dr. Jeffrey Gold

Long Covid" is one of many scary phrases that have barged into our vocabulary since the pandemic upended global life.

Those who have it are afflicted with a Covid that seems never to go away. With the present panic over the Delta variant, there's a danger that we will not accord this slow-burn condition the attention it deserves.

With symptoms ranging from severe fatigue and lightheadedness to anxiety and, in some extreme cases, psychosis, these long-haul patients are begging for help. Studies indicate that as many as three out of 10 people infected with Covid-19 may experience long Covid. Yet, doctors struggle to find an explanation.

Another problem is that almost all studies of long Covid focus on the unvaccinated. Little research has been done on "breakthrough infections" -- the contracting of Covid-19 after vaccination. Preliminary research suggests that symptoms can endure for up to six weeks in breakthrough cases.

What makes long Covid so puzzling is the variety of possible symptoms, of which there are potentially hundreds. Patients report shortness of breath, fever, difficulty concentrating, and skin conditions. Some patients experience hearing loss. Still others report fatigue so severe that they struggle to get out of bed. There's no diagnostic test for long Covid, and brain MRI scans and other tests fail to yield results.

But this list of symptoms also gives researchers multiple vantage points from which to study the condition.

Some scientists theorize that fighting Covid-19 leaves behind viral particles that trigger a generalized cycle of inflammation long after the body has defeated the pathogen itself. Others think the virus may burrow in human tissues, allowing it to surface sometime later when immunity weakens.

In select cases, doctors have diagnosed patients complaining of long Covid

symptoms with a rare condition known as postural orthostatic tachycardia syndrome (POTS). The condition often appears suddenly following a viral infection.

Any theory or link to a known condition offers hope for patients. In guidelines released mid-June, the Centers for Disease Control and Prevention recommended doctors focus their approach on patients' specific symptoms.

Thus, in the fight against long Covid, doctors should target the symptoms patients are experiencing with treatments already proven to address those indications.

For patients experiencing high blood pressure, for instance, doctors can prescribe beta-blockers to slow their heart rate. Those patients who feel extreme fatigue can benefit from medicines used to treat chronic fatigue syndrome. Some patients with a POTS diagnosis see positive results from a drug called ivabradine.

A number of drugs, FDA-approved for other ailments, are finding welcome additional use in the treatment of Covid. Empagliflozin, commonly used for Type-2 diabetes, promises to protect against Covid-related organ failure. Baricitinib, an anti-inflammatory drug developed for rheumatoid arthritis, has shown notable effectiveness in reducing Covid-related mortality.

Patients experiencing respiratory problems may benefit from a new drug known as Tavalisse, which has FDA approval for use in patients suffering from a rare condition known as thrombocytopenia. Meanwhile, a recent study found that low-dose naltrexone -- a therapy for chronic fatigue or chronic pain -- shows potential to safely and effectively disrupt Covid-19's ability to attack the body.

Curing long Covid requires dedicated research and investment. Even repurposing existing drugs requires expensive clinical trials. With tens of thousands of Americans getting infected with Covid-19 every day, the scientific community must double down on finding cures for this condition.

Dr. Jeffrey Gold, MD, is a family physician. This piece originally ran in the Boston Herald. ★

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WOMEN	180201	12-10-21
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FBNF2021-09881 William & Sherry Sills, 300 Oak Canyon Way, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Nautilus Credit Restoration" 300 Oak Canyon Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 9, 2021
Publish: November 26 & December 3, 10, 17, 2021

NAUT	180201	12-17-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09459 Nate & Arcelia Brooks, 8606 Chamonix, Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "Jackson Hewitt Tax Service" 4444 Manzanita Avenue, #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 22, 2021
Publish: November 26 & December 3, 10, 17, 2021

JACK	180201	12-17-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09901 Maureen Taylor, 7008 Brookcrest Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Reading Matters" 7008 Brookcrest Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 9, 2021
Publish: November 26 & December 3, 10, 17, 2021

READ	180201	12-17-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09933 Anh Le, 4216 Aubergine Way, Mather, CA 95665 is doing business under the Fictitious Business Name(s) "Anna's Mobile Barber and Nail Salon" 4216 Aubergine Way, Mather, CA 95665. Filed with the Clerk of Sacramento County November 10, 2021
Publish: November 26 & December 3, 10, 17, 2021

ANNA	180201	12-17-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09855 Avtar Singh, 3407 La Cadena Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Bullitt Transport" 3407 La Cadena Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 8, 2021
Publish: November 26 & December 3, 10, 17, 2021

BULL	180201	12-17-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09069 Marquel Brooks, 5912 Whaler Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Scented Candles" 5912 Whaler Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 12, 2021
Publish: November 26 & December 3, 10, 17, 2021

SCENT	180201	12-17-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10071 Kasha Ra, 5521 Whitfield Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Way of the Phoenix Acupuncture" 3325 Folsom Boulevard, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 16, 2021
Publish: November 26 & December 3, 10, 17, 2021

WAY	180201	12-17-21
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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
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10034 Gispun Consulting, Inc. 1324 School Street, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "The Lady Locksmith" 1324 School Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 16, 2021
Publish: December 3, 10, 17 & 24, 2021

LADY	180201	12-24-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10179 Ghulam Barouq Bashir, 5738 Windmill Way, Carmichael, CA 95608 & Hashmatullah Sidqi, 4725 Marconi Avenue, Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Immigration and Taxation Services" 6726 Fair Oaks Boulevard, Suite 304, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 22, 2021
Publish: December 3, 10, 17 & 24, 2021

IMMIG	180201	12-24-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09948 Roberta Palmer, 4400 Pennsylvania Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Studio B" 2271 Sunrise Boulevard, Suite C, Gold River, CA 95670. Filed with the Clerk of Sacramento County November 12, 2021
Publish: December 3, 10, 17 & 24, 2021

STUDIO	180201	12-24-21
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09784 WFP Management, Inc., 7216 55th Street, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Super 8, Super 8 Motel, Super 8 Sacramento" 7216 55th Street, Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 5, 2021
Publish: December 3, 10, 17 & 24, 2021

SUPER	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00310711
Nalin Kumar Chandra and Doreena Dorish Chandra have filed a petition with this court for a decree changing the name(s) of Paraa Niranjani Chandra to Bhuvana Niranjani Chandra.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 5, 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: November 5, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 19, 26 & December 3, 10, 2021

CHANDRA	180201	12-10-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00310478
Beatrice O. Okokpuje has filed a petition with this court for a decree changing the name(s) of Beatrice O. Okokpuje to Beatrice Ehi Saint-Joseph.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on December 29, 2021, 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: November 2, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 19, 26 & December 3, 10, 2021

OKOK	180201	12-10-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00310950
Abdul Fatah Fawad Ahmad has filed a petition with this court for a decree changing the name(s) of Abdul Fatah Fawad Ahmad to Fawad Kohistani.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 11, 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: November 9, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: November 26 & December 3, 10, 17, 2021

AHMAD	180201	12-17-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00310717
Erika Vasquez Williams and Stanley Williams have filed a petition with this court for a decree changing the name(s) of Antonio Jaden Vasquez to Antonio Jaden Vasquez Williams.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 5, 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: November 5, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 26 & December 3, 10, 17, 2021

WILLIAMS	180201	12-17-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00310942
Margarita Villalpando-Velazquez and Miguel Angel Rodriguez-Sotelo have filed a petition with this court for a decree changing the name(s) of Moncerat Rodriguez to Moncerat Rodriguez-Villalpando.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 11, 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: November 9, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 26 & December 3, 10, 17, 2021

VILLALPANDO	180201	12-17-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00309048
Moriah Forde has filed a petition with this court for a decree changing the name(s) of Aajahan Nevan Lucas to Aajahan Nevan Forde, Miiyahna Nubiah Lucas to Miiyahna Nubiah Forde.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on December 28, 2021, 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: October 25, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 26 & December 3, 10, 17, 2021

FORDE	180201	12-17-21
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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 3, 10, 17 & 24, 2021

FERENZ	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00310963
Robert Carl Walden has filed a petition with this court for a decree changing the name(s) of Robert Carl Walden to Robert Carl Tupas.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 11, 2022, in Department 54, 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 10, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: December 3, 10, 17 & 24, 2021

WALDEN	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00311134
Anthony Carlos Anyon has filed a petition with this court for a decree changing the name(s) of Anthony Carlos Ayon to Roxas Anthony Ayon.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 13, 2022, in Department 54, 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 15, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: December 3, 10, 17 & 24, 2021

AYON	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00308018
Vuong Anh Ngoc Tran has filed a petition with this court for a decree changing the name(s) of Vuong Anh Ngoc Tran to Mike Tran.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 19, 2022, in Department 54, 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 18, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 26 & December 3, 10, 17, 2021

TRAN	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00311223
Inderjit Kaur Bedi has filed a petition with this court for a decree changing the name(s) of Inderjit Kaur Bedi AKA Inderjit KaurAKANoneyBeditoKismatKaurBedi.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 18, 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: November 17, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: December 3, 10, 17 & 24, 2021

BEDI	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00311040
Adrienne Lynette Lacey has filed a petition with this court for a decree changing the name(s) of Adrienne Lynette Lacey to Adrienne Lynette Williams.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 13, 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 15, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: December 3, 10, 17 & 24, 2021

LACEY	180201	12-24-21
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00303939
Heather Miller has filed a petition with this court for a decree changing the name(s) of Kendyll Heather Jarrett-Miller to Kendyll Heather Jarrett-Miller.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 4, 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: November 1, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: November 26 & December 3, 10, 17, 2021

MILLER	180201	12-24-21
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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 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 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. Kulvinskis Law Offices of Mary P. Kulvinskis, 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 INVITING BIDS
Elverta Joint Elementary School District is pleased to announce posting of Requests for Proposals for YR 2022 (YR25) E-Rate Eligible Projects: Data Transport services, Cabling Infrastructure, and Switch & Wireless Equipment. The bids are due no later than 3:00 p.m. on January 6, 2022 at the District Office, 7900 Eloise Avenue, Elverta CA 95626. Interested vendors are referred to the Elverta Joint Elementary School District website for details, instructions, bid forms and submittal due dates. Elverta Joint Elementary School District website may be accessed at: <http://www.ejesd.net>.
The News Nov. 26 and Dec. 3, 2021

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NOTICE OF PETITION TO ADMINISTER ESTATE

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 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 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

representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows March 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

Hearing Notice

NOTICE OF HEARING
Case No. 2130134406

SUPERIOR COURT OF WASHINGTON COUNTY OF CLARK IN Re: Petitioner/s: Katie Johnson And Respondent/s: Odus Williams To the Court Clerk and all parties: A court hearing has been scheduled: for: 12/10/21 at 1:30 p.m. at 1200 Franklin Street, Vancouver, WA 98660 in Family Law Annex, Judge Schienberg. The purpose of this hearing is (specify): Parenting Plan. Warning! If you do not go to the hearing, the court may sign orders without hearing your side. This hearing was requested by: Petitioner: Katie Johnson. Dated: 11/4/21. I agree to accept legal papers for this case at: P.O. Box 820234, Vancouver, WA 98682. Publish: November 12, 19, 26 & December 3, 2021
JOHNSON 180201 12-3-21

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Ask Toni

Turning 65 ... Is Medicare Annual Enrollment Time for Me?



Toni King

Hello Toni:

I turn 65 in April and overwhelmed by all the mail I am getting this year for Medicare Annual Enrollment. What do I do? The mail from companies says theirs is the best, but they all offer the same thing with dental, vision and gym membership.

One Medicare Advantage commercial on TV says that they can put \$144 back in your Social Security check. I am not receiving my Social Security check and wonder how I can get the \$144.

If I do not enroll in Medicare at the right time everybody says I will get a penalty that will last the rest of my life. How does someone know what is the right decision for their situation? Look forward to your answer.

~ Matt from Atlanta, GA

Matt,

The answer to your question is you can do **NOTHING!!! NADA!!!** during the Medicare Annual Enrollment Period (aka Open Enrollment) because **you are not 65** yet and have not enrolled in Medicare.

Next year's, Medicare Annual Enrollment Period (aka Open Enrollment) is when you can make a change to your Part D plan, change, or enroll in a Medicare Advantage plan with or without a Medicare Part D prescription drug plan.

You **MUST** have already turned 65 or under 65 and enrolled in Medicare to enroll or change either a Medicare Part D prescription drug plan or Medicare Advantage plan during Medicare Annual Enrollment Period (aka Open Enrollment).

Since you are turning 65 in April and will be in your **Medicare Initial Enrollment Period** that is a **7-month period** that begins 3 months prior to April, the month of April and 3 months after. January is 3 months prior to April, which is a good time to begin enrolling in Medicare and exploring which Medicare option best fits your specific medical and prescription drug needs.

Talk with your medical provider to discover what type of Medicare plan whether Medicare Advantage plan with prescription drug plan or Original/Traditional Medicare with a Medicare Supplement and a stand-alone Medicare Part D plan is right for your health situation and the prescriptions you are taking.

As we say at the Toni Says® office, "Medicare is not a cookie cutter, one size or plan does not fit everyone." The insurance companies market their specific Medicare plans and want you to believe that theirs is perfect for you.

Marketing by commercials on TV by Medicare Advantage plans (not disclosed on the TV commercial) that return money back on your Social Security check such as the \$144 give-back are based on your income and not automatically approved. Remember, to talk with your healthcare professional when you are planning to make a major Medicare insurance change, or they may not be in your network.

Toni Says® Alert: Medicare Annual Enrollment Period (aka Open Enrollment) is for those who are already 65 or under 65 and enrolled in Medicare. You do not have to make a change during the AEP if you are pleased with your current plan such as Medicare Advantage plan, Medicare Part D Prescription drug plan or Medicare Supplement.

Concerned that your medical providers or facilities are not accepting the Medicare Advantage plan which you are considering? There are specific **Medicare rules** when changing from a Medicare Advantage plan to a Medicare Supplement. Please be aware!

Call the Toni Says Medicare Hotline at 832/519-8664 to have your Medicare questions or concerns answered or email info@tonisays.com.

Register for November's Toni Says® Medicare Annual Enrollment Zoom webinar on Wednesday, November 17 at 4:00 PM which explains the ABC and D of Medicare at www.tonisays.com.

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

Winterdance Christmas Celebration Coming to St. Michael's

By MPG Staff

CARMICHAEL, CA (MPG) - The great allure of Classic Celtic Music and dance will return to St. Michael's Episcopal Church this month. Always an exciting and inspiring show, there have been a few changes in the performers for this year.

New World String Project will be reviving a cherished holiday tradition this year. The well-known Winterdance Celtic Christmas Celebration will return, with members of Molly's Revenge and returning champion Irish dancers Marisa Gilman and Cameron Carlson-Riddle. This year's music will include Celtic seasonal favorites from previous years, as well as new music with a decidedly Nordic twist. Attendees will enjoy virtuosic performances on exotic instruments like nyckelharpa, cittern, Celtic harp, and cajon, as well as fiddle, guitar, and octave mandolin.

The core of the Winterdance show is New World String Project, comprised of four highly skilled and well known multi-instrumentalists that have joined forces to create an exciting tapestry of traditional music. Band members Lisa Lynne and Aryeh Frankfurter have played Swedish, Celtic and original tunes for many years together, while John Weed and Stuart Mason are known as long-time members of the legendary Molly's Revenge. Before the pandemic, the



Performing will be Stuart Mason, Lisa Lynne, John Weed, Aryeh Frankfurter and champion dancers Cameron Carlson-Riddle and Marisa Gilman. Photo courtesy NewWorldStringProject.

quartet honed their chops and found their voice as a band by touring up and down the West Coast, where audiences were enchanted by their rare instruments and masterful skills. The result is something new and uniquely their own - a sound rooted in the older traditions of Scandinavia, Appalachia, and the Celtic lands, yet shimmering with modern influences as well.

Fiddler John Weed is a classically-trained violinist who has spent the last 25 years immersed in traditional Irish fiddle styles. John Weed and guitarist Stuart Mason also play together in the long-running Celtic band Molly's Revenge. Celtic harp master Lisa Lynne, who gained international renown via recordings and tours with the label Windham Hill, often performs in a duo with NWSP-mate Aryeh Frankfurter. For years, Aryeh Frankfurter has been delighting audiences around the globe with his passionate, enduring and evocative music

on Celtic harp, Swedish nyckelharpa (or keyed fiddle) and other stringed instruments. Stuart Mason is known for his authentic vocals and nimble skills on guitar, mandola, and banjo. Together, these intrepid string explorers take audiences on a thrilling, melodically exuberant musical ride.

The show is on Friday, December 17 at 7:00 pm. Doors open at 6:15 and refreshments are available for purchase. General admission is \$30 in advance, \$35 at the door. Children, 13 and under, are \$20 in advance and \$25 at the door.

St. Michael's Church is located at 2140 Mission Blvd., Carmichael, CA 95608.

To purchase tickets go to NewWorldStringProject.com.

****Special note:** the church requires a proof of covid vaccination or negative test within 72 hours of the show and will be required at the door. Masking is optional, but not required. ★

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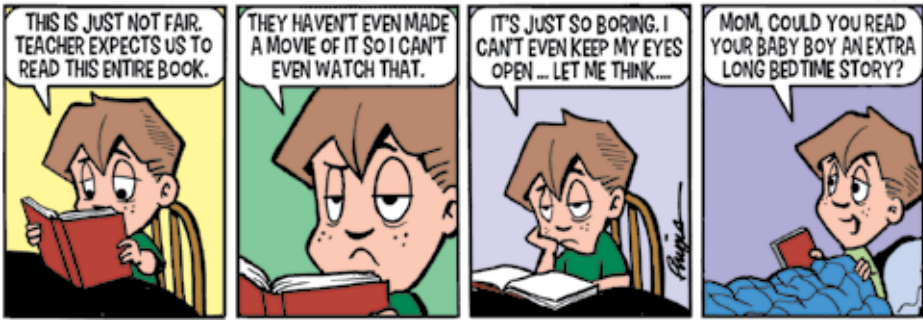
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WEEKLY COMICS

Amber Waves



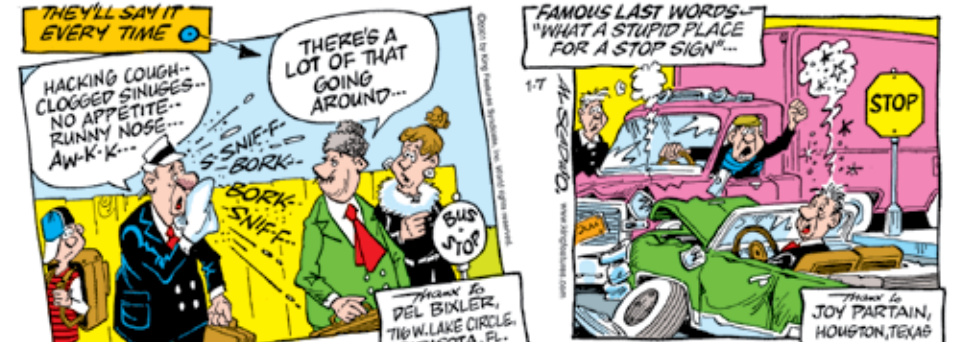
The Spats



Out on a Limb

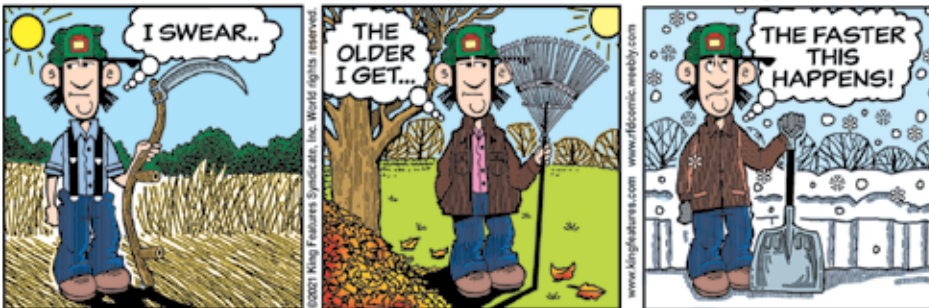


THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



WRONG MOVE DEP'T-- MIGRAINA CONVINCED HUSBY BARFWELL TO OPERATE HIS BUSINESS FROM RIGHT HERE AT HOME-- "HOW HE'D SAVE COMMUTING TIME AND WORK IN THE UNINTERRUPTED PEACE AND QUIET OF THE HOUSE" SHE SAID-- "OH-H-H YEAH--"

—Thank to L. ARROYO, SPRINGFIELD, MA.

FAMOUS LAST WORDS-- "WHAT A STUPID PLACE FOR A STOP SIGN--"

—Thank to JOY PARTAIN, HOUSTON, TEXAS

HUH? W-W-WHA--? B-BUT--

--AND DO THE DISHES IN THE SINK--IM HAVING MY BRIDGE CLUB TODAY-- THEN MAKE SURE LULA AND WOMBOS HAVE A HOT BREAKFAST AND VACUUM AROUND-- BUT FIRST-- PRIVE ME TO THE HAIR SALON-- AND--

GRIN AND BEAR IT



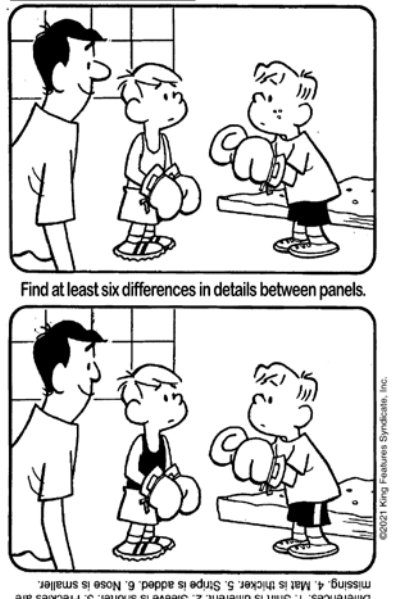
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CHM PLU 362

Dirty Cello to Perform at Sofia Bera Votes to Pass Historic Build Back Better Act



The Dirty Cello's shows are all about high energy. Photo courtesy Dirty Cello

Special Release to MPG

SACRAMENTO REGION, CA (MPG) - Blues and bluegrass band Dirty Cello comes to The Sofia Theater for their 3rd time.

The blues and bluegrass band Dirty Cello is not your typical band. Fronted by renowned classical cellist, Rebecca Roudman, this genre-bending band plays high energy blues and bluegrass like you've never heard before. There's even a smattering of classic rock like the Rolling Stones thrown in.

According to Roudman, the band specializes in unique venues that are off the beaten path like The Sofia Theater in Sacramento. The band is fresh off a tour to the far northern reaches of Iceland where they played many shows including a slightly confused cowboy festival held in their honor. "Everyone in the town dressed like American style cowboys," says Roudman, "There were cowboy hats, camouflage clothes, beer drinking contests, and even a slightly confused singalong of Country Roads." Also on that tour, the band played in an old fish processing factory with the smell of herring still lingering in the air.

"The Sofia is one of our favorite theaters to perform at, and we can't wait to come back, and put on a great show," says Roudman.

Roudman reports that Dirty Cello's shows are all about high energy and fun. The band is known for taking everything a bit uptempo, running into the crowd, and

prompting classic singalongs.

From China to Italy, and all over the U.S., Dirty Cello brings the world a high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist, Rebecca Roudman, Dirty Cello is cello like you've never heard before. From down home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping!

"When lead guitar is replaced by the sound of hot licks on a cello, blues, rock and bluegrass rise to a new dimension. Dirty Cello – a five-piece band from San Francisco – makes its style of string music to inspire audiences to swing, sway and dance." Ashland Daily Tidings.

"The band plays every style imaginable, and does some fantastic covers. (Their rendition of "Purple Haze" is incredible.) But what is most spectacular about them is hearing the depth of soul in Roudman's playing – it goes beyond what most people would expect from the instrument. She plays it with so much heart, you'll wonder why more bands don't have a cellist." Good Times Santa Cruz

The concert is presented by SBL Entertainment. The Sofia Theater is located at 2700 Capitol Avenue, Sacramento, California 95816. The performance is scheduled for Dec 11 at 7 PM

Tickets range from \$32 - \$42. For tickets go to <https://bit.ly/2Tm5VFc> or tickets@bstreettheatre.org or call 916-443-5300.★



Ami Bera
Office of Representative Ami Bera, M.D.

WASHINGTON, DC (MPG) - Representative Ami Bera, M.D. (CA-07) voted to pass the Build Back Better Act, landmark legislation

that will make generational investments in American families by lowering child care and health care costs, cutting taxes for the middle class, and creating millions of good-paying jobs across the country.

"Even before the COVID-19 pandemic, American families were burdened with high everyday costs, from soaring health care and prescription drug costs, to unaffordable child care and housing," said Representative Bera. "The Build Back Better Act delivers once-in-a-generation action to lower costs for American families

while strengthening the backbone of our country – the middle class. This legislation will provide American families with a historic middle-class tax cut, expand access to health care, make child care affordable and accessible for every American family, create millions of good-paying jobs over the next decade, and help fight climate change. I am proud to help deliver this historic bill for Sacramento County families and small businesses, and I urge the Senate to quickly pass this legislation so the President can sign it into law." ★



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