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THE NEWS

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JANUARY 28, 2022

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Rio Linda, CA

Change Service Requested

Canceling Surgeries as COVID Surges



California ranks fifth in the nation in the percentage of hospitals reporting severe labor shortages. Photo: Pixabay

By Barbara Feder Ostrov,
CALMatters.org

Throughout California, as COVID-19 infections deplete their staff of nurses, anesthesiologists and other essential workers, hospitals are canceling or postponing so-called “elective” surgeries to repair injured knees and aching back, remove kidney or bladder stones, and repair cataracts or hernias, among other procedures.

Alarmed by a growing shortage of specialized health care workers, the California Department of Public Health is evaluating whether to issue an order to hospitals statewide to suspend elective surgeries in cases in which patients wouldn’t be immediately harmed.

For now, the decision is voluntary for hospitals. But the state health department’s chief deputy director, Susan Fanelli, on Thursday told a meeting of county health officers, “We know (a directive on elective surgeries)

has to be on the table.” Officials with the public health department did not respond to CalMatters’ requests for more information.

“Elective” means a surgery is not an emergency and can be scheduled in advance; it does not mean it’s optional. Waiting in some cases can be life-threatening.

Hospitals are carefully weighing which surgeries can be delayed, executives say. A cataract surgery or knee replacement might be canceled, for example, but not heart surgery or a breast cancer biopsy.

In response to the shortages, the state health department on Saturday issued controversial new guidance to hospitals and skilled nursing facilities. Workers who are infected with COVID-19 but have no symptoms may immediately return to work without isolation or additional testing. Exposed health care workers may also work. The new guidelines remain in effect until Feb. 1.

Health workers immediately attacked the new policy.

In the Sacramento region, at least 11 elective procedures at Mercy Hospital of Folsom had to be postponed last week because of staffing shortages, said Dr. Brian Evans, CEO of the Folsom facility and Mercy General Hospital in Sacramento. Evans could not provide details about the types of procedures that will be canceled.

The two hospitals, both owned by Dignity Health, had about 54 patients admitted specifically for COVID-19 on Friday, but “we’re seeing many of our workers and health providers getting sick as well. We expect next week to be worse,” Evans said.

More than twice as many California hospitals reported critical staffing shortages last week than last summer – although not as many as a year ago.

Stanford Medical Center in Palo Alto has about 5% of its total workforce out

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Sacramento Checks Out Over 3 Million Ebooks and Audiobooks



This milestone illustrates the continued growth and demand of library services including digital lending of ebooks and audiobooks. Photo courtesy Pixabay

Sacramento Public Library Press Release

SACRAMENTO, CA (MPG) - Sacramento Public Library announced today that it reached a record-breaking 3 million digital book checkouts in 2021. This milestone illustrates the continued growth and demand of library services including digital lending of ebooks and audiobooks. Sacramento Public Library is one of 20 public library systems worldwide that surpassed one million digital checkouts.

“We’ve experienced tremendous demand for ebooks and audiobooks over the past several years,” said Library Director and CEO Peter Coyl. “Readers love the convenience of having free access to thousands of materials on their device. You can take the library wherever you go.”

Sacramento Public Library has been providing readers 24/7 access to ebooks and audiobooks for several years through the award-winning Libby app, the library reading app created by OverDrive. Reader interest and usage has grown every year. Sacramento Public Library first exceeded 2 million digital items in 2019.

Through apps like Libby by Overdrive, library cardholders can not only checkout ebooks, audiobooks and magazines but also find free online classes in Libby’s Extras section to learn how to play musical instruments, decorate cakes, sew, and more.

Readers in Sacramento County just need a valid library card to access digital books from the Library’s digital collection. Use any major device, including Apple(R), Android™, Chromebook™ and Kindle(R) (U.S. only) to download the Libby app to get started borrowing ebooks and audiobooks anytime, anywhere.

Learn more about what you can discover with your Sacramento Public Library card at saclibrary.org/welcome.

Women’s Empowerment Receives Grant to Help Homeless Women

By Kristin Thébaud,
Thébaud
Communications

SACRAMENTO, CA (MPG) -Women’s Empowerment recently received a \$25,000 grant from Save Mart Companies C.A.R.E.S. Foundation to support the nonprofit’s programs that educate and empower women experiencing homelessness with the skills and confidence necessary to secure a job, create a healthy lifestyle, and regain a home for themselves and their children. The foundation has supported Women’s Empowerment since 2010.

“Steadfast funding is the only way we are able to continue empowering women to rise from homelessness so they can support themselves and their children, especially during a pandemic and housing crisis,” said Lisa Culp, executive director, Women’s Empowerment.

“The Save Mart Companies C.A.R.E.S. Foundation is one of our most loyal funders, and we are grateful that each year they recognize the important work we do and deem it worthy of funding.”

The grant from The Save Mart Companies C.A.R.E.S. Foundation will support Women’s Empowerment’s work to help women experiencing homelessness find and maintain housing and jobs, including providing them with job-readiness classes, one-on-one support with a staff social worker and employment specialist, support groups, legal services, financial literacy, childcare and child developmental assessments, health services and referrals to providers, transportation assistance, paid job training and more.

“When women have control over their income and livelihood, the effect on their families and

communities is truly transformational,” said Nicole Pesco, board member, The Save Mart Companies C.A.R.E.S. Foundation. “The Save Mart Companies C.A.R.E.S. Foundation is proud to help provide women with meaningful participation at all levels of economic decision making and a quality standard of living for themselves and their families.”

Celebrating its 20th anniversary this year, Women’s Empowerment provides a nine-week employment-readiness and empowerment program, paid job training, childcare and support services so all women and their children can break the cycle of homelessness. Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness, and their children. Eighty-two

percent of the graduates secure a job or enroll in school. Despite the housing crisis, 75 percent regain a safe home for themselves and their children. The award-winning organization has graduated 1,734 women and their 3,859 children. Women’s Empowerment is funded through private donations from the community and grants. To make a donation, visit WomensEmpowerment.org.

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

TheRioLindaNews.com

When Something You Love Makes You Money



Becoming an umpire is easier than you might think. Knowledge of the game is not required, but it does help. All you need to do is sign up for umpire clinics that are offered by local little leagues and softball leagues. Photo courtesy Pixabay

By Michele Townsend

SACRAMENTO REGION, CA (MPG) - It's January... and with January comes the planning of the year's Baseball and Softball season! Are you a baseball or softball fan? Some of the best games you will ever see, will be those played in Little League. Do you miss your glory days of playing ball? Or maybe, you loved the game, but you weren't one of those people blessed with the gift of being athletic. Well then, umpiring might be just the thing for you.

Umpiring is a great way to make some money as well. Depending on the league, and sometimes the level, umpires will often make between \$25 and \$75 per game. Umpires create their own schedules so you work as much or as little as you want. On weekends, there are often 6 games in a day. That can easily be a \$600 week-end in pay, or more.

Becoming an umpire is easier than you might think. Knowledge of the game is not required, but it does help. All you need to do is sign up for umpire clinics that are offered by local little leagues and softball leagues. The clinics are generally free and teach you from the basics to recent rule changes. They teach you what

equipment is legal, and why other equipment is not legal.

There are free webinars and videos on <https://www.littleleague.org/university/umpires/>. If you live in the Sacramento area, USA softball is offering an umpire school on January 29th and 30th, in Roseville. Simply go to www.usasoftballsacramento.org or go onto Facebook at Facebook.com/usasoftballsacramento to register for the umpire school. You can also call Chuck Brabec at (916)834-8074 or email UIC@usasoftballsacramento.org

If you miss this one, don't fret. There will be other clinics in your area soon. Simply call Little Leagues or softball leagues in your area and ask to speak to their Umpire in Chief. You can also contact your District office and inquire about umpiring with them. In case you don't know what District you are in: Rocklin & Auburn is Dist. 11; Dixon and Woodland is Dist. 64; Carmichael is Dist. 5; South Sacramento is Dist. 7; Gridley is Dist. 2; and West Sacramento is Dist. 6.

Don't worry about if you are new at umpiring, they won't just throw you to the wolves. They train you and move you up as you gain confidence and experience. As you learn the profession of umpiring, like anything, it's

all what you make of it. You can be one of those umpires that enjoy what they are doing and have fun being part of the game.

You can become one of those umpires that spots a shy or nervous kid and encourages them to get that hit or make that catch and know that you played a part in giving that child some self-confidence and pride. Most sports fans are officials from the stands or from their living rooms. Why not do it for real? It's a great way to stay active and have fun.

If baseball and softball is not your game, then consider officials training in whatever sport you like! In the last few years, there has been a real shortage and need for game officials in youth sports. It's really up to you where you take it. You may start out refereeing basketball for parks and rec, or umpiring for softball minors, but you may take it to officiating for schools, or for semi-pro or pro teams.

Regardless of the sport(s) you choose, working two days a week doesn't sound bad either. Officiating youth sports is a great way to give back to your favorite sport, your city and your kids! Put the knowledge you already have to use, and maybe learn some more about the game(s) you love. ★

When to Call 9-1-1



Urgent care clinics can handle most non-life threatening situations, allowing ambulances to focus on critical situations. Photo: Sac Metro Fire.

Sacramento Metro Fire Press Release

SACRAMENTO REGION, CA (MPG) - When someone calls 9-1-1, the expectation is that an ambulance shows up quickly, you are assessed, stabilized if necessary, and taken to the nearest emergency department to be seen by a doctor within minutes. However, when someone calls 9-1-1 for a non-life-threatening event, they often times are not seen quickly at the hospital. Sometimes for several hours.

This is because a hospital emergency department operates under what is called a "triage" system and not a "first-come, first-served" system—like a doctor's office. The more significant the medical event is, the faster the patient is seen. This is because things like choking, heart attacks, and head injuries require immediate attention to give the patient the best chance of survival.

Metro Fire would like

to remind the community about when it is appropriate to call 9-1-1 and when an individual is better served contacting their primary care physician or driving themselves to an urgent care clinic to be seen by a doctor.

Always call 9-1-1 for a life-threatening emergency. If someone is having difficulty breathing, choking, head injury, loss of consciousness, chest pains, significant bleeding, internal injury, falls from a high distance, or any other injury or illness that is immediately life threatening 9-1-1 is appropriate.

It is recommended that you contact your physician for issues such as general pain, prescription refills, COVID testing, or an illness or injury that is not an immediate threat to health or life. If you need to be seen immediately, urgent care clinics can handle most non-life threatening issues such as prescriptions, routing testing, cold and flu like symptoms, and more! ★

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Canceling Surgeries as Statewide COVID Surges



California Department of Public Health is evaluating whether to issue an order to hospitals statewide to suspend elective surgeries in cases in which patients wouldn't be immediately harmed. Photo courtesy Pixabay

Continued from page 1

sick, spokeswoman Julie Greicius said Saturday. “We have seen a doubling of nurses calling off per shift, reporting that they are ill,” Greicius said.

California ranks fifth in the nation in the percentage of hospitals reporting severe labor shortages.

A year ago, during the last surge, the state health officer directed hospitals for about one month to cancel certain procedures if their intensive care capacity was less than 10%.

Since then, the highly contagious omicron variant has transformed California’s COVID-19 landscape and hospitals’ decision-making. Omicron appears to cause less severe disease, but it’s more likely to infect vaccinated people than the original novel coronavirus and the delta variant. As a result, even though about 71% of eligible Californians are vaccinated and 38% of them are boosted, more people – including health care workers – are becoming infected, many with mild or no symptoms.

“This is not about beds, this is about the staff to care for the patients in those beds,” said Kiyomi Burchill, group vice president of policy for the California Hospital Association.

Exacerbating the problem: labor strife and an exodus of nurses and other hospital staffers who have quit or retired, citing burn-out and lack of protections on the job.

Fanelli told county health officers last week that the state is working on other measures to support hospitals as they cope with yet another surge. The state health department predicts as many as 53,000 hospitalizations a day in the coming weeks.

In response, the state plans to send up to 1,500 health care workers to hospitals with staffing shortages and has stockpiled oxygen, saline and other supplies ahead of the surge. Officials also are working with hospitals to help them adapt spaces to triage patients and more quickly find placements for patients ready to be discharged, she said.

“The bottom line is that we are worried about the... level of staff infections and the need for isolation and quarantine among the staff,” California Health and Human Services Secretary Dr. Mark Ghaly told reporters last week.

Many hospital emergency rooms also are packed with patients, some of whom arrived for other reasons than COVID-19 but

happened to test positive upon arrival. Those patients then have to be isolated to protect other patients and hospital staff.

And intensive care beds already are in short supply around the state.

In 27 counties, fewer than five ICU beds remained available as of Jan. 5, according to state data. Statewide the number of available intensive care beds has dropped by about 10 percent since Jan. 1.

A member of the California Nurses Association, a union that represents some 1,400 USC nurses, Simonton places some blame on hospital administrators for the staffing shortage.

“This is a crisis that’s basically been manufactured by the hospital,” Simonton said. “They were choosing temp workers rather than investing in (permanent employees) who are committed to their workplace, and now patients are paying the price.”

Reporter Kristen Hwang contributed to this story.

CalMatters health coverage is supported by grants from the Blue Shield of California Foundation, the California Health Care Foundation and the California Wellness Foundation. ★



By County Supervisor Sue Frost

Through the generosity of the The Rio Linda News, this column serves to provide an update about matters affecting the community of Rio Linda.

With the rise in COVID cases across the world as a result of the omicron variant, local jurisdictions are struggling with how to properly react. Some areas like Sonoma County have now issued “shelter in place” orders, which means residents can only go to places for essential reasons, such as the grocery store or doctor’s office. I strongly believe Sacramento County should not go down this path, and should do everything possible to avoid further shutdowns like the previous failed attempts.

The current rise of COVID is somewhat misleading, as the only thing the media wants to currently report on is the number of COVID cases. And while the omicron variant is extremely contagious, studies have shown

RIO LINDA COMMUNITY UPDATE

Sacramento County Cannot Afford Another Lockdown

that symptoms are less severe than other variants. The whole reason that the shutdowns happened originally were because deaths were on the rise and hospitals were being overrun, and in Sacramento County neither of these two things are happening. Thankfully, COVID related deaths have remained low, and our hospitals are not in danger of exceeding capacity.

Shutdowns do not come free, and should be avoided due to the devastating impacts they have on society. The Wellbeing Trust, a non profit working to de-stigmatize mental health issues, released a study that found 75,000 deaths during the recent national shutdowns were “deaths of despair” - which includes suicides and overdoses. And in California, nearly one in three restaurants permanently closed as a result of the most recent shutdown.

Nowhere are these negative shutdown impacts more evident than how they have impacted children. The United Nations Children’s Fund released a report that showed the current generation of students will lose \$17 trillion in lifetime earnings as a result of the learning losses suffered during the global shutdowns. The United States Department of Education also released a report that showed the pandemic has negatively affected academic growth, has deepened the impact of disparities in access and opportunity, and heightened the risk of sexual harassment, abuse, and violence.

Politicians, the media, and government agents have stoked fears to the highest level, and we cannot blame the public for being afraid. But we must fight to keep our businesses, communities and schools open – while also needing to recognize the importance of respectful debate and compassion.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@sac-county.net.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta. ★

\$2.75 Million EDD Fraud Scheme



Sacramento County District Attorney Press Release

SACRAMENTO COUNTY, CA (MPG) - On January 6, 2022, 35-year-old Jamie Williams-Major was arrested on 166 charges related to an Employment Development Department

(EDD) fraud scheme totaling more than \$2.75 million dollars. Williams-Major fraudulently filed 166 EDD claims in the names of state prison inmates and identity theft victims. To date, this is the largest EDD fraud scheme discovered in Sacramento County.

In April of 2021, Sacramento County District Attorney’s Office, Sacramento County Sheriff’s Office, and the Employment Development Department arrested Williams-Major and six other subjects who were state and local inmates. At that time, law enforcement believed the subjects obtained more than \$250,000 in a fraudulent EDD scheme.

After law enforcement arrested Williams-Major in April, they obtained a search warrant and searched the contents of her cell phone. Law enforcement discovered the fraud was 10 times bigger than first suspected. Authorities obtained an arrest warrant for Williams-Major and arrested her in Las Vegas, Nevada.

Williams-Major was transported to Sacramento to face additional charges and will be arraigned on January 19, 2022. ★

Sanborn Elected SMUD Board Vice President



Heidi Sanborn SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD’s Board of Directors elected Heidi Sanborn as Vice President of the Board. Her term as vice president will run from January through December 2022. Director Sanborn was first elected to the SMUD Board of Directors in 2018 and represents Ward 7, which includes North Highlands, Carmichael, Antelope and Foothill Farms.

Sanborn is the Founder of the National Stewardship Action Council and has served as its Executive Director since 2015. She is also the founding Director of the California Product Stewardship Council where she has served for 12 years. These nonprofits are dedicated to reducing waste, increasing recycling and advocating for a circular economy.

She was later appointed by State Treasurer Fiona Ma to the Green Bond Market Development Committee in 2019, tasked

with raising billions to build climate-friendly infrastructure. She was also appointed by CalEPA to serve on the Statewide Commission on Recycling Markets and Curbside Recycling in June of 2020 and was elected Chair. After only six months, the voluntary Commission submitted 19 policy recommendations to the California Legislature, with full consensus votes.

Sanborn has a personal interest in going green. Sanborn and her husband have remodeled their house to include solar hot water, solar panels from SMUD, and used the SMUD rebates for a new heat-pump water heater and HVAC units. She is proud to be a SMUD Greenergy® customer.

Sanborn is also active in the community. She is on the Board of the Children’s Receiving Home of Sacramento and is co-chair of the Giving Tree committee of the Kiwanis Club of Carmichael, which recently planted 12 trees from the Sacramento Tree Foundation in a local park. She served as the President of the Sacramento Chapter of the National Alliance for Mental Illness – spearheading a walk for mental health, conducting police trainings and teaching family-to-family classes. She was also a Big Sister for six years to a local graduate from the Sacramento

Unified School District.

Over the past 15 years, Sanborn and her husband have also volunteered with Front Street Animal Shelter, fostering 67 dogs to date.

A native of Pennsylvania, Sanborn also lived in Delaware, Massachusetts and Michigan before moving out west. Sanborn is a graduate of U.C. Davis where she earned a bachelor’s degree in Political Science-Public Service. She also earned her master’s degree in Public Administration from University of Southern California. Heidi and her husband have lived in Sacramento for 31 years.

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. ★

Greenlawn Way Homicide Under Investigation

By Sergeant Rod Grassmann, Sacramento Sheriff’s Department

SACRAMENTO COUNTY, CA (MPG) - At approximately 5:29 a.m. on Monday January 17, 2022, the Sacramento County Sheriff’s Office Communications Center received a ShotSpotter Activation on the 4100 block of Greenlawn Way in North Highlands in Sacramento County; two minutes later, a resident on the same block called and stated that someone came onto the property and shot a family member.

Deputies responded to the location and found an adult male victim with multiple gunshot wounds. Metro Fire arrived moments later and transported the adult male victim to a local area hospital where he was pronounced deceased hours later.

Preliminary investigative details point to an adult male who was burglarizing vehicles in the immediate area. The suspect went

into the rear yard of a residence and entered a detached structure where he most likely obtained a firearm from a gun safe stored there. When the homeowner confronted the suspect in the detached structure, he was shot multiple times in the upper body. The suspect fled on foot and is still at large.

CSI is collecting evidence, witnesses are being interviewed and Homicide detectives are investigating. No suspect information nor any further information is available at this time.

The identity of the victim in this case will be released by the Sacramento County Coroner’s Office.

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



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Ask Toni'

MyMedicare.gov Account Is Important to Processing Medicare Claims



Toni:

My husband recently retired from his job and because I am over 65, I needed to sign up for Medicare. I had to go to the local Social Security with the Request

for Employment Information signed my husband's HR department to sign up for Medicare Part B. I asked if I needed to do anything else and I was told I was all set. I received my new Medicare card in the mail with both Medicare Part A and B dates a few weeks later.

It was not until I went to the doctor in March and had my claim denied when I discovered that the old company insurance is still listed as primary not Medicare.

Now my nightmare begins...because the insurance company (Blue Cross/Blue Shield) said that I had to call Medicare to update Medicare's system. Medicare said it would take 10 days to update. What do I do...I have no coverage because the company insurance is still listed as primary and neither Medicare nor my Medicare Plan G will pay? Please advise what I need to do?

~Janie from Lake Charles, LA

Janie:

In the past few weeks, the Toni Says® Medicare hot line has been receiving questions such as yours from those past 65 and leaving employer group benefits who are having their Medicare claims denied. Medicare still has the employer group health plan, whether it is UHC, Cigna, Aetna, etc., as primary insurance which supersedes Medicare and the Medicare Supplement or Advantage plan applied for.

There is a process that those leaving employer group health plans whether you are the employee or the covered spouse and enrolling in Medicare should do to verify which is considered primary

insurance. Also, you need to inform Medicare that Medicare should be primary, and you or your spouse are no longer covered on an employer group health plan.

The verification process to discover what is your primary Medicare insurance is below:

1. Visit <https://www.mymedicare.gov/> and register for a MyMedicare.gov account.
2. View what is in your MyMedicare.gov account and verify that your Medicare information is correct. Knowing this information, you will be able to view what Medicare is viewing while you are discussing your Medicare issues such as what Medicare plan you are using, what Medicare Part D plan you are enrolled in, Medicare claims and other Medicare issues.
3. If you see that your employer group health plan is still primary after you have enrolled in you and/or your spouse's Medicare Part B, then Medicare is requesting that one call the **Medicare Benefits Recovery Center** at 1-855-798-2627 and advise the agent who answers that you and/or your spouse are no longer enrolled in the employer group health plan. The change from group health insurance as primary insurance to Medicare is estimated to take 48 hours.

We are advising those on Medicare to open a www.mymedicare.gov account when enrolling in Medicare whether you are turning 65 with or without employer group health benefits. Medicare mails out the Medicare Summary Notice (MSN) every 90 days or one can view it faster via www.mymedicare.gov.

Please email the Toni Says® Medicare team at info@tonisays.com or call 832/519-8664 regarding Medicare questions including Toni's stress-free way to enroll in Medicare.

2022 Confused about Medicare
Zoom webinar is Thursday February 10 at 4:00 PM. Visit www.tonisays.com to sign up for Toni's online webinar event. ★

CLG NEWS UPDATES

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

Calif. Bill Would Allow Children 12 and Older to Be Vaccinated Without Parental Consent or Knowledge | 20 Jan 2022 | California Senate Bill 866, introduced by Sen. Scott Wiener (D-San Francisco), would permit children 12 and older to be vaccinated, including against COVID-19, without a parent's consent or knowledge. The bill is the first to be proposed this year by a group of Democratic lawmakers that has pledged to strengthen vaccination laws and target misinformation amid the COVID-19 pandemic. Vaccine consent laws vary across the country, with Washington, D.C., and Philadelphia allowing children 11 and older to be inoculated without parental approval. If SB 866 is passed by the Legislature and signed by Newsom, the bill would go into effect Jan. 1, 2023.

US to close borders to unvaccinated Canadian, Mexican truckers on Saturday – Mandate moving ahead as planned despite pushback from industry | 20 Jan 2022 | The U.S. will close its borders to unvaccinated and partially vaccinated Canadian and Mexican truck drivers on Saturday, the Department of Homeland Security said on Thursday. “These updated travel requirements reflect the Biden-Harris Administration’s commitment to protecting public health while safely facilitating the cross-border trade and travel that is critical to our economy,” Secretary Alejandro Mayorkas said in a statement. The border COVID-19 vaccine mandates are coming into force despite pushback from the truck industry. The impact will be felt most acutely for the U.S.-Canada freight market, where around 160,000 truckers regularly cross the border – 75% of whom are Canadian. Already capacity has tightened significantly, with huge price increases in the spot market. **Since millions of (untested, unvaccinated) immigrants are allowed to enter the US illegally every year, it’s obvious that the DHS cares not a whit about public health. Not to mention the fact that Biden’s TSA allows illegal immigrants to use their arrest warrants as an acceptable form of ID.**

University finds novel 1984 ‘offensive and upsetting’ – Students are being warned of ‘explicit material’ awaiting them in a novel that ironically describes the dangers of censorship. | 23 Jan 2022 | The University of Northampton has issued a harsh warning over potentially “offensive and upsetting” material contained in the famous dystopia by George Orwell, 1984. The novel, which describes the dangers of totalitarian rule and censorship, is now red-flagged, as it addresses “challenging issues related to violence, gender, sexuality, class, race, abuses, sexual abuse, political ideas and offensive language.” The warning, issued to students taking a module called “Identity Under Construction,” became public following a Freedom of Information request by The Mail on Sunday.

‘The Final Variant Is Tyranny’: Thousands of anti-vaccine mandate protesters flaunt mask rules to descend on D.C. – A crowd of up to 20,000 gathered in Washington DC Saturday to protest ongoing vaccine mandates, including those in the Capitol. “Americans want democracy back, and this rally is a demand to get their democracy back,” keynote speaker Robert F. Kennedy, Jr., said. | 23 Jan 2022 | Thousands gathered in Washington D.C. - a city that mandates vaccines - for a “Defeat the Mandates” protest, with protesters blaring ballads by Meat Loaf... Robert F. Kennedy and Informed Consent Action Network founder Del Bigtree were among big names who addressed the rally Sunday morning. Around 20,000 people were expected to attend the demonstration. “Americans want democracy back, and this rally is a demand by Americans to get their democracy back,” Kennedy said of the rally, according to WUSA9. Kennedy compared the plight of the vaccine-adverse to that of Anne Frank on Sunday, saying, “Even in Hitler’s Germany, you could hide in the attic like Anne Frank did.”

Deloitte funded group that wants to keep homeless on subways | 22 Jan 2022 | The corporate employer of tragic subway shoving victim Michelle Go, who was allegedly killed by an unhinged vagrant, helped fund a progressive non-profit that sued to keep the homeless from being ousted from the NYC transit system. Go, 40, a senior manager at consulting conglomerate Deloitte, was killed Jan. 15 when Simon Martial, 61, allegedly **pushed her** in front of an oncoming train at the Times Square station. He told reporters he did it “because of God.” Deloitte Financial Advisory Services donated between 25,000 and 50,000 in 2021 to the Urban Justice Center, according to the group’s annual report. ★

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The image is a black and white advertisement for SERVPRO. At the top is the SERVPRO logo, which consists of a stylized house shape with the word "SERVPRO" inside. Below the logo is the text "Fire & Water - Cleanup & Restoration™". The main heading is "SERVPRO of North Highlands/Rio Linda" in a large, bold, sans-serif font. Below this is "PROPERTY DAMAGE REMEDIATION & REPAIR" in a similar bold font. Underneath is "Mold, Water & Fire Damage" in a slightly smaller bold font. A bulleted list follows: "• Commercial & Residential", "• Trained, Uniformed Professionals • Complete Move-Outs", and "• Restoration Vendor for Insurance". The next section is "RESTORATION:" in bold, followed by a bulleted list: "• Fire, Smoke, and Soot • Water Removal & Dehumidification", "• Mold Mitigation & Remediation • Catastrophic Storm Response", "• Move-Outs and Contents restoration • Electronics and Equipment", and "• Document Drying • Contents Claim Inventory Service". The following section is "CLEANING:" in bold, followed by a bulleted list: "• Air Ducts & HVAC • Carpet, Upholstery, Drapes", "• Deodorization • Biohazard, Crime Scene & Vandalism", and "• Ceilings, Walls and Hard Floors". Below the list is the text "Services may vary by location". At the bottom, there are three logos: the BBB A+ Rating logo, the IICRC Certified logo, and a "CERTIFIED SERVPRO CLEANED" logo. To the right of these logos is a box containing the text "PROFESSIONAL COVID CLEANING SERVICE", "Have Questions? Call", and "Today (916) 991-1522". The bottom of the advertisement features a large, bold, sans-serif phone number "(916) 991-1522". Below the phone number is the website "www.servpronorthhighlandsriolinda.com", the email "Email: office@servpro10057.com", and the address "5704 Dry Creek Road, Rio Linda, CA 95673".

Newsom Backs Away from Single-Payer Health Care Pledge



By Dan Walters
CALMatters

When he unveiled a new state budget last week, Gov. Gavin Newsom crowed about California becoming the nation’s first state to embrace universal health care coverage.

His budget would accomplish that goal by extending state Medi-Cal coverage to undocumented immigrants of all ages, beginning in 2024.

“I campaigned on universal health care,” Newsom said a day later. “We’re delivering that.”

Not quite.

While running for governor in 2018, Newsom pledged to create a single-payer system for California, making the state the sole supplier of coverage.

“I’m tired of politicians saying they support single-payer but that it’s too soon, too expensive or someone else’s problem,” Newsom said during the campaign.

That pledge won Newsom the support of single-payer advocates. The California Nurses Association decked out a bus that toured the state with a picture of Newsom’s face and the words: “Nurses Trust Newsom. He shares our values and fights for our patients.”

However, once elected, Newsom did virtually

nothing to implement the promise. Instead, as the state’s finances allowed, he extended Medi-Cal coverage incrementally to undocumented immigrants and others lacking private or public coverage.

Along with mandates and subsidies from Obamacare, state actions eventually raised health coverage to 94% of Californians and Newsom’s latest extension to undocumented adults would make it, at least on paper, 100%.

Newsom gets a bit testy when reporters ask him about his 2018 pledge. As he was introducing his budget this month, the state Assembly was beginning to move a single-payer bill for what’s called CalCare, and asked about it, Newsom replied, “I have not had the opportunity to review that plan, and no one has presented it to me.”

“I think that the ideal system is a single-payer system,” Newsom said. “I’ve been consistent with that for well over a decade. ... The difference here is when you are in a position of responsibility, you’ve gotta apply, you’ve gotta manifest, the ideal. This is hard work. It’s one thing to say, it’s another to do. And with respect, there are many different pathways to achieve the goal.”

The nurses’ union and other single-payer advocates aren’t satisfied. The San Francisco Chronicle reported union organizer Alyssa Kang told single-payer advocates on a conference call, “So we want to be absolutely clear: This is a flip-flop from a governor who said ... ‘I’m tired of politicians saying they support single payer but that it’s too

soon, too expensive or someone else’s problem.’ This is absolutely unacceptable, and he cannot be allowed to have it both ways.”

The differences between universal coverage and single-payer are more than semantic. The former includes a wide variety of public and private health insurance plans, many of which have coverage limits and patient co-pays, while the latter would provide unlimited benefits free of out-of-pocket costs, much like Great Britain’s National Health Service.

Providing universal coverage, as Newsom defines it, is doable by spending a few additional billion dollars in the state budget. Single-payer, on the other hand, would require the federal government to give the state the \$200-plus billion is now spends on Californians’ health care and the state to raise taxes more than \$150 billion a year.

The legislation now pending in the Assembly would create a framework but the taxes are contained in a companion constitutional amendment that would require two-thirds votes in the Legislature and voter approval.

With massive opposition from employers and much of the medical industry, chances for complete approval of the package are iffy at best and it doesn’t appear that Newsom will lift a finger to help it. He’s clearly content to settle for universal coverage.

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

Social Security Matters

Is My Analysis of my Wife’s Social Security Correct?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I am 63 and my wife is exactly 4 ½ years younger than me to the day. I plan to file for Social Security when I turn 70. My earnings history is considerably higher than my wife’s. I talked with a person at the local Social Security office, and she suggested that my wife file at 62 based on her own record then convert to her spousal benefit when I file at age 70. However, from what I can tell, if she files before her FRA of 67, not only will she get less based on her own record, but she will also receive less for her spousal benefit, as well as her survivor benefit if I die before her (which is statistically likely). Is my analysis correct? **Signed: Planning Ahead**

Dear Planning: Your analysis is correct regarding your wife’s spousal benefit while you are both living, but incorrect regarding her survivor benefit if you die first. Here’s why:

If your wife takes her personal Social Security (SS) retirement benefit at age 62, she’ll get 70% of what she would get if she waited until her FRA of 67 to claim. That amount is permanent (except

for COLA), and it is what her “spousal boost” will be added to when she takes her spouse benefit (when you claim). In the scenario you mention, in addition to your wife’s own benefit being reduced by 30% for claiming at 62, since she will not yet have reached her FRA of 67 when she takes her spouse benefit from you her “spousal boost” will be reduced as well. So, claiming at 62 not only reduces her personal benefit it also means she’ll get less than 50% of your FRA benefit amount when you claim (FRA amounts are used to compute spouse benefits, regardless of the age benefits are claimed). All of which means her spousal benefit will be considerably less.

That isn’t necessarily an unacceptable strategy unless she is working, in which case she’ll be subject to an earnings limit which will either reduce how much Social Security will pay her while she’s working or, if her earnings are high enough, eliminate her eligibility for any benefit until she stops working. The earnings limit changes yearly but for 2022 it will be \$19,560 and if that is exceeded, they will take away benefits equal to \$1 for every \$2 she is over the limit. There is no longer an earnings limit when your wife reaches her FRA so your wife’s plans for working should be factored into her decision on when to claim.

In any case, you should look at your overall benefit opportunity as a couple to see when your wife should claim, and life expectancy should always be factored

into your thinking. If your wife expects to live a long life (and does), waiting until her FRA to claim her own SS will maximize her monthly benefit (including her spouse benefit) for the rest of her life. If her life expectancy is less optimistic, claiming earlier has much merit. Just for reference, a woman your wife’s age, statistically, will live to an average age of 87.

Regardless of when your wife claims her own benefit or her spousal benefit while you are both living, her benefit as your widow will not be affected. What affects her survivor benefit is her age when she claims it. If she has reached her full retirement age when she claims her widow’s benefit, she’ll get 100% of the benefit you were receiving when you died instead of the smaller benefit she was previously getting. If she hasn’t yet reached her FRA when she claims her widow’s benefit, then it will be actuarially reduced by a fraction of a percent for each month earlier than her FRA she claims it. Be aware too that even if your wife hasn’t reached her FRA when you die, she can choose to delay claiming her survivor benefit until it reaches maximum at her FRA.

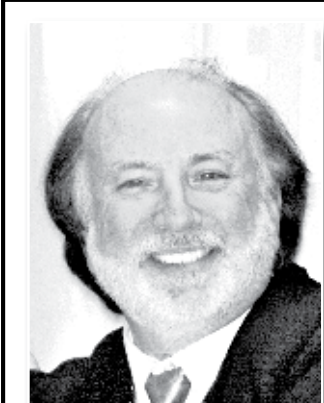
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FBNF2021-10869 Joseph Hickey, 5356 Locust Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "J M H Flooring" 5356 Locust Avenue Carmichel, CA 95608. Filed with the Clerk of Sacramento County December 20, 2021 Publish: January 7, 14, 21, and 28, 2022
JMH 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10837 Sperber Investments, and A&L Properties 50 Fullerton Court #101 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Razorbacks" 50 Fullerton Court Suite 101 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 17, 2021 Publish: January 7, 14, 21, and 28, 2022
RAZOR 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10448 TS7 Smart, 1271 Washington Avenue #450 San Leandro, CA 94577 is doing business under the Fictitious Business Name(s) "Install Pros" 1271 Washington Avenue #450 San Leandro, CA 94577. Filed with the Clerk of Sacramento County December 2, 2021 Publish: January 7, 14, 21, and 28, 2022
INSTALL 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10971 3825 Annadale, LLC 1300 K Street Second Floor Modesto, CA 95354 is doing business under the Fictitious Business Name(s) "Sundance Garden Apartments" 3825 Annadale Lane Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 22, 2021 Publish: January 7, 14, 21, and 28, 2022
SUNDANCE 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10943 Samuilah Nazer, 5119 Rolling Field Court Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Habi's Oriental Rugs" 6100 Fair Oaks Boulevard #B1 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 22, 2021 Publish: January 7, 14, 21, and 28, 2022
HABIBS 180201 1-28-22

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FBNF2021-11139 Dayna Express, 5741 Aubrey Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Dayna Events" 5800 Madison Avenue Suite VW Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 29, 2021 Publish: January 7, 14, 21, and 28, 2022
DAYNA 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11110 DSB Trans Inc, 7484 Holyworthy Way #183 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Yashpreet Trucking" 7484 Holyworthy Way #183 Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 28, 2021 Publish: January 7, 14, 21, and 28, 2022
YASHPREET 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11135 Anessa Enakaya-Ochoa, 3631 Truxel Road #1063 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Healing Roots Counseling" 3631 Truxel Road #1063 Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 29, 2021 Publish: January 7, 14, 21, and 28, 2022
HEALING 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11161 Madeline Newsham, 8088 Poulsen Street Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Liberty Tax Service" 7801 Grennback Lane Suite #D Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 30, 2021 Publish: January 7, 14, 21, and 28, 2022
LIBERTY 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11140 Tadpoles LLC, 8924 Sonoma Valley Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Tadpoles Mobile Detailing" 8924 Sonoma Valley Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County December 29, 2021 Publish: January 7, 14, 21, and 28, 2022
TADPOLES 180201 1-28-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10998 Ramone King SR and Ryan L. King, 430 F Street West Sacramento, CA 95605 is doing business under the Fictitious Business Name(s) "Three King's Concrete" 430 F Street West Sacramento, CA 95605. Filed with the Clerk of Sacramento County December 23, 2021 Publish: January 14, 21, 28, and February 4, 2022
KING 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10769 Dynamic Pools Inc, 3644 Mission Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Dynamic Pools- A Swimming Pool Service and Repair Company" 3644 Mission Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 14, 2021 Publish: January 14, 21, 28, and February 4, 2022
DYNAMIC 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11184 Leah Barros LLC, 1809 S Street Suite 101209 Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Souful Alchemy by Leah Barros" 2621 O Street Apt F Sacramento, CA 95816. Filed with the Clerk of Sacramento County December 30, 2021 Publish: January 14, 21, 28, and February 4, 2022
SOULFUL 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00057 Vantage Point Mortgage Inc, 5800 Jameson Court #10 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Union Mortgage of California, Vantage Point, Vantage Point Capital, Vantage Point Mortgage, Vantage Point Real Estate Services" 5800 Jameson Court #10 Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 14, 21, 28, and February 4, 2022
UNION 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11134 Kris J Fedycki, 113 Arrowsmith Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "PKS Auto Logistics" 113 Arrowsmith Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County December 29, 2021 Publish: January 14, 21, 28, and February 4, 2022
PKS 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00073 Burak Transport Inc, 9068 Kelana Way Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "BT 9068 Kelana Way Elk Grove, CA 95624. Filed with the Clerk of Sacramento County January 5, 2022 Publish: January 14, 21, 28, and February 4, 2022
BTI 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00049 F&T Transport LLC, 2335 Gold River Road Suite C Sacramento, CA 95670 is doing business under the Fictitious Business Name(s) "F&T Transport LLC" 2335 Gold River Road Suite C Sacramento, CA 95670. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 14, 21, 28, and February 4, 2022
F&T 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00032 Shamir M. Ahmed, 11029 Brattleboro Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Big Story" 5504 Claiborne Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 28, 2021 Publish: January 21, 28, February 4, and 11, 2022
BIG 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00032 Shamir M. Ahmed, 11029 Brattleboro Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Full Circle" 11029 Brattleboro Circle Mather, CA 95655. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 21, 28, February 4, and 11, 2022
FULL 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00032 Shamir M. Ahmed, 11029 Brattleboro Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Royal Velvet Revue" 6929 Sunrise Boulevard #102N Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 16, 2021 Publish: January 14, 21, 28, and February 4, 2022
ROYAL 180201 2-4-22

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Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00100 Evodio Guadarrama, 2604 Greenfield Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Tacos Los Reyes" 2604 Green Filed Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 6, 2022 Publish: January 14, 21, 28, and February 4, 2022
TACOS 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10843 Carmen L. Diaz, 3301 Arena Boulevard #148 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Remota Spanish Language Services" 3301 Arena Boulevard #148 Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 17, 2021 Publish: January 14, 21, 28, and February 4, 2022
REMOTA 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10678 Symbolic Ideas, Inc, 3673 Wings Way North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Symbolic Ideas, Inc, T&R Custom Gifts" 3673 Wings Way North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 10, 2021 Publish: January 14, 21, 28, and February 4, 2022
SYMBOLIC 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00056 Kelvin Anh Pham, 9175 Lakemont Drive Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "California United Development and Services" 5234 Southwest Avenue Sacramento, CA 95824. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 14, 21, 28, and February 4, 2022
CALIFORNIA 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11132 Christopher Lee Goodman, 676051st Street Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Level 33 Auto Wholesales" 6760 51st Street Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 28, 2021 Publish: January 14, 21, 28, and February 4, 2022
LEVEL 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00071 Ray Thai Mango Corporation, 8514 Derlin Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Thai on Taps" 194 Blue Ravine Road #130 Folsom, CA 95630. Filed with the Clerk of Sacramento County January 5, 2022 Publish: January 14, 21, 28, and February 4, 2022
THAI 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10836 Savoly Pong and Sambath Chhang, 8120 Austell Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Donut Fair" 4100 El Camino Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 17, 2021 Publish: January 14, 21, 28, and February 4, 2022
DONUT 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00065 Mariena E. Uhrnk and William D. Wheelock, 4365 Gratton Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Easy Travel Lodging" 4365 Gratton Circle Mather, CA 95655. Filed with the Clerk of Sacramento County January 5, 2022 Publish: January 14, 21, 28, and February 4, 2022
EASY 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00014 Erica Antonetti, 4116 Aura Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Premier Hypnotherapy of Sacramento" 2377 Gold Meadow Way #100 Gold River, CA 95670. Filed with the Clerk of Sacramento County January 3, 2022 Publish: January 14, 21, 28, and February 4, 2022
PREMIER 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11145 Consumer 1st Services, Inc, 3550 Watt Avenue Suite 140 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Consumer 1st Services, Inc, Consumer 1st Mortgage" 3550 Watt Avenue Suite 140 Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 29, 2021 Publish: January 14, 21, 28, and February 4, 2022
CONSUMER 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11192 Kendra Charlesa Williams, 7056 Westchester Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Lost Then Found" 7056 Westchester Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 30, 2021 Publish: January 14, 21, 28, and February 4, 2022
LOST 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-08784 Shaun Olander, 7617 Muschetto Court Citrus Heights, CA 95621 and Veronica Ramos, 4563 Meadow Way Olivehurst, CA 95961 is doing business under the Fictitious Business Name(s) "Octapus Paddleboards" 7617 Muschetto Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 1, 2021 Publish: January 14, 21, 28, and February 4, 2022
OCTASUP 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11170 Jamaica Irie Spice Inc, 4700 Northgate Boulevard Suite 170 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Jamaica Irie Spice Wholesaler, Jamaica Irie Spice Catering" 4700 Northgate Boulevard Suite 170 Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 30, 2021 Publish: January 14, 21, 28, and February 4, 2022
JAMAICA 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10822 Steven Alan Sperber, 2345 Tripp Drive #2 Reno, NV 89512 and Stacy Lynn Gaebbe, 1110 Butterfield Drive San Anselmo, CA 94960 is doing business under the Fictitious Business Name(s) "A&L Properties" 50 Fullerton Court Suite 101 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 17, 2021 Publish: January 14, 21, 28, and February 4, 2022
A&L 180201 2-4-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00024 Lupita Maravi and Jose Martin Suarez Orduna, 6233 Longdale Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 3, 2022 Publish: January 21, 28, February 4, and 11, 2022
BLUE 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11087 Type A Solutions LLC, 5504 Claiborne Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Big Story" 5504 Claiborne Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 28, 2021 Publish: January 21, 28, February 4, and 11, 2022
BIG 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00032 Shamir M. Ahmed, 11029 Brattleboro Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Full Circle" 11029 Brattleboro Circle Mather, CA 95655. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 21, 28, February 4, and 11, 2022
FULL 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00032 Shamir M. Ahmed, 11029 Brattleboro Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Full Circle" 11029 Brattleboro Circle Mather, CA 95655. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 21, 28, February 4, and 11, 2022
FULL 180201 2-11-22

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FULL 180201 2-11-22

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FULL 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00032 Shamir M. Ahmed, 11029 Brattleboro Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Full Circle" 11029 Brattleboro Circle Mather, CA 95655. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 21, 28, February 4, and 11, 2022
FULL 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11180 Soheli Samiee and Shiva Ghassmi, 173 Dutchess Way Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Print N Signs" 9233 Folsom Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 30, 2021 Publish: January 21, 28, February 4, and 11, 2022
PRINT 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00171 Viktor Kim, 4849 Manzanita #55 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Eco Solutions" 4849 Manzanita Avenue #55 Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 11, 2022 Publish: January 21, 28, February 4, and 11, 2022
ECO 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00011 Brody Brock Zimprich, 8713 Oak Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Evergreen Restoration & Trauma" 8713 Oak Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 3, 2022 Publish: January 21, 28, February 4, and 11, 2022
EVERGREEN 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00022 Rostislav Vorontsoff, 8105 Bellsbrae Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "AFS Trucking" 8105 Bellsbrae Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County January 12, 2022 Publish: January 21, 28, February 4, and 11, 2022
ROSTISLAV 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-11093 Syndicate Mortgages LLC, 1221 Brickell Avenue Suite 900 Miami, FL 33131 are doing business under the Fictitious Business Name(s) "Swift Loan" 1221 Brickell Avenue Suite 900 Miami, FL 33131. Filed with the Clerk of Sacramento County December 28, 2021 Publish: January 21, 28, February 4, and 11, 2022
SWIFT 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00166 Ranjeeta Devi Prakash, 180 Promenade Circle Suite 300 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Align Document Services" 180 Promenade Circle Suite 300 Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 11, 2022 Publish: January 21, 28, February 4, and 11, 2022
ALIGN 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00142 Asma A Sajid DDS Inc, 4021 Bothwell Circle El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Milestone Family Dental, Milestone Dental Studio" 3604 Fair Oaks Boulevard Suite 100 Sacramento, CA 95864. Filed with the Clerk of Sacramento County January 10, 2022 Publish: January 21, 28, February 4, and 11, 2022
MILESTONE 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00163 Brandi Nicole Holder, 706 56th Street Apt #207 Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "The Gloss Loft" 706 56th Avenue Apt #207 Sacramento, CA 95819. Filed with the Clerk of Sacramento County January 11, 2022 Publish: January 21, 28, February 4, and 11, 2022
GLOSS 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10733 R. K. Jacobs Insurance Services, Inc, 5620 Birdcage Street Suite 230 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Flores Insurance Agency, Inc." 5620 Birdcage Street Suite 230 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 13, 2021 Publish: January 21, 28, February 4, and 11, 2022
FLORES 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00216 Dickhoff, Inc, 154 Sterling Grove Drive Galt, CA 95632 is doing business under the Fictitious Business Name(s) "River Mist Realty" 154 Sterling Grove Drive Galt, CA 95632. Filed with the Clerk of Sacramento County January 12, 2022 Publish: January 21, 28, February 4, and 11, 2022
RIVER 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00204 JP Retail Inc, 2529 El Camino Avenue Suite 105 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Salem Auto Sales" 2529 El Camino Avenue Suite 105 Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 12, 2022 Publish: January 21, 28, February 4, and 11, 2022
SALEM 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00244 Sip and Savor Inc, 11354 White Rock Road Unit 135 Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Drinjk" 11354 White Rock Road Unit 135 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 13, 2022 Publish: January 21, 28, February 4, and 11, 2022
DRINK 180201 2-11-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00054 Hannah Matson, 4012 William Way Camino, CA 95709 are doing business under the Fictitious Business Name(s) "Baddie Brows by Hannah" 31 Natoma Street Folsom, CA 95630. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 28, February 4, 11, and 18, 2022
BADDIE 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00087 Kaitlyn Bednar, 2332 Sonata Drive Ranch Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Restling Bee Face Co" 2332 Sonata Drive Ranch Cordova, CA 95670. Filed with the Clerk of Sacramento County January 6, 2022 Publish: January 28, February 4, 11, and 18, 2022
RESTING 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00323 Kao Vue, 6811 E. Clinton Avenue Fresno, CA 93727 are doing business under the Fictitious Business Name(s) "Faith Religious Facility" 4333 Airport Drive Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 18, 2022 Publish: January 28, February 4, 11, and 18, 2022
FAITH 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00176 Edvantage Solutions, 8698 Elk Grove Boulevard #1183 Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Allstate Roofing Solutions, Cortek" 8698 Elk Grove Boulevard #1183 Elk Grove, CA 95624. Filed with the Clerk of Sacramento County January 11, 2022 Publish: January 28, February 4, 11, and 18, 2022
ALLSTATE 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00054 Hannah Matson, 4012 William Way Camino, CA 95709 are doing business under the Fictitious Business Name(s) "Baddie Brows by Hannah" 31 Natoma Street Folsom, CA 95630. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 28, February 4, 11, and 18, 2022
BADDIE 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00087 Kaitlyn Bednar, 2332 Sonata Drive Ranch Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Restling Bee Face Co" 2332 Sonata Drive Ranch Cordova, CA 95670. Filed with the Clerk of Sacramento County January 6, 2022 Publish: January 28, February 4, 11, and 18, 2022
RESTING 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00323 Kao Vue, 6811 E. Clinton Avenue Fresno, CA 93727 are doing business under the Fictitious Business Name(s) "Faith Religious Facility" 4333 Airport Drive Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 18, 2022 Publish: January 28, February 4, 11, and 18, 2022
FAITH 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00176 Edvantage Solutions, 8698 Elk Grove Boulevard #1183 Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Allstate Roofing Solutions, Cortek" 8698 Elk Grove Boulevard #1183 Elk Grove, CA 95624. Filed with the Clerk of Sacramento County January 11, 2022 Publish: January 28, February 4, 11, and 18, 2022
ALLSTATE 180201 2-18-22

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FBNF2022-00054 Hannah Matson, 4012 William Way Camino, CA 95709 are doing business under the Fictitious Business Name(s) "Baddie Brows by Hannah" 31 Natoma Street Folsom, CA 95630. Filed with the Clerk of Sacramento County January 4, 2022 Publish: January 28, February 4, 11, and 18, 2022
BADDIE 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00087 Kaitlyn Bednar, 2332 Sonata Drive Ranch Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Restling Bee Face Co" 2332 Sonata Drive Ranch Cordova, CA 95670. Filed with the Clerk of Sacramento County January 6, 2022 Publish: January 28, February 4, 11, and 18, 2022
RESTING 180201 2-18-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2022-00323 Kao Vue, 6811 E. Clinton Avenue Fresno, CA 93727 are doing business under the Fictitious Business Name(s)

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CLUES

ACROSS

1. Sleeps in a tent
6. Horror movie franchise
9. Varieties
13. Mozart's "Die Zauberflöte"
14. Road crew supply
15. Moron
16. Workman's cotton, once
17. Exclamation of surprise
18. Monte Cristo's title, in French
19. *Olympic Athletes from ____ 2018 hockey winners
21. *Figure skating jump (2 words)
23. Capone's ilk, e.g.
24. Attention-getting sound
25. Eminem's genre
28. Cashier's call
30. Hit-or-miss
35. It will
37. *Triple one in figure skating
39. Hustle and bustle
40. German Mrs.
41. A mile racer
43. a.k.a. horse mackerel
44. Jargon
46. Workbench holding device
47. Health club offering
48. Diner, e.g.
50. Latin for "and others"
52. ____ Aviv
53. Ill-mannered one
55. Curiosity's victim?
57. *2022 Winter Olympics location
61. *Torch Relay starting point
64. "____ the Family" TV series
65. Refrigerator sound
67. Poppy seed derivative
69. Bitterly regretting
70. Egyptian cobra
71. Part of a stair
72. Seedy source of Omega-3s
73. More, in Madrid
74. Changes to a manuscript

DOWN

1. Cape ____, MA
2. Copycat
3. Carte du jour
4. Spectrum maker
5. Delilah's lover
6. Roofed colonnade
7. Expression of satisfaction
8. Angry
9. Revered one
10. Fancy ride
11. Japanese zither
12. Pas in ballet
15. "Freezing" Marvel character
20. Letter-shaped girder
22. "____ the land of the free..."
24. Designer's studio
25. *Biathlon gear
26. Skylit lobbies
27. Manufacturing site
29. *2022 Winter Olympics number
31. Like Curious George
32. Monocot's alternative
33. "Killers of the Flower Moon" Oklahoma location
34. *Olympic award
36. *Olympic sled
38. For fear that
42. Respond
45. Circling
49. Far, old-fashioned
51. Capital of Punjab
54. Early Irish alphabet
56. Sort of warm
57. Vomit
58. Twelfth month of Jewish year
59. Pelvic bones
60. Put a hex on
61. Concert units
62. Not yet final
63. Edible fat
66. *Miracle on Ice winner
68. Not Miss or Ms.

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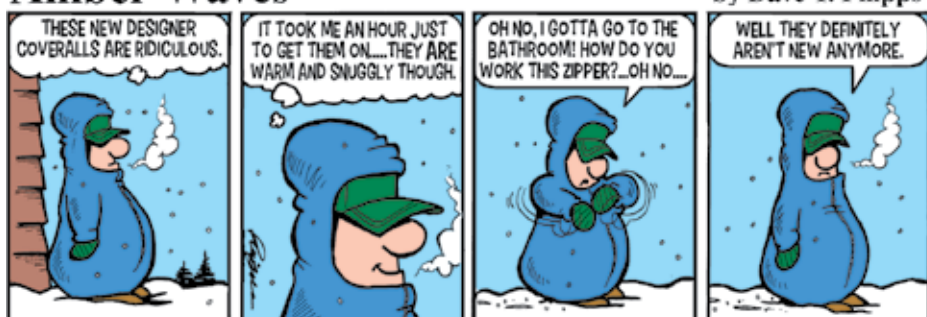
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



Out on a Limb

by Gary Kopervas



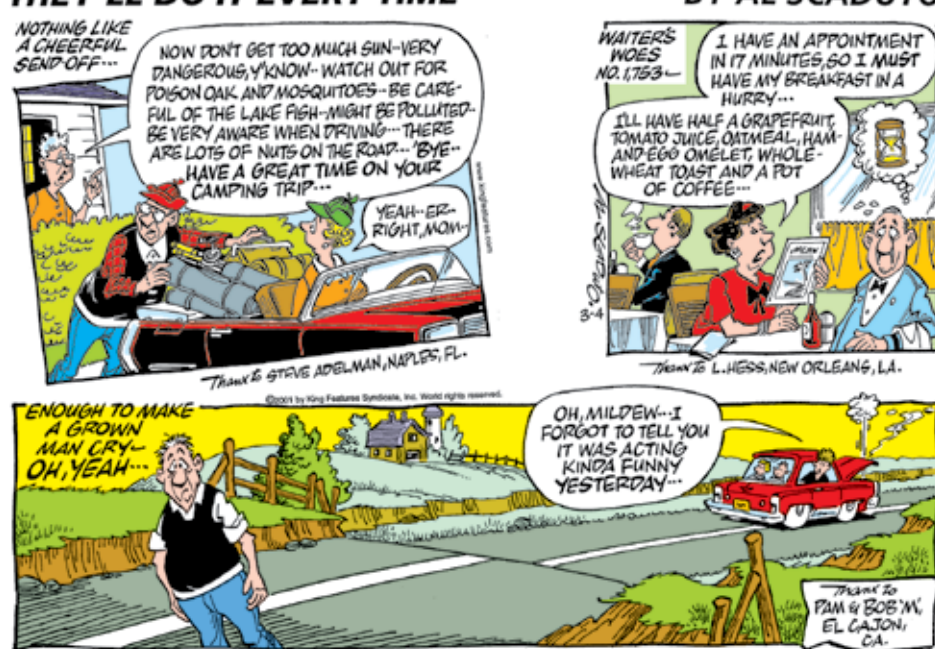
R.F.D.

by Mike Marland



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



GRIN and BEAR IT. by Wagner

LAFF - A - DAY



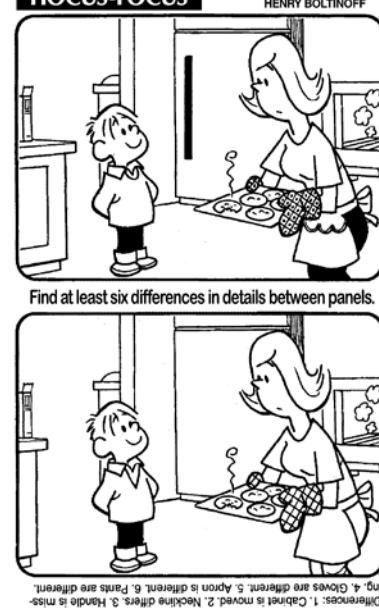
"What's the big idea of forecasting rain for the day of the bureau picnic?"



"You won't even know Mother's in the house—you're staying in the garage."

Just Like Cats & Dogs

by Dave T. Phipps

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The “Most Radical Medical Experiment in Human History,” Targets Children



Commentary
by Harold Pease, PH.D.

We live in a day unlike any other outside the book burning of the Middle Ages, where truth is determined by who is the loudest and who is censored the least. Where everyone carries in a pocket a device loaded with the history, truth, and the wisdom of the ages, but instead, most prefer the shallow depth of social media to determine opinion. Where science may have been captured by the “dark side” for profit and control of the masses. Where children with a 99.99X percent of surviving COVID, should they even get it which is rare, are the new target for inoculation and the Great Reset.

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

Libertyunderfire.org considers censorship a threat to learning and liberty and thus has elected to share his warning. Dr. Robert Malone is the world’s leading authority on the subject.

His warning entitled, “URGENT ALERT TO ALL PARENTS,” follows in full without comment:

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

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

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

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

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

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

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

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

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

State to Receive \$850 Million in Initial Funding for Bridges

Caltrans Press Release

SACRAMENTO, CA (MPG) - Following the Federal Highway Administration’s news on the largest federal investment ever made to upgrade bridges, Governor Gavin Newsom announced that California will receive nearly \$850 million in initial funding for the five-year bridge repair program.

“With more than 26,000 bridges in California – including some of the busiest and most iconic in the nation – we thank the Biden-Harris Administration for this historic investment to make our bridges more resilient and create thousands of good-paying, middle class jobs for Californians,” said Governor Newsom.

California will receive \$849.4 million this fiscal year – more than double the amount of any other state – and an estimated total of \$4.2 billion over five years, to address highway bridge needs. Caltrans and local transportation agencies will target the funds to improve the nearly 1,500 bridges rated in “poor” condition in the state.

Caltrans inspects every bridge in California at least every two years, and these inspectors rate bridges “good,” “fair,” or “poor” based on issues such as cracks, concrete loss, and the need to repaint. Bridges are prioritized for maintenance based on their condition. A poor rating – while not an indication that the bridge is unsound – signals the need to prioritize the bridge’s maintenance.

The bridge formula program announced today represents the largest federal investment ever made in fixing bridges – dedicating \$26.5 billion to states, the District of Columbia and Puerto Rico over the five years of the law and \$825 million for Tribal transportation facilities. Nationwide, the program is expected to help repair approximately 15,000 bridges. In addition to providing funds to state highway bridges, the bridge formula program includes dedicated funding for Tribal transportation facility bridges and “off-system” bridges owned by a county, city, or other local agency.

On Monday, January 14, 2022, Governor Newsom unveiled his 2022-2023 budget – The California Blueprint – which includes major investments in transportation and infrastructure. The Blueprint proposes a nearly \$15 billion investment in California’s transportation and infrastructure, funding programs and projects that will create thousands of new jobs, advance our climate and public health goals, and competitively position the state to pursue significant federal investment through the Infrastructure Investment and Jobs Act and other federal funding programs. The Blueprint also proposes billions to address supply chain congestion and accelerate the transition to zero-emission vehicles. With these investments, the state aims to significantly reduce pollution while supporting climate resiliency projects and accelerating the transition to cleaner transportation, including zero-emission vehicles. Additionally, it initiates projects to improve rail and transit services, connect more communities, and enhance safety for multiple modes of transportation.

The federal bridge funding announced today will further the progress California has made with Senate Bill (SB) 1, the Road Repair and Accountability Act of 2017, which provides approximately \$5 billion in transportation funding annually split between the state and local agencies through 2027. Caltrans has advanced repairs and upgrades to California’s transportation system, including to the state’s bridges. With the funding from SB 1, the department repairs an average of 221 bridges annually—an 85 percent increase compared to pre-SB 1 levels. By 2027, Caltrans will have repaired at least 500 more bridges than it would have without SB 1 funding.

More information on what the Bipartisan Infrastructure Law will mean for California is available on a fact sheet from the U.S. Department of Transportation at www.transportation.gov/sites/dot.gov/files/2021-11/Bipartisan_Infrastructure_Law_California.pdf.



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Home or Land Valuation
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Rio Linda & Elverta
Home prices are
STILL UP!
Don’t Trust Computer-Generated
Home Value Estimates...

Thinking of...
Selling? Buying?
Call the Rio Linda/Elverta
Expert!
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Recent Area Sales

ADDRESS	SQ FT	LOT SIZE	SOLD PRICE
6231 24th St.	4461	3 Acres	\$1,200,000
7818 Ranch River Dr.	1291	1 Acre	\$ 589,000
848 U Street	1383	2 Acres	\$ 550,000
8125 Gold Pheasant Ct.	2240	1.16 Acres	\$ 710,000
1420 I Street	2089	.45 Acre	\$ 630,000
5923 West 2nd St.	2106	2.12 Acres	\$ 650,000
7425 26th St.	3525	1.2 Acres	\$ 725,000

Based on information from MetroList Services, Inc. for period of May 1, 2021 to August 30, 2021.
Provided properties may or may not be listed by the office/agent presenting the information.

Call me for information on these homes
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Dare
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Serving
Rio Linda & Elverta
for over 30 Years

Call us for a
Free Market Value
of your Home or Land

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