



## Drought Requires More Changes

PAGE 2

## Increase of Chemical Exposure in Pregnant Women

PAGE 13



# Carmichael Times

VOLUME 43 • ISSUE 23

Serving Carmichael & Sacramento County since 1981

JUNE 10, 2022

### SEE INSIDE

#### INFANT FORMULA OPTIONS FOR WIC FAMILIES



PAGE 5

#### INCREASE IN USED CAR PURCHASES



PAGE 2

#### WHAT DO YOU WANT TO DO?

By Dave Ramsey



PAGE 10



Scan our QR Code for a direct link to our online edition!

PRSRD STD.  
U.S. POSTAGE  
PAID  
CARMICHAEL, CA  
PERMIT NO. 350  
OR CURRENT  
POSTAL CUSTOMER

## The Music is Back!



Ophir Prison Marching Band was among ensembles that performed at the Community Band Festival in Carmichael Park last weekend. Neil Hillel (AKA Captain Rufus T. Whizbang) conducted.

Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - A summer of music has kicked off in Carmichael.

Last weekend's Community Band Festival presented two days of marches, pops and symphonic suites from almost 400 musicians. Hot on their heels, Carmichael Recreation and Park District Saturday concerts will begin on June 18.

The Sacramento valley Symphonic

Band Association presented 14 bands for a blow-out that has been a Carmichael tradition for more than 20 years. More than 800 pairs of applauding hands added to the percussion.

"We were happy so many people came out to support us," said festival organizer Grant Parker. "Musicians have been working hard, with few opportunities to rehearse during the pandemic. Some were not able to assemble till April. They all rose to

the occasion. They were so eager to play for live audiences. They've all missed that interaction—it just doesn't happen through Zoom or streamed performances. We're all looking forward to being back on June 3 and 4 next year."

Meantime, a summer-long musical feast awaits the community.

An '80s funk performance by Latin Touch kicks off CRPD's 10-concert season on June 18. On

*Continued on page 3*

## Sac County Artists Eligible for \$10,000 in Grants

Sac County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The City of Sacramento's Office of Arts and Culture is now accepting applications for its \$450,000 "Seeding Creativity" individual artists grant program.

The grant program will support 45 individual artists located within Sacramento County with \$10,000 grants to create and/or present new work in the county during the grant period.

The Seeding Creativity grant program is funded through an award to the Office of Arts and Culture from the National Endowment for the Arts' federal American Rescue Plan dollars. Funds may be used to provide fees/stipends for artists to support services for specific project work.

In addition to grant funds, artists will receive one year of support programming to assist them in career building skills such as building entrepreneurial expertise, leveraging resources, deepening collaborations, developing portfolios and work samples, and crafting work statements.

All grantees are obligated to produce a project by the end of the grant period within one of four chosen pathways: Creation, performance/presentation, social impact and research. Emerging and mid-career artists with a three-year work history in visual, craft, media, design, performing and/or literary arts are encouraged to apply.

Applications close at 11:59 p.m. on June 20, 2022. A free virtual application workshop to review program goals, guidelines and help individuals apply will be held at 4:30 p.m. on May 18. Register on the City's website. The Office of Arts and Culture also provides one-on-one peer mentors to support artists in application preparation.

Applications for grants will be reviewed and scored by a diverse panel comprised of artists from throughout the country as well as community members.

Find more details on eligibility criteria, project pathways and grant program on the Office of Arts + Culture's website. ★

## County's Response to Homelessness

Sac County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is actively engaged in multiple strategies to provide services that unhoused residents need to transition into safe, stable housing.

In Fiscal Year 2021/2022 alone, we have invested nearly \$50 million in homeless specific programs, services, shelter, re-housing and data infrastructure to serve our community, with funding from the American Rescue Plan Act (ARPA), the Mental Health Services Act (MHSA) and the County's General Fund, among others.

**Notable projects this year include:**

Safe Stay community developments - providing on-site services, security and re-housing to move people from unsheltered homelessness into housing and other supportive services while providing much needed respite to the neighborhoods through a reduction in trash, tents, violence and blight.

Encampment Service teams: Comprised of Outreach navigators, re-housing staff and clinical staff to provide behavioral health assessments and referrals for those living in encampments.

Additional investment of the construction of Marisol Village - an affordable housing project slated to add an additional 116 units to the final project.

Invested three years of



Sacramento County is actively engaged in multiple strategies to provide services that unhoused residents need to transition into safe, stable housing. MPG file photo

funding to greatly expand Coordinated Access (CAS), a powerful collaboration designed to ensure that homeless persons and persons at risk of homelessness are matched, as quickly as possible, with the services that will most effectively end their homelessness. This funding provides for increased coverage at 211, and new field-based staff to assist households into crisis support services and rehousing.

Landlord Engagement and Re-Housing Supports: conducting outreach and educational events to recruit landlords and expand the availability of rental units; investment in incentives such as sign-on bonuses,

move-in assistance, vacancy loss payments, etc. to support landlord retention; and increasing flexible rental subsidies to improve the efficacy of voucher and homeless housing subsidy programs.

Funding 60 beds through December 2024 to support the Parkway Navigation team, prioritizing those exiting the portion of the Parkway between Interstate 5 and Highway 160. The Salvation Army will provide 24/7 staffing, food, laundry, case management and re-housing supports, with an annual goal of rehousing 180 people who previously lived on the Parkway.

Mental Health Services Act (MHSA) Housing

Program adding 60 units that provide a continuum of interventions including homelessness prevention, flexible housing funds, rapid rehousing, and permanent supportive housing for persons experiencing both homelessness and mental health issues. These units are on top of a recent \$27.3 million in No Place Like Home (NPLH) funding to build/renovate 137 additional dedicated apartments. Another \$9.5 million in NPLH funding is currently under State review to build an additional 37 dedicated apartments.

Additionally, working with our partners in all our cities is crucial to address the issue. Sacramento County and the

*Continued on page 3*



# Drought Requires Changes



The new regulation bans irrigating turf at commercial, industrial, and institutional properties, such as grass in front of or next to large industrial or commercial buildings. Photo courtesy of Diana Ivanova | Dreamstime.com

## California Water Boards News Release

**SACRAMENTO, CA (MPG)** - In response to Governor Gavin Newsom's March 28 Executive Order the State Water Resources Control Board adopted an emergency water conservation regulation that will ensure more aggressive conservation by local water agencies across the state.

The new regulation bans irrigating turf at commercial, industrial, and institutional properties, such as grass in front of or next to large industrial or commercial buildings. The ban does not include watering turf that is used for recreation or other community purposes, water used at residences or water to maintain trees. The regulation also requires all urban water suppliers to implement conservation actions under Level 2 of their Water Shortage Contingency Plans.

In March 2022, the state's urban retail water suppliers reported average water use statewide that was nearly 19% greater than in March 2020, lowering the state's cumulative water savings since July 2021 to 3.7%. On May 23, 2022, Governor Newsom convened leaders from the state's largest urban water suppliers imploring them to take more aggressive action to combat drought.

"The severity of this drought requires all Californians to save water in every possible way," said Joaquin Esquivel, chair of the State Water Board. "The regulation compels water systems and local authorities to implement a range of additional critical conservation measures as we enter the hot and dry summer months."

Level 2 water shortage contingency plans are meant to address up to a 20% shortage of water supplies. In addition to implementing Level 2 actions, the regulation requires urban water suppliers to fast-track supply and demand assessments to plan for potential

extended dry conditions.

Level 2 actions often include things such as: Limiting outdoor irrigation to certain days or hours; Increasing patrolling to identify water waste; Enforcing water-use prohibitions; Increasing communication about the importance of water conservation.

Some water suppliers already have imposed strong new restrictions on customers' water use in accordance with their drought management plans. However, about half of the state's 436 water suppliers (both urban water retailers and wholesalers) have not yet activated Level 2, and 36 have not submitted drought plans. The emergency regulation will require suppliers without drought plans to take certain conservation actions, such as conducting outreach to customers about conservation, restricting outdoor irrigation to two days a week and enforcing against wasteful water practices.

The approved regulation will be submitted to the Office of Administrative Law (OAL) for approval, which typically occurs within 10 calendar days. The ban on non-functional turf becomes effective upon OAL approval and the Level 2 requirements for urban water suppliers are proposed to take effect on June 10, 2022.

The regulation will give suppliers new options to reduce water waste if they choose to use them. A violation of the non-functional turf irrigation provision, for example, would be an infraction and subject to a fine of up to \$500.

People who see water waste should report it at [savewater.ca.gov](http://savewater.ca.gov).

*The State Water Board's mission is to preserve, enhance and restore the quality of California's water resources and drinking water for the protection of the environment, public health and all beneficial uses, and to ensure proper allocation and efficient use for present and future generations.* ★

# California Saw 3.8% Increase in Used Car Purchases During COVID-19

Mike LaFirenza, Lattice Publishing

**SAN DIEGO, CA (MPG)** - Inflation has been the dominant story in the U.S. economy for most of the last year. Year-over-year increases in the Consumer Price Index have reached their highest levels in 40 years, with consumers paying more for expenses from food to housing to energy. And one of the categories that has consistently seen the highest price increases in this inflationary period is vehicles, both new and used.

While the early months of the COVID-19 pandemic saw lower demand for vehicles as people avoided travel and commuting, the vehicle market has rebounded strongly since the second half of 2020. COVID-related concerns and transitions to remote or hybrid work have put a dent in public transit ridership, and instead, more former transit users have opted to buy cars. Low interest rates, strong government stimulus, and a rebounding economy have given many households the wherewithal to make vehicle purchases.

A lingering challenge, however, has been supply. COVID-19 outbreaks over the last two years have disrupted global supply chains, and carmakers have been particularly hard hit. Obtaining parts like semiconductor chips has been more challenging, and backlogs at ports worldwide have made it harder to ship new vehicles. In total, manufacturers produced approximately 1.7 million fewer vehicles in 2021 than 2019, and with a limited number of new vehicles hitting the market, used models are selling at a significant premium.

According to data from the U.S.

Bureau of Economic Analysis, per capita annual spending on used cars jumped 10.9% between 2019 and 2020, from \$460 to \$510. This increase was the second highest single-year increase in nearly 25 years. The new vehicle market is historically prone to larger swings but spending on new vehicles only increased by about 2.1% from 2019 to 2020, from \$870 to \$889.

Car shoppers in some locations have felt the effects of these price increases more than others. Typically, residents of the central U.S. tend to spend the most on both new and used vehicles annually. Residents in these locations are typically more car-dependent because their rural geography puts more distance between people and communities. While residents of less car-oriented locations can spend less or put off vehicle purchases more easily, their car-dependent peers spend more, and now are carrying the extra burden of rising prices.

The data used in this analysis is from the U.S. Bureau of Economic Analysis's Personal Consumption Expenditures. To determine the states with the biggest increase in used vehicle purchases during COVID-19, researchers at CoPilot calculated the percentage change in total used car spending between 2019 and 2020. In the event of a tie, the state with the greater total change in used car spending over the same period was ranked higher.

The analysis found that used car spending in California increased by 3.8% during the pandemic, a total change of \$439.8M. Here is a summary of the data for California:

Percentage change in used car spending (2019-2020): +3.8%  
 Total change in used car spending (2019-2020): +\$439,800,000  
 Used car spending per capita (2020): \$304  
 Used car spending per capita (2019): \$292  
 For reference, here are the statistics for the entire United States:

Percentage change in used car spending (2019-2020): +11.3%  
 Total change in used car spending (2019-2020): +\$17,002,000,000  
 Used car spending per capita (2020): \$510  
 Used car spending per capita (2019): \$460

For more information, a detailed methodology, and complete results, you can find the original report on CoPilot's website: <https://www.copilotsearch.com/posts/states-with-biggest-increase-in-used-vehicle-purchases-during-covid19/>. ★

**clean power grid**

The Clean PowerCity<sup>SM</sup> movement is happening. Our commitment to zero carbon by 2030 means we're creating more energy from completely renewable resources, accelerating clean energy with the region's first grid-scale battery farm and setting an example for the rest of the world to follow – all while providing safe, reliable and some of the most affordable energy in California.

Join the charge  
**CleanPowerCity.org**

**SMUD**

© SMUD 0562-5/22 © A trademark/service mark of Sacramento Municipal Utility District, Reg. U.S. Pat. & Tm. Off.

# The Music is Back!



Capitol Pops tuba Players unite for a Sousa march.

Continued from page 1

July 2, Carmichael and Mission Oaks Park Districts join forces to present a concert by Great Wide Open at La Sierra Community Center. This Tom Petty tribute will herald pre-Independence Day fireworks.

Mission Oaks Park District also offers a Gibbons Park performance by Wasted Space on September 25.

All community concerts are free and dancing is encouraged. Carmichael Park is located at 5750 Grant Avenue. La Sierra Center is



Roseville Flute Ensemble musicians warm up before their park performance.

at 5325 Engle Road. Gibbons Park is at 4701 Gibbons Drive. Performance dates are

as follows. Unless otherwise stated, concerts are in Carmichael Park and downtown is 6:30 pm. ★

# County's Response to Homelessness

Continued from page 1

City of Sacramento in particular must remain focused on addressing issues together, taking into account our responsibility to constituents, stakeholders and our homeless neighbors.

The County and City of Sacramento have collaborated for the past several years to identify and pursue opportunities to partner on projects that will serve the homeless population in the most efficient and effective way possible. While there are many good ideas to address the immediate and long-term needs around homelessness, not every project is feasible.

For example, the City and County were recently exploring a large site to potentially purchase and renovate as shelter with on-site wrap around services for people experiencing homelessness. After careful consideration, the County decided not to pursue the project for multiple reasons, including the cost of the real estate, the limitations imposed by the property owner that would interfere with provision of critical services and the relatively small number of people who would be served for such a large investment. The County has multiple sheltering projects under consideration for a similar or lesser amount of funding that will serve

greater numbers of people over the long term and result in permanent exits from homelessness.

Critical to our success is the ability to partner with the City of Sacramento – and the other six cities in our jurisdiction - but also weighing the benefits and drawbacks of every dollar spent with the end goal of reaching every person experiencing homelessness. The County is ready to support projects and programs that are aligned with evidence-based approaches to addressing homelessness.

Sacramento is facing an unprecedented crisis of homelessness in our community. This crisis cannot be pinpointed to one specific cause, rather a myriad of complicated issues including a housing affordability gap, the impacts of COVID-19 and the overwhelming need for mental health and drug and alcohol rehabilitation services.

The Point-in-Time count results will likely show a significant increase in unhoused residents in Sacramento County. Now more than ever, the County and cities can work side by side to address this crisis. Together we are stronger, more effective and more capable of success.

For more information on the County's response to homelessness, visit our website. ★

# Former Sacramento City Firefighter Convicted of Sexual Assault

## Sacramento County District Attorney

SACRAMENTO COUNTY, CA (MPG) - Christian Madrigal was convicted by a jury of assault with intent to rape and forcible digital penetration.

On April 13, 2015, the victim went out to celebrate her birthday with some friends. One of her friends was dating Christian Madrigal, who had just joined the City of Sacramento Fire Department. After their night out, the victim, the victim's friend who was dating Madrigal along with Madrigal went back to stay the night at Madrigal's apartment. While the victim was asleep on the couch, Madrigal

forced himself on her and sexually assaulted her for several hours that night. The next morning, the victim reported the sexual assault to law enforcement and underwent a sexual assault examination. In 2018, detectives reinitiated the investigation and interviewed all of the witnesses who were present on the night of the sexual assault and the District Attorney's Crime Lab found that DNA on the victim's underwear was consistent with Madrigal's DNA.

Madrigal faces a maximum sentence of 14 years in prison. Sentencing is set for June 30, 2022, at 9:00 a.m. in Department 42 before the Honorable Allen Summer. ★

## Concerts in Carmichael Park

June 18: **Latin Touch** (Funk and Latin)  
 June 25: **Hipper Than Hip** (Rock)  
 July 2: La Sierra Community Center **Great Wide Open** (Tom Petty Tribute), 7 pm. Fireworks follow.  
 July 9: **Wasted Space** (Classic Rock)  
 July 16: **John Skinner Band** (Variety Dance and Rock)  
 July 23: **Groove Thang Band** (Rock)  
 July 30: **Maya Band** (Latin)  
 August 6: **Todd Morgan Band** (Classic Rock)  
 August 13: **Fryed Brothers** (Country Rock)  
 August 20: **Ticket to Ride** (Beatles Tribute)  
 August 27: **On Air** (Classic Rock)  
 September 25: Gibbons Park. **Wasted Space** (Rock) 5 pm

BEAUTIFUL HOMES

**8153 Damico Drive, El Dorado Hills | Offered at \$1,250,000**

Spacious 5-bedroom, 4-bath home on a Large Corner Lot in Lovely Serrano!! From the moment you walk in, you are bathed in an Abundance of Natural Light showcasing all this beautiful home has to offer. Downstairs you'll find the Enchanting Family Room, Elegant Dining with access to Courtyard Seating, Large Living Room, and a Grand Kitchen perfect for the chef of the household. Gorgeous Flooring, Recessed Lighting, Crown Molding, and Updated Fixtures throughout! Upstairs offers an Impressive Master Suite, Oversized Loft, a Mini Suite with its own bathroom, as well as Two Additional Bedrooms. The Expansive Pool-Size Backyard boasts a Covered Patio, Basketball Court, and plenty of room for Entertaining or just Relaxing! Located close to Trails, Shopping, Parks, and just minutes from Freeway Access. **Russ Teague | 916.206.9902**  
CalDRE # 01394997

**52101 Willow Point Rd., Clarksburg | Offered at \$1,375,000**

Quiet, captivating comfort in Clarksburg, Yolo County twenty minutes South of the State Capitol, along the Sacramento River with views of vineyards, The Old Sugar Mill, Crystal Range to the East, Coastal Range to the West, and Mt Diablo to the South. This single level Spanish Revival with rustic charm throughout is situated on approximately forty-nine acres. The home features a wraparound covered porch, hardwood floors, three wood burning fireplaces, four bedrooms, and five baths. The main bedroom has a window seat, large closet, and a soaking tub, there is a den, a formal dining room, and a cook's kitchen with a pantry. The farmland is always in production, which includes seasonal row-crops of alfalfa, wheat, and safflower. The property has Riparian Rights and is protected under the Williamson Act. **Teresa Gilland | 916.612.0511**  
CalDRE #01943131

**PENDING**

**11760 Mineral Bar Court, Gold River | Offered at \$950,000**

Beautiful single story on a large .33 acre lot in Enterprise Village. 3-car garage with finished floor and attic storage. Newly updated kitchen with Wolf gas cooktop, Miele dishwasher, wine refrigerator and full quartzite counters tops. Recently updated shower, tub and vanity in master suite. Living room with vaulted ceiling and fireplace connects to the formal dining Room. Both offer expansive windows to view patio and rear yard. The family room offers a gas log fireplace, custom mantel and wall mounted television. The amazing backyard features a connected patio with lighting for delightful outdoor evenings. The pool has been resurfaced and retiled. A gazebo sits under a backdrop of trees next to a bubbling pond. Roses, fruit trees and large raised garden boxes are perfect for the home gardener. **Mary Gosney | 916.835.1187**  
CalDRE #01051328

**PENDING**

**6041 19th Avenue, Sacramento | Offered at \$585,000**

Quiet, captivating comfort in Clarksburg, Yolo County twenty minutes South of the State Capitol, along the Sacramento River with views of vineyards, The Old Sugar Mill, Crystal Range to the East, Coastal Range to the West, and Mt Diablo to the South. This single level Spanish Revival with rustic charm throughout is situated on approximately forty-nine acres. The home features a wraparound covered porch, hardwood floors, three wood burning fireplaces, four bedrooms, and five baths. The main bedroom has a window seat, large closet, and a soaking tub, there is a den, a formal dining room, and a cook's kitchen with a pantry. The farmland is always in production, which includes seasonal row-crops of alfalfa, wheat, and safflower. The property has Riparian Rights and is protected under the Williamson Act. **Russ Teague | 916.206.9902**  
CalDRE # 01394997

**Craig Diez**  
 Craig@DiezandSiggProperties.com  
 CalRE #01019930  
 916.425.5884  
 Realtor\*/Owner

Awarded  
2017 2019  
2018 2021

DiezandSiggProperties.com | [/DiezandSiggProperties](#) | [/DiezandSiggProperties](#)

America's Choice in Homecare.

## Select Your Caregiver®

- Meal Preparation
- Light Housekeeping
- Errands & Shopping
- Bathing Assistance
- Dressing Assistance
- Hygiene Assistance
- Assistance with Mobility
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Medication Reminders

**916.971.9333**

[www.VisitingAngels.com/Sacramento](http://www.VisitingAngels.com/Sacramento)

Each Visiting Angels agency is independently owned and operated. Lic. #344700003

Carmichael Chamber of Commerce • Carmichael Times

# BEST OF CARMICHAEL 2022

5th ANNUAL BEST OF CARMICHAEL

Voting is now closed

## AWARDS EVENT

**Saturday, June 18, 5-9pm**  
 Dinner, Dessert Auction & Raffle.  
 Mission Oaks Community Center  
 4701 Gibbons Dr., Carmichael

**Get Your Tickets!**  
[www.BestofCarmichael.com](http://www.BestofCarmichael.com)

Sponsored by  
**Carmichael Chamber of Commerce and Carmichael Times**

# 51st Annual Optimist High School Baseball All-Star Games on Sunday

## Optimist Sacramento News Release

**SACRAMENTO, CA (MPG)** - The 51st Annual Optimist High School Baseball All Star games are set for Sunday, June 12, 2022.

The games will be held at Army Depot Park, 8411 Okinawa Street, Sacramento, CA 95828. Game 1 (Small Schools Teams) will start at 4:00p.m. Game 2 (Large Schools Teams) will start at 5:00p.m. General admission is \$10.00; Seniors (65+) \$8.00; Students \$5.00; kids under 12 \$3.00; and kids under 5 are free.

The North Small Schools Team is coached by Jeff Wise from Center High School, and assisted by Dave Watson from Western Sierra Collegiate Academy, Matt Johanson, Tanner Wise, and Mike Manrique from Center High School. Some notable players on the team include outfielder Joey Gauldin, pitcher Roman James, third baseman/pitcher Jace Jones and first baseman Aidan Nielsen from Casa Roble. Other players include center fielder Jaxon Finley, right fielder Matthew Haggard, second baseman Elijah Marin and shortstop Cole Tyler from Marysville.

The South Small Schools Team is coached by Jason Adversalo from Liberty Ranch High School and assisted by Dean Kunze from Liberty Ranch High School. Some notable players on the team include pitchers Troy Combs and Matthew Jernigan from Cordova and Cade Jacobson from Dixon.

The North Large Schools Team is coached Pat Esposito from Granite

Bay High School, and assisted by Jim Barr, Joe Swope, Tom Gallagher, Doug Herrenschmidt, Mike Musolino, and Brian Boyan from Granite Bay High School. Some notable players on the team include second baseman/pitcher Hayden Hughes and left fielder/pitcher Jordan Jacobson from Del Campo, shortstop Brandon Forrester and catcher Andrew Sloan from Jesuit, El Camino center fielder David Henry, Rio Americano catcher Jake Marr and Yuba City third baseman Matt Hernandez.

The South Large Schools Team is coached by Michael DeNecochea from CK McClatchy High School, and assisted by Briant Flint, Randy Davis, and Bob Cowl from CK McClatchy High School. A notable player on the team is River City utility player Alfredo Rodriguez who is coached by Robert Martinez.

At this time, we must be prepared for new COVID guidelines so spectators are asked to bring their masks and follow other public health guidelines if mandated.

These Optimist All Star games provide the top Senior athletes of Sacramento and Greater Sacramento the venue to showcase their skills and prowess. Their selection is to honor them and their schools, and reflects the culmination of their hard work, diligence, and excellence in this sport and school, as well as their coach's commitment towards their player's endeavors. The proceeds from this event will solely be used for youth programs and projects in the Sacramento and Greater Sacramento Areas. ★

# Top Six Pollutants that Degrade California's Water Quality

## Caltrans Press Release

**SACRAMENTO REGION, CA (MPG)** - As part of its "Let's Change This to That" public education campaign, Caltrans is sharing the top sources of stormwater pollution and ways to prevent them for contaminating California's waterways. As stormwater travels into storm drains, it captures pollutants from highways, streets, sidewalks and yards that flow into waterways. The top six pollutants have an outsized impact on the water quality of lakes, rivers, streams and the ocean, plus many are preventable through small actions Californians can take.

The following lists the top six pollutants and actions to stop them at the source:

- Trash and litter: Properly secure items in truck beds and put trash and recycling in the correct bin;
- Sediments: Prevent soil erosion by using mulch in the garden, planting trees and shrubs, and sweeping driveways instead of hosing them off;
- Nutrients: Avoid overfertilizing lawns and plants and limit vegetation waste by keeping fallen leaves out of storm drains;
- Bacteria: Limit pet and RV waste by picking up after your pet and using appropriate RV dumping stations;
- Metals: Regularly check tire pressure, change oil and fluids, and use commercial car washes to prevent metals generated from vehicle, tire, and brake wear from ending up on highways;
- Pesticides: Use organic pesticides and properly dispose of unused portions.

Caltrans is tasked with managing stormwater runoff and mitigating pollution within its 350,000 acres of right of way, which includes more than 15,000 centerline miles of highways. This effort involves picking up roadside litter and clearing out storm drains to preserve roadway safety and drivability during all types of weather conditions.

Unlike water that goes down the sink or toilet in a home, stormwater is untreated and flows directly into lakes, rivers and other

waterways. Stopping pollutants at the source is critical Caltrans' efforts to keep stormwater runoff clean

"Preventing stormwater pollution requires the help and support of every Californian, and it starts with keeping highways and roadways clean," said Steven Keck, Acting Director of Caltrans. "Californians must work together to take necessary steps to prevent pollution at the source and keep our waterways clean."

Summer is the peak season for recreation in and around local waterways. This year, as hot, dry weather is expected to intensify drought conditions throughout the state, Caltrans is amplifying water quality as a top priority.

During a drought, the state's lakes, rivers, and streams have lower water levels, which leads to a higher concentration of pollutants. By preventing a buildup of metals, trash and other pollutants on highways and roadways in dry conditions, Californians can help keep pollutants from traveling into local waterways during rainstorms.

The "Let's Change This to That" stormwater public education campaign is calling on Californians to pledge to do their part to keep stormwater clean. Visit CleanWaterCA.com to take the pledge and learn more about the sources and pathways of stormwater pollution.

"Let's Change This to That" is a three-year public education campaign led by Caltrans to raise awareness and increase understanding of the sources and pathways of stormwater pollution throughout California. The campaign provides resources for people who live, work, and play in California's unique communities to spur behavior change in a way that leads to improved water quality. The campaign complements Clean California, a three-year, statewide litter reduction and beautification program. For more information, visit CleanWaterCA.com. ★



**THE GREENWOOD TEAM**

CA DRE #01134887 LOCAL KNOW-HOW

**Cleo Greenwood • Aly Greenwood • Ron Greenwood**

**916-712-4442**

Rgreenwood@golygon.com | 2580 Fair Oaks Blvd., #20, Sacramento, CA 95825

**PENDING!**

**2660 Howe Avenue, Sacramento, 95821**

**Listed at \$499,000**

**DENTAL IMPLANTS - THE BEST OPTIONS FOR MISSING TEETH**

**SNAP ON REMOVABLE**

**DENTURE TO IMPLANT  
FIXED OR REMOVABLE**

**SINGLE IMPLANT  
FIXED**

**ALL ON FOUR  
FIXED**

**BRIDGE  
FIXED**

Free Consultation ☎ **916-944-1197**

**NORTH RIDGE DENTAL**  
6600 Madison Ave. Ste. 4b  
Carmichael, CA 95608

**All implant treatment performed in one location from start to finish**

# California Expands Infant Formula Options for WIC Families

CDPH Press Release

**SACRAMENTO, CA (MPG)** - To further support California families while supplies of infant formula remain limited, the California Department of Public Health (CDPH) is adding a new flexibility by expanding purchasing options for the WIC (Women, Infants and Children) program. Effective immediately, families with WIC benefits have eight additional formulas, and a total of 13 options, they can purchase for their infants.

WIC families can find the latest updates at MyFamily.WIC.ca.gov or the California WIC App and should contact their local WIC office with questions on how these options work for infants. General information on the infant formula shortage is available at [cdph.ca.gov/formula](http://cdph.ca.gov/formula).

"We are quickly doing what we can to provide our WIC families with as many infant formula options as possible during this challenging time," said CDPH Director and State Public Health Officer Dr. Tomás J.



Many California families are feeling the effects of the formula shortage. Safe formula preparation is vital to ensure infant safety. Photo courtesy by Ben Kerckx from Pixabay

Aragón. "In the coming days we will also add more formulas to this list."

The state's action temporarily expands the existing (WIC) authorized product list to include additional infant formula options. These newer options will be removed once infant formulas are widely available again.

### Safety Information for Families in Need of Formula

Many California families are feeling the effects of the formula shortage. Safe formula preparation is vital to ensure infant safety.

Non-WIC parents and caregivers who face a

shortage should call their health care providers first to help them navigate infant formula options when supplies are scarce.

Parents and caregivers are advised to NOT dilute formula or use homemade recipes for substitution as this can seriously harm a baby's health.

Babies usually tolerate alternative formula products except in the case of special therapeutic formula, and that's why it's important to consult with your healthcare provider first to get help or to discuss alternatives.

Visit [cdph.ca.gov/formula](http://cdph.ca.gov/formula) for more information. ★

# As Drought Persists, Water Rights on Agenda



By Dan Walters  
CALMatters.org

As a third year of drought continues, California officialdom is increasing pressure for more water conservation.

Last week, the state Water Resources Control Board imposed a statewide ban on watering of "non-functional" turf, such as grass around commercial buildings, and directed local water agencies to implement water use restrictions.

"California is facing a drought crisis and every local water agency and Californian needs to step up on conservation efforts," Gov. Gavin Newsom said in a supportive statement.

Despite the official bal-lyhoo, last week's actions were tepid at best, stopping well short of the mandatory reductions that Newsom's predecessor, Jerry Brown, imposed during a previous drought.

It appears that Newsom, running for re-election, does not want to be the guy who tells Californians they can't water their lawns as much as they would like. He'd rather leave it to local water officials to crack down.

However, no matter how they are framed, the new directives are highly unlikely to have more than a marginal impact on California's increasingly dire water shortage for the

simple reason that residential use is a relatively tiny factor in the water equation. California's largest-in-the-nation agricultural industry is by far the largest user of developed and managed water supplies.

The larger question is whether the state is doing anything to confront the longer-term gap between water supply and water demand as climate change alters precipitation patterns. Conservation will help, particularly more efficient use of agricultural water, but we need more storage, such as the long-delayed Sites Reservoir, to take advantage of wet years.

Newsom's latest budget proposal claims to make big investments in improving water security, but most of the money would go to small-scale projects that tinker on the margins. It proposes just a half-billion additional dollars for water storage while dumping several billion more dollars into the state's ill-conceived and ill-managed bullet train project.

If we're serious about dealing with semi-permanent drought conditions, the most important – and the most controversial – step would be to reconsider how limited supplies are allocated among agriculture, urban users and flows needed to support endangered species such as salmon.

By necessity, such a comprehensive approach – more or less starting with a clean sheet of paper – would require a fresh look at the state's bewilderingly complex water rights.

Those who hold such rights consider them to be sacrosanct. But drought is so severe that even senior rights

holders are feeling the pinch, as CalMatters writer Rachel Becker details in a recent article on drought's impacts in the Sacramento Valley.

Reconsideration of water rights seems to be gaining momentum in water policy circles.

A water policy paper issued by the state Senate leadership this month proposes that the state purchase rights from agricultural holders to provide more water for habitat improvement as part of a \$7.5 billion plan "to build a climate resilient water system."

As the state water board was pushing for more conservation last week, a coalition of Indian tribes and environmental groups demanded that it become more aggressive about enforcing water quality standards in the Sacramento-San Joaquin Delta "and restructure water rights as necessary to implement these standards."

The demand cites the history of white settlers appropriating water supplies from native peoples in the 19th century and suggests that water rights can be reconfigured under the state constitution's provision that only "reasonable use" of water is legal.

The water board had been considering such direct action, but put it on hold while the Newsom administration has attempted to forge so-called "voluntary agreements" that would divert more water from agriculture to enhance river flows.

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

# Allergies or COVID? Emergency Physicians Explain How to Tell the Difference

Commentary  
by Steve Arnoff, ACEP

**WASHINGTON, D.C. (MPG)** - The spring-time sniffles are here, and it can be tricky to determine whether common symptoms are due to COVID-19 or seasonal allergies. The American College of Emergency Physicians (ACEP) offers tips to distinguish between the two and determine when symptoms become an emergency.

"It can be confusing to figure out whether your symptoms are allergies or something worse," said Gillian Schmitz, MD, FACEP, president of ACEP. "Some symptoms of COVID and allergies overlap, but there are a few clear signs that indicate a COVID infection."

A quick quiz can help you determine whether you have COVID-19 or seasonal allergies:

Do you have a fever? Seasonal allergies do not typically include a fever. It is possible to get COVID without a fever. But, when the body temperature is unusually high, it's often a sign of illness rather than allergy.

Do you typically have allergies? It's understandable to be concerned about COVID, but if the season reliably brings familiar symptoms like an itchy or runny nose, sneezing, or watery eyes, it's likely allergies flaring up again. COVID symptoms can overlap but often include additional signs of concern. The duration of symptoms is important, too. COVID symptoms last about a week but could have longer-term effects, while allergies tend to stick around for months.

Are your symptoms more than coughing or sneezing? Some of the most common

COVID symptoms are consistent with allergies or a cold and can include a sore throat or runny nose. A likely sign of COVID is the addition of one or more symptoms, including body aches, fatigue, nausea, stomach problems or diarrhea, or loss of taste or smell.

People with COVID may feel short of breath or have difficulty breathing, but seasonal allergies don't usually cause breathing issues unless there's an underlying respiratory condition, such as asthma, according to the Centers for Disease Control and Prevention (CDC).

Are you taking avoidable risks? Even without symptoms, it is helpful to continue to wear a mask, social distance, and get vaccinated to decrease the chances of getting sick and slow the spread of COVID.

Stay home if you are sick, whether it is with COVID or another illness and contact a primary care physician when symptoms are mild to discuss treatment options. It is time to visit the closest emergency department or call 911 for any medical emergency, such as trouble breathing or shortness of breath, when illness become severe, or there is a high risk of illness or complications due to age or preexisting conditions.

To stay safe, visit a testing site or take an at-home COVID test when symptoms start. Free at-home tests are available to order from the government on COVID.gov or they can be purchased at retailers or pharmacies.

"We should all continue to take every precaution to prevent the spread of COVID," said Dr. Schmitz. "The best way to clear up doubt is to get tested for COVID when worrisome symptoms appear." ★

## ELDER ABUSE

More than 200,000 cases are reported in California each year...

- ◆ Physical Abuse
- ◆ Financial Abuse
- ◆ Mental Abuse
- ◆ Sexual Abuse
- ◆ Neglect
- ◆ Abandonment
- ◆ Isolation

Learn the signs and break the silence


**ElderAbuseAwareness.c4a.info**

To report abuse call Sacramento County Adult Protective Services office (916) 874-9377

AGENCY ON AGING AREA 4



AgencyOnAging4.org



## Carmichael Times

*Serving Carmichael and Sacramento County since 1981*




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

The *Carmichael Times* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Carmichael Times* are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Carmichael Times*, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$45 per year within Carmichael, \$52 within Sacramento County.

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

We are proud members of these newspaper associations.

**Publisher, Paul V. Scholl**

Carmichael Times is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@mpg8.com](mailto:Publisher@mpg8.com).

**Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.**

## GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

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

**SERVICE SCHEDULES**

Sunday Schools (All Ages).... 9:45 am

Sunday Worship..... 11:00 am

Sunday Evening..... 6:00 pm

Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628  
(Located one block South of Madison; just East of Dewey)

**PASTOR CHARLES CARTER**

CALL FOR MORE INFORMATION (916) 967-3915 [WWW.GBCFAIROAKS.NET](http://WWW.GBCFAIROAKS.NET)

# CALL A PRO BUSINESS DIRECTORY

**SLS**  
**Superior Landscape Services**  
 Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured  
 Lic#794551

(916) 728-5812 • Cell (916) 761-0999  
 Dave Cochran Owner • dave\_SLS@surewest.net

**MARTY MOEN**  
 Fencing and Decks

Free Estimates

- Ornamental Iron
- Wood • Chain Link

(916) 796-1005 License # 852410

**GREENWAY TREE SERVICE**

Specializing in Expert Tree Pruning,  
 Tree Removal & Stump Grinding

Free Estimates  
 Competitive Prices  
 Licensed and Insured

(916) 224-9750

**A-1 AFFORDABLE ROOFING SERVICES, INC**

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

**John Fleenor, Contractor**  
 1741 L Street, Rio Linda, CA 95673

Cell: (916) 206-1613  
 Contractor Lic. #1064966

**CLEAN & SOBER**  
 LIVING  
 CSTL, Inc.

Helping People and the Community  
 with the Alcohol and Drug Problem!  
 Over 20 Years in Business!

Sober Living - 916.961.2691

**Rio Linda Eye Care**

Laser Surgery • Eye Glasses • Contact Lenses  
 • Eyewear for Computer Users

**Dr. William Fleischmann**  
 (916) 991-8444

Saturday Appointments Available  
 6716 RIO LINDA BLVD., SUITE B, RIO LINDA

**ESTATE ADMINISTRATION**

Trust Administration  
 • Probate of Wills

**Kilpatrick Law Offices, P.C.**

(916) 979-7025 • tk@kilpatrick.com

**GARRY CONSTRUCTION**  
 Remodeling and Repair Specialists  
 "The Problem Solvers"

- Remodeling
- Bathrooms
- Kitchens
- Electrical
- Plumbing
- Redwood decks

Satisfy Home Inspections and Pest Reports.

(916) 486-1871  
 cell: (916) 835-1735

James Garry | Lic#558941

**Sharon's Garden Childcare & Preschool**

Teach Private In-Home Tutoring  
 Will Pick Up from Local Schools

COVID Safe • Certified Staff • Nurse on Call  
 7am - 7pm • Breakfast, Lunch, Snacks

sharonsgardenchildcare.com  
 Dennis (916) 988-2669 • dnsmshny@yahoo.com

**MORE TIME ON YOUR BUSINESS**  
 ...and less time managing payroll

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

**Pinnacle Employee Services**  
 916-760-7227  
 www.pinnaclehr.com

**Just Send It Postal**

justsendit11@yahoo.com  
 Phone: (916) 723-8855 • Fax: (916) 723-0208  
 Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED  
 7250 Auburn Blvd. #C Citrus Heights, CA 95610  
 www.justsenditpostal.com

NOTARY \* PRINTING \* SHREDDING

**TRACTOR SERVICE**

- Mowing • Rototilling
- Discing • Scraper/Loader

Call  
**(916) 991-8431**

M	A	L	T		A	S	P		I	N	T	O					
A	M	I	R		T	I	P	I	S	N	O	O	P				
R	A	N	I		H	O	R	N	I	F	N	O	T				
C	H	E	V	R	O	L	E	T	R	I	E	L					
			E	E	R	I	E		F	U	N						
M	A	R	T	I	N				C	A	P	I	T	O	L		
E	T	A		M	Y	F	O	O	T		T	U	B	A			
T	R	I	M	S		O	H	O		S	I	R	E	D			
R	I	S	E		A	R	M	P	I	T		I	L	L			
O	P	E	R	A	N	D				B	E	A	N	I	E		
			C	R	Y				S	K	I	E	R				
			P	I	E	R			L	A	N	D	R	O	V	E	R
R	O	N	D	O		O	B	O	E		M	I	C	A			
A	S	K	E	W		S	L	U	M		A	C	H	Y			
M	E	S	S			S	E	T			S	E	T	S			

**STATEPOINT CROSSWORD • CARS**

**CROSSWORD**

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

**CLUES**

**ACROSS**

- Fountain treat
- Pharaoh's cobra
- "...the Woods," movie
- Gulf V.I.P.
- Native American tent
- Rapper Dogg
- Hindu princess
- "Used to alert when driving"
- "... me, then who?"
- "Corvette, e.g.
- Cambodian money
- "Like Stephen King's Christine"
- "Some Nights" (2012) band
- "Aston follower"
- State legislature's home
- 7th letter of Greek alphabet
- "What I used to step on the gas"
- Lowest brass
- Salon offerings
- Exclamation of surprise
- Fathered
- Do like phoenix
- Underarm
- The Jackson 5's "..."
- "Be There"
- 3 or 6 in 3+6=9
- Knit cap
- Shed tears
- Winter Olympics participant
- Embarkation location
- "Earth traveler (2 words)"
- 2-time NBA Champion Rajon Randon
- Double-reed instrument
- Muscovite or biotite
- Lopsided
- Undesirable dwelling
- Causing pain
- Like certain military tent
- Between "ready" and "go"
- #63 Across, pl.

**DOWN**

- J. Lo's ex
- Wet nurse
- \*Don't cross it when driving
- Hot dish stand
- Garlicky mayonnaise
- Shopping ...
- Pub offering
- \*Car name that sounds like "unending" synonym
- Opposite of all
- Hammer or sickle
- Choose or select
- Like a rosebush
- Maple goo, alt. sp.
- French city, popular coronation location
- Like a certain Tuesday
- First "M" in MGM
- Aweigh
- Turn toddler into an adult
- Chicken house
- Home of famous shroud
- Obelus, pl.
- Soup server
- \*Car company founded by a Henry
- Unit of electrical resistance
- \*German luxury car
- \*Driving maneuver
- Take your pick
- In the same place, in a footnote
- Cupid's ammo
- Smells
- Expensive fur
- Type of whip
- Do like a model
- Squid's defense, pl.
- Death, to some
- Kamala Harris, e.g.
- Not counterfeit
- Dose of sunshine, pl.
- \*Car name that also means Aries

**Classified Advertising**

Sell Your Stuff!  
 Reach 1000's of Readers Every Week!

**MPG**

916-773-1111

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

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

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

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

**SUDDOKU**

**GRAND ALASKAN CRUISE & TOUR**  
 12 days, departs May - Sep 2022  
 FROM \$1,699  
 1-855-208-9533

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

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.

# CAL FIRE Awards Nearly \$118 Million in Wildfire Prevention Grants

## CAL FIRE News Release

**SACRAMENTO, CA (MPG)** - As part of California's strategy to prepare properties and communities against the devastating impacts of wildfires, CAL FIRE announced it will direct nearly \$118 million in funding for 144 local wildfire prevention projects across the state.

"Drought conditions have once again taken hold of California and are already contributing to another year of early fire activity," said Joe Tyler, CAL FIRE Director and Fire Chief. "This funding is a critical part of our overall wildfire strategy."

CAL FIRE's Wildfire Prevention Grants enable local organizations like fire safe councils, to implement activities that address the hazards of wildfire and reduce wildfire risk to communities. Funded activities include hazardous fuel reduction, wildfire prevention planning, and wildfire prevention education. These projects all meet the goals and objectives of California's Wildfire and Forest Resilience Action Plan, as well as the Strategic Fire Plan for California.

In Los Angeles County, the San Gabriel Valley Council of Governments is one of many organizations receiving funding towards wildfire prevention efforts. Their project will work towards developing a Regional Wildfire Protection Plan that will help to protect over 31 cities and communities, 22 of which are identified as "Communities at Risk". In Lake County, a grant has been awarded to the Robinson Rancheria Band of Pomo Indians for a hazardous fuels reduction project in the wildland-urban

interface that will incorporate professional training as well as a community outreach and education campaign to increase awareness of defensible space and fuels management. In El Dorado County, a grant has been awarded to the El Dorado Fire Safe Council for a project that will assist residents with hazardous tree removal to slow the spread of the bark beetle infestation. The project will also assist with removing stressed and injured trees damaged by the Caldor Fire. "These 144 local wildfire prevention projects, along with the 105 projects we just funded in September 2021, will significantly increase California communities' preparedness towards wildfires," said Chief Daniel Berlant, CAL FIRE Deputy Director of Community Wildfire Preparedness and Mitigation.

The Wildfire Prevention Grants Program is funded as part of the State's Wildfire and Forest Resilience Strategy, in part with Cap-and-Trade auction proceeds administered by the California Climate Investments (CCI) Greenhouse Gas Reduction Fund. CCI is a statewide program that puts billions of Cap-and-Trade dollars to work reducing greenhouse gas emissions, strengthening the economy, and improving public health and the environment - particularly in disadvantaged communities. For more information about CAL FIRE's other CCI programs, please visit CAL FIRE Grants.

These grants are part of the Governor's unprecedented \$1.5 billion investment in wildfire resilience. The Governor's Wildfire Resilience initiative has launched 588 projects to date, in addition to projects to be funded by these grants. ★

# DWR Offers Grants to Protect Communities, Support Fish Populations and Restore Streams

## DWR News Release

### SACRAMENTO, CA (MPG)

The Department of Water Resources (DWR) on Wednesday, June 1, released the final Guidelines and Proposal Solicitation Package for the Riverine Stewardship Program, which provides funding to plan and implement projects that will reduce flooding, improve water quality, and restore streams, creeks, and rivers to enhance the environment for fish, wildlife, and people.

As communities and wildlife alike face challenges posed by climate extremes and California's ongoing drought conditions, the program will award up to \$15 million in competitive grants to implement projects that help reduce flood risk, increase water supply, and enhance and restore fish populations and habitat. The funding will be delivered through the Riverine Stewardship Program and its two subprograms the Urban Streams Restoration Program (USRP) and the San Joaquin Fish Population Enhancement Program.

All three programs will help support watersheds, local wildlife, and aquatic habitat. Eligible projects include habitat restoration, bank stabilization, water

temperature improvements and habitat enhancements to increase water supply reliability to help fish adapt to climate change.

"Climate change is driving multiple threats to California including the severe drought conditions that challenge our communities and fish populations alike," said DWR Director Karla Nemeth. "This funding supports a local and state partnership to make our communities and their streams more drought resilient for people and fish."

Both the Riverine Stewardship Program and San Joaquin Fish Population Enhancement Program are funded by Proposition 13, while the Urban Streams Restoration Program is funded by Proposition 68, 84, and state budget general funds.

During the 2019 solicitation, DWR awarded \$54.4 million in competitive grants to 20 projects that improve habitat and spawning conditions for fish species, reduce flood risk to property and local communities, and more. The Urban Streams Restoration Program, which has funded projects for 35 years, recently celebrated ribbon cutting ceremonies for previously completed restoration projects located in Santa Barbara, Berkeley,

and Santa Rosa.

Applications will be accepted starting June 1, 2022, and funding is available for Tribes, local public agencies, and certified non-profits as specified in the program guidelines and proposal solicitation package. Other applicant types such as community groups will be considered on a case-by-case basis. For-profit corporations, non-public entities, and individual landowners are not eligible. The released guidelines will also address future funding that may become available to DWR through the 20222023 Budget Act to address drought resilience and aquatic habitat improvements.

The Urban Streams Restoration Program also provides funding and technical assistance for public engagement, outreach, and underrepresented community support. DWR encourages community participation in project design and implementation to promote educational opportunities to community members of all ages and increase understanding of the project's benefits.

For more information about upcoming grant opportunities, visit DWR's Grants and Loans webpage. ★

# Local Classified

## Announcement

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

## Autos Wanted

DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

DONATE YOUR CAR OR TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-491-2884 (Cal-SCAN)

## Cable/Internet

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

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

## Computer Services

**Zinsky's**  
PC Configurations  
"Don't replace it - REPAIR IT!"  
Custom Desktop Computer Configurations  
• PC Repair • Home Wireless Networking  
• Installations • Virus & Spyware Eradication  
Alan Zinsky  
Phone: 916-622-2269  
Zoonfg@sbcglobal.net  
Bus. Lic. # 305312 • B.E.A.R. Reg. #84416  
[www.zinskyspcrepair.com](http://www.zinskyspcrepair.com)

## Flooring

Beautiful waterproof flooring Certified Home Depot installer, more than 30 years experience! I have all material in stock! Material is 100% waterproof, 20 mil wear layer, extreme performance! For free estimates call or text Joseph, [jffloors916@gmail.com](mailto:jffloors916@gmail.com) 916 215-7558, lic#1023377

## Financial Services

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

Advertise in your local community newspaper  
Call 916 773-1111

## Fitness/Yoga

**Your Fitness Genie**  
Virtual Sessions  
Silver Sneakers  
NASM  
Age Well At Home  
Avoid Assisted Living  
\*Keep Strength and Mobility  
Be Active, Call Today!  
[Jenn@YourFitnessGenie.com](mailto:Jenn@YourFitnessGenie.com)  
(916)768-8767

## For Rent

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

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

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

## Hall Rentals

**VFW Post 6158**  
8990 Kruthof Way, Fair Oaks, CA  
916-966-1663  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)  
Call or come by

## Hall Rentals

**VFW Post 4647**  
3300 U Street, Antelope  
916-607-8344  
Call for available dates

## Handyman

**A Quality Home Maintenance**  
Light Hauling  
Yardwork  
Gutters Cleaned  
Scott Lehman  
Timeless Maintenance Services  
(916) 613-8359

## Health & Medical

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No Wi-Fi needed! Special offer! call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-844-790-1673 (Cal-SCAN)

Study group for ADHS/autism. Call Tim 916-370-0858 for more info. TFN

## Health & Wealth

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

"You are what you absorb." World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at [tuckley1.renovaworldwide.com](http://tuckley1.renovaworldwide.com). Tim 916-370-0858

## Insurance/Health

**Attention: Oxygen Users!** Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

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

## Miscellaneous

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

The difference in winning and losing market share is how businesses use their advertising dollars. Mark Twain said, "Many a small thing has been made large by the right kind of advertising". So why spend your hard-earned dollars on social media where you already have an audience? For more info call Cecelia @ (916) 288-6011 or [cecelia@cnpa.com](mailto:cecelia@cnpa.com)

## Miscellaneous

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

The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or [cecelia@cnpa.com](mailto:cecelia@cnpa.com)

## Landscaping

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

## Legal Services

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

## Music Lessons

**Guitar Lessons** - Beginner to Advanced. \$15/half hour. \$25/hour. [freddiebbalbert@gmail.com](mailto:freddiebbalbert@gmail.com). 916-Music Lessons 507-6658 (MPG 12-31-22)

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

**Piano:** classical, rock, some jazz  
**Guitar:** rock, folk, blues, classical  
**Voice:** all styles  
Steve has a BM and MM in music from CSU Sacramento and over 35 years teaching experience. \$30/half hour. References Available.

## Painting

**PAINTER INTERIOR & EXTERIOR**  
\$30 Hourly or Fixed Price  
Call: 650-773-5221  
Insured & Bonded Guarantee Work  
9-1-2022

## Senior Living

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

**MPG** Visit: [mpg8.com](http://mpg8.com)

## Pets/Animals

Use Happy Jack® Kennel Dip as an area spray to control lyme disease ticks, fleas, stable flies, & mosquitoes where they breed. At Tractor Supply® ([www.fleabeacon.com](http://www.fleabeacon.com)). (Cal-SCAN)

## DOG RESCUE

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

## Professional, Loving PET SITTING

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

## Real Estate

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

## RETIREDCOUPLE

Has \$\$\$\$ to lend on California Real Estate\*  
**V.I.P. TRUST DEED COMPANY**  
OVER 40 YEARS OF FAST FUNDING  
Principal (818) 248-0000 Broker  
[www.viploan.com](http://www.viploan.com) \*Sufficient equity required - no consumer loans  
CA Department of Real Estate License #01041073  
Private Party loans generally have higher interest rates, points & fees than conventional loans

## Roofing

**BERNARDINO ROOFING**  
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
\*\*\*FREE ESTIMATES\*\*\*  
**SENIOR DISCOUNTS**  
Lic.#817946 43 Years Experience  
**916.920.0100**  
[www.bernardinoroofing.com](http://www.bernardinoroofing.com)

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

## Wanted Collectibles

Wanted antique guns, old law badges, police, sheriff, WWII military souvenirs Licensed 916-300-8045

## Wanted Collectibles

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

## Classified Advertising

916 773-1111

## Services

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

MOBILE NOTARY (bonded and insured). Will travel to you. Linda Bailey 916-716-8346. [lgbaliley.com](mailto:lgbaliley.com)

## Tree Service

### BP TREE SERVICES LLC.

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

## Wanted to Buy

**FREON WANTED:** We buy old refrigerators: R11, R12, R13 & more! Quick, local pickup & dropoff available. Call 312-827-6204, [RefrigerantFinders.com](http://RefrigerantFinders.com). It's pagamos por tu refrigerante! (Cal-SCAN)

## Wanted Collectibles

Sports and non sports card Collections WANTED! Excellent cash prices paid! Serving all of California. Purchasing large and small accumulations alike! Collections purchased daily. 1-209-204-1404 [SportsCardLiquidator@yahoo.com](mailto:SportsCardLiquidator@yahoo.com) (Cal-SCAN)

Wanted antique guns, old law badges, police, sheriff, WWII military souvenirs Licensed 916-300-8045

## Wanted Collectibles

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

**MPG**

Visit [mpg8.com](http://mpg8.com)

## Work Wanted

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References. College grad. Call Tim, 916-370-0858. (MPG 12-31-22)

## Work Opportunities

**TECHNICAL** - Cisco Systems, Inc. is accepting resumes for multiple positions in Rancho Cordova, CA: Site Reliability Engineer (Ref#: RAN190A): Design, write, and build tools to improve the reliability, availability, and scalability of key systems and services. Telecommuting permitted. Please mail resumes with reference number to Cisco Systems, Inc., Attn: G51G, 170 W. Tasman Drive, Mail Stop: SJC 5/1/4, San Jose, CA 95134. No phone calls please. Must be legally authorized to work in the U.S. without sponsorship. EOE. [www.cisco.com](http://www.cisco.com)

## KP International MARKET

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

## NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at [www.cslb.ca.gov](http://www.cslb.ca.gov) or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

## DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

## LEGAL ADS FOR SACRAMENTO COUNTY?

**We Can Do That!**  
Call to place your legal advertising  
**916-773-1111**

**We Support Our Military**

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

LEGAL ADVERTISING  
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984  
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969  
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-0027355-March 12, 2020  
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073-March 21, 1988

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03284  
Elaine Meng, 4936 Concordia Drive, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Valley Car Wash" 2580 Valley Road, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 27, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
VALLEY 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03343  
Glenda Tinsley, 6900 Gold Oak Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "GT Creative Adventures" 6900 Gold Oak Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 28, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
GT 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03110  
Jeryn Tavio Lucas, 5306 Dasco Way, Sacramento, CA 95835, is doing business under the Fictitious Business Name(s) "Jeryn's Consulting" 5016 Roseville Road, #10, Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 20, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
JERYN 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03515  
David Isaiah Guess, 3201 Saxonville Way, Antelope, CA 95843, is doing business under the Fictitious Business Name(s) "RedemptionBrnd" 3201 Saxonville Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County May 4, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
REDEMPTION 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03308  
Gwendine Parts Company, 2999 Wildwood Parkway, Atlanta, GA 30339, is doing business under the Fictitious Business Name(s) "NAPA Auto Parts" 8200 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 27, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
NAPA 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03566  
13 Dita Foods, Inc., 1311 Puelbla Way, Roseville, CA 95747, is doing business under the Fictitious Business Name(s) "Sourdough & Co #23" 2823 Zinfandel Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 6, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
SOURDOUGH 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03719  
Shanwen Ren, 7344 Reese Road, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Ocean" 7344 Reese Road, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 12, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
OCEAN 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03409  
Ferdinand Jerusalem, 2336 Mogan Avenue, Sacramento, CA 95838, is doing business under the Fictitious Business Name(s) "Champ Rooter & Drain" 1026 Florin Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County April 29, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
CHAMP 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03736  
Mohammad Daud Hanif Saleh, 9605 Old Bridge Court, Sacramento, CA 95827, is doing business under the Fictitious Business Name(s) "King's Mediterranean Food" 906 J Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County May 12, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
KINGS 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03718  
Layth Eeso, 10455 Abbottford Way, Rancho Cordova, CA 95670, is doing business under the Fictitious Business Name(s) "Greentime Auto Sale" 10455 Abbottford Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 12, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
GREAT 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03670  
RSB Consulting Group, Inc. 4933 Chapel Hill Lane, Sacramento, CA 95842, is doing business under the Fictitious Business Name(s) "East West Tax & Consulting" 3838 Watt Avenue, Suite 1-600, Sacramento, CA 95842. Filed with the Clerk of Sacramento County May 11, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
EAST 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03661  
Mihoa Stacy, 3532 California Avenue, Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Adventures Await, Let's Travel" 3532 California Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 11, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
ADVENTURES 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03758  
Mindful Moments, Inc., 750 N Street, Sacramento, CA 95814, is doing business under the Fictitious Business Name(s) "Growing Mindfully" 750 N Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County May 12, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
GROWING 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03692

Muscle Balance, LLC, 7598 Macfinley Way, Sacramento, CA 95828, is doing business under the Fictitious Business Name(s) "Muscle Balance," 7598 Macfinley Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 11, 2022  
Publish: May 20, 27, June 3 & 10, 2022  
MUSCLE 6-10-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03335  
Harcourt Bridges, LLC, 6114 La Salle Avenue, Suite 477, Oakland, CA 94611 is doing business under the Fictitious Business Name(s) "Kiasi Retreats/Kiasi Medical Consulting" 4112 Crestline Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 28, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
KIASI 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03412  
Nasyatullah Sedqi, 3401 Balmoral Drive, #15 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "NABRA" 3401 Balmoral Drive, #15, Sacramento, CA 95826. Filed with the Clerk of Sacramento County April 29, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
NABRA 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03559  
Spencer K. Tsang, 871 Shore Breeze Drive, Sacramento, CA 95831, is doing business under the Fictitious Business Name(s) "Lucky Rabbit Pictures" 1104 Corporate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County May 6, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
LUCKY 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03528  
Jane Publishing Corp, LLC, 1700 Van Ness Avenue, Suite 1450, San Francisco, CA 94019, is doing business under the Fictitious Business Name(s) "Jane Publishing Corp" 1700 Van Ness Avenue, Suite 1450, San Francisco, CA 94019. Filed with the Clerk of Sacramento County May 5, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
JANE 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03854  
Antonio Arturo Carbajal, Jr., 2571 Fulton Square Lane, #61, Sacramento, CA 95821, is doing business under the Fictitious Business Name(s) "All Day West Pest Solutions" 2571 Fulton Square Lane, #61, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 17, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
ALL 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03856  
Sanjay Shailend Prasad, 7617 Delta Pointe Way, Sacramento, CA 95823, is doing business under the Fictitious Business Name(s) "Fijian Imports" 7617 Delta Pointe Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County May 18, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
FIJIAN 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03285  
Taylor Alexandria Foreman, 1408 U Street, Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "MORF" 1408 U Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 27, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
MORF 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03045  
Danette Ann Carter, 1300 Shadownleg Road, Sacramento, CA 95864, is doing business under the Fictitious Business Name(s) "Mother's Automotive" 9721 Fair Oaks Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 19, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
MOTHERS 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03923  
The Quite Couple, LLC, 4112 E Commerce Way, Suite 102, Sacramento, CA 95834, is doing business under the Fictitious Business Name(s) "charQterie" 4112 E Commerce Way, Suite 102, Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 19, 2022  
Publish: May 27, June 3, 10 & 17, 2022  
CHAR 6-17-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03578  
Antonio Borquez, Jr., 2512 Edison Avenue, Apt. #17, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "D & I Transportation" 2512 Edison Avenue, Apt. #17, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 6, 2022  
Publish: June 3, 10, 17 & 24, 2022  
D&I 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04011  
Victor Kalenyuk, 7105 Dancing Creek Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "All In 1 Construction/ All In 1 Doors" 7105 Dancing Creek Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 3, 10, 17 & 24, 2022  
ALL 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04001  
Fathi Sikta and Lath Sikta, 3728 62nd Street, Sacramento, CA 95820 are doing business under the Fictitious Business Name(s) "Concero Energy Group/ Concero" 3728 62nd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County May 24, 2022  
Publish: June 3, 10, 17 & 24, 2022  
CONCERO 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04040  
Sacramento Arcade Mobile Home and RV Park, LLC, 3350 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sacramento Sun RV Park" 3350 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 10, 17, 24, July 1, 2022  
SACRAMENTO 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03881  
One Stop Live Scan LLC, 8977 Folsom Boulevard, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "One Stop Live Scan LLC" 8977 Folsom Boulevard, Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 18, 2022  
Publish: June 3, 10, 17 & 24, 2022  
ONE 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03960  
Boash Enterprises, Inc., 7010 Auburn Boulevard, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Subway Salads & Sandwiches" 7010 Auburn Boulevard, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County May 23, 2022  
Publish: June 3, 10, 17 & 24, 2022  
SUBWAY 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03975  
Emily Putt, 10919 Alta Mesa Road, Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Sundance Sports & Rehab" 10919 Alta Mesa Road, Wilton, CA 95693. Filed with the Clerk of Sacramento County May 23, 2022  
Publish: June 3, 10, 17 & 24, 2022  
SUNDANCE 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04052  
Mind, Inc., 9401 Fruitridge Road, Sacramento, CA 95826, is doing business under the Fictitious Business Name(s) "Khemia Dispensary" 1195 Florin Road, Suite 5 & 6, Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 3, 10, 17 & 24, 2022  
KHEMIA 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03597  
Golden State Supply LLC, 4200 Six Forks Road, Raleigh, NC 27609, is doing business under the Fictitious Business Name(s) "Advance Auto Parts #9859" 5135 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County May 9, 2022  
Publish: June 3, 10, 17 & 24, 2022  
9859 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03599  
Golden State Supply LLC, 4200 Six Forks Road, Raleigh, NC 27609, is doing business under the Fictitious Business Name(s) "Advance Auto Parts #9925" 3534 Northgate Boulevard, Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 9, 2022  
Publish: June 3, 10, 17 & 24, 2022  
9925 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03600  
Golden State Supply LLC, 4200 Six Forks Road, Raleigh, NC 27609, is doing business under the Fictitious Business Name(s) "Advance Auto Parts #9924" 2500 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 9, 2022  
Publish: June 3, 10, 17 & 24, 2022  
9924 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03598  
Golden State Supply LLC, 4200 Six Forks Road, Raleigh, NC 27609, is doing business under the Fictitious Business Name(s) "Advance Auto Parts #9926" 5855 47th Avenue, Sacramento, CA 95823. Filed with the Clerk of Sacramento County May 9, 2022  
Publish: June 3, 10, 17 & 24, 2022  
9926 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03992  
Thuy Ho, 9459 Wineberry Way, Sacramento, CA 95829, and Danniell Nguyen, 8494 Patina Way, Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "Ben Thanh Market" 6821 Stockton Boulevard, Unit 130, Sacramento, CA 95823. Filed with the Clerk of Sacramento County May 24, 2022  
Publish: June 3, 10, 17 & 24, 2022  
BEN 6-24-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03846  
Vallejo Petroleum, Inc., 4305 Fruitridge Road, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Powerful Food Mart" 4305 Fruitridge Road, Sacramento, CA 95820. Filed with the Clerk of Sacramento County May 17, 2022  
Publish: June 10, 17, 24, July 1, 2022  
POWERFUEL 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04024  
Kevin Akin, 4405 Crestridge Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Kevin Akin Handmade Violins" 4405 Crestridge Road, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 10, 17, 24, July 1, 2022  
KEVIN 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04039  
Sacramento MH & RV Park LLC, 1750 Auburn Boulevard, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "M & M Mobile Home Park" 1750 Auburn Boulevard, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 10, 17, 24, July 1, 2022  
M&M 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04040  
Sacramento Arcade Mobile Home and RV Park, LLC, 3350 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sacramento Sun RV Park" 3350 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 10, 17, 24, July 1, 2022  
SACRAMENTO 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04165  
Daniel W. Castro, 1336 Kerslake Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "River City Snowie/Lulu's Shaved Ice" 1336 Kerslake Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 1, 2022  
Publish: June 10, 17, 24, July 1, 2022  
RIVER 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04066  
CA DVBE Solutions, Inc., 2101 Broken Rail Lane, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Kopiworks" 5039 Roberts, #D-1, McClellan, CA 95652. Filed with the Clerk of Sacramento County May 26, 2022  
Publish: June 10, 17, 24, July 1, 2022  
KOPI 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04111  
Franck H. Waota, 9414 Goodman Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "PreAutoCo/PreAuto CO" 9414 Goodman Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County May 27, 2022  
Publish: June 10, 17, 24, July 1, 2022  
PREAUTO 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04119  
Poundtown SHM LLC, 1841 El Camino Avenue, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Poundtown Distribution/Poundtown Distro" 1 Light Sky Court, Suite 110, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 27, 2022  
Publish: June 10, 17, 24, July 1, 2022  
POUNDTOWN 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03116  
Leslie Horciza, 8659 Irish Moss Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "The Eclectic Goddess" 8659 Irish Moss Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County April 20, 2022  
Publish: June 10, 17, 24, July 1, 2022  
GODDESS 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03908  
Antelope Heating & Air, Inc., 7128 Regard Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Antelope Heating & Air, Inc." 7128 Regard Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County May 19, 2022  
Publish: June 10, 17, 24, July 1, 2022  
ANTELOPE 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04014  
Jessica M. Haynes, 7146 Murdock Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Thistle and Teal" 7146 Murdock Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 10, 17, 24, July 1, 2022  
THISTLE 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03996  
Uniblue Corporation, NEED CLARIFICATION ON ADDRESS is doing business under the Fictitious Business Name(s) "Service Joy Maids" 2609 Watt Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 24, 2022  
Publish: June 10, 17, 24, July 1, 2022  
SERVICE 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04026  
AMB Vet Corp, 3007 Fox Hill Drive, Rocklin, CA 95765 and Rocklin Park Veterinary Hospital, Inc., 2201 Plaza Drive, Rocklin, CA 95765 are doing business under the Fictitious Business Name(s) "Cherry Creek Veterinary Hospital" 7955 Watt Avenue, Antelope, CA 95843. Filed with the Clerk of Sacramento County May 25, 2022  
Publish: June 10, 17, 24, July 1, 2022  
CHERRY 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04167  
Immanuel Food Service LLC, 1214 Anshford Lane, Lincoln, CA 95648 is doing business under the Fictitious Business Name(s) "Masaya" 1425 North Market Boulevard, Suite #3, Sacramento, CA 95834. Filed with the Clerk of Sacramento County June 2, 2022  
Publish: June 10, 17, 24, July 1, 2022  
MASAYA 7-1-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-03969  
Allstar Tech Solutions, LLC, 19655 E. Ivy Lane, Queen Creek, AZ 85142, is doing business under the Fictitious Business Name(s) "Asurion Tech Repair & Solutions" 1537 Howe Avenue, Suite 120, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 23, 2022  
Publish: June 10, 17, 24, July 1, 2022  
ASURION 7-1-22

ORDER TO SHOW FOR CHANGE OF NAME  
SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00318336  
Catherine Knifton has filed a petition with this court for a decree changing the name(s) of Catherine Anne Knifton to Katie Anne Foley.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on June 14, 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: April 14, 2022  
Christopher E. Krueger, Judge of

the Superior Court  
Publish: May 20, 27, June 3, 10, 2022  
KNIFTON 6-10-22

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00318723  
Evelyn Gloria Amity has filed a petition with this court for a decree changing the name(s) of Evelyn Gloria Amity to Lynn Amity Bertaut.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on June 16, 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: April 22, 2022  
Christopher E. Krueger, Judge of the Superior Court  
Publish: May 20, 27, June 3, 10, 2022  
AMITY 6-10-22

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00319206  
Marlene Estampa has filed a petition with this court for a decree changing the name(s) of Marlene Estampa to Marlene Denise Estampa.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30 p.m. on July 5, 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: May 3, 2022  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: May 20, 27, June 3, 10, 2022  
ESTAMPA 6-10-22

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00319439  
My Linh Thi Luong has filed a petition with this court for a decree changing the name(s) of My Linh Thi Luong to Linh Luong.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30 p.m. on July 6, 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: May 9, 2022  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: May 20, 27, June 3, 10, 2022  
MY 6-10-22

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00319472  
Alvin Antaredjo has filed a petition with this court for a decree changing the name(s) of Alvin Antaredjo to Alvin Souw.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30 p.m. on July 15, 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: April 18, 2022  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: May 20, 27, June 3, 10, 2022  
ALVIN 6-10-22

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00202465  
Nikita Kahmel Bray has filed a petition with this court for a decree changing the name(s) of Nikita Kahmel Bray, aka Alicia Liz Knowles, aka Nikita Kahmel Bray to Nikita Kahmel Bray.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on July 12, 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: May 16, 2022  
Christopher E. Krueger, Judge of the Superior Court  
Publish: June 3, 10, 17 & 24, 2022  
NIKITA 6-24-22

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00320400  
Thilini Udayanthi De Silva Kariyawasam has filed a petition with this court for a decree changing the name(s) of Thilini Udayanthi De Silva Kariyawasam to Thilini Udayanthi De Silva.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on July 21, 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: May 23, 2022  
Christopher E. Krueger, Judge of the Superior Court  
Publish: June 3, 10, 17 & 24, 2022  
THILINI 6-24-22

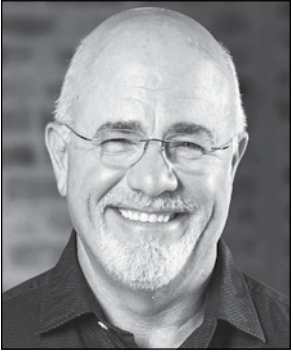
SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00316890  
Jennifer Ann Jokinen has filed a petition with this court for a decree changing the name(s) of Jennifer Ann Jokinen to Jennifer Ann Wells-Jokinen; Brooklyn Suzann Elaine Wells-Jokinen; Kameron Daniel Kenneth Wells-Jokinen; Christie Sue Wells-Jokinen.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on July 14, 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: April 14, 2022  
Christopher E. Krueger, Judge of

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00316890  
Jennifer Ann Jokinen has filed a petition with this court for a decree changing the name(s) of Jennifer Ann Jokinen to Jennifer Ann Wells-Jokinen; Brooklyn Suzann Elaine Wells-Jokinen; Kameron Daniel Kenneth Wells-Jokinen; Christie Sue Wells-Jokinen.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on July 14, 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: April 14, 2022  
Christopher E. Krueger, Judge of

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#34-2022-00316890  
Jennifer Ann Jokinen has filed a petition with this court for a decree changing the name(s) of Jennifer Ann Jokinen to Jennifer Ann Wells-Jokinen; Brooklyn Suzann Elaine Wells-Jokinen; Kameron Daniel Kenneth Wells-Jokinen; Christie Sue Wells-Jokinen.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on July 14, 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: April 14, 2022  
Christopher E. Krueger, Judge of







## Dave Ramsey Says

### What Do You Want To Do?

Dear Dave,  
My husband and I are in our mid-twenties, and we are expecting our first baby this year. We are also debt-free, except for our mortgage, and we expect to have it paid off in about four years. It has always been our dream for me to stay home with our kids, and maybe even homeschool them, when the time was right. My husband makes more than enough for us to live on, so we have always put the paychecks from my human resources job toward paying off the house. What do you think, Dave? I kind of hate to give up the income, but I want to do what is best for my family.

– Ann

Dear Ann,  
First, congratulations on expecting a new baby! I know it's an exciting time in your lives. It sounds like you two have been killing it financially as well. You've both worked hard

to set yourselves up for a great future.

Honestly, there's no wrong answer here. Under the circumstances, the big question is what do you want to do? Of course, the final decision should be made by you and your husband together, but you're doing the smart thing by analyzing the trade-off. By that, I mean comparing the ideas of continuing to bring extra cash to the household or being at home with your baby.

If you love your job and want to continue those duties full-time, it doesn't make you a bad mom. It just makes you a working mom. But if you're in a season of life where you don't need a career income or workplace identity to be fulfilled, or if you just want to be home with your child, that's a really cool thing, too. And hey, if you like your job, there's no reason you couldn't perform some HR functions from home on a contract basis, like 20 to 25 hours a week while the little one's napping, with minimal strain on motherhood.

Even if you quit today and it takes a couple more years for you guys to pay off your house, so what? It's still not a bad choice. The bad thing

is, lots of ladies end up with mom-guilt no matter what they do. They feel guilty if they're not staying home with the little one, and they feel guilty if they aren't generating an income. Society wants you to be everything, and when you choose to be one or the other, it doesn't know what to do with you – and lots of times becomes really judgmental.

You're blessed to be in a unique financial situation, Ann. So, do what you and your husband feel in your hearts is best for you and your family. Sit down together and talk about it, then make a plan and don't worry about what the world thinks. God bless you guys!

– Dave

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

# Comment on Another Grim Small Business Optimism Report

### NFIB Press Release

**SACRAMENTO, CA (MPG)** - The April 12, 2022 release of the latest Small Business Economic Trends report (aka the Optimism Index) wasn't expected to have any good news, and it didn't disappoint.

"What our latest Optimism Index showed is that there is little optimism along the Main Streets of America that the economy is going to improve any time soon," said John Kabateck, California state director for the National Federation of Independent Business (NFIB), which produces the monthly Optimism Index. The Index is a national snapshot not broken down by state.

"The California Legislature is on Spring Recess this week, and I suggest that they make an extra effort to meet with some of the small-business owners in their districts and listen to what they have to say," said Kabateck. "Maybe upon their return to Sacramento they can put the brakes on proposals that will put the small-business economy in even more dire straits, such as upending the longstanding process for settling workers' compensation claims or ruining the highly successful fast-food franchise model that has created untold thousands of jobs for decades. Small businesses have already dodged a couple of bullets this year by the failures of mandatory vaccine requirements and universal health-care scheme to advance, but lawmakers must stop sending the wrong signals again and again."

Key findings from the new Index include:

Owners expecting better business conditions over the next six months decreased 14 points to a net negative 49%, the lowest level recorded in the 48-year-old survey; Forty-seven percent of owners reported job openings that could not be filled, a decrease of one point from February; The net percent of owners raising average selling prices increased four points to a net 72% (seasonally adjusted), the highest reading in the survey's history.

From NFIB Chief Economist Bill Dunkelberg

"Inflation has impacted small businesses throughout the country and is now their most important business problem. With inflation, an ongoing staffing shortage, and supply chain disruptions, small business owners remain pessimistic about their future business conditions."

Keep up with the latest on California small-business news at [www.nfib.com/california](http://www.nfib.com/california), where this release can also be read, or by following NFIB on Twitter @NFIB\_CA or on Facebook @NFIB.CA.

For 78 years, NFIB has been advocating on behalf of America's small and independent business owners, both in Washington, D.C., and in all 50 state capitols. NFIB is a nonprofit, nonpartisan, and member-driven association. Since its founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit [nfib.com](http://nfib.com). ★

**LEGAL ADVERTISING**  
 Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294, February 7, 1984  
 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969  
 Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34, 2020-06/27/2021-March 12, 2020  
 The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073-March 26, 1988

**MPG**  
**Advertise in your Local Community Newspaper**  
 Call **916-773-1111**

**SACRAMENTO RiverCats**  
**2022 EVERYONE PLAYS**  
**JUN 21 DORADOS GAME**  
 WHERE YOUR RIVER CATS BECOME YOUR DORADOS  
 Specialty Dorados Ticket Packs Available!  
**JUN 24 RiverCats 90's Night**  
**RIVER CATS FANNY PACK GIVEAWAY TO THE FIRST 2500 FANS**  
**JUN 25 Princess & PIRATE Night**  
**ARRRR YOU A PIRATE OR A PRINCESS?**  
**JUN 26 BARK IN THE PARK NIGHT**  
**JOIN THE PREGAME ON-FIELD DOG PARADE WITH THE PURCHASE OF A WET NOSE WEDNESDAY TICKET PACK.**  
**FOR TICKETS, VISIT RIVERCATS.COM**  
**FAMILY FUN PACK**  
 4 TICKETS, HOT DOGS, 500BS, HATS  
 A \$200 VALUE STARTING AT **\$89**  
 AVAILABLE FOR EVERY SATURDAY GAME  
**ONLY \$25!**  
 THE COOLEST KIDS CLUB IN SACTOWN  
**KIDS CLUB**  
 Join Today!  
 Sutter Health Park

**RESTRAINING ORDER**

NOTICE OF HEARING AND TEMPORARY RESTRAINING ORDER JUVENILE  
 CASE NUMBER: JD241865-6

1. Protected person or persons (Name, Sex, Age, Relationship to Child): Dominique Roseborough, F, 30, Mother; Amiro Chatman, M, 1, Self; A'meerah Chatman, F, 2, Self.  
 2. Restrained person: Full Name: MARIO CHATMAN; Sex: M; Height: 6'1"; Weight: 180; Hair Color: Blk; Eye Color: Blk; Race: AA; Age: 36; Date of Birth: 05/12/85  
 3. Expiration date/Notice of court hearing  
 A court hearing is scheduled on the request for restraining orders against the person in item 2. Any temporary orders granted will expire at the end of the hearing scheduled for the date and time shown in the box below unless otherwise ordered. At the hearing, the judge may make restraining orders that could last up to three years.  
 Hearing Date & Time: 4/13/2022, 8:30 a.m., Dept. 130. Zoom link Dept. 130: <https://sacourt-ca.gov.zoomgov.com/my/sscd-ept130>  
 Phone: (833) 568-8864, ID#: 616930 1267

4. Hearing on this temporary restraining order  
 a. Date hearing held: 3/23/22; Time: 8:30; Dept.: 130  
 b. Judicial officer: Deborah Lobre  
 c. Persons and attorneys present: Mother, Dominique Roseborough; E. Duncan, CLC 1 for minors; C. Kirchner, PAS, Counsel for mother; J. Manoojian, DCC for DCFAS

5. Temporary orders (select one)  
 a. Granted. The court has granted the temporary orders that are checked below.  
 THE COURT FINDS AND ORDERS (Complete either 6 or 7, not both.)  
 7. Restrained person (other than child in delinquency proceeding)  
 a. must not do the following things to anyone in item 1:  
 (1) Molest, attack, strike, stalk, threaten, sexually assault, batter, harass, destroy the personal property of, or disturb the peace.  
 (2) Contact, either directly or indirectly in any way, including but not limited to, in person, by telephone, in writing, by public or private mail, by interoffice mail, by e-mail, by text message, by fax, or by other electronic means  
 b. must stay away at least (specify) 100 yards from (check all that apply)  
 (1) anyone in item 1, except for visitation as indicated in item c below.  
 (2) home of anyone in item 1.  
 (3) job or workplace of anyone in item 1.  
 (4) vehicle of anyone in item 1.  
 (5) school of anyone in item 1.  
 (6) the child(ren)'s school or child care.  
 c. has the right to visit the child(ren) named in item 1 as follows:  
 (2) Visitation according to the attached schedule (Form JV-205 must be attached if any visitation is ordered.)  
 d. must move immediately from (address): 1100 Howe Ave., #334, Sacramento, CA 95825, and take only personal clothing and belongings.

8. No guns or other firearms or ammunition (applies only if box 5a is checked on this form)  
 a. The restrained person cannot own, possess, have, buy or try to buy, receive or try to receive, or in any other way get guns, other firearms, or ammunition.  
 b. The restrained person must  
 • within 24 hours of receiving this order sell to, or store with, a licensed gun dealer or turn in to a law enforcement agency any guns or other firearms within his or her immediate possession or control.  
 • within 48 hours of receiving this order file with the court a receipt that proves guns have been turned in, sold, or stored. (Proof of Firearms Turned In, Sold, or Stored (form DV-800/JV-252) may be used for the receipt)  
 • bring a copy of the receipt or Proof of Firearms Turned In, Sold, or Stored (form DV-800/JV-252) to the hearing listed in item 3.

9. The protected person(s) have the right to record communications made by the restrained person that violate the court's orders.

13. Transmittal order. The data in this order must be transmitted within one business day to law enforcement personnel. This order must be entered into the California Restraining and Protective Order System (CARPOS) through the California Law Enforcement Telecommunications System (CLETS).  
 b. The court or its designee will transmit a copy of the order to a local law enforcement agency authorized by the Department of Justice to enter orders into CARPOS through CLETS.

14. Service of temporary order  
 b. The restrained person was not present at the time the order was made. This order must be served.  
 15. Service of this notice of hearing must be at least five days before the hearing.  
 Dated: 3/23/2022  
 /s/Deborah D. Lobre, Judicial Officer, Superior Court of California, County of Sacramento

**Warnings to the Restrained Person**  
**If you do not obey these orders, you can be arrested and charged with a crime.** You may have to go to jail or prison, pay a fine of up to \$1,000, or both. Taking or hiding a child in violation of this order is subject to state and federal criminal penalties.  
**You cannot have guns, firearms, or ammunition.** If the box in item 5a is checked, the court issued a temporary restraining order, which means you cannot own, have, possess, buy or try to buy, receive or try to receive, or otherwise get guns, other firearms, or ammunition while the order is in effect. If you do, you can go to jail and pay a \$1,000 fine. You must sell to, or store with, a licensed gun dealer or turn in to a law enforcement agency any guns or other firearms that you have or control. The judge will ask you for proof that you did so. If you do not obey this order, you can be charged with a crime. Federal law says you cannot have guns or ammunition while the order is in effect.  
**Service of order by mail.** If the judge makes a restraining order at the hearing that has the same orders as in this form, you will get a copy of that order by mail at your last known address, which is written in item 2. If this address is not correct, or to find out if the orders were made permanent, contact the court.

**Instruction for Law Enforcement**  
**Applicable only if the box in item 5a is checked.**  
**Enforcing the restraining order.** This order is effective when made. It is enforceable in all 50 states, the District of Columbia, all tribal lands, and all U.S. territories, commonwealths, and possessions and shall be enforced as if it were an order of that jurisdiction by any law enforcement agency that has received the order, is shown a copy of the order, or has verified its existence on the California Law Enforcement Telecommunications System (CLETS). If proof of service on the restrained person has not been received and the restrained person was not present at the court hearing, the law enforcement agency shall advise the restrained person of the terms of the order and then shall enforce it.

**Conflicting orders**  
**Priorities for Enforcement.**  
 If more than one restraining order has been issued protecting the protected person from the restrained person, the orders must be enforced in the following order (see Pen. Code, § 136.2 and Fam. Code, §§ 6383(h)(2), 6405(b)):  
 1. EPO: If one of the orders is an Emergency Protective Order (form EPO-001) and it is more restrictive than other restraining or protective orders, it has precedence in enforcement over all other orders.  
 2. No-Contact Order: If there is no EPO, a no-contact order that is included in a restraining or protective order has precedence in enforcement over any other restraining or protective order.  
 3. Criminal Order: If none of the orders includes a no-contact order, a domestic violence protective order issued in a criminal case takes precedence in enforcement over any conflicting civil court order. Any nonconflicting terms of the civil restraining order remain in effect and enforceable.  
 4. Family, Juvenile, or Civil Order: If more than one family, juvenile, or other civil restraining or protective order has been issued, the one that was issued last must be enforced.  
**Certificate of Compliance with VAWA for Temporary Orders**  
 This temporary protective order meets all full faith and credit requirements of the Violence Against Women Act, 18 U.S.C. § 2265 (1994) (VAWA) upon notice of the restrained person. This court has jurisdiction over the parties and the subject matter; the restrained person has been or will be afforded notice and a timely opportunity to be heard as provided by the laws of this jurisdiction. This order is valid and entitled to enforcement in all jurisdictions throughout the 50 United States, the District of Columbia, all tribal lands, and all U.S. territories, commonwealths, and possessions and shall be enforced as if it were an order of that jurisdiction.  
 Publish: May 27, June 3, 10 & 17, 2022.  
 CHATMAN 6-17-22

**Carmichael Water District - NOTICE OF PUBLIC HEARING**  
**PUBLIC HEALTH GOAL REPORT**  
 Notice is hereby given that the Draft Public Health Goal Report (Dated June 2022) is available for public review, and that a public hearing has been set to accept and respond to comments on the report. The public hearing is to be conducted on June 21, 2022 at the District Office, 7837 Fair Oaks Blvd, Carmichael, CA 95608 during its regular meeting at 6:00 p.m. Copies of the Draft Update are available for public review at [carmichaelwd.org](http://carmichaelwd.org) or at the District office."  
 Carmichael Times 6-10 - 6-17-2022

# WEEKLY COMICS

### Amber Waves

by Dave T. Phipps

WELL, NO BITES SO FAR, BUT NO WORRIES...  
A TRUE FISHERMAN HAS PLENTY OF PATIENCE.  
SO WHY DON'T YOU EVER GO ANTIQUING WITH MOM?  
WELL... BECAUSE I'M A FISHERMAN, NOT A SAINT.

### The Spats

by Jeff Pickering

JEFFY, I ONCE GAVE UP MY SEAT ON THE BUS TO A BLIND PERSON.  
THAT'S HOW HE LOST HIS JOB AS A BUS DRIVER.

### Out on a Limb

by Gary Kopervas

ALTERNATE NAMES FOR POPULAR TV SHOWS  
BETTER CALL SAUL...  
BETTER TEXT TYRESSE...  
BETTER FAX TEX...  
BETTER PING STINGS...  
BETTER DM DENNIS...  
PLEASE DON'T.

### THEY'LL DO IT EVERY TIME

BY AL SCADUTO

SIGNS OF GETTING OLD...  
DOG SAID I SHOULD WALK A BIT... I THINK I'LL GO TO THE SUPERMARKET WITH MOM TODAY...  
THAT'D BE GOOD! BUT YOU TAKE THE CART, DADDY--YOU CAN LEAN ON IT...  
GUESS WHO SPENT THE WHOLE DAY PREPARING THE BUFFET FOR HER PARTY--AND... WHAT'S SHE ALWAYS SAY?  
LOVELY FOOD, LULA...  
THE VERY BEST I'VE EVER TASTED...  
REALLY? I JUST THREW IT TOGETHER IN A HURRY...  
THANK YOU...  
YU-UMM! THIS MEATLOAF IS MAH-VELOUS! IT'S EVEN BETTER THAN YOURS. CATASTROPHICALLY BETTER. YOU OUGHTA GET HER RECIPE FOR THIS--IT'S REALLY U-UMM GO-O-O-O...  
OH-- THANK YOU...  
THE URGE TO BASTE AND SCORCH HIS HIDE!

### R.E.D.

by Mike Marland

I'M TRYIN' TO DECIDE IF I WANNA GET SOME CHICKENS.  
YOU COULD BORROW A FEW OF MINE... USE 'EM AS A TRIAL RUN TO SEE IF IT'S REALLY SOMETHING YOU WANNA DO, TINKER.  
OH, I'M ALREADY DOIN' THAT, SIM.  
WOW, UM... OKAY, BUT WOULDN'T YOU RATHER TRY IT WITH REAL CHICKENS INSTEAD' A THESE RUBBER ONES.

### GRIN and BEAR IT

by Dave T. Phipps

FIGGY USED CARS  
"It didn't get along with its previous owner, but I think it likes you."

### LAFF-A-DAY

"I'm confused — what are we fighting now, inflation or recession?"

### Just Like Cats & Dogs

by Dave T. Phipps

HOW IS THAT EVEN POSSIBLE? WE HAVE 400 CHANNELS AND 5 STREAMING APPS AND CAN'T FIND ANYTHING GOOD TO WATCH.

### HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

## We Beat Almost All Online Prices on Premium Brand Pet Foods.

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

### PET CLUB

**FOOD AND SUPPLIES**

**EVERYDAY LOW PRICES**  
Super Discount Prices • Hot Specials & Coupons  
Short term promotions from vendors  
(No Membership Fee)

We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 6/8/22 - 6/14/22

2344 Sunrise Blvd. 318 N Sunrise Blvd.  
Rancho Cordova, CA Roseville, CA  
916-635-5008 916-781-8500

**COUPON**

**FREE**  
1 LB SPORT MIX PREMIUM DOG BISCUITS  
with the purchase of pet, fish food or supply.  
Limit 1 lb PLU 332 CHM  
Limit 1 Coupon per family  
Effective 6/8/22 - 6/14/22

**COUPON**

**\$5.00 OFF**  
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.  
Limit 1 PLU 351 CHM  
Limit: 1 Coupon Per Family  
Effective 6/8/22 - 6/14/22

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

<p><b>TASTE OF THE WILD</b> GRAIN FREE DRY DOG FOOD •Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon 28 Lb Limit 2 Bags <b>\$39.99</b> Effective 6/8/22 - 6/14/22</p>	<p><b>CANIDAE</b> DRY DOG FOOD FOR ALL LIFE STAGES •Multi-Protein •Chicken Meal &amp; Rice •Large Breed 44 Lb As Marked <b>\$15 OFF</b> Our Regular Low Prices! Effective 6/8/22 - 6/14/22</p>	<p><b>BLUE BUFFALO WILDERNESS</b> DRY DOG FOOD •Selected Varieties 24 Lb Bag 100% Grain Free Limit 2 Bags <b>\$4 OFF</b> Our Regular Low Prices! Effective 6/8/22 - 6/14/22</p>	<p><b>FRISKIES</b> DRY CAT FOOD 16 Lb Bag •Seafood •Surfing &amp; Turfing Limit 2 Bags per Family <b>\$12.99</b> Effective 6/8/22 - 6/14/22</p>
<p><b>9 LIVES</b> CANNED CAT FOOD All Varieties 5.5 Oz Limit 2 Cases Per Family <b>47¢</b> Effective 6/8/22 - 6/14/22</p>	<p><b>FUSSIE CAT</b> PREMIUM CANNED CAT FOOD Black Label Gold Label 2.8 Oz. Limit 2 Cases Per Family <b>ON SALE</b> Effective 6/8/22 - 6/14/22</p>	<p><b>JONNY CAT</b> PREMIUM CAT LITTER 20 Lb Bag •Regular •Multiple Cat Formula Limit 2 Bags Per Family <b>\$5.39</b> Effective 6/8/22 - 6/14/22</p>	<p><b>FELINE PINE</b> HEALTHY CAT LITTER 20 Lb Bag Limit 2 Bags <b>\$8.99</b> Effective 6/8/22 - 6/14/22</p>

<p><b>BLUE BUFFALO</b> CANNED CAT FOOD Tastefuls •Pate •Flaked 3 oz &amp; 5.5 oz. <b>ON SALE</b></p>	<p>Market Fresh Recipe <b>FUSSIE CAT</b> PREMIUM DRY CAT FOOD •Selected Varieties 2 Lb, 4 Lb, 10 Lb bag As Marked <b>10% OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>MERRICK'S</b> GOURMET CANNED DOG FOOD •Selected Varieties 13.2 Oz Limit 1 Case <b>ON SALE</b></p>	<p><b>SCIENCE DIET</b> SMALL BITES DRY DOG FOOD •Adult •Light •Mature 15 Lb Bag (Lamb &amp; Rice Small Bite Sensitive Stomach 15.5 Lb \$31.99) Limit 2 Bags <b>\$26.99</b></p>	<p><b>CHICKEN SOUP FOR THE SOUL</b> DRY DOG FOOD As Marked •Adult (including Beef) •Large Breed (including Beef) •Mature •Weight Care •Puppy (Reg &amp; Lrg Breed) 28 Lb Bag <b>10% OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>SWHEAT SCOOP</b> NATURAL WHEAT LITTER (12 Lb Bag - Original \$11.99 Multi-Cat \$12.99) 36 Lb Bag Limit 2 Bags Original Multi-Cat <b>\$31.99</b></p>
<p><b>HEINZ</b> PUP-PERONI DOG TREATS •Beef •Lean •Bacon •Prime Rib 22.5 &amp; 25 Oz Pkgs Limit 2 Bags 24-30 Lb Bag <b>\$9.49</b></p>	<p><b>PRECIOUS CAT</b> CAT LITTER 20 Lb Box Limit 2 Boxes Cat Attract <b>\$12.99</b> Touch of Outdoors <b>\$8.49</b></p>	<p><b>CAREFRESH</b> PET BEDDING 60 Liter (Ultra Not Included) <b>\$16.49</b></p>	<p><b>WELLNESS</b> DRY DOG FOOD •Large Breed Adult •Chicken •Healthy Weight •Senior •Grain Free Adult •Grain Free Lamb •Grain Free White Fish <b>\$5 OFF</b> OUR REGULAR LOW PRICE</p>	<p><b>CHICKEN SOUP FOR THE SOUL</b> CANNED DOG FOOD 13 Oz (Reg &amp; Grain Free) All Varieties (Cat Food 5.5 Oz) Limit 2 Cases As Marked <b>10% OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>MERRICK'S</b> WHOLE EARTH FARMS DRY DOG FOOD •Grain Free Chicken/Turkey •Grain Free Pork, Beef &amp; Lamb 25 Lb Bag Limit 2 Bags per Family <b>\$8 OFF</b> OUR REGULAR LOW PRICES</p>

<p><b>ADVANTAGE FLEA CONTROL &amp; TREATMENT</b> Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with any other offer. <b>\$4 OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>HAGEN. FLUVAL FILTER SALE</b> MODEL...TANK...PET CLUB SALE 107...25 GAL...<b>\$104.99</b> 307...70 GAL...<b>\$159.99</b> 207...40 GAL...<b>\$119.99</b> 407...100 GAL...<b>\$189.99</b></p>
<p><b>DR. MARTY</b> NATURAL FREEZE-DRIED RAW COMPLETE MEAL &amp; TREATS All Varieties <b>20% OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>FLEXI</b> RETRACTABLE LEASHES •Classic •Comfort •Neon All Sizes <b>20% OFF</b> OUR SUPER LOW PRICES</p>
<p><b>SENTRY PETROMALT &amp; PETRODEX</b> PRODUCTS All Varieties •Tooth Care •Hairball Relief <b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>VAN NESS</b> BOWLS •Cracks •Ecoware •Stainless All Varieties <b>20% OFF</b> OUR SUPER LOW PRICES</p>

<p><b>BONUS COUPON</b> <b>FRISKIES BUFFET</b> CANNED CAT FOOD 5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon <b>ON SALE</b> Everyday Effective 6/8/22 - 6/14/22 CHM PLU 367</p>	<p><b>BONUS COUPON</b> <b>WHISKAS</b> TEMPTATIONS CAT TREATS •Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon <b>\$1.49</b> Effective 6/8/22 - 6/14/22 CHM PLU 569</p>	<p><b>BONUS COUPON</b> <b>JONNY CAT</b> CAT LINERS Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon <b>\$2.39</b> Effective 6/8/22 - 6/14/22 CHM PLU 449</p>
---	--	--

# Citrus Heights Teen Killed in Carmichael Shooting

By Shaun Holkko, assistant editor

CARMICHAEL, CA (MPG) - A Citrus Heights teenager was found dead following a shooting at a large apartment complex party in the 4400 block of Manzanita Avenue in Carmichael on May 28.

According to the Sacramento County Sheriff's Office, 911 calls began incoming at 1:15 a.m. in the early hours of Saturday morning, May 28. The victim was identified as 17-year-old Mesa Verde High School 11th grader Antonio Rocha by the school's Principal Jennifer Petersen.

Sac County Sheriff's deputies arrived on scene at The Continental Apartments complex and found Rocha suffering from a gunshot wound. He was later pronounced dead at the scene by Sac Metro Fire and there is currently no suspect as the investigation is still ongoing

according to the sheriff's office.

This is not the first time a minor has been shot and killed at a complex on the 4400 block of Manzanita Avenue. In 2018, a 16-year-old was shot and killed by a 13-year-old on the same block according to the sheriff's office.

A GoFundMe page has been set up by Rocha's godfather to help support the family with funeral service costs. The fundraiser has currently raised over \$23,000. According to the page, Rocha was a two-sport athlete who played football and wrestling.

Those with information are encouraged to call the Sac County Sheriff's Office at (916) 874-5111. For those with information who want to remain anonymous, call the Sacramento Valley Crime Stoppers at (916) 443-HELP (4357). ★

## WE'RE BUILDING A NEW TEAM

Now Hiring  
Visit [carmichaelpark.com](http://carmichaelpark.com) for info



WE SUPPORT FIRST RESPONDERS

**Be a part of something important**  
**Help deliver the news to your neighborhood**

**We are looking for people who want to deliver newspapers in their neighborhoods.**  
Provide great customer service to our readers every Friday.  
Earn money to help pay those monthly bills.



**MPG** Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required. **Call us today at 916-773-1111**



**The Chamber is community.**

Whether in times of prosperity or times of crisis, we are with you on the front lines, leading the way and making sure our community emerges stronger than ever.


We are all in this together at [www.CarmichaelChamber.com](http://www.CarmichaelChamber.com)



YOUR LOCAL GEICO AGENT MAKES BUNDLING SIMPLE.

# HOME + AUTO = EASY

Bundling your home and car insurance is super easy with GEICO. Not only could you save money with a special discount, but you'll also save time by having all your coverages in the same place.






**START YOUR QUOTE!**



**GEICO | LOCAL OFFICE**  
Vincent Harris | 916-923-5050  
¡Hablamos Español!

Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. Homeowners, renters, and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, LLC. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko® image © 1999-2022. © 2022 GEICO 21\_633312129 #0G38872

# National Study of Pregnant Women Finds Increase in Chemical Exposure

**UC Davis Health News Release**

**SACRAMENTO, CA (MPG)** - A national 12-year study that enrolled a highly diverse group of pregnant women, including women in the Sacramento region, found rising exposure to chemicals from plastics and pesticides that may be harmful to development.

“This is the first time we’ve been able to measure the amounts of chemicals in such a large and diverse group of pregnant women – not just identify chemicals,” said Tracey J. Woodruff, senior author of the paper. Woodruff is a professor and director of the UC San Francisco Program on Reproductive Health and the Environment and co-director of the UCSF EARTH Center.

The results of the study, which included co-authors from UC Davis Health, were published May 10, 2022, in *Environmental Science & Technology*.

Prenatal exposure to industrial chemicals can come from air, food, water, plastics, and other industrial and consumer products. Although these chemicals could be harmful to pregnancy and child development, few of these chemicals are routinely monitored in people.

**All Participants had Chemical Exposure**

To determine exposure, researchers measured 103 chemicals, mostly from pesticides, plastics, and “replacement chemicals,” new forms of chemicals that were banned or phased out, like bisphenol A (BPA) and phthalates. Certain phthalates have been identified as neurotoxic chemicals that can harm child brain development and increase children’s risks for learning, attention, and behavioral disorders.

All participants had chemical exposure, and several compounds were detected in all 171 participants. More than 80% of the chemicals were found in at least one of the women in the study, and more than a third of the chemicals were found in a majority of the participants. The study also found that some of these chemicals were present in higher amounts than seen in earlier studies.

The multi-institutional study included 171 women from California, Georgia, Illinois, New Hampshire, New York, and Puerto Rico who are part of the National Institutes of Health Environmental Influences on Child Health Outcomes program. About one-third (34%) were white, 40% were Latina, 20% were Black, and the remaining 6% were from other or multiple groups.

**Latinas had Higher Levels of Exposure**

The study found higher exposures for non-white women, those with lower educational attainment, or who were single or had been exposed to tobacco. Latinas had especially high levels of parabens, which are used as preservatives, as well as phthalates and

bisphenols, which are used in plastics.

“While pesticides and replacement chemicals were prevalent in all women, we were surprised to find that Latinas had substantially higher levels of parabens, phthalates and bisphenols,” said Jessie Buckley, associate professor of environmental health and engineering, as well as of epidemiology, at Johns Hopkins Bloomberg School of Public Health and first author of the study.

“This could be the result of higher exposures to products with chemicals, such as processed foods or personal care products,” Buckley said. “Our findings make clear that the number and scope of chemicals in pregnant women are increasing during a very vulnerable time of development for both the pregnant person and the fetus.”

Many of the chemicals the women had been exposed to were replacement chemicals, which may turn out to be just as harmful as the ones they replaced. The study also found many women had been exposed to neonicotinoids, a widely used insecticide that is toxic to bees.

“Exposure to chemicals in the environment is inevitable because they are used widely. We know some of the chemicals cause harm, but for some of the ones being measured for the first time, all we can say with certainty is that exposure to these compounds is occurring. More work needs to be done to determine potential risks,” explained Deborah Bennett, a co-author of the study. Bennett is a professor of environmental health in the UC Davis School of Medicine Department of Public Health Sciences. She helped identify which chemicals to track.

“Exposures are generally low, so pregnant moms should continue to live their lives and not be too concerned,” Bennett said. According to Bennett, there are steps people can take to help limit chemical exposures.

“Cook at home using fresh or frozen ingredients – rather than processed or packaged foods – when possible,” Bennett said. She also recommends avoiding pesticides and controlling household pests without chemicals. “People can also learn which personal care products have fewer harmful chemicals by checking with organizations such as the Environmental Working Group.”

Many of the children in this study will be followed as part of the Environmental Influences on NIH Child Health Outcomes (ECHO) program study.

Bennett is leading a separate study funded by the Environmental Protection Agency that is looking at children’s exposure to chemicals in household dust. Bennett and her team will track more than 80 chemicals in dust collected from participating homes, including many plasticizers, flame retardants and environmental phenols. ★

# Capitol Democrats Again Reject Lower Gas Prices

**Assembly Republicans News Release**

**SACRAMENTO, CA (MPG)** - On May 25, 2022, Assembly Republicans gathered in front of a local gas station ahead of a pivotal vote to suspend the gas tax. For the third time this year, Democrats struck down any efforts to lower gas prices as they continue to escalate. Ahead of Memorial Day weekend travel, Republicans wanted to put forward a bipartisan solution that would have passed on savings to consumers at the pump, though Democrats continued to play party politics and were not in favor of hearing this legislation on the floor.

Assembly Republican Leader James Gallagher (R-Yuba City) was joined by colleagues Assemblyman Kevin Kiley (R-Rocklin), Assemblywoman Laurie Davies (R-Laguna Niguel), Assemblyman Steven Choi (R-Irvine), and Assemblyman Thurston Smith (R-Apple Valley) in front of a Sacramento gas station to discuss bipartisan proposal AB 2547 ahead of a vote on the Assembly floor that took place this morning. This legislation would have suspended the gas tax for one year and require that all revenue generated by the tax be passed on directly to the consumer.

Assembly Members of the Republican Caucus released the following statements:

“This morning we are here to talk about the gas prices and much-needed relief California families need. As Republicans, we have been pushing for a gas tax suspension since the beginning, when we introduced a bill in January and pushed for a vote and brought a vote to the floor... we need to provide this relief. People have waited far too long... we are now on day 77 of the Governor promising to provide gas tax relief. The good news is, there’s been a bipartisan measure that’s been introduced, AB 2457, which has both Democrats and Republicans who have signed on. We are going to bring it to the floor and vote on it now. We are not going to wait any longer.” -Assembly Republican

Leader James Gallagher

“Yesterday, Joe Biden celebrated high gas prices as we make our ‘incredible transition’. Apparently, it’s more incredible here in California than anywhere else as our gas prices climb to astronomic levels... our caucus is fighting to reverse the tide. We are fighting to make sure people can stay and build a career, raise a family, and retire. We are ready to meet our colleagues on the other side of the aisle when they are ready to work on real solutions. That starts today, this morning, when we will give them another chance to vote on suspending the gas tax.” -Assemblyman Kevin Kiley

“When Republicans first proposed suspending the gas tax on January 12, gas prices were just \$4.58 on average in California according to AAA...if you tally up how much Californians would have saved since then if we had enacted the gas tax suspension, that number comes to about \$2,400 dollars per person. If you are looking at a family, that number nearly doubles. That’s a far cry from the small checks the Governor has been proposing to send. Californians deserve better: In some parts of the state, gas is nearly \$8 a gallon. That is unacceptable and unsustainable for our communities... enough is enough.” -Assemblywoman Laurie Davies

“Legislative Democrats continue to delay while Californians struggle to pay. Why hide behind process, deadlines, and blame, when we can take action today by using a small portion of the Governor’s nearly 100 billion dollars of budget surplus to temporarily suspend the gas tax and lower gas prices by over 50 cents immediately? How many more gas price records does California have to break before Legislative Democrats take action? How much longer can we ask hard-working families to choose between filling up their gas tank or buying groceries? I emphatically urge the Legislature to suspend the gas tax and give these families a 50 cent break now. Today is the time to pass AB 2457.” - Assemblyman Steven Choi, Ph.D. ★

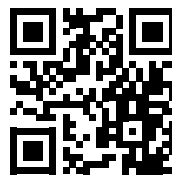
# A World Class Senior Living Experience at Eskaton Village Carmichael



## The families of our residents rate us as “World Class.”\* Here’s why:

“Eskaton Village Carmichael is home to an amazingly vibrant resident community. I’d recommend it to anyone looking to try new things in a fun, community-oriented setting.”

**Call today to schedule a tour!**



**916-248-7766**  
**eskaton.org/evc**

**ESKATON**  
Transforming the Aging Experience

**Eskaton Village Carmichael**  
*Sacramento’s Only Life Plan Community!*  
3939 Walnut Avenue, Carmichael, CA 95608  
License #340313383 COA #202

Equal Housing Opportunity. \*Vital Research is a third party that measures customer satisfaction and the willingness of customers to recommend a company’s products or services to others; this is called a net promoter score.

# Cougars' Season Ends in First Round of NorCal Finals

Story by Shaun Holkko, sports editor

CONCORD, CA (MPG) - A magical season for the Del Campo High School varsity baseball team came to an end Tuesday afternoon in the Bay Area with a 9-3 loss at De La Salle in the first round of the 2022 CIF Division I NorCal Baseball Championships.

The Cougars (29-6, 13-2 Golden Empire League) were elevated to Division I for the Northern California tournament after winning the CIF Sac-Joaquin Section Division III Baseball Playoffs Championship on May 25 against Vanden (29-6, 13-2 Monticello Empire) of Fairfield.

Del Campo was moved up to D1 as part of the CIF's "competitive equity" model, factoring in a team's overall resume. The Cougars earned impressive wins against eventual CIF SJS D2 champion Granite Bay on March 22 and CIF SJS D1 runner-up McClatchy on April 30.

The Cougars were given the No. 8 seed in the NorCal tournament and were matched up against the No. 1 seed De La Salle Spartans (25-6, 11-2 East Bay), who won their fifth straight North Coast Section D1 title this year. The Spartans jumped out to a 6-0 lead after the first inning and never looked back.

Following the first inning, each time Del Campo scored, De La Salle would match it, erasing any momentum the Cougars may have been gaining. Del Campo got on the scoreboard in the top of the second inning, scoring once. The Spartans answered with one run in the bottom of the third. The Cougars scored twice in the fifth, followed by De La Salle scoring twice in the sixth. The Spartans went on to

win 9-3, ending Del Campo's season.

Despite losing by six runs, the Cougars out-hit the Spartans 11-10. Four Del Campo batters had multiple hits. Senior catcher Logan McCord had a game-high with three. Senior outfielder Jordan Jacobson and juniors, shortstop Anthony Martinez and center fielder Matt Moses had two each. In McCord's final game as a Cougar, he recorded three hits (two doubles), one run batted in and one run scored in four at bats. Before moving on to play collegiately at Sacramento State, Jacobson tallied two hits, including one double, in four plate appearances.

Senior pitcher Hayden Hughes suffered the loss on the mound in his final start for Del Campo. The 6-foot-1 flamethrower, who will be attending Sierra College in the fall, pitched 2.1 innings allowing five hits, seven runs (three earned), four walks, two stolen bases, one hit by pitch and one balk on 58 pitches. Senior Thomas Martinez came on to pitch two innings in relief and allowed four hits, two earned runs and one walk on 30 pitches.

De La Salle senior pitcher Tyler Wood got the win after pitching four innings, allowing five hits, two earned runs, one walk and one HBP with two strikeouts on 66 pitches. Three Spartans racked up two RBI each: Seniors, third baseman Cade Cushing and second baseman Alec Nava, and junior catcher Connor Harrison.

On Thursday, June 2, De La Salle defeated its league rival, No. 4 Foothill (26-5, 10-3 EB) of Pleasanton, in the regional semifinals of the tournament 5-1. The Spartans narrowly beat No. 2 Saint Francis (31-5, 12-2 West Catholic) of Mountain View in the regional final 7-6 to win the D1 NorCal Championship. ★

**"It's Hot outside but rents are Freezing\* in here!"**

**Rent Freeze for Life\***

Limited time offer, must deposit by June 30th

\*Care levels are not included

**CELEBRATE LIFE'S JOURNEY**

*in a Beautiful Family-Owned Community offering Assisted Living and Memory Care*

**AFFORDABLE SHARED OPTIONS AVAILABLE**

**summerset.**  
SENIOR LIVING

**916.562.1036**

2341 Vehicle Dr., Gold River/Rancho Cordova  
www.summersetseniorliving.com

Pet friendly RCFE Lic. #347005361 CT

**PAYROLL and HR Support \$250 a month**

Offer valid through 12/31/2022

**916-760-7227**

**Pinnacle**  
EMPLOYEE SERVICES

**KP International MARKET**

10971 Olson Drive Rancho Cordova, CA 95670  
916.853.8000

Market - 7 Days: 8am - 9pm  
Food Court - 7 Days: 11am - 7:30pm  
Korean/Mex/Wiet: 7:30pm - last call  
Chinese/Japanese: 7:00pm - last call

**FROZEN & FISH DEPT**

Frozen Halibut Collar REG. \$5.99/LB **\$3.99/lb**

Raw Headless Shrimp 16/20 1.5LB REG. \$14.99/EA **\$9.99/ea**

**WEEKLY MEAT SPECIALS**

**BONUS BUY** Beef New York Roast - Boneless \$5.49/lb

**GREAT VALUE** Fresh Ground Beef \$3.99/lb

Beef Bottom Round Steak - Boneless \$3.99/lb

Beef New York Steak - Boneless \$5.99/lb

Beef Rump/Bottom Round Roast - Bnls \$3.49/lb

Chicken Drumsticks 98¢/lb

Pork Cushman Meat - Boneless \$1.99/lb

Pork Loin Chops Bone In \$1.89/lb

Pork St. Louis Ribs - Single Pack \$3.49/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 8 - JUNE 14, 2022.

**HAPPY HOURS**

**Draft Beer \$2.50 & UP**

Mon-Thu 4PM-9PM  
Fri-Sat 2PM-9PM

**KP KARAOKE SPECIAL** Sun-Thu Come before 6pm (Valid Time) Fri-Sat Come before 5pm (Valid Time)

**For 6 people \$85.00**

**For 12 people \$185.00**

**For 14 people \$210.00**

**For 18 people \$275.00**

**For 28 people \$350.00**

9 Dishes To Choose From

**FRESH PRODUCE**

Lime 7/\$1.00

Mini Watermelon 2/\$5.00

White Peach \$1.79/lb

Yellow Onion 2lb/\$1.00

Gala Apple 99¢/lb

Banana 59¢/lb

Golden Kiwi \$1.79/ea

Mini King Oyster Mushroom 300g \$4.49/ea

**AMERICAN/HISPANIC GROCERY**

Kettle Chips 5.5oz \$2.99

Essex Bouillabaisse 32oz \$6.99

Boreal Refried Beans (red & black) 29oz \$4.99

Cholula Hot Sauce - Original 5.1oz \$2.99

Charmin Essential Mega 12 Rolls \$11.99

**ASIAN GROCERY**

Twin Dragon Almond Cookies 12oz \$3.99

Lebo Roast Duck Seasoning 1.76oz 4/\$3.00

Golden Instant Chrysanthemum Tea 12.7oz \$4.99

Excellent Canton-Dilun Combo 600g \$4.99

Maggi Seasoning 27.7oz \$6.99

**EUROPEAN GROCERY**

Alkerm Green Tea with Pine Mgr 475g \$6.99

Romas Extra Virgin Olive Oil 1 Liter \$9.99

Ulter Tea Harvest 1 kg \$4.29

Errenka Water Cookies 250g \$4.49

Bibow Brandy Filled Chocolate 400g \$5.99

**KOREAN/JAPANESE GROCERY**

Coold White Rice 2.5Kinds 12.49oz \$12.99

Buldak Hot Sauce 12oz \$3.99

Wing Cold Noodle 3.2Kinds 22oz \$2.99

Crn Noodle 300g \$9.99

Soyage White Bean 2.5kg \$4.99

Korean Saja 2.5kg \$2.99

Red Cabbage 300g \$5.99

Organic Cheddar 300g \$5.99

Shin Noodle Soy Bean 16.4oz \$13.99

S&B Crunch Garlic 1.59oz \$4.99

Golden Curry 4.8Kinds 7.8oz \$3.99

Sho Chiku But Sake 507 fl oz \$6.99

**HOUSEWARES**

HAMILTON BEACH KITCHENWARE \$99.99

DISPOSABLE WOOD COOKER \$4.99

ELECTRIC HOT COOKER \$49.99

**FROZEN & FISH DEPT**

Cooked Clam 400g REG. \$4.99/ea **\$2.99/ea**

**EUROPEAN DELI**

Pat Roasted Turkey \$7.99

Appelwood Ham Smoked \$6.99

Green Olives Stuffed w/ Almonds \$4.39

Kristin French Olive Medley \$7.59

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 8 - JUNE 14, 2022.