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# Citrus Heights Messenger

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AUGUST 18, 2023

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## Wrapping Up a Fun Summer



Sayonara high school students have fun meeting Looney Tunes character Marvin the Martian at Six Flags. Photo courtesy of Sayonara Community Center

**By Julie Habeeb, Sayonara Center Director**

**CITRUS HEIGHTS, CA (MPG)** - The Sayonara Center jumped right into summer vacation the day after school was out! To celebrate the students' hard work and dedication in the past nine months, a block party was held for students, their families, and neighbors of the Sayonara Center.

The rest of the two months of summer break was full of fun! Elementary students attended day camps and swim lessons in the area. Middle school and high school students both went on separate



Citrus Heights Police Detective Cimino joins the fun during the end of the school year party in June for kids at Sayonara Community Center! Photo courtesy of Sayonara Community Center

3-night/4-day camping trips to Santa Cruz. The days in-between were spent swimming, baking, playing games, eating, and more at the Sayonara

Center and nearby.

The Center recently held their Back-to-School event where children and their families drop by to re-register and pick out a

new backpack and school supplies.

Sayonara Center has been operating out of their building for the past 11 years. This new school year they have a large group of 12th grade students, the majority have been attending since 1st grade.

The center is grateful for community partners whose contributions make a lot of this possible!

For more information or to donate items or volunteer please contact: Campus Life Connection. Julie Habeeb (916) 390-1117 julie@sayonara-center.org Facebook: City Life Sayonara Center ★

**Adam A. House Sworn in as New Fire Chief**



New Fire Chief Adam A. House. Photo courtesy of Sac Metro Fire

**Metro Fire News Release**

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento Metropolitan Fire District (Metro Fire) Board of Directors will host a momentous swearing-in ceremony at its regular meeting on August 10, welcoming the appointment of Fire Chief Adam A. House. Selected by the Board of Directors, Chief House will serve as the district's seventh Fire Chief following an extensive nationwide search. His selection will succeed the distinguished service of Interim Fire Chief Dan Haverty, whose dedication to public safety has spanned over three decades throughout the greater Sacramento region. Chief House holds the distinction of being the first Fire Chief to serve continuously as a member of Metro Fire since its inception in 2000.

Chief House has accumulated an impressive 36-year tenure in public service, which includes four years in the United States Army as a Firefighter. Following active duty, he continued his fire service career in 1991 as a Firefighter in Yuma, Arizona, and eventually promoted to the rank of Captain. In 2000, he joined Metro Fire, ascending the ranks from Firefighter to Captain, Battalion Chief, and ultimately Assistant Chief. He was instrumental in establishing the Metro Fire Special Operations Division, specifically the Type 1 Hazardous Materials program where he served as the initial Program Manager. Furthermore, Chief House has played pivotal roles in Firefighter recruitment, and the Fire Academy where he served as a Drill Master.

As a Chief Officer at Metro Fire, Chief House served as the Division Manager within the Training, Health & Safety Division with direct oversight of the Training Academy, task level and promotional opportunities and training, special operations training, and the physical and mental well-being of the membership. Additionally, he contributed as a member of the

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## Council Considers Putting Police Officers in High Schools

**Story by Shaunna Boyd**

**CITRUS HEIGHTS, CA (MPG)** - At the August 10 meeting, the Citrus Heights City Council discussed the feasibility of hiring police officers to serve at the two high schools in Citrus Heights (Mesa Verde and San Juan).

Citrus Heights Police Department (CHPD) Chief Alex Turcotte explained that the City previously had two School Resource Officers (SROs) serving at the high schools, but the program was discontinued in 2021 due to budget constraints and staffing shortages. Since that time, the San Juan Unified School District's (SJUSD) Safe Schools program has handled all safety issues in district schools, and they collaborate closely with

the CHPD. Chief Turcotte said the CHPD has "a very good working relationship with them."

According to CHPD estimates, reimplementing the SRO program would cost approximately \$250,000 for initial equipment start-up, with an annual cost of \$340,000 for salary and equipment maintenance.

The Director of Safe Schools, Mike Jones, explained to Council that the program was first implemented in 2018. Prior to that time, school safety was overseen by SROs from the CHPD as well as the Sacramento County Sheriff's Department. But those officers were frequently involved in issues outside their training - issues that were behavioral, rather than criminal or site

safety issues. Increased costs, as well as changes in laws regarding officers' ability to interview juveniles, led to the eventual removal of SROs. And Jones said that there was also a community sentiment that the presence of law enforcement officers was sometimes "an over-reach in some places on our school sites."

The Safe Schools program has eight Community Safety Specialists (CSS) who are each assigned to a particular zone within the SJUSD, which encompasses 65 schools. Citrus Heights has one primary CSS for all 12 school sites in the city, supported by two additional CSS.

Jones said that many of the CSS are former police officers or probation officers, and all are highly

trained with expertise in emergency response procedures, active threat response, critical incident management, crisis communication and de-escalation skills, behavioral threat assessment, crime prevention through environmental design, school vulnerability and safety assessment, mandated reporter requirements, and recognition of child abuse, neglect, and human trafficking.

The Safe Schools program works well because the CSS is "a trusted and very responsive member of that school community," said Jones. The CSS often serves as a mentor, and Jones said those relationships enable them to gather important information about what is going

*Continued from page 2*



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# Extraordinary Nurse at DaVita Honored with DAISY Award



DaVita Orangevale Dialysis Center Celebrates Orangevale nurse Hannah Naten's commitment to high-quality, compassionate patient care. Photo courtesy of Spearca Communications

By Maggie Spain, Spearca Communications

**ORANGEVALE, CA (MPG)** - Hannah Naten, nephrology nurse at DaVita Orangevale Dialysis Center, was recently honored with The DAISY Award® For Extraordinary Nurses during National Nurses Week. The award is part of the DAISY Foundation's programs to recognize the super-human efforts nurses perform every day.

DaVita leaders, fellow care team members and patients celebrated Naten for her continuous efforts to go above and beyond to care for her dialysis patients and support other DaVita teammates. On Christmas Eve last year, a patient on the dialysis treatment floor suffered a panic attack. Naten bolted to his side, held his hand and reassured him that everything would be all right. The patient was able to recover and complete treatment. Naten always shows the utmost respect and compassion to everyone she encounters. Her teammates refer to her as a ray of sunshine in their center.

For their commitment to respecting, encouraging and empathizing with each patient's kidney care journey, DaVita's DAISY award honorees received a personalized "Extraordinary Nurse" certificate, a DAISY Award pin and a hand-carved sculpture called "A Healer's Touch."

"In Italian, DaVita means 'to give life,' which is exactly what our nurses do every day," said Tina Livaudais, chief nursing

officer for DaVita. "Each of our DAISY recipients is committed to nursing excellence and dedicated to compassionate patient care. I'm proud to celebrate this achievement and the many ways DaVita nurses positively impact our patients, their loved ones and their surrounding communities every day."

The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Said Bonnie Barnes, FAAN, doctor of humane letters and co-founder of The DAISY Foundation, "When Patrick was critically ill, our family experienced firsthand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human work they do. The kind of work the nurses at DaVita are called on to do every day epitomizes the purpose of The DAISY Award."

DaVita strives to create an environment of nursing and technician excellence through numerous growth programs. To learn more about how DaVita supports its nurses throughout their career, Careers.DaVita.com. ★

# Council Considers Putting Police Officers in High Schools

Continued from page 1

on at the school site that law enforcement officers aren't able to discover. That information can then be shared with law enforcement where appropriate. "We have an absolutely outstanding relationship with our law enforcement partners, particularly here in Citrus Heights Police Department. I could not speak highly enough about the support we receive from them and the relationship we share with that agency," said Jones.

Daniel Thigpen, executive director of labor and government affairs for SJUSD, updated Council about the District's investments into improved security. The District Board has earmarked \$10 million of bond funding to assess vulnerabilities and make infrastructure improvements at the schools. Security camera systems will be upgraded and modernized, mechanisms for quickly locking classroom doors from inside will be installed, and security will be strengthened at entry and exit points.

Councilmembers had previously expressed concern to SJUSD about a lack of sufficient fencing at local schools. This issue is being addressed through the phased installation of new fencing at schools throughout the District. At this time, fencing at 24 sites is completed, including Carriage Drive Elementary, Grand Oaks Elementary, Skycrest Elementary, Woodside Elementary, and Sylvan Middle School. Fencing is in progress at 12 additional school sites, including Arlington Heights Elementary and San Juan High School. In the 2024-2025 school year, 11 additional school sites will be fenced, including Mesa Verde High, Lichen K-8, and Kingswood K-8.

Thigpen said, "It takes multiple layers of strategies and investments to ensure that our students, staff, and community remain safe every day." He pointed out that students who commit violent acts at school often lack trusting relationships with students or adults on campus. They were isolated, bullied, or experiencing mental health issues. "There are many red flags," he said. One of the most effective strategies for preventing school violence is to "invest in the personnel and invest in the training necessary to build those trusting relationships with students, so they do not feel isolated, so they're not acting out, and reducing those red-flag behaviors," said Thigpen. To meet that need for the 2023-2024 school year, SJUSD is allocating \$833,000 to create 10 new full-time positions in Citrus Heights schools—to get more "boots

on the ground" to supervise and engage with students, and create those trusting relationships.

Mayor Tim Schaefer said, "I like your approach. Your approach is very much preventative, to understand the culture of the school grounds." But he said that a school shooter may not always be a student: "It only takes one time. Uvalde only happened once. That's a pretty big concern for me." He supported the idea of SROs in Citrus Heights schools, stating, "I think it's important to project a certain level of strength that deters people from committing these kinds of acts."

Councilmember Porsche Middleton said, "We're trying to build a [police] department, build a safe city, but we're also trying to maintain a budget. And we don't want to do that at the expense of our students, but if the District has a plan in place .... to work with us to make this happen," then Middleton wanted to support that instead of implementing a separate strategy.

Middleton also commended SJUSD for coming to past meetings and listening carefully to Council concerns about school safety: "You took it to heart, and I see that. ... You have a solid plan in place, and I would like to see that through."

Vice Mayor Daniels said that while he supports the work of the Safe Schools program and SJUSD's improved safety plans, it "doesn't rise to the level of a police officer in each of our high schools." Daniels said hiring SROs would "add another layer, and it's a very effective layer." He also suggested that these SROs would benefit the city as a whole because they could leave the school to respond to emergency calls for service in the surrounding areas, and they would add two additional officers to the police roster outside of school hours.

Daniels said, "This is not a budget issue" because the Council can adjust the budget: "The funds are there. We just have to decide, where's the priority? Is the priority in keeping our kids safer and keeping our community safer, or is it just in keeping dollars in the bank so we stay within a budget?"

There were no public comments on this item, and Vice Mayor Daniels recommended the item be brought back at a future meeting for consideration, suggesting that General Fund dollars be used to hire the two SROs. Mayor Schaefer seconded that motion, so the Council will discuss the issue in more detail at an upcoming meeting.

The next meeting of the Citrus Heights City Council is scheduled for August 24. ★

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# New See's Candies Now Open in Citrus Heights

**Story and photos**  
by Thomas J. Sullivan

**CITRUS HEIGHTS, CA (MPG)** - The new See's Candies retail store has opened at 5499 Sunrise Boulevard in Citrus Heights, replacing its former long-time location home in Sunrise Mall.

Once home to a branch of the Patelco Credit Union, the new See's Candies flagship store, houses a retail shop, corporate offices and a business-to-business operations unit for corporate sales in a brightly muraled, old-fashioned themed two-story commercial building along Sunrise Boulevard which passersby can't miss.

"We're delighted to welcome customers to our new location," said Deanna Ward, its district sales manager. Inside, customers browsed display cases for familiar dark and milk chocolate treats.

See's Candies closed retail stores in downtown Sacramento and in the Sunrise Mall, consolidating and relocating retail sales in the area to the new Sunrise Boulevard facility, Ward said. Business operations are located on the top floor of the former credit union building.

The store entrance which faces JoAnne's Fabrics in the Sunrise Village Mall is from the rear of the



The newly opened See's Candies is open seven days a week at 5499 Sunrise Boulevard in Citrus Heights.

years transferred to Citrus Heights from Sacramento, with Cindy Born, who serves as the store's assistant manager. Some personnel who worked at the Sunrise Mall store before its recent closure were also offered positions at the new store, Masoud said.

See's Candies, makers of American made delicious candies and chocolates since 1921, continues to be true to its motto of "quality without compromise."

Customers can create their own ultimate box of their favorites, including milk or dark chocolates



Hebeh Masoud (in black) is the manager of the new See's Candies flagship store.



Tammy, a See's Candies customer, decides to buy a Mrs. Lollypop.

building. Former drive-in banking lanes still remain but are not utilized for customer service or sales.

Store manager Hebeh Masoud, who has been with See's nearly 20

with or without nuts, truffles and limited time sweets, packed fresh at the candy counter in half-pound or 1, 2, 3 and 5-pound boxes.

The new black and white interior

in the Citrus Heights flagship store is familiar in theme. The scents of nuts, vanilla and sweet chocolate soon touch your senses and comfort you, often quicker than a friendly staff member can offer you a delicious free sample.

Outside, a mural reminds visiting customers of all the holidays and special occasions where the gift of chocolate is always an appropriate way to properly celebrate.

"Our new location also allows See's to help support its corporate gifting and fundraising sales program

operations in a central location for our many customers," Masoud said. Bulk sales of See's Candies are traditionally popular fundraisers for many schools and non-profit groups.

"We're better able to help them with a variety of programs to help them achieve their goals with multi-recipient shipping, custom logo gifts, personalized gift messaging and much more," Masoud said.

Tallen Capital and Citivest Commercial partnered together to acquire the 10,621-square-foot building in Citrus Heights in May 2022,

with See's Candies later signing a long-term lease for the building, according to a brokerage press release.

See's Candies at 5499 Sunrise Boulevard in Citrus Heights is open seven days a week, Monday through Saturday from 9 am to 7 pm and Sunday from 11 am to 6 pm. Call (279) 201-9878 for more information.

A formal grand opening ceremony is planned on Saturday, September 16th to commemorate founder Mary See's birthday, Masoud said. ★



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# Vet Clinic on Wheels Will Help Unhoused Pets

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Bradshaw Animal Shelter will pioneer a mobile pet clinic this fall to address the health-care needs of pets belonging to unhoused individuals in Sacramento County. This initiative, named PAWS (Pet Aid and Wellness Services), will be the first of its kind in the region. Offering vital veterinary care on the go, the clinic's foremost focus will be on spaying and neutering as many pets as possible. Additionally, PAWS will be equipped to provide vaccinations as well as medical care and diagnostic services for ill and injured pets.

"By bringing essential veterinary services directly to unhoused pet owners and making spaying and neutering surgeries accessible, we hope to make a positive impact on both the pets and the individuals who love them," said Annette Bedsworth, Director of Bradshaw Animal Shelter.

The mobile clinic will operate at least three days a week, traveling to different locations throughout Sacramento County, strategically identifying and adapting its schedule to serve areas where these services are most urgently required.

In addition to the clinic removing the barrier of transportation, PAWS will also remove the financial barrier of essential veterinary care. All services will be sponsored by Sacramento County

with funds provided by the federal American Rescue Plan Act.

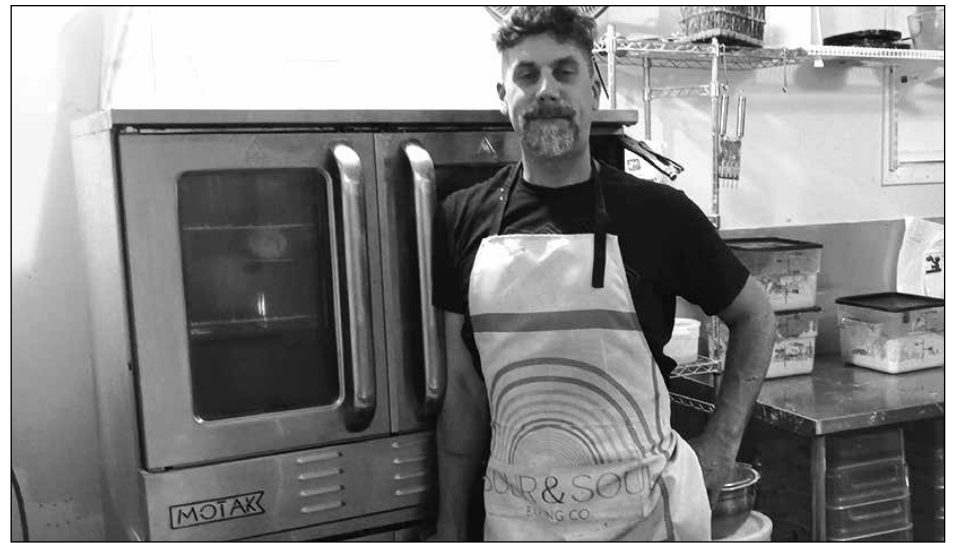
Dr. Cynthia Metcalf, who joined Sacramento County as a veterinarian last month, will be dedicated to the mobile pet clinic full-time. This work resonates deeply with Dr. Metcalf, who understands firsthand the importance of the bond between pets and their human companions, especially during challenging times. She shared that her tremendous passion for PAWS stems from her father, a Vietnam veteran who became unhoused and was diagnosed with schizophrenia. In addition to her love for animals, Dr. Metcalf is compassionate about the complex reasons that can lead to people experiencing homelessness.

"This is very personal for me," Dr. Metcalf said. "I know what it's like to have a family member who has been unhoused, and I know how important our family dog was to him and how their bond helped him, so this program really resonates with me."

PAWS represents a significant milestone in ensuring that the region's most vulnerable pets are able to receive medical care, and will help reduce unwanted litters, pet overpopulation, and preventable diseases in the County.

The operating schedule of PAWS will be posted on Bradshaw Animal Shelter's website once it launches. For more shelter updates, please follow the shelter on Facebook and Instagram. ★

# Sour and Soul Sourdough Aims to Lift the Spirit



Citrus Heights-based entrepreneur Brandon Morgan has made Sour and Soul Baking Co. a popular bread outlet at farmers markets in the area.

Story and photos by Thomas J. Sullivan

**CITRUS HEIGHTS, CA (MPG)** - It's 2 am and artisan baker Brandon Morgan rises to make the first of what will be 500 loaves of fresh sourdough bread each week. It's also time to check and nurse a sourdough starter for future batches and prepare some 600 pounds of bread flour for mixing.

Morgan is the owner of Sour and Soul Sourdough, a licensed home bakery in Citrus Heights which has become a popular seller at farmers markets throughout the Citrus Heights area since getting started just over three years ago.

He and Courtney, his former spouse, started their business together selling fresh bread and handmade gifts at the end of their driveway on 6929 Mariposa Avenue on Saturday as a friendly way to meet their neighbors and share their passion for making homemade sourdough bread.

At the time, they also had to contend with a toddler with a picky appetite who refused to consume anything but bread and milk. With some research to develop a recipe with the best ingredients possible, they started making sourdough bread rounds in an authentic and traditional way.

When their relationship ended, Morgan said he wanted to continue the business they both had created together.

Morgan, a former union ironworker, is passionate about his new career as an artisan bread maker and doesn't mind facing an early start to each day where he'll be busy carefully watching dough rise and gently kneading portions into what will become a 12-inch, two-pound round of sourdough bread. The process typically takes 40 hours to make a complete batch of bread from start to finish.

The hours and hours of trial and error, minor recipe changes, tinkering around with different individual baking techniques, learning to master bulk fermentation times, baking temperatures and the timing of dough mixing schedules all took time, Morgan said.

"I've learned to become a better baker," he said. "I'm dedicated to using the best ingredients possible, and I believe you can honestly taste the difference in each loaf of bread and muffins that I make."

Sour and Soul also offers pick-up and local delivery to its customers. Orders that are placed by 5 pm on Saturday are typically delivered on Sunday evening, he said.

"My former spouse and I first took a bold leap to join the Orangevale Farmers Market and offer our bread for sale," Morgan said. "We were thrilled to see so many people enjoying our bread for the first time just as much as we did," he said.



The fresh scent of rosemary and roasted garlic draws customers to Sour and Soul Baking Co.

Morgan started offering his bread, English muffins and cinnamon rolls at the Sunrise Mall Farmers Market in Citrus Heights.

Morgan relies on a crew of part-time staff which delivers his baked goods fresh from his Mariposa home to farmers markets throughout the local area just before they open.

"They're a great group to work with and are just as passionate about introducing customers to some of the most flavorful sourdough bread they'll ever find," Morgan said.

Sour and Soul bread choices include a regular traditional round (\$10.50) with white or whole wheat flour, made without filler and yeast and in Morgan's words, "nothing else but flour, water and a whole lot of love."

Customers may want to try a two-pound rosemary sourdough loaf, made with hand-picked fresh rosemary and generously sprinkled with rosemary sea salt. A popular seller is a roasted garlic sourdough loaf (\$12.50) which tends to sell out early.

"I roast whole garlic cloves in organic olive oil, and then when I am folding the dough I sprinkle these delicious chunks in the sourdough," Morgan said.

Sour and Soul also sells sourdough cinnamon rolls (\$10.50) with icing on the side and a package of six sourdough English Muffins - (\$10.50) made with A2 organic milk, farmers market honey and seasoned with Celtic sea salt.

"I promise to stay committed to bringing the highest quality sourdough bread products to our customers, and I'm passionate about creating food that feeds your soul," she said.

Visit the Sour and Soul booth at the Orangevale Farmers Market on Thursday from 3 pm to 8 pm on 6826 Hazel Avenue, and the Sunrise Mall Market, every Saturday from 9am-1pm at 6041 Sunrise Boulevard in Citrus Heights.

On Sunday, the Sour and Soul booth moves to the Carmichael Farmers Market from 9 am to 2 pm at 5750 Grant Avenue in Carmichael.

For individual orders, visit Sour and Soul Bakery on the web at: <https://sourandsoul.square.site/> Delivery orders must be placed by 5 pm on Saturday for delivery on Sunday evening. ★

# Rep. Bera Statement on L3Harris Acquisition of Aerojet Rocketdyne



Ami Bera, M.D.

From the Office of Representative Ami Bera

**SACRAMENTO, CA (MPG)** - U.S. Representative Ami Bera, M.D.

(CA-06) released the following statement after the acquisition of Aerojet Rocketdyne by L3Harris.

"Throughout its history, Aerojet Rocketdyne has been a vital community partner for the Sacramento region as a driving force of economic growth and job creation. For decades, its pioneering innovation and leadership in space exploration has been instrumental in advancing America's aerospace industry. The acquisition of Aerojet Rocketdyne by L3Harris marks a milestone in the aerospace

sector. As we push the boundaries of space exploration, it is critical that we maintain a strong focus on protecting our environment. I look forward to working with L3Harris and Aerojet Rocketdyne to ensure their continued commitment to environmental stewardship for our region."

Representative Bera joined the House Science, Space, and Technology Committee during his first term in Congress and has been a staunch advocate for U.S. space innovation and exploration. ★

# CHPD is Seeking Subjects

## Citrus Heights PD News Release

**CITRUS HEIGHTS, CA (MPG)** - On August 10th, 2023, shortly before 9:00pm, Citrus Heights Police officers responded to several 9-1-1 callers reporting an adult male had been shot multiple times in a parking lot located in the 6200 block of Sunrise Boulevard in Citrus Heights.

Officers arrived and located an adult male in the parking lot who had sustained multiple gunshot wounds. Life-sustaining medical aid was provided by officers until paramedics arrived and took over, transporting the victim to a nearby hospital. The victim underwent surgery for his injuries and is expected to survive.

Citrus Heights Detectives responded and began an investigation to include interviewing witnesses and reviewing area video recordings. Several subjects were seen fleeing the area immediately after the shooting and are wanted for questioning. Citrus Heights Crime Scene Investigators (CSI) arrived and collected multiple pieces of evidence from the area.

Anyone with information related to this shooting is strongly encouraged to contact the Citrus Heights Police Department Crime Tip Line at 916-727-5524. If you have information and would like to remain anonymous, please call the Sacramento Valley Crime Stoppers tip hotline at (916) 443-HELP. Tips leading to an arrest may earn a cash reward. ★

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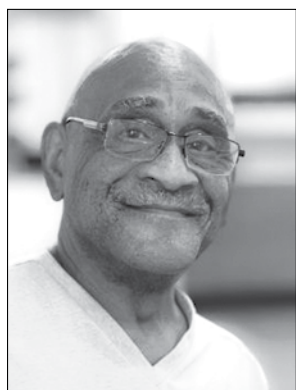
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FIREWORKS FOR ALL FANS IMMEDIATELY AFTER THE GAME					

# Nottoli Place: A Safe Haven for Older Adults in Need



**Nottoli Place is a safe and supportive facility for older adults such as Hershel Walthall and Kimberley Hayes in need of temporary housing.** Photo courtesy of Sacramento County

**Former Supervisor Don Nottoli.** MPG file photo

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Kimberley Hayes opens her door to show off her bedroom. It has a TV, a dresser, and a bed. There's a window providing natural light. She can also lock the door - giving herself plenty of privacy. Just outside her room, there's a common area with two couches and a couple of chairs. She sits next to Hershel Walthall. He's content and relaxed in the common area. They chat like old friends. Even though they now sit next to each other and talk, the two have very different personalities.

Kimberley loves to bake. She also loves cats. She's outgoing and enjoys sharing funny stories. Hershel used to drive school buses. He's soft-spoken but opens up when you talk to him for a while. These two very different people have one big thing in common that brought them together: they are both older adults who were referred by Adult Protective Services to Nottoli Place when they became unhoused.

Nottoli Place is a safe and supportive facility for older adults in need of temporary housing. The facility is named after retired Sacramento County Supervisor Don Nottoli. With the goal of preventing homelessness and providing essential services, Nottoli Place has become a beacon of hope for older adults facing challenging circumstances. Since its grand opening in February of this year, the facility has already made a positive impact on the lives of its residents. The first client, an 86-year-old, moved into Nottoli Place in March. Nottoli Place has serviced 26 clients in just a few short months. The facility has 15 beds so it can house several clients at once.

Those staying at Nottoli Place are all vulnerable seniors who are at risk of abuse and neglect and referred to the facility by Sacramento County's Adult Protective Services. Social workers help connect clients with Nottoli Place and make sure they have a way to get to the facility. Once they arrive, they are greeted by Volunteers of America workers who staff Nottoli Place.

For Kimberley, moving into Nottoli Place took a huge burden off her shoulders. She has experienced homelessness before - years ago when she lived in San Francisco. At 63 years old, she feared she wouldn't be able to face it again. At first, she was concerned that Nottoli Place would be filled with rules and regulations, but that is not the case. While there are a few guidelines, Nottoli Place promotes independence and respects the privacy of everyone staying there. The residents are also permitted to leave. Kimberley says when she has time, she takes the bus to run errands or to catch a movie. She has a sense of relief knowing she can leave behind her belongings without having to worry.

"You've got your dignity and you've got your privacy. You can stay put and know your property and stuff is going to be safe," says Kimberley.

Kimberley expresses immense gratitude toward her Sacramento County social worker who helped get her to Nottoli Place. She says her social worker has continued to provide her with much-needed support. Hershell, who is 74 years old, also praised his Adult Protective Services social worker for being quick to help him get into Nottoli Place. Hershell also thanks the Nottoli Place staff for all their support.

"You got good staff here that's really engaged and that really helps," Hershell says.

Nottoli Place not only provides a safe space, but it also offers a supportive community. Clients must be 60 or older to stay in one of the rooms. Kimberley says being in the same age group allows for easy camaraderie, understanding, and shared experiences.

"We all come from the same generation, so we all get each other. We have the same sense of humor and so all our jokes, the others still laugh at them," says Kimberley.

While everyone at Nottoli Place can relax and make new friends, they are also putting in hard work during their stay to secure permanent housing. Residents have the opportunity to participate in classes covering various topics such as renting, job applications, credit scores, and more.

Regular follow-ups by Adult Protective Services and Volunteers of America staff contribute to the success and well-being of the residents. The staff is dedicated to individualized care, and they get to know the clients so each of their individual needs are met, offering personalized assistance when necessary. As residents of Nottoli Place continue their journey toward permanent housing, they emphasize the importance of taking an active role in their own progress.

"It's a team effort. You put in the time and you can see the results. It pays off if you really put in the time because the program here really helps you out and it works," says Hershell.

Both Kimberley and Hershell have applied on housing waiting lists and regularly checked in to see if they are approved. They are both happy to share they are on their way to finding permanent housing. Hershell was living at Nottoli Place when he was interviewed for this story. He moved into his own apartment in Natomas at the end of July.

"It feels real good. I'm on the road to success. I've been looking for some housing and I found some, and I'm ready to move on to that next transitional part, and they're getting ready to help me transition to that next part, which I love that," Hershell says.

Hershell and Kimberley credit the staff, their own dedication, and the resources provided by the County for their progress. Kimberley explains that on top of the Volunteers of America staff keeping an eye on her, her social worker still checks in - sometimes just to see how she's doing.

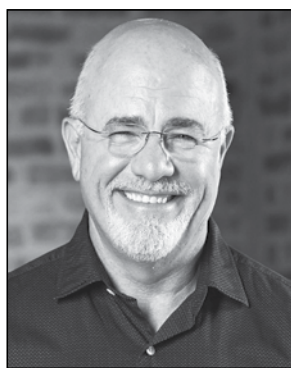
"Adult Protective Services still comes and does the follow-up. They ask me how I'm doing. Where are you at on this? So, it's really good that you've got that coming from both sides. They're taking you into consideration and there's compassion," Kimberley says.

Nottoli Place has proven to be a lifeline for older adults like Kimberley and Hershell. By offering a safe environment, Nottoli Place serves as a place of refuge for older adults, helping them regain stability, hope, and a path to long-term housing solutions. The gratitude expressed by Kimberley and Hershell toward their social workers and the Nottoli Place staff highlights the effectiveness and impact of the collaborative efforts in supporting older adults in need.

For inquiries regarding Adult Protective Services (APS) eligibility call the APS Hotline at (916) 874-9377. For more information on APS services visit the APS website.

Visit the Volunteers of America website to learn more about the organization.

Learn more about Sacramento County's Homeless Services by visiting the Homeless Services website. ★



## Dave Ramsey Says

I get that. And in his own way, it sounds like he's trying to make sure there's extra money on hand for the down months he may experience as a commercial painter. But I wouldn't advise this approach, not for his business, and not for your family's finances.

### You Need a Better Plan

Dear Dave,

My husband recently opened his own commercial painting company. We know he will have three months or so every year when he's making very little, if any, income. We also started following your plan recently, too, and have \$1,000 set aside for our starter emergency fund. We were ready to begin paying off all our debt except our home in Baby Step 2, but now he wants to skip that, and move to Baby Step 3 to build a fully funded emergency fund of three to six months of expenses. I think I know why he feels this way, but would you give me your thoughts?

- Crystal

Dear Crystal,

Your husband's excited about the new business.

be a line in the budget where you set money aside because you know something's coming.

Again, if it's something predictable, something that happens at the same time every year, it is not an emergency. If you want to budget some household money for the down time, that's fine. But do you know what would be even smarter? Figuring out a plan for this time, based on his skill set, which will allow him to keep earning money!

Again, if it's something predictable, something that happens at the same time every year, it is not an emergency. If you want to budget some household money for the down time, that's fine. But do you know what would be even smarter? Figuring out a plan for this time, based on his skill set, which will allow him to keep earning money!

- Dave

Baby Step 3 is an emergency fund of three to six months of expenses. The scenario he wants to plan for, however, isn't an emergency. He knows it's coming. It's the same with things like Christmas, birthdays and stuff like that. You know they're coming, and you even know which months and days. Things like that aren't emergencies, and they don't catch anyone by surprise. They're things you plan for—and budget for—ahead of time.

But the first thing your husband needs to do is re-work his business model. He needs something to do during the down months, so that his income doesn't dry up completely. Setting money aside in a business for an expected down time is smart, but it's not a Baby Step 3 issue. It would

\*Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions. ★

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# Social Security Matters

## Why is Social Security Withholding My Monthly Payments?



**By Russell Gloor,**  
**AMAC Certified Social Security Advisor**

**Dear Rusty:** I have been working since I started collecting Social Security when I turned 62. Last year I was apparently overpaid because of my job. I made \$37,000 and now the Social Security Administration says I owe them \$8,800 dollars because I made too much, and they have withheld my \$2000 monthly SS payment. I am close to the maximum allowable again already this year. So, I am looking at quitting my job so I don't go over, but they are holding my payments so then I would have no money. Any help would be appreciated. **Signed: Frustrated by Social Security**

**Dear Frustrated:** You are being affected by Social Security's "earnings test" which applies to everyone who collects early Social Security and also works before reaching their full retirement age (FRA). If your earned income exceeds the annual limit (which was \$19,560 for 2022), Social Security will withhold \$1 in benefits for

every \$2 you are over the limit. If you earned \$37,000 in 2022 you were more than \$17,000 over the limit and owe half of that back to Social Security. They usually recover what you owe by withholding your future benefit payments, so they won't pay you benefits until they have recovered that \$8,800, after which your benefits will resume - but only for a while.

If you are working full time and also collecting early Social Security benefits, the earnings test lasts until you reach your full retirement age, which for you is 66 years and 8 months. The earnings limit goes up a bit each year - for 2023 it is \$21,240 - but if you continue to work full time, you'll receive another overpayment notice and have more benefits withheld. A better approach might be to contact Social Security in advance and tell them what your 2023 earnings are expected to be, thus permitting them to suspend your benefits in advance and avoid overpaying you. I'm afraid there is no way around this - collecting early benefits while working full time means the "earnings test" will affect your benefit payments.

The "good news" in all of this is that when you reach your full retirement age, you will get time-credit for all months your benefits were withheld. By that I mean they will, at your FRA, recalculate your benefit entitlement as though you had claimed later (later

by the number of months you had benefits withheld), which will result in a higher monthly payment after your FRA. In that way, you may eventually recover some or all of the benefits withheld by receiving a higher monthly amount for the rest of your life, starting at your full retirement age.

I suggest you contact Social Security at 1.800.772.1213 (or at your local office) and tell them you want to provide them with an estimate of your 2023 earnings because you are working and collecting early Social Security benefits. They will work with you to suspend your benefits for an appropriate number of (additional) months to avoid another overpayment situation. Note, you'll likely need to do this each year you continue to work full time, until the year you reach your full retirement age when the earnings limit more than doubles. The earnings limit goes away when you reach your full retirement age.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★*

# While Us Economic Outlook Improves, California's Remains Muddy And Mediocre



**By Dan Walters,**  
**CALMatters.org**

Late last month, the Federal Reserve announced the latest incremental raise in its key interest rate, pushing it to the highest level in 22 years, as it continues to battle what it calls persistent inflation.

The increase, a quarter of 1%, renewed the debate among economists and politicians over whether the Federal Reserve's anti-inflation actions will slow the economy into what's termed a "soft landing," or ignite a recession.

The recession that many economists thought would have happened by now hasn't raised its ugly head, leading to I-Told-You-So's from the ones who hadn't seen a downturn on the horizon.

"Much to the chagrin of those who have been predicting otherwise, the U.S. economy has stubbornly continued to grow and 2023 is shaping up to be a better year than 2022," one of the optimists, California economist Christopher Thornberg wrote recently.

"This isn't to say that we don't recognize signs of stress in the economy driven by higher interest rates and the recent bout of inflation," Thornberg continued. "Rather, we've never viewed these issues as rising to the level of

being systemic given that they were caused by the same thing that has kept consumer spending supercharged - the excessive stimulus thrown at the economy during the pandemic.

"The greatest risk, as we have seen it, was always the undue tightening by the Federal Reserve, which was implemented in response to their original sin of excessive loosening."

There are, however, two sides to the economic coin - one steeped in the numbers economists love and the other the admittedly unscientific concerns of ordinary citizens.

A recent Public Policy Institute of California poll found that Californians overwhelmingly believe that bad economic times lie ahead, based in part on experiences with inflation in housing, food, fuel and other living expenses.

Those sour expectations may be more than just emotion. While the nation as a whole seems to be doing fairly well, as President Joe Biden reminds us almost daily in anticipation of a re-election campaign next year, California's economy is just so-so.

California's unemployment rate in June was 4.6%, which doesn't sound bad - certainly much lower than it was when the state's economy shut down during the COVID-19 pandemic, pushing the jobless rate to over 16%.

However, it was higher than it had been a year earlier and - this is rather sobering - was the second-highest of any state to Nevada's 5.4%, and more than twice as high as New

Hampshire's nation-lowest 1.8%.

California's other economic indices are similarly weak.

The Federal Bureau of Economic Analysis reported in June that California's gross domestic product - the total of goods and services - in the first quarter was one of the nation's slowest growing at 1.2%, roughly a third of the growth seen in rival states Texas (3%) and Florida (3.5%). Other states ranged to as high 12.4% in North Dakota.

The BEA's quarterly report on personal income growth was similarly mediocre. Nationally, it grew by 5.1%, but in California it was scarcely a blip at .7%, very near the bottom. Texas saw 6.7% personal income growth and Florida 7.9%.

Anemic personal income growth has a real-world impact when it attempts to cope with inflation that's still plaguing California's families and it also is one of the underlying reasons the state is experiencing declines in personal income taxes and the resultant multi-billion-dollar budget deficits.

Citing a "particularly muddy" economic outlook, the Legislature's budget analyst, Gabe Petek, believes that the state faces bigger budget deficits than Gov. Gavin Newsom and legislative leaders have baked into their new budget.

It's just as muddy for the family budgets of nearly 40 million Californians.

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

# BLM Announces Plan to Reduce Wildfire Risk

### BLM News Release

**SACRAMENTO, CA (MPG)** - The Bureau of Land Management is taking an ambitious and coordinated approach to accelerate fuels reduction projects on public lands with high wildfire risk throughout California and north-west Nevada. The signing on August 8, 2023, of the Statewide Wildland-Urban Interface Fuels Treatment Programmatic Environmental Assessment will streamline plans to protect communities, reduce wildfire risk and improve forest health.

"This plan helps reduce the intensity, severity and spread of wildfire near communities that border public lands managed by the BLM," said BLM California State Director Karen E. Mouritsen. "Through partnerships with local and state agencies we will prioritize and coordinate fuels treatments to protect people, property and vital infrastructure."

Under this plan, fuels treatment projects will be coordinated across land ownerships to provide the best results for communities, creating a landscape-level network of strategic fuels treatments and breaks within the wildland-urban interface.

The Statewide Wildland-Urban Interface Fuels Treatment Programmatic Environmental Assessment conducted a broad analysis across 930,000 acres of public lands. As local communities and the BLM identify wildfire concerns, the

new streamlined fuels treatment plans will permit on-the-ground work to begin in a matter of months. This will allow us to treat an anticipated additional 20,000 acres of public lands each year.

The plan covers 44 counties in California: Amador, Butte, Calaveras, Colusa, El Dorado, Fresno, Glenn, Humboldt, Imperial, Inyo, Kern, Lake, Lassen, Los Angeles, Madera, Mariposa, Mendocino, Modoc, Mono, Monterey, Napa, Nevada, Placer, Plumas, Riverside, Sacramento, San Benito, San Bernardino, San Diego, San Joaquin, Santa Clara, Santa Cruz, Shasta, Sierra, Siskiyou, Solano, Sonoma, Stanislaus, Tehama, Trinity, Tulare, Tuolumne, Yolo, and Yuba; and two counties in northwest Nevada: Douglas and Washoe. Projects under this program can begin as soon as this fall.

To learn more about this programmatic environmental assessment, visit the BLM NEPA Register. For more general information, please contact your local BLM Field Office.

The BLM manages approximately 245 million acres of public land in the Nation, primarily in 12 Western states, including Alaska. The BLM also administers 700 million acres of sub-surface mineral estate throughout the nation. The agency's mission is to sustain the health, diversity, and productivity of America's public lands for the use and enjoyment of present and future generations. ★

# Adam A. House Sworn in as New Fire Chief

### Continued from page 1

FEMA Urban Search & Rescue Task Force 7, California Governor's Office of Emergency Services (CAL OES) Task Force 9, and the Type 3 Sacramento Regional Incident Management Team (SRIMT), deploying numerous times to major devastating incidents throughout California.

A Sacramento area native, Chief House proudly graduated from Cordova High School in 1987, and currently resides within the community of Sloughhouse. He met his wife Gia in middle school, and they recently celebrated 30 years of marriage together. They are proud parents of two grown children, their son Joshua and daughter Taylor. Joshua is currently a Firefighter at Metro Fire, assigned to

Firehouse 65 in Gold River.

"As a trusted member of Metro Fire's leadership team for many years, Chief House has the experience and respect of the Board members and the district's employees to lead this organization in the coming years," stated Metro Fire Board President D'Elman Clark. "We have great confidence that under his leadership Metro Fire will remain one of the best fire district's on the West Coast for effectiveness and innovation." Congratulations to Fire Chief Adam House on his well-deserved appointment.

A formal Transfer of Command ceremony will be announced in the near future. For media inquiries, contact PIO Captain Wilbourn (916) 616-2430. ★

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# The Real Fix for State Pension Woes: Ditch Defined Benefit Pensions

**Commentary**  
*by Jon Coupal*

Last week, this column addressed the dilemma facing the California Public Employees' Retirement System (CalPERS) and the California State Teachers Retirement System (CalSTRS), California's biggest public pension retirement funds, involving "Environmental, Social, and Governance" principles.

Depending on how it is interpreted, "ESG investing" can simply mean evaluating investments in a broad manner "to assess potential risks."

Where ESG principles get problematic is when they are used to push a progressive political agenda at the expense of maximizing returns. This occurs when activists seek prohibitions against investing in fossil fuels, firearms, or in companies located in nations that have met with their disfavor for political or policy reasons, irrespective of the positive performance of the companies.

For current retirees and employees, there is little opportunity to influence the investment decisions of CalPERS and STRS. Some of the board members are elected by participants in the system but most are subject to the political pressures of the day.

What politicians in California and elsewhere

ignore is a simple way to avoid the entire ESG quagmire as well as many other problems inherent in California's "defined benefit" retirement plans. That is to begin shifting to "defined contribution" plans that reduce the risks to the state and taxpayers and which frequently produce better returns for the employees. In defined contribution plans, the employee's benefit is equal to his or her own contributions, plus those of the employer, plus whatever earnings the investments accrue.

Defined contribution plans come in many flavors, but they have one common element important to taxpayers. That is, the financial obligation of the employer (paid for with taxpayer dollars) is complete at the end of each pay period.

Another big advantage to defined contribution plans is their portability, especially in a changing workforce where employees change jobs frequently.

In a comprehensive policy paper published in 2020 by the Reason Foundation, "Defined Contribution Plans: Best Practices in Design and Utilization," the authors contend that, "When structured properly, [defined contribution] retirement plans—plans with individually controlled investment accounts with contributions made by both employers and employees—can offer governments an

approach to retirement plan design that garners retirement security for employees while actively working. Defined contribution plans accomplish this by modernizing the retirement option set and managing employers' financial risks that are inherent in traditional pension plans."

In California, the political power of public-sector labor renders the full adoption of defined contribution plans to replace CalPERS and CalSTRS extremely unlikely. In 2005, progressive outrage at then-Gov. Arnold Schwarzenegger forced him to drop his proposal before it even got started. But now, with economic realities setting in, it might stand a better chance, especially if offered only to new hires or as part of a "hybrid" system of combined defined benefit and defined contribution elements.

Defined contribution plans are becoming increasingly popular in other jurisdictions. Both Michigan and Alaska offer state employees defined contribution plans only. For the sake of the state's financial health, and to limit the risks to taxpayers, the shift to a defined contribution plan should be the cornerstone of California's public employee retirement systems. It's time to take the off-ramp from defined benefit pension plans. ★

# Senate Democrats Take One More Step Toward Socialized Medicine



**By Sally C. Pipes**

It's been less than a year since Democrats enacted the Inflation Reduction Act, which gives Medicare the power to set the prices of certain medicines.

Those price controls have yet to go into effect. But Democrats already want more. They've introduced new legislation in both chambers of Congress that would amp up those price controls, and even permit the government to refuse to cover drugs in order to drive a harder bargain with pharmaceutical companies. They say their bills would "build on" the IRA.

That law, which President Biden signed last August, subjects 10 medicines to price controls under Medicare in January 2026. The government will set the prices for 15 more in 2027, another 15 in 2028, and 20 more per year in 2029 and beyond.

The SMART Prices Act would take things even

further. It would empower Medicare to set prices for 20 drugs in 2026, instead of the current ten under the IRA. In 2027 and every year after, that number would jump to 40, many more than the IRA stipulated. The House bill is even more radical, extending Medicare's price controls to the private insurance market.

The SMART Prices Act would also subject medicines to price controls five years after approval by the Food and Drug Administration. That's up to eight years quicker than under the IRA and significantly sooner than when generic or biosimilar competitors can enter the market.

This provision would gut the generics industry. Generic firms face substantial upfront costs.

They recapture those investments by underpricing their wares relative to branded drugs and capturing a small margin on each sale. Patients, of course, benefit from those lower prices.

But if Washington sets a rock-bottom price on a brand-name drug, there will be no incentive for a generics manufacturer to enter the market.

That's problematic for several reasons. For starters, the government's mandated price may not be as low as a competitive market could

generate. So, patients may end up paying more than they should.

Further, a market without competing drug makers is less resilient. If price controls result in a branded company being the only producer of a drug, then a production issue could render a drug that patients need inaccessible.

The IRA's price controls have already led a number of pharmaceutical companies to curtail research into new drugs. In May, the CEO of Novartis announced that the company would drop a few cancer drugs from its development pipeline. Alnylam cited the IRA when it put development of a rare eye disease drug on hiatus last fall.

How can Democrats look at this decline in drug research, and decide that more price controls are an appropriate response? Patients will pay the price for this misguided approach.

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

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**ORDER TO SHOW CAUSE CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005717

Ahmad Farid Abrahami has filed a petition with this court for a decree changing the name(s) of Mohammad Emran Abrahami to Emran Abrahami.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 12, 2023, at 9:00 a.m. 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: August 1, 2023  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
AHMAD 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005796

Corina Michelle Cristodore has filed a petition with this court for a decree changing the name(s) of Corina Michelle Cristodore to Corina Michelle Cahya.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 17, 2023, at 9:00 a.m. 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: August 2, 2023  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
CORINA 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005828

Nghia Gia Dao has filed a petition with this court for a decree changing the name(s) of Nghia Gia Dao to Tony Dao.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 17, 2023, at 9:00 a.m. 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: August 2, 2023  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
NGHIA 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005713

Mohammad Naqib Jami Jami has filed a petition with this

court for a decree changing the name(s) of Mohammad Naqib Jami Jami to Naqib Jami and Ahmad Raghieb Jami to Raghieb Jami.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 1, 2023, at 1:30 p.m. 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: August 1, 2023  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
JAMI 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005565

Nellie Makovskiy; AKA Nelya Makovskaya has filed a petition with this court for a decree changing the name(s) of Nellie Makovskiy; AKA Nelya Makovskaya to Nellie Kandybenko.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 31, 2023, at 1:30 p.m. 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: July 26, 2023  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
NELLIE 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005714

Fazl Ahmad Ahmadi has filed a petition with this court for a decree changing the name(s) of Ahmad Sodais Ahmadi to Sodais Ahmadi and Ahmad Ozair Ahmadi to Ozair Ahmadi.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 1, 2023, at 1:30 p.m. 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: August 1, 2023  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
AHMADI 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV002411

Marcus Bernard Smith II has filed a petition with this court for a decree changing the name(s) of KALEIYAH MAKARA SMITH to Kaleiyah Makara Smith and MARCUS BERNARD SMITH III to Marcus Bernard Smith III.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 5, 2023, at 1:30 p.m. 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 30, 2023  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 11, 18, 25, Sept 1, 2023  
MARCUS 9-1-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV005742

Asif Nazir has filed a petition with this court for a decree changing the name(s) of Mohd. Harrih Nazir to Mohammad Harris Nazir.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 12, 2023, at 9:00 a.m. 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: August 1, 2023  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 18, 25, Sept 1, 8, 2023  
ASIF 9-8-23

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV006184

Rejino Cervantes Orbeta has filed a petition with this court for a decree changing the name(s) of Rejino Cervantes Orbeta to Regino Cervantes Orbeta.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 8, 2023, at 1:30 p.m. 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: August 8, 2023  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 18, 25, Sept 1, 8, 2023  
REGINO 9-8-23

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**NOTICE OF PETITION TO ADMINISTER ESTATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF JOHN THOMAS LUKENS CASE NO. 23PR000722

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of John Thomas Lukens.

A Petition for Probate has been filed by James Lukens, in the Superior Court of California, County of Sacramento, requesting James Lukens be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

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

A hearing on the petition will be held in this court as follows November 30, 2023, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: James Thomas Luken, 14 Myrtle Street 2<sup>nd</sup> Floor, White Plains, NY 10606; 916-712-4161  
Publish: August 11, 18, 25, 2023  
LUKENS 8-25-23

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**NOTICE OF PETITION TO ADMINISTER ESTATE OF LOIS SEILER**

CASE NO. 23PR000595

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Lois Seiler.

A Petition for Probate has been filed by Renee Ricci, in the Superior Court of California, County of Sacramento, requesting Renee Ricci be appointed as personal representative(s) to administer the estate of the decedent.

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

A hearing on the petition will be held in this court as follows November 21, 2023, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Renee Ricci, 8773 Noble Fir Lane, Elk Grove, CA 95758; 916-214-0730  
Publish: August 18, 25, Sept 1, 2023  
RICCO 9-1-23

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**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME**

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF20232-05249

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Village Venue Rentals, 5210 Excelsior Road, Sacramento, CA 95827.

Advancebay Inc., 5210 Excelsior Road, Sacramento, CA 95827.

The Fictitious Business Name Statement was filed on 7/12/2023 in the County of Sacramento.

Filed with the clerk of Sacramento County: 7/12/2023.  
Publish: August 4, 11, 18, 25, 2023  
VILLAGE 8-25-23

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**NOTICE OF PUBLIC LIEN SALE SELF STORAGE AUCTION**

**Notice is hereby given** that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to the California Storage Act (Sections 21700-21716 of the Business & Professions Code.)

**McKinley Village Self Storage:** Property is located at **3700 McKinley Village Way, Sacramento, CA 95816.** The auction will be conducted entirely online at: <https://bid13.com/> Auctioneer: Bid13.com 1-844-348-2776; agent for Owner. Contents for the following lien units will be sold:

**2007 – Austin Baynes**

Pictures of the contents of the storage space can be seen online. Bids must be entered online beginning, Monday August 21st 2023 10am and ending Friday August 28th, 2023 at 10am PST. Payment must be made at the time of purchase. All items in the unit are sold **as is** and must be removed within three days of the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

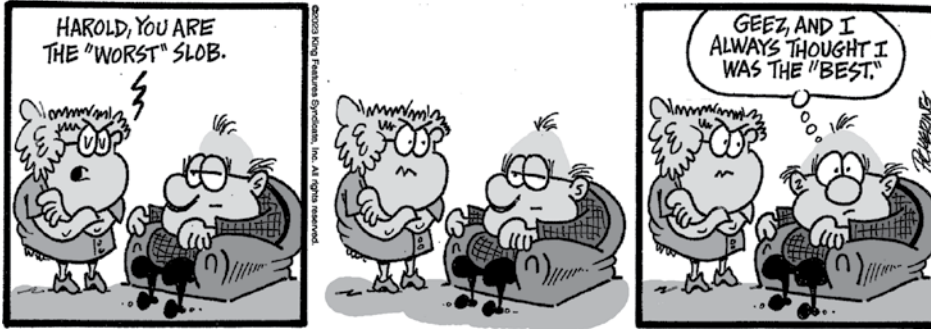
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# COMICS & PUZZLES

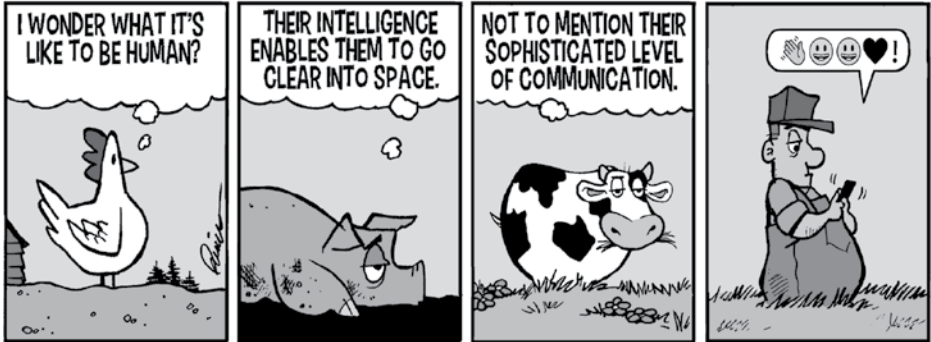
## The Spats

by Jeff Pickering



## Amber Waves

by Dave T. Phipps



## Out on a Limb

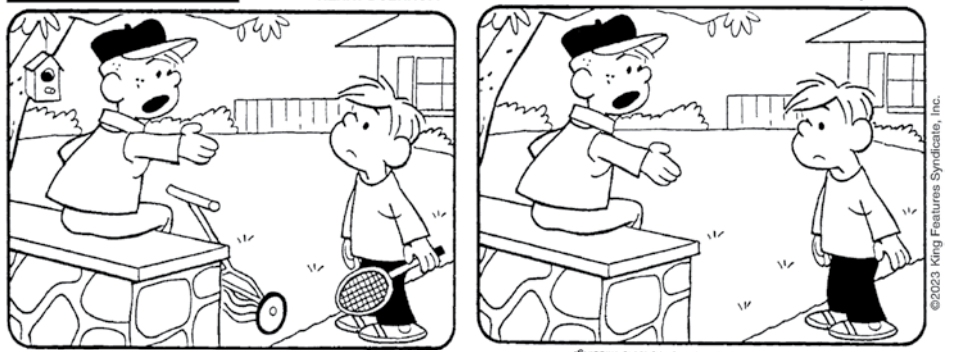
by Gary Kopervas



## HOCUS-FOCUS

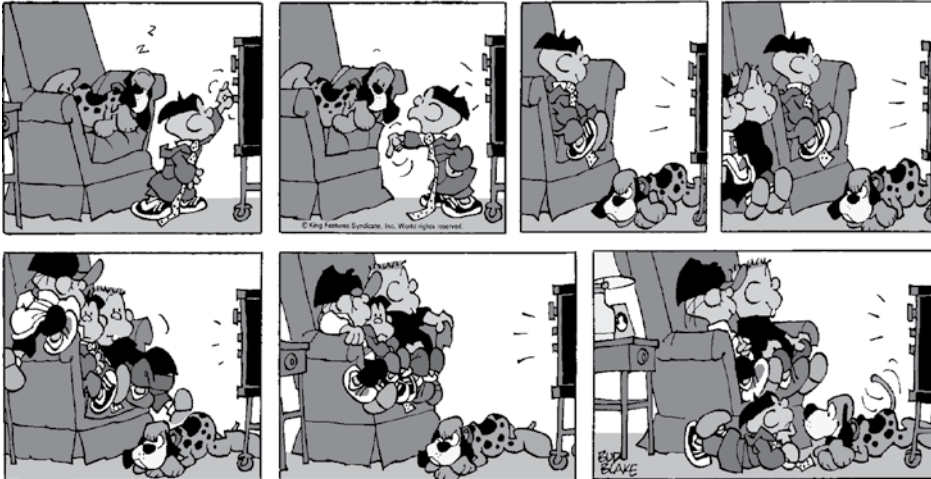
BY HENRY BOLTINOFF

Find at least six differences in details between panels.



## TIGER

by BUD BLAKE



## GRIN and BEAR IT

Just Like Cats & Dogs

by Dave T. Phipps



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- \*Medical school entry requirement, acr.
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- Hula dancer's necklace
- German money
- Ready for picking
- Nerd
- Like many Brothers Grimm stories
- Month of Purim
- \*Some exams
- \*Laptop and books container
- Fastens a fly
- Licorice-like herb
- \*Teacher's favorite
- Like hot lava
- Cassava, pl.
- Chapter in history
- Deadly
- DEA agent
- Second person singular past of "do," archaic
- Greet, to a dog
- Be in harmony
- Inwardly
- Opposite of pluralism
- Even, to a poet
- \*Academic planners
- \*High predecessor
- Passé
- Barnyard honker
- Rooftop contraction
- \*Meal container
- Emerald or aquamarine, chemically speaking
- Trans-Siberian Railroad city
- Venus de Milo's are missing
- \*Plural of #51 Down
- Comments from prompt box
- Do like Ella Fitzgerald
- \*PE in school
- Make a choice
- Piece of cake

**DOWN**

- Actress Ryan
- Larry David's "\_\_\_ Your Enthusiasm"
- Bizet's "Habanera," e.g.
- Tabby's mate
- King with a golden touch
- Rapidly
- \_\_\_ up, to become more cheerful
- Spring
- Morays
- Abdominal pain cause, acr.
- Plunder
- Dirty one
- \*One of 3 Rs in grade school
- Genuflected
- Letter-writing friend
- \*M in LMC, educationally speaking
- Circular gasket
- Big Dipper's visible shape
- Biblical gift-givers
- Propelled a boat
- Angler's basket
- Part of an act
- Rare bills
- Chewbacca's sidekick
- \*Word in thesaurus, e.g.
- Mennonite's cousin
- \*Gym class prop

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## Public Health and Blue Zones: Alzheimer Initiative

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Blue Zones initiatives include assessments and plans to help residents live better and longer lives.

Sacramento County Public Health has joined forces with Blue Zones, the global leader in longevity research and community well-being transformation, to launch Blue Zones Activate in Sacramento County. The initiative uses an evidence-based approach to make healthy choices easier in all the places people spend the most time. The effort will begin with an in-depth assessment of the County to determine how to make it a dementia-friendly community and a healthier place to live, work, and thrive.

“Sacramento County is steadfast in its mission to enhance the health and well-being of all residents, irrespective of zip code, so that they can live a happy, healthy and long life,” said Rich Desmond, Chair of the Sacramento County Board of Supervisors. “Under Governor Newsom’s unwavering commitment and leadership in Alzheimer’s prevention, we have been presented with remarkable opportunities, including our partnership with Blue Zones for the Alzheimer’s Innovation and Well-Being Initiative. The collaboration between Blue Zones, the State, and our County is a source of genuine excitement, as we confront the sobering reality that Alzheimer’s disease continues to claim the lives of too many older adults in Sacramento County.”

The launch of Blue Zones Activate in Sacramento County is the result of the Governor’s Task Force on Alzheimer’s Prevention, Preparedness and the Path Forward. Launched in 2019 by Governor Newsom and chaired by Former First Lady of California Maria Shriver, the task force delivered groundbreaking recommendations on preparing California for an aging state and offered long-term Alzheimer’s and dementia-related solutions.

“As one of the most diverse regions in California, Sacramento County is the perfect place to break ground on this life-altering initiative,” said Maria Shriver, Former First Lady of California and Chair of the Governor’s Task Force on Alzheimer’s Prevention, Preparedness and the Path Forward. “Thank you to Governor Newsom and state leaders for their enduring dedication to reshape the way we care for individuals with dementia and create a future where everyone can age with dignity.”

Dan Buettner, Blue Zones founder and National Geographic Explorer and Fellow, said, “Some of the original blue zones suffer one-fifth the rate of dementia as we

do in the United States. In Sacramento, we’ll be deploying the same Blue Zones approach we’ve used to raise life expectancy. This time, however, we’ll be customizing it to also drive down the rate of Alzheimer’s disease.”

Counties and cities that are prepared to step up to the challenge would follow Blue Zones’ environmental approach to transform their communities into dementia-friendly environments that support a healthy lifestyle that can prevent, reduce, and sometimes even reverse the damaging effects of dementia. Long-term, place-based initiatives by Blue Zones in communities across the country have already resulted in widespread population well-being improvement, including double-digit drops in obesity and tobacco use and millions of dollars in healthcare cost savings.

Sacramento County is the first community in California to use the Blue Zones model to create a dementia-friendly community that supports the well-being of all residents.

#### The Blue Zones Approach

Blue Zones employs a proven solution in collaboration with communities to help people live better and longer lives. The company’s work is based on research and principles developed by founder Dan Buettner, who identified the cultures of the world – or blue zones – with the healthiest, longest-living populations.

The Blue Zones approach focuses on the single largest determinant of health: where people live. Instead of focusing on just individual behavior change, Blue Zones helps communities make permanent changes to systems and surroundings so it’s easier for residents to eat wisely, move naturally, and connect more with others as they move throughout their day. By improving the Life Radius® – the area close to home where most Americans spend 90% of their lives – Blue Zones transformations have been able to dramatically improve overall population health and well-being, raise employee and student productivity, and boost economic vitality and development.

Ben Leedle, Blue Zones CEO and Co-founder of Blue Zones Project said: “We’ve been applying the Blue Zones model across the country to create communities that foster individual and population well-being to improve health and happiness, reduce healthcare costs, and create positive long-term economic impact. I’m excited about our commitment to apply our solution to the rising problem of Alzheimer’s disease and believe that applying policy and place-based initiatives has the great potential to positively impact cognitive health and reduce the risk of this devastating disease.” ★

## Board Approves Funding from Health Plans for LEAP

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Board of Supervisors, on Tuesday, August 8, approved the County to receive the Housing and Homeless Incentive Program (HHIP) to increase the Landlord Engagement and Assistance Program (LEAP).

LEAP is operated by Bay Area Community Services (BACS) and provides housing-related services which include the provision of landlord incentives to secure affordable housing for clients, provide client and landlord level tenancy supports, house matching, landlord education, enhance the efficacy of voucher and subsidy programs addressing housing concerns and other housing-related efforts to support people experiencing homelessness.

The State of California’s Department of Health Care Services (DHCS) has developed a plan to enhance, expand, and strengthen Medi-Cal Home and Community-Based Services (HCBS) in California, in accordance with the American Rescue Plan Act (ARPA) of 2021.

One of the initiatives under the HCBS plan is the Housing and Homeless Incentive Program (HHIP), which aims to expand and enhance programs that help individuals transition to community-based, independent living arrangements.

Medical Care Providers (MCPs) recognize the link between housing stability and health outcomes. Homelessness can worsen health issues and increase healthcare costs for vulnerable populations.

Through HHIP, MCPs can provide financial support to governmental partners such as LEAP to enhance housing programs, offer supportive services, and develop effective strategies for helping those facing homelessness.

The MCPs consist of the following providers in Sacramento County: Health Net, Anthem, Aetna, Kaiser Permanente, and

Molina. Each provider has applied separately for HHIP funding and amounts granted to each provider vary, but the pooled funds will amount to nearly \$5 million.

With this funding increase, LEAP will be able to serve an additional 100 households annually, on top of the 150 annual households already funded through the existing ARPA agreement. HHIP funding will be utilized to expand landlord incentives and to help individuals in the LEAP program overcome barriers and access stable housing.

“The County has already seen positive outcomes through LEAP.” Said Emily Halcon, Director of Homeless Services and Housing “We’re thrilled to partner with our local health plans to increase the opportunity for stability for people who are unhoused.”

“Sacramento County has been an incredible leader, collaborator and partner in implementing the state’s California Advancing and Innovating Medi-Cal (CalAIM) initiative, ensuring Sacramento’s most vulnerable residents have access to all innovations and reforms under CalAIM,” said Martha Santana-Chin, Medi-Cal and Medicare president at Health Net.

“Anthem Blue Cross has been a committed supporter of Sacramento County efforts to effectively address the County’s most pressing priorities, including funding innovative solutions that provide stability to those who are unhoused,” said Les Ybarra, President of Anthem Blue Cross Medi-Cal health plan. “The reality in Sacramento, and across California, is that one of the greatest challenges for our members and individuals who are experiencing homelessness is finding available housing and landlords who are willing to work with them. We believe that the Landlord Engagement and Assistance Program will help remove these barriers and improve lives, so we are proud to serve as a critical partner, and we look forward to continued collaboration with the County to address homelessness.” ★

## Board Approves Responses to Grand Jury Jail Report

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Board of Supervisors, at its August 8 meeting, approved a response to a June 2, 2023, Grand Jury Report, “What’s Taking So Long? County Delays Mandated Jail Improvements.”

The Grand Jury reviews and investigates the performance of county, city, and local governing entities. Investigations of governmental entities can be initiated by the Grand Jury itself or suggested by citizens. A public report usually follows an investigation with findings and recommendations that must be publicly addressed by the recipients as prescribed in Penal Code Sections 933 and 933.05. Responses are then directed to the Presiding Judge of the Superior Court.

The Board of Supervisors agreed with three of the findings and partially disagreed with four of the findings. One finding was specifically responded to by the Sheriff Office. Following is a summary of the responses to the Grand Jury’s findings and recommendations from the report.

#### FINDING RESPONSES

While the findings of the Grand Jury report suggest the inmate population is higher as a result of AB 109, the average daily population (ADP) of the County’s jail facilities is lower today than it was in 2011, when AB109 (California Public Safety Realignment Act of 2011) was passed.

The Board acknowledged that new facilities are needed to achieve compliance with the Mays Consent Decree. In December 2022, the County BOS unanimously approved 33 plans designed to reduce the ADP of County jail facilities by at least 600 over time, in alignment with the recommendations in the O’Connell Sacramento Jail Study. Furthermore, the County BOS approved more than \$45 million in appropriations for growth requests for Fiscal Year (FY) 2023-24 related to the implementation of the jail population reduction plans and remedial plans to support Consent Decree compliance.

The Main Jail and Rio Cosumnes Correctional Center (RCCC) were constructed and renovated prior to the enactment of the Americans with Disabilities Act (ADA) in 1990 and Health Insurance Portability and Accountability Act (HIPAA) in 1996. The Board of Supervisors agreed there are continuing ADA and HIPAA violations due to the lack of adequate health related facilities. These challenges will persist while approved projects are designed and constructed.

The Board believed that County departments should continue to evaluate interim solutions to address Main Jail and RCCC deficiencies identified in the Mays Consent Decree. The County is analyzing whether interim measures are possible and are committed to innovative and unique solutions.

The Board of Supervisors agreed that there are limited healthcare facilities and staffing in the Main Jail. The current space for the number of exam rooms, behavioral health programming space, and specialty care space in the main jail is not adequate to support the demand for services, despite the significant increase in healthcare staffing.

While the report asserted the sanitation of the Main Jail and RCCC is substandard and has inadequate written procedures in place to ensure cleaning is effective, the jail custodial services provided by the Departments of General Services and Health Services, Adult Correctional Health are documented and largely effective. However, the Environment of Care Report (EOC Report) noted deficiencies within the medical areas of which the County has a plan to address.

While the County has taken significant steps toward implementing the recommendations from consultants and court-mandated experts to address non-compliance issues, full implementation of these recommendations will take time and require future project and contract approvals and associated budgetary actions.

**RECOMMENDATIONS RESPONSES**  
Significant work towards compliance within the County jail has already begun. County staff are moving forward with the Design Build project delivery and are bringing funding and design concepts before the Board at a future date.

The County will also develop and implement a sanitation and disinfection program at the Main Jail and RCCC.

Several recommendations were deemed unreasonable and will not be implemented, including installing a temporary trailer(s) located in the enclosed Main Jail parking garage to reduce continuing HIPAA and ADA violations and allow for increased acute treatment and diagnostic (lab and basic imaging) capability and rapidly funding and implementing the construction of an additional 18 mental health treatment rooms by December 31, 2023.

The recommendation to increase the number of intake stations by at least three to reduce overcrowding in the booking area will require more analysis. In partnership, the Sheriff’s Office and the Department of Health Services Adult Correctional Health (ACH) division has implemented a two-tier medical intake process which has reduced overcrowding and officer wait time in booking. ★

## Access Your Improvement Plan Status Online!

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County, Community Development Department, Site Improvement & Permits Section is making it easier for applicants to check the real-time status of their engineering improvement plans and grading permit submittals online from the comfort of their own offices or homes!

Improvement plan applicants can find the status of their applications by visiting the eSIPS website.

“Our goal is to make things easier for our customers by allowing them to quickly look up their project information on their own and not have to wait for a return phone call or e-mail from staff,”

said Javier Zaragoza, Principal Engineer with the Site Improvement & Permits Section. “Applicants are able to see the same information staff does in real-time. Our mission is to continually improve our customer service, and this is one step to make the processes easier for our applicants.”

Applicants can perform a search by application number, address, parcel number and more. Many permits take various departments to sign off prior to approval of their improvement or grading plans. The applicant can see which departments have approved their application, and which departments are still pending. Applicants can also see the assigned plan checker and their contact information so that they can contact them directly. ★

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**WEEKLY MEAT SPECIALS**

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