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Carmichael Times

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OCTOBER 6, 2023

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Best of the Best Honored



Volunteer stars of the show, Del Campo High School cheer squad members pose with event VIPs.

**Story and photos
by Susan Maxwell
Skinner**

CARMICHAEL, CA (MPG) - More than 11,000 votes decided the 40 top businesses and services in Carmichael. After weeks of balloting, winners were announced at the Best of Carmichael awards dinner last weekend.

An occasion for almost 200 merchants and professional people to let down hair, the gala took over the old La Sierra High School gym and adopted a prom theme. Guests were treated to music, a high-end cafeteria meal and desserts-by-auction.

A lemon and blueberry confection whipped up by Oakmont of Carmichael's chef raised a top bid of \$325. A red velvet cake



For a \$100 guest donation, Best Insurance Agency winner and volunteer auctioneer Katie Pexa slaps a cake in the face of "Homecoming King" Joe Green.

donated by Farmers Insurance agent Katie Pexa brought \$275. Heidi Green's Peanut and chocolate dessert snagged \$100.

Candidates and supporters held their breath as winning envelopes were

torn open Oscar-style. Back-slaps, cheers and victory jigs were champions' dues.

Auto shops were revved up contenders: American Eagle Body Shop won Best Collision Repair and Restoration. Buck Family

Automotive sped away with Best Auto Repair and Service (owners Jeff and Rosie Buck also garnered most votes of the entire contest).

Best Carmichael School produced a tie between Thomas Kelly Elementary and Our Lady of Assumption Catholic School.

The restaurant category saw delicious rivalry but, in a repeat of 2021 results, Best Pizza was delivered to Mark and Monica's and Hagen's Orange Freeze squeezed Best Fast-Food honors. Skip's Kitchen reclaimed Best Restaurant and River City Brewery was perennial Best Bar and Pub winner. I Love Pie Bakeshop was (again) cheered for Best Dessert Shop.

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County Executive Announces Retirement



Ann Edwards

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - County Executive Ann Edwards has announced her retirement, effective Jan. 26, 2024.

"It has been an honor of a lifetime to serve as County Executive for the last three years," said Edwards. "My primary goals from the beginning were to provide stability to the organization, build trust within and outside the organization and transform the County's organizational culture."

"I want to express my heartfelt appreciation for the incredible leadership team that has stood by my side throughout this journey. Together, we have tackled numerous challenges and worked tirelessly to make our county a better place for all its residents. Their efforts have not only made my tenure as County Executive successful but have also positively impacted the lives of countless individuals."

"I also extend my deepest gratitude to the Board of Supervisors for their trust and unwavering support throughout my tenure as County Executive. Serving this community has been an incredible journey, and it would not have been possible without the collaboration and dedication of these esteemed individuals."

"The Board of Supervisors has played a vital role in shaping our county's policies and initiatives, and their commitment to our shared vision for a better future has been truly inspiring."

"Ann took on significant responsibilities during a critical period in our County's history when she began her tenure in 2020," said District 3 Supervisor and Board Chair Rich Desmond. "I speak on behalf of the entire Board when I say that Ann's steady leadership and unwavering commitment to the well-being of the County's organization and residents was instrumental in navigating the challenges we faced."

The Board of Supervisors will announce the appointment of an interim/acting County Executive at a later date.

During Edwards' tenure, she implemented a

Continued on page 7

Grants Available for County Art Organizations



Operating expenses such as salaries and benefits for employees, fees for artists and contractors, mortgage/rent, utilities, insurance and marketing qualify in the grant program. Image courtesy of Shonejai/Pexels

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento

County's Office of Economic Development has partnered with the City of Sacramento's Office of Arts and Culture to

offer grants to nonprofit organizations located in Sacramento County that are focused on the arts, collections and exhibits, to

help them recover from the COVID-19 pandemic.

The "Arts and Cultural Nonprofit Recovery

Continued on page 3

Best of the Best Honored



Best of Carmichael winner for 2023 line up for a victory snapshot at La Sierra Community Center.



Assemblyman Josh Hoover (left) and Congressman Ami Bera's representative Matt Ceccato give rah-rahs to Carmichael Honorary Mayor Kerri Mandes.



Supervisor Rich Desmond (right) hangs with Carmichael Improvement District leader Nick Bloise and Kiwanians Donna Miller and Linda Martin.



Carmichael Times publisher Paul Scholl (center) and friends joined forces to win a "death by chocolate" dessert.



Ezekiel Weil (left) and tablemates Donna Miller, Linda Martin and Assemblyman Josh Hoover preview dessert with Chamber volunteer Joe Green.

Continued from page 1

For the sixth time, Carmichael Presbyterian collected Best Church laurels. Another repeat winner, Bel Air Market, has snagged best Grocery Store every year since 2017. Insurance agent Katie Pexa took her

sixth award. Susan Maxwell Skinner won in two categories: Best Photographer and Best Entertainer.

Denoting a leap in participation from last year, almost 400 local businesses were nominated. Votes were counted by Ryan Griffith of Voter Fly.

At the award celebration, merchants ate, drank, danced and were exceedingly merry. "The High School theme had our attendees sharing stories and having a really good time," reported volunteer coordinator Rosie Buck. "Feeling carefree is a pleasant change from our

daily business lives."

Gala sponsors included Carmichael Times, American River College Automotive Technology Program, Faye Thyme Events, Carmichael Improvement District, Milagro Centre, SMUD and ACR Solar, Folsom Vice Mayor Y.K.

Chalamcherla, Carmichael Disc Centre, River City Brewing Comp, Pit Boss Jerky, Bowen Law Firm, A and A Event Production, David Lanni Construction, Katie Pexa Insurance (Farmers) Agency, School of Rock, Sacramento and the Grocery Outlet. ★

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Grants Available for County Art Organizations



The Arts and Cultural Nonprofit Recovery Program aims to support arts and cultural nonprofits in the region. Image courtesy of Pexels

Continued from page 1
Program,” launched in 2022, aims to support arts and cultural nonprofits in the region.

“We know that cultural organizations are still feeling the effects of the pandemic,” said the City’s Arts Grant Manager, Melissa Cirone. “This is an opportunity for organizations that haven’t yet received a nonprofit recovery grant to secure vital operating support.”

To date, the program has supported 91 organizations Countywide with \$3.75 million. The grant program is funded through City and County federal American Rescue

Plan dollars.

Eligible organizations include nonprofit theaters, performing arts groups, community arts organizations, historical sites, zoos and botanical gardens, visual art galleries, and film or cultural festivals. Organizations must have 501(c)(3) tax-exempt status through the IRS and provide evidence of incorporation prior to March 1, 2020.

“Sacramento County’s local arts and nonprofit cultural institutions are an indispensable part of what makes our community so vibrant and special,” said the County’s Director of

Economic Development Crystal Bethke. “We are glad that this funding is available to support the recovery and sustainability of this critical sector and encourage all eligible organizations to apply.”

Applicants must produce, promote or engage in live performances, events, or exhibits intended for public viewing and those that preserve and exhibit objects of historical, cultural or educational interest.

Grants can be used for operating expenses such as salaries and benefits for employees, fees for artists and contractors, mortgage/rent, utilities, insurance and marketing.

Award amounts will be based on the total size of the grant pool and the organization’s submitted annual operating revenue for fiscal year 2021-22 or calendar year 2022. The total grant amount will be awarded over two years.

Grant applications must be submitted by Oct. 30 at 11:59 p.m. Only new applicants can apply. Find more information and eligibility criteria on the City’s website. ★

Centenarians Party in Carmichael



Carmichael Eskaton Village centenarians include (from left) Teresa Siebert 102, Trudy Holck 101, Marcella Seibert 101, Carry Cohn 101, Marian Thompson 106 and George Carey 101. Carmichael Eskaton staffers are Nicole Zamora, Terese ten Brinke and Jessica Salvato.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Twenty-three century-plus year-olds recently combined more than 2,300 years of life experience as they toasted National Centenarians Day during a banquet in Eskaton Village Carmichael.

With many 100-year-olds under its roof, the facility opened doors to other Eskaton residences and included the event’s oldest participant, Inez Salvato. Born in Louisiana in 1916, the great-great grandmother now lives at Eskaton Cameron Park. She celebrated her 107th birthday just days after the Carmichael shindig.

Fellow party goers included WW II veterans, teachers, nurses, businesspeople, homemakers and a 101-year-old holocaust survivor.

Addressing centenarians and their families, Eskaton President/CEO Sheri Peifer noted secrets for enjoying great age included living with purpose; eating wisely; moving sedately; drinking wine



WW II combat pilot George Carey (101) is spotlighted during an interview with CBS news anchor Tony Lopez.



Four days before her 107th birthday, the event’s most senior participant, Cameron Park Eskaton resident Inez Salvato (left), enjoys the party. Daughter Gail Devine (84) joins the toast.

moderately; sharing a faith-based philosophy; putting loved ones first and having a supportive community.

“At Eskaton,” said Peifer, “We believe in all this, and we believe that age is beautiful.” ★

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Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - To help pets find loving homes, Bradshaw Animal Shelter is teaming up with BISSELL Pet Foundation for its Empty the Shelters program to waive adoption fees for all dogs and cats from Sunday, October 1, 2023, through Sunday, October 15, 2023.

Bradshaw Animal Shelter, known for its dedication to the welfare of animals in the community, is excited to announce this special adoption event made possible by the generous sponsorship of BISSELL Pet Foundation.

During this two-week period, potential pet parents will have the opportunity to welcome a new furry family member into their homes at no cost. Prospective adopters can view adoptable dogs and cats at 24petconnect.com/SacramentoCountyAdoptablePet.

The Empty the Shelters program, which has successfully placed thousands of pets into loving homes, aims to make pet adoption



Adopting a pet during this event includes their spay/neuter surgery, microchipping, up-to-date vaccinations and microchipping, and a 1-year pet license for Sacramento County residents. Image by Moshe Harosh from Pixabay

more accessible and affordable for families.

"We are thrilled to partner with BISSELL Pet Foundation for this wonderful adoption event," said Annette Bedsworth, Director of Bradshaw Animal Shelter. "Our goal is to find loving homes for as many pets as possible."

Adopting a pet during this event includes their spay/neuter surgery, microchipping, up-to-date vaccinations and microchipping, and a 1-year pet license for Sacramento County residents.

Prospective adopters are encouraged to visit Bradshaw Animal Shelter, located at 3839 Bradshaw Rd, Sacramento, and meet

the available dogs and cats. The shelter's dedicated staff and volunteers will be on hand to help match families with the perfect furry friend. The animal shelter is open for adoptions Tuesday through Sunday from 12 p.m. until 5 p.m. with extended hours from 12 p.m. until 6 p.m. on Wednesday evenings. The shelter is closed on Mondays.

Don't miss this chance to provide a loving forever home for a deserving pet. Mark your calendars for October 1 through October 15, 2023, and join Bradshaw Animal Shelter to empty the shelter and give these pets a second chance at a happy life. ★

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County will mail about 481,774 secured property tax bills which are payable beginning November 1, 2023. These tax bills are mailed only once a year; however, property owners may pay their bills in two installment payments:

The first installment payment is due on November 1, 2023. Payments will be accepted without penalty until 5 p.m. on December 11, 2023; The second installment payment is due on February 1, 2024. Payments will be accepted without penalty until 5 p.m. on April 10, 2024; Both installments may be paid when the first installment is due. A reminder notice will not be mailed for the second installment.

Taxpayers may sign up for online e-mail notifications for annual secured property tax bills and reminders before delinquent dates. Choose "e-Subscribe for property tax payment notifications" to receive these notifications.

Payments can be made online via credit card or electronic check. Taxpayers may print tax bill installment payment stubs to mail in with their payments. Taxpayers may also pay by credit card or electronic check over the telephone at (844) 430-2823. There is a convenience fee for credit and debit cards. Electronic checks are free.

Payment can be made in person at the Sacramento County Tax Collector's Office at 700 H Street, Room 1710, between 8 a.m. and 5 p.m. Monday through Friday. In-person payments can be paid via cash, check, credit card, debit card or money order. A convenience fee will apply for credit card and debit card transactions.

Payments can be sent via mail to P.O. Box 508, Sacramento, CA 95812-0508. The Tax Collector accepts and processes payments based on the postmark date. Payments may not be credited to the tax bill for several business days depending upon the volume of payments received, whether payments were submitted with the correct payment stubs, and/or whether envelopes were postmarked by the delinquent date.

Property tax law (Prop 8) requires that parcels be assessed at their factored Prop 13 value, or their fair market value (as of January 1, 2023, property tax lien date), whichever is less.

A rising real estate market can cause higher-than-expected increases in a parcel's annual tax bill if that parcel was in Prop 8 status last year. However, the assessed value of

any parcel cannot increase beyond that parcel's factored Prop 13 level. The 2% inflation cap applies only to Prop 13 assessments. It does not apply to Prop 8 assessments, which by law must track the property's market value until it reaches the Prop 13 factored value.

Find assessed values on the Assessor's website under "Assessed Value Lookup," including this year's value and the factored Prop 13 value for comparison. If a taxpayer has evidence that their assessed value as of January 1, 2023, was less than that shown on this year's (2023-2024) tax bill, they should:

Visit the Assessor's Website; Call the Assessor's Office at (916) 875-0700; or Email the Assessor's Office at Assessor@SacCounty.gov

Taxpayers may obtain current-year tax bill information, copies of property tax bills, direct levy information, delinquent prior-year tax information, and amounts due through the Sacramento County Online Property Tax Bill Information System, searching by APN or address. Find a QR Code on your tax bill payment stub for use with smartphones to connect to our website.

Sacramento County also has a 24-hour/7-day-a-week Automated Property Tax Information Line that provides information on tax subjects and access to detailed billing and payment information. Tax specialists are available from 9 a.m. to 4 p.m. Monday through Friday. Reach the system and tax specialists by calling (916) 874-6622.

If you own property and do not receive a tax bill by October 15, 2023, you may obtain tax bill copies, property tax information and payment stubs (coupons) on the Tax Collector's website.

Revenue & Tax Code 2610.5 "Failure to receive a tax bill does not relieve the property owner of the liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment."

Even if your tax bill is being paid by a lending institution (mortgage company), state law requires that a copy of the tax bill be sent to the property owner; all property owners should receive either the original tax bill or an "Owner's Information Copy." It is the responsibility of the property owner to keep their mailing address current with the Assessor's Office. To update your mailing address, please contact the Assessor's Office in writing at 3636 American River Drive, Suite 200, Sacramento, CA 95864 or via email at Assessor@saccounty.gov. Please make sure you include a parcel number and phone number with all correspondence. ★

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Safe Sleep Baby Education: A Lifesaving Initiative

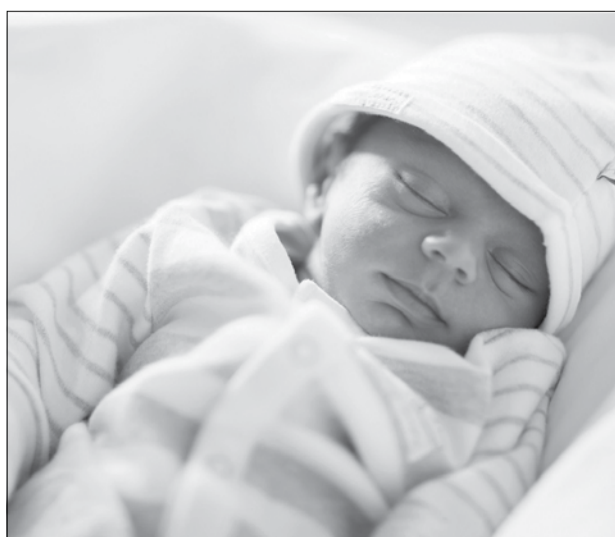
**Sacramento County
News Release**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Safe Sleep Baby Education Campaign is a testament to the power of community-based initiatives. The program has made a significant impact on the lives of many families since its inception in 2014. In honor of National Baby Safety Month, Sacramento County's Department of Child, Family and Adult Services is sharing the life-saving efforts of the Safe Sleep Baby Education Campaign and how it's reducing the prevalence of baby sleep-related deaths.

On average, 27 babies die from sleep-related deaths in Sacramento County each year. These deaths are especially prevalent among African American babies, who are three times more likely to experience infant sleep-related fatalities than their non-African American counterparts. The goal of the Safe Sleep Baby Education Campaign is to reduce infant sleep-related deaths, especially within the African American community. These heart-breaking deaths are preventable when parents are equipped with the knowledge and tools to ensure their babies sleep safely.

"Every other week in Sacramento County, an infant dies of a sleep-related death, half are African American babies. However, these are nearly all preventable when a parent understands and uses the six steps to safely sleep their baby every time the baby sleeps. Every infant sleep-related death is more than a tragic statistic; it's a deafening silence in a home, first steps that will never be taken, future laughter that will never be heard, and dreams unfulfilled. Through Safe Sleep Baby, we are not just disseminating information but reclaiming the promise of life itself for every child in our community," says Child Abuse Prevention Center Chief Program Officer Stephanie Biegler.

The six steps Stephanie refers to are part of the program's core mission to educate parents and caregivers about safely putting a baby to sleep. Remember: Alone, Back,



The Safe Sleep Baby Education Campaign is actively working to break generational and cultural misconceptions about safe sleeping practices. Image by PublicDomainPictures from Pixabay

Crib Always when sleeping a baby. These are the six steps:

Sleep the baby ALONE; Sleep the baby on their BACK; Sleep baby in a CRIB; Put nothing in the baby's sleep area; Do not overdress the baby; Do not smoke anything around the baby.

The Safe Sleep Baby Program does more than just provide parents and caregivers with these safety steps. Rather than simply distributing brochures, the program's model involves parents connecting with home visitors for at least an hour to go through a comprehensive PowerPoint presentation. The personal touch ensures that parents receive accurate information and have the opportunity to ask questions. The program goes above and beyond to break barriers and help families in need. If the family does not have a place to safely sleep their baby, the program can provide them with a portable crib. One new parent shared, "The Safe Sleep Baby workshop not only pertained to sleep but covered several topics that are imperative to keeping your baby safe, happy, and healthy. Reach one, teach one, is being fulfilled by Safe Sleep Baby to set a foundation for generations to come."

Data shows that since the Safe Sleep Baby Program started, Sacramento County infant sleep-related deaths decreased by 54% among African American infants, and the disparity gap in deaths between African American infants and all other racial groups has decreased by 60%.

Safe Sleep Baby education is imperative for infants with a

Sacramento County Child Protective Services (CPS) referral. From 2010-2019, the infant sleep-related death rate was nearly four times greater for infants with CPS referrals compared with those infants who had no history of CPS.

In addition to reducing deaths, the Safe Sleep Baby Education Campaign is actively working to break generational and cultural misconceptions about safe sleeping practices. Staff from the program say parents they've worked with express gratitude and feel empowered. The campaign also works with hospitals to make sure nurses and doctors are actively modeling safe sleep behaviors.

Through education, outreach, and collaboration with service providers, Sacramento County's Safe Sleep Baby Education Campaign is keeping babies safe while empowering parents and caregivers. Initiatives like this one make a lasting impact in our community. With knowledge, resources, and dedication, we can protect Sacramento County's most vulnerable children and communities.

While most parents and guardians who participate in the Safe Sleep Baby Program are referred to the program, any parent/caregiver with an infant under the age of one in Sacramento County can take the one-hour education training. To learn more about the campaign or for assistance, contact the Information & Referral Line at (916) 244-1900. Together, we can ensure every baby in Sacramento County sleeps safely and soundly. ★

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Carmichael Times

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California Legislature resolves fast food franchise battle but another industry still rages



By Dan Walters, CALMatters.org

The California Legislature devoted much of its time this year to a battle over regulating wages and working conditions of fast-food workers.

Last year, legislators and Gov. Gavin Newsom created a state agency that would oversee the fast-food industry, which fought back with a referendum asking voters to overturn the new law, arguing that it would undermine the franchise business model.

With the referendum qualified for the ballot, the battle was rejoined this year with a proposal to make parent companies liable for labor law violations, further eroding the franchise model.

Ultimately, the clash was resolved with a compromise that gave sponsors of the legislation, unions mostly, what they wanted, including a new \$20 minimum wage, but removed the threat to the franchise system. Newsom signed the compromise legislation, Assembly Bill 1228, last week, and the fast food industry will remove its referendum from the 2024 ballot.

"Signature of AB 1228 preserves the franchise business model in the state and solidifies the best possible outcome for workers, local restaurant owners, and brands,"

Matt Haller, president of the International Franchise Association, said in a statement.

While the fast-food battle drew much media attention, there was another, much quieter clash over the franchise business model, involving a much more important segment of the consumer economy: new car sales.

This one, however, pitted auto manufacturers against their own franchised dealers in California and it's still underway as each side tries to persuade Newsom to favor its position.

During the 1930s, as the nation's auto industry consolidated into a few major manufacturers, they created a system for selling their vehicles through local franchised dealers.

When European and Asian automakers began peddling their vehicles in the United States after World War II, they also adopted the franchise system.

Dealerships often became major businesses unto themselves, particularly when corporations acquired multiple franchises. And it is common knowledge that dealerships profit handsomely from after-sale maintenance and repair work for their new car customers, as well as used car sales.

In many states, holders of valuable new car franchises bolstered their monopolies by persuading legislatures to pass laws making it illegal for anyone other than franchised dealers to sell new cars.

Relationships between automakers and their franchisees haven't always

been smooth and their clashes have often reached the political arena, but the underlying system has remained intact.

Then Elon Musk and Tesla came along.

Musk refused to sell his revolutionary, battery-powered cars through franchised dealers and set up his own dealerships, incurring the wrath of franchisees. Tesla waged legal battles in states that had barred or limited its direct sales to customers.

By and by, however, as major manufacturers began making their own electric cars, they began toying with the notion of emulating Tesla and bypassing franchises in favor of direct sales.

Franchised dealerships see that as a threat to their place in the multi-billion-dollar business of selling and servicing new cars. In California alone, upwards of 2 million new cars and light trucks are sold each year.

Enter Assembly Bill 473, introduced at the behest of the state's franchised new car dealers. It would put some tight restrictions on the ability of automakers to bypass the franchise system and also deals with other aspects of the business such as construction of electric car chargers and subscription services to new car owners.

The automakers mounted a lobbying campaign to block the bill but it survived committee and floor votes and has landed on Newsom's desk.

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

Social Security Matters

About Federal Taxation of Social Security Benefits



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Why are my Social Security benefits being taxed at all? The Social Security FICA payroll taxes taken out of my paycheck while I was working were paid with taxable income. **Signed: Disgruntled Taxpayer**

Dear Disgruntled Taxpayer: Many Americans share your belief that federal taxation of Social Security benefits is unfair because we pay into the program through payroll taxes on our taxable earnings. Unfortunately, Congress took a different view in 1983 when taxation of Social Security benefits was first enacted at a time Social Security was having financial issues. Congressional logic back then was that a beneficiary only personally pays 50% of the Social Security contributions made (the other half is paid by the employer) so, since your Social Security entitlement was only half paid for by you and the other half by your employer, the portion of your benefit attributable

to your employer's contributions should be taxable. So, it's that other half – the portion of your benefit which resulted from employer contributions - which the 1983 Congress decided should be taxed. So, starting in 1984, if a beneficiary's overall annual income from all sources exceeded \$25,000 for a single filer or \$32,000 for those filing married-jointly, half of that person's Social Security benefits became part of their income taxable by the IRS.

That was how it worked until 1993 when a new and different Congress added another threshold which, if exceeded, resulted in up to 85% of Social Security benefits received during the tax year becoming taxable. The logic used for the 1993 law was that beneficiaries, on average, would only personally pay for about 15% of the lifetime benefits they would eventually receive, leading that Congress to conclude that if your combined income from all sources exceeded the higher threshold (\$34,000 for single filers and \$44,000 for those filing married/jointly), up to 85% of your benefits should be taxable. Please understand that I'm not defending nor endorsing those historical Congressional views, but I have researched why Social Security benefits are taxable at all, and the above is what I've learned from that research.

For information, the

Association of Mature American Citizens (AMAC), has long advocated for eliminating federal taxation of Social Security benefits or, at the very least, raising the thresholds at which benefits become taxable. The income thresholds for taxing Social Security benefits were established in 1983 and 1993, but those thresholds have never been adjusted for inflation. When taxation of Social Security started in 1984, less than 10% of beneficiaries paid income tax on their benefits, whereas today that percentage is over 50% and growing. If you want to add your voice to those who oppose federal taxation of Social Security benefits, you may wish to contact your Congressional Representative to do so. And it is worth noting that eleven U.S. states, to varying degrees, also levy income tax on Social Security benefits.

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. ★

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County Executive Announces Retirement

Continued from page 1
 significant number of high-level organizational changes to improve the County's overall functions in a number of key areas.

Beginning in early 2021, Edwards increased transparency and engagement in the 2021-22 budget process through several new public presentations, including public budget workshops and study sessions.

During the 2022-23 budget process, she proposed a Community Engagement Plan, adopted by the Board in June 2021, which identified priority areas of growth from advisory boards and commissions, local governments and community groups; engaged a professional public opinion polling firm to survey the public in the County's budget priorities; and provided recommended budget priorities based on the outcomes of the resident survey.

In addition, the County developed a Budget in Brief summary, explaining in plain language budget basics and the budget process, as well as a Budget Explorer Tool that allows users access to the County's budget, view total appropriations reimbursements and revenues by Agency, as well as the percentages for each Agency. FY 2022-23 and 2023-24 included significant contributions to General Fund Reserves, also known as the County's "Rainy Day Fund."

Under Edwards' leadership, the County restructured its agencies and formed a new Public Safety and Justice Agency to ensure the most effective oversight, accountability, communication and coordination for justice-involved agencies in the County.

In July 2021, Edwards implemented the Organizational Culture Change Project in order to transform the County's cultural expectations. The project included a survey in which all employees assessed the current culture, which provided a benchmark and insight for its desired culture.

Currently in the second phase of the Initiative, the County is offering a high-performance training curriculum to staff countywide and has launched a Guiding Coalition to keep

the County's Core Purpose, Vision, Mission and Core Values top of mind for staff throughout the year.

As part of the organizational transformation, Edwards launched an employee academy centered on skills, abilities, competencies, mentorship and attributes of leaders. The Leadership Development program supports the County's goal to transform the organization's culture and provide exemplary service to the community.

The resulting organizational transformation has borne out in positive ways. Most notably, Sacramento County recently made Forbes list of America's Best Employers by State 2023. Sacramento County's position is at #79 in California, which includes public and private employers. The last time Sacramento County was on the list was at #357 in 2018 and dropped off the list entirely in 2019.

Before her work in the public sector, Edwards was the Clinical Director for the River Oak Center for children from 1997-98 and was an Executive Director, Program Coordinator and Clinician for seriously emotionally disturbed children and youths at Victor Treatment Centers from 1993-1997.

Prior to becoming County Executive in 2020, Edwards worked as Sacramento County's Director of Human Assistance since 2014 and worked as the Director for Social Services for Solano County. Prior to Solano County, she worked for Sacramento County between 1998 and 2013, serving as Chief Deputy County Executive for Countywide Services, Director of Health and Human Services, Director of Mental Health Services, Division Manager for Adult Mental Health and Program Manager for Child and Family Mental Health.

"Together with the County's 13,000 employees, it has been a privilege to serve people and watch our communities thrive," said Edwards. "Now it's time for me to take a step back, do some traveling and enjoy more time with my family, especially my three wonderful grandchildren." ★

SUMMONS

(Name): AVISO AL DEMANDADO (Nombre): Crystal Irene Farinias
 YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Ricardo Garcia Vega.

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association.

Usted tiene 30 DÍAS CALENDARIO después de que se le presente esta Citación y Petición para presentar una respuesta (formulario FL-120) en el tribunal y tener una copia notificada al peticionario. Una carta, llamada telefónica o comparecencia ante el tribunal no lo protegerá. Si no presenta su

respuesta a tiempo, el tribunal puede hacer órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. Es posible que se le ordene pagar la manutención y los honorarios y costos de los abogados. Para obtener asesoramiento legal, póngase en contacto con un abogado de inmediato. Obtenga ayuda para encontrar un abogado en el Centro de Autoayuda en Línea de los Tribunales de California (www.courts.ca.gov/selfhelp), en el sitio web de Servicios Legales de California (www.lawhelpca.org) o comunicándose con el colegio de abogados de su condado local.

NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

AVISO: LAS ÓRDENES DE RESTRICCIÓN ESTÁN EN LA PÁGINA 2: Estas órdenes de restricción son efectivas contra ambos cónyuges o parejas domésticas hasta que se desestime la petición, se dicte una sentencia o el tribunal dicte más órdenes. Son exigibles en cualquier lugar de California por cualquier oficial de la ley que haya recibido o visto una copia de ellos.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

EXENCIÓN DE TARIFAS: Si no puede pagar la tarifa de presentación, pídale al secretario un formulario de exención de tarifas. El tribunal puede ordenarle que devuelva la totalidad o parte de los honorarios y costos que el tribunal renunció para usted o la otra parte.

The name and address of the court are: (El nombre y dirección de la corte es): Sacramento Superior Court, 3341 Power Inn Road, Sacramento, CA 95826.

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es.) Ricardo Garcia Vega, 7474 Winkley Way, Sacramento, CA 95822; 916-969-0546

Date: (Fecha) 7-26-2023
 Clerk, by (Secretario, por) R. Ruiz, Deputy (Asistente)
 Publish: Sept 15, 22, 29, Oct 6, 2023
 RICARDO 10-6-23



CARMICHAEL WATER DISTRICT

Notice of November's Regular Board Meeting Date Change

Notice is hereby given that the Board of Directors for Carmichael Water District has changed the date for the November Regular Board meeting to Tuesday, November 7, 2023 at 6:00pm. The meeting will be held in the Board Room at the District Office located at 7837 Fair Oaks Blvd., Carmichael, CA 95608.

Carmichael Times 9-29-2023 and 10-6-2023

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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
#23CV005949**

Maria Christina Santos-Coy has filed a petition with this court for a decree changing the name(s) of Maria Christina Santos-Coy to Christina Santos-Coy.

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 3, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: October 6, 13, 20, 29, 2023
COY 10-29-23

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV009010**

Austin James Stobart has filed a petition with this court for a decree changing the name(s) of Austin James Stobart to Austin Cyndeym Rutherford.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 6, 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: September 26, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: October 6, 13, 20, 29, 2023
STOBART 10-29-23

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV009028**

Cianna Hamilton has filed a petition with this court for a decree changing the name(s) of Faith Villarreal Hamilton-Smith to Faith Villarreal Hamilton.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 6, 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: September 26, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: October 6, 13, 20, 29, 2023
HAMILTON 10-29-23

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV008931**

Salvador Ramirez has filed a petition with this court for a decree changing the name(s) of Salvador Ramirez to Joe Salvador Ramirez.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 5, 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: September 25, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: October 6, 13, 20, 29, 2023
RAMIREZ 10-29-23

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV009146**

Tiki Lisa Harlow has filed a petition with this court for a decree changing the name(s) of Tiki Jo Harlow aka Tiki Lisa Baron Harlow to Tiki Lisa Harlow.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 7, 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: September 27, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: October 6, 13, 20, 29, 2023
HARLOW 10-29-23

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV009033**

Ahmad Jamshid Jamshid and Wazhma Jamshid has filed a petition with this court for a decree changing the name(s) of Mehran Jamshid to Mehran Amini and Mehria Jamshid to Mehria Amini and Abdul Waris Jamshid to Waris Amini and Nehan Jamshid to Nehan Amini and Ahmad Jamshid Jamshid to Ahmad Jamshid Amini and Wazhma Jamshid.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 6, 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: September 26, 2023
Christopher E. Krueger, Judge of the Superior Court

Publish: October 6, 13, 20, 29, 2023
JAMSHID 10-29-23

NOTICE OF PETITION TO ADMINISTER ESTATE

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
MICHAEL D. SPROUSE
CASE NO. 23PR001298**

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

A Petition for Probate has been filed by Jay Sprouse, in the Superior Court of California, County of Sacramento, requesting Jay Sprouse 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 October 17, 2023, 1:30 p.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 EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Nicholas D. Yonano, Esq., 4944 Windplay Drive Suite 119, El Dorado Hills, CA 95762; 916-817-4422
Publish: Sept 22, 29, Oct 6, 2023
SPROUSE 10-6-23

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 EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: H. Douglas Duncan, 214 W. Lockeford Street Suite 2, Lodi, CA 95240; 209-810-2936
Publish: Sept 22, 29, Oct 6, 2023
GRAHAM 10-6-23

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 EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Michelle Gallimore, 9523 Clarke Farms Drive, Elk Grove CA, 95624; 916-879-0209
Publish: Sept 22, 29, Oct 6, 2023
GALLIMORE 10-6-23

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 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: Michelle Gallimore, 9523 Clarke Farms Drive, Elk Grove CA, 95624; 916-879-0209
Publish: Sept 22, 29, Oct 6, 2023
GALLIMORE 10-6-23

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
JANINE L. GRAHAM
CASE NO. 34-2021-00309782**

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

A Petition for Probate has been filed by Keri Thomas, in the Superior Court of California, County of Sacramento, requesting Krystina Marston 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 October 12, 2023, 1:30 p.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 EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Richard Olin Borah, 2377 Gold Meadow Way #100, Gold River, CA 95670 916-440-8833
Publish: Month Sept 29, Oct 6, 13, 2023
CARSEY 10-13-23

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
RICHARD OLIN BORAH
CASE NO. 23PR000352**

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

A Petition for Probate has been filed by Jacqueline Marie Borah, in the Superior Court of California, County of Sacramento, requesting Jacqueline Marie Borah 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.

be held in this court as follows October 24, 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 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: Jacqueline Marie Borah, 109 Cakebread Circle, Sacramento, CA 95834; 916-658-3747
Publish: Sept 22, 29, Oct 6, 2023
BORAH 10-6-23

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
MICHAEL D. CARSEY
CASE NO. 23PR000786**

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

A Petition for Probate has been filed by Daina Adams, in the Superior Court of California, County of Sacramento, requesting Daina Adams 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 December 7, 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 EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Brian DeAmicis, 2377 Gold Meadow Way #100, Gold River, CA 95670 916-440-8833
Publish: Month Sept 29, Oct 6, 13, 2023
CARSEY 10-13-23

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
HARUKO MARIA GILLIAM
CASE NO. 23PR001350**

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

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 October 18, 2023, 1:30 p.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 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: Mamoru Gilliam, 5584 Dalhart Way, Sacramento, CA 95835 916-730-1444
Publish: Month Sept 29, Oct 6, 13, 2023
GILLIAM 10-13-23

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
PAULA RUTH SIEBERT, AKA PAUL-LAR SIEBERT
CASE NO. 23PR001374**

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Paula Ruth Siebert, aka Paula R. Siebert.

A Petition for Probate has been filed by Kerry Allen Siebert, in the Superior Court of California, County of Sacramento, requesting Kerry Allen Siebert 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 October 31, 2023, 1:30 p.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 EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Michael Yee, 4010 S Land Park Drive Suite B, Sacramento, CA 95822 916-927-9001
Publish: Month Sept 29, Oct 6, 13, 2023
SIEBERT 10-13-23

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
MARNETTE ANN DIAZ
CASE NO. 23PR000390**

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

A Petition for Probate has been filed by Gina Frisby, in the Superior Court of California, County of Sacramento, requesting Gina Frisby 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 October 26, 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 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: Gina Frisby, 5708 Alloway Street, Sacramento, CA 95835; 916-671-9359
Publish: October 6, 13, 20, 2023
FRISBY 10-20-23

LIEN SALE

LIEN SALE
2017 Ford Taurus, VIN# 1FAHP2D86HG129265; License # N/A
Sale Date: October 11, 2023.
Time 9:00AM
Location: LJ's Towing, 2115 March Road, Roseville, CA 95747
Publish: October 6, 2023
TAURUS 10-6-23

LIEN SALE
2014 Mercedes CLA, VIN# WDDSJ4EB7EN056914; License # 4DNY313
Sale Date: October 11, 2023.
Time 9:00AM
Location: LJ's Towing North, 2600 North Avenue, Sacramento, CA 95838
Publish: October 6, 2023
MERCEDES 10-6-23

LIEN SALE
2006 Porsche Cayenne, VIN# WPIAC29P76LA91362; License # 7VQR837
Sale Date: October 11, 2023.
Time 9:00AM
Location: LJ's Towing Roseville, 2115 March Road, Roseville, CA 95747
Publish: October 6, 2023
PORSCH 10-6-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2023-03711
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: AMERICAN GAS & LIQUOR, 5682 Main Avenue, Orangevale, CA 95662.
Arshkeerat Inc, 5376 Calabria Way, Sacramento, CA 95835.
The Fictitious Business Name Statement was filed on 5/17/2023 in the County of Sacramento.
Filed with the clerk of Sacramento County: 5/17/2023.
Publish: October 6, 13, 20, 29, 2023
AMERICAN 10-29-23

SUMMONS

**SUMMONS (FAMILY LAW)
CASE NUMBER
(NUMERO DEL CASO): 23FL03475
NOTICE TO RESPONDENT**

End Run Around the Rules

California lawmakers: 'any flavor of affordable housing you could possibly want'

By Ben Christopher,
CALMatters.org

You may not have seen the headlines (there weren't any). You may have missed the raucous debate (there wasn't much of one). But with the end of the legislative session last week, California is now on the verge of laying down a welcome mat for most major affordable housing projects across the state.

That's not because of a single bill, but a patchwork of current and former legislation that, taken together, "basically covers any flavor of affordable housing you could possibly want to build," said Linda Mandolini, president of Eden Housing, an affordable housing development nonprofit.

Homes designated for low-income occupants, like all housing projects, face a gauntlet of potential challenges and hold-ups that add to the already exorbitant cost of affordable housing in California. Those hurdles include lawsuits filed under the wide-ranging California Environmental Quality Act, extensive public hearings and other forms of opposition from local government.

Now, affordable housing projects — in most places and most of the time — may soon be exempt from all that, fitted out in a suit of procedural armor made up of some half a dozen bills and laws.

A bill now sitting on the governor's desk would cover up one of the last chinks in that armor. Assembly Bill 1449, authored by two Democratic Assemblymembers, David Alvarez of San Diego and Buffy Wicks of Oakland, would exempt certain affordable apartment developments from review under CEQA. To qualify, projects would have to be located in dense urban areas, set aside each unit for someone earning less than 80% the area median income and abide by stricter labor standards, among other requirements.

Though modest and technical sounding, that's unusually broad for new construction in California.

"I do think it's gonna be very consequential but it's kind of flown under the radar," Alvarez said. His explanation why: "The politics of where Californians are and certainly where the Legislature is — we want to see results. We want to see housing being produced."



A patchwork of bills are giving housing developers and local governments more options to reduce red tape for housing projects. Courtesy photo

Taken together with a handful of other bills and current laws, said Mark Stivers, a lobbyist with the California Housing Partnership, which co-sponsored AB 1449, the new legislation "effectively make it possible for affordable housing providers to develop nearly all viable sites in California by-right and exempt from CEQA review."

Speeding up approval for these projects comes with a trade-off. Environmental justice organizations, labor unions and various opponents of new development see CEQA as a vital tool to weigh in on what gets built, where and under what terms.

"Our communities rely heavily on CEQA to be able to get more information about proposed developments that might be contributing to further pollution," said Grecia Orozco, a staff attorney with the nonprofit Center on Race, Poverty and the Environment.

Local activists also often flood the public meetings of city councils and planning boards to pressure elected officials to block unpopular projects or extract concessions from developers.

Whether AB 1449 and a handful of similar bills become law is now up to Gov. Gavin Newsom. Supporters have reason to be optimistic. The Newsom administration is pushing local governments to approve an unprecedented 2.5 million additional homes by 2030, he called the CEQA process "broken" and in the spring he rolled out a

package of bills aimed at speeding up environmental challenges to projects — though housing was not included.

He has until Oct. 14 to sign or veto the bills now sitting on his desk.

The Alvarez-Wicks bill isn't the first legislative effort to grease the skids for new affordable housing.

Two others, both authored by San Francisco Democratic Sen. Scott Wiener, would force local governments to automatically approve apartment buildings in housing-strapped parts of the state and most affordable housing projects on the properties of houses of worship and nonprofit colleges, so long as they comply with a list of zoning, affordability and labor requirements.

A third piece of legislation by San Jose Democratic Sen. Dave Cortese exempts the decision by local governments to fund affordable housing projects from environmental challenges, too. Newsom already signed it.

Still awaiting the governor's pen are a handful of bills that make it more difficult to stall housing projects through environmental lawsuits in general. That includes a bill by Sen. Nancy Skinner, a Berkeley Democrat, that would make it easier for courts to toss out environmental challenges they deem "frivolous" or "solely intended to cause unnecessary delay." Another by Assemblymember Phil Ting, a San Francisco Democrat, would give local officials a deadline by which

to approve or deny a project's environmental review.

The Ting proposal was fiercely opposed by many environmental activists and the State Building and Construction Trades Council, an umbrella group that represents many unionized construction workers. The bill would also make it more difficult for courts to award legal fees to groups that sue to block projects through CEQA.

J.P. Rose, a staff attorney with the Center for Biological Diversity, which regularly brings such suits, called that provision "the largest weakening of CEQA in recent history."

The fact that this long list of bills passed the Legislature — some by healthy margins — amounts to a notable political shift, said Christopher Elmendorf, a law professor at UC Davis who advised Ting on the bill.

"I think it illustrates that a sea change is underfoot in how people are starting to think about these environmental review laws," he said, though he noted that the shift in California is still modest compared to those underway in other states.

Earlier this year, the Washington legislature nearly unanimously passed a law to exempt virtually all new urban housing from that state's environmental protection law.

Many of the California bills build on a law passed last year that streamlines affordable housing construction along commercial corridors.

In cobbling together the law, its author, Wicks, struck a compromise: In exempting certain housing projects from environmental challenge and other local hurdles, developers would pay workers a higher minimum wage, provide them with health care benefits and abide by other stricter labor standards. That trade was the key to winning the support of the state carpenters' union and breaking up a legislative logjam that had stymied housing production bills for years.

It also provided a template for Wiener's two streamlining bills this year, along with the Alvarez-Wicks CEQA exemption proposal.

"That really laid the foundation for those of us who did work in the housing space this year," said Alvarez.

"Our communities rely heavily on CEQA to be able to get more information about proposed developments that might be contributing to further pollution."

Not every pro-housing advocate or CEQA critic is so content with the bargain.

"A lot of these bills help a little," said Jennifer Hernandez, a land use attorney at the law firm Holland & Knight, who has catalogued CEQA challenges to housing projects for years. But she notes that swapping out the threat of environmental litigation with higher payroll expenses just replaces one cost with another.

In practice, she said, these exemptions are only likely to clear the way for substantial new housing construction in higher cost areas where developers can make up the difference by charging higher rents to non-subsidized residents. "You really need premium rentals to pay for those higher labor standards," she said.

But for many affordable housing developers, it's still a trade worth making.

"You've got really strong laws, clear exemptions, and an attorney general who's willing to step up and say you got to build it," said Mandolini with Eden Housing, who has been working on housing in the state for more than two decades. "This is the best it has been in California...If this had all existed 20 years ago, we might have built a lot more housing a lot faster." ★

Legislature Passes Landmark Tax on Firearm Manufacturers and Dealers

From the Office
of Jesse Gabriel

SACRAMENTO, CA (MPG) - On September 7th, 2023, the California State Legislature passed Assembly Bill (AB) 28, a landmark measure that would impose an 11 percent excise tax on firearms and ammunition sold by gun manufacturers and dealers. Having cleared both the Assembly and Senate by a 2/3 supermajority vote, AB 28 — which is officially known as the Gun Violence Prevention and School Safety Act — is on its way to Governor Newsom's desk.

Authored by Assemblymember Jesse Gabriel (D - Encino), Chair of the Legislature's Gun Violence Prevention Working Group, AB 28 would generate over \$150 million annually to fund school safety and violence prevention programs, including initiatives to prevent school shootings, bolster firearm investigations, reduce retaliatory violence, and remove guns from domestic abusers.

"I am grateful that a supermajority of the Legislature voted today to fund critical programs that will save lives and protect communities across the State of California," said Assemblymember Jesse Gabriel. "It's beyond shameful that gun



California State Legislature passed Assembly Bill (AB) 28, a landmark measure that would impose an 11 percent excise tax on firearms and ammunition sold by gun manufacturers and dealers. Image by MikeGunner from Pixabay

manufacturers are reaping record profits at the same time that gun violence has become the leading cause of death for kids in the United States. The Gun Violence Prevention and School Safety Act will help to ensure that we have the tools and resources necessary to better protect our kids and our communities."

"California has a long history of paving the way for effective methods of reducing gun violence. It's an undisputed leader in the fight for gun safety, and I am proud GIFFORDS has worked alongside gun violence

prevention groups across the state and members of the legislature, including Assemblymember Gabriel, to help advocate for the state's latest effort." said former Congresswoman Gabby Giffords. "We urge Governor Newsom to prioritize the safety of California's kids and communities and sign The Gun Violence Prevention and School Safety Act, a top priority for the gun violence prevention movement."

Since AB 28 was introduced at the beginning of the current legislative session, the United States has experienced hundreds of mass

shootings, including horrific incidents in Monterey Park and Half Moon Bay. A recent report by the American Academy of Pediatrics found that the firearm death rate for American children increased 40 percent between 2018 and 2021.

"California is again proving why the Golden State leads the country on gun safety legislation. Imposing a modest tax on firearm and ammunition sales to provide sustained and increased funding for violence intervention and prevention programs will help us better protect our

communities from gun violence." said Kris Brown, President of Brady. "Providing long-term investments in these initiatives is a proven way to stop gun violence before it begins. Brady thanks Assemblymember Gabriel and other bill sponsors for introducing this first of its kind tax bill, and calls on Governor Newsom to cement California's position as a leader in the fight against gun violence and sign The Gun Violence Prevention and School Safety Act"

"California continues to lead the nation when it comes to gun safety. This bill will take that leadership one step further by providing essential resources to life-saving programs - including the California Violence Intervention and Prevention grant program - which rightfully centers solutions from the communities most impacted by our gun violence crisis," said Angela Ferrell-Zabala, executive director of Moms Demand Action. "Since the introduction of this bill our grassroots army has been committed to working with our gun-sense champions to get it across the finish line. I urge Governor Gavin Newsom to continue his commitment to public safety and sign this bill into law for the well-being of all Californians." ★

COMICS & PUZZLES

The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



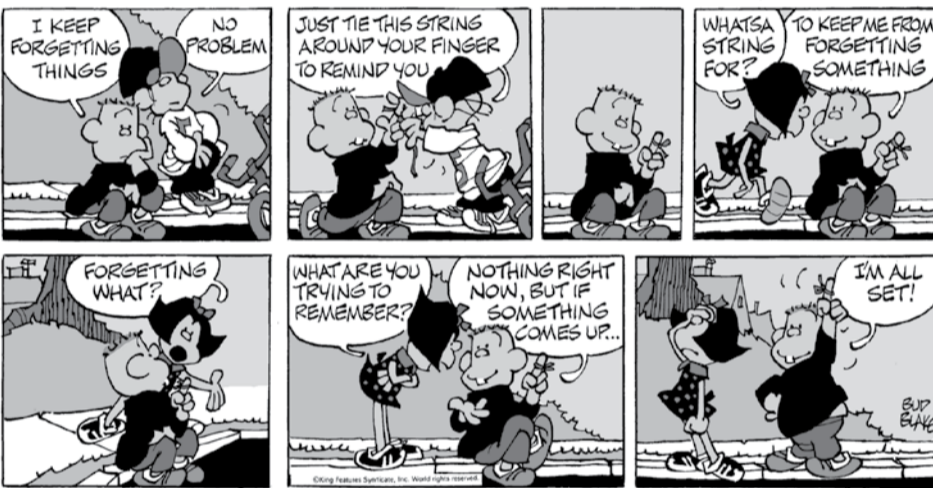
Out on a Limb

by Gary Kopervas



TIGER

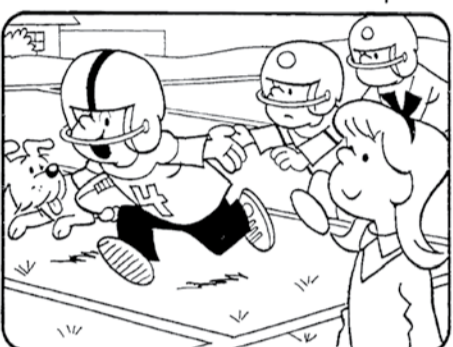
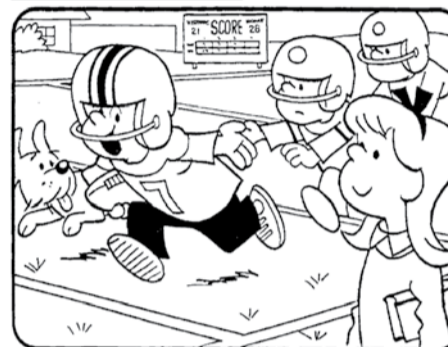
by Bud Blake



HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.



CRIN THE BLAR IT

Just Like Cats & Dogs

by Dave T. Phipps



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STATEPOINT CROSSWORD • CHEMISTRY 101

CLUES

- ACROSS
- "Planted" customer
 - Pie and mode connection (2 words)
 - *Atomic ____ unit
 - Salk's conquest
 - Beesly of "The Office"
 - Secret storage
 - Crème de la crème
 - Flow alternative
 - a.k.a. vampire
 - *Any substance in chemistry
 - *Periodic table entry
 - Douse or soak
 - Pavarotti's song
 - Between Big and Wolf
 28. Mattress description
 30. *Positively charged particle
 35. Elevator manufacturing giant
 37. Horsefly
 39. Rabbit trap
 40. Sure or uh-huh
 41. Sainly rings
 43. North Sea feeder
 44. Flax flower genus
 46. Shriveled, as in plant
 47. Like undesirable row
 48. Related on mother's side
 50. Barbara of "I Dream of Jeannie"
 52. Porky's home
 53. Practice in the ring
 55. Burmese neighbor
 57. *Core of an atom
 61. *C
 64. Theater guide
 65. Org. that gets parents involved in school
 67. Sign up again
 69. Supernatural being
 70. Three, to Caesar
 71. Grouchy Muppet
 72. European sea eagles
 73. News channel acronym
 74. Liable to cry

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DOWN

- Health resort in Baden-Baden, e.g.
- River islet
- Hip bones
- To-do enumerations
- Bingo and keno
- Imitator
- *Chemistry classroom
- Fly in ____ or a reminder of the past
- Hat-tipper's word
- Highest point
- Splints site
- Assigned spot
- Rids of obstruction
- Period in history
- Mouth piece
- Designer's studio
- *____-Mariotte Law
- Dined at home
- Late Princess of Wales
- Defect
- Two halves of two
- Discussion intended to produce agreement
- Galactic path
- Demanding attention
- Like a barred door
- *Aurum, in English
- Type of grave marker
- It loves company?
- PC "brain"
- Limited in scope
54. Gelatin
56. Like one with high BMI
57. Artist's model, sometimes
58. Application utilizer
59. Keep it up?
60. TV classic "____ Make a Deal"
61. Jealous biblical brother
62. Fairy-tale opening
63. Less than average tide
66. *Sn, or stannum, on periodic table
68. Like dry humor

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Poppoff!

With Mary Jane Popp

A Promise Made

Life is not always kind. We suffer setbacks, loss from divorce, surviving disasters, dealing with life-threatening diseases, and I could go on and on with what we deal with on a daily basis. Frank D'Maio knows what that's like. He has been there and wants to help others deal with adversities and evolve to emotional prosperity. You see, Frank's wife was diagnosed with breast cancer, and that's when he began a journal. He told me on my radio show POPPOFF that it opened the door to his soul. That journal became a gift. But it wasn't that way at the beginning. It was a repository for emotional intimate moments, outbursts of screaming in words, and things he wanted to remember or forget. He added that, in his opinion, husbands are ill-equipped to handle the jumbled emotions of grief, trauma, and hopelessness. They attempt to create an "emotional fortress" that fails to protect them from the pain of loss. So that's when he wrote "A Promise Made, A Promise Kept." It's a husband's journey through journaling to heal the loss of his spouse. And it's written with other husbands in mind. He shares his emotional decline of being left behind with no specific group counseling geared toward the level of loss and the depth of a rabbit hole delivered by breast cancer. Granted, group counseling is a general approach, but moving forward isn't about the steps or stages, it's about oscillating through layers of emotions and recalling important moments of positive memory. That's why he wrote the book to provide others a glimpse into the process of trial and error he went through. Eight years later he participated in a group counseling program

and received training as a peer support group facilitator. Here are five points to start cleaning the negative chaos in our emotional house through journaling.

- 1. Allow, Accept, And Acknowledge Mourning And Grief.** Writing those feelings in a journal gives you time to evaluate them.
- 2. Surrender And Let Others Help.** Don't be stubborn or pig-headed, thinking you can do it all alone. Frank said he tried and failed until 2012 when he hit emotional bottom and sought group counseling.
- 3. Lower Your Expectations Of Getting Over The Loss.** The emotion is raw, but it doesn't have to define who you are as a human being in pain.
- 4. Show Blame Out The Door.** Shame and guilt only drag a person down – a reminder of stored negative memories. These act as triggers or what he prefers to call prompts.
- 5. Laugh Often And Out Loud.** Laugh at yourself. Laughter releases hormones, making a person show joy, happiness, and improved spirit. Remember moments of laughter and joy. Those shared emotions leave you smiling and playful with the innocence of a child again.

If you want additional information on Frank D'Maio and his book "A Promise Made, A Promise Kept" check out his website FJDwriter.com. Life goes on, but it isn't easy when your pain persists. Hopefully, Frank's book can give you solace from any loss. ★
PEACE AND LOVE ALWAYS!!!



Dave Ramsey Says

It's Not a Good Long-Term Plan

Dear Dave,

My girlfriend's parents are divorced, and they're both in their early seventies. We talked the other night, and she's thinking about buying them each life insurance policies. The only coverage her dad has is through his employer. Her mom has remarried, and she doesn't have any life insurance at all. On top of this, her dad is worried he might have to pay her mom's funeral expenses if she died, and he's not in good enough shape financially to do that. Do you have any advice?

– Joshua

Dear Joshua,

If the only life insurance her dad has is furnished through his employer, then he probably won't have

it anymore once he stops working. I suppose it's fine if she wants to buy them each a small policy, but it's liable to be pretty expensive at their age.

Now, she can do this, but I don't think it would be a good long-term plan. I'd tell your girlfriend she needs to start saving money and building up her own wealth. If she had just \$20,000 in savings, that'd be more than enough to bury two people. Please understand, I don't mean to sound insensitive. We're talking solely about the economics involved in this kind of situation.

The other thing your girlfriend should do is have a discussion with her mom to find out if the stepfather has the money to handle that kind of thing. When it comes right down to it, any final expenses for her mom would be his responsibility now – not her dad's. She should have a discussion with her dad about preparing for things, too. But if her dad's got insurance

through work, and the stepdad is ready to pay for her mom's burial, then they're covered for the immediate future.

In short, I wouldn't do it unless they absolutely don't have this sort of thing covered. Even then, I'd prefer she just covered it with cash, because all we're talking about is enough to cover burial costs. No matter what anyone else says, Joshua, a nice funeral doesn't have to be crazy expensive.

– Dave

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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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 first community in California to use the Blue Zones model to create a dementia-friendly community that supports the well-being of all residents. MPG file photo

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 Leadle, 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.” ★

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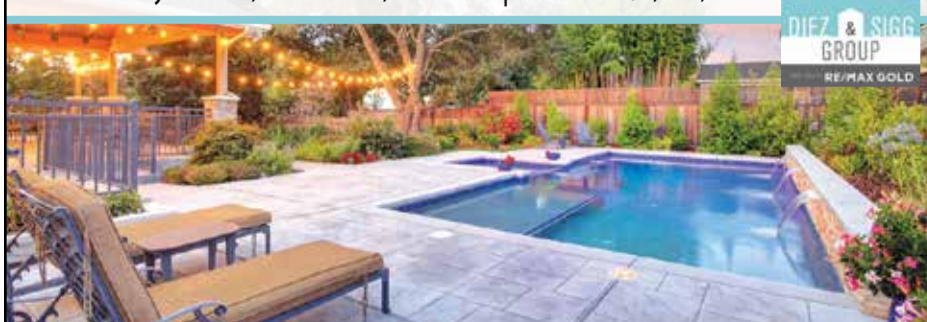
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Custom designed & built in 2019, this stunning residence is nestled on a large private lot in Carmichael! Open-concept single-story floor plan w/ 3 bedrooms, 2.5 baths, plus a versatile office/possible fourth bedroom. Great room w/ kitchen/family combo boasts vaulted ceilings, a double-sided stone fireplace, & dual sets of French doors that open up to your own private oasis. Chef's kitchen is appointed w/ quartzite countertops, high-end stainless steel appliances, 2 farmhouse sinks, island w/ bar seating & much more! Bar area w/ wine fridge & formal dining & living rooms. The master retreat boasts 2 huge walk-in closets, his-&-her sinks, soaking tub & curbless shower. Entertain outdoors w/ 400 sq. ft. of covered outdoor living, outdoor kitchen, fireplace, sprinkling green lawn, & sparkling pool/spa w/ a waterfall feature. Whole house fan, indoor laundry room, huge 3-car garage, basement suitable for a wine cellar, & mudroom. In-ground utilities in place for ADU. Minutes away from Ancil Hoffman Park, The American River, fabulous shops & restaurants!



3988 Orval Way, Carmichael | \$739,000



3739 Orangerie Way, Carmichael | \$599,500

Fantastic Opportunity for multi-generational housing or an investment property that will cash flow! This spacious 2,500 square foot house has 4 bedrooms and 3 full baths. This home has a separate living room, family room, and huge sunroom. The kitchen/dining combo offers plenty of storage space. Attached with a separate entrance is a 2 bedroom and one bath home. Each home has its own 2-car garage and backyard. Zoned RD-10, it is possible to convert this home into a triplex. Great location with convenient access to freeways. Don't miss this opportunity!

This 3 bedroom and 2 bath home is tucked away in the heart of Carmichael. Updated kitchen with granite countertops, recessed lighting, & a kitchen island! The open dining and living room has built-in glass shelving with paneled doors & an 18-foot entertainment center. Recently installed luxury vinyl flooring, & newer HVAC system. The large pool was resurfaced in 2019 with lava rock & a cascading waterfall feature. A stand-alone hot tub, 3 slides, and a diving board are surrounded by covered patios & greenery. Long driveway with partial covering, cement pad for RV storage, & 2-car garage.



8178 Sundance Drive, Orangevale | \$579,900



4400 E Nichols Avenue, Sacramento | \$397,000

This charming home is tucked away in a fantastic neighborhood in Orangevale. Step inside to a bright and airy floor plan with 4 bedrooms, 2.5 baths, and spacious living areas. The living/dining combo has vaulted ceilings and great natural lighting. The family room opens up to the private backyard and features a wood-burning fireplace. The updated kitchen is appointed with granite countertops and has plenty of storage space. The roomy master features vaulted ceilings and a step-in shower. Enjoy those long summer days ahead in the backyard with a sparkling pool, spa, and pergola.

This charming 2 bedroom and 1 bath house has it all! A private European courtyard and well-landscaped front yard add to this home's great curb appeal. The dreamy kitchen features granite countertops, newer white cabinets, and a gas cooktop stove. The dining/living room combo offers great natural lighting with expansive dual pane windows. Enjoy spacious bedrooms and a newly remodeled bathroom. Newer laminate flooring throughout and an indoor laundry room. The large backyard with a tool shed and RV access provides ample space for a potential ADU!

Craig Diez
Craig@DiezandSiggProperties.com
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2018 2021
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ASIAN GROCERY

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EUROPEAN GROCERY

OT Martina Sunflower Seeds 500 gr \$6.99/ea	Kinder Happy Hippo 2 sticks 100 gr \$4.69/ea	Milenna Tea Biscuits 1 kg \$4.49/ea	Dunder Sunflower Seed (not roasted) 1 kg \$4.29/ea	Chudo More Kikua in Oil 500 gr \$5.79/ea
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