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Carmichael Times

VOLUME 45 • ISSUE 9

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MARCH 1, 2024

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Breakfast is for the Birds



Bird-watching safaris promise sightings of up to 40 avian species at the Effie Yeaw Nature Center on March 16 and 24.

**Story and photos
by Susan Maxwell
Skinner**

CARMICHAEL, CA (MPG) - Effie Yeaw Nature Center's popular Bird and Breakfast fundraiser has for 33 years proven there's more to ornithology than ogling birds.

In acreage resonant with morning song, experts will lead nature lovers next month on safaris to view birds in their most industrious season. Hot brunches will follow. Two Bird and Breakfast programs will span two weekends. Because these events sell out, reservations are required.

Participants will see dozens of avian species during incubation, courting, feeding and nest-building



In the Nature Center's undeveloped acres, a red shouldered hawk gathers grass for nursery comfort.

activities. No bird gets excited by tiny finches as left behind: guides are as excited by majestic raptors.

The wildlife foray follows trails in the Effie Yeaw Nature Center's 99-acre reserve and continues to the American River, where ducks and waders abound.

Sacramento Audubon scouts visit the reserve beforehand to locate spots where wren, hawk, woodpecker and titmouse nurseries are under construction. Higher up, hummingbirds might be seen camouflaging walnut-sized cradles. Nest-watching is enhanced by viewing scopes.

The \$55 safari on Saturday, March 16 is followed by a hot breakfast. This excursion is best suited to participants aged from 12 to adult. On Sunday, March 24, a \$35

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Two in the Carmichael Murder- Suicide Named



By Annie Kerr

CARMICHAEL, CA (MPG) - As of Monday, Feb. 26, two of the three people who died in the Feb. 17 murder suicide near the 5700 block of Shadow Creek Drive have been identified, according to the Sacramento County Coroner.

On the afternoon of Saturday, Feb. 17, Sacramento deputies were called to a townhome in a quiet area of Carmichael for a welfare check. At the residence, they stumbled upon the tragic discovery of three deceased individuals, two men and one woman. The cause of death for all three is gunshot wounds, according to media sources.

It is reported by media sources that the older male individual had shot and killed both the female victim and the younger male victim. It is also reported by media sources that the older male and the female victim were married and the younger victim is presumed to be their son but it has not been confirmed by authorities.

According to the Sacramento County Coroner, the female victim has been identified as Jennifer Elaine Evans-Brown of Sacramento, who was 45 years old at the time of her death by homicide.

The deceased older male, allegedly the shooter, has been identified by the Sacramento County Coroner as Larry James Brown of Sacramento, who was 56 years old at the time of his death allegedly by suicide.

The 18-year-old male victim has still not been publicly identified as of press time.

No further details concerning the motive or cause of the crime have been released, as of press time.

The Carmichael Times will continue to provide updates as they are given. ★

Local Girl Scouts Reach Outer Space!



Above: Girl Scouts from Troops 793, 917, 1089, and 1105 smile before their big moment. Right: Jasmin Moghbeli. Photo courtesy of NASA

**Story and photos
by Annie Kerr**

SACRAMENTO, CA (MPG) - Wouldn't it be fascinating to speak to an astronaut who's currently in outer space? On the cloudless morning of Feb. 22, Girl Scout

Troops 793, 917, 1089, and 1105 from Sacramento, Lodi, and Roseville had the extraordinary opportunity to make contact with the International Space Station (ISS). Via Amateur Radio on the International Space Station (ARISS), the 13 Girl

Scouts were able to reach NASA Astronaut Jasmin Moghbeli, who was traveling through space at approximately 17,000 miles per hour.

The event was held at the Sacramento Regional

Program Center and STEM Center, home of the Girl Scouts Heart of Central

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Breakfast is for the Birds

Resident Travels to France for Love of Braille

Society for the Blind News Release

RANCHO CORDOVA, CA (MPG) - Elizabeth Symington of Rancho Cordova remembers the book that inspired her to learn braille. In college studying art, Symington found a children's book at the library, "A Color of His Own" by Leo Lionni, which paired color with texture and used braille.

The book inspired a series of artwork that Symington created in college and it began her lifelong love of braille.

"All art is texture driven and designed to be touched, so that was my draw to braille," Symington said. "I also love the allure and mystery of writing in a secret code."

Fully sighted, Symington decided to learn braille, starting with "A Very Hungry Caterpillar" by Eric Carle. She became a certified braille transcriber and executive director of the Sacramento Braille Transcribers, which produced her beloved braille children's books.

When the group merged with Sacramento-based nonprofit Society for the Blind in 2022, Symington began running the Society for the Blind's Braille Production and Training Program and will receive her credential and master's degree in May to become a teacher of the visually-impaired.

In braille's 200th anniversary year, Symington found herself with an extraordinary opportunity: in January, she went on a two-week trip to Paris with friends to study the history of braille and current usage, and to visit the small town of Coupvray outside Paris where Louis Braille lived.

Exploring Coupvray was a trip highlight. She walked through Braille's neighborhood and took a two-hour tour of his home.

"I learned so much at Louis' home," Symington said. "So much was on display and the tour guide let us touch whatever we wanted. It was really magical."

Symington toured the school where he taught, which is still in operation today with 125 youth in elementary through high school studying and living there while exploring their career passions. Across the street is a school for adults with vision loss and Symington was struck by the number of residents with low vision walking on the streets.

"I've never seen so many blind people walking around a city," Symington said. "Everywhere I looked, there was someone with a guide dog or cane out there being independent. I was seeing Louis' legacy and it was really powerful."

Symington visited the church where Braille played the organ, went to his gravesite with wine and cheese and "just hung out with Louis."

"Sometimes, heroes can be larger than life," Symington said. "Visiting his grave reminded me he was a human and had his own struggles. He was an organist, teacher and inventor but he also was human."

Symington was fascinated with seeing how France is using braille and supporting individuals who are blind or have low vision in public spaces. There were braille boxes of painkillers on pharmacy shelves and braille and tactile models that viewers could touch at museum exhibits. The braille was accurate, the dots were in good condition and the creators



Elizabeth Symington of Rancho Cordova. Photo courtesy of Society for the Blind

knew how to communicate using texture, according to Symington.

Symington came home even more inspired to get individuals of all visual abilities excited about braille.

"Seeing how France is using braille and supporting people who are blind and low vision in public spaces really inspired me to want to make braille as cool as American Sign Language is," Symington said. "I want people to say, 'You read braille? Awesome!' Braille is literacy and so important, and I want to reduce the stigma around it."

Through the Braille Production program at Society for the Blind, Symington is seeing a high demand for braille. The program has about 30 transcribers nationwide with different specialties, from standard braille and varying language translations to tactile graphics, brailled music and proofreading. The program produces the Braille and Talking Book Library's newsletter, playbills for various theaters and more.

Eventually the program will include a training component where individuals with vision loss can train to produce braille as a career.

"You can spend a lifetime becoming an expert in one aspect of braille," Symington said. "I just love learning, and I love going to work every day. We have a strong and highly-skilled team working with everyone from preschoolers up to seniors. I'm really proud of all that we do at Society for the Blind."

Celebrating its 70th anniversary this year, Sacramento-based Society for the Blind creates innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Since 1954, Society for the Blind has grown from a dedicated group of volunteers to a nationally-recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of Northern California and Nevada. The nonprofit organization provides low-vision eye care, life and job skills training, mentorship and access to tools to maintain independence for more than 5,000 youth, working-age adults and seniors experiencing vision loss each year.

To learn more or make a donation, visit online SocietyfortheBlind.org. ★



Bird and Breakfast guides point out nest-building and other avian activities.

Continued from page 1
family program includes an abbreviated walk. At the journey's end, a pancake feast awaits. Both events offer discounts for children and for American River Natural History Association members.

Nature Center animal residents will offer close critter encounters. These ambassadors include a Swanson's hawk, a Peregrine falcon, an American Kestrel and a great-horned owl.

Silent auctions of bird-related goodies accompany breakfast on March 16.

Neither weekend's program is recommended for very young children.

Participants should wear stout shoes

and bring binoculars. Both Bird and Breakfast fundraisers begin at 8 a.m. and all proceeds assist the Nature Center's educational outreach.

The center will also offer three stand-alone bird-lovers' programs on March 14, March 15 and March 20. Lecturers are Ed Pandolfino, Rich Howard and Ed Harper. For information on all Effie Yeaw events, visit www.sacnaturecenter.net.

The Effie Yeaw Nature Center has operated under the aegis of the nonprofit American River Natural History Association since 2010. The nature center is inside Ancil Hoffman Park off of 6700 Tarkenton Drive, Carmichael. ★

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Local Girl Scouts Reach Outer Space!

Continued from page 1
California (GSHCC), and was bustling with camera crews, families, friends, and media. And cookies, of course.

Because the opportunity is so rare, the Girl Scouts were preparing since November for the event. Each Girl Scout prepared individual questions to ask Moghbeli, a very accomplished woman. Moghbeli is not only a NASA astronaut, but a United States Marine Corps test pilot, a Massachusetts Institute of Technology (MIT) graduate, a flight engineer, and the Mission Commander of SpaceX Crew #7. She is qualified to fly at least 25 different aircraft. Adding to her list of accomplishments, Moghbeli is the first professional Iranian American astronaut to fly to space. While on her space mission, Moghbeli spoke to the Girl Scouts for about 10 minutes until connection was lost.

Before the connection was established, the event began with comments from various speakers. Sue Richards and Amanda Bates, troop leaders for Troop 1089 and GSHCC volunteers, spoke briefly about how honored they were to have this opportunity and how it happened. According to Bates, there are only about 60 to 100 International Space Station contacts globally made per year, which is about two per week. In fact, the last two contacts occurred in Rome and Spain.

Next, Jennifer Garland spoke. Garland was the event's primary volunteer and is a River City Amateur Radio Communications Society member. She helped prepare the Girl Scouts for the big day by helping them practice their media and public-speaking skills. Garland told the crowd what to expect for the rest of the event and answered audience questions until playing a short video before the big moment arrived.

In the video, a pre-recorded Jasmin Moghbeli told a little bit



Girl Scout Ambassador Leia B. asks Jasmin Moghbeli a question.

about her story. "I still wake up every morning and it feels like a pinch-me moment to think that I am actually an astronaut right

be heard, and then Moghbeli's voice broke through, all the way from outer space, and the questions began. Each Girl Scout had



Jasmin Moghbeli. Photo courtesy of NASA

now," she said. Also on the TV screen was a map tracking the progress of the space station, coming closer and closer.

The time finally came to contact the astronaut: 10:24 a.m. precisely (as planned). A hush fell over the room as Garland began the countdown. Loud static could

the privilege of asking two questions before time ran out.

To highlight some of the questions, Girl Scout Avery T. asked her what she is most excited for upon her return to Earth, to which Moghbeli responded, "My children, my husband, a shower with running water, and normal food."



Jennifer Garland of RCARC explains the process.

On the other hand, Elsa W., another Girl Scout, asked what Moghbeli will miss about space. Moghbeli replied that she would miss her six crewmates who she has grown close to, floating and flying around in space, and looking back at Earth from her vantage point.

Then, Girl Scout Edie B. asked for what advice Moghbeli would give to a girl wanting to be an astronaut, and she replied that space exploration is very challenging to get into and that failing is inevitable but failing is also OK. And realizing that

failure is OK is the best way to keep moving forward with your dreams.

Next, Leia B., another Girl Scout, asked if Moghbeli believes in life beyond Earth and the astronaut said she does. "There's just too much out there," she said.

Moghbeli continued to answer questions about what she does in her free time up in space, what she eats there, what the average workday looks like and if she would live on Mars.

Alyssa S. asked if she listens to music or podcasts in space. Moghbeli highlighted a few of her favorite artists she listens to: Hozier, Whitney Houston, and Stevie Wonder.

Much was learned in such a short time span. Each question was well-executed, and the process went smoothly. The room erupted into cheers once the Girl Scouts wished Moghbeli a safe return to Earth and signed off.

After the call, each Girl Scout was handed a special badge to commemorate what they accomplished. Then, each Girl Scout, all in high school, took to the microphone to briefly discuss how this event might inspire them to study science and/or space exploration.

"Through events like this and other STEM programs, Girl Scouts is committed to helping our future female leaders become better problem-solvers, critical thinkers and gain the confidence to turn their ideas into breakthrough inventions to help others," said Dr. Linda E. Farley, Chief Executive Officer, Girl Scouts Heart of Central California.

At the end of the day, it all comes down to helping young people see what they are capable of. Jasmin Moghbeli proved to the Girl Scouts that they can do anything they put their minds to...they can even go to outer space. ★

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Failing Our Newborns

She opened a business to deliver babies, then California policies drove her out of the country

By **Kristen Hwang**
CALMatters.org

Madeleine Wisner dreamed of making community midwife services available to all expecting parents regardless of their income when she opened Welcome Home Community Birth Center in south Sacramento.

But 451 births and five years later, Wisner is packing up her family and moving from California to New Zealand, where government policies are far more favorable to midwifery. She closed her birth center in October.

Wisner was the only licensed community midwife who took Medi-Cal patients in the greater Sacramento region, but she's leaving, she said, because it was impossible to sustain the birth center. Insurance refused to pay two out of every three claims she submitted for services including prenatal visits, labor and delivery, at-home postpartum check ups, and lactation consultations, Wisner said.

"The entire system is not made for us," Wisner said. "I look at Medi-Cal as the standard of care, and midwives should be part of the standard of care."

Her experience and decision to leave reflects larger problems for California midwives highlighted in a new study released today from UC San Francisco's Osher Center for Integrative Health. It focuses on community midwives who work outside of hospitals but have licenses and training to perform much of the same reproductive care doctors provide to women with low-risk pregnancies.

The report warns that access to maternity care will worsen in California if the state does not increase the number of community midwives who are Medi-Cal providers at a time when hospitals are shutting down labor and delivery wards and maternal mortality is trending upwards.

Seventy-five community midwives are registered with Medi-Cal, according to data provided by the state. More than 1,000 nurse midwives are registered with Medi-Cal, but the majority of those providers work in hospitals and not in community settings, researchers said.

Outdated licensing requirements, tortuous state regulations and cumbersome insurance policies make it nearly impossible for community midwives to accept Medi-Cal patients, the UCSF report found.

Medi-Cal is the state's health insurance program for extremely low-income residents. It pays for 40% of all births statewide, and midwife care is a guaranteed benefit for expecting mothers.

On paper, the benefit includes community midwifery, which focuses on providing care close to where people live either at a birth center or in the home. But the reality is different, researchers and providers say.

"So many people who have taken Medi-Cal in the past have had to stop or close their practices, and so many people who want to have not been able to make it happen," said Ariana Thompson-Lastad, lead author of the study.

California's Momnibus' Act

The UCSF findings come at a time when the state is trying to make inroads against persistent maternal and infant health disparities, particularly among Black families. Statewide surveys show Black mothers are the most interested in alternative birth support through doulas and midwives, which have been shown to improve a variety of birth outcomes.

Doulas are birth workers who provide non-medical social and emotional support during and after pregnancy while licensed midwives are clinically trained professionals who can provide a range of independent reproductive care for low-risk moms and babies.

In an effort to chip away at



Midwife Madeleine Wisner evaluates Chloé Mick's belly during a maternal care consultation at Mick's home in Sacramento on Feb. 6, 2024. Photo by Miguel Gutierrez Jr., CalMatters



Midwife Madeleine Wisner uses a fetal doppler on Chloé Mick's belly during a maternal care consultation at Mick's home in Sacramento on Feb. 6, 2024. Wisner is listening to the fetal heartbeat. Photo by Miguel Gutierrez Jr., CalMatters



Midwife Madeleine Wisner speaks with Chloé Mick during a maternal care consultation at Mick's home in Sacramento on Feb. 6, 2024. Photo by Miguel Gutierrez Jr., CalMatters

inequities, state lawmakers passed the "California Momnibus Act" three years ago. It required Medi-Cal to cover postpartum care for a full year after birth — the period when most maternal deaths happen — and added doula benefits. In January, rate increases for California doulas made them the highest-paid in the nation.

But state regulations simply aren't designed to accommodate the services community midwives provide, UCSF researchers found.

For example, the Medi-Cal application until recently asked midwives to list a supervising physician even though licensed midwives are authorized to practice independently. Providers also said most community midwives conduct home visits during pregnancy and especially after birth, but Medi-Cal billing policies make it difficult to get reimbursed for services that happen outside of a clinical facility.

"The overarching policy issue for licensed midwives in California is that we continue to be regulated under a very dysfunctional arrangement," said Rosanna Davis, president of the California Association of Licensed Midwives.

Wisner, who served mostly Medi-Cal patients, said on average

insurance reimbursed just 17% of her costs — roughly \$1,451 out of \$8,500 for a full course of prenatal, birth and postpartum care — and frequently took months to pay her.

"We've had people have two or three babies with us before we get paid for the first one," Wisner said.

The state is trying to make improvements, said Holly Smith, co-lead of the California Midwifery Learning Collaborative, but the system is still "failing a lot of people." The midwifery learning collaborative is a five-state initiative aimed at improving access to midwife care. The state agency that oversees Medi-Cal recently joined, Smith said.

In an emailed statement, the Department of Health Care Services said it is working closely with the midwifery learning collaborative to help midwives "successfully navigate and work within Medi-Cal." The department is using a document drafted by the collaborative to "continue making program and policy improvements" on issues related to billing and applications, the statement said.

Midwives Could Help Fill Maternity Gaps

Large studies of birth center and

at-home birth outcomes show that when trained midwives care for low-risk patients, cesarean section and preterm birth rates decrease while breastfeeding rates and reports of satisfactory birth experiences increase. Severe outcomes and deaths of mother and baby are exceedingly rare and similar to the rates found in planned hospital births. UCSF researchers also found that community midwives see patients more frequently before and after birth and are able to catch complications early.

The majority of Medi-Cal births — more than 80% — are babies of color. They and their mothers suffer some of the worst infant

a maternity desert situation. Literally hospitals are closing, and birth centers will be a necessary strategy for that."

One Of Her Last California Patients

In a cozy house in Sacramento's Oak Park neighborhood, Wisner has Chloé Mick lie back on her couch while her kids and husband play outside. Wisner measures the length of Mick's uterus, and feels for the baby's position and they both listen to the baby's heartbeat. Mick is 25 weeks pregnant and tired.

"I feel the most depleted probably just from having two other children that I hope I have the inner strength to not get a bad attitude during the process and make it through," Mick tells Wisner.

Wisner responded, "Has it occurred to you that having a bad attitude is OK?"

Mick is planning a home birth, and Wisner assures her that going to the hospital would not be "giving up." It would be listening to her body's needs and responding appropriately. They make plans for what to do if the baby is breech or if Wisner's New Zealand visa comes before Mick gives birth. When Mick's second child was born, she was on Medi-Cal and Wisner was the only midwife who would take her.

"(The hospital) really feels like a business. You're in and out, and you don't have a rapport or relationship with them... It feels like your bodily autonomy is taken away," Mick said. "And then you look back, and you wish you had done things differently."

Wisner wishes her birth center's story had ended differently. Her practice finally had enough patient volume to maybe be sustainable, she said, but the other community midwives who worked with her didn't want to argue with Medi-Cal insurers day in and day out. Over the past five years, Wisner estimates she poured \$250,000 into the birth center to keep it open. It's a big reason why she's leaving California for another country where she'll make \$60,000 a year working four days a week with a team of other midwives.

"There was always this promise that the system would be reformed, you know, Medi-Cal is gonna get reformed," Wisner said. "I was really let down."

Supported by the California Health Care Foundation (CHCF), which works to ensure that people have access to the care they need, when they need it, at a price they can afford. Visit www.chcf.org to learn more. ★

and maternal health outcomes. Even though the state has made improvements overall, it has struggled to curb severe pregnancy complications and death among Black women and babies. Black women of all income levels are more than four times as likely as white women to die from pregnancy-related complications and their babies are nearly three times as likely to die within a year, according to state data.

Physicians deliver the vast majority of babies in California, and while the percentage of babies delivered by certified nurse midwives has increased slightly in the past decade most certified nurse midwives work in hospital maternity wards under doctors. Often when maternity services end, providers leave the area.

At least 46 hospitals have closed maternity wards since 2012, leaving a dozen counties without a single hospital delivering babies, a CalMatters investigation found.

Smith, with the midwifery learning collaborative, said historically state laws and policies have supported physician-only maternity care.

"It's not safe anymore to do that," Smith said. "We have



Dave Ramsey Says

new business, in addition to the time you spend at your current job. In my mind, you'd have a better chance of making it work if you bought an existing business with a manager already in place. That way, at least you wouldn't have to be so entrepreneurial and constantly involved in things like adjusting the business model, checking prices and dealing with customers.

Honestly? This idea isn't a lot like real estate at all. Real estate will run itself—for the most part—once you find a tenant. Also, the number of hours you'd have to put into selling real estate on the side is nothing like the time you'd spend getting a new business off the ground.

Here's the deal, Victor. The secret ingredient to your small business success is you. You are the ideas, the passion and the energy. The problem with your plan is that you are only a small part of the equation. Franchises and chains try to train this kind of stuff into people with pep talks and other forms of motivation, but when something's your

baby, it's really your baby. You're going to do your best, days, nights and weekends, to grow it properly. You're going to worry over it constantly, and treat it almost like it's your very own child.

I love your entrepreneurial spirit, but I'm sorry, Victor. I just don't like this plan. It sounds like your idea is to swing by once in a while, eyeball things and crunch a few numbers. And if that's the case, I wouldn't waste my time or money if I were you. You'd probably benefit your community more by just giving what you'd invest in the venture to a good charity.

—Dave

Dave Ramsey is an eight-time national bestselling 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 Ramsey Solutions ★

If You're Not Going All In, Stay Out

Dear Dave,

I have an idea for a small business I think would be a huge success in my area. How do you feel about me keeping my current day job, and hiring a full-time manager for the business to handle the day-to-day operations, while I do the accounting and oversee things? If it doesn't break even or better, I can always close it. In my mind, I equate my plan to being like selling real estate on the side, while keeping my regular, full-time job. What are your thoughts?

—Victor

Dear Victor,

To be honest, I don't think there's a high likelihood of success using this model. Unless, of course, you're willing to devote 40 to 50 hours a week to this

Ask DR. UNIVERSE

Why does milk cure the spicy feeling in your mouth after you eat something spicy but water doesn't? – Eloise, 10, Minnesota

Dear Eloise,

My work as a science cat has introduced me to human foods—like chips and salsa. I love the spicy taste of salsa, but I always keep a saucer of milk handy.

I talked about why milk calms the spicy feeling with my friend Emily Cukier. She's a chemistry librarian at Washington State University.

She told me that the spicy feeling comes from something called capsaicin. The amount of capsaicin in a pepper determines how hot it is.

When you bite a hot pepper, little bits of capsaicin stick to special proteins that sit on the nerve cells on your tongue. The proteins are called receptors.

"When capsaicin binds to its receptor, the receptor opens up and tells the nerve cell to fire," Cukier said. "That sends a signal to your brain where it's interpreted as heat and irritation."

One way to stop the spicy feeling is to unstuck the bits of capsaicin from the receptors. But capsaicin doesn't mix well with water. No matter how much water you chug after eating hot peppers, the water will just slosh over the receptors. It won't wash away the capsaicin.

But milk has two things water doesn't have: fats and a protein called casein. That protein attracts capsaicin like catnip. If the protein is around, the bits of capsaicin will hop off the receptors. The protein forms globs around the capsaicin. It's like how soap forms globs around dirt and grease when you wash your hands. Then, the protein and fats in milk work together to wash away the capsaicin.

Once all the capsaicin has left your receptors, the "spicy" signal to your brain stops.

Cukier told me that another way to deal with the spicy feeling is to eat dry, rough foods. Like crackers or chips.

"Those foods will produce different sensations in your mouth that can distract your brain from the spiciness," Cukier said. "That's why they're often served with spicy foods."

Like my chips and salsa.

So, why don't we just avoid foods that hurt? It turns out the spicy signal also causes your brain to release endorphins—sometimes called "happy hormones." They're the same chemical signals your brain releases when you play or hug someone you love.

So, capsaicin can make us feel good at the same time it makes us feel a little bad.

Eating lots of spicy food could make you less sensitive to it, too. Over time, your tongue can adjust to having lots of capsaicin around. The nerve cells slurp in some of the receptors so they're no longer poking out of the cells. That means there are fewer places for capsaicin to stick—and less of that spicy feeling.

Maybe that's why, after years of living and eating with humans, salsa makes me pep-purr.

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Michael is a native of Pennsylvania and a veteran of the United States Coast Guard. He is a court qualified expert witness in New York, New Jersey, Pennsylvania, and Virginia. He is a national genealogical lecturer and instructor and is a faculty member at Salt Lake Institute of Genealogy, Genealogical Research Institute of Pittsburgh, and the Institute of Genealogical and Historical Research where he coordinates the military history and research courses. Michael was the film historian for the 2015 Academy Award nominated movie *Finding Vivian Maier*. He has been a Civil War reenactor for more than 25 years.

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Social Security Matters

About Medicare's Dreaded "IRMAA" Provision



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: My wife is on Medicare and receiving Social Security benefits each month. We built a house and used money from our investments to pay for it. We knew we would pay taxes on that withdrawal, but my wife got a letter from Social Security saying that because the money we withdrew was listed as income, her 2024 Medicare premium went up over \$500. And since Medicare is taken out of her Social Security, that results in a \$6,000 loss to our budget.

Is there anything that can be done about this situation? We sent a letter to Social Security, but they responded that unless her situation was one of only a few categories (loss of house, divorce, etc.) nothing could be done for the year.

The money was used strictly on another investment - our new house. It wasn't like we took it out and spent it wildly. Can you please advise? **Signed: Frustrated Homeowner**

Dear Frustrated: Unfortunately, it sounds like your wife is a victim of the Medicare provision

known as "IRMAA" - the "Income Related Monthly Adjustment Amount." Each person's Medicare Part B premium (coverage for outpatient healthcare) is determined yearly from their income from all sources as reported to the IRS two years prior. IRMAA sets income thresholds, depending on your IRS filing status, and if those thresholds are exceeded you must pay a higher Medicare Part B premium (and also a higher Part D premium if you have prescription drug coverage).

Assuming you file your taxes as "married/jointly," if your combined 2022 income as a couple was between \$206,000 and \$258,000 your wife's 2024 Part B premium is \$244.60 (instead of the standard \$174.70); if your combined 2022 income was between \$258,000 and \$322,000 then your wife's Part B premium for 2024 is \$349.40; if your combined in 2022 was between \$322,000 and \$386,000, her Part B premium is \$454.20; if your combined 2022 income as a married couple was between \$386,000 to \$750,000 then your wife's 2024 Part B premium is \$559; and if your 2022 income as a married couple was over \$750,000 your wife's Part B premium is \$594. If your wife also has private Part D prescription drug coverage, IRMAA also increases those premiums. Note that the IRMAA thresholds are different for other income tax filing statuses.

As the Social Security office has already explained, you could appeal your wife's IRMAA premium increase if she had a "life changing event," but the list of acceptable life changing events is quite small (see form SSA-44). The only good news is that your wife's Medicare premium will be calculated anew for next year, so her Medicare premium for 2025 will - if your 2023 joint income is less than the first IRMAA threshold - revert to the standard 2025 premium.

FYI, it doesn't matter what you used the money for. Your withdrawal was reported to the IRS as taxable income, which is what caused IRMAA to apply to your wife's Medicare premium for 2024. Many people don't realize that Medicare premiums are higher for those with a higher income, but since your withdrawal was a one-time event, your wife's Medicare Part B premium next year should be much less and her Social Security benefit correspondingly higher.

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. ★

Sacramento, California's Capital, Is Also The Capital Of Official Sneakiness



By Dan Walters,
CALMatters.org

Sacramento is California's capital, but that distinction is quickly being overshadowed by the city's penchant for official sneakiness.

City officials' hide-the-pea tendencies first became obvious in December when the city council, after adjourning its regular meeting, reconvened for a special meeting to ratify new contracts with two employee unions.

Then, without any advance notice, it voted to give City Manager Howard Chan, already the state's highest paid city administrator, and several other top officials hefty salary raises.

Doing so was a blatant double violation of California's Brown Act, which requires local governments to do their business openly. One section of the law requires 24-hour public notice of special meetings and another bars local governments from considering salary increases for their executives in special meetings.

Moreover, the council voted for those raises even though Chan and other city officials knew that Sacramento had a \$50 million hole in its budget, although that was not publicly announced

until a month later.

The Sacramento Bee blew the whistle on the illegal meeting and the city quickly retrenched. "The city agrees that an item regarding the salaries of its charter officers should be voted on at a regular meeting of the council," city spokesman Tim Swanson told the Bee. "The city will bring this item back at the next regular meeting of the City Council on Jan. 9."

When the \$50 million deficit was finally revealed in January, Chan said it resulted from union contracts and other spending that outstripped revenues.

"What you all approved we can't afford," Chan told the council. "It's not sustainable." He ordered city departments to freeze hiring, travel and purchases to save money.

The obvious implication is that Chan and other officials wanted to lock down their salary increases before revealing the big gap in city finances.

However, it was not the only example of municipal sneakiness.

This month, after materials for the March 5 election were distributed to voters, Sacramento's small businesses and professional service providers were surprised to learn that a city-sponsored ballot measure, if passed, would increase their city business license fees by 70%.

Why, one might wonder, were those affected by the fee increase so surprised?

It turns out that the city council, with little discussion, had voted to place Measure C on the ballot way back in November, but

city officials failed to honor a provision of the city charter requiring that a notice of the action be published in the city's official newspaper within 10 days.

In fact, it didn't publish it until Feb. 7, much too late for opponents to submit ballot arguments against it, and "only after The Bee Editorial Board had repeatedly requested a copy," the newspaper reported.

There are late-blooming efforts by business groups to mount a campaign against Measure C, the Bee has editorialized that it should be rejected due to the sneaky process and if it passes, its validity will certainly be challenged in court.

City officials continue to insist that the delay in publication was an innocent mistake that should not invalidate the measure because the city published it on its own website.

During a city council meeting this month, Mayor Darrell Steinberg acknowledged the error but insisted "it was not a mistake ... that in any way was attempting to mislead, and I think the best evidence of that, again, is the fact that the ordinance and the deadlines for filing the arguments were published online the very same night."

The message to Sacramentans from these two incidents is that sneakiness is now official policy and they cannot rely on its officials to reveal what they are doing.

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

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Kings Korner

By V.G. Harris



The home stretch has officially begun, and your Sacramento Kings are 3-0. Wins over the world champion Nuggets for the third straight time this season, along with solid victories over San Antonio and the Clippers, have the Kings riding high.

After suffering losses to the Thunder and the Suns prior to the break, rattling off three straight wins is just the elixir the Kings were hoping for.

Right now, this team looks like world beaters, so what created this consistency that has provided three wins in a row?

Defense is #1, followed by a lot of energy. Collectively, the Kings are playing better and more intense defense, and it is obvious.

We've talked about Davion Mitchell's presence, but others are stepping up and making a difference. Most notably, De'Aaron Fox and Keegan Murray.

De'Aaron has taken a chapter out of Mitchell's book, and Sunday's win over a very good Clippers team was highlighted by the intense defense Fox took to James Harden. Fox was like a ubiquitous wet blanket, and Harden had one of his worst performances of the season.

Mr. fourth quarter, De'Aaron Fox, and Mr. Triple-Double Domantas Sabonis are the undeniable leaders of this team, and they are as self-deprecating as it comes.

I hear talk about Fox and his fourth-quarter scoring, and Sabonis leading the league in rebounds and triple-doubles, but is anyone stopping for just a moment to relish the combination of these two gladiators? I am, and I'm enjoying every moment. They complement each other and make each other better. It's fun to watch these two run the court together.

In Sacramento Kings history, there has been no one that has played the five position, with the excellence and all-star capability, as we have witnessed with Domantas Sabonis. Domantas will never toot his own horn, and the closest you're likely to see is when he will occasionally

puts down a thunder dunk. This is a very strong man, and when Domantas wants to dunk the basketball, they should probably check it to make sure it's not out of round!

Fifth pick overall, DeMarcus Cousins, had a total of 9 triple-doubles in his entire career, while should-be all-star Domantas Sabonis has a league leading 20 this season alone.

I am enjoying this team! Even more than last year's squad, and it's because this team appreciates what each team member brings to the team and the floor every night.

Against the Clippers Mitchell hoisted two pretty threes that came at just the right time, adding to the defensive effort he was bringing on the other end of the court.

Much-maligned Harrison Barnes, finally throwing off trade rumors, provided an electric 22 points, and played well at both ends of the court. If Harrison can bring a little more consistency to the final stretch, look for the Kings to hold onto the #5 spot or even move up!

Harrison isn't getting any younger, and now is the time to make his experience and presence felt.

Huerter is showing some of the brilliance of last year that earned him a starting spot nearly every game this season. His 15 points along with Malik adding 12 of his own, were needed as the Kings hunkered down in the fourth quarter and played tough D.

I can't leave out the contribution by Chris Duarte whose four points and two rebounds doesn't tell the tale. His defense added a spurt that was immediately evident in the win over the Clippers.

I admire the way the Kings came into the Clippers' house, and shaking off two earlier losses to L.A., the Kings played a full four quarters, never leaving in doubt what the outcome would be. A huge win, and one that many didn't see coming. Welcome to our surprising Sacramento Kings, and please enjoy this team!! ★



Dare to Live Without Limits

by Bryan Golden

The Things You Avoid are Sources of Potential Strength



People avoid certain things for a variety of reasons. Fear is a significant cause of avoidance. It could be fear of failure, fear of criticism, or fear of hurt. Difficulty is another reason people avoid something. It's much more appealing to take the path of least resistance than to struggle. Lack of time is also used to justify avoidance. An easy way out is to say you're too busy.

Regardless of the reason, whenever you avoid something, you deprive yourself of an opportunity to grow and become stronger. When you develop a behavior pattern of constant avoidance, you forfeit an active role in your life in exchange for a passive one.

Suppose you want to improve your physical condition. You will have to exercise, which is a lot of work. It's certainly easy to avoid exercise by sitting on the couch watching TV. You can tell yourself you'll start tomorrow. Or you can use the excuse of not having enough time.

The bottom line is that you will not get in shape until you start working out. Exercise is effective because it forces your muscles to be active. By avoiding it, you gain nothing. The longer you avoid it, the longer it will take you to get in shape.

Avoidance may come into play when you want to go back to school. There are many job opportunities available only to those with a college degree. If you are interested in pursuing such a career path, but don't have the necessary schooling, it is incumbent for you to obtain the required credentials.

It's normal to be tired at the end of a day of work. The most appealing option is to go home and relax. It takes a lot of time to go to class and then put in many hours studying. That's why many people avoid continuing their education.

You won't benefit from an education unless you do whatever it takes to get one. Although many successful people have a limited formal education, education is never a limitation. An education is an example of something people avoid although it would make them stronger.

A person may avoid personal responsibility by maintaining a dependence on

others. One can become deluded into a false sense of security believing someone else will take care of them. The someone else can be an employer, the government, a parent, a spouse, a friend, or any other person.

When you presume someone else is responsible for your well being, you can never be at fault for anything that goes wrong. It's then easy to assign blame for your predicament. However, those who look into the mirror and take personal responsibility for their situation, have much more strength to solve problems and overcome adversity.

People who assume personal responsibility don't blame others, rather they seek to discover the cause of a problem and fix it. Personal responsibility can be scary, but the benefits are substantial. Those who take personal responsibility have direct control over the quality of their lives.

Surprisingly, there are people who will avoid persistence by giving up at the first sign of adversity. They erroneously assume they have failed and are therefore justified in abandoning their quest. Future failures can then be avoided by not attempting anything new.

When you don't avoid persistence, you pick yourself up whenever you stumble and keep going. In so doing, you have the strength to overcome obstacles and ultimately succeed.

Next time you are tempted to avoid something, first consider what you may be losing through your avoidance. You will become much stronger and have a more rewarding journey by embracing challenges rather than evading them.

Life doesn't stand still and neither should you. Welcome the ifs as an opportunity to live the way you want to.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. ©2024 Bryan Golden ★

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LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 - September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 - March 12, 2020
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 - March 21, 1988

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00757
Dexter Distribution Group LLC, 2300 Cabot Drive Suite 150, Lisle, IL, 60532 is doing business under the Fictitious Business Name(s) "Wholesale Trailer Supply" 1470 Vinci Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 29, 2024
Publish: Feb 9, 16, 23, March 1, 2024
WHOLESALE 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00822
Gaskin-McPherson LLC, 657 Tarryton Isle, Alameda, CA 94501 is doing business under the Fictitious Business Name(s) "Regalia Crest Apartments, 3536 Watt Avenue" 3536 Watt Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 31, 2024
Publish: Feb 9, 16, 23, March 1, 2024
REGALIA 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00310
Kellie Velasquez and Carlos Velasquez, 7612 Zephyr Hills Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Palette Cakes" 7901 Fair Oaks Boulevard Suite C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 10, 2024
Publish: Feb 9, 16, 23, March 1, 2024
PALETTE 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00403
Pamela Willow, 1125 Los Robles Boulevard #A, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Real Brand Marketing" 1125 Los Robles Boulevard #A, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 12, 2024
Publish: Feb 9, 16, 23, March 1, 2024
REAL 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09518
Café Diem LLC, 2359 Jay King Walk, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Ca Phe Diem" 2359 Jay King Walk, Sacramento, CA 95818. Filed with the Clerk of Sacramento County December 29, 2023
Publish: Feb 9, 16, 23, March 1, 2024
CAFE 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00506
Tycoon Management Group LLC, 901 H Street Suite 120, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "The Organic Loose Leaf" 901 H Street Suite 120, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 19, 2024
Publish: Feb 9, 16, 23, March 1, 2024
ORGANIC 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09475
Harjinder Kaur, 1501 E. Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Capital Grocery" 1501 E. Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 28, 2023
Publish: Feb 9, 16, 23, March 1, 2024
CAPITAL 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00754
Big Bay/B Records LLC, 4500 Tynebourne Street Apt #303, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Big Bay/B Records LLC/Big Bay/B" 4500 Tynebourne Street Apt #303, Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 29, 2024
Publish: Feb 9, 16, 23, March 1, 2024
BIG 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00053
Sandie Moreno, 5915 Spring Glen Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Caring Mobile Phlebotomy" 5915 Spring Glen Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Feb 9, 16, 23, March 1, 2024
CARING 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00262
WD Investment Company LLC, 9494 Vallejo Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "B & L Properties/5th Street Apartments" 9494 Vallejo Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 9, 2024
Publish: Feb 9, 16, 23, March 1, 2024
B&L 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00848
Blo Investments Inc, 4541 Woodhawk Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Melas Auto Sales" 4541 Woodhawk Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County February 1, 2024
Publish: Feb 9, 16, 23, March 1, 2024
BLOO 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00033
Ex-Cell Auto Group, LLC, 6385 Auburn Boulevard Suite B-7, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Ex-Cell Auto Group, LLC" 6385 Auburn Boulevard Suite B-7, Citrus Heights, CA 95621. Filed with

the Clerk of Sacramento County January 2, 2024
Publish: Feb 9, 16, 23, March 1, 2024
EX 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00042
Foxborough LLC, an Oregon limited liability company, 5800 Meadows Road Suite 240, Lake Oswego, OR, 97035 is doing business under the Fictitious Business Name(s) "Foxborough Apartments" 7795 Antelope Road, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Feb 9, 16, 23, March 1, 2024
FOXBOROUGH 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09515
Hadi Pizza, Inc, 612 E. Bidwell Street Suite B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pizza Guys" 612 E. Bidwell Street Suite B, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 29, 2023
Publish: Feb 16, 23, March 1, 8, 2024
HADI 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00659
Rosenquist Consulting LLC, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Cybersecurity Insights/cybersecurityinsights.us" 2108 N Street Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 25, 2024
Publish: Feb 16, 23, March 1, 8, 2024
CYBERSECURITY 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00955
Tiffany Laurel Gordon, 7541 Franklin Boulevard #5, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Calz R-US" 7541 Franklin Boulevard #5, Sacramento, CA 95823. Filed with the Clerk of Sacramento County February 5, 2024
Publish: Feb 16, 23, March 1, 8, 2024
CALLZ 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00965
Earthquake Publishing LLC, 6231 Oak Valley Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Earthquake Publishing/Earthquake Writers Group" 6231 Oak Valley Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 6, 2024
Publish: Feb 16, 23, March 1, 8, 2024
EARTHQUAKE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00417
Jaime Rosas Rodriguez and Victoria Mejia, 4990 Del Norte Boulevard, Sacramento, CA 95820 are doing business under the Fictitious Business Name(s) "Sprinklers Landscape Management" 4990 Del Norte Boulevard, Sacramento, CA 95820. Filed with the Clerk of Sacramento County January 16, 2024
Publish: Feb 16, 23, March 1, 8, 2024
SPRINKLERS 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00919
Affordable Trenchless & Plumbing Inc, 4206 Barrett Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Affordable Trenchless & Pipe Lining" 8037 Fair Oaks Boulevard #109, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 2, 2024
Publish: Feb 16, 23, March 1, 8, 2024
AFFORDABLE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00862
Edvine, Inc, 6701 Almond Ave, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Almond Home Care" 6701 Almond Ave, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 1, 2024
Publish: Feb 16, 23, March 1, 8, 2024
ALMOND 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00909
Trade Key Virtual Media Inc, 11230 Gold Express Drive 310-160, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Sacramento Web Design Group/Sacramento Web Design" 11230 Gold Express Drive 310-160, Gold River, CA 95670. Filed with the Clerk of Sacramento County February 2, 2024
Publish: Feb 16, 23, March 1, 8, 2024
SACRAMENTO 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00896
TPA REI Group, Inc, 5716 Folsom Boulevard #115, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Plumfun Media" 8880 Cal Center Drive Suite 400-129, Sacramento, CA 95826. Filed with the Clerk of Sacramento County February 2, 2024
Publish: Feb 16, 23, March 1, 8, 2024
PLUMFUN 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00219
Barbara Fenton, 2641 Riverpine Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Barbie Elliot Designs" 2641 Riverpine Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 8, 2024
Publish: Feb 16, 23, March 1, 8, 2024
BARBIE 3-8-24

business under the Fictitious Business Name(s) "Pool Kings" 5339 Moody Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 6, 2024
Publish: Feb 16, 23, March 1, 8, 2024
POOL 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00798
Victory Investments, LLC, 25 Quinta Court B1, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Surface Solution" 25 Quinta Court B1, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 30, 2024
Publish: Feb 16, 23, March 1, 8, 2024
SURFACE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00751
Rubios Tacos and Grill LLC, 5825 Manzanita Avenue #1, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Rubio's Tacos & Grill" 5825 Manzanita Avenue #1, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 29, 2024
Publish: Feb 16, 23, March 1, 8, 2024
RUBIOS 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01014
Arshkeerat Inc., 5376 Calabria Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Rivera Mart" 907 Rivera Drive, Sacramento, CA 95838. Filed with the Clerk of Sacramento County February 7, 2024
Publish: Feb 16, 23, March 1, 8, 2024
RIVERA 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01072
Jennifer Ware, 3501 Bradshaw Road Space 8, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Creative Harmonies Holistic Healing" 3501 Bradshaw Road Space 8, Sacramento, CA 95827. Filed with the Clerk of Sacramento County February 8, 2024
Publish: Feb 16, 23, March 1, 8, 2024
CREATIVE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01075
Quinton Boucher, 1848 2nd Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Quinton Boucher, CPA" 1848 2nd Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County February 8, 2024
Publish: Feb 16, 23, March 1, 8, 2024
QUINTON 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00888
Carol McCoy, 3230 Arena Boulevard #245-171, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Top of Mind Recruitment" 2429 Laurel Clark Avenue, Sacramento, CA 95834. Filed with the Clerk of Sacramento County February 2, 2024
Publish: Feb 16, 23, March 1, 8, 2024
TOP 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01061
Justin Diston, PO Box 348498, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Gold Ticket 2024" 1573 Sandmark Drive, Sacramento, CA 95835. Filed with the Clerk of Sacramento County February 8, 2024
Publish: Feb 16, 23, March 1, 8, 2024
GOLD 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00910
Julie Vang, 801 Evans Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "JVL Beauty Salon" 2550 Valley Road #3, Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 2, 2024
Publish: Feb 23, March 1, 8, 15, 2024
JVL 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01030
Ride Share Admin Services LLC, 2108 N Street Suite C, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "OPOLI" 2108 N Street Suite C, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 7, 2024
Publish: Feb 23, March 1, 8, 15, 2024
OPOLI 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01115
Amanpreet Singh Chahal and Sarbjot Kaur Deol, 3998 Audris Way, Rancho Cordova, CA 95742 are doing business under the Fictitious Business Name(s) "Cold Stone Creamery" 2070 Fair Oaks Boulevard Suite 120, Sacramento, CA 95825. Filed with the Clerk of Sacramento County February 9, 2024
Publish: Feb 23, March 1, 8, 15, 2024
COLD 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00839
Rafre, Inc., 6732 Lincoln Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fred's Total Service Co." 6732 Lincoln Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 1, 2024
Publish: Feb 23, March 1, 8, 15, 2024
FREDS 3-15-24

95630. Filed with the Clerk of Sacramento County February 6, 2024
Publish: Feb 23, March 1, 8, 15, 2024
FLOORING 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01205
Amarjeet Garcha, Po Box 2039, Folsom, CA 95763 is doing business under the Fictitious Business Name(s) "Folsom Landscape Maintenance" 6228 Main Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 15, 2024
Publish: Feb 23, March 1, 8, 15, 2024
FOLSOM 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01177
Makarios Home Care, LLC, 8134 Donnanwood Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Makarios Home Care, LLC/Makarios Care Facility" 8134 Donnanwood Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 14, 2024
Publish: Feb 23, March 1, 8, 15, 2024
MARKARIOS 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00928
Brad Schultz, 7610 Community Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Britech/Britech Appliance Repair/Britech Carpet/Britech Sound" 7610 Community Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County February 5, 2024
Publish: Feb 23, March 1, 8, 15, 2024
BRITECH 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01196
Jemuel Johnson, 2600 Lunar Lane Apt 3, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Disasterkit Press" Jemuel Johnson, 2600 Lunar Lane Apt 3, Sacramento, CA 95864. Filed with the Clerk of Sacramento County February 15, 2024
Publish: Feb 23, March 1, 8, 15, 2024
DISASTERKIT 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01171
Yegor Lyashenko, 7820 Daffodil Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "LYKO Design Build" 7820 Daffodil Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County February 14, 2024
Publish: Feb 23, March 1, 8, 15, 2024
LYKO 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01148
Rajinesh Chand, 3243 U Street, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "One Step Smog Check" 2590 Valley Road, Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 13, 2024
Publish: March 1, 8, 15, 22, 2024
ONE 3-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01294
Hot Off The Griddle LLC, 1583 W El Camino Avenue, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Burger Bros" 1583 W El Camino Avenue, Sacramento, CA 95833. Filed with the Clerk of Sacramento County February 21, 2024
Publish: March 1, 8, 15, 22, 2024
BURGER 3-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00819
Julio Cesar Gonzalez-Fernandez, 6000 Landing Point Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "JG Flooring" 6000 Landing Point Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 31, 2024
Publish: March 1, 8, 15, 22, 2024
JG 3-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01236
Thomas Emerson, 4022 Sunrise Boulevard Suite 120 #298, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "A Perfect View Landscape" 4022 Sunrise Boulevard Suite 120 #298, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County February 16, 2024
Publish: March 1, 8, 15, 22, 2024
PERFECT 3-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01060
Paw-sabilities Unlimited, LLC, 1401 21st Street Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "The Dawg House" 1401 21st Street Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County February 8, 2024
Publish: March 1, 8, 15, 22, 2024
DAWG 3-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01244
David Ivan Najera Guerrero, 7300 Rutherford Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Kaiju Automotive Repair" 7300 Rutherford Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County February 16, 2024
Publish: March 1, 8, 15, 22, 2024
KAJU 3-22-24

Events" 5557 White Fir Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County February 13, 2024
Publish: March 1, 8, 15, 22, 2024
CALI 3-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01080
Rudolph O. Del Real, 339 Rivertree Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "R & R Construction" 339 Rivertree Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County February 8, 2024
Publish: March 1, 8, 15, 22, 2024
R&R 3-22-24

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001401

Anton, Valeryevich Kagunkin has filed a petition with this court for a decree changing the name(s) of Anton, Valeryevich Kagunkin to Anton, Russ Magdalin.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 1, 2024, 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: January 26, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: Feb 9, 16, 23, March 1, 2024
ANTON 3-1-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001398

Suzannah May Amable aka Suzannah May Berrigan has filed a petition with this court for a decree changing the name(s) of Suzannah May Amable aka Suzannah May Berrigan to Suzannah May Sweeney.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: January 26, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 9, 16, 23, March 1, 2024
SUZANNAH 3-1-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001277

Thao Thi Thu Rodriguez has filed a petition with this court for a decree changing the name(s) of Thao Thi Thu Rodriguez to Thao Thi Thu Nguyen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: January 24, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 9, 16, 23, March 1, 2024
THAO 3-1-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001528

Guy Preston Kimbrell has filed a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 16, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: January 30, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 9, 16, 23, March 1, 2024
GUY 3-1-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001204

Draid Samir Albert and Shaylene Cornelison has filed a petition with this court for a decree changing the name(s) of Draid Samir Albert to Draid Samir Batta and Samiya Anne Albert to Samiya Ann Batta.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 9, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: January 24, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 9, 16, 23, March 1, 2024
ALBERT 3-1-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV001436

Willie De'Chon Kinsey Sr. has filed a petition with this court for a decree changing the name(s) of Willie De'Chon Kinsey Sr. to El Imothus Hati Nofre Ahk Alim Bey.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 23, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: January 8, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 16, 23, March 1, 8, 2024
WILLIE 3-8-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001402

Olena Holovko has filed a petition with this court for a decree changing the name(s) of Olena Sergeyevna Holovko to Olena Walters and Polina Holovko to Polina Walters.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: January 26, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 16, 23, March 1, 8, 2024
OLENA 3-8-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV002200

Gerome Amog has filed a petition with this court for a decree changing the name(s) of Gerome Amog to Gerome Corpus Guevarra.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 28, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: February 5, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Feb 16, 23, March 1, 8, 2024
AMOG 3-8-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV002730

Avinash Tuta and Kavyalakshmi Vintha has filed a petition with this court for a decree changing the name(s) of Charvikreddy Tuta to Charvik Tuta.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 23, 2024, 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: February 8, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: Feb 16, 23, March 1, 8, 2024
TUTA 3-22-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV001191

Jesus Daniel Resendez has filed a petition with this court for a decree changing the name(s) of Jesus Daniel Resendez to Quentin Lemieux.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 30, 2024, 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: January 24, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: March 1, 8, 15, 22, 2024
RESENDEZ 3-22-24

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE

California Continues to Expand Hydrogen-Powered Passenger Rail Fleet



One of the new rail fleets traveling through the countryside. Photo courtesy of Caltrans

Caltrans News Release

SACRAMENTO, CA (MPG) - Caltrans today announced a \$127 million agreement with Stadler Rail, Inc. for six more zero-emission, hydrogen-powered passenger trainsets, building upon an earlier order to deliver the first four hydrogen-powered intercity trainsets in North America, furthering California’s standing as a world leader in clean transportation.

The trains will help California adapt to climate change by strengthening the state’s zero-emission passenger rail capabilities. The first trains are expected to enter revenue service in 2027. The trainset design will make them more efficient, lighter weight and more affordable than traditional locomotive-hauled coaches.

The purchase is funded through Governor Gavin Newsom’s historic \$10 billion, multiyear zero-emission vehicle package, which included \$407 million for the California State Transportation Agency (CalSTA) to purchase or lease state-of-the-art clean bus and rail equipment and

infrastructure.

The first trains will operate between Merced and Sacramento on the future Valley Rail service – an expansion of the existing Altamont Corridor Express (ACE) and Amtrak San Joaquins services that will eventually connect with the first section of California’s high-speed rail service. The trains will also be demonstrated on corridors throughout the state in coordination with intercity and regional rail partners. With this option order, there are 19 option trainsets remaining on the base contract that Caltrans signed with Stadler in October 2023.

“California continues to lead the way to a cleaner, more connected transportation system,” said California Transportation Secretary Toks Omishakin. “By expanding our fleet of hydrogen-powered passenger trainsets, we are showing we are serious about deploying innovative and sustainable transportation options for the people of this state.”

“These clean-energy trains are the future,” said Caltrans Director Tony Tavares. “California is

building a climate-resilient transportation system that will help every community move around the state in a safe and sustainable way.”

The vehicles will be based on Stadler’s successful Fast Light Intercity and Regional Train (FLIRT) concept, extending work done with the San Bernardino County Transportation Authority to develop self-powered multiple-unit trains using zero-emission hydrogen fuel cells without the need of a separate locomotive.

“We are very proud to be providing additional hydrogen trains to the California State Transportation Agency and Caltrans. With our multiple units, we are jointly driving the decarbonization of rail transportation in the U.S.,” said Stadler CEO Martin Ritter. “We thank CalSTA and Caltrans for their trust and look forward to deepening our partnership.”

California continues to build momentum in its nation-leading effort to harness clean renewable hydrogen power, critical to cutting planet-warming pollution and expanding the clean energy economy statewide. Caltrans’ purchase of the first four trainsets in October came one day before the U.S. Department of Energy announced California will receive up to \$1.2 billion as one of the country’s hydrogen hubs to accelerate the development and deployment of clean renewable hydrogen. ★

It Costs \$18,441 for a Hospital Stay in California

Charlotte Green, Digitaloft News Release

SACRAMENTO REGION, CA (MPG) - A new study reveals the most expensive states for a hospital stay and the most common reasons for those stays.

The research, conducted by Universal Drugstore, looked at the average cost of a hospital stay in each state to determine the most expensive states for a stay. The study also uncovered the most common reasons for a hospital stay.

California is the most expensive state for a hospital stay. On average, by staying for 4.6 days, patients can expect to pay an astronomical \$18,441, equating to just over \$4,000 daily. Despite the high prices, the sunny state has various hospitals for residents to consider, including Cedars-Sinai Medical Center and UCLA Medical Center. Each hospital is ranked nationally in multiple specialties with high-performing procedures and conditions.

Oregon is the second most expensive state for a hospital stay. It’s a top visitor location known for its diverse landscape, scenic forests, and beautiful lakes. However, when it comes to its healthcare, Oregon is one of the most expensive states in the US, averaging around \$18,336 to afford a typical 4.6-day hospital stay. There are plenty of hospitals in and around the state, including OHSU Hospital, which has been described as Oregon’s leading academic medical center, offering advanced treatments and expert care.

Washington state is also one of the most expensive places for a hospital stay. An average stay of just under five days in Washington can cost as much as \$17,753, equating to more than \$3,800 per day in

hospital fees. If you are looking for specialized hospital care, Inova Fairfax Hospital and MedStar Washington Hospital Center have numerous medical specialties. From complex care to common procedures and conditions such as knee replacement and heart failure.

The most common reasons for hospital stays:

- 1-Septicemia
- 2-Heart failure
- 3-Osteoarthritis
- 4-Pneumonia (except that caused by tuberculosis)
- 5-Diabetes mellitus with complication
- 6-Acute myocardial infarction
- 7-Cardiac dysrhythmias
- 8-COPD and bronchiectasis
- 9-Acute and unspecified renal failure
- 10-Cerebral infarction

Septicemia, also known as sepsis, is the clinical name for blood poisoning by bacteria; surprisingly, it is the most common reason for hospital stays in the United States, with a shocking rate of over 2.2 million. Sepsis is a life-threatening infection that requires urgent medical treatment.

Another primary reason for hospital stays across the US is heart failure. This typically happens when the heart cannot adequately pump blood around the body, especially when it has become weak. In the United States, a staggering 1,135,900 hospital stays resulted from heart failure in 2018.

With more than 1.1 million hospital stays, osteoarthritis is one of the most common reasons for visiting the hospital in the US. The condition causes joints to become painful and stiff. It is also one of the most common types of arthritis. ★

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*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988*

NOTICE OF PETITION TO ADMINISTER ESTATE

March 28, 2024, 1:30 p.m. in Dept 129, Room 214; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Tabitha E. Thompson, 8662 Farewell Court, Elk Grove, CA 95624; 916-730-3947
Publish: Feb 23, March 1, 8, 2024
COLEMAN 3-8-24

notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court as follows March 19, 2024, 1:30 p.m. in Dept 129, Room TBD; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Chelsea Clement, 6944 Beach Avenue, Orangeville, CA 95662; 916-390-3231
Publish: Feb 23, March 1, 8, 2024
CLEMENT 3-8-24

ACHILLES DAVIS, JERMAINE DAVIS, JR., KEIARA DAVIS-CHAPPELLE
Your Hearing Date: (Court Date) Original Court date of January 5, 2024
A request to reschedule the court date was granted. Your court date is rescheduled for the day and time listed below.
Date: March 22, 2024 Dept: 130, Time: 8:30 am
Name and address of the Court: Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95926
Publish Feb 23, March 1, 8, 15, 2024
CHAPPELLE 3-15-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF DAVID ROBERT BIEDERMAN
CASE NO. 24PR000415
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of David Robert Biederman.
A Petition for Probate has been filed by Mary Barr and Brent Biederman, in the Superior Court of California, County of Sacramento, requesting Mary Barr and Brent Biederman 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 March 27, 2024, 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
Publish: Feb 23, March 1, 8, 2024
CLEMENT 3-8-24

date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Mark F. Omellas, McKinley, Conger, Jolley & Galameau, LLP, 3031 W. March Lane Suite 230 West, Stockton, CA 95219; 209-477-8171
Publish: March 1, 8, 15, 2024
BIEDERMAN 3-15-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF LENA AMARIS CLARK SHARIAH
CASE NO. 24PR000014
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Lena Amaris Clark, Lena Amaris Clark Shariah.
A Petition for Probate has been filed by Monica Anne Clark Johnson, in the Superior Court of California, County of Sacramento, requesting Monica Anne Clark Johnson be appointed as personal representative(s) to administer the estate of the decedent.
A hearing on the petition will be held in this court as follows March 27, 2024, 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 want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Monica Anne Clark Johnson, PO Box 276562, Sacramento, CA 95827; 510-693-7516
Publish: March 1, 8, 15, 2024
SHARIAH 3-15-24

SUMMONS
SUMMONS (CITACION JUDICIAL)
CASE NUMBER:
34-2023-00336575-CL-CL-GDS
NOTICE TO DEFENDANT:
Chesean Enoch Reed, an individual, and does 1 through 10, inclusive
YOU ARE BEING SUED BY PLAINTIFF: Iver Capital Corporation.
NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.
You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.
There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede

decidir en su contra sin escuchar su version. Lea la informacion a continuacion.
Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.
Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.
The name and address of the court is: (El nombre y direccion de la corte es): Superior Court of California, County of Sacramento, 720 9th Street, Sacramento, CA 95814
The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Ali Nabavi, Esq., Coastal Law Firm, APLC, 4533 MacArthur Boulevard Suite 777, Newport Beach, CA 92660, 714-424-6300
Date: (Fecha) October 23, 2023
P. Lopez, Deputy (Adjunto)
Publish: Feb 9, 16, 23, March 1, 2024
IVER 3-1-24

NOTICE OF COURT HEARING AND TEMPORARY RESTRAINING ORDER JUVENILE ORIGINAL ORDER

CASE NUMBER: JD242750-4
Superior Court of California, County of Sacramento
William Ridgeway Family Relations Courthouse
3341 Power Inn Road
Sacramento, CA 95826
Protected Person: **SABRINA CHAPPELLE**
Person to be Restrained: **JERMAINE DAVIS, SR.**
Child's Name: **CHAPPELLE/DAVIS MINORS**
Other Protected People:
KAYLEE CHAPPELLE, RAELENN CHAPPELLE,

NOTICE OF HEARING

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Chelsea Clement, 6944 Beach Avenue, Orangeville, CA 95662; 916-390-3231
Publish: Feb 23, March 1, 8, 2024
CLEMENT 3-8-24

NOTICE OF HEARING

A Petition for Probate has been filed by Chelsea Clement, in the Superior Court of California, County of Sacramento, requesting Chelsea Clement 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 OF HEARING

notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court as follows March 27, 2024, 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
Publish: Feb 23, March 1, 8, 2024
CLEMENT 3-8-24

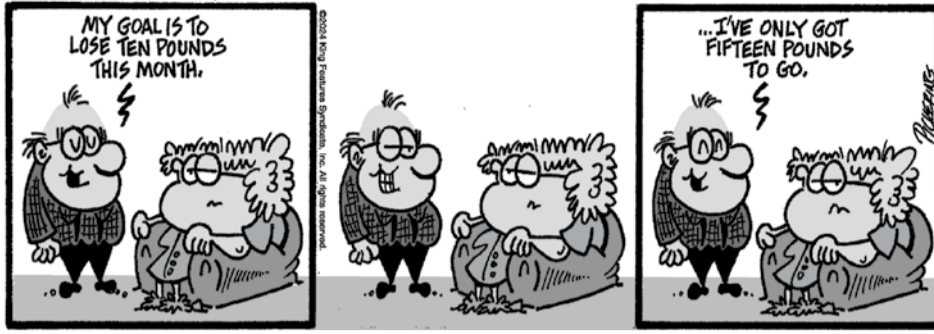
NOTICE OF HEARING

A hearing on the petition will be held in this court as follows March 27, 2024, 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
Publish: Feb 23, March 1, 8, 2024
CLEMENT 3-8-24

COMICS & PUZZLES

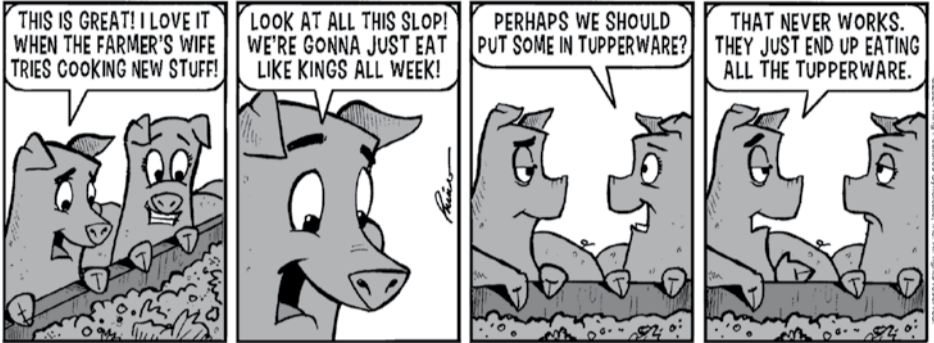
The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



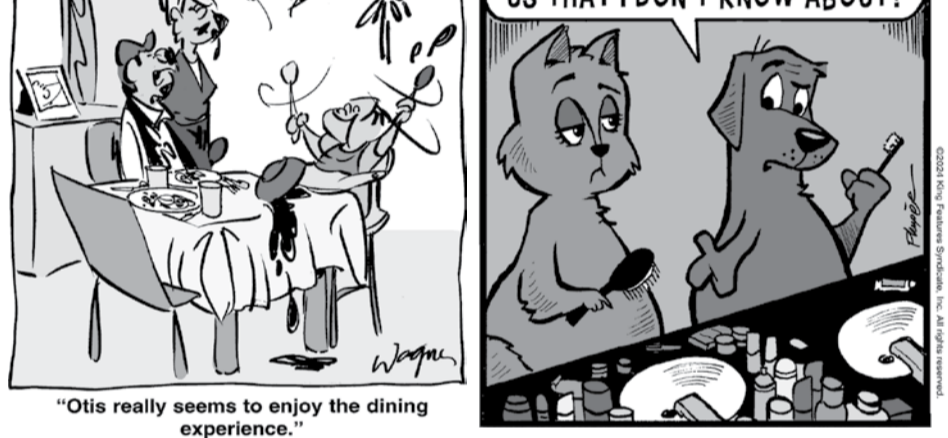
TIGER

by BUD BLAKE



Differences: 1. Bumper is different. 2. Shelf is lower. 3. Window is added. 4. Wax is moved. 5. Neckline is different. 6. Doorknob is different.

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CLUES

ACROSS

- Aggressive remark
- Pampering spot
- Wharton degree
- Light bulb, in comic book
- Burn to a crisp
- Size option
- Cameron of "There's Something About Mary"
- Fabled racer
- Take care of debt (2 words)
- *He wore a white leisure suit on the dance floor
- It can be pleasant or unpleasant
- Buenos _____
- Dove's sound
- *She wore a white dress above a subway grate
- Get house ready for living
- Rap sheet acr.
- Famous fictional canine
- Brussels org.
- Not Astro turf
- Take the gold
- Certain cigarette
- Speed of object divided by speed of sound
- Lord's subordinate
- Ann Patchett's novel "_____ Canto"
- Made by Bayer
- Friskily
- Long period of time
- Repeat, in music
- Cough syrup balsam
- *She wore a meat dress
- What cobbler does
- Good's foe?
- Muddy road grooves
- Waltz, in France
- White House "sub"
- Red light action
- Layer
- Marching insect
- Sports award

DOWN

- Ebay click
- Miners' passage
- *Kim Kardashian exposed it on the cover of Paper in 2014
- *Harper's _____, famous fashion magazine, launched in 1867
- Fossil fuel rock deposit
- Fractions
- Atlas stat
- Egg salad ingredient
- View from high-speed train?
- High mountain
- Uncontrollable movement disorder
- Animal trail
- *Singer who sported a cone bra
- Viola da Gamba, pl.
- Pool tool
- Molten rock
- Southern cuisine pods
- Civil rights org.
- Jimmy Buffet: "You got _____ to the left..."
- Many iambs
- Iron/carbon alloy
- *Gleefully of little black dress and sunglasses fame
- Tchaikovsky's fowl
- Bro's sib
- *Nothing came between her and her Calvins
- Loud noise
- Car's unique identifier, acr.
- Diamond on a sweater
- Awaken
- Rough
- Type of juniper
- Proclamation
- Bluish green
- Billy Joel's "_____ the Good Die Young"
- Bulgarian money
- Glory prerequisite
- Above
- NFL's Lamar Jackson in 1923, e.g.
- Done with "my little eye"?

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As California Closes Prisons, the Cost of Locking Someone Up Hits New Record at \$132,860

By Kristen Hwang and Nigel Duara
CALMatters.org

SACRAMENTO REGION CA (MPG) - The cost of imprisoning one person in California has increased by more than 90% in the past decade, reaching a record-breaking \$132,860 annually, according to state finance documents.

That's nearly twice as expensive as the annual undergraduate tuition — \$66,640 — at the University of Southern California, the most costly private university in the state.

California's spending per inmate jumped steeply during the COVID-19 pandemic and it continued to increase despite recent cost-cutting moves, including Gov. Gavin Newsom's recent move to close three state prisons.

It's propelled by lucrative employee compensation deals and costly mandates to improve health care behind bars, according to fiscal analyses by the nonpartisan Legislative Analyst's Office. Newsom's most recent budget proposal includes \$18.1 billion for the Department of Corrections and Rehabilitation, up from \$15.7 billion when he took office in 2019.

Some lawmakers and advocates have argued California should focus on rehabilitation and shut down additional prisons to save money in the face of what the governor's office projects to be a \$38 billion deficit.

Last year, the Legislative Analyst's Office suggested the state could close as many as five more state prisons because of California's declining inmate population.

That would stand to save upwards of \$1 billion in operating costs, and even more money on unfunded capital improvement projects, the report said.

Newsom's three closures and the cancellation of a contract for a fourth privately run prison save the state an estimated \$667 million over the next year, according to the Department of Finance, but the savings are not enough to offset increased operational and employee costs.

The California Correctional Peace Officers Association, which represents 26,000 prison guards, last summer negotiated a contract with successive 3% raises and other perks that will cost the state roughly \$1 billion over the next three years. The prison doctors' union, which represents 1,700 employees, also negotiated a two-year contract with a combined 5.5% general salary increase and a range of other incentives. The Newsom administration estimates it will cost \$234 million over three years.

But Newsom, at least for now, is not recommending any additional prison closures. Instead, his state budget proposal recommends keeping prisons open with fewer inmates in them to provide more space for rehabilitative programs.



An inmate at San Quentin State Prison on March 17, 2023. Photo by Martin do Nascimento, CalMatters

"The administration is not currently proposing any additional prison closures," H.D. Palmer, spokesperson for the Department of Finance, said in a statement. "We remain committed to meeting the needs of staff and the incarcerated population while right-sizing California's prison system as the

need for cost-efficiency while maximizing public safety, the well-being of incarcerated people and successful rehabilitation."

The actual cost to house a prisoner is much closer to \$15,000, said Caitlin O'Neil, a criminal justice analyst for the nonpartisan Legislative Analyst's Office. Direct

Capitol. It has contributed \$2.2 million to the campaigns of current state legislators and it gave \$1.75 million to help Newsom defeat a 2021 recall campaign. It also recently contributed \$1 million to support Proposition 1, the measure Newsom placed on the March ballot to build housing and treatment

"If you don't cut (budgets) carefully, that makes prisons worse places to be. It makes them more dangerous, more traumatic," Pfaff said. "I say that as someone who is not a fan at all of prisons as a general institution."

Medical care is one area of increased spending where the state, under court order, is trying to improve prison conditions.

The average cost per person for medical care has more than doubled in the past 10 years, and total health care spending by the corrections department has increased by about 67%. Although the recent prison closures have cut about 2,700 correctional positions, medical spending has eaten up those savings.

Former Assembly Budget Chair Phil Ting, a Democrat from San Francisco, said corrections is the only state program where having fewer people translates into more spending. In 2022 Ting proposed closing three more prisons to bring down fixed costs and account for the shrinking number of prisoners.

"If we were educating 50% less kids, you'd see the funding go down. If we had 50% less people in health care or 50% fewer families using CalFresh, the programs would go down," Ting said. "So how is it at a time when the prison population has not just gone down a little bit, has gone down significantly, that spending increased?"

There were roughly 15,000 empty beds last year in prisons across the state, according to the Legislative Analyst's Office. That number, driven largely by decades of sentencing changes and court-ordered mandates to decrease prison crowding, is expected to reach 20,000 over the next three years.

"We're not talking about some very small number where they want to keep a little bit of a buffer," Ting said. "They want to keep three to five empty prisons up and running."

Ting, who is no longer the budget chair, said he may still push this year to shut down more prisons. ★



Per inmate spending in California prisons surged during the COVID-19 pandemic and has remained high despite Gov. Gavin Newsom's cost-cutting efforts. Here, guard towers stand outside of Kern Valley State Prison on Nov. 15, 2022. Photo by Larry Valenzuela, CalMatters/CatchLight Local

prison population declines over time, and to addressing space needs as the state transforms the carceral system to one more focused on rehabilitation."

Opponents of mass incarceration say the administration's argument for keeping empty prison beds open doesn't align with how the money is spent.

"This is a cash grab by (the corrections department)," said Brian Kaneda, deputy director of the prison abolitionist group Californians United for a Responsible Budget. Newsom has touted transforming San Quentin State Prison into a rehabilitation center, but advocates like Kaneda and state advisory groups say the plan is vague.

Rehabilitation costs, which currently include prisoner education and activities, only make up a fraction of total correctional spending — roughly 3% — over the past decade, according to state budget documents.

In a written statement, the corrections department said its spending plan "judiciously uses taxpayer dollars in a manner that balances

costs include things such as food and clothing while the remaining 91% of spending per prisoner comes from fixed costs like salaries and facility upkeep.

She found that compensation for employees at the corrections department increased by 43% between 2010 and 2019 — from \$110,000 to \$158,000 — nearly triple the rate of inflation.

Last summer, the state prison guard contract included \$10,000 bonuses for officers at certain prisons and a new guaranteed 401k contribution in addition to regular pension benefits.

The state's current savings from prison closures, about \$200 million per facility, is not nearly enough to offset those pay and benefits boosts.

"We would have to close one or more prisons per year just to offset employee compensation increases that happen regularly," O'Neil said.

The peace officers' union did not respond to requests for comment. Prison labor advocates often argue that jobs are dangerous and difficult to staff, warranting high compensation benefits.

The union can be a force in the

facilities for people with serious mental health conditions.

Despite a precipitous decline in prison populations, corrections spending has remained relatively stable. In 2018, the average daily prison population topped 120,000 compared to a projected 90,240 people in 2024. That's a 25% decrease. In contrast, correctional spending as a share of the total state budget has barely dropped in the same time period from 7% to 6%.

What should be good news to opponents of mass incarceration — decreasing populations — has not resulted in a leaner criminal justice system.

"If you have \$700 million in annual savings from prison closure, but you're spending hundreds of millions of dollars on new prison infrastructure and giving prison guards a billion dollar raise (over three years), that starts to show why the math isn't mathing," Kaneda said.

But wholesale cuts to correctional spending don't necessarily always equate to better prison conditions, said John Pfaff, a law professor at Fordham University.

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Reducing Ambulance Patient Offload Time

Sacramento County News Release

SACRAMENTO REGION, CA (MPG)
- Every second counts in an emergency, and when it comes to medical emergencies, time is of the essence.

The time it takes for an ambulance to offload a patient to the emergency department (ED) can make all the difference; the longer the wait, the more critical their condition can become.

It's an emotional and stressful situation for patients and their loved ones, who are already worried about the outcome of their medical emergency.

As the population of Sacramento County continues to grow, so do the demands on its emergency medical services. One crucial metric that affects patient outcomes and the overall efficiency of emergency medical services is the Ambulance Patient Offload Time (APOT).

The time interval is between the arrival of an ambulance patient at an ED and the time that the patient is transferred to the ED gurney, bed, chair or other acceptable location and the emergency department assumes the responsibility for care of the patient. In Sacramento County, that time has hit a high of 72 minutes but the county has an ambitious goal to drop that time to 20 minutes.

This goal comes as Assembly Bill 40, which takes effect on July 1, will require every local EMS agency to develop a plan not to exceed 30 minutes for 90% of ambulance arrivals and report the standardized time to the authority.

Sacramento County, with prehospital providers, local hospitals, interested community members and Sacramento County Board of Supervisors Patrick Kennedy and Pat Hume,



Sacramento County Board of Supervisors want to reduce the time that it takes to get an ambulance patient into a doctor's care from 72 minutes down to 20 minutes. Photo Courtesy Sacramento County

shared their innovations and best practices Feb. 13 to address the Ambulance Patient Off-Load Time crisis.

Dr. Gregory Kann stated the importance of sharing ideas and innovations to create better services for all, adding that out of this crisis comes opportunity.

Sutter Roseville, a not-for-profit hospital that is part of the Sutter Health network, shared a real-time data system implemented to monitor its Ambulance Patient Offload Time. By using its medical health record system, EPIC, Sutter Roseville tracked a patient's emergency room trip from entrance to transfer, allowing obstacles to be identified and any issues to be corrected.

The hospital leadership also educated staff to help identify when a patient needed ER treatment or could be moved to another department or service. These efforts helped the hospital reduce the time from 100 minutes to 31 minutes, according to the Sutter Roseville presentation.

A Sacramento Metropolitan Fire District (SMFD) presentation approached the Ambulance Patient Offload Time issue another way. The fire district implemented the county's revised protocol (Policy Number 5050 – Destination), which authorizes patients to be taken to their medical health system's hospital, instead of the closest hospital, allowing for

faster treatment since their medical records were already there.

The Sacramento Metropolitan Fire District also determined if a patient needed to be directly taken to the ER or if they could safely wait in the lobby. The fire district also partnered with other ambulance providers to provide additional ambulances to support the 9-1-1 system.

The fire district implemented a Mobile Integrated Health program, which means a Physician Assistance/Nurse Practitioner teams with a paramedic who responds to calls and determines what a patient might need and if they can be treated at the scene without going to the emergency department.

The Sacramento Metropolitan

Fire District's innovations aim to get patients to the right place the first time, whether that's the ER, lobby or another service, according to the presentation.

The Feb. 13 event demonstrated that local hospitals, prehospital provider and the Sacramento County Board of Supervisors are strongly committed to improving Ambulance Patient Offload Time and emergency medical services, according to the county. With continued collaboration, innovation and inspiration, Dr. Kann emphasized that these conversations are what will fuel the plan to better lead the Ambulance Patient Offload Time and deliver better outcomes for patients in Sacramento County. ★

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