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Citrus Heights Messenger

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R.E.A.C.H. Needs More Members



The R.E.A.C.H board participated at the 2023 Howl O' Ween Parade. Photo courtesy of City of Citrus Heights

By Tamara Warta

CITRUS HEIGHTS, CA (MPG) - Citrus Heights officials have made great strides in recent years to meet their strategic objective of being a city where residents can comfortably live, work and play.

One key player is the Residents' Empowerment Association of Citrus Heights (R.E.A.C.H.), which is an umbrella organization made up of a board of directors and a member from each of Citrus Heights' 11 recognized neighborhoods.

R.E.A.C.H., started shortly after Citrus Heights became incorporated in 1997, works to keep the community functioning well in cohesion and to provide a safe place to gather, get to know each other and voice concerns. While each of the 11 areas

meet independently, plan their own activities and build relationships close by, R.E.A.C.H. serves as the overarching nonprofit organization to help the neighborhoods thrive. The group can receive donations on behalf of the areas and also serve as an advocate that goes before City Council with issues and suggestions.

The R.E.A.C.H. board is currently appealing to Citrus Heights residents to get involved so that all neighborhoods are properly represented.

Natalee Price, R.E.A.C.H.'s president and representative of Area 10 (Sylvan Old Auburn Road), explained to the Messenger why the organization is effective and how more involvement leads to greater success.

"The neighborhoods' role is to keep engagement and education in the

community," Price said. "We automatically have a safer community from everyone knowing each other."

The group's biggest struggle? Getting more community members. This has proven difficult for R.E.A.C.H., particularly for certain areas, according to Price. Area 4 (Arcade Creek) is currently inactive due to a lack of residents willing to step up. Price believes that if residents realize the positive impact R.E.A.C.H. can have on the neighborhoods, there would be greater involvement.

"There are a few members trying to get it [Area 4] going again," Price said. "Most other neighborhoods are active and have between 10 and 25 active members: people who show up each month, are willing to volunteer,

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Council Approves Fee Changes and Budget Updates

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights City Council considered amendments to the user fee schedule at its Feb. 22 meeting, after a review showed that only about 54% of the actual cost of services were being recovered by the assessed fees.

Staff recommended the language for the returned check fees be changed to "returned payment," since many payments are now made electronically. This change will allow the city to recover that fee (\$29 for the first returned payment and \$39 for each subsequent returned payment) even if the payment is not made by check.

The city of Citrus Heights also collects annual fees for each rental unit in the city to cover the costs of Code Enforcement officers conducting inspections to ensure that all required health and safety standards are met. Staff recommended additional fees be added to this Annual Rental Housing Stock Fee Schedule to include a \$25 fee for late payments and \$11 for rescheduled inspections, to cover the associated staff time.

Another new recommendation was a \$5,000 State Housing Incentive Project Deposit. Because the state of California has implemented various new housing incentives in recent years to address the lack of affordable housing, city staff might have to navigate various new guidelines and procedures on affordable housing proposals. The actual cost of staff time is unknown at this time, so the \$5,000 will cover those initial costs. Actual costs will be pulled from that deposit and any unused portion will be returned to the applicant after the application process is complete. Additional fees might also be requested if staff time exceeds the initial \$5,000 deposit.

And finally, in response to a public comment in October 2023 that garnered City Council support, staff recommended an update to the pet licensing fees to allow for a lifetime license cost for dogs and cats. A review of the service showed that staff time was the same for both cats and dogs, so the fee for altered and microchipped pets will

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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



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

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,

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Local Girl Scouts Reach Outer Space!

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 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



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



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

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

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 work-day 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. ★

Combating the Loneliness Epidemic

Sacramento County
News Release

SACRAMENTO COUNTY, CA (MPG) - This time of year can feel especially lonely for many — as the holiday season fades and Valentine's Day adds extra pressure to be in a romantic relationship. If you feel this way, you are not alone. A recent Gallup poll found that about 44 million American adults report feeling lonely. In fact, the US Surgeon General even declared loneliness an epidemic last year due to its serious physical health consequences. According to the Surgeon General's "Our Epidemic of Loneliness and Isolation" report, poor social connection increases the risk of heart disease, stroke and dementia.

Additionally, loneliness can lead to mental health conditions like depression and anxiety. The CDC reports that having a mental health condition, like depression, can also increase one's risk of feeling lonely and isolated.

American men are at an especially increased risk of experiencing loneliness and social isolation. While 30 years ago, 55% of American men reported having at least six close friends, that number is now closer to 27%. In fact, 15% of men report having no close friendships at all. Unfortunately, men also experience increased stigma around sharing their emotions and expressing vulnerability, which also contributes to them reporting more instances of feeling lonely.

There are multiple reasons our modern world can feel so isolating regardless of gender. The COVID-19 pandemic led to physical and social isolation that led many to develop thoughts of hopelessness and helplessness. Social media, smartphones



Loneliness can lead to mental health conditions like depression and anxiety. Photo courtesy Helena-Lopes Pexels

and cars have all contributed to a world where people live far apart from each other and are not incentivized to connect in person. It is now common to go for weeks without seeing or speaking to loved ones.

However, it is still possible for us to foster the inclusion and connection that provides us with the necessary support we need to overcome life's challenges. Here are some ways to combat loneliness from the CDC:

-Keep in regular contact with others. Reach out to different friends and family regularly. If

one person is unavailable to take your call, someone else probably is.

-Ask for help. If you need extra support, ask a mental health provider. The Stop Stigma Sacramento Services page has a list of resources.

-Help others. Lending a hand lets the people you love know how much you care. This can create a deeper connection and can feel rewarding. Volunteering is a great way to help others and meet people.

-Unplug. Ironically, the technology we have to connect

us makes people feel lonelier. In-person interactions make us feel closer to our loved ones.

Being more socially connected can also improve stress responses and minimize the negative health effects of stress, according to a National Library of Medicine publication. To get connected, join a social group. Sacramento has many organizations to join for activities like yoga, a fitness group, art classes and book clubs. Being part of a group with shared interests, values or goals can foster a sense of belonging.

While it can seem daunting to contact someone when you are feeling lonely, keep in mind that reaching out can often help you feel relieved and hopeful. Maintaining your social connections is the key to combatting loneliness.

If you're struggling with your mental health you can visit the Stop Stigma Sacramento Services page or call NAMI's (National Alliance on Mental Illness) free helpline at 800-950-NAMI (6264). Know that help and hope is always available. ★

R.E.A.C.H. Needs More Members

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etc. Neighborhoods have opportunities to get grant funding allocated through the City Council."

Becoming a R.E.A.C.H. member is easy.

"Just by living in Citrus Heights, you are a member of your neighborhood," Price explained. "So by that, we have 80,000 members but we have roughly 80 people participating each month. We are talking about one percent. We need involvement in the neighborhoods. We need people to realize the value of engagement and the improvement it offers."

Members' average demographic is ages 50-plus. Until very recently, the neighborhood leaders were the voices running for council when the city was formed, according to R.E.A.C.H. members. Those who built Citrus Heights remained at the helm. Price and other R.E.A.C.H. representatives are excited to see that slowly changing, with some area reps now in their 20s and 30s. Price is 41. But the younger generations, Price said, need to do more to continue to get involved and have their voice heard.

"In order for our feedback to council to be accurate, we need more participation in the neighborhoods," Price said. "We need to hear from all generations and demographics to truly represent the needs of the community. If we don't have a demographic coming to the table, there is a chance that demographic is missing out on something they need in the community."

Become a part of R.E.A.C.H. by attending the regular neighborhood meetings. Some members are part of the email distribution but don't attend meetings.

Others are there every month. Still others are very active, putting on neighborhood potlucks, heading up city cleanups and representing R.E.A.C.H. at public events. The group can be found everywhere from Sunday Funday to Howl-o-Ween. It's all a part of making Citrus Heights what Price calls an "inclusive, happy, vibrant place to call home."

This past year, R.E.A.C.H. received a council proclamation that created Good Neighbor Week. Every year in Citrus Heights, Sept. 28 through Oct. 4, is now a week dedicated to encouraging every resident to complete an act of kindness or do something neighborly. The group is also working to develop a Facebook campaign (#communityunity) to bring residents together.

"The neighborhoods all have different needs," Price said. "A lot of people think they are too busy to get involved but some of the things may be hand in hand with what you're already doing."

Area 10, she specified, needs someone to take on their social media. Other neighborhoods need those with the gift of hospitality, gardening, graphic design, setting up and tearing down events, and planning the next gathering.

"We as a community can be more self-sustaining because someone took the time to share their knowledge at a meeting," Price said. "It takes a willingness to share."

Those interested in getting involved with R.E.A.C.H. should attend its community potluck on March 11 at the Citrus Heights Community Center. Doors open at 6 p.m. with meal service at 6:30 p.m. You can also visit citrusheights.net or email your neighborhood representative. ★

Council Approves Fee Changes and Budget Updates

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be \$69, with senior citizens receiving a discounted rate of \$57.

Citrus Heights Mayor Bret Daniels said he "didn't understand" why the rental housing payments and inspections require any staff time, since it seems like something that should be overseen by an automated service.

City Manager Ashley Feeney said that "we don't have those capabilities right now."

Daniels also said he wanted to see a further reduction in the pet licensing cost for senior citizens. Many seniors are on fixed incomes, Daniels said, and the "cost of living is just killing them already. And if they're trying to decide between food and licensing their dog, they're not going to license their dog."

Citrus Heights Vice-Mayor Jayna Karpinski-Costa and Councilmember Porsche Middleton said they would support a reduction in that fee for seniors, possibly as low as \$21.

Feeney reminded councilmembers that the fees are set in order to cover the costs of that service.

"So, if we're taking revenue away from the program, are we going to revisit how we administer services?" Feeney asked.

Citrus Heights Police Department Chief Alex Turcotte pointed out that seniors would see an overall reduction in cost for pet licensing. Since they previously paid an annual license fee of \$11 and with the updated fees, Turcotte said, they would pay a one-time cost.

Councilmember Tim Schaefer suggested they pass the amended fee schedule as recommended and bring the rate for senior discount back to City Council in the future to look at possible reductions. Council members agreed and voted unanimously to approve the amended user fee schedule.

City Council members also considered a mid-year budget adjustment for fiscal year

2023-2024. Due to the timing when the city receives major revenue sources, such as property taxes and sales taxes, the General Fund operates in a cash-flow deficit in the fiscal year's first half while expenditures exceed actual revenue. But the city has cash reserves to bridge the gap until revenues are received. Now that the initial fiscal projections can be compared to actual revenues and expenditures, staff requested approval for some budget adjustments.

Staff is now projecting increased revenue from property taxes, motor vehicle-in-lieu fees and investments. However, sales tax revenue is expected to be about half a million dollars less than initially projected. Overall, staff requested a revenue increase adjustment of \$709,693.

City expenditures are projected to be \$128,800 more than initially budgeted, with most of that cost coming from the Citrus Heights Police Department to train additional recruits, expand the K-9 unit, and cover increased booking fees from more arrests.

With these adjustments, the city expects to see an almost \$4 million surplus by the end of the fiscal year.

Councilmember MariJane Lopez-Taff said she doesn't understand why adjustments are needed in the middle of the budget as long as the projections are still basically on track with an expected surplus. Staff explained that the budget reviews and requested adjustments are to maintain transparency and ensure that City Council is apprised of the city's current financial forecast.

Mayor Daniels was happy with the update: "This is wonderful to see." City Council members voted unanimously to accept the adjusted budget.

The next meeting of the Citrus Heights City Council is scheduled for 6 p.m. March 14 at City Hall, 6360 Fountain Square Drive. ★

Reducing Ambulance Patient Offload Time



Sacramento County Board of Supervisor Pat Hume talked about the county's commitment for reducing the Ambulance Patient Off-Load Time during a joint presentation on Feb. 13. Photo Courtesy Sacramento County

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local hospitals, interested community members and Sacramento County Board of Supervisors Patrick Kennedy and Pat Hume, 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. ★

California Wildlife Photo of the Year 2023 Winner Announced

California Watchable Wildlife News Release

SACRAMENTO REGION, CA (MPG) - A winner has been announced for the 2023 California Wildlife Photo of the Year. This year's winner is Paulette Donnellon, who took "Juvenile Burrowing Owls" at Sonny Bono Salton Sea National Wildlife Refuge. Burrowing Owl nests are not made public to protect this endangered species.

While discovering Burrowing Owls can be a challenge, Paulette's experience and time in the desert have taught her where to look. Her entrée into photography started as a pandemic hobby in 2020, and she has never looked back.

"They are so amazing to photograph," said Donnellon, who loves burrowing owls so much she can often be found wearing an owl necklace, "Their eyes, they are just full of personality, and I really enjoy photographing them."

The winning image was selected by California Department of Fish & Wildlife (CDFW) Director Charlton H. Bonham. "The opportunity to choose the wildlife photo of the year is one of the perks of my job, even though it's never easy," said Director Bonham. "The eyes of the burrowing owl family in Paulette Donnellon's photo are captivating, it was difficult to peel my own eyes away. The concrete in the shot is also a reminder that nature is all around us and we need to learn to live with wildlife to preserve California's unmatched biodiversity."

On February 12, 2023, Paulette joined Senator Brian Jones (D-California Senate 38th District) and Central Subregion Representative Chris Dallas, Sierra Nevada Conservancy



Black Bear with Salmon by Steve Harms.

in a presentation where she received a Proclamation honoring her photograph. She also received a pair of Zeiss Conquest HD 8x42 binoculars donated by Out of This World Optics, a two-night stay at Abbey House Inn, and a gift certificate from Chirp Nature Center. Leading up to the announcement, the top winning images from the 2023 contest were part of a week-long social media presentation.

The year's top finishers included two winning entries selected by representatives from Sierra Nevada Conservancy and Out of This World Optics.

2023 Sierra Nevada Conservancy Winner

Black Bear with Salmon
Taylor Creek Visitor Center

Photographer: Steve Harms

2023 California Watchable Wildlife Winner

Great Blue Heron & Iris
Effie Yeaw Nature Center
Photographer: Michele Dodge

The Photo of the Year was selected from the top 17 winning images for 2023. The other contenders are below. All images are viewable online.

-Alyn Brereton - Common Ravens Mating

-Collin McKahin - Humpback whales lunge feeding

-Randy Robbins - A

barking gray fox

-Larry Venus - Bald Eagle and coot

-Jean Zuo - Sandhill Cranes Dancing

-Larry Whiting - Yellow-bellied marmots

-Cindy Croissant - Metaphid Jumping Spider

-Randy Robbins - Bald eagle catching rainbow trout

-Larry Whiting - Merlin

-Ryan Wickiser - Foothill Yellow-Legged Frog

-Kevin Lohman - Double-crested Cormorant & American White Pelicans

-Michele Dodge - Great Blue Heron & Wild Irises

-Parham Pourahmad - Red-shouldered Hawk

-Steve Harms - Black Bear with Kokanee Salmon

-Ryan Wickiser - Great Gray Owl * Cindy Croissant - La Jolla Cove Crab

Now, the California Wildlife Photo of the Year 2024 is officially underway. The contest celebrates California's native wildlife in their natural habitat. The contest is co-hosted by California Watchable Wildlife and California Department of Fish & Wildlife, and is sponsored by the Sierra Nevada Conservancy, Out of This World Optics, Chirp Nature Center, and Abbey House Inn. Photos are submitted bi-monthly five times a year. Photographers are encouraged to submit their photos for consideration. ★

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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 Omnibus 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, 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 different."

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. ★



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.

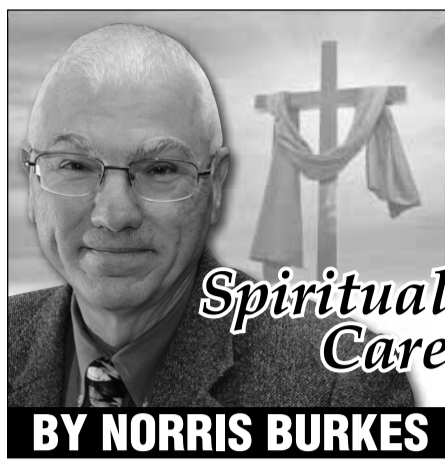
When you don't avoid persistence, you pick yourself up whenever you stumble and keep going. In so doing, you have the strength to overcome obstacles and ultimately succeed.

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 ★

No Laughing Matter



BY NORRIS BURKES

Folks occasionally ask me how they too might become a hospital chaplain.

Some seem to hope I'll say they need only attend five Monday nights of training in a local church, and they can start making the big bucks.

The five-week program works for many volunteer positions, but for a chaplain career, college and graduate school is required. "But wait, there's more," I tell them.

Before they can bring home a chaplain paycheck, they must be accepted into something called Clinical Pastoral Education. CPE is a one-year internship program at a teaching hospital where wanna-be chaplains work forty-hour weeks.

I began CPE in the fall of 1990 at the University of California Davis Medical Center in Sacramento. The training involved multiple chaplain requests from the emergency room to visit with the victims of violence, accidents, and illnesses.

Many of the calls related to something medical folk called "risk-related behaviors." The most common high-risk behaviors include violence, alcoholism, tobacco use disorder, risky sexual behaviors and eating disorders.

While some patients avoided return visits by making lifestyle changes, others made numerous returns. Such patients were often called "Frequent Fliers."

One of our "Fliers" arrived one hot summer afternoon strapped to a gurney and screaming "Oh, God, it hurts! You gotta get me something for the pain."

Orderlies wheeled the woman into a treatment room where a nurse peppered her with triage questions. Just outside the room, a few staff members erupted into full-blown guffaws and horselaughs.

"Hey," I called to a particularly tall, balding nurse, "Why are you guys laughing at

that lady? That isn't cool. I think she heard you."

The nurse laughed some more, taking my upbraiding in better stride than I'd expected. "Were you here last week?" he asked.

"No. I was on vacation."
"Then you wouldn't understand," he said, shaking his head at his "uniformed" chaplain.

"This lady was here last week with such convincing pain that we put her on an intravenous morphine drip," he said. "Still not funny," I said.

He continued his account by telling me how the woman had excused herself for a brief smoke and failed to return to the ER.

"Campus police found her hitchhiking in her hospital gown on the boulevard out front. She had an IV needle in one arm while holding the morphine bag with the other," he said.

"Why would she ...?" My puzzled voice faded to barely audible from inside my naive cocoon.

"She wanted to sell our morphine, Chaplain," he said, reversing the upbraid.

I studied the mop-streaked floor between his feet as I felt the currents of emotions swirling about us.

I had to admit that I saw the humor in the case but laughing at the woman's condition felt like a sellout to the gallows humor emergency-room workers often used to insulate themselves.

Jesus once encountered a woman with real pain, unlike our patient. She had an incurable blood disorder that drained her of energy, money and dignity. Her search for a physician's cure only made her situation worse. By the time she came seeking Jesus, she was looking only for a human touch, a caring touch.

I learned a lot that year, but this event, more than most, taught me that while not every patient sought healing, Jesus demonstrated that everyone deserves a caring touch.

As I approached the hospital gurney and offered our patient a prayer, I did my best to also bring her the human touch she deserved. A few minutes later, a caring doctor referred our patient quality psychiatric care in a rehab facility.

Unfortunately, not everyone will accept a caring touch. This time, she laughed at us.

A few moments later, she left our ER against medical advice, without drugs or a hospital gown — only a prayerful touch from her hospital chaplain. ★

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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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WHOLESALE 3-1-24

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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
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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
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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
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Bloo 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
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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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00981
Jaylen Richard Johnson, 5150 Fair Oaks Boulevard 101 #137, Carmichael, CA 95608 is doing

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01133
Cindy J Finch, 7405 Greenback Lane #173, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Cali Loves Wine Tours &

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.

Newsom Announces New Appointment To Sacramento Superior Court



Gavin Newsom
Sacramento Superior Court News Release

SACRAMENTO, CA (MPG) - Gov. Gavin Newsom recently appointed Richard C. Miadich, of Sacramento County, to the Sacramento Superior Court bench.

“The court welcomes the addition of Mr. Miadich and the experience he will bring to the Sacramento County bench,” Presiding Court Judge Bunmi O. Awoniyi said.

Miadich has served as chair of the California Fair Political Practices Commission since 2019. The commission is responsible for regulating statewide campaign finance, governmental ethics, and lobbying activity.

Prior to his appointment to the FPPC, Miadich

worked at Olson Hagel & Fishburn LLP from 2005 to 2018, where he held several positions including managing partner, partner, and associate. The practice focused on litigation matters involving election and campaign finance law, education law, government and administrative law, and constitutional law. He also assisted in the firm’s political advising, primarily in areas of elections and initiatives.

Miadich has litigated matters at the trial and appellate levels in California, including the California Supreme Court, and has represented clients before state administrative agencies. He has also participated in matters before the United States Supreme Court, the United States Courts of Appeals for the Seventh and Ninth Circuits, and the United States District Courts for the Northern and Eastern Districts of California.

Miadich was an at-large director of the Sacramento County Bar Association

Board of Directors. He also served on the Board of Directors of the Sacramento County Bar Foundation, the charitable arm of the Sacramento County Bar Association. Previously, Miadich also served on the Executive Committee of the Public Law Section of the California State Bar and was the assistant editor of the State Bar’s Public Law Journal.

Miadich earned his law degree from the University of California at Davis in 2002. While there, he served as a member of the U.C. Davis Law Review, externed with the California State Assembly Judiciary Committee, and participated in the school’s trial practice program. He received his bachelor’s degrees in political science and history from the University of California at Los Angeles in 1998.

Miadich fills the vacancy created by the appointment of Judge Daniel J. Calabretta to the federal bench. ★

DA Thien Ho Announces Settlement with Quest Diagnostics

Sacramento County District Attorney’s Office News Release

SACRAMENTO COUNTY, CA (MPG) - On February 14th, Sacramento County District Attorney Thien Ho announced a settlement with Quest Diagnostics, Inc., resolving allegations that the diagnostic laboratory company unlawfully disposed of hazardous waste, medical waste, and protected health information at its facilities statewide. As part of the settlement, Quest Diagnostics will be required to pay nearly \$5 million for penalties, costs, and supplemental environmental projects and make significant changes to its operations and practices at its California facilities. Attorney General Rob Bonta, DA Thien Ho and the district attorneys of Alameda, Los Angeles, Monterey, Orange, Sacramento, San Bernardino, San Joaquin, San Mateo, Ventura, and Yolo Counties are a part of today’s settlement.

The settlement is the result of over 30 inspections conducted by the district attorneys’ offices at Quest Diagnostics laboratories and Patient Service Centers (PSCs) statewide. During those inspections, the district attorneys’ offices reviewed the contents of Quest Diagnostics’ compactors and dumpsters and found hundreds of containers of chemicals, as well as bleach, reagents, batteries, and electronic waste; unredacted medical information; medical waste such as used specimen containers for blood and urine; and hazardous waste such as used batteries, solvents, and flammable liquids. The unlawful disposals are alleged to violate the Hazardous Waste Control Law, Medical Waste Management Act, Unfair Competition Law, and civil laws prohibiting the unauthorized disclosure of personal health information.

After being notified of the investigations, Quest Diagnostics implemented numerous changes to bring its facilities into compliance with California law, including hiring an independent environmental auditor to review the disposal of waste at its facilities and modifying its operating and training procedures to improve its handling, storage, and disposal of hazardous waste, medical waste, and personal health information at all four laboratories and over 600 PSCs in California.

The settlement resolves the allegations above and requires Quest Diagnostics to pay \$3,999,500 in civil penalties, \$700,000 in costs, and \$300,000 for a Supplemental Environmental Project to support environmental training and enforcement in California. The settlement also imposes injunctive terms, including requirements that Quest Diagnostics maintain an environmental compliance program, including hiring a third-party waste auditor, and report annually on its progress.

“This settlement is the result of a successful collaboration between District Attorney’s Offices and the state Attorney General’s Office to protect California’s environment and its health consumers,” said Sacramento County District Attorney Thien Ho. “Thanks to the joint efforts of our Consumer and Environmental Protection Unit and prosecutors across the state, the financial penalty and permanent injunction will deter Quest Diagnostics from violating hazardous waste, medical waste and protected health information laws. Sacramento County will receive a total of \$259,440 from the settlement, which will reimburse the cost of prosecuting this case and increase the enforcement of consumer and environmental protection laws.” ★



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

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 OF PETITION TO ADMINISTER ESTATE OF CORNELIA CLEMENT CASE NO. 24PR000340 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Cornelia Clement.

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 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
CLEMMENT 3-8-24

NOTICE OF HEARING

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, RAELYNN CHAPPELLE,

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 Sitting at the Juvenile Court 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

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 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



Kings Korner

By V.G. Harris



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 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 ★

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!! ★

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



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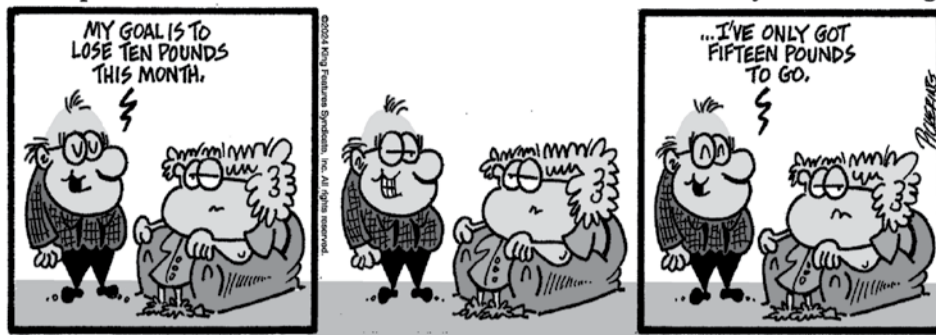
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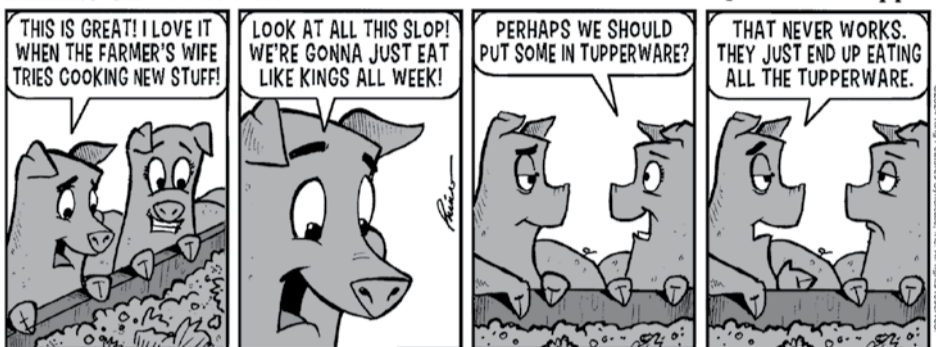
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Differences: 1. Bumper is different, 2. Shell is different, 3. Window is added, 4. Wax is moved, 5. Neckline is different, 6. Doorknob is added.

HOCUS-FOCUS

BY HENRY BOLTINOFF

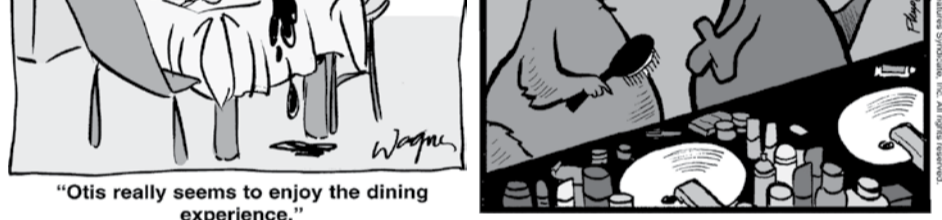
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CLUES

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
- *Golgightly of little black dress and sunglasses fame
- Tchaikovsky's towl
- 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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Resident Travels to France for Love of Braille

Society for the Blind News Release

SACRAMENTO REGION, 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 knew how to



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

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. ★

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 Centre. 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. ★

Trailways Forges Strategic Alliance with Greyhound and Flixbus

Trailways News Release

SACRAMENTO REGION, CA (MPG) - Trailways, the largest and oldest network of independent motor coach operators in North America, has announced a new strategic partnership with Greyhound and Flixbus.

The new alliance will add hundreds of Greyhound and Flixbus destinations to Trailways.com, including stops in Sacramento, and Trailways.ca, giving customers even more access to convenient, comfortable, and affordable bus travel at a time when other travel options have become cost prohibitive and difficult to navigate. Starting Tuesday January 23rd, customers visiting Trailways.com and Trailways.ca will be able to purchase tickets for Flixbus and Greyhound trips, with travel dates commencing January 30th and beyond.

"This is a historic moment for Trailways. Connectivity is the backbone of North America and a critical piece of this partnership. By working in concert with one another and interlining our inventory, we're aligning with



Trailways buses will soon be available in your area. Photo courtesy of Trailways

Trailways' commitment to make affordable and eco-friendly transportation more accessible to travelers across North America," said Alex Berardi, President of Trailways.com.

Members of Trailways's Loyalty Program, Driven Rewards, will also reap the benefits of the new relationship. Driven Rewards Points members will be able to earn and redeem across all Trailways partners, including Flixbus and Greyhound, when making purchases online, giving members a compelling reason to explore new roads together.

"The Trailways alliance reaffirms Flixbus North America, Inc.'s commitment to partnering across the industry and delivering

even more affordable travel options for customers," said Kai Boysan, CEO of Flixbus North America, Inc. "We will continue to work with our partners throughout the country to elevate travel and nurture further growth. Trailways shares this vision, recognizing the power of collaboration and the benefit that the Flixbus platform unlocks in building a brighter future for travelers and the industry."

New connecting services will be powered by technical integrations from Transcor Data Services of Jacksonville Florida. Customers looking for information about service, schedules, arrival and departure times, and fares, are encouraged to visit Trailways.com or Trailways.ca. ★

Free Tax Help Available for Low and Moderate-Income Households

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Now is a great time to think about filing income taxes. Earned Income Tax Credit (EITC) is a benefit for which anyone with a household income less than \$63,398 might qualify.

The County of Sacramento Department of Human Assistance (DHA) has again partnered with the United Way California Capital Region to offer the Volunteer Income Tax Assistance (VITA) Program. This program offers a free income-tax preparation service to moderate- and low-income working individuals and families with the emphasis on claiming the federal Earned Income Tax Credit.

All taxpayers earning a gross income of \$63,398 or less qualify for this Free Tax Preparation Service. For the 2023 tax year, the earned income credit ranges from \$600 to \$7,430, depending on your filing status and the number of children you have.

Investment income must be \$11,000 or less for the year.

The Department of Human Assistance

site will be available through April 4 by appointment at 2700 Fulton Ave., Sacramento. Available hours are from 5 to 8 p.m. Mondays through Thursdays and from 9 a.m. to 2 p.m. Saturday, March 16.

Also bring a valid photo ID for you and your spouse, Social Security cards for everyone listed on your tax return and all tax forms such as W2s, 1099s, student loan interest/tuition statements and book receipts.

If available, bring last year's tax return. If you plan to itemize deductions, have the necessary paperwork, such as mortgage interest statement, real estate taxes and charitable donations.

Be ready to show a 1095-A and/or 1095-B form if you had health insurance through the Affordable Care Act or Medi-Cal.

If you are married and filing jointly, both spouses must attend the appointment.

Call 916-498-1000 to make appointments at the Fulton office. To make an appointment at other locations offering free tax-preparation services to moderate- and low-income individuals and families, call 2-1-1. ★

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ASIAN GROCERY

\$2.99 ^{ea} Excellent Canton 16 oz	\$3.99 ^{ea} PRB Golden Label Soy Sauce Promotion 16.9 Loe - 14.5 g	\$9.99 ^{ea} Golden Crown King Topshell 16 oz	\$1.29 ^{ea} Twin Fish Tofuocha 14 oz	89¢ ^{ea} Sunlee Coconut Cream 13.5 Loe
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Korean Style Salted Mackerel 2.2 lbs REG. \$15.99/ea \$10.99/ea	Imitation Crab Stick 1.1 lbs REG. \$5.99/ea \$3.99/ea
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FROZEN & FISH DEPT

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Columbus Cracked Pepper Turkey \$12.49 ^{lb}	Pined Olive Garlic Salad \$4.99 ^{lb}

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