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Carmichael Times

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MAY 3, 2024

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Mastery and Majesty



Watched by her mate, a female bald eagle takes flight above the American River. Picture by Susan Maxwell Skinner.

By Carol Feineman

CARMICHAEL, CA (MPG) - Susan Maxwell Skinner has gone to the birds for the last eight years.

Lucky for us, because the longtime Carmichael Times photographer/writer shares many photos showing the bald eagles' majesty.

That awareness is needed; the species was threatened with extinction after World War II and Congress passed the Bald Eagle Protection Act to prohibit killing, selling or possessing the species.

The giant raptor's comeback was also aided by restrictions on



Susan Maxwell Skinner takes a powerful lens to American River trails near where she found bald eagles nesting in 2016. Photo courtesy of Betty Cooper

contaminants, enforcement of protective laws and management programs.

Today, the American Eagle Foundation estimates

that 71,400 nesting pairs are in the contiguous United States.

Since discovering one of those pairs on the

American River near Folsom in 2016, Skinner has observed the pair and their offspring almost daily.

Amidst an already full week of writing and taking pictures about Carmichael events, along with performing as a jazz singer, Skinner spends many hours watching the birds.

She doesn't sit and wait for glimpses: Skinner extensively hikes American River Trails to record their activities.

"In the earlier years of this project, I walked sometimes 12 miles a day trying to understand their territory and where they hunt and nest," Skinner said.

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Volunteers Needed for Public Emergency Response

**Sacramento County
News Release**

SACRAMENTO COUNTY, CA (MPG) - When disasters occur that require onsite medical assistance, first responders can become overwhelmed by the number of victims who need help.

There is a group of medical and non-medical volunteers in Sacramento County who answer the call and assist the injured in their time of need. The Sacramento Medical Reserve Corps (SMRC) was created to strengthen public health, emergency response and community resiliency.

The group is looking for more volunteers dedicated to public service, along with assisting on large-scale disasters, public health emergencies, or extreme weather events. SMRC is also always ready to help in various capacities. SMRC staffs first aid stations at large community events, provides health screenings at health fairs, supports public health with flu clinics, and promotes emergency preparedness to service organizations and neighborhood groups.

The volunteers of SMRC are critical to help keep Sacramento County protected and prepared for any situation. For one volunteer, that dedication has not gone unnoticed. SMRC member, Michael Joseph, was selected as one of three finalists for the 2024 Outstanding Medical Reserve Corps Responder by the U.S. Department of Health and Human Services National Medical Reserve Corps program office. The award will be announced at the 2024 National Medical Reserve Corps Conference in May.

SMRC is looking for others who want to join Michael in helping assist residents in our area. To become a member of SMRC, you can apply online. What if you don't feel qualified or don't have time, but still want to help? Donations are also accepted via the non-profit SMRC Foundation. This foundation helps to offset the costs during emergency responses and assists in purchasing needed supplies. ★

County Nurses Prepare for Disasters

**Sacramento County
News Release**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Department of Health Services (DHS) is taking a proactive approach by providing four Nurse Disaster Worker Trainings to ensure County nurses are prepared and well-educated ahead of a disaster.

According to Director of Public Health Nursing, Lynn Svansson, this training is important because, in an emergency, County public health nurses would move into a situation that's different than their normal workday and comfort level. By collaborating with local nursing professionals, our nurses will be equipped to provide safe and effective care to our community.

The four-part nurse training series consists of a range of topics, including disaster readiness, a clinical refresher and training for shelter leaders.

In March, DHS held its third training event, partnering with California State University Sacramento's School of Nursing faculty,



Nurses train with a dummy in a hospital bed. Courtesy photo

local hospital nurses, nursing honor society members, and student nurses to provide three sessions of the Nurse Disaster Worker Clinical Skills Refresher which began with a classroom lecture followed by lab work.

"We went through a little bit of dyadic information, as far as taking care of nonobvious emergencies, in shelter situations.

They will also be practicing some hands-on skills, basic patient assessments, mobility, how to use some of the equipment, and how to use some of the first aid equipment that's going to be available to some of these nurses," said Laura Cravens-Ray, assistant professor, California State University, Sacramento.

"Something I really wanted to learn, even

before this, was wound care. So, I am really glad that we got to learn," said Darya Eslamian, public health nurse II at Sacramento County. "It's very important to have these trainings so when a disaster does happen, we are not trying to scramble and trying to learn everything. We are as prepared as possible."

To learn more about *Continued on page 6*



SacRT Orders Nine Additional Low-Floor Light Rail Vehicles

SacRT News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) is adding to its order of new low-floor light rail vehicles from Siemens Mobility (Siemens) with an additional order of nine S700 vehicles. This order builds on the previous order of 36, bringing the total number of trains ordered to 45. SacRT's contract with Siemens is for the purchase of up to 76 new low-floor light rail vehicles.

"As we continue to prioritize the enhancement of our transit system, I am thrilled to announce the purchase of nine additional new low floor light rail vehicles," said SacRT General Manager/CEO Henry Li. "By investing in these state-of-the-art trains, we are not only elevating the transit experience for our riders but also reinforcing our dedication to a sustainable future for the Sacramento region."

"We are grateful to Sacramento Regional Transit for this latest order of nine light rail vehicles, and excited to continue our long-standing partnership," said Michael Cahill, President Rolling Stock Siemens Mobility North America. "Bringing SacRT's fleet of S700 LRVs to 45 new low floor vehicles is an exciting feat that highlights our dedication to the region. These American made trains built right here in Sacramento by our team of more than 2,500 will help to elevate rail travel in our community."

"Once again, Sacramento is at the forefront of innovation in public transit, thanks to the collaborative efforts of SacRT and Siemens Mobility," said Congresswoman Doris Matsui. "This investment underscores the importance of federal support for our region's transportation infrastructure. By leveraging resources from the Bipartisan Infrastructure Law, we are creating job opportunities and paving the way for a more sustainable and efficient transit system."

"This order for nine additional light rail trains will enhance the rider's experience and improve accessibility for all members of our community," said Congressman Ami Bera. "I applaud SacRT's proactive approach to investing in the future of transportation, and I look forward to seeing the positive impact these new trains will have on our region."

Securing this additional order of light rail trains marks a significant milestone in SacRT's ongoing efforts to modernize its fleet and provide reliable, accessible transportation options for Sacramento residents," said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy. "We are not only improving the quality of service for our riders but also reaffirming our commitment to sustainability and inclusivity. These new trains will play a vital role in enhancing the overall transit experience and supporting the continued growth and development of our region."

The S700 low-floor vehicles have platform boarding at every doorway and allow riders in mobility devices to board using a deployable ramp at the two center doors instead of having to use a mini-high ramp. Each vehicle features four dedicated wheelchair locations. The spacious seating design with larger windows allows for better light and views. In addition, the vehicles have better temperature control for heating and cooling and improved reliability with remote diagnostics and predictive maintenance.

Siemens has already delivered 20 new S700 low-floor light rail vehicles to SacRT's light rail facility in north Sacramento where they are undergoing rigorous testing procedures. These tests are vital to ensuring the trains meet stringent safety and performance standards before being integrated into service, which is expected to begin on the Gold and Green lines in summer 2024. The Blue Line will continue to operate the current high-floor light rail trains, which still require riders in mobility devices and those unable to climb stairs to use the mini-high ramps at the ends of the station platforms. SacRT will begin construction on Blue Line station platforms to meet the height requirements of the new low-floor trains in late 2024 and construction is expected to be completed by 2027. Learn more about SacRT's Light Rail Modernization Project at sacrt.com/modernization.

The S700 vehicles for SacRT are manufactured by Siemens Mobility in south Sacramento, keeping jobs in the region. The plant is one of the largest and most sustainable facilities in the U.S. and is part of Siemens Mobility's larger U.S manufacturing network of eight facilities, nearly 4,500 employees and 2,000 suppliers. ★

Baa-aad News for Fire Fuels



Goats receive captions from Sacramento County. Image courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - We've goat some exciting news for ewe (ok, no more puns)! The Sacramento County Department of Regional Parks is gearing up for its multi-pronged efforts to reduce fire risk, defend wildlife habitats and protect our natural resources and the neighborhoods adjacent to the parks.

For its 2024 Fire Fuel Reduction Action Plan, the Department of Regional Parks has lined up sheep and goat grazing contracts, is utilizing park maintenance crews (and other manned crews through contracts with the California Conservation Corps and Sacramento Regional Conservation Corps) to maintain fire breaks, and is issuing fuel break maintenance permits to properties bordering Regional Park properties.

"We had another wet winter and a surprisingly wet spring, so we anticipate a similar vegetation situation that we found ourselves with last year," said Liz Bellas, director of Regional Parks. "As all this vegetation dries out, the fire risk increases, so the work we are doing, and the work our contractors are doing is going to be critical this year."

To decrease the number and size potential of wildfires in our parks system, the techniques used will be applicable for each area and will include:

Firebreaks – A combination of mowing, soil discing and targeted herbicides will be used where appropriate to create perimeters around open fields, along fence lines and behind neighborhoods. This work is scheduled to be completed by the end of June.

Ladder Fuel Hand-Crews – In limited, hard-to-reach areas, hand-crews will remove vegetation that allows the potential

for a fire to climb up or move into urban areas.

Grazing – There are hundreds of acres of undeveloped or protected land in our Regional Parks. Goats and sheep are ideal for vegetation management and are great at eating down weeds, bushes and grass that manned crews cannot get to. Grazing is expected to occur through the end of June.

Annual Encroachment Permits – Residents who live adjacent to Regional Parks' properties are able to apply for free annual encroachment permits to maintain a fire break behind their property line. These allow residents to string-trim grass and weeds for up to 50 feet beyond their private property line. To request a permit, provide your name, address and contact information to Regional Parks at parkinfo@SacCounty.gov.

Additionally, the Ranger Division will continue its increased education and enforcement efforts related to illegal fires and cooking along the parkway in an effort to reduce the number of new fire outbreaks.

"These efforts have been paying dividends over the last two years," said Leonard Orman, chief ranger. "In 2023, there were a total of 65 fires in our parks, down from 85 in 2022, and 170 in 2021."

Visitors to Sacramento County Regional Parks should be aware of the following regulations: Open flame fires are NOT allowed, and barbecuing is only permitted in designated picnic areas. Smoking is only allowed in developed picnic areas, asphalt surfaces, golf courses and levee tops along the American River Parkway.

Visit the Regional Parks website to learn more about the 2024 Fire Fuel Reduction Action Plan for Sacramento County Parks. If you see a fire burning in our Regional Parks, please call 9-1-1. ★

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Credit Union SACTOWN Run Raises \$216,500



Participants get off to a good start at the Credit Union SACTOWN Run. Photo courtesy of California and Nevada Credit Union Leagues

California and Nevada Credit Union Leagues News Release

SACRAMENTO, CA (MPG) - The annual Credit Union SACTOWN Run on April 7 in Sacramento raised more than \$216,500 for 11 Children’s Miracle Network Hospitals (CMN) and helped local kids throughout California and Nevada receive the medical care they need.

More than 2,000 runners participated in this year’s run, including 986 credit union employees and credit union members from across California and Nevada. The event, which started and ended on the Capitol Mall in front of the California State Capitol, featured a 10-mile race, 5K run/walk and Miracle Mile.

The run was hosted by the Sacramento Running Association

(SRA), a community-based nonprofit that promotes the sport of running in the greater Sacramento area, including the California International Marathon. It serves as the USA Track and Field’s Pacific Association 10-Mile Championship.

“Thanks to incredible partners like the Sacramento Running Association and generous sponsors, runners and volunteers from California and Nevada, we are helping countless children at Children’s Miracle Network Hospitals receive critical medical attention,” said Diana Dykstra, president and CEO of the California and Nevada Credit Union Leagues (Ontario). “Because of the amazing work of so many credit union movement supporters, we’re making a real difference for kids across both states. These funds directly

support the CMN Hospital system, ensuring children and their families receive the best possible care and support. Thank you once again for creating even more miracles.”

The annual Credit Union SACTOWN Run wouldn’t be possible without the tireless efforts of credit union leaders and professionals from across California and Nevada.

Credit Union SACTOWN Run Champions, Race Times and Results

The following champions clocked the best times during the race:

- 10-Mile Run Champion (men): Silas Frantz (San Luis Obispo, CA) — 47:44 (time); 4:46 (pace).
- 10-Mile Run Champion (women): Cali Hauger-Thackery (Flagstaff, AZ) — 52:06 (time); 5:13 (pace).

-5K Run/Walk Champion (men): Anthony Mallory (Folsom, CA) — 16:18 (time); 5:14 (pace).

-5K Run/Walk Champion (women): Sara Wolf (Sacramento, CA) — 19:12 (time); 6:10 (pace).

-10-Mile A D A Accommodations Champion: Johnny Comilang (Sacramento, CA) — 1:38:21 (time); 9:50 (pace).

Keep an eye out for Calli Hauger-Thackery at the 2024 Summer Olympics in Paris this August.

CMN ‘Champion:’ Shine Duby’s Story

Each year, CMN Hospitals across the United States identify a “champion” in their local community to represent kids treated at the local children’s hospital. This year’s champion is Shine Duby, a “miracle baby” who beat all the odds

through medical care and support, and who ran this year’s Miracle Mile!

His story is living proof of the survivability of individuals with Popliteal Pterygium Syndrome (PPS) — Bartsocas-Papas type. He’s a “shining” example of resilience in the face of adversity. Shine wouldn’t be where he is without this team at UC Davis Children’s Hospital. From the beginning, everyone supported him and always made his mother and family feel like he was cared for with loving attention and treatment. He’s now living his best life and representing CMN at UC Davis.

The annual Credit Union SACTOWN Run is for kids such as Shine and so many others across California and Nevada. Thank you to everyone who participated in this year’s event. ★

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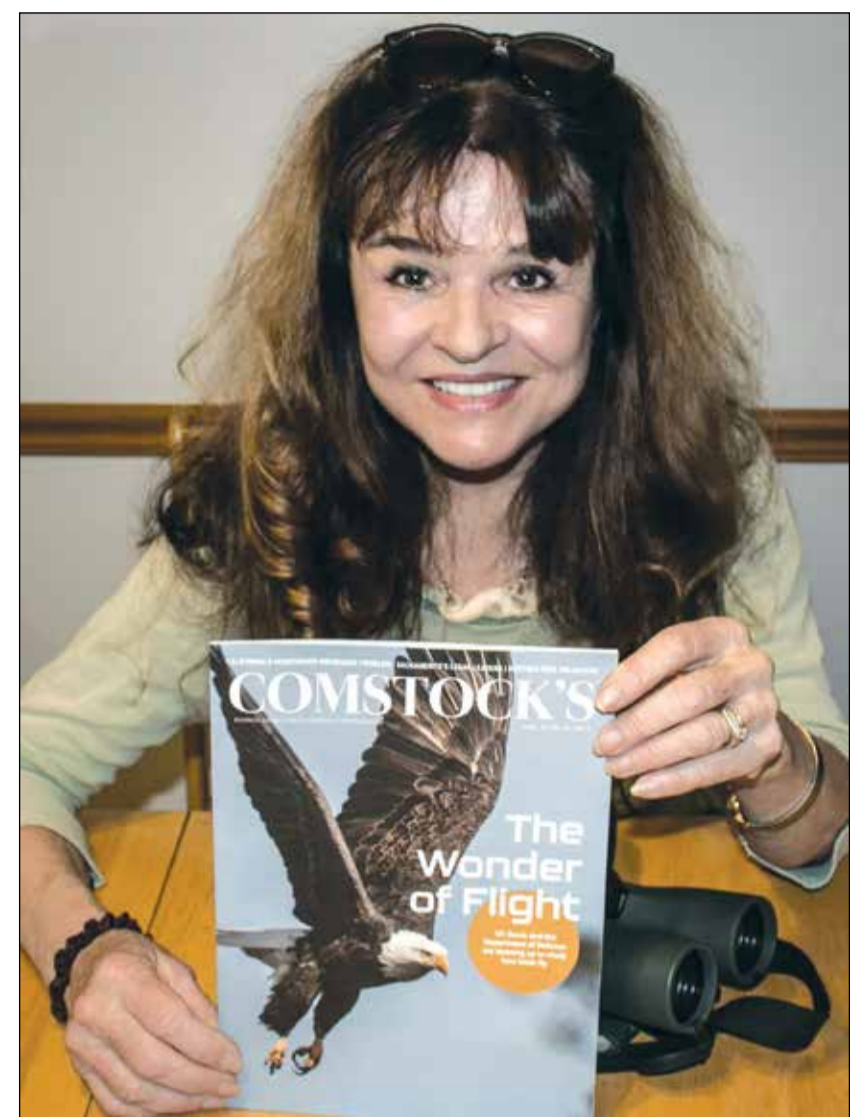
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Mastery and Majesty

The Rescue Story



Photojournalist Susan Maxwell Skinner shows the cover of COMSTOCK'S Magazine. The business periodical features Skinner's eagle photography to illustrate a story on a study of bird flight and its possible application to drone development. Photo courtesy of Betty Cooper

so much time honoring them is because the bald eagle, the national bird since 1782, represents the United State's strength, courage and freedom.

"Maybe I have this preoccupation because the bald eagle is such an American icon," Skinner considered. "Maybe because I'm an immigrant (from New Zealand). I had an emotional mission to find and photograph the eagles."

Immediately following her naturalization ceremony in March 2017, Skinner visited the American River and saw the mother raptor tending a newly-hatched eaglet. Becoming a citizen and seeing a new generation of America's grandest icon a few hours later strengthened Skinner's connection with the birds.

"Like me, they had made a leap of faith, establishing themselves in a new location and starting a new life," Skinner said.

Nature lovers throughout the country see Skinner's bald eagle photos via The Carmichael Times, her Facebook page and TV broadcasts. This April, Skinner's shots were featured on the cover of Comstock's Magazine and on inside pages.

While she readily shares photos and interesting facts about the bald eagle family, for their safety, Skinner will not give out their location.

"Susan has such a passionate commitment to chronicling the bald eagles and truly cares about them, protecting their location," said Comstock's Editor Judy Farah. "She has spent hours on the trail and cliffside capturing their every movement, and even playfully naming each new eaglet with a fun name. We're so lucky to have her share the eagle family's history with us through her photos."

After eight years of recording the American River eagles, Skinner still rejoices today in seeing them.

Skinner took the Comstock's cover photo last year when the female eagle flew close to her head.

"It was breathtaking. I was walking up a bank and she flew by, about 20 feet over my head at almost eye level," Skinner said. "I could feel the draft of her even-foot wingspan. My heart was beating. I felt like I was touched by their majesty." ★



Heroic tree climber Kiover Lanus was among volunteers during the perilous rescue of an eaglet that hung suspended above a steep cliff. Photo by Susan Maxwell Skinner

Tree climbing heroes last week saved a 3-week-old eaglet that hung suspended for many hours below the bald eagle's eyrie on the American River.

The rescue was enabled by a team of volunteers, rescue specialists, firefighters, state and federal officers and two heroic tree-scaling arborists. One inched more than 50 feet above a steep precipice to bring the baby to safety. Staff at the Gold Country Wildlife Rescue (Auburn) later treated the eaglet for dehydration.

Carmichael Times photojournalist Susan Maxwell Skinner photographed and participated in the rescue. Full details of the dramatic incident will appear in next week's edition. ★

Continued from page 1

It took her several months in 2016 to locate the eagles but once she did, Skinner made seeing them a part of her life.

Fast forward to today and Skinner still exuberantly visits the raptors' habitat and adds to her thousands of images chronicling the American River's giant raptors.

By spending much of the last eight years researching their characteristics and behaviors, Skinner has become an expert on the eagles living near Carmichael.

Why is the Carmichael community member so passionate about this quest? "I've devoted a big slice of my recent

life to the birds because they are a family. They're not just random birds. Their life unwittingly involves me. "I can tell the parents apart at a glance. While their offspring were in the nest, I knew them all, too," Skinner said. "Eight years of peering through a 600-millimeter camera lens gives you eight years of studying every aspect of their behavior, appearance and personalities. I don't doubt that every bird, like every human, has a different nature. In that family, mama wears the pants, she's much older than her mate and she trained him out of sub-adulthood to be a provider and carer as she is. They're a real couple. A wonderful marriage of energy and interest." Another reason that Skinner spends

Veterans Benefits Administration (VBA) Claims Clinic
Saturday, May 11, 2024
9am - 3pm



The Veterans Benefits Administration (VBA) will hold a Claims Clinic at the Veterans Community Center in Citrus Heights.

This is a FREE Service. No charge for claims filings and consults.

VBA Claims Specialists will be on hand to assist all military veterans, dependents, and other family members who may be entitled to veteran benefits. Clinic will include filing claims, review of filed claims, checking on status of pending claims, add and remove dependents. Team members are available to answer questions and assist with the claims process. Veterans should bring valid photo ID or any other form of military identification so they can be verified in the VBA system.



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MEMORIAL

STANLEY EDGAR SMITH • 8/8/1960 - 3/28/2024

Stanley Edgar Smith, a beloved friend, brother, and dedicated community member, passed away on March 28, 2024, in Carmichael, California.

Stan enjoyed wine tasting, boating, and hiking in the Lake Tahoe region. His dog Riley accompanied him on many adventures. He loved his pets and was a regular volunteer at the Homeward Bound Golden Retriever Rescue.

He was an active member of the Sacramento Tall Club. For over 25 years, he built lasting friendships and, eventually, found love. Sue



Ashford, the recent love of his life, entered his world through this community.

Stan's practical skills were legendary. Friends and family turned to him for car-related advice and assistance and home repairs. He was always

willing to lend a helping hand. Stan was preceded in death by his parents, Reginald and Jane Smith, and survived by his sister Sharon Heintz (Tim) and her three children. In lieu of flowers, please send donations to the Homeward Bound Golden Retriever Rescue in Stan's memory.

His Celebration of Life will be held on May 11, 2024, from 1:00 to 4:00 PM at the Crosswood Oaks Community Center, 6742 Auburn Blvd, Citrus Heights, CA 95621. Guests are invited to share their memories of Stan at 1:30 PM.



Popp Talk

With Mary Jane Popp

Bring On Spring

We think of springtime as renewal, a time of living life to the fullest. But let's be honest, there's also a thing called spring fever, and we tend to go drifting off into a world of 'I'll do that tomorrow.' According to Dr. Susan Smith-Jones, there are ways to enrich your life in springtime and it can be fun too. Dr Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition, life balance and peaceful living. She travels the world in search of tools to make life positive and has authored some 30 books on lifestyle and good living to make it so. From "The Curative Kitchen and Lifestyle" and "Thrive" along with her latest "Uplifted" 12 minutes to more joy, faith, peace, kindness and vitality. She strives to get you to a better place in any season of the year. Bring on spring with these simple tips.

1. **LISTEN TO MUSIC.** Music is the food for the soul and an instant way to gain peace of mind. Enjoy your favorite music daily. 2. **DEEP BREATHING.** Take five long slow, deep breaths. This is a quick and easy way to instantly feel calm. 3. **ENJOY NATURE.** Too much concrete is never a good thing. Spending time in nature can actually make you feel younger and happier. 4. **PLAY WITH A PET.** Playing with a pet is a great way to de-stress. Touch is a powerful sense and eases tension and promotes peace. 5. **DE-CLUTTER.** Have regular clear-outs. Clutter can add to feelings of tension and a clean, clear home allows a

cleaner, more peaceful mind. 6. **SENSE OF HUMOR.** Laugh a lot. The world is instantly a better place when you can see the funny side of life. 7. **HAVE GOALS.** Goals keep us going in the right direction and give us a sense of purpose. Create short term and long term goals. 8. **FROLIC.** All work and no play will stress anyone out. Make time for things you enjoy. Approach life with a playful attitude. 9. **LET IT GO.** There are some things you just cannot change, no matter how hard you try. Know when to cut your losses and detach. (Just like Elsa does in the movie "Frozen"). 10. **CULTIVATE GRATITUDE.** Focusing on all things in our lives that we are grateful for promotes inner calm and reminds us that there are always positives. 11. **SLOW DOWN.** Why does everything need to be accomplished today? Often, we place unrealistic pressure on ourselves when there is no need to. Challenge your impatience. Be mindful and enjoy life in the moment. 12. **BE KIND.** It's free and it makes a difference. When we show kindness, it gives us an inner boost too. Live more by the golden rule.

You can check out Dr. Jones at www.SusanSmithJones.com and don't forget to sign up for her FREE monthly newsletter at her website for great information and positive affirmations. Let this Spring take you to new heights of in YOUR life. ★

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Social Security Matters

Minister Wants to Maximize Social Security Benefit



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I want to apply for Social Security, but I want to make sure I get all the benefits I have earned. I am a veteran with a 10% disability rating (not sure if that matters). I am 68 years old. I am a minister and have been exempt from Social Security taxes for most of my income since I was about 30, but I still have the 40 quarters needed. I have also worked off and on in the secular workplace and continued paying Social Security taxes.

One hears a great deal about those who want to “help” us apply for Social Security, but which turn out to be a scam or want a fee. How do I apply and maximize my benefits with my unique situation? **Signed: Seeking Answers**

Dear Seeking: Don't worry about fees here at the AMAC Foundation – there is never a fee for the services we provide (we are non-profit). And I want to thank you for your military service – you may find the “For Veterans” section at our AMAC Foundation website interesting – www.amacfoundation.org.

To your question: Your VA disability rating does not affect your Social Security benefit. At 68 years old, your Social Security benefit payment has been earning Delayed

Retirement Credits (DRCs) since you reached your full retirement age (FRA) of 66 years and 4 months in July 2022. That means that your benefit, if you claim now, will be about 13% more than it would have been had you claimed at your FRA. FYI, if you continue to delay, your SS benefit will continue to grow (by 8% per additional year you delay), up to the month you turn 70. At that time, your SS benefit will be 29% higher than it would have been at your FRA. Nevertheless, if you wish to claim a smaller amount now, you can do so in a couple of ways:

- You can call Social Security (at 1.800.772.1213, or your local SS office) to request an appointment to apply. They will most likely set a date/time to call you to take your application over the phone (they discourage office visits these days). Once you have applied, it typically takes a month or two to process your application, but they will pay your benefits effective with the month you say you want them to begin. Note, they will likely also offer you six months of retroactive benefits but be aware that if you accept that offer your monthly payment will be permanently reduced by 4%.

- You can apply for your SS retirement benefit online at www.ssa.gov/apply. Applying online is, by far, the most efficient method, as shown in this short video: www.ssa.gov/hlp/video/iclaim_r01.htm. However, to apply online you will need to first create your personal “my Social Security” online account at www.ssa.gov/myaccount. Once you have your personal online

account set up, you will be able to see what your SS retirement benefit will be now, and at future ages should you plan to wait longer to claim. Your SS retirement benefit will be based on your lifetime record of earnings from which Social Security FICA taxes were withheld (or self-employment earnings on which SS payroll taxes were levied). In any case, your SS benefit will be based on your lifetime earnings record contributing to Social Security, as well as your age when you claim. You'll get your maximum benefit based on those factors.

Although your situation is somewhat uncommon, it is not exceptionally unique. Your VA disability rating does not affect your Social Security benefit and, because you are a member of the clergy, you are not subject to Social Security's Windfall Elimination Provision (WEP) – a rule which reduces SS benefits for those with a pension earned while not contributing to Social Security. In other words, your SS benefit will be based entirely on your lifetime record of earnings from which Social Security payroll taxes were withheld, and your age when your benefit starts.

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. ★

Housing and Infill Workshop

Recap and Next Steps

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors conducted a workshop at its April 10 meeting to discuss a range of policy considerations related to process improvements, hearing body authority and regulatory and financial incentives to streamline development of housing in infill areas.

The Board of Supervisors directed Community Development Department staff to return with a Resolution of Intention to amend the County's Zoning Code and County Code in ways that would facilitate streamlined housing production and accelerate infill development.

“We're taking this feedback from the board and will put together a Resolution of Intention to present back to the board in the coming months,” said Todd Smith, planning director. “Our overall goal is to increase the amount of infill development in the unincorporated county and this guidance will become our north star as we move forward with this process.”

High quality infill development benefits the region through investments in aging communities, reducing vehicle miles traveled and associated emissions, and generally improving the quality of life for residents.

In February 2023, the Board of Supervisors adopted a Resolution regarding the County's Development Review

Process Improvements that provided general direction to staff to address process-related constraints to improving the built environment in Sacramento County.

The Board subsequently discussed infill and housing at the September 19, 2023, Board retreat. As it relates to housing and infill, the Resolution acknowledges the unprecedented housing supply and affordability crisis, identifies the need to facilitate equitable investment in and economic development of existing communities, particularly within aging commercial corridors and Environmental Justice communities, and public improvements to help catalyze such investments.

The Resolution further expresses the Board's general support for amendments to County codes and regulations that allow for more ministerial/by-right development and more approvals at the staff level or lower hearing bodies. Infill development is highlighted as a priority in the goals, policies, and implementation measures of the Sacramento County General Plan.

The recommendations made and potential process improvements suggested at the housing and infill workshop are very much in line with the February 2023 Resolution. A Resolution of Intention related to this workshop will come before the board in the coming months. To stay up to date on all of the County's infill efforts and to subscribe to project updates, visit SacramentoCountyInfill.com ★

County Nurses Prepare for Disasters

Continued from page 1
the third part of the nurse disaster training series, which included collaboration efforts with Sacramento State, watch the “Sacramento County Nurses Prepare for

Disasters with a Training in Partnership with Sac State” on the County YouTube channel. More information regarding the fourth part of the training series will be provided as it becomes available. ★



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Sacramento International Airport Opens Call for Artists



As travelers make their way between Terminal B ticketing and Concourse B security and gates, the entryways of the pedestrian walkway on either side hold key positions for works of art to welcome guests. Image by Martin Lutze from Pixabay

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Two of the most loved visuals at the Sacramento International Airport (SMF) are pieces of public art: "Leap," the giant red rabbit jumping through the glass ceiling of Terminal B and "Samson" the whimsical stacks of luggage located in Terminal A baggage claim.

The County of Sacramento is now inviting artists and artist teams residing in the United States to submit their qualifications for four major public art projects at SMF. This call is for the first four artwork opportunities, with artwork budgets ranging from \$500,000 to \$1.75 million.

The four projects are part of the \$1.3 billion expansion program, collectively known as SMForward, that will reshape SMF to accommodate projected passenger growth. The SMForward expansion represents a historic opportunity to integrate art into the traveler's experience while reinforcing and contributing to the Sacramento region's identity.

"The art on display at our airport is beloved by the millions of travelers we serve," said Cindy Nichol, Director of Airports. "We are inspired by this

historic opportunity to commission new large-scale public art and hope artists will be equally inspired by the possibilities here."

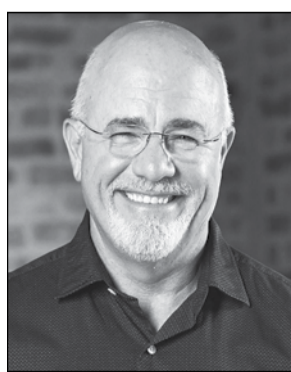
Three primary opportunities for art will be in the new pedestrian walkway, which will break ground this summer and connect Terminal B and Concourse B.

As travelers make their way between Terminal B ticketing and Concourse B security and gates, the entryways of the pedestrian walkway on either side hold key positions for works of art to welcome guests. As portals to the next stage in a traveler's journey, these sites can use captivating visuals to draw them forward.

This call also includes artwork for the exterior of a new garage, a canvas with five potential locations for art. The new garage will have approximately 5,500 parking spaces, be six stories high, and be visible to travelers from nearly a quarter mile away as they approach the Terminal B entrance by car.

Artists may apply for one or more of these projects. The deadline for submissions is May 7.

Applications can be filled out online at <https://sacramento.aero/scas/opportunities/smf-artwork-rfq>. ★



Plug In or Promote from Within?

Dear Dave,

I own a small business with about 20 team members, and we're doing pretty well. Last year, we had revenues of about \$1.2 million and profits of \$250,000. How do I find leadership within my company that cares about the vision and value of my company enough to help me grow it to the next level? I have two people in mind here who have impressed me a lot in the last two years, and I'd like for one of them to take a step up in the company. I'd like for this person to also challenge me and help me grow as a leader.

- Troy

Dear Troy,

I want leaders on my team who aren't afraid to bring things to my attention. If there are things they feel I need to work on, or look at differently, I want them to let me know. I'm not perfect, that's for sure. And I've

Dave Ramsey Says

made plenty of mistakes during my 30-plus years in business. But when it comes right down to it, it's not their job to challenge me and help me grow. As a leader, that's on me. It's my responsibility to make sure I'm constantly challenging myself and growing as a leader and businessman.

Now, developing your team members and getting them to actually care and align with your mission? That is part of your job. You don't want leaders within your organization who aren't aligned with what you're trying to accomplish. When that happens, you've got a leader working a J-O-B. And at that point, they're no longer a leader. They're just a boss. Leaders lead. They show the way, they encourage and they lead by example. A boss just tells people what to do.

Over the years, I've had more luck promoting from within than I have bringing in someone new and plugging them in. Maybe there's someone there who's smart, already showing potential and demonstrating they care about the place and your mission. That's someone you can tap on the shoulder and start to move in a leadership direction. That kind of person is already fired up and wired up, so take

the bridle off them and give them a chance to run.

Here's an easy first step: Find a really good small-business and leadership book, buy three copies and start a series of study sessions with you and the two team members you mentioned earlier. Let them know you feel they have real leadership potential, then read through the chapters together and discuss one or two over a lunch each week. Open up the discussions, and just let them talk. After a few weeks of this, it'll start to become clear really fast if either one is suited for a bigger role in the company. It'll become the ultimate interview process.

Great question, Troy. Best of luck to you and your company as you take this next big step!

- 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 ★

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01781
Trevor Hubby Performance LLC, 2345 Aerostar Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Sutter Park Fitness" 533 53rd Street Suite 110, Sacramento, CA 95819. Filed with the Clerk of Sacramento County March 7, 2024
Publish April 12, 19, 26, May 3, 2024
SUTTER 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01984
Anulari, LLC, 3845 Sierra Gold Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Serene Furniture - Home Decor" 5128 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County March 13, 2024
Publish April 12, 19, 26, May 3, 2024
SERENE 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02293
Pro Haircuts LLC, 8391 Folsom Boulevard Suite 5, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Pro Haircuts" 8391 Folsom Boulevard Suite 5, Sacramento, CA 95826. Filed with the Clerk of Sacramento County March 22, 2024
Publish April 12, 19, 26, May 3, 2024
PRO 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01866
Dung The Tran, 7205 Alpine Frost Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Chic Nails & Spa Salon" 3443 Laguna Boulevard Suite 136, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County March 11, 2024
Publish April 12, 19, 26, May 3, 2024
CHIC 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01546
H & F Performance Training LLC, 1850 Fairchild Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Coerver Sac Sierra" 1850 Fairchild Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 29, 2024
Publish April 12, 19, 26, May 3, 2024
COERVER 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02452
Hampton Educational Services, LLC, 3400 Cottage Way Suite C, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "California Learning Center" 3400 Cottage Way Suite C, Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 29, 2024
Publish April 12, 19, 26, May 3, 2024
CALIFORNIA 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02627
Paul T. Huff and Olivia M. Huff, 5137 Robertson Avenue, Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Tinker's Coin Productions/ Sacramento Dialogue/ Explorations in Education/ Magic Penny Puppets" 5137 Robertson Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 5, 2024
Publish: April 19, 26, May 3, 10, 2024
TINKERS 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02628
Raymond Barnhill, 6112 Jack London Circle, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Hilltop Painting" 6112 Jack London Circle, Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 5, 2024
Publish: April 19, 26, May 3, 10, 2024
HILLTOP 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02374
22 Wood Design, 6745 50th Street, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Supurb Handyman Sevices" 6745 50th Street, Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 27, 2024
Publish: April 19, 26, May 3, 10, 2024
SUPURB 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02696
Enrique Alejandro Rolon, 3836 Ivy Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Roloja Transport" 3836 Ivy Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County April 9, 2024
Publish: April 19, 26, May 3, 10, 2024
ROLOYA 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02482
Rakesh K Pareenja, 2380 Watt Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Bella Cucina" 2380 Watt Avenue, Sacramento CA 95825. Filed with the Clerk of Sacramento County April 2, 2024
Publish: April 19, 26, May 3, 10, 2024
BELLA 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02759
Dorado Imagery, Inc., 5459 Plantain Circle, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Dorado Craft Works" 5459 Plantain Circle, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 11, 2024
Publish: April 19, 26, May 3, 10, 2024
DORADO 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02752
Clifton Russo and April Russo, 8136 Ashtead Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "High Class Glass" 8136 Ashtead Court, Sacramento, CA 95829. Filed with the Clerk of Sacramento County April 11, 2024
Publish: April 19, 26, May 3, 10, 2024
HIGH 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02431
Mountain Mikes Pizza, 5019 El Camino Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mountain Mikes Pizza" 5019 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 29, 2024

Publish: April 26, May 3, 10, 17, 2024
MOUNTAIN 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02493
Patricia Kay Meyers, P.O. Box 1405, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "H.D. Reg. Service" 1033 Neal Road, Sacramento, CA 95838. Filed with the Clerk of Sacramento County April 2, 2024
Publish: April 26, May 3, 10, 17, 2024
HD 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01800
Andrea Z Evans, PO Box 4145, Ketchum, ID 83340 is doing business under the Fictitious Business Name(s) "Philanthropy Consulting Group" 205 Raven Road A1-5 Ketchum, ID 83340 Filed with the Clerk of Sacramento County March 7, 2024
Publish: April 26, May 3, 10, 17, 2024
PHILANTHROPY 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02640
Michael A. Cano, 3267 Sanbury Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Both Hands Handyman" 3267 Sanbury Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 5, 2024
Publish: April 26, May 3, 10, 17, 2024
BOTH 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02283
Doua Vang, 2800 Gardendale Road, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Allclean Pro Services" 2800 Gardendale Road, Sacramento, CA 95822. Filed with the Clerk of Sacramento County March 22, 2024
Publish: April 26, May 3, 10, 17, 2024
ALLCLEAN 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02798
Anshul Dixit and Upasna Dixit, 1968 Misty Meadow Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Career and Minds" 1968 Misty Meadow Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 12, 2024
Publish: April 26, May 3, 10, 17, 2024
CAREER 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02627
Paul T. Huff and Olivia M. Huff, 5137 Robertson Avenue, Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Tinker's Coin Productions/ Sacramento Dialogue/ Explorations in Education/ Magic Penny Puppets" 5137 Robertson Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 5, 2024
Publish: April 26, May 3, 10, 17, 2024
TINKERS 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02953
Kian Nikzad, 1320 D Street Apt D, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Sun Harvest" 1320 D Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County April 17, 2024
Publish: April 26, May 3, 10, 17, 2024
SUN 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02936
Guixiang Tang, 4413 Ravenwood Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Oceanview Massage" 4141 Manzanita Avenue #115, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 17, 2024
Publish: April 26, May 3, 10, 17, 2024
OCEANVIEW 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02971
Babak Bordbar, 12499 Folsom Boulevard, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Magnicent Analytical Accounting Solutions" 12499 Folsom Boulevard, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 18, 2024
Publish: April 26, May 3, 10, 17, 2024
MAGNICENT 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03000
Richard A. Islas, 2453 Werbe Lane 166, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Rott10.comapparel Zombie Apparef" 2453 Werbe Lane 166, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 19, 2024
Publish: April 26, May 3, 10, 17, 2024
ROTT 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03140
H.G.N Investments Inc., 8038 Prairie Field Drive, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Stop N Save Liquor N Food" 4709 Florin Road 2B, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 23, 2024
Publish: May 3, 10, 17, 24, 2024
STOP 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03081
Lauren Puliz, 6330 Fountain Square Drive #923, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Millennial Mama Therapy" 8257 Ashcrest Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento

County April 22, 2024
Publish: May 3, 10, 17, 24, 2024
MILLENNIAL 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02526
Summit Funding, Inc., 2135 Butano Drive Suite 150, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Lead+ Wholesale Lending/ Lead Plus Wholesale Lending" 2135 Butano Drive Suite 150, Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 3, 2024
Publish: May 3, 10, 17, 24, 2024
LEAD 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02880
Tamala Da Vigo, P.O. Box 6070, Folsom, CA 95763 is doing business under the Fictitious Business Name(s) "North Valley Consulting/NVC" 6609 Folsom-Auburn Road, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 16, 2024
Publish: May 3, 10, 17, 24, 2024
NORTH 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02953
Kian Nikzad, 1320 D Street Apt D, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Sun Harvest/ Ancient Sun/Helios" 1320 D Street Apt D, Sacramento, CA 95814. Filed with the Clerk of Sacramento County April 17, 2024
Publish: May 3, 10, 17, 24, 2024
SUN 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02798
Anshul Dixit, Upasna Dixit and Ambethkar Venkatraman 1968 Misty Meadow Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Career and Minds" 1968 Misty Meadow Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 12, 2024
Publish: May 3, 10, 17, 24, 2024
CAREER 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03017
FLS Inc, 711 E. Bidwell Street #8, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Yuba Lock" 1212 Bridge Street, Yuba City, CA 95691. Filed with the Clerk of Sacramento County April 19, 2024
Publish: May 3, 10, 17, 24, 2024
YUBA 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03018
FLS Inc, 711 E. Bidwell Street #8, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Folsom Lock & Security" 711 E. Bidwell Street #8, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 19, 2024
Publish: May 3, 10, 17, 24, 2024
FOLSOM 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03188
Mingdan Wei, 4026 Barbara Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Just 4 Massage" 4261 Truxel Road Suite A4, Sacramento, CA 95834. Filed with the Clerk of Sacramento County April 25, 2024
Publish: May 3, 10, 17, 24, 2024
JUST 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03190
Odyssey Business Development LLC, 1846 E Innovation Park Drive #100, Oro Valley, AZ, 85755 is doing business under the Fictitious Business Name(s) "Elite Loan Advisers" 3830 Watt Avenue Suite 2, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 25, 2024
Publish: May 3, 10, 17, 24, 2024
ELITE 5-24-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03060
Ashley Simons, 1520 Main Avenue, Sacramento, CA 95838 and Britanni Costa, 6711 Hedgewood Drive, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Hub House" 7250 Auburn Boulevard Suite E, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 22, 2024
Publish: May 3, 10, 17, 24, 2024
HUB 5-24-24

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV005370

Brittney Roberts has filed a petition with this court for a decree changing the name(s) of Arriana Harper Abbott to Arriana Levi Roberts. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 4, 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: March 18, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 12, 19, 26, May 3, 2024
ROBERTS 5-3-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV002984
Raitavea Casey has filed a petition with this court for a decree

changing the name(s) of Za'ryah Marie Ja'el McDaniel to Za'ryah Marie Casey.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 7, 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 21, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 12, 19, 26, May 3, 2024
CASEY 5-3-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV006327

Maksym Heorhitsu has filed a petition with this court for a decree changing the name(s) of Maksym Heorhitsu to Maksym Nahuliak.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 31, 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: April 3, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: April 12, 19, 26, May 3, 2024
HEORHITSA 5-3-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV006033

Alaa'i Ezzeldin Ahamed has filed a petition with this court for a decree changing the name(s) of Alaa'i Ezzeldin Ahamed to Alaa'i Ezzeldin Alshabrawy.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 30, 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: March 29, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: April 12, 19, 26, May 3, 2024
AHAMED 5-3-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV006411

Faegheh Ghaderinasrabad has filed a petition with this court for a decree changing the name(s) of Faegheh Ghaderinasrabad to Fae Ghaderi.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 1, 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: March 27, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
HINOSTROZA 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV006751

Kimberly Duvall-Hoehn has filed a petition with this court for a decree changing the name(s) of Kimberly Duvall-Hoehn to Kimberly Contreras Hoehn.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 2, 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: April 8, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 19, 26, May 3, 10, 2024
HOEHN 5-10-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV006114

Melinda Van Egdon and Jason Van Egdon have filed a petition with this court for a decree changing the name(s) of Bo Dale Anderson to Beau David Van Egdon.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 2, 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: March 25, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 19, 26, May 3, 10, 2024
EGDON 5-10-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV007185

Kelvin Lawson Jr and Kassey Jenae Lawson have filed a petition with this court for a decree changing the name(s) of Knoel Jewel Lawson to Knoelle Jewel Lawson.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 3, 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: April 12, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
LAWSON 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV005355

Arielle Shaunte' Mosteck, Arielle Shaunte' Mosteck have filed a petition with this court for a decree changing the name(s) of Arielle Shaunte' Mosteck to Arielle Shaunte Buchanan and Aydon Troy Buchanan Neal to Aydon Troy Buchanan.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 4, 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: March 20, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
BUCHANAN 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV007595

Natalia Regina Rinker has filed a petition with this court for a decree changing the name(s) of Natalia Regina Rinker to Natalia Regina Hannahan.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 10, 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: April 17, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
RINKER 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV005850

Jesus Enrique Hinostrza Jr has filed a petition with this court for a decree changing the name(s) of Jesus Enrique Hinostrza Jr to Jay Enrique Hinostrza.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 12, 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: March 27, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
HINOSTROZA 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV007012

Eric Deon Silas has filed a petition with this court for a decree changing the name(s) of Eric Deon Silas to Eric Deon Barnes.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 7, 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: April 10, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
SILAS 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV007324

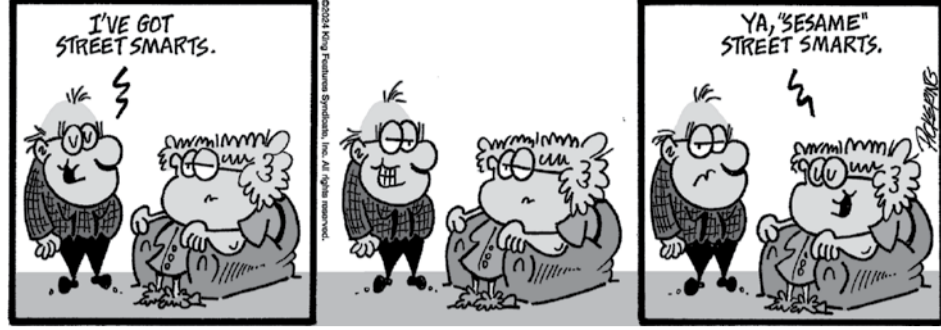
Carla Annette Smith has filed a petition with this court for a decree changing the name(s) of Carla Annette Smith to Carla Annette Manchester.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 14, 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: April 15, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
SMITH 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV007963

COMICS & PUZZLES

The Spats



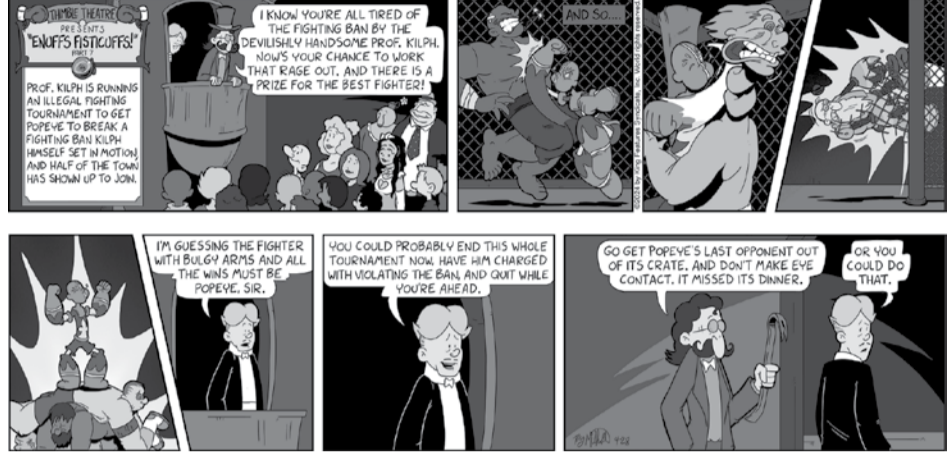
by Jeff Pickering



Amber Waves



by Dave T. Phipps



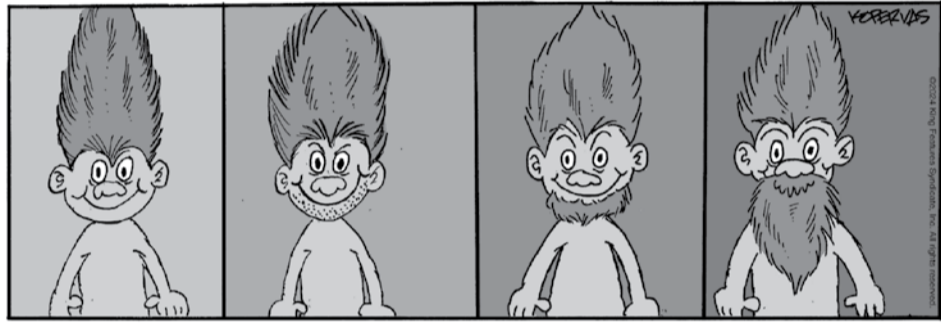
HOCUS-FOCUS

BY HENRY BOLTINOFF Find at least six differences in details between panels.



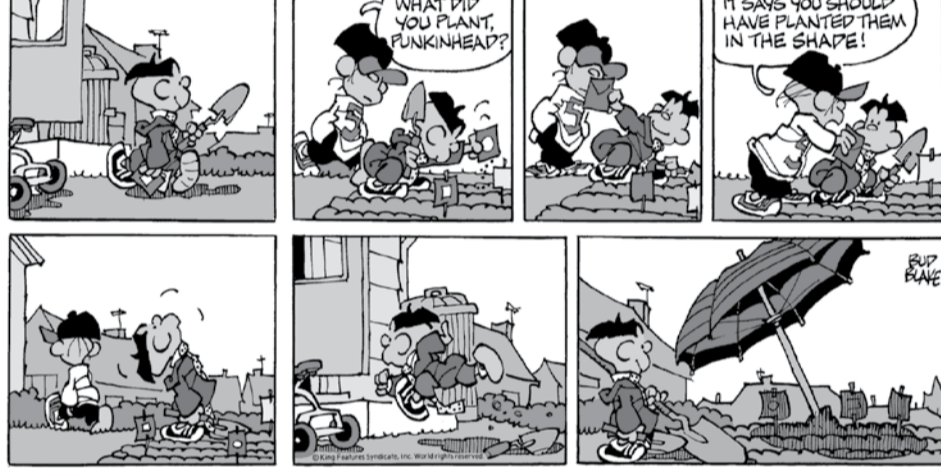
Out on a Limb

by Gary Kopervas



TIGER

by BUD BLAKE



GRIN & BEAR IT



Just Like Cats & Dogs



H	O	M	E	R	E	S	T	P	A	Y	E		
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S	L	A	Y	S	A	D	R	A	S	T	A		

STATEPOINT CROSSWORD • THE 1960s

- CLUES**
- ACROSS**
- "Odyssey" author
 - Time in NYC
 - Pay as you earn, acr.
 - Avoid paying taxes
 - Also
 - Rollo up, on a farm
 - From distant past
 - News channel acronym
 - Very angry
 - * "8 1/2" and "La Dolce Vita" director
 - * Vostok I pilot
 - Spring water resort
 - Talcum powder ingredient
 - Muted order
 - Sports award
 - Doled out, as in soup
 - Future atty.'s exam
 - Engage for service
 - In all sincerity
 - * "Preminger, director of "Exodus"
 - Petri dish jellies
 - DDS exam
 - Gordon Gekko: " is good"
 - Barbershop sound
 - Bread pocket
 - Rumor
 - Whiskey straight, e.g.
 - Cubby hole
 - One-horse carriage
 - * #29 Down invasion coordinator
 - TV's Tony Nelson's "dream"
 - * "8 1/2" and "La Dolce Vita" director
 - Lake scum
 - Toothpaste type
 - Baited
 - Thorny
 - Anger
 - Last eight in college basketball
 - Kill
 - Lamentable
 - Bob Marley, e.g.
- DOWN**
- * Alpert & the Tijuana Brass
 - Last word over walkie-talkie
 - Algeria's southern neighbor
 - Written corrections
 - Chef's guide
 - * A Sketch toy, launched in 1960
 - * Just one of "My Three"
 - Polynesian kingdom
 - Prefix with trooper or legal
 - Resembling wings
 - Abominable humanoid
 - * #57 Across actress
 - Large feline (2 words)
 - The Obamas' daughter
 - * "A Man for Seasons" movie
 - Political repression
 - Nordic gl hwein
 - * Turf
 - Man behind Windows
 - * Bay of Invasion
 - * "Turn on, tune in, out"
 - Shocking graphic
 - Fill with optimism
 - * "The Times They Are A-Changin'" singer-song-writer
 - Three on a certain slot

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
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We Can Do That!

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

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SAFE STEP WALK-IN TUB 1-855-576-5653

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SACRAMENTO COUNTY FAIR



MAY
23-27
2024



**KIDS UNDER 12
FREE EVERY DAY**



**PURCHASE YOUR TICKETS
BY MAY 22ND FOR DISCOUNTED
PRE-SALE PRICING**

America's Choice in Homecare
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Select Your Caregiver®

- Meal Preparation
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- Errands & Shopping
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A TALK ON CHRISTIAN SCIENCE

WHY EVERYONE IS NEEDED



Our unbreakable connection to God, infinite Love, gives us permanent worth and purpose. It lifts us from dark times to healing and progress.

Sunday, May 5th, 2024 @ 2 pm
Fifth Church of Christ, Scientist
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Sacramento CA 95825

Co-sponsored By:
5th Church of Christ, Scientist, Sacramento
1st Church of Christ, Scientist, Carmichael



James Shepherd, CS

Christian Science Practitioner
 Member of the Christian Science Board of Lectureship

Child Care Provided. Contact: 916-487-5902
 All are welcome.

For more information, check the website
<http://christiansciencechurchcarmichael.com/lectures>

TIME FOR SUMMER HOUSE CLEANING!

\$15, \$20, \$25 PER SPACE
 Spaces On Sale NOW!

Elk Community Parking Lot Sale



Saturday, JUNE 1st
8:00 AM to 4:00 PM

Reserve Your Parking Lot Space Now at the Lodge Reception Office

(Food available for purchase at event: coffee, donuts, BBQ Lunch)

5631 Cypress Ave • Carmichael, CA 95608-6613

For more information call **916-489-2103** or email carmelks@mycci.net

KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive Rancho Cordova, CA 95670
 916.853.8000
 Market: 7 Days 8am - 9pm
 Food Court: 7 Days 11am - 10pm
 Korean/Max/Viet: 7:30pm (last call)
 Chinese/Japanese: 7:00pm (last call)

NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE

10971 OLSON DR. RANCHO CORDOVA, CA 95670



FRESH PRODUCE

Orange 10 lbs Bag \$4.99 /bag	Whole White Mushroom 8 oz \$1.79 /ea	Red Potato 79¢ /lb
Mexican Mango \$13.99 /box	Avocado 2 lbs Bag \$2.59 /bag	White Corn 69¢ /ea
Russet Potato 10 lbs \$1.99 /bag		

AMERICAN/HISPANIC GROCERY

Icee Slush Fruit Flavored Drinks 6 Ltr \$1.49 /ea	Faron Aloe Vera Drink 1.5 liters \$2.49 /ea	Quaker Oats 42 oz \$5.99 /ea	Best Foods Real Mayonnaise 30 Ltr \$6.99 /ea	Quips 9-Tips Cotton Swabs 500 ct \$4.99 /ea
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ASIAN GROCERY

Excellent Rice Stick Bihun 16 oz \$3.49 /ea	Lee Kum Kee Pure Sesame Oil 15 Ltr \$6.99 /ea	San Mingle Pure Foods Corned Beef 12 oz \$6.99 /ea	Argo Corn Starch 100% Pure 16 oz \$2.49 /ea	Tasso Coconut Water 16.9 Ltr 20 per case \$2.79 /case
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EUROPEAN GROCERY

Cora Nikolas Green Tea 250 gr \$5.99 /ea	Al Anitra Super Mohn Seeds 350 gr \$4.69 /ea	Pyramid Pure Honey Comb 350 gr \$8.99 /ea	Zyngit Spicy Zucchini Spread 540 gr \$3.29 /ea	Koreok Sunflower Nuts 500 gr \$3.49 /ea
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KOREAN/JAPANESE GROCERY

Premium Sushi Rice 4.4 lb \$6.99 /ea	Koreo BBQ Sauce 840 g \$3.99 /ea	Canned Silk Worm 130 g 99¢ /ea	Sukija Bokwang Noodle 3 lbs \$4.99 /ea	Sea Salt for Kimchi 2.5 kg \$9.99 /ea	O'Food Lunchbox Meat 340 g \$2.99 /ea
Red Pepper Powder (Kimchi) 1 kg \$8.99 /ea	All Purpose Flour 2.5 kg \$4.99 /ea	Big Top Shell Coconut 400 g \$6.99 /ea	Joy & Sonje 3 kinds 300 g \$3.99 /ea	Kadoya Refined Sesame Oil 56 oz \$15.99 /ea	Unagi Sushi Sauce 11.5 oz \$2.99 /ea
Nabes Katraboshi 100 g \$8.99 /ea					

HOUSEWARES

Bigen Speedy Hair Color (Refill Only) \$5.99 /ea	MODAMODA SHAMPOO 300 G \$2.99 /ea
ELECTRIC BBQ GRILL \$39.99 /ea	KAIZEN WOK PAN 30 CM \$14.99 /ea
ELECTRIC RICE COOKER (4.0 QT) \$49.99 /ea	ELECTRIC RICE COOKER (10.0 QT) \$54.99 /ea
ELECTRIC RICE COOKER (10.0 QT) \$59.99 /ea	

WEEKLY MEAT SPECIALS

Chuck Roast - Bnds \$4.99 /lb	Beef Ribeye Roast - Boneless \$7.99 /lb	Beef Ribeye Steak - Boneless \$8.99 /lb
Pork Baby Back Ribs \$4.49 /lb	Pork Butts Bone In \$2.99 /lb	Pork Loin Chops Boneless \$3.49 /lb
Boneless & Skinless Chicken Thigh Meat \$2.49 /lb	Carne de Muzzlo Deshuesado \$2.49 /lb	

FROZEN & FISH DEPT

Cuttletfish Noodle 80 g \$1.99 /ea	Columbus Roast Beef \$12.19 /lb
Kretschmar Ham off the Bone \$6.19 /lb	

EUROPEAN DELI

Pitted Green Olives \$4.99 /lb	Green Olives Stuffed with Feta \$5.79 /lb
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MAY 03 - MAY 07, 2024.

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