



Carmichael Times

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A Taste of North Africa



Husband and wife culinary team Mohamed Yahiaoui and Chloe Gonzales offer bread and dips in Carmichael Park.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Debuting in greater Sacramento farmers market scene are two artisan bakers who offer flavors of Tunisia, Algeria, Egypt and Morocco.

Between markets, Mohamed Yahiaoui (Mo) and his wife Chloe (Coco) Gonzales work around the clock to meet demand for dips and tabouna bread. The flat loaves are made exactly as Yahiaoui's mother and grandmother produced from clay ovens in his native Sousse, Tunisia.

"When I started baking in USA, I called my mom for advice," says Yahiaoui. "We get semolina flour locally and, by using mom's recipe, my bread tastes as delicious as I remember from my childhood." Moe

and Watsonville-born Coco bake more than 500 loaves weekly and offer them with other "North African Passion" products at Carmichael, Sacramento, Folsom farmers markets (also coming soon to Orangevale's Thursday market). To spread on the thick loaves, the artisan bakers have created a variety of dips and grilled salads. Their vegetarian recipes use produce sourced from farmers market vendors, blended with yoghurts, lemon juice and olive oil. Flavors range from a mild, cream Egyptian feta dip to a fierce jalapeño-laced matbukha appetizer that knocks the socks off spice lovers. Their most popular invention is a grilled kale and spinach salad called khubiza.

Inventory is prepared at a Sacramento co-op kitchen. Wednesday to Sunday, the entrepreneurs pack their

van and head out to their customers. "Farmers markets provide a great atmosphere for people to learn about other cultures," says Coco. "We usually sell out of bread within a couple of hours. Once people have tried it, they always come back for more."

Her husband came to USA in 2014 and worked in restaurants. "It was a simple step for me to start cooking for my own business," he explains. "We call ourselves North African Passion because I'm the North African. And Coco - she is my passion. She helps me come up with beautiful ideas for dips. Coco's taught me everything I know about making a business. You always hear about the American dream, well, we feel we are living it."

Learn about North African Passion at <https://www.facebook.com/northafricanpassion/> ★

Los Rios Colleges Partner with StemExpress

By Kristie West, Los Rios Community College

SACRAMENTO COUNTY, CA (MPG) - The Los Rios colleges, including American River, Cosumnes River, Folsom Lake and Sacramento City colleges, have partnered with biomedical company StemExpress to provide COVID-19 testing sites for employees, athletes, students and the community at each of the college campuses. Employers can also use these sites as they begin to bring back their workforce. In most cases, there are no out of pocket testing costs for the individual.

"We understand the important role these academic institutions have on our community. Some of the essential programs that will be supported through this partnership are nursing, Emergency Medical Technician (EMT) certification and Fire Science. StemExpress has been supporting education at all levels and national sporting leagues with opening in a safe and responsible way. We are excited to support Los Rios by providing on-campus COVID-19 testing during this pivotal transition," said StemExpress CEO, Cate Dyer.

StemExpress offers rapid and reliable single-point-of-contact COVID-19 testing, with results turned around on average in less than 24 hours. Students, staff and members of the community can self-schedule their own appointment for testing at any of the campuses or one of StemExpress' many convenient testing locations throughout the Greater Sacramento Area.

Below you can click on the individual site names to be taken directly to self-schedule your COVID-19 test - American River College (Stadium Lot, behind Stadium) • Cosumnes River College (Lot B, right of Bookstore) • Folsom Lake College (Lot C, by Harris Center) • Sacramento City College (North Lot, behind parking garage).

StemExpress is also offering individuals who have tested positive for COVID-19 an opportunity to participate in life-changing research by donating their blood to science. The individuals that participate will be compensated for their time and effort of their blood donation. Participation in this effort is vital and provides leading scientists with the samples needed to find COVID-19 treatments, answer crucial questions on variants, and support vaccine research.

Learn more about StemExpress COVID-19 offerings, insurance coverage, and how to participate in research at www.CAtesting.com. ★

U.S. Army Veteran Furniture Program Serves Once Homeless Vets

By Ernie Larson, American Legion Legislative Action Post 861

SACRAMENTO REGION, CA (MPG) - ABC Channel 10 News aired a 90-second prime-time special on Thursday, March 18, at 6 P.M. highlighting Frank Squire, U.S. Army veteran and member of American Legion Sacramento Legislative Action Post 861 in Sacramento, California, and his Furniture Program team which picks up and delivers home furnishings to newly-housed, previously homeless veterans.

Previously, on Thursday, January 21, 2021, Frank received The Outstanding Member of the Year Award for the year 2020, for his work with the program, presented by Cmdr. Don Harper, American Legion Sacramento Legislative Action Post 861. COVID restrictions



In the image from left to right: Ernst Larson, Adjutant; Diana Squire, wife; Dwight Davis, father-in-law and WWII veteran, Lisa Harnett, daughter, Frank Squire 2020 LOTY for Post 861; Don Sparks, 2nd Vice Cmdr; and Don Harper, Post 861 Cmdr. Photo provided by the American Legion

required some good old-fashioned American ingenuity to devise a way to surprise Frank with his well-earned award, so, with a "Honey-Do" list of distractions provided by

Frank's wife, Diana, a self-described military brat, Cmdr. Harper was able to assemble a small unit of retired 'ne'er do wells' from the post, including Bob Fitzgerald, Air Force;

Don Sparks, Army; Dwight Davis, Navy WWII; Ernie Larson, Army; Lisa Harnett, daughter, and, of course, Diana.

Five years ago, Frank
 Continued on page 3

Local Adventurer's Podcast Discovers the 'Burbs



Sonia Weaver is at Old Salmon Falls Bridge. In her podcast, Discover the 'Burbs, listeners accompany her on hikes and activities in the suburbs of Sacramento. Photo by Shamay Bartlett

By Margaret Snider

SACRAMENTO REGION, CA (MPG) - When the pandemic restrictions began in 2020, Sonia Weaver of Citrus Heights decided to start a podcast that she calls Discover the 'Burbs. "The original idea was . . . to let people know about the people who were suffering in their own communities, and hopefully encourage them to patronize local shops." Her more recent podcasts have evolved to chronicle the outdoor activities available in the suburbs of Sacramento. "Everyone wants to get out and be physical and find things to do," Sonia said, "but they sometimes just don't know where to go or what to do."

Sonia came up with an initial list of 58 locales, hikes, kayaking sites and activities to be enjoyed within a 50 mile radius of Sacramento. "I just keep adding to the list when I talk to people about the podcast," Sonia said. "They tell me about places . . . and the list just keeps getting longer."

The April 5 episode features pickleball, and for April 19, Sonia will be kayaking to Lake Natoma Island. Past episodes include hikes to Old Salmon Falls Bridge near El Dorado Hills,

and Middleridge Trail near Fair Oaks. Currently the episodes come out every other week. "I enjoy so much getting out in nature," Sonia said. "It gives me a reason to go explore new places, and so for me this is a perfect project . . . One of my favorite things is taking along friends that I haven't normally hiked and gone on adventures with." She went to the Old Salmon Falls hike with the Bartletts - Jake, Shamay and three of their five children. In addition, Discover the 'Burbs podcast helps people know what to expect and how to prepare. "I would love if people want to suggest places that they love to visit, that they would like to share," Sonia said. To make suggestions, just e-mail discovertheburbs@gmail.com

Sonia's husband Richard Weaver, who is an avid runner, said that Sonia always needs something to do. "This is a really great project for her," Richard said. "I've listened to them all . . . but the people that are just talking about their lives, those are the ones I like best." Sonia's podcast of January 18, 2021, titled "Creating Your Own Limits" features Richard.

Sonia is a longtime resident of the Sacramento area and teaches Spanish

at Bella Vista High School. She is a world traveler as well, having visited Nicaragua a couple of times, where she helped establish a program to teach English to children at an orphanage. "If they begin to learn English," Sonia said, "they can get a job in the tourism industry, which is much more lucrative than most other things they can do." She has also traveled to Italy and Spain, and in Central America to Honduras, Belize, and Mexico. She lived a year and a half in Argentina.

To listen on an iPhone people can use Apple podcast, Spotify, or other apps, and for Android, Google Play; also people download apps like iHeartradio or Stitcher. It is on the Web at <https://www.buzzsprout.com/1247372>.

Originally the purpose of the podcast was to promote getting to know those that live around you, to foster love and understanding. The current subject of hikes and activities near Sacramento fits into that purpose quite well, as families go outside and bring their friends and neighbors. Sonia felt that one reason there is such a lack of love in the world is that people just don't know each other. "I was hoping that if people could just get to know those that live around them, they would see that we share lots in common," Sonia said. "We are all passing through the same things, and it would encourage people to reach out to people around them as well." ★



In one episode of Discover the 'Burbs podcast, Jax, Mace, and Cruz hike with Sonia Weaver and their parents Jake and Shamay Bartlett to the Old Salmon Falls Bridge. Photo by Sonia Weaver

Traffic Safety Partners Stress Dangers of Distracted Driving



California Highway Patrol Press Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP), California Office of Traffic Safety (OTS) and Impact Teen Drivers (ITD) are working together this April to remind Californians of the dangers of not giving the road their full attention when behind the wheel as part of Distracted Driving Awareness Month.

The National Highway Traffic Safety Administration reports 3,142 people were killed in motor vehicle crashes involving distracted drivers in 2019 nationwide. That same year in California, there were at least 18,698 crashes from distracted driving that resulted in 108 deaths and more than 13,500 injuries.

"Driving safely requires your full attention," CHP Commissioner Amanda Ray said. "Distractions put you and others on the road at risk. Together, with our traffic safety partners, enforcement, and the cooperation of the motoring public, we can save lives and eliminate this dangerous behavior on California's roadways." ★

Distractions are not limited to cellular phones. Other electronics, children, pets, and eating or drinking while driving can also divert attention and result in a crash.

Breaking distracted driving laws becomes more serious this year. Beginning July 1, a violation for using a handheld cellular phone or texting while driving will result in a fine and also add a point to the driver's record for each violation occurring within 36 months of a prior conviction for the same offense.

"Distracted driving is a serious issue that is 100 percent preventable," OTS Director Barbara Rooney said. "That text, phone call, or social post is never more important than the task of driving."

As part of Distracted Driving Awareness Month, the first week of April is California Teen Safe Driving Week. Throughout the week, CHP and ITD will place an increased emphasis on informing California's newest drivers about the dangers and consequences of reckless and distracted driving.

"Parents, your kids have been watching you drive since they were in a forward-facing car seat," Kelly Browning, Ph.D., executive director of ITD, said. "Your driving habits will become their driving habits - be the driver you want your kids to be."

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

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Local Girl Scout Troop to Receive Bronze Award

By Jessica Keefe,
Elevate Public Relations

SACRAMENTO, CA. (MPG) - Girl Scout Troop #56 out of Fair Oaks is receiving a Bronze Award for their work on designing and planting a sensory garden for memory-impaired residents at the Fair Oaks Estates skilled nursing facility.

The troop, comprised of girls from grades 3, 4 and 5 at the Sacramento Waldorf School, worked with Green

Acres Nursery expert Greg Gayton to choose appropriate plants and create their beautiful garden. Green Acres generously underwrote the project.

Troop 56 is holding an awards ceremony on April 17, 2021, at 11:00 a.m. at Miller Park located at 8480 Sunset Avenue, Fair Oaks, California. The girls and their families will celebrate their hard work and dedication to the community with pizza and Leatherby's ice cream. ★

Community Input Sought for Laura's Law, Assisted Ordered Treatment

By Brenda Bongiorno,
Sacramento County News

SACRAMENTO, CA (MPG) - The Department of Health Services, Behavioral Health is holding a community engagement session on April 19 at 4:00 p.m., where the community can learn more about Laura's Law/ Assisted Outpatient Treatment (AOT). There will be time for attendees to ask questions and they will hear from a variety of perspectives about AOT, including how it is operationalized, successes, challenges and other considerations. The public is invited to register for the April 19 community engagement session on AOT.

Laura's Law was signed into law in the State of California in 2002 as Assembly Bill 1421, which assigned counties the option of implementing court-ordered AOT. In the last legislative cycle, AB 1976 went into law changing AOT from an opt-in program and now counties are required to implement AOT or opt-out by July 1, 2021.

AOT is a court-ordered outpatient treatment service for adults, ages 18 years and older, who have a serious mental illness and a history of (a) psychiatric hospitalizations, (b) incarcerations, or (c) acts, threats or attempts of serious violent behavior towards themselves or others. Consumers must first be offered voluntary treatment within the past 10 days. The court cannot order involuntary administration of medications.

Family members, roommates, treatment

providers and law enforcement may request an investigation to determine whether the consumer meets criteria. Only the County mental health director or his or her designee may file a petition with the court. The person named in the petition has a right to a defender appointed by the court.

If a judge finds that the individual meets the criteria, the AOT order would be for a 180-day treatment period and not to exceed 180 days. After 180 days, the director of the AOT program can apply for an additional 180 days of treatment. If the consumer is not compliant with treatment, the consumer can be transported to a hospital and held up to 72 hours. After 72 hours, the same hospitalization inpatient criteria such as being a danger to self, others, or gravely disabled.

If you are interested in participating in either of the online community sessions on March 15 or March 16, please register by going to the Laura's Law/Assisted Outpatient Treatment flyer. Interpreters and accommodations will be available upon request.

Sacramento County Behavioral Health Services provides a full array of culturally competent and linguistically proficient mental health services to individuals of all ages. Services include prevention and early intervention, outpatient services, case management services, crisis intervention and stabilization services, and inpatient psychiatric hospitalizations. Learn more about Sacramento County mental health services. ★

U.S. Army Veteran Furniture Program Serves Once Homeless Vets

Continued from page 1
began volunteering at Mather VA Medical Center in California by providing rides to patients in need. It wasn't long before Frank found himself being asked by Volunteer Services to deliver some items of home furnishings to the new living quarters of enrolled formerly homeless veterans at the request of Mather VA social workers who were implementing the HUD-VASH program The U.S. Dept. of Housing and Urban Development-VA Supportive Housing (HUD-VASH) program is a collaborative program between HUD and VA which combines HUD housing vouchers with VA supportive services to help homeless veterans and their families find and sustain permanent housing.

With Diana's support and encouragement, Frank's furniture delivery program grew along with other hospital programs, and he found himself coordinating the work of several volunteers from within American Legion Post 861 and VFW Post 10125 as well as family members, friends, and even veterans who received furniture. Eventually, Frank was paying for as many as seven storage units himself, and delivering furniture to Woodland, Davis, Jackson, Elk Grove, Del Paso, and to all cities in the Greater Sacramento Area. These home furnishings have been picked up from donors by members of the volunteer furniture team, and were initially stored in 10'x20' commercial



Over the years, many volunteers have helped Frank with the furniture delivery program. Photo provided by the American Legion

storage units and delivered to the new living quarters of enrolled formerly homeless veterans at the request of Mather VA social workers who are implementing the HUD-VASH program. As the program grew, so did the storage requirements that were not donated. Frank has been struggling for several years to get help from Mather VA and local government to provide storage facilities, and to acquire some financial support from local Veterans Service Organizations to help take some of the load off, so he wouldn't have to continue paying for the needed storage units himself, but without much success.

Over the years, volunteers who have helped Frank with the furniture delivery program include Diana Squire, Dana & Ruth Johnson, Roger Meier, James Sullivan, William Holmes, Ed McDaniels, Brian Womack, John Lowe, Brent Downend, Peter & Lisa Harnett and their son Owen and daughter Lily, Mike Harris, Janet Whetstone, plus several

formerly homeless vets. CONGRATULATIONS and THANK YOU, Frank, and to all of you who have volunteered your time, hard work, vehicles, and gasoline to deliver home furnishings to many hundreds of grateful formerly homeless veterans!

For more information on how you can donate home furnishings, help with pick-up and deliveries, or to help support the program financially, please call Frank at (916) 468-2038 or e-mail him at enablevets20@gmail.com. To learn how you can join American Legion Sacramento Legislative Action Post 861, please contact Ernie Larson at (916) 483-7162, e-mail: ernielarson@yahoo.com, or Cmdr. Don Harper at (916) 201-4443, e-mail: govvia@comcast.net.

Visit us on Facebook at American Legion Sacramento Legislative Action Post 861. The American Legion is now open to all veterans honorably discharged since December 7, 1941. That's good news! ★



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Brundage Returns as River Cats Manager for 2021 Season

By **Conner Penfold,**
River Cats Media

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats, in conjunction with the San Francisco Giants, are thrilled to welcome Dave Brundage back for his fifth season as manager as they look to build off their 2019 Triple-A National Championship.

Brundage will be accompanied by Damon Minor, who returns for his sixth season as the River Cats' hitting coach, and fundamentals coach Jolbert Cabrera, who enters his third season in Sacramento. One of three newcomers for 2021 will be pitching coach Garvin Alston, while the training staff welcomes new strength and conditioning coach Dwayne Peterson to join fourth-year athletic trainer David Getsoff. Nate Keavy rounds out the crew as the club's new bullpen catcher.

In 2019, Brundage led the River Cats to the franchise's 12th division title, fifth Pacific Coast League crown, and a record third Triple-A National Championship. An Oregon native, he joined the River Cats in 2017 and has compiled a 192-229 record in his three seasons managing Sacramento. Before coming to Sacramento, the veteran skipper spent the previous four seasons with the International League's Lehigh Valley IronPigs (Philadelphia Phillies Triple-A). By Conner Penfold, River Cats Media

Brundage, 55, made his managerial debut in 1995 with the Riverside Pilots (Seattle Mariners Class A-Advanced) but has spent most of his managerial career at the Double and Triple-A levels. Prior to his four seasons with Lehigh Valley, Brundage helmed the Richmond/Gwinnett Braves (Atlanta Braves Triple-A) for six seasons from 2007 through 2012. He made his Triple-A debut in 2006 with the Pacific Coast League's Tacoma Rainiers (Seattle Mariners Triple-A). Brundage has a career record of 1,563-1,544 (.503) in 22 seasons as a manager including a 985-1010 (.494) mark at the Triple-A level.

Selected in the fourth round of the 1986 Amateur Draft out of Oregon State University, Brundage spent 10 seasons as a player in the minor leagues with the Phillies and Mariners organizations.

Pitching coach Garvin Alston heads to Sacramento with extensive coaching experience in professional baseball, including the Major League level. His most recent position was as the Minnesota Twins pitching coach in 2018, where he guided Twins pitchers to 1,377 team strikeouts. He spent one season each as the bullpen coach of the Arizona Diamondbacks (2016) and Oakland A's (2017) before being hired as the Twins' pitching coach in 2018.

Prior to the majors, Alston was the pitching coach for both the Kane County Cougars (Oakland A's Class-A) and Stockton Ports (Oakland A's Class-A Advanced), where he coached future River Cats Vin Mazzaro, Brad Kilby, Graham Godfrey, Trevor Cahill, and 2009 Rookie of the Year and current San Francisco Giants pitching coach Andrew Bailey.

Alston was originally a 10th-round pick by the Colorado Rockies in 1992, the franchise's inaugural draft. He pitched six games at the

Major League level, finishing with a 1-0 record and five strikeouts over six career innings. Alston is the father of 2019 White Sox draft pick Garvin Alston Jr., and the cousin of former MLB outfielder Dell Alston.

Minor, 45, returns to the River Cats for his sixth season as hitting coach. In his fourth year with the team, Minor worked closely with River Cats players Mike Yastrzemski, Jaylin Davis, and Zach Green, who would eventually go on to make their Major League debuts in 2019.

A former Giant, Minor was drafted by San Francisco in 1996 before making his Major League debut in 2000. In 136 games over parts of four seasons, Minor hit .232 with 13 home runs. He set a career-high in 2002 when he played in 83 games and slugged 10 home runs, helping the Giants claim the National League pennant. While in the Giants farm system, he compiled a .277 batting average with 179 home runs and 648 RBI across nine seasons.

Cabrera, 48, is back with the River Cats' staff as fundamentals coach following managerial stints with the Salem-Keizer Volcanoes (San Francisco Giants' Class-A Short Season) in 2017, and Augusta GreenJackets (San Francisco Giants Class-A) in 2018. 2020 will be his sixth season with the San Francisco Giants as a coach.

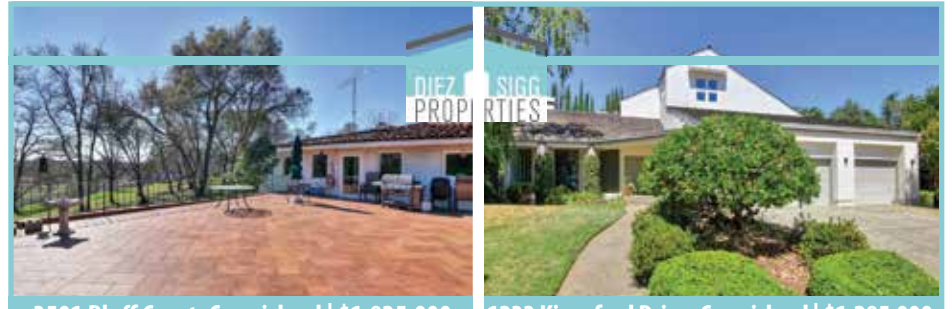
As a player, Cabrera signed with the Montreal Expos in 1990, and played in the Major Leagues for the Cleveland Indians (1998-2002), Los Angeles Dodgers (2002-2003), Seattle Mariners (2004), and Cincinnati Reds (2008). Cabrera also played in 1,274 minor league games over the course of his career, and even visited Sutter Health Park in 2007 as a member of the Colorado Springs Sky Sox (Colorado Rockies Triple-A).

David Getsoff returns to the River Cats as athletic trainer in his 13th season with the Giants organization, while new strength and conditioning coach Dwayne Peterson joins the River Cats after six years in the Houston Astros organization. Peterson was employed by the Astros as a minor league strength and conditioning coach, working at every minor league level from short-season to AAA.

Bullpen catcher Nate Keavy rounds out the River Cats field staff for 2021. Keavy, a native of Visalia, Calif., caught two seasons for Loyola Marymount University in Los Angeles, playing in 26 games during his second and final season with the Lions.

The River Cats will kick off the 2021 season on May 6 with road series in Las Vegas and Oklahoma City before returning home to host the Reno Aces on May 20. First pitch is set for 6:35 p.m.

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats, and proud affiliate of the three-time World Champion San Francisco Giants. Sutter Health Park is consistently voted one of the top ballparks in America. Memberships, Mini-Plans, and Flex Plans can be purchased for the 2021 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Currently, the only place to guarantee official River Cats tickets is at www.rivercats.com. For information on other events at Sutter Health Park, visit www.sutterhealthpark.com. ★



3501 Bluff Court, Carmichael | \$1,925,000

1233 Kingsford Drive, Carmichael | \$1,295,000

From dusk until dawn, experience remarkable views of the American River at this classic family estate, which is making its market debut for the first time! This secluded 4 bedroom and 3 bath retreat is tucked away on the river bluff and includes a private gated entrance and natural surrounding landscape to ensure the utmost in privacy. Built in 1938, this iconic property features a Spanish Adobe home with a red tile roof, tile pavers, and a minimalist design that showcases the home's breathtaking panoramic river views. The masterfully-designed outdoor deck is ideal for entertaining and gives way to riverfront views and the expansive grounds. There is an adjacent lot available, which allows the unique opportunity to own a 2.6 acre riverfront estate. A desirable cul-de-sac location and 3-car garage add to this home's charm! Centrally located near Highways 50/80, parks, cycling paths, running trails, and excellent schools. Must see!

This timeless contemporary residence captures the best of fine living! A generous floor plan of six bedrooms and five bathrooms with 5,000+ square feet of living space allows everyone their own space. Gather in the inviting living room with soaring ceilings and cozy up to the fireplace. Sliders thoughtfully open up to the bright and airy sunroom and beautiful backyard. The master invites total relaxation with a fireplace, private balcony overlooking the backyard, and walk-in shower and soaking tub. Vast view windows throughout the home soak up the natural light and create a warm and inviting atmosphere. Enjoy seamless outdoor entertaining with a roomy backyard featuring a sparkling pool and basketball court. Just steps away from The American River, walking/biking trails, fabulous shops and restaurants, and top-rated schools.



5244 Fair Oaks Boulevard Carmichael | \$1,295,000

3337 Monteglen Court, Carmichael | \$739,500

This custom 5,500 square-foot estate is a fusion of stunning architectural design and functionality. A private gate entrance and extensive landscaping ensure total privacy. Enjoy a welcoming foyer and expansive family room with soaring ceilings and clerestory windows. Highlights include light maple flooring, a grand sweeping staircase and gorgeous crown molding. The open-concept kitchen features granite countertops, custom cabinetry, pantry, and modern appliances. A generous floor plan offers 5 or 6 spacious bedrooms with 2 downstairs masters, 4.5 baths, game/media room, and formal living/dining rooms. Separate bonus room not included in square footage is perfect for home gym. Backyard features beautiful landscaping and citrus/fruit trees.

From its updated Ranch exterior to its perfectly polished interior, this beautiful 4 bedroom and 3 bath home has it all! Beautifully remodeled with two masters for the multi-generational family. The kitchen features new stainless steel appliances and cabinets, Quartzite counters, a farmhouse sink, and breakfast bar. The family room has a cozy brick fireplace and French doors that open up to the backyard. The master suite addition has a huge walk-in closet, jetted tub, separate his-and-her sinks, walk-in shower, and lovely porch. Enjoy hardwood flooring, raised ceilings, and dual pane windows. Entertain outdoors with a large covered patio, complete with ceiling fans for those warm summer days ahead. The backyard has a play structure, tool shed, citrus trees, and garden beds for your green thumb. Must see!!



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Sacramento Suburban Water District Board Meetings

Next Meeting:
Monday, April 19th, 2021 at 6:00 p.m.

Attend in person, via videoconference or teleconference.

Creating Shelters and Helping Service Resistant Homeless



Rich Desmond, District 3 Supervisor for Sacramento County.

Our homeless population continues to grow in Sacramento County. Although the issue has taken a backseat to the COVID-19 pandemic this last year, it remains one of the largest problems facing our community. Homelessness is routinely characterized as a crisis, and I agree. It is a humanitarian crisis affecting the health, safety, and well-being of nearly 10,000 people living on the streets and open spaces in Sacramento County. It is an economic crisis for many of our small business owners who are forced to spend their earnings cleaning up trash and hazardous waste while they see customers driven away by encampments in the doorways of their businesses. It is an ecological crisis on our American River Parkway from a growing homeless population that discharges human waste and debris into our waterways and damages our biggest environmental treasure.

Despite ever-expanding public funding and new programs and services, the number of unhoused in our County continues to grow.

There are many reasons for this. COVID-19 has worsened many individuals' economic situations, but I truly believe the root of the problem is that we have not clearly identified or invested in enough programs to help people suffering from addiction and mental illness. We need more homeless navigators and outreach workers to help homeless individuals get connected to services. Unfortunately, many people experiencing homelessness simply refuse help when it is offered and stay out on the streets due to their own accord—these are often referred to as “service resistant” individuals.

It is time for a new approach, one that involves better coordination and partnership between the County and City of Sacramento. I am happy to be part of a new “2x2” effort with Supervisor Patrick Kennedy and two representatives from the Sacramento City Council to work together on solutions. My hope is that our primary focus will be on creating shelters that are reserved for individuals who are camping in designated areas. These shelters, which may include tent areas, tiny homes, and safe car parking sites, will accomplish two things. First, they will provide safe locations where individuals will have access to social workers and service providers to get them the help they need. Second, the shelters will allow us to limit where and when people can camp on our streets

and parks. This is a crucial component, especially for the “service resistant” homeless who refuse services that have been offered to them. The 9th Circuit Court of Appeals case *Boise v. Martin* largely prevents local jurisdictions in California from prohibiting someone from camping in most public places unless the jurisdiction has a designated bed for the individual. I am confident these shelters will help get people off the streets and on the road to a better life.

It is no secret that one of the biggest challenges to establishing shelters is LOCATION, LOCATION, LOCATION! There are legitimate concerns that a shelter or designated camping area will attract more homeless to a community and bring with it an increase in street encampments and crime. However, we are at a point in this crisis when we need to reconsider strategies and locations that would have been unimaginable just a few years ago. We have to be willing to try something new that will give us a chance to more effectively connect the homeless with services and housing while allowing us to prohibit camping in front of businesses and in parks and neighborhoods.

I will report back here regularly on pressing issues affecting District 3 and Sacramento County. In the meantime, I want to hear from you about your thoughts and priorities. Please contact my office at richdesmond@sacounty.net or (916) 874-7593. ★

Pandemic has Damaged California's School Children



By Dan Walters CALMatters.org

A comprehensive history of the COVID-19 pandemic's effect on California would surely conclude that the state's school children have been treated shamefully.

The incessant political squabbling over closing and reopening schools, and the sporadic efforts at in-home learning, have once again demonstrated that the supposed adults who manage and operate public education in California are more focused on their own interests than on the wellbeing of students.

Indeed, one could easily describe what has happened and not happened in the schools as child neglect on a massive scale.

California schools were not a roaring success even before pandemic struck more than a year ago. By almost any measure, we lagged behind other states, particularly in meeting the needs of the more than three million students classified as poor or English-learners.

The many billions of dollars that the Legislature appropriated to improve their outcomes under former Gov. Jerry Brown's Local Control Funding Formula were often misdirected with little accountability.

When the coronavirus

reared its ugly head, schools were quickly shuttered and educators scrambled to replace classroom instruction with at-home instruction via the Internet. But once again, many of the children already at risk of failure were left behind, lacking the resources and/or familial support to participate.

The damage has been huge, widening the already yawning gap between the at-risk students and their more privileged peers. A new report on impacts in Los Angeles Unified School District, the nation's second largest school system, reveals the extent of the damage.

LA Unified's classrooms have been closed for more than a year and will only begin to reopen later this month, largely due to conflicts between the district's managers and its unions – a syndrome that's delayed reopening in many large urban districts.

“The COVID-19 pandemic has interrupted the livelihoods, health, education, childcare, and financial stability of millions,” says the report issued by Great Public Schools, a local advocacy group. “Students in Los Angeles Unified School District...are experiencing the painful loss of connection with their peers, teachers and school staff, and serious loss of learning that will have life-long consequences if not addressed.”

“We may not know the full impact of this last year on our students for another year or more, but the preliminary data we have paints an alarming picture,” the report adds.

Among the specific findings, based on LA Unified's own data:

40% of LAUSD middle and high schoolers were disengaged or absent from classes in spring 2020; Disengagement was likely even higher for elementary students; More than 13,000 middle and high school students were consistently disengaged in fall 2020. An additional 56,000 did not actively participate on a daily basis; Two-thirds of LA Unified students are falling behind in literacy and math. Fewer young students of color are on target in reading skills compared to a year earlier; Across all academic progress indicators, students of color, low-income students, English learners, foster children, students with disabilities and homeless students have been set back further than their more advantaged peers; Many high school students are at risk of not graduating. Currently, 20% of the class of 2021, 43% of the class of 2022, 37% of the class of 2023, and 30% of the class of 2024 will not graduate.

These numbers are – or should be – shocking and embarrassing to every adult involved in the operation of California schools, from Gov. Gavin Newsom downward. Not only are the futures of the affected children dimmer but their educational lapses will affect the entire state for decades to come.

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

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NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF GERALD GUGLIELMINA
 CASE No. 34-2020-00276307
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gerald Guglielmina, deceased A Petition for Probate has been filed by John Guglielmina, in the Superior Court of California, County of Sacramento, requesting John Guglielmina be appointed as personal representative 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 June 24, 2021 9:00 a.m. in Dept 129. 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: John Guglielmina 3361 Nike Court Sacramento, CA 95827 916-912-6800
 Publish: April 9, 16 and 23, 2021
 GUGLIELMINA 170622 4-23-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF TOKIO STANLEY TANAKA
 CASE No. 34-2021-00297383
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Tokio Stanley Tanaka, deceased A Petition for Probate has been filed by Catherine Aiko Zitzelberger, in the Superior Court of California, County of Sacramento, requesting Catherine Aiko Zitzelberger, be appointed as personal representative 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 July 27, 2021 9:00 a.m. in Dept 129. 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 the Petitioner is: Heather S. Mayer, Esq. 2377 Gold Meadow Way Suite 100 Gold River, CA 95670 916-631-1996
 Publish: April 9, 16 and 23, 2021
 TANAKA 170622 4-23-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD LEWIS CLEMENT AKA RICHARD CLEMENT
 CASE No. 34-2021-00297025
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Richard Lewis Clement, aka Richard Clement, deceased

A Petition for Probate has been filed by Cindy Saehao, in the Superior Court of California, County of Sacramento, requesting Cindy Saehao be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows August 4, 2021 9:00 a.m. in Dept 129. 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 the Petitioner is: Michael Yee 4010 S Land Park Drive Suite B Sacramento, CA 95822 916-927-9001
 Publish: April 16, 23, and 30, 2021
 CLEMENT 170622 4-30-21

NOTICE OF ADOPTED ORDINANCE

The following is a summary of an Ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of April 5, 2021:

ORDINANCE NO. 7-2021
AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA, STATE OF CALIFORNIA, AMENDING TITLE 8, CHAPTERS 8.01 AND 8.07 OF THE RANCHO CORDOVA MUNICIPAL CODE REGARDING POTENTIALLY DANGEROUS AND VICIOUS ANIMALS
 The full text of the proposed Ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted on the 5th day of April, 2021 by the following vote:

- AYES: Budge, Pulipati, Sander, Terry, and Gateway
- NOES: None
- ABSENT: None
- ABSTAIN: None

Printed in the Grapevine Independent on April 16, 2021.

NOTICE OF ADOPTED ORDINANCE

The following is a summary of an Ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of April 5, 2021:

ORDINANCE NO. 6-2021
AN ORDINANCE OF THE CITY OF RANCHO CORDOVA, STATE OF CALIFORNIA, ESTABLISHING A SPECIAL TAX FOR TRANSIT RELATED SERVICES FOR THE RIO DEL ORO (ELLIOTT HOMES PORTION) PROJECT SUBJECT TO VOTER APPROVAL
 The full text of the proposed Ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted on the 5th day of April, 2021 by the following vote:

- AYES: Budge, Pulipati, Sander, Terry, and Gateway
- NOES: None
- ABSENT: None
- ABSTAIN: None

Printed in the Grapevine Independent on April 16, 2021.

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Sacramento Go Red for Women Digital Event Planned for May 7

By Liz Faris,
American Heart Association

SACRAMENTO, CA (MPG) - The American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, announced the 2021 Sacramento Go Red for Women Digital Luncheon to support the fight to end heart disease and stroke. This premier event will be held May 7, 2021 and is designed to raise awareness of the number one killer of women: cardiovascular disease. The event is chaired by Thomas Rhodes, Cardiovascular Services Administrative Director, Sutter Medical Center, Sacramento. The Sacramento Go Red for Women Digital Luncheon is sponsored nationally by CVS Health and locally by Sutter Health Heart & Vascular Institute.

With the evolving impact of coronavirus in communities across the country, many women are facing new challenges keeping them from their day-to-day activities. The Go Red for Women® Luncheons nationwide moved to a digital platform to support women where they are and continue to spotlight the lifesaving work of the Association and the Go Red for Women movement. These signature events will be held as a virtual gathering to prioritize the safety and well-being of guests and families during the COVID-19 public health crisis.

"More work is needed to close gender and race disparity gaps when it comes to cardiovascular disease research and clinical trials participation. Of the female cardiovascular clinical trial participants globally, less than 3% represent black or African American women. Go Red for Women is working to close these gaps and I am proud to support this lifesaving movement," said 2021 Sacramento Go Red for Women Chair Thomas Rhodes, Cardiovascular Services Administrative Director, Sutter Medical Center, Sacramento.

While nearly 80 percent of cardiac events may be prevented, cardiovascular disease continues to be a woman's greatest health threat. One in three women in Sacramento live with some form of cardiovascular disease and it's on the rise in younger women. To prevent cardiovascular disease, women should understand family health history, know their numbers and make lifestyle changes like moving more, eating smart and managing their blood pressure. Risk factors that are within women's control include smoking, high cholesterol, high blood pressure, physical inactivity, poor diet, obesity/overweight and diabetes.

This year marks the 17th anniversary of the American Heart Association's launch of the Go Red for Women Movement nationwide. Go Red for Women is rooted in raising awareness among women that cardiovascular disease is the leading cause

of death for women around the world.

Heart disease is not just a problem for "older" men. Heart disease and stroke can affect a woman at any age. Research shows heart attacks are on the rise in younger women. Considerable progress has been made by the Association to increase awareness in 17 years, reaching tens of millions of women and health care professionals with lifesaving resources.

New findings from an American Heart Association special report published in September 2020 analyzing 10-year trends in women's awareness that cardiovascular disease is their greatest health threat, show critical gaps in awareness among younger women. The trend is prevalent in women ages 25-34 and Black and Hispanics of all ages. Go Red for Women is calling for more to be done. There is an urgent need for public health organizations, government, health care professionals and community organizations to join forces and provide solutions to improve awareness, especially among young women and Black and Hispanic women.

Women continue to be disproportionately affected by cardiovascular diseases and underrepresented in clinical trials which is the lifesaving research needed to better treat heart attacks and strokes. There is considerably more understanding of the biological differences between men and women including disease progression and treatment response.

While strides have been made to close gender and racial disparities in research and within the health care system, women continue to be underrepresented and overlooked in the U.S. and globally. To combat this, the American Heart Association and Verily's Project Baseline launched Research Goes Red™ to encourage women to sign up and participate in clinical trials.

The luncheon features keynote speakers, an inspiring survivor story of Zoey Swanson, a young girl born with a congenital heart defect. She has had two surgeries as an infant who underwent two heart surgeries as in infant, discussions by local health experts, and more. To learn more about the 2021 Sacramento Go Red for Women Digital Luncheon and how you can support women's cardiovascular health visit SacramentoGoRedLuncheon.heart.org.

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1 (242-8721). ★

Sacramento County DA Reports



Defendant Sentenced for Murdering Woman Near American River Bike Trail

DATE: April 9, 2021
CASE: Steven Wilson (Case #20FE001859)
PROSECUTOR: Deputy District Attorney Bret Wasley, Homicide Unit

The Honorable Ernest Sawtelle sentenced Steven Wilson to 86 years to life in prison and found the allegations that Wilson has two prior strike robbery convictions to be true. On February 25, 2021, a jury convicted Wilson of the first-degree murder of Lora Hoagland. The jury also found true that Wilson personally used a knife in the commission of the murder. On January 26, 2020, Ms. Hoagland was on the American River bicycle trail when she encountered Wilson and his ex-girlfriend. Ms. Hoagland appeared to be in distress, so Wilson wrapped his jacket around her, carried her off the bike trail and set her down under the railroad overpass. Without warning, he then pulled out a knife and stabbed Ms. Hoagland in the chest and neck. Ms. Hoagland bled to death at the scene of the crime.

Wilson's ex-girlfriend reported the crime to the police. The Sacramento Police Department recovered the knife, which had Wilson's and the victim's DNA on it. When Wilson was arrested, he had the jacket that he wrapped around the victim with the victim's blood on it.

Defendant Convicted of Multiple Child Sexual Assault Charges

DATE: April 8, 2021
CASE: Frank Diaz (Case #19FE021059)

PROSECUTOR: Deputy District Attorney Deputy District Attorney Dinah Mielke, Special Assault & Child Abuse

Frank Diaz was convicted by a jury of six counts of child sexual assault. Four of the charges were committed using force. A special allegation of substantial sexual conduct was also found true.

Frank Diaz was a family friend of the victim. On June 28, 2019, the victim was home alone with Diaz when he went into the victim's bedroom and sexually assaulted her. When she contacted a relative to disclose the abuse, Diaz attempted to harm himself with a knife trying to manipulate the victim into changing her story. He then fled the home. The victim later disclosed that Diaz had been sexually assaulting her once a week since she was 8 or 9 years old.

Diaz faces a maximum sentence of 50 years in prison. Sentencing is set for May 5, 2021, at 3:00 p.m. in Department 10 before the Honorable Ernest Sawtelle.

Elk Grove Dog Groomer Sentenced for Felony Animal Cruelty

DATE: April 5, 2021
CASE: Stephanie Frentz (Case #20FE011002)

PROSECUTOR: Deputy District Attorney Monica Robinson, Animal Cruelty Unit.

On February 11, 2021, Stephanie Frentz of Elk Grove pled to felony animal cruelty. On April 1, 2021, Frentz was sentenced to 180 days in jail, two years probation, and ordered not to groom animals for 10 years.

Frentz owned and operated the dog grooming business Soapy Paws based out of Elk Grove. On May 29, 2020, Frentz was grooming a Miniature Schnauzer named Rosco when she acted in a negligent manner. Frentz allowed Rosco to fall off the grooming table and did not come to his aid for several minutes. Rosco subsequently died of strangulation. Frentz was not forthcoming with the cause of Rosco's death. Through the efforts of Elk Grove Animal Control and the District Attorney's Office, it was determined that Frentz's negligence while grooming Rosco caused his death.

Violent Offender Sentenced for Charges Stemming from DV Assault

DATE: March 26, 2021
CASE: Joshua Thomas (Case#19FE021265)

PROSECUTOR: Deputy District Attorney Courtney Martin, Domestic Violence Unit

The Honorable Ernest Sawtelle sentenced Joshua Thomas to 20 years and 4 months in prison. On February 4, 2021, a jury convicted Thomas of first-degree residential burglary, stalking, assault with a deadly weapon, making criminal threats, violating a restraining order and two counts of child endangerment. An allegation that Thomas suffered a prior 2001 strike conviction for voluntary manslaughter was also found true.

On November 22, 2019, Thomas went to the victim's home and used a BB gun to shoot out the sliding glass door. The glass shattered just feet from the couch where the victim and her two small children were sitting. While holding what appeared to be a firearm, Thomas threatened to kill the victim in front of the children. The victim and the children were able to flee from the house and call law enforcement for help. This was the culmination of more than a year of harassment, threats, and stalking by Thomas. ★

Local United Way Announces New Childhood Literacy Effort STARS

By Kristin Thebaud,
Kristin Thebaud
Communications

SACRAMENTO, CA (MPG) - United Way California Capital Region is launching a new literacy effort called STARS that pairs volunteers online with local kids learning to read. With the recent launch of the program, United Way California Capital Region will be raising funds for STARS on May 6, Big Day of Giving. Local residents are invited to participate by donating at various giving levels and sharing photos of themselves reading on social media.

"We know that if kids aren't reading at grade level by fourth grade, they will have a hard time keeping up across multiple subjects for years to come," said Amber Lovett, interim president and CEO, United Way California Capital Region. "Big Day of Giving is a great opportunity for community members to help local kids succeed in school and career and ultimately in life."

Though the STARS curriculum is funded by Union Pacific's Community Ties, Big Day of Giving donations will help fund other

costs of the program, including volunteer recruitment, background checks and supplies. To make a donation on Big Day of Giving or schedule a gift ahead of time starting April 22, visit YourLocalUnitedWay.org/Big-Day-Giving. Participants also are invited to upload a photo reading a favorite book on social media using hashtags #BDOG2021 and #STARSLiteracy, and challenge friends to participate.

United Way's STARS program already has paired nearly two dozen volunteers with children at Robla School District and CHOC housing sites in Yolo County to provide online tutoring through the platform Book Nook so kids struggling with literacy can reach grade level reading. Each student has already received an average of eight hours of tutoring and reading practice. The program will continue through the rest of the school year and will include a summer curriculum for children at the housing sites. United Way plans to expand STARS to additional schools in the fall and is in need of virtual volunteers year-round. For more

information about STARS and to sign up to volunteer, visit YourLocalUnitedWay.org/STARS-0.

The local United Way has been helping children improve literacy for more than four years, most recently through its AARP Experience Corps program that paired retirees with children in schools before the pandemic hit.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation, visit YourLocalUnitedWay.org. ★

ASK THE DMV



Learn more about accessing DMV services online in 2021

As the COVID-19 pandemic continues, the California DMV is increasing the number of transactions that can be completed without a visit to a field office. The DMV has several methods to serve customers, including online self-service options, through DMV Now kiosks, or via a DMV business partner so that customers can "visit" the DMV by other means. The following questions cover some of the most convenient ways to access DMV services and complete essential transactions without stepping foot in a field office.

Q: I HAVE TO COMPLETE SOME DMV BUSINESS IN THE NEAR FUTURE, BUT I WANT TO AVOID AN IN-PERSON DMV VISIT. WHAT ARE MY OPTIONS?

A: The health and safety of all customers and Californians is a top priority for the DMV. While a few select services need to be completed in a field office, most DMV transactions can be completed online. The DMV is urging customers to use their expanded online services or DMV Now kiosks to complete most transactions including eligible driver's license and vehicle registration renewals, change of address, replacement sticker or registration card, notice of transfer and release of liability, duplicate driver's license and vehicle license fee refund requests, among many others.

Nearly all California drivers are now eligible to renew their license online or by mail – even if their renewal notice states that an office visit is required. Use the DMV's Service Advisor tool at dmv.ca.gov/online to learn what options are available for you depending on your needed service.

Customers who must come into a DMV office for services in person during the COVID-19 pandemic will find increased health screening and safety protocols. To best serve customers and maintain appropriate physical distance, the number of people allowed in DMV offices is limited, chairs are appropriately spaced, and plexiglass shields have been installed. Additionally, all employees and customers are required to wear a face covering while inside a DMV office and during a behind-the-wheel drive test exam, and must maintain six feet of physical distancing. Customers should anticipate longer than usual wait times while these preventive measures are in place.

Q: I SAW A DMV NOW KIOSK AT MY LOCAL GROCERY STORE. WHAT IS THAT, AND CAN I USE IT TO RENEW MY VEHICLE REGISTRATION?

A: There are hundreds of DMV Now kiosks located throughout the state to help customers complete their vehicle registration renewal, submit proof of insurance, receive a driver or vehicle record, and more. DMV Now kiosks are convenient and allow customers to conduct transactions quickly and efficiently. Customers simply scan their document, pay the fees using a card or cash (where available) and then print their registration card and sticker, planned non-operation acknowledgment, and more, right on the spot.

To locate the DMV Now kiosk nearest you, please visit: www.cadmynowkiosk.com/kiosks. Customers can also find DMV business partners to complete selected transactions by visiting www.dmv.ca.gov and clicking on "Locations" to find nearby partners.

Visit the DMV's online portal to use the DMV's Service Advisor tool to learn what options are available to you at www.dmv.ca.gov/online.

Ask Toni

Is At Home Recovery After a Transplant Covered by Medicare?



Toni King

Reader Alert:

This week, I received a text message from one of Toni Says® Medicare clients that I would like to share with the Toni Says® readers. You may never

know when you or one of your family members will experience a life changing medical diagnosis. The text reads:

Toni: I need to put together a 24/7 home care recovery plan after a liver transplant. The surgery is over a year out, but I would appreciate some tips on Medicare and how to plan for this event. Thanks in advance, a Toni Says client. (name withheld for confidentiality)

To My Readers:

This text made me realize that America is not prepared for a life changing medical need such as a transplant.

Luckily, my client has Original Medicare with a Medicare Supplement allowing him and his team of medical providers together to pick which rehab/skilled facility and home health agency he will use while recuperating from his liver transplant.

In the Medicare and You handbook, there is a segment in Section 2 that discusses transplants and immunosuppressive drugs. It states that “you **must** have Part A in place at time of the covered transplant and that you **must** have Part B at the time you get immunosuppressive drugs. You pay 20% of the Medicare approved amount for the drugs and the Part B deductible applies.”

It also discusses that “Medicare covers doctor services for heart, lung, kidney, pancreas, intestine and liver transplants under certain conditions, but only in Medicare-certified facilities.”

The handbook also states, “if you’re thinking about joining a Medicare Advantage Plan (like an HMO or PPO) and are on a transplant waiting list or believe you need a transplant, check with the Medicare Advantage plan before you

join to make sure your doctors, other health care providers, and hospitals are in the plan’s network. Also, check the plan’s coverage rules for prior authorization.”

Note: Medicare drug plans (Part D) may cover immunosuppressive drugs if Medicare Part B doesn’t cover them. In other words, be sure you have a complete Medicare Part D planning consultation before you enroll in a specific Medicare Part D plan to be sure that the Part D plan chosen covers all your transplant drugs as well as prescriptions you take daily.

If your Part D plan does not cover your transplant prescription drugs, then who will pay **You will!**

Regarding my client’s question about Medicare paying for 24/7 at home care while he is recuperating from his liver transplant, I do not have good news.

Medicare pays **absolutely nothing** for at home care while recuperating from a transplant or any illness. Medicare will pay for home health visits if there is a doctor’s order and it meets Medicare requirements.

Medicare will only pay for rehab or skilled nursing. If you do not meet Medicare’s qualifications for skilled nursing, you will pay 100% of the cost out of your pocket

I have informed my client to begin speaking with what is called at-home provider services, his church, or friends about getting their help with round-the-clock help at home to help his wife. If he has a long-term care policy, it may pick up some costs.

In today’s financial climate, America has new long-term care options to maximize the 401K capabilities and get more bang for your 401K dollars!

2021 Confused about Medicare Zoom webinar is Thursday, April 29th at 4:00 PM. Visit www.tonisays.com to sign up for Toni’s new webinar event.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide®. Advanced book at www.tonisays.com. Have a Medicare question? Call 832/519-8664 or email info@tonisays.com. ★



By Noah Howard

Game Plots

Falling for MMORPGs

limits the genre’s accessibility: the “endgame.” Typically, serious players of MMORPGs tend to argue that an MMORPG does not truly begin to show its potential until the player reaches the maximum level that the game allows. After “maxing out” a character’s level, MMORPGs truly start to open up to the endless possibilities that their worlds offer. The problem, of course, is that it can often take countless hours to reach the endgame, hours often spent fighting similar enemies over and over again and doing repetitive, dull tasks. My experience with *Runescape* was no different.

But when my partner and I were searching for a game to play together, the genre’s potential started to truly open up. To date, we’ve played three of the most popular MMORPGs together: *Guild Wars 2*, *Final Fantasy XIV*, and *The Elder Scrolls Online*. With each we’ve found an engaging experience that would not have worked had we played solo.

Though much of the gameplay that MMORPGs offer may be repetitive when played alone, playing with others offers an exciting experience. Different types of characters are meant to complement each other’s strengths

and weaknesses, so playing with someone you know makes the adventure that much richer. While playing as a knight-esque class in *Guild Wars 2*, for example, I dashed towards my opponents, sword brandished, to keep them busy while my partner peppered them with arrows from a distance. Together, combat was not only more exciting, but our strength-in-numbers allowed us to more easily explore the game’s more dangerous areas where either of us might have met a quick demise working alone.

And because we played together, we progressed far enough in these games to make it past the initial hours and reach the vast fantasy battles we had always dreamed about. We find ourselves working side-by-side with dozens of other players to take down epic monsters that we encounter in the world. Doing so makes us feel powerful in a very different way than other games: a cog in a devastating well-coordinated machine.

Though I’m yet to experience the ever-elusive “endgame,” the appeal of the MMORPG has become crystal clear through playing with someone else, and I can’t wait to continue our adventures together through these wonderful worlds. ★

Crossword Puzzle on Page 11



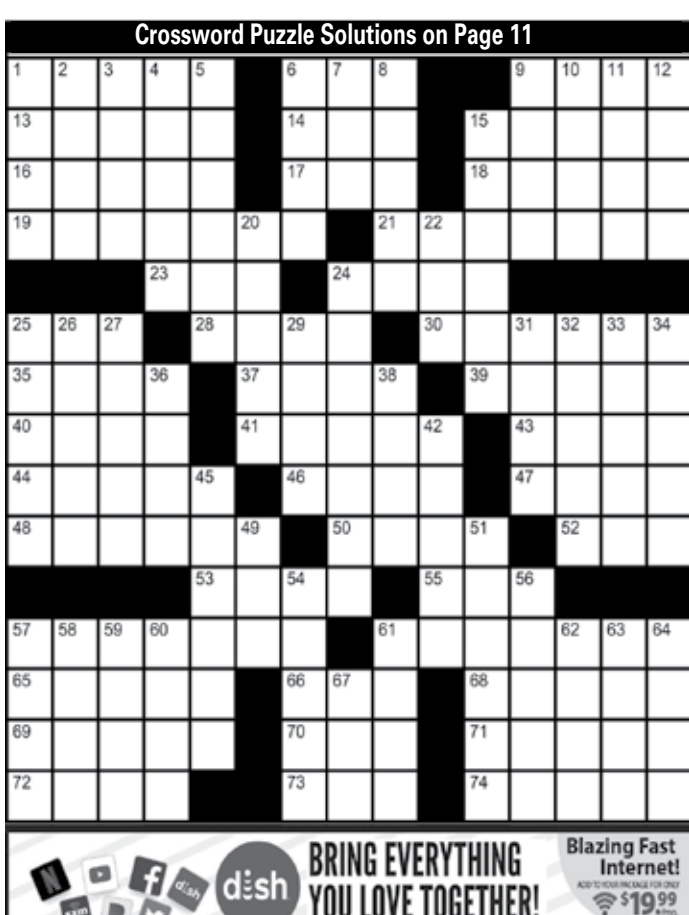
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CLUES

ACROSS
 1. Hedgehog of video games
 6. And so forth, acronym
 9. *Oscar-nominated black and white movie
 13. Treeless plain
 14. Grazing field
 15. Moses’ mountain
 16. Sty sounds
 17. Nelson Mandela’s org.
 18. Like beer at a kegger (2 words)
 19. *Posthumous nominee
 21. *Anthony of “The Father”
 23. “What’s up, _____?”
 24. Huge pile
 25. Protestant denom.
 28. Feed storage cylinder
 30. Load again
 35. Relating to ear
 37. Flighty one
 39. Proclaimed true without proof
 40. Musician David Lee _____
 41. Ascetic holy Hindu
 43. Eastern European
 44. Plural of #10 Down
 46. 500 sheets
 47. Looking for aliens org.
 48. Kitchen whistler
 50. Wails
 52. Bad-mouth
 53. Medieval torture device
 55. Pied Piper follower
 57. Politburo hat fur
 61. *Daniel of “Judas and the Black Messiah”
 65. Raspberry drupelets
 66. Fuss, to Shakespeare
 68. Void, as in marriage
 69. Defective car
 70. Given name of Jack Kerouac’s Paradise
 71. _____ of Honor
 72. Adam and Eve’s first residence
 73. Money in Myanmar
 74. Shoemaker without shoes, e.g.

DOWN
 1. Undesirable roommate
 2. Medley
 3. Grannies, in UK
 4. Tattooed
 5. Universe
 6. Panache
 7. *Most 2021 Oscar nominations for one film, #9 Across
 8. Secret storage
 9. Stole fur
 10. One opposed
 11. Indian restaurant staple
 12. U.S. customary unit of force, pl.
 15. Soaked
 20. DNA and RNA
 22. Argonaut’s propeller
 24. Shared work surface at an office
 25. *Sasha Baron Cohen’s “Subsequent Moviefilm” role
 26. Be sorry for one’s wickedness
 27. Pita, in UK
 29. *Like Roberto Benigni’s fictional son
 31. Husband to a widow, e.g.
 32. Checked out
 33. Stradivari competitor
 34. *Fences’ winner and “Ma Rainey” nominee
 36. Poker ante
 38. * “Nomadland” director
 42. Shadow
 45. *The Trial of the Chicago 7”

screenwriter
 49. Greek “t”
 51. Sandwich sausage
 54. Necklace lock
 56. Radio receiver
 57. Nutritious leafy green
 58. Got A+
 59. Ice on a window
 60. Happening soon, old fashioned
 61. Caffeine-containing nut tree
 62. Editing arrow
 63. Chinese monetary unit
 64. Friend in war
 67. *Nominee for Billie Holiday role



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Sudoku Puzzle on Page 11

6	1	8	4	9	3	5	7	2
4	5	7	6	2	1	3	8	9
9	3	2	7	8	5	6	1	4
8	4	6	2	3	7	1	9	5
2	9	5	8	1	6	4	3	7
3	7	1	9	5	4	2	6	8
7	2	3	1	4	9	8	5	6
1	8	9	5	6	2	7	4	3
5	6	4	3	7	8	9	2	1

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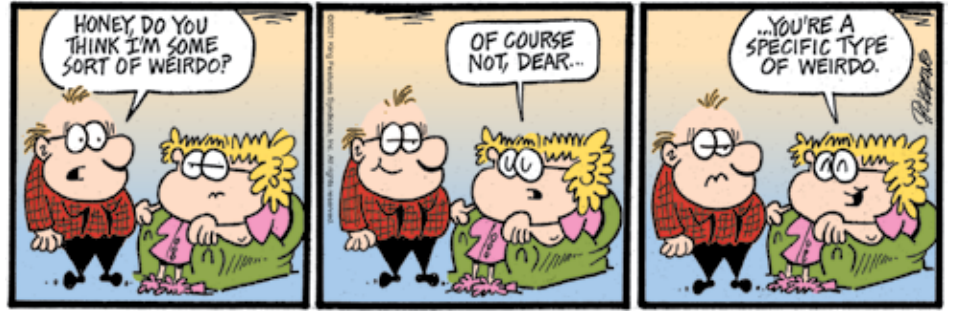
Amber Waves



by Dave T. Phipps

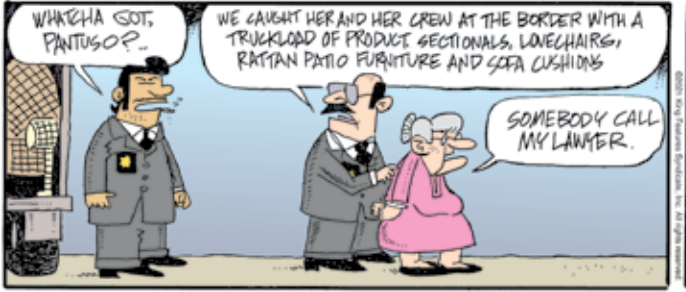


The Spats

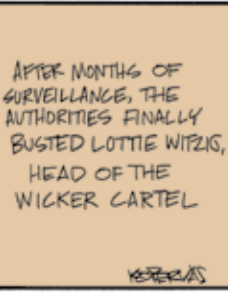


by Jeff Pickering

Out on a Limb

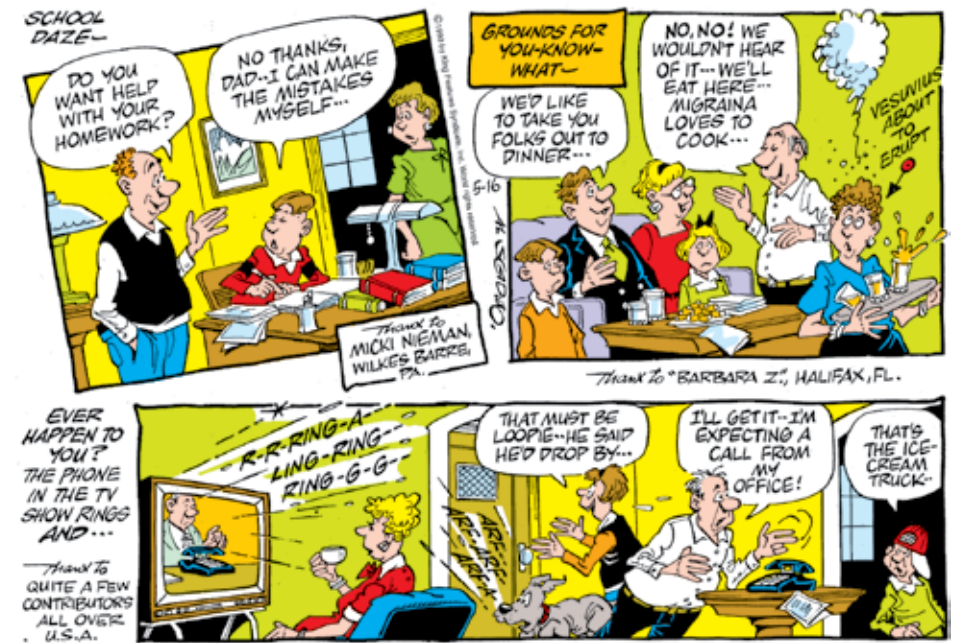


by Gary Kopervas



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

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GRIN and BEAR IT



LAFF-A-DAY



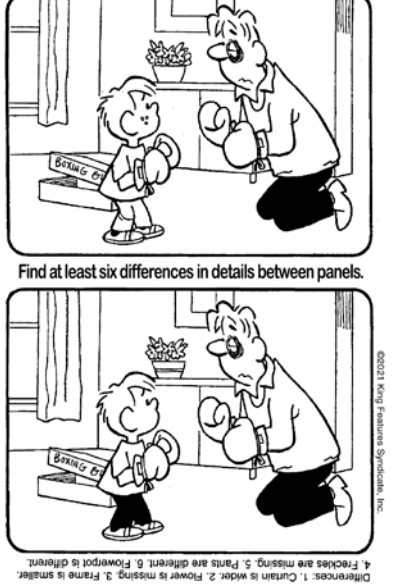
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<p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family</p> <p>37¢</p> <p>Effective 4/14/21 - 4/20/21</p>	<p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family</p> <p>ON SALE Everyday</p> <p>Effective 4/14/21 - 4/20/21</p>	<p>JONNY CAT PREMIUM CAT LITTER 20 Lb Bag • Regular • Multiple Cat Formula</p> <p>Limit 2 Bags Per Family</p> <p>\$3.89</p> <p>Effective 4/14/21 - 4/20/21</p>	<p>FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag</p> <p>Limit 2 Bags Per Family</p> <p>\$13.99</p> <p>Effective 4/14/21 - 4/20/21</p>

<p>WELLNESS CANNED CAT FOOD Pate • Gravy • Selected Varieties • Also • Signature Select • Core 5.3 Oz Limit 1 Case</p> <p>20% OFF REGULAR LOW PRICES</p>	<p>FELINE PINE HEALTHY CAT LITTER</p> <p>20 Lb Bag Limit 2 Bags \$7.99</p>	<p>PURINA PRO-PLAN CANNED CAT FOOD Selected Varieties 3 Oz Can 89¢</p>	<p>SCIENCE DIET SMALL BITES DRY DOG FOOD Adult • Light • Mature (Lamb & Rice Small Bites \$30.99) (Puppy Small Bites \$24.99) (Sensitive Stomach \$29.99)</p> <p>15 Lb Bag Limit 2 Bags \$23.99</p>	<p>CAT COUNTRY PREMIUM ORGANIC CAT LITTER</p> <p>Limit 2 Bags 20 Lb \$7.99 40 Lb \$14.99</p>	<p>CHICKEN SOUP FOR THE SOUL DRY DOG FOOD Adult (including Beef) • Large Breed (including Beef) • Mature • Weight Care • Puppy (Reg & Lrg Breed) 28 Lb Bag</p> <p>20% OFF OUR SUPER LOW PRICES</p>
<p>SWHEAT SCOOP NATURAL WHEAT LITTER (12 Lb Bag - Original \$10.99 Multi-Cat \$11.99)</p> <p>36 Lb Limit 2 Bags Original \$29.99 Multi-Cat \$31.99</p>	<p>CHICKEN SOUP FOR THE SOUL CANNED FOOD SALE Dog Cans 13 Oz (Reg & Grain Free) All Varieties Cat Cans (3 Oz Grain Free & 5.5 Oz) Limit 1 Case</p> <p>20% OFF OUR SUPER LOW PRICES</p>	<p>PRECIOUS CAT CAT LITTER 20 Lb Box Limit 2 Boxes Cat Attract \$12.99 Touch of Outdoors \$7.99</p>	<p>WELLNESS DRY DOG FOOD 24-30 Lb Bag • Chicken • Senior • Healthy Weight • Grain Free Chicken • Grain Free Lamb • Grain Free White Fish</p> <p>Large Breed Adult \$58.99 • Healthy Weight \$53.99 • Grain Free Lamb \$56.99 • Grain Free White Fish \$56.99</p>	<p>CAREFRESH PET BEDDING 60 Liter (Ultra Not Included) \$16.49</p>	<p>MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD Grain Free Chicken/Turkey • Grain Free Pork, Beef & Lamb 25 Lb Bag Limit 2 Bags per Family \$7 OFF OUR REGULAR LOW PRICES</p>

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Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/14/21 - 4/20/21

ON SALE Everyday

CHM PLU 367

BONUS COUPON
WHISKAS TEMPTATIONS CAT TREATS
Selected Varieties - 3 Oz
Limit 2 Pkgs with Coupon
Price Valid Only With Coupon Effective 4/14/21 - 4/20/21

\$1.39

CHM PLU 569

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Jumbo Drawstring - 5 Ct
Limit 1 Box with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/14/21 - 4/20/21

\$2.09

CHM PLU 449

UC Davis Research: 'Missing Link' Detected in COVID-19 Patients?

By Kathy Keatley Garvey, UC Davis

A newly published UC Davis research paper pinpoints what could be “the missing link” in why some COVID-19 patients recover and some don't.

A blood plasma biomarker discovered in hospitalized COVID-19 patients may not only predict the severity of adult respiratory distress syndrome (ARDS) but further research may lead to inhibiting the progression, a team of eight University of California researchers announced.

The UC researchers, primarily from the laboratory of UC Davis distinguished professor Bruce Hammock, found that four compounds in the blood of COVID-19 patients are highly associated with the disease. Their paper, “Plasma Linoleate Diols Are Potential Biomarkers for Severe COVID-19 Infections,” is published as open access in the current edition of *Frontiers in Physiology*.

ARDS, characterized by fluid build-up in the lungs, is the second leading cause of death in COVID-19 patients, next to viral pneumonia, according to the National Center for Biotechnology Information.

“Different outcomes from COVID-19 infections are both terrifying from a human health perspective and fascinating from a research perspective,” said UC Davis lead author and doctoral candidate Cindy McReynolds of the Hammock lab. “Our data provide an important clue to help determine what impacts the severity of COVID-19 outcomes. Initially, we focused on the immune response and cytokine profile as important drivers in severity, but considering what we now know from our study and others in the field, lipid mediators may be the missing link to answering questions such as why some people are asymptomatic while others die, or why some disease resolves quickly while others suffer from long-haul COVID.”

The compounds, known as leukotoxins and leukotoxin diols, originate from linoleic acid, the body's most abundant dietary fat, said Hammock, who holds a joint appointment in the Department of Entomology and Nematology and the UC Davis Comprehensive Cancer Center and directs the National Institute of Environmental Health Sciences (NIEHS) Superfund Research Program at UC Davis. “The leukotoxins (also called EpOMEs) are converted to the leukotoxin diols (also called DiHOMES) by the soluble epoxide hydrolase we work on.”

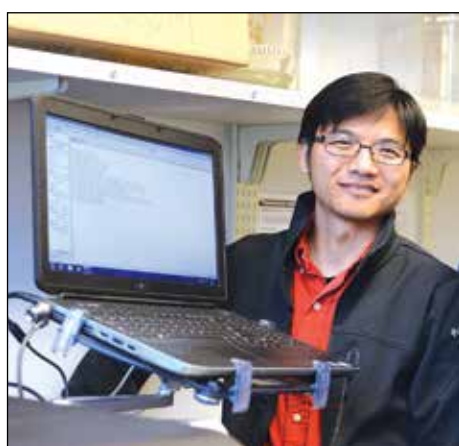
“The hypothesis advanced in this paper is that because the leukotoxins have been associated with serious illness and death in humans and dogs and the symptoms are those of adult respiratory distress syndrome, these compounds are biomarkers of pulmonary involvement in COVID-19,” Hammock said. “We also think that it is the conversion of leukotoxin to the toxic leukotoxin diol that causes pulmonary and perivascular edema and this could be leading to the respiratory complications.”

“So the leukotoxins and leukotoxin diols,” Hammock said, “are indicators of respiratory problems in COVID-19 patients as plasma biomarkers. They also present a pathway for reducing ARDS in COVID-19 if we could inhibit the soluble epoxide hydrolase, a key regulatory enzyme involved in the metabolism of immune resolving fatty acids.”

Professor John Imig, director and eminent scholar of the Medical College of Wisconsin's Drug Discovery Center, who was not involved in the study, said: “The COVID-19 pandemic has demonstrated that coronaviruses can have deadly consequences. Lung distress is a major reason for death in COVID-19 patients infected with the coronavirus (SARS-CoV-2). The findings of McReynolds et al. identified lipids called leukotoxin diols in the blood of COVID-19 patients that could act as a biomarker for lung distress. In addition, leukotoxin diols could be responsible for lung distress in COVID-19 patients. Excitingly, this suggest that therapies to lower leukotoxin diols could treat lung distress and prevent death in COVID-19 patients.”

“The findings presented in this paper bring important attention to a role for oxylipin metabolites in COVID-19 infections,” said Professor A. Daniel Jones of Michigan State University's Department of Biochemistry and Molecular Biology and director of the university's Research Technology Facility's Mass Spectrometry and Metabolomics Core. “Most notably, metabolites known as DiHOMES which have been previously implicated in lung inflammation show promise for their potential to predict outcomes in COVID patients and guide therapeutic, and perhaps dietary interventions beneficial to human populations.” Jones, who was not involved in the study, serves as secretary of the Metabolomics Association of North America.

The UC Davis scientists used clinical data collected from six patients with



Jun Yang, corresponding author. Photo: UC Davis

laboratory-confirmed SARS-CoV-2 infection and admitted to the UC Davis Medical Center, Sacramento, and 44 healthy samples carefully chosen from the healthy control arm of a recently completed clinical study.

In the introduction, the researchers wrote: “The pandemic coronavirus disease 2019 (COVID-19), caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), initiates an aberrant immunological response resulting in a wide range of disease severities ranging from asymptomatic cases to severe cases with rapid progression to acute respiratory distress syndrome (ARDS) and death. Patients with severe COVID-19 show evidence of hyperinflammation with increased release of inflammatory cytokines. The role of a cytokine release syndrome, or cytokine storm, in COVID-19 has drawn much attention. However, recent reports demonstrate that, although pro-inflammatory cytokine levels are elevated in severe COVID-19 patients, they are lower than levels usually observed in non-COVID ARDS, suggesting additional factors leads to severe outcomes in some patients. One of the key pathways regulating the immune response to infections is the release of regulatory lipid mediators that have dual functions of driving inflammation [e.g., prostaglandins (PGE2)] or promoting resolution of inflammation and return to homeostasis [e.g., long chain epoxy fatty acids (EpFAs)]. Recent data indicate a role of dysregulated lipid profiles in COVID-19 and identified cytochrome P450 (CYP) metabolites of polyunsaturated fatty acids (PUFA) as potential biomarkers of disease severity.

The Hammock lab's 50-year research on soluble epoxide hydrolase (sEH) and its inhibitors led the professor to found and direct EicOsis Human Health, a Davis-based company that is developing a potent soluble epoxide hydrolase inhibitor for pain relief. Epoxy fatty acids control blood pressure, fibrosis, immunity, tissue growth, depression, pain, inflammation and other processes.

But more recently, the Hammock lab has turned its attention to using sEH as a means to resolve inflammation associated with COVID-19 and the fibrosis that can follow.

Lipid metabolism researcher Ameer Taha of the UC Davis Department of Food Science and Technology pointed out that linoleic acid is an essential fatty acid present in only small amounts in our evolutionary diets. “In addition to nutritional and structural roles of linoleate, minor linoleate metabolites including the leukotoxin diols (also known as DiHOMES) regulate a number functions including body temperature, cardiac health and vascular permeability. This study cautions that now with dietary linoleate levels at an all-time high, in periods of high stress as with COVID-19, these regulatory functions may become detrimental.”

The paper is the work of Hammock, McReynolds and Jun Yang of the Department of Entomology and Nematology and EicOsis Human Health; Irene Cortes-Puch of the Department of Entomology and Nematology, EicOsis Human Health, and the Department of Internal Medicine's Division of Pulmonary Critical Care and Sleep Medicine; Resmi Ravindran and Imran Khan of the Department of Pathology and Laboratory Medicine; Bruce G. Hammock of UC Davis Department of Veterinary Medicine, Aquatic Health; and Pei-an Betty Shih of the UC San Diego Department of Psychiatry.

“This study resulted from an exciting collaboration with Imran Khan and Angela Haczku of the UC Davis School of Medicine to identify potential biomarkers for differentiating the severity of COVID-19 diseases,” said Yang, the corresponding author.

The research drew financial support from several National Institutes of Health agencies: National Institute of Environmental Health Sciences (NIEHS) Superfund Research Program and R35 grant, National Institute of General Medical Sciences (NIGMS), and the National Institute of Mental Health (NIMH). ★

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