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Final Boulevard Phase Launches



Supervisor Susan Peters (left), transport engineers Steve White and Melissa Wright, and Carmichael Chamber of Commerce President Jim Alves visit works that begin the last phase of Fair Oaks Boulevard improvements. Begun in 2013, the three-part project will be completed late 2021.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Once dubbed "Sacramento's ugliest street," Fair Oaks Boulevard recently began its final phase of mid-town beautification and traffic-flow upgrades. The cost of this phase is \$16.7 million.

Formulated with community and County input more than a decade ago, plans for Carmichael's central zone envisioned a main-street feel. Civic VIPs broke ground for the long project in 2013. Initial work smartened up the Marconi Avenue corner. The next phase began in 2016 and targeted the stretch between Landis Avenue and Engle Road. Third-phase construction ties in the passage from Marconi to Engle. Construction will wrap up at the end of 2021.

Upgrades for all phases include new sidewalks; new bike lanes; new

road surfaces; medium landscaping; signal modifications (for the disabled and cyclists); improved lighting and buried utility lines. A much-needed traffic signal was installed at the Landis corner; another is planned for the Roberston Avenue intersection. Some storm drains have also been rebuilt. Within the project, the Grant Avenue corner of Carmichael Park got new sidewalks and a mural garden.

Though work will end after Susan Peters' retirement, this revamped central mile will be part of the County Supervisor's legacy. She and transport engineers last week visited a boulevard worksite and noted that lessened traffic - due to the COVID lockdown - made work safer for construction workers. "I know residents and local businesses are looking forward to the final installation," said Peters. "While its construction will pose some obstacles, the final result will be a welcome

addition to continuing beautification of the area's corridor."

Indeed, the long project has already glamorized midtown. Though potholes remain in the final stretch, other boulevard asphalt is remarkably smooth. Additional giant palms and monuments bring a sense of history to the Fair Oaks/Palm Drive corner. New sidewalks are much in use and rose-covered medians are icing on the cake. The last phase will include another stone obelisk at Angelina Avenue.

Rancho Cordova-based B & M builders are undertaking remaining work. When final white stripes are daubed in 2021, all three phases - including planning, construction and right of way acquisitions -- will have run up a bill of more than \$31 million. Federal, State and County funding is covering costs. For more information, visit www.sacdot.com ★

Prioritize Your Wellbeing for Mental Health

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County, like so many others, has been significantly impacted by the COVID-19 pandemic. In recognition of Mental Health Month this May, the "Mental Illness: It's not always what you think" project is helping to raise awareness about the importance of mental health and inspire hope and positivity for our community, particularly for individuals and families living with mental illness here in Sacramento.

Stay connected and prioritize your mental health:

Follow the project's Twitter and Facebook pages to stay updated on the project; View our "May is Mental Health month" virtual art display. Stop Stigma Sacramento Speakers Bureau members have shared artwork to inspire acts of kindness and positivity in the community; Try some of our conversation starters! Find ways to have a meaningful discussion with family, friends or neighbors about how their feeling - remind them they're not alone; Visit our website to view a compiled list of mental health resources, such as, helplines, online communities and tips to help us get through this together; Write a message of hope on the "Mental Illness: It's not always what you think" project's Wall of Hope; Check out online resources from our friends at Each Mind Matters, National Alliance on Mental Illness and Mental Health America for ways to improve mental health and increase resiliency.

Mental illness can happen to anyone, no matter your age, ethnicity or gender. During these times of uncertainty, many of us may be experiencing increased levels of stress, anxiety and worry, and those already living with a mental health condition may be facing heightened symptoms as a result of the emotionally-charged environment we are living in.

It is just as important as ever to support the mental health and well-being of others by reaching out and maintaining a connection with those who may be struggling - not only to support them but also for your own mental health. Sending a thoughtful text, making a phone call, or setting up a video chat could make all the difference.

For more information on Sacramento County's "Mental Illness: It's not always what you think" project, and to find mental health resources for yourself and others during this uncertain time, please visit www.stopstigmiasacramento.org.

This program is funded by the Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA). ★

Elder Kindness Gang Hits the Streets



The Elder Kindness Gang visited and brought cheer to a number of senior living facilities, including Aegis Living of Carmichael. Photo by Patrick Larenas

By Patrick Larenas

CARMICHAEL, CA (MPG) - The COVID-19 virus outbreak and its subsequent lockdown has separated many from their loved ones and brought a heightened sense of awareness to the health vulnerabilities of

seniors. In order to maintain a cheerful and elevated spirit, a compassionate group of caretakers called the Elder Kindness Gang created an automobile parade, driving by and honking at Sacramento area senior facilities, including Carmichael, on

Wednesday, May 6th.

Showing support and solidarity in this tough time, Dot Boyd, Senior Safety Specialist, said the EKG wants "to show the community our big hearts in a very jubilant and boisterous way."

Cynthia Newton of Nurse

Next Door-Home Care Services said, "I love participating in the Kindness Car Parade because it brings so much joy to the Seniors, First Responders and the participants. ... since we cannot visit these people in person." Her pink

Continued on page 3

Warmer Weather Will Speed Snowmelt, Increase River Flows

By Paul Moreno,
Pacific Gas and Electric

SAN FRANCISCO, CA (MPG) - With temperatures forecast to increase this week, California's snowpack will be melting faster, potentially filling rivers and streams with dangerously cold and swift moving water.

As some counties begin to ease shelter-at-home restrictions, Pacific Gas and Electric Company (PG&E) notes that California's stay-at-home order remains in effect, and it's important to continue practicing physical distancing. Californians may walk, run, hike and/or bike in their local neighborhoods as long as they continue to practice physical distancing of six feet.

For those who choose to venture near or in water, PG&E encourages them to take extra precautions when in or near rivers, especially around hydroelectric facilities and dams, where water flows can change rapidly. Anglers also are encouraged to take precautions as trout season has opened for most California rivers.

Although California's snowfall is below normal, runoff is expected to continue into early summer.

"Public safety is our highest priority. We encourage everyone recreating in or near water to plan at all times how they can quickly and safely escape in case of changing water flows and cold temperatures," said Jan Nimick, PG&E vice president of Power Generation.

Most California rivers are fed by snowmelt, making them cold even in summer. Simple actions such as recognizing if the water is too cold or swift, knowing your limits, wearing a life jacket and simply not entering the water when conditions are deemed unsafe can save a life.

Below are some water safety tips:

Stay Out and Stay Alive - Stay Out of Canals and Flumes

Recreating in PG&E canals and flumes is strictly prohibited. Stay off elevated flumes and out of these water conveyances, regardless of who owns them, as they are very dangerous due to slippery sides and fast-moving cold water.



California's snowpack will be melting faster, potentially filling rivers and streams with dangerously cold and swift moving water. MPG File Photo

Be mindful of signs and warnings. Stay out of areas that are signed as restricted, fenced off or buoy-lined.

Know the Risks

Prevention is the best way to save a person from drowning. By the time a person is struggling in the water, a rescue is extremely unlikely and places the rescuer at risk.

Sudden immersion in cold water can stimulate the "gasp reflex," causing an involuntary inhalation of air or water. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. When faced with swift water, even the strongest swimmers can be easily overwhelmed.

Cold water entering the ear canal can cause vertigo and disorientation. This can confuse swimmers, potentially causing them to venture deeper into the water.

Cold water also reduces body heat 25 to 30 times faster than air does at the same temperature and causes impairment that can be fatal.

Learn About Self-Rescue Techniques

If you do fall into the water, here are some survival tips:

Don't panic. Try to control your breathing; don't gasp. A sudden, unexpected fall into cold water causes an involuntary gasp (or torso) reflex. It takes less than one-half cup of water in a person's lungs to drown. If you remain calm, you have a greater chance of self-rescue; If you have a boat, stay with it. It will help you stay afloat and will be seen more easily by rescuers. If it's capsize and a portion of the craft is above water, try to climb on top; Stay afloat

with the help of a life jacket, regain control of your breathing and keep your head above water in view of rescuers; If possible, remove heavy shoes. Look for ways to increase buoyancy such as by holding onto seat cushions or an ice chest; If you're in the water with others, huddle together facing each other to help everyone stay afloat and keep warm; If you do fall into a river without a life jacket, keep your feet pointed downstream and turn onto your back; If you fall into the water with waders on, roll onto the shore. Wear a belt with waders.

Know your Limits

Swimming in open water is more difficult than in a swimming pool - people tire more quickly and can get into trouble; Many unseen obstacles can be lurking below the water's surface - this is especially the case during spring and early summer snowmelt. Rising water can make these obstacles even more treacherous. Guided trips for inexperienced paddlers are recommended;

Wear a Coast Guard - Approved Life Jacket

Conditions change quickly in open water and even the best swimmers can misjudge the water and their skills when boating or swimming.

Adult Supervision

Actively supervise children in and around open bodies of water, giving them your undivided attention. Do not assume that someone is watching them. Appoint a designated "water watcher," taking turns with other adults. Use the buddy system and never swim alone. ★

Keep Green Metal Transformer Boxes Clear of Obstructions

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - With warm spring weather comes yard work, especially now during the COVID-19 crisis, when some folks might find gardening as a way to get outside and enjoy sunny days - while maintaining safe distancing practices.

Customers with neighborhood high-voltage equipment and transformers in their yards can do a lot to help themselves, their neighbors and SMUD work crews stay safe by maintaining clearance around the green metal utility boxes.

Remember to keep eight feet of space around this equipment, especially in front of any access doors, when planting trees and shrubs, or building fences and other structures. Proper clearance helps SMUD crews restore power more quickly and safely during a power outage. It also helps them perform scheduled maintenance more safely and efficiently. The clearance is a legal requirement, as regulated by the California Code of Regulations.

Remember also during this time of heightened concern over COVID-19, if you see our field personnel out, please greet them from afar with a thumbs up or a wave. "SMUD's guiding principle is safety for our employees and

the public" said Frankie McDermott, SMUD Chief Energy Delivery Officer. "SMUD is grateful to our crews for keeping our community safe and providing vital services during this time. Their health and safety are critical to keeping our power system running reliably."

Also, please remember, before starting to shovel, smart and safe digging means calling 811 or visiting usanorth811.org to request a utility-locate before each ground disturbance job. Using the website for your notification can save time. There is no cost for the customer and all utilities will respond to mark the locations of their underground lines so that there isn't an accidental dig-in, which can be dangerous and result in injury and expensive repairs. The notification is valid for 28 days so if the excavation project goes beyond this timeframe, notify USA North again to renew your ticket. For businesses, or if a homeowner hires someone, it's the law to request a utility-locate a minimum of two full business days before doing any digging. But for do-it yourself homeowners, it's the way to stay safe and avoid financial and legal responsibility for repairs and/or injuries.

For safety's sake, never climb on, plant or dig around neighborhood electrical transformers. ★



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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 13 - MAY 19, 2020.

San Juan Unified High Schools to Hold Virtual Graduation Ceremonies



San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - After spending the last several weeks gathering input and researching options, San Juan Unified high schools have made the decision to move forward with virtual graduation ceremonies for the graduating Class of 2020. Each school's virtual ceremony will be available for streaming via YouTube on the date and time of the schools' graduation (see schedule below). Ceremonies will include student and staff speakers as well as a display for each graduating senior.

Making sure that every graduating senior is recognized for their accomplishment is a top priority for each of our high schools. In light of the COVID-19 situation and current social distancing orders, a virtual option for graduation ceremonies ensures the health and safety of our students, families and school communities. The district will continue to monitor health restrictions and guidelines and schools may consider other in-person events later in the calendar year to honor the class of 2020 if circumstances change.

In order to make this year's virtual ceremonies a success, work must begin soon, including making sure our graduates have

items such as caps and gowns, cords, and other items tied to graduation. Each high school will be contacting its seniors in the coming weeks to arrange for item pick-up and provide further details about the preparations necessary to participate in this year's graduation events.

We hope that all of our seniors and families will participate to commemorate this important moment in their educational journeys. We also encourage you to share your Class of 2020 photos, videos and memories with us on social media using #SJGrad2020.

Congratulations again to the graduating Class of 2020 - we look forward to celebrating you!

GRADUATION SCHEDULE:

- Thursday, June 4**
 - Bella Vista High School, 10 a.m.
 - La Vista, 7 p.m.
 - Mira Loma High School, 7 p.m.
- Friday, June 5**
 - Casa Roble Fundamental HS, 10 a.m.
 - El Camino Fundamental HS, 7:30 p.m.
 - Encina Preparatory HS, 7 p.m.
- Saturday, June 6**
 - Del Campo High School, 10 a.m.
- Monday, June 8**
 - Mesa Verde High School, 7:30 p.m.
- Tuesday, June 9**
 - Meraki High School, 6 p.m.
 - El Sereno & La Entrada HS, 7 p.m.
 - Laurel Ruff Transition School, 10 a.m.
 - Rio Americano High School, 6 p.m.
 - San Juan High School, 7 p.m.

Visit www.sanjuan.edu/2020 for the latest graduation-related information, including frequently asked questions. ★

Elder Kindness Gang Hits the Streets

Continued from page 1
Volkswagen Beetle decorated with yellow flowers was one of some twenty vehicles parading to touch some lonely hearts.

"Cars with supportive words, balloons, loud horns, bubbles, and smiling

faces make up the EKG parade... giv[ing] anyone who is in or around its path, the reason to smile," said Cynthia Driver of Live Well at Home. She explained that parading for seniors is a way to show that "we are in this

together". The Kindness Car Parade was yet another way the kind-minded individuals of the Sacramento area took to action and would not let a pressing national situation take precedence over humaneness. ★

MEMORIAL DAY CELEBRATION

Fair Oaks Cemetery
Saturday May 23, 2020 at 10:00am
 7780 Olive Street, Fair Oaks, CA 95628

Due to COVID-19, celebration will be limited to drive by in your vehicle. Come and enjoy our flags display and music!

This memorial Day weekend Americans everywhere are reflecting on those that gave their lives in service to our country. In the American public's consciousness, WWII was the apex of the U.S. military's glory. The Army, Navy, Air Force, Marines and supporting military had saved the world from pure evil.

Over the intervening seven-plus decades, the United States has become entangled in less popular conflicts where the enemy and the objectives have been more elusive. While the reasons for these wars and the outcomes have seemed less tangible and more distant, the sacrifices of the men and women of the U.S. military are every bit as courageous and selfless as those in World War II.

When duty has called, American military personnel have answered with determination, grit and bravery. Memorial Day is designated to honor those who perished in the efforts. From the American Revolution in 1775 through ongoing military operations in Afghanistan and elsewhere, more than 1.3 million members of the U.S. military have died in war. Please join us in our twenty second annual Memorial Day Avenue of Flags Ceremony remembering those who have given the ultimate sacrifice.

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Professors, Peers Offer Counseling for Students Traumatized by Coronavirus Fallout

Press Release from California State University, Sacramento

SACRAMENTO REGION, CA (MPG) - Sacramento State Professor Kelly McDonald, director of the Center for Science and Math Success, is among the many faculty, staff and peers helping students cope with mental and academic stress caused by the coronavirus crisis.

McDonald is leading an effort to reach out to students using techniques that have helped people get through shocking events such as natural disasters and war. The effort is important, considering that experts say trauma and chronic stress can alter brain chemistry and the ability to learn.

McDonald's outreach includes discussing students' feelings about the pandemic, expressing hope and empathy, and being more flexible about assignments and deadlines.

Other Sac State academic and counseling services include:

Peer Assisted Learning (PAL) program: Eric Minguela, a Sac State Chemistry major and PAL leader, launched a project, called the No Barriers to Success squad, to help others adapt psychologically and physically to their new college realities; Student Health & Counseling Services offers online mental health counseling services. It provides virtual intake appointments, counseling appointments and group counseling sessions, in addition to one onsite staff member; The campus also provides access to academic support with online academic advising, tutoring, supplemental instruction, and peer mentoring; By making an appointment, students can meet with their academic advisor, a mentor or a tutor via video call and access virtual résumé and interview help through the career center.

The mental health and academic support services are offered virtually. Online services will continue at least through summer 2020. ★

Let's Get Growing Food in Our Backyards!



Nothing beats the flavor or nutritional value of food straight from the garden. MPG file photo

Soil Born Farms Press Release

SACRAMENTO REGION, CA (MPG) - Soil Born Farms has been inspiring and teaching families to grow some of their own food and herbs since 2000. One of the original objectives of Victory Gardens that started during World War I applies to the current challenge we face today to maintain the vitality and morale of Americans on the home front through the production of nutritious vegetables outdoors. We know that spending time in nature and getting our hands in the soil goes a long way to reduce anxiety and boost our immune system. Nothing beats the flavor or nutritional value of food straight from the garden.

As we prioritize health and safety guidelines currently in place at the farm we are thrilled to offer collections of organic starts of vegetables, herbs and flowers and fruit trees to create a victory garden or add to your home garden, patio, backyard orchard or urban farm. We have selected varieties that do well in our climate. The Greenhouse Garden Shop is a micro business that grows healthy seedlings for the farm, school gardens, community gardens and home gardens while engaging youth and adults in the process. The greenhouse and fruit tree nursery are important components of our Grow Your Groceries and Harvest Sacramento programs. Proceeds benefit SBF education programs.

As an organic farm committed to practicing regenerative principles in the service of wellness and providing healthy food to our customers and community, we are determined now more than ever, to do everything possible to move forward with that purpose. Behind the scenes we are digging deep and being creative. We are revising plans, seeking emergency funding, reaching out to partners, funders and friends to help our nonprofit farm and education center survive this crisis and carry on with our mission.

In 2000, Soil Born Farms reintroduced urban farming in Sacramento. We believe that it is possible and important to grow food in backyards, schoolyards and community spaces. This simple act is a powerful piece of the puzzle to reduce hunger and improve the health in our community. It is useful, healthful and empowering to anyone who engages. Twenty years later, as we face uncertainty, the simple act of growing food in our own backyards has never been more important. Spending time at home over coming weeks can be used to forge a deeper, more intentional connection to our food and to the earth that provides it. Many of our grandparents answered the call during World War II by producing most of the fresh food the country needed in front and backyard victory gardens. Facing the Covid-19 pandemic is our generation's opportunity to step up in a similar way. ★

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REGISTRATION

All ages can join in on the fun!
Cost - \$20 (includes participant shirt and medal)
Register between May 1 - May 17

AWARDS

Medal and T-Shirt
Drive thru pick up at the La Sierra Community Center Parking Lot located at 5325 Engle Rd. in Carmichael on June 19th from 9am - 1pm or 4pm - 6pm
Shipping available for an additional fee of \$7 (paid at registration)

For more information or to register go to carmichaelpark.com

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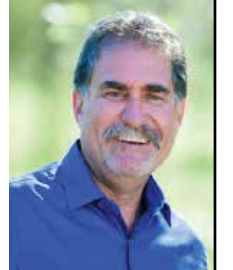
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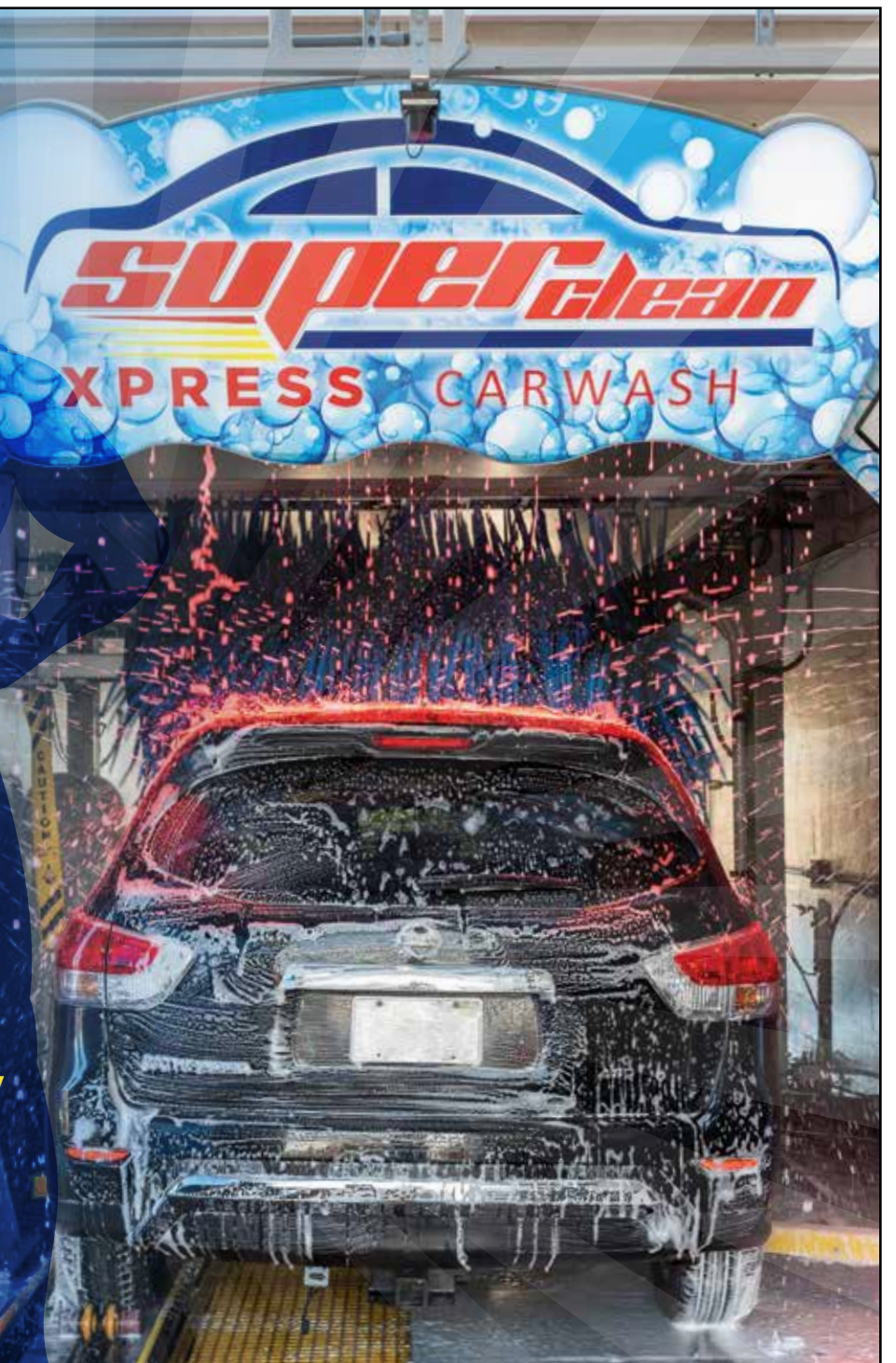
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Social Security Matters

Husband Confused About Spouse Benefits



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I am 65 and still working and plan to work for some time to come. My birthdate is February 1955. My wife is 64 and not working. Her birthdate is January 1956. Half of my benefit is more than half of hers. I am confused on the spousal benefit rules. If she were to take her Social Security early before she reaches her full retirement age, what are the rules that affect her **Signed: Confused Husband**

Dear Confused:
First I must clarify that spousal benefits do not work as you have suggested, that “half of my benefit is more than half of hers.” Spousal benefits are always based upon the amount the individuals are due at their full retirement age, regardless of the age at which they claim. If half of your benefit at your full retirement age (FRA) is more than your wife’s full benefit at her full retirement age, then the difference between those two numbers is a “spousal boost” which is added to your wife’s own payment amount when her spouse benefit starts. If she has reached her FRA when you claim and her spouse benefit starts, your wife will get the entire spousal boost; if she has not, the spousal boost will be reduced. Your wife cannot collect a spousal benefit until you start collecting your Social Security,



so if she claims benefits before you claim she will initially get only what she is entitled to on her own work record. Then when you claim, the “spousal boost” will be added to her benefit. If you claim at your FRA, your wife will not yet have reached her full retirement age, so her spousal boost amount will be reduced and added to her own reduced benefit amount, making her total benefit as your spouse less than 50% of your FRA benefit amount.

Your full retirement age is 66 years and 2 months, and you won’t be entitled to full benefits until you reach that age. For your awareness, you can wait beyond your FRA and earn delayed retirement credits, up to age 70 when your benefit would be about 31% more than it would be at your FRA, but your wife cannot get her spousal boost until you claim. And also for your awareness, if you claim benefits before you reach your FRA and continue to work, you’ll be subject to Social Security’s earnings limit (\$18,240 for 2020) which, if exceeded, will cause SS to take back some of your benefits. The earnings limit goes up by about 2.5 times in the year you reach your FRA and goes away when you reach your full retirement age.

Your wife’s full retirement age is 66 years and 4 months and any benefits she claims on her own record prior to reaching that age will be reduced. At 64 she could claim her own benefit

from her own work record (assuming she has at least 40 SS credits), but that benefit would be reduced to about 85% of what she would get at her FRA. And claiming at age 64 would also affect the amount of her spousal benefit when that starts. The only way your wife can get 100% of the amount she is due as your spouse is to wait until her FRA to claim any benefit. If she claims her own benefit at age 64 or any time before her FRA, not only will her own benefit be reduced, but her eventual benefit as your spouse will be less than 50% of your FRA benefit amount, even if you wait to claim until your wife reaches her FRA. That’s because her spousal boost, when it occurs, will be added to the reduced SS retirement amount she is getting because she claimed before her full retirement age.

You are certainly not alone to be confused about spousal benefits as this is one of the most confusing areas of Social Security’s rules. But I hope the above provides what you and your wife need to make an informed claiming decision.

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). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



The Science Cop-Out

If you thought the coronavirus presented difficult policy questions, don’t worry – we have science.

California Gov. Gavin Newsom tweeted the other day, “The West Coast is – and will continue to be – guided by SCIENCE.”

Joe Biden has urged President Trump, “Follow the science, listen to the experts, do what they tell you.”

Neil DeGrasse Tyson calls the crisis “a giant experiment in whether the world will listen to scientists, now and going forward.”

The invocation of science as the ultimate authority capable of settling questions of how we should govern ourselves is a persistent feature of modern Western life going back several centuries, and has always been a mistake. It is especially so in this crisis, when so much is still unknown about the coronavirus and immensely complicated and consequential public policy questions are in play.

Modern science is obviously one of the wonders of our age. We owe it an

unimaginable debt – for technological advancements in medicine, transportation, industry, communication, computing and more. All honor to Newton, Turing, Curie and Einstein.

The world was slow to react to the coronavirus, and yet the genetic code of the virus was publicly posted by China on Jan. 20, and South Korea had deployed a test kit by early February. It’s possible we’ll have a vaccine by the end of the year.

Science has a limited competency, though. Once you are outside a lab setting and dealing with matters of public policy, questions of values and how to strike a balance between competing priorities come into play, and they simply can’t be settled by people in white lab coats.

Science can make the atom bomb; it doesn’t tell us whether we should drop it. Science can tell us how to get to the moon; it doesn’t tell us whether we should go. Science can build nuclear reactors; it doesn’t tell us whether we should deploy them.

If we are going to unquestioningly accept expert opinion, we’d better prepare for whiplash. At first, the elite consensus was that wearing masks was unnecessary. Now, we are told it’s an essential piece of getting out of this mess.

We worried about running

out of ventilators, but in recent weeks some doctors have been wondering whether they have been overused.

Then, there are the big questions. Science can’t tell us how we should think about the trade-off between economic misery caused by shutdowns and the public health risks of reopenings. It can’t determine the balance between shutting down a hospital’s elective surgeries so it can prepare for a COVID-19 surge, and tanking its business.

The people in our political debate who most volubly insist that they are simply following “the science” tend also to be most resistant to nuance and prone to unscientific fervency. They are using “science” as a bludgeon and conversation stopper.

Obviously, science already has made an enormous contribution to our fight against the coronavirus, and may – through therapies or a vaccine – go a long way to solving this crisis. But life is not an equation, and neither is politics or policy.

We as a free people will have to decide the important questions raised by this crisis, not the doctors on TV or the researchers in the labs.

Rich Lowry is editor of the National Review.

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Ask Toni

Starting Medicare...

Why Is Part B Costing \$578?



Toni King

Toni:

My Medicare begins June 1st and I have received my first bill which is \$578.40 with the premium due by May 25th. I do not see this Medicare cost anywhere on the Medicare site or in any information I received when I came into the Toni Says office for my Medicare consultation. Am I being charged the Medicare Part B penalty? I signed up before I turned 65. What is wrong?

I am not starting my Social Security check until I turn 66 which is my full retirement age, so I must pay this myself to Social Security. Is there a way I can pay the Medicare Part B premium monthly instead of the whole amount? Look forward to what your thoughts are?

~ Edward from Tampa

Edward:

Here is a Medicare surprise for you ... You are not being charged EXTRA!! You have been charged for 4 months of Medicare Part B premiums. Since you are not receiving a Social Security check, then all Social Security can do is bill you for your Medicare premiums. Yours

is for a 4-month lump sum of June, July August and September which is \$144.60 times 4 months that equals \$578.40.

Most Americans enrolled in Medicare are paying their Medicare premiums monthly from their Social Security check. Social Security will automatically take the Medicare premiums from a person’s Social Security check.

Social Security will send a letter informing the Medicare beneficiary that Social Security is deducting the monthly Medicare Part B premiums from ones Social Security check. Edward this is not your situation.

The average Part B premium for those who income is \$87,000 or less as an individual or \$174,000 or less as a couple is \$144.60, and if you divide your premium of \$578.40 by 4 months will equal \$144.60 per month.

Medicare has a program that can allow one to pay premiums on a monthly basis by either paying via check, bank draft, debit card or credit cards. The program is called “Medicare Easy Pay.”

An article in Chapter 7 of the Medicare Survival Guide® Advanced edition, discusses Medicare Easy Pay with a copy of the form with instructions on the “Forms Chapter” on pages 144-146 of the guide. Or you can visit www.medicare.gov website, which discusses how to set up Medicare Easy Pay and access the form to

download to pay monthly.

For those who do not have access to a computer, call 1/800-MEDICARE (800-633-4227) and to request the Medicare Easy Pay form mailed to you or make a copy from Toni’s Medicare Survival Guide® Advanced edition.

You can also visit www.mymedicare.gov if you would like to pay by a credit card. This option is a one-time payment not one automatic monthly. I turn 65 in May and mailed in a check around April 10th for an April 25 th due date. On April 27th it was not deposited. When I called Medicare, they said it could take up to 30 days to show up in my bank account and to go online to pay or I may lose my Medicare Part B. I went online and paid 1 monthly premium of \$144.60 by credit card for May to be sure I did not lose my Medicare Part B. I am still waiting for the check to clear my bank.

I understand Medicare! What is someone to do that is confused? Keep Medicare premiums current, while waiting for Medicare Easy Pay to be processed.

Toni King, author of the Medicare Survival Guide® Advanced edition, is having a \$5 Toni Says® readers discount at www.tonisays.com. If you have any questions regarding this article or any Medicare issues reach out to Toni at 832-519-8664 or email at info@tonisays.com. ★

2020 Census Deadline Extended, but Don’t Wait

By Laurie Slothower,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Because of the public health crisis, the U.S. Census Bureau has extended the deadline for completing the census until Oct. 31, and the census has never been easier (or more important) to complete. You can respond online, by phone or by mail. It only takes a few minutes, so it’s best to do so as soon as possible.

Census websites are now available in English and 12 other languages. Online surveys may be completed on a computer, smartphone, laptop or tablet.

To complete the census by phone, call 1 (844) 330-2020. Telephone assistance is available from 4 a.m. to 11 p.m. daily. If there’s a wait time, you can ask the Census

Bureau to call you back.

For those who prefer a paper questionnaire, surveys have been mailed to households who have not previously responded. “U.S. Census Bureau” or “U.S. Department of Commerce” is printed in the return address. Simply complete the census and mail it back in the return envelope provided.

It has never been more important for households to complete the 2020 Census. Many emergency preparedness and public health programs rely heavily on census data for federal funding. Sacramento County is eligible for hundreds of millions of dollars in federal stimulus from the Coronavirus Relief Fund (CRF) based on population figures provided by the Census Bureau.

For more information, visit the U.S. Census Bureau website. ★

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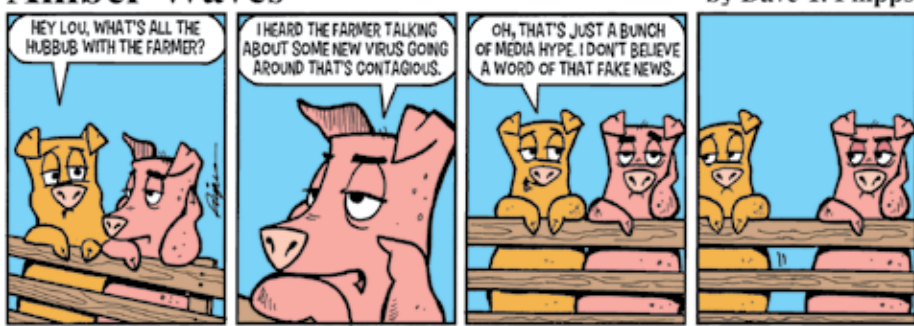


The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 4.125%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$25 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$75 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our “Fixed Rate Home Equity Line of Credit Disclosure Notice” for additional important information. Other HELOC loans are available under different terms.

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

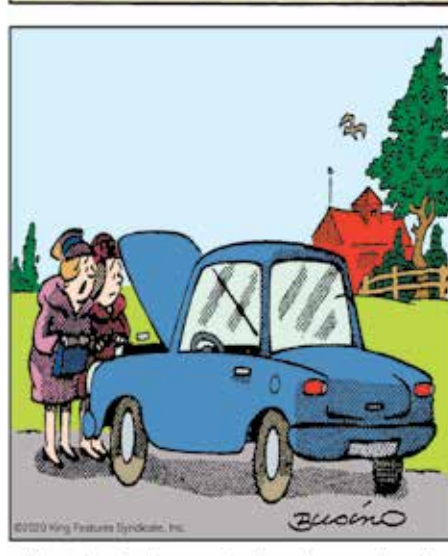
by Mike Marland



GRIN & BEAR IT

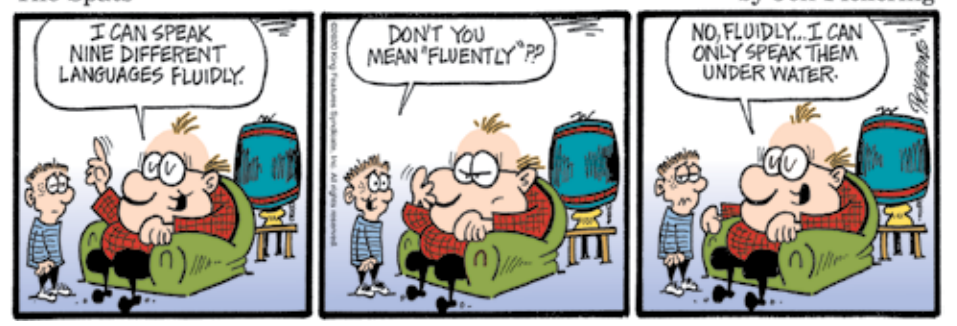


LAFF-A-DAY



The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

THE BEGINNING OF YOU KNOW WHAT--

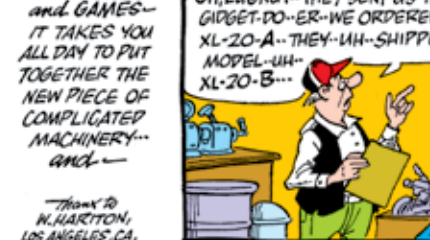


BY AL SCADUTO

YOU KNOW YOU'RE GETTING OLD WHEN YOUR GRANDNEPHEW ASKS--



WORKDAY FUN AND GAMES--



WORKDAY FUN AND GAMES--



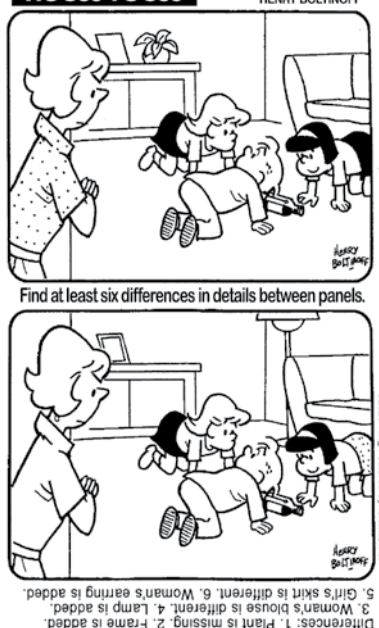
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTIHOFF



Crossword Puzzle on Page 7

A	J	A	R	S	T	A	B			P	E	A			
T	A	R	O	L	O	D	E			T	H	U	D	S	
E	P	I	C	A	Q	U	A			A	A	R	G	H	
	E	L	O	N	M	U	S	K		I	S	L	E		
		C	O	M	E	T		U	G	H					
I	P	H	O	N	E			G	R	A	T	I	F	Y	
T	I	E		C	R	A	V	E	N		A	L	O	E	
E	V	A	D	E		W	I	N		A	G	I	S	M	
M	O	V	E		B	R	A	Z	E	N		U	S	E	
S	T	E	E	P	L	Y				Y	E	O	M	A	N
		P	O	T		R	I	E	L	S					
	B	O	W	S		P	A	N	D	E	M	I	C		
G	E	N	E	S		L	I	A	R		I	D	E	A	
M	A	Y	B	E		O	S	L	O		U	L	N	A	
T	U	X				Y	E	L	P		M	E	T	H	

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CLUES

- ACROSS**
1. A bit cracked
 5. Traitor's blow?
 9. Cause of Princess' downfall
 12. Hawaiian tuber
 13. Prospector's mother?
 14. Heavy footsteps
 16. "Iliad" or "Odyssey"
 17. Caribbean color
 18. Frustration, in print
 19. "Proponent of colonization of Mars"
 21. Small island
 22. *Edmond Halley's apparition, 2061-2062
 23. Expression of disgust or recoil
 24. *2007 "Invention of the Year"
 27. Give satisfaction
 31. Neither a win nor a loss
 32. Having no courage
 35. Medicinal houseplant
 36. Dodge, as in a tax bill
 38. Take the gold
 39. Anti-seniors sentiment
 40. Immigrate
 41. Bold and without shame
 43. Take illegal drugs
 44. Adverb of steep
 46. Tower of London guard
 48. *Legalized in many states
 49. Cambodian monetary unit, pl.
 51. Gift toppers
 53. *Major spring 2020 occurrence
 56. *23andMe unit
 57. Baron Munchausen, e.g.
 58. Original thought
 60. Not yes or no
 61. Nobel Peace Prize home
 62. Long forearm bone
 63. Formal wear, colloquially speaking
 64. *Review service
 65. *Walter White's concoction

Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	11
12				13				14	15	
16				17				18		
19			20					21		
		22						23		
24	25	26				27		28	29	30
31			32	33	34			35		
36			37			38			39	
40				41				42		43
44			45					46	47	
		48				49	50			
51	52			53				54	55	
56				57				58		59
60				61				62		
63				64				65		

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DOWN

1. Polished off
2. Mock or make fun of playfully
3. Seed covering
4. Late Baroque
5. *Harvey Weinstein's new home, slangily
6. Part of chef's uniform
7. Sunbaked, archaically speaking
8. Bird's groomer
9. Opposite of knight
10. Competitive advantage
11. Combustion product
14. Boreal forest, in Russia
15. *Number sign turned metadata tag
20. Time being
23. Coffin alternative
24. Agenda entries
25. Turning point
26. Launch or throw
27. *Millennials' followers, for short
28. One hipbone
29. *Madagascar predator
30. *Site of Abdrabbuh Mansur Hadi/Houthi conflict
33. Best-laid plans often go ____
34. Roman road
37. *Sites with no easy access
39. Anoint
41. Sandwich with acronym name
42. Ophthalmologist's prescription quantity
45. Wild West group
47. Os
49. Pay hike
50. All told
51. One of the Bridges
52. December stone
53. Clever tactic
54. Opposite of busy
55. Copper coin
56. Greenwich-related acronym
59. Expression of pleasure

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 7

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Sudoku Puzzle on Page 7

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

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Women's Empowerment Annual Gala Goes Virtual

By Kristin Thébaud,
Thébaud Communications

SACRAMENTO, CA (MPG) - With just a few clicks, community members can attend Women's Empowerment's annual gala fundraiser, this year a virtual event themed "WE are Resilient." The local nonprofit job training and empowerment program for women who are homeless and their children raises a fifth of the organization's annual budget through the gala, which honors the group's 1,657 graduates. The event will take place from 6:00-6:45 p.m. and will include videos of the graduates, a live auction, presentation of the To Heal the World Award and Sacramento entertainment artist David Garibaldi in his home studio creating a resilience-themed painting. RSVP for the event at Womens-Empowerment.org to receive updates and a first look at auction items.

"As we see so much chaos and bad news around us, we are looking forward to shining the light of hope on May 21, as this community learns about the incredible women who have overcome homelessness despite obstacles like the housing crisis and pandemic," said Lisa Culp, executive director, Women's



Empowerment. "Women's Empowerment is resilient because the women in our program are resilient. This year's Gala attendees will be inspired."

Women's Empowerment was featured on NBC's The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,657 homeless women and their 3,792 children. Last year, 70 percent of graduates found homes in the midst of the housing crisis, and 79 percent secured jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, support services and paid job training to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and grants. To donate: Womens-Empowerment.org. ★

Left: Women's Empowerment graduates celebrate with emcee Eileen Javora at the 2019 Celebration of Independence Gala. This year's virtual Gala will feature videos of graduates, live auction, an award and Sacramento entertainment artist David Garibaldi painting.
Photo: Kristin Thébaud Communications

Legal Advertising Hotline
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Legal Advertising Fax
916-773-2999

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02838 Robert B. Means, 3725 Wingate Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Creative Innovations" 3725 Wingate Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 13, 2020
Publish: April 24, May 1, 8, and 15, 2020
CREATIVE 180201 5-15-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02458 Heather D. Miller and Jeffery C. Miller, 4900 Livoti Avenue Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Jump Media Services" 4900 Livoti Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 1, 2020
Publish: April 24, May 1, 8, and 15, 2020
JUMP 180201 5-15-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02684 Derek L. Barkus, 8139 Sunset Avenue #155 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Results Digital, Intell Digital" 5650 Marconi Avenue Suite 21 Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 16, 2020
Publish: May 1, 8, 15, and 22, 2020
RESULTS 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02686 Ila Tewari, 2067 Carroll Court Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Holistic Pet Care" 2067 Carroll Court Folsom, CA 95630. Filed with the Clerk of Sacramento County April 16, 2020
Publish: May 1, 8, 15, and 22, 2020
HOLISTIC 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02314 Aracely Valiente, 1460 63rd Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Chikas Housekeeping" 1460 63rd Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County March 20, 2020
Publish: May 1, 8, 15, and 22, 2020
CHIKAS 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02523 Donald E. Benson, 5815 Gibbons Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "House of Photographic Arts" 5815 Gibbons Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 7, 2020
Publish: May 1, 8, 15, and 22, 2020
HOUSE 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02580 John Taylor, 8465 Lonely Oak Court Fair Oaks, CA 95628 and Hillary Fong, 156 Julia Island Circle Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Grayson's Guide, Grayson's Guide to Careers" 8465 Lonely Oak Court Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 9, 2020
Publish: May 1, 8, 15, and 22, 2020
GRAYSON 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02551 Brady Wolfgram, 11809 Azalea Garden Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Results Pest Control" 11809 Azalea Garden Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 9, 2020
Publish: May 1, 8, 15, and 22, 2020
PEST 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-01065 Trusted Wheels LLC, 1650 Silica Avenue Suite D Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Trusted Wheels Auto Sales" 1650 Silica Avenue Suite D Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 6, 2020
Publish: May 1, 8, 15, and 22, 2020
TRUSTED 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02724 Trusted Wheels LLC, 1650 Silica Avenue Suite D Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Trusted Wheels Transportation" 1650 Silica Avenue Suite D Sacramento, CA 95815. Filed with the Clerk of Sacramento County April 20, 2020
Publish: May 1, 8, 15, and 22, 2020
TRUSTED 180201 5-22-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02747 Edwin Baudilio Sop Martin, 6349 Oakcreek Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Classic Detail Folsom" 6349 Oakcreek Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 21, 2020
Publish: May 8, 15, 22, and 29, 2020
CLASSIC 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02497 Friendly Investment Group Inc, 10265 Rockingham Drive Suite 130 Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Postal Annex 19007" 10265 Rockingham Drive Suite 130 Sacramento, CA 95827. Filed with the Clerk of Sacramento County April 6, 2020
Publish: May 8, 15, 22, and 29, 2020
POSTAL 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02689 Lauree Olson, 8030 Sheehan Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Olson Realty Group" 8030 Sheehan Way Antelope, CA 95843. Filed with the Clerk of Sacramento County April 16, 2020
Publish: May 8, 15, 22, and 29, 2020
OLSON 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02784 Capitol Crating, 11220 Pyrites Way Suite 200 Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Capitol Crating" 11220 Pyrites Way Suite 200 Gold River, CA 95670. Filed with the Clerk of Sacramento County April 21, 2020
Publish: May 8, 15, 22, and 29, 2020
CAPITOL 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02713 Mulatu Inc, 2020 Hurley Way #307 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "EM Realty Group" 2020 Hurley Way #307 Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 17, 2020
Publish: May 8, 15, 22, and 29, 2020
EM 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02809 Ellen Lester and Philip Lester, 4724 Madison Avenue #67 Sacramento, CA 95841 and Susan Laferie, 19 Juan Way Grassvalley, CA 95945 is doing business under the Fictitious Business Name(s) "HL Enterprises" 4724 Madison Avenue #67 Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 23, 2020
Publish: May 8, 15, 22, and 29, 2020
HL 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-01988 Anja Rx LLC, 108 Teakwood Court El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Freeport Pharmacy" 1740 Fruitridge Road Suite 104 Sacramento, CA 95822. Filed with the Clerk of Sacramento County March 6, 2020
Publish: May 8, 15, 22, and 29, 2020
FREEPORT 180201 5-29-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-02921 Casa Flor, LLC, 320 Haggin Avenue Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "House of Flower" 320 Haggin Avenue Sacramento, CA 95833. Filed with the Clerk of Sacramento County May 4, 2020
Publish: May 15, 22, and 29, 2020
HOUSE 180201 6-5-20

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00277771
Jenna Marie Druce has filed a petition with this court for a decree changing the name(s) of Jenna Marie Druce to Jenna Marie Liss Druce. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on July 21, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 6, 2020
David I. Brown, Judge of the Superior Court
Publish: May 15, 22, 29, and June 5, 2020
DRUCE 180101 6-5-20

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF ELLA MAE VAUGHN
CASE No. 34-2019-00271975
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ella Mae Vaughn, deceased A Petition for Probate has been filed by LaVerna Vaughn, in the Superior Court of California, County of Sacramento, requesting LaVerna Vaughn, 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 May 27, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the

hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: LaVerna Vaughn 2013 7th Avenue Sacramento, CA 95818 916-271-7911 Publish: May 15, 22, and 29, 2020 VAUGHN 170622 05-29-20

NOTICE OF PETITION TO ADMINISTER ESTATE OF ANITA LAIMA DOVYDAITIS
CASE No. 34-2019-00269009
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Anita Laima Dovydaitis, deceased A Petition for Probate has been filed by Anton Dovydaitis, in the Superior Court of California, County of Sacramento, requesting Anton Dovydaitis, be appointed as personal representative to administer the estate of the decedent. The petition requests that 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. A hearing on the petition will be held in this court as follows June 11, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: Anton Dovydaitis 3613 Waynart Court Carmichael, CA 95608 916-807-8792 Publish: May 15, 22, and 29, 2020 DOVYDAITIS 170622 5-29-20

NOTICE OF PETITION TO ADMINISTER ESTATE OF ANITA LAIMA DOVYDAITIS
CASE No. 34-2019-00269009
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Anita Laima Dovydaitis, deceased A Petition for Probate has been filed by Anton Dovydaitis, in the Superior Court of California, County of Sacramento, requesting Anton Dovydaitis, be appointed as personal representative to administer the estate of the decedent. The petition requests that 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. A hearing on the petition will be held in this court as follows June 11, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: Anton Dovydaitis 3613 Waynart Court Carmichael, CA 95608 916-807-8792 Publish: May 15, 22, and 29, 2020 DOVYDAITIS 170622 5-29-20

SUMMONS

SUMMONS NOTICE TO DEFENDANT:
Delondi Ngoma Kintaudi and Does 1-20 Inclusive, YOU ARE BEING SUED BY PLAINTIFF: Wallace Bellamy. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30

NOTICE OF PUBLIC HEARING
(Pursuant to Elections Code Section 10010, subd. (a)(2))
FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT
TO CONSIDER PUBLIC INPUT REGARDING DRAFT ELECTION DISTRICT MAP(S) AND THE PROPOSED SEQUENCE OF ELECTIONS (IF APPLICABLE)
NOTICE IS HEREBY GIVEN that the Board of Education of the Folsom Cordova Unified School District ("District") intends to hold a public hearing, pursuant to Elections Code section 10010, subd. (a)(2), at which the public is invited to provide input regarding the content of a draft map or maps and the proposed sequence of election, if applicable, for by-district elections (the "Proposed Action"). The time for the public hearing is: **May 21, 2020 at 6:00 p.m.** (or as soon thereafter as practicable).
The draft map or maps and the proposed sequence of elections, if applicable, for by-district elections are available on the District's website at the following internet address: <https://www.fcusd.org/domain/5606>. The draft map or maps and the proposed sequence of elections, if applicable, for by-district elections were published on the District's website at the foregoing address on or before April 30, 2020 and have and will remain available at that address at all times through the date and time of hearing.
Pursuant to Executive Order No. 29-20, the public may participate in the meeting and provide public comment via Zoom video conference. The link to the meeting will be provided 15 minutes prior to the start of the meeting on the District's website at: <https://www.fcusd.org/domain/5608>. Public comment may also be made on a "Google Document" through the link provided on the District's website at: <https://www.fcusd.org/domain/5608>.
Pursuant to Executive Order No. 29-20, persons who require reasonable accommodation or modification to observe and/or offer public comment are directed to contact Kelly Goldsmith, Executive Assistant to the Superintendent, at 916-294-9001 or KGoldsmi@fcusd.org.

Testimony of all interested persons for or against the Proposed Action will be heard through the public comment means set forth above. Protests may be made in writing. Any protest pertaining to the regularity or sufficiency of the proceedings shall be in writing and shall clearly set forth the irregularities and defects to which the objection is made. All written protests shall be filed with the District on or before the time set for the hearing. The District may waive any irregularities in the form or content of any written notice and at the hearing may correct minor defects in the proceedings. Written protests may be withdrawn, in writing, at any time before the conclusion of the hearing.
DATED: May 14, 2020
Sarah Koligian
Dr. Sarah Koligian, Superintendent
Folsom Cordova Unified School District
Grapevine Independent 5-15-2020

NOTICE TO CREDITORS

NOTICE is hereby given that the undersigned is the current acting Trustee of the The 2003 Earl E. Hickman and Doris M. Hickman Revocable Trust, established July 22, 2003. Earl E. Hickman one of the Grantors and original Trustees, died on April 9, 2009. Doris M. Hickman the surviving Grantor and original Trustee, died on October 24, 2019. A creditor having a claim against The Hickman Trust, Earl E. Hickman or Doris M. Hickman, must submit his or her claim to the undersigned Trustee at the address given below within 120 days after the first publication of this notice or, 60 days from the date this notice was mailed or personally delivered to you. A claim form may be obtained from any California Superior Court Clerk or online at www.courts.ca.gov/forms under the form group Probate - Decedents' Estates. For your protection, you are encouraged to file your claim by certified mail, return receipt requested.

Dated: May 7, 2020.
Cheryl Ann Towery
c/o JENNIFER TYRIBIDE, ESQ.
TYRIBIDE LAW PC
1701 County Road, Suite M
Minden, Nevada 89423
5-29-2020

City of Rancho Cordova Legal Notice

NOTICE is hereby given that on **Monday, June 1, 2020, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a **Public Hearing** at the **Rancho Cordova City Hall**, located at **2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

ADOPTION OF THE AMENDMENT TO THE 2020 ANNUAL ACTION PLAN (AAP) FOR THE COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM (CDBG)

The CDBG program is a federal grant program run by the U.S. Department of Housing and Urban Development that provides communities with funds for infrastructure, neighborhood improvements, and other community planning and development programs. The grant also helps the City to fund needed services in the community, including programs for seniors and disadvantaged youth.

The Coronavirus Aid, Relief, and Economic Security Act (CARES Act) was signed into law on March 27, 2020. The CARES Act allocates \$5 billion in CDBG funds to eligible entitlement grantees and states to prevent, prepare for, and respond to Coronavirus (CDBG-CV grants). The Amendment to the 2020 AAP allocates these additional funds to activities that would serve this purpose. The City anticipates receiving \$373,379 in CDBG-CV funds.

The release of this notice is part of the City's activities to fulfill citizen participation requirements. Federal regulations require localities to provide the public with reasonable access to CDBG documents. The CARES Act provides grantees with flexibilities that allow for the immediate availability of a 5-day public review comment period for amendments and new plan submissions. Therefore, the typical 30-day public review comment period has been shortened to 10 days.

The Amendment to the 2020 AAP is available for public review and comment starting **May 22, 2020** and will continue until **May 31, 2020**. The community is invited to comment on the approval of the Amendment to the 2020 AAP. Comments may be submitted in person or via mail to Stefan Heisler in the Community Development Department at 2729 Prospect Park Drive, Rancho Cordova, CA 95670; by phone at (916) 851-8757; by e-mail at shesler@cityofranchocordova.org; or at the public hearing.

Copies will be made available upon request and free of charge. Written comments and any questions regarding this matter may be directed to:

Stefan Heisler
City of Rancho Cordova
2729 Prospect Park Drive
Rancho Cordova, CA 95670
(916) 851-8757

The City of Rancho Cordova encourages interested parties to attend public hearings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. Questions regarding this matter should be directed to the **City of Rancho Cordova Community Development Department at (916) 851-8750**.

NOTICE REGARDING CHALLENGES TO DECISIONS

Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/ agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

ADA COMPLIANCE STATEMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's Department at (916) 851-8720. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting.
Printed in the Grapevine Independent on **May 15, 2020**.

Quarantine and a Free Society

By Congressman Tom McClintock

Quarantine is the forced confinement of a person who has contracted or been exposed to an infectious disease. Although it is a long-standing police power of governments, it is seldom used because seldom needed – sick people generally stay home on their own. When it must be used, it is subject to due process: the right to contest the order in court, to present evidence that the order is invalid, and to have it vacated.

What is happening today is radically different and profoundly un-American: the indefinite and indiscriminate home detention without due process of perfectly healthy people on the pretext that they might catch a contagious disease. While it is true that some people may be infectious without knowing it, that's no different than a wide variety of other contagious diseases that have been with us for generations and that are far more lethal than Covid-19.

Although some local jurisdictions prohibited large public gatherings during the Spanish Flu epidemic of 1918, never before has any American government attempted to confine an entire population in its homes, order the mass shuttering of businesses, and deliberately plunge tens of millions of Americans into unemployment, poverty and despair.

This new power, asserted in increasingly arbitrary and aggressive manners by public servants-turned-masters, is antithetical to our First Amendment right to peaceably assemble and our Fifth Amendment right to not be deprived of life, liberty or property without due process of law. The courts recognize some restrictions of these rights, but only by "the least restrictive means," not arbitrary and unreasonable edicts.

In California, this abusive power has been used to deny citizens the right to protest the abuse itself. In North Carolina, the Raleigh Police Department declared, "Protesting is a non-essential activity." In Pennsylvania, police fined a woman \$200 for taking a solitary drive in her own car. A San Diego woman is threatened with a \$1,000 fine and jail-time for promoting a protest on Facebook. Ironically, while law-abiding citizens are arrested for exercising rights guaranteed under their Bill

of Rights, authorities are releasing thousands of criminals from prisons and in California, forbidding sheriffs from holding a wide class of criminal suspects, including burglars.

The greatest threat of this newly asserted power is to fundamentally alter the relationship between Americans and their government. It is the age-old question that Cecil B. DeMille framed in his introduction to "The Ten Commandments," "Are men the property of the state, or are they free souls under God?"

Every time we step outside our homes, the risks we face multiply. A free society assumes that its citizens are competent to assess those risks, balance them against the avoidance costs, and to manage their decisions in a generally responsible way. It's called common sense, and is a necessary prerequisite for self-government and liberty.

When a risk presents itself, people naturally change their behavior. If they believe the risk of leaving their houses is too great, they are free to stay at home. If they believe venturing beyond their front doors is a manageable risk, they are free to venture into the world, taking those precautions that to them seem most prudent. In an epidemic, their assessments of risk might convince them to avoid crowded theaters or restaurants, wash their hands more frequently, avoid handshakes, wear masks or become hermits. These acts don't require force and don't make demands on others. They are a matter of individual judgment and choice.

The choice of an octogenarian with emphysema in New York City might be very different from a healthy college student in Iowa. Only a fool would claim the omniscience to make an informed judgment for every person in every circumstance in every community. Sadly, the crisis has revealed that fools abound in public office and that a fool with power can quickly become a petty tyrant.

In this pandemic, many elected officials have abandoned the practices of a free society and crossed some very bright lines that separate free Americans from those unfortunate to live under authoritarian regimes. Communist China pioneered the practices now inflicted on our own citizens. That should scream a warning to us all. ★

Online Extortion Scams Increasing During the COVID-19 Crisis

FBI Office of Public Affairs

SACRAMENTO, CA (MPG) - The Internet Crime Complaint Center (IC3) has seen an increase in reports of online extortion scams during the current "stay-at-home" orders due to the COVID-19 crisis. Because large swaths of the population are staying at home and likely using the computer more than usual, scammers may use this opportunity to find new victims and pressure them into sending money. The scammers are sending e-mails threatening to release sexually explicit photos or personally compromising videos to the individual's contacts if they do not pay. While there are many variations of these online extortion attempts, they often share certain commonalities.

Scam Commonalities:

Online extortion schemes vary, but there are a few common indicators of the scam. The following characteristics are not all-inclusive but should serve as red flags. It is important to remember that scammers adapt their schemes to capitalize on current events such as the COVID-19 pandemic, high-profile breaches, or new trends involving the Internet, all in an attempt to make their scams seem more authentic:

The online extortion

attempt comes as an e-mail from an unknown party and, many times, will be written in broken English with grammatical errors; The recipient's personal information is noted in the e-mail or letter to add a higher degree of intimidation to the scam. For example, the recipient's user name or password is provided at the beginning of the e-mail or letter; The recipient is accused of visiting adult websites, cheating on a spouse, or being involved in other compromising situations; The e-mail or letter includes a statement like, "I had a serious spyware and adware infect your computer," or "I have a recorded video of you" as an explanation of how the information was allegedly gathered; The e-mail or letter threatens to send a video or other compromising information to family, friends, coworkers, or social network contacts if a ransom is not paid; The e-mail or letter provides a short window to pay, typically 48 hours; The recipient is instructed to pay the ransom in Bitcoin, a virtual currency that provides a high degree of anonymity to the transactions.

Tips To Protect Yourself:

Do not open e-mails or attachments from unknown individuals; Monitor your bank

account statements regularly, and your credit report at least once a year for any unusual activity; Do not communicate with unsolicited e-mail senders; Do not store sensitive or embarrassing photos or information online or on your mobile devices; Use strong passwords and do not use the same password for multiple websites; Never provide personal information of any sort via e-mail. Be aware that many e-mails requesting your personal information appear to be legitimate; Ensure security settings for social media accounts are activated and set at the highest level of protection;

Verify the web address of legitimate websites and manually type the address into your browser.

The FBI does not condone the payment of online extortion demands as the funds will facilitate continued criminal activity, including potential organized crime activity and associated violent crimes.


Victim Reporting:

If you believe you have been a victim of this scam, reach out to your local FBI field office, and file a complaint with the IC3 at www.ic3.gov. Please provide any relevant information in your complaint, including the online extortion e-mail with header information and Bitcoin address if available. ★

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Master Laboratories Emerges to Produce Swabs for COVID-19 Testing

By Traci Rockefeller Cusack, T-Rock Communications

SACRAMENTO REGION, CA (MPG) - Master Laboratories, a manufacturing company based in Sacramento, uses 3D printing technology to create FDA-registered nasal swabs for COVID-19 testing by hospitals, clinics, government agencies and armed forces. In joint partnership with EnvisionTEC in Dearborn, Michigan, Master Laboratories has a network capacity currently in place to produce up to one million swabs per day. With soft, non-irritating and absorbent tips, the revolutionary EnvisionTEC NP Swabs are comfortable and easy-to-use plus have 180-degree bending flexibility, a coveted point of differentiation as compared to other nasal swabs available for COVID-19 testing. The business was created by the owner of Dental Master Laboratories, Michael Kulwicz, who pivoted quickly after the shelter-in-place order went into effect in mid-March.



A soft, non-irritating and absorbent tip makes the EnvisionTEC NP Swabs comfortable, easy-to-use with a 180-degree bending flexibility. Photo courtesy of Master Laboratories

The Carmichael resident and long-time dental device manufacturer tapped into available staffing resources, technology and machinery already in place to help provide a solution in the battle against COVID-19.

“After losing 90 percent of our dental device business within hours after the shelter-in-place order went into effect, our expert team of technicians and staff looked at ways to design and manufacture nasal swabs using 3D printer technology,” said Michael Kulwicz, owner of Master Laboratories. “And now that the attention has

largely turned to the importance of testing, Master Laboratories is poised, prepared and ready to provide medical professionals with a key tool needed to combat this global pandemic.”

In addition to the nasal swabs, Master Laboratories has also begun production of full-face shields to provide added personal protection to both medical and dental personnel nationwide. For more information about Master Laboratories, the EnvisionTEC NP Swab and new product developments, please visit www.masterlaboratories.com or call 800-368-8482. ★

Wells Fargo Issues Emergency Funds for Local Homeless Shelters

By Julie Beckner, Volunteers of America Northern California & Northern Nevada

SACRAMENTO, CA (MPG) - Wells Fargo has granted Volunteers of America Northern California and Northern Nevada (VOA-NCNN) \$100,000 to help meet the urgent needs of people experiencing homelessness and isolation in the face of the COVID-19 pandemic. VOA-NCNN projects a \$3mil+ gap in funding this fiscal year due to COVID-19.

Funding from Wells Fargo will help VOA-NCNN: adapt systems, and implement safety and distancing protocols; cover unforeseen expenses to sustain increased and vital meal delivery service for isolated seniors, veterans, disabled, and homeless families; purchase sanitation and other essential supplies for staff and clients; and, support increased payroll expenses for essential staff working around the clock to meet the urgent needs of more than 4,060 residents and clients in its housing and shelter programs.

“Wells Fargo consistently steps up to meet the needs of our community, and this time is no different,” says VOA-NCNN spokesperson Christie Holderegger. “This timely funding will help us to remain

responsive in this unprecedented crisis.”

“Not everyone is afforded the luxury of sheltering in place in a home. There are thousands of homeless Sacramentans facing this pandemic while living on the streets or in shelters like those operated by VOA-NCNN,” said Wells Fargo Capital Foothills Region Bank President Kevin Barri. “We are grateful for the wonderful programs VOA-NCNN offers some of our most vulnerable neighbors, and thank for them working tirelessly to ensure their safety during this most unprecedented time.”

Founded locally in 1911, the Northern California & Northern Nevada office of Volunteers of America is one of the largest providers of social services in the region. The professional paid staff operates more than 52 programs: homeless services and shelters; substance abuse treatment and recovery services; senior, veteran, and youth services; transitional, permanent supportive, and low-income housing. Volunteers of America provides shelter or housing to nearly 3,000 men, women and children every night in Northern California. Learn more about Volunteers of America Northern California & Northern Nevada at www.voa-ncnn.org. ★



\$5 Million Allocated for Lead Testing in California Child Care Centers

State Water Resources Control Board

SACRAMENTO REGION, CA (MPG) - The State Water Resources Control Board has executed an agreement to provide approximately \$5 million in grant funds for testing and remediation of lead in drinking water at licensed Child Care Centers.

The passage of Assembly Bill 2370 in 2018 requires that all licensed child care centers

constructed before Jan. 1, 2010 test their drinking water for lead and do so within a three-year window. Subsequent testing every five years after the date of the first test is also required. The testing requirement does not apply when services are provided in the home of the caregiver.

Lead is a naturally occurring toxic metal used in many products and found throughout the environment including air, soil and water.

Children are particularly susceptible to lead exposure. Lead can slow down growth and development, harm a child’s nervous system and impact brain development. Studies have found that even small amounts of lead exposure can make it difficult for children to learn, pay attention and succeed in school. Children under six years old are most at risk, particularly infants.

The California Department of Social Services regulates licensed

child care centers and plans to issue directives to centers in early 2020 regarding the requirements for testing and remediation. Once issued, that information will be posted on the CDSS Provider Information Notices page.

A second 2018 bill, Senate Bill 862, appropriates \$5 million from the General Fund to the SWRCB and prioritizes centers serving infants and preschoolers. The bill gave highest priority for centers

that serve infants, those that operate only one center and those with a majority of children receiving subsidized care. The Office of Water Programs at California State University, Sacramento will utilize the grant funds to implement a statewide program to assist priority centers, with support from the California Rural Water Association and the California Child Care Resource and Referral Network. ★

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