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THE NEWS

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VOLUME 41 • ISSUE 33

Serving Rio Linda, Elverta and Sacramento County

AUGUST 19, 2022

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DONATE BLOOD AND RECEIVE A SWEET TREAT!



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SAFE SWIMMING TIPS



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CPUC Set to Strip CA Residents of Subsidized Broadband Service. Denying low-income California households from combining state and federal support will only widen digital divide. Photo courtesy Nagy-bagoly Ilona Dreamstime

By Katy Grimes,
California Globe

The California Public Utilities Commission is looking to strip low-income California residents of subsidized broadband access next week, which is a vital resource for so many in the state.

The CPUC's Proposed Decision will deny low-income California households from combining state and federal support (state and federal Lifeline along with the Biden/Harris signature Affordable Connectivity Program) so that they can get the most robust broadband available at no charge. A vote is scheduled for August 25, 2022.

The Globe spoke Monday with Nathan Johnson, co-founder of TruConnect (along with his twin brother Matthew), the largest Lifeline and Affordable Connectivity Program (ACP) provider within the state. Johnson said the consumer is not aware that this is up for a vote next week.

The Federal Communications

Commission operates the Lifeline and ACP programs. The Lifeline program, signed into law by President Ronald Reagan in 1985, has provided a discount on phone service for qualifying low-income consumers. Johnson said following Hurricane Katrina in 2006, the George W. Bush administration expanded the FCC program to include wireless phone service, and in 2016, added stand-alone broadband service.

The Affordable Connectivity Program, signed into law by President Joe Biden in 2022, is an FCC benefit program that helps ensure that households can afford the Internet broadband service they need for work, school, healthcare and more.

Johnson said TruConnect provides the services beyond emergency services, to all things that can be delivered on smart phones or tablets, which is critical for low-income families with school-aged children at home, in addition to the emergency needs. AT&T explained: "the ACP gives each low-income customer \$30 monthly, but the advocates' proposal

"would cut the amount in half to \$15 per month, thus dramatically reducing the federal government subsidy available to support broadband services in California. In turn this would affect applicants' ability to demonstrate the viability of proposed projects," Communications Daily reported.

He said the CPUC's rationale is unclear given that in every state Lifeline and the ACP are two programs that coexist well. However, the CPUC decision could hurt millions across the state and widen the digital divide – an issue Johnson says Gov. Gavin Newsom talks about frequently, but whose CPUC Commissioners treat businesses as if they are the enemy.

Nathan Johnson said TruConnect is the largest Lifeline and ACP provider within California, and the impact of this proposed CPUC decision on consumers and carriers will be devastating, particularly in this current state of high inflation.

He said the CPUC removed the low-cost plan requirement in

Continued on page 4

County Proclaims MonkeyPox Public Health Emergency

Sacramento County
News Release

SACRAMENTO COUNTY, CA (MPG) - On Tuesday, August 9, Sacramento County proclaimed a public health emergency and a local emergency in order to ensure appropriate resources and funding are available to the County in its response to monkeypox.

The proclamations of a public health emergency and local emergency do not signify an increased risk to the residents of Sacramento County. A proclamation of emergency allows the County to provide or receive mutual aid from other jurisdictions and assists in opening up available resources, mutual aid and staffing.

The proclamations follow the State of California's proclamation of emergency on Aug. 1, regarding monkeypox and the funding that would be made available. Proclaiming a local emergency is a prerequisite for requesting and receiving available federal or state funding.

"Proclaiming a state of emergency in response to Monkeypox helps the County to ensure uninterrupted access to resources necessary to lessen disease transmission," said Don Nottoli, Chairman of the County Board of Supervisors. "The proclamations should not be a reason for elevated concern; but rather, considered as mechanisms to assist in our mission to better respond to and contain the virus."

The County continues to work closely with the Centers for Disease Control and the California Department of Public Health on coordinated testing, investigations, and providing guidance and assistance to health providers in monitoring for monkeypox symptoms and gathering information to detect new cases for laboratory testing and confirming infection.

Transmission of monkeypox virus occurs when a person comes into contact with the virus from an animal, human or materials contaminated with the virus. The virus enters the body through broken skin (even if not visible), respiratory tract or the mucous membranes (eyes, nose, or mouth).

Symptoms of monkeypox include; fever, headache, muscle aches, backache, swollen lymph nodes, chills and exhaustion. Within 1 to 3 days (sometimes longer) after

Continued on page 3

Message from Twin Rivers Superintendent

By Steve Martinez,
Ed.D. Superintendent

I hope everyone has had a chance to rest and recharge because the first day of the new school year, Aug. 18, is just around the corner. We are ready, eager and excited to welcome all our students back to school. I recently read a quote about the first day of school that really resonated with me, and I want to share it with you:

"I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings." – Jenny Han

When a school year begins, we are all 100%. Everyone has a straight A report card, perfect attendance, and no missed assignments. We all have



Steve Martinez, Ed.D. Photo courtesy Twin Rivers Unified

the opportunity to dive into school with the attitude that this is a fresh

start, a new beginning, and we are going to give it our best.

I wish for every student, from our youngest scholars to our high school seniors, a year full of curiosity, creativity, learning and happiness. I know that our hardworking and conscientious TR team will do all they can to make our schools safe and welcoming for all, so that our students can make the absolute most of the 2022-2023 school year. Please remember that school daily start times are later this year for high school.

Welcome back to all. The TR team is ready to help our students make this an awesome year – one of growth and achievement for all students and staff!

With warm regards,

Steve Martinez, Ed.D.
Superintendent,
Twin Rivers Unified

TheRioLindaNews.com

Rio Linda Seeks Return to Prominence in 2022

By Shaun Holkko,
sports editor

RIO LINDA, CA (MPG) - It hasn't been very long since the Rio Linda High School varsity football team stood atop Division IV in the CIF Sac-Joaquin Section (SJS) as champions.

However, entering the 2022 season, the 2018 championship year continues to fade further into the distance. Every student on campus at Rio Linda were in middle school or younger the last time the Knights hoisted a section title.

Therefore, there's no better time than the present for the current Rio Linda football team to start building its legacy to be remembered for generations. The 2022 Knights have an opportunity to cement their legacies right alongside the 2018 championship team that beat Casa Roble 63-14 in the title game.

This season, Rio Linda is seeking to bounce back from two consecutive losing seasons. The Knights haven't been the same since former coach Jack Garceau departed the program following the 2019 campaign. However, current head coach Jeff Freeman is returning for his second season following a 2-8 (0-5 Foothill Valley League) campaign last year.

The Knights recently hosted a six-team scrimmage on Friday, August 12. Other teams participating in the scrimmage included Cordova, Wheatland, San Juan (Citrus Heights), Western Sierra (Rocklin) and Vanden (Fairfield).

This gave all six teams a great opportunity to prepare



A Rio Linda quarterback drops back to pass during a scrimmage against Wheatland on Friday, August 12 in Rio Linda. Photo by Rick Sloan



A Rio Linda coach gives his players instruction on the sideline during a six-team scrimmage on Friday, August 12 hosted at Rio Linda. Photo by Rick Sloan

for week zero and their first opponents of the regular season, getting to run their plays against opposing teams rather than in intersquad scrimmages during practice. The Knights scrimmaged in their practice jerseys, making it tougher for their opponents to key in on particular players who they may have been scouting for.

Rio Linda opens the season today on the road at Center in Antelope with kick off scheduled for 7 p.m. The other four games before beginning league play are as follows: August 26 at Kennedy, September 2 against Cordova, September 16 versus Foothill and September 23 at Placer (Auburn).

The Knights play in one of the toughest leagues in the SJS, the Golden Empire League (GEL). Rio Linda's league is comprised of six teams, with half of them ranked in the Top 25 according to Joe Davidson of The Sacramento Bee.

Casa Roble (#21), Dixon (#22) and Pioneer (#25) each cracked The Bee's preseason rankings with Woodland on the outside looking in as a bubble team. That leaves Mesa Verde and Rio Linda as the two outliers attempting to change the narrative about their teams around the Sacramento region.

The Knights' GEL schedule is as follows: September 29 at Dixon, October 7 at Casa Roble, October 14 against Mesa Verde, October 21 versus Woodland and October 28 against Pioneer.

Rio Linda will begin their attempt to return to prominence tonight at Center. ★



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Climate Emergency Mobilization Task Force Seated

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted on August 9 to appoint 13 members to the newly created Climate Emergency Mobilization Task Force.

On Dec. 16, 2020, the Board of Supervisors (BOS) adopted a resolution declaring a climate emergency and directing the formation of the Task Force. On March 23, 2022, the BOS approved a resolution that set the Task Force compensation and composition, endorsed the guiding principles and scope of work, and directed the Sustainability Manager to begin a public application process to fill member seats.

“We are excited to start working with the 13 newly appointed members of the Climate Emergency Mobilization Task Force,” said John Lundgren, Sustainability Manager. “After a thorough interview process, we have picked 13 of the best

candidates in the region to provide input, guidance, oversight and assistance to my office, and to serve as an advisory body to the County.”

The interview panel consisted of the Sustainability Manager and staff from the National Weather Service Sacramento, the County Planning and Environmental Review Division, and the Sacramento Metropolitan Air Quality Management District.

The 13 members appointed today are:

Technical Expertise Members: Justin Hwang (expertise: air quality), Austin Miller (expertise: agriculture), Mackenzie Wieser (expertise: built environment), Roslyn Roberts (expertise: economics), Kevin Head (expertise: energy), Ghazan Khan (expertise: transit/transportation).

Environmental Justice Members: Timothy Irvine, Rolando Villareal, Saheb Gulati, Supriya Patel, Ajay Singh, Kathleen Stricklin.

Youth Member: Benjamin Jacobs. ★

County Proclaims Public Health and Local Emergency

Continued from page 1

the appearance of fever, the patient develops a rash, often beginning on the face then spreading to other parts of the body. The incubation period (time from infection to symptoms) for monkeypox is usually 7–14 days

but can range from 5–21 days. The illness typically lasts for 2–4 weeks.

For more information regarding monkeypox, visit the Public Health website at dhs.saccounty.gov/PUB/Pages/Communicable-Disease-Control/Monkeypox.aspx ★

Lions Club to Host Oktoberfest Car and Boat Show

Rio Linda-Elverta Lions Club News Release

RIO LINDA, CA (MPG) - The Rio Linda-Elverta Lions Club’s second annual Oktoberfest Car and Boat Show will be held this year on October 1. This year’s event will be featuring a (new) toy drive and a food drive for our local upcoming Christmas enhancement program for needy local families. The show will be held at the Dry Creek Ranch House, 6852 Dry Creek Rd, Rio Linda, 95673, officially starting at 9 am and continuing to 2 pm.

The Lions Club has ensured that the Oktoberfest-themed show will be replete with fun things to do, including lots to eat and drink. There will be a Cacklefest at noon, and anyone is welcome to participate. Drag boats have water stations available and dragsters and Funny cars were a SMASHING success last year! Awards shall commence at 1:30pm. Dancers and music have been booked for entertainment during the day and all are welcome to stay until 4 pm if so desired.

The monies raised with the \$25 pre-registration fee, \$30 day of event, will be used for high school scholarships, 3rd grade reading programs, FFA, 4H, Boy and Girl Scout groups, Christmas baskets and Little League, just to name a few!

The Rio Linda Lions Club has been an established humanitarian organization since 1951.



Leo the Lion and Lions Club President Gene Kypke (2022-2023) invite you to this year's show on behalf of Rio Linda-Elverta Lions Club. Photo courtesy of Deanna Dyson



A Rio Linda car show participant proudly standing with his clean, black 1930's Buick. Photo courtesy of Deanna Dyson

They are part of the worldwide efforts of Lions International, dedicated to the betterment of communities. These men and women work side by side raising monies, creating friendships, memories, trust and beautification of needs within their own towns and cities, and elsewhere around the world, when needed.

If you wish to pre-register your vehicle, go to

riolindalions.com and fill out the info, pay, and get ready for a fabulous time! There is a 400-car limit for this year’s show so register either by mail with a check or just a donation by sending to:

Rio Linda Lions Club
P.O.Box 331
Rio Linda, CA, 95673

For additional information call Gene Kypke (916) 769-2973. ★

MEMORIAL

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Sutton, Richard Lee 10/29/38-8/8/22 preceded by father John, mother Martha, brothers Rodney and Bobby. Survived by brother Stephen (Dianna), niece Kathleen, nephew Kenneth, great niece and nephews and cousins.

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Will You be Unplugged?

Continued from page 1

last-minute revisions before its April decision after industry groups and state legislators sought changes days before the vote, risking deadlines for disbursing federal funds, and denying the needed services for low-income families.

The CPUC’s independent Public Advocates Office, Center for Accessible Technology (CforAT) and The Utility Reform Network (TURN) filed a June 30 petition asking the CPUC to bring back the requirement that federal grant recipients offer a generally available \$15 monthly, cutting the benefit in half, Communications Daily reported.

Johnson said during the pandemic, when these lower cost phone and Internet services were more crucial than ever, the CPUC told LifeLine and ACP providers to provide more services for less money. And then they said, “if you don’t like our rules, you can get out of the market and do something else,” according to Johnson.

“You pay for it, provide more data, and make a lot less,” Johnson said the CPUC told service providers. “They don’t understand how business works,” he added. “We provide a service that is badly needed for so many low-income Californians.” And then he said the CPUC came back again and said since the LifeLine and ACP providers were getting additional funding from the federal government, the CPUC was cutting state funding. ““We think you are carriers are making too much money,”” Johnson said was the CPUC commissioners’ collective attitude.

“We are getting phone and broadband service to the most in need in California,” Johnson said. “Being ‘business friendly’ isn’t necessarily ‘consumer negative.’ We’ve invested millions in our company. But we are treated poorly because we are a private company.”

He has reached out to each of the CPUC Commissioners, as well as the governor’s office, which he said took “a

kind of hands-off approach.”

““Do No Harm’ is out the window,” Johnson said. “They aren’t asking ‘how can we get this service to more Californians?’”

“This runs counter to everything this state stands for,” Johnson said.

He explained there is about \$1 billion in the CPUC Lifeline and ACP fund right now. Gov. Gavin Newsom repurposed about \$300 million of that during the pandemic for Project Homekey, but paid it back with windfall funds from the federal government, Johnson explained. “But this was at a time when people really needed more service.”

So the money is there to pay for the LifeLine and ACP service for low-income households. And, Johnson reminded us that we all contribute to the tax generated to pay for these services through our phone bills. “We are trustees of that fund,” Johnson said.

Why is the CPUC sitting on \$1 billion if it is not going to spend it on the program it is legally designated for? Nathan Johnson doesn’t know given the hostile relationship the CPUC has with service providers. “Back when wireless was launched, the CPUC asked us what we needed, what they could do, and then got out of the way. We had a great relationship. Now with the new commissioners, it’s an antagonistic relationship,” Johnson said. “We can’t have any normal conversation with these people. And we’ve been doing this a long time.”

“There are some really easy solutions, with common sense,” Johnson said. “But that sucking sound... that’s California businesses leaving the state. I can deal with less of a headache in 49 other states. But we are the only Lifeline and ACP service provider based in California.”

Johnson added, “A lot of people are asking if the Lifeline program should even be at the CPUC any longer. There’s gross incompetence – it’s a complete boondoggle now.” ★

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Two Ordinances to Prohibit Camping Approved

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors on August 11, approved two ordinances addressing camping and encampments near critical infrastructure such as levees and government buildings, wildfire and flood risk areas during severe weather, near shelters for persons experiencing homelessness, youth-serving facilities and a separate ordinance prohibiting camping on the entire stretch of the American River and Dry Creek Parkways. The Board will formally adopt the two approved ordinances on August 23, and they will go into effect 30 days later.

As was mentioned several times by staff, county counsel and supervisors, these ordinances going into effect will not result in the wide-scale clearing of encampments. The County has both a legal and moral obligation to identify the highest priority camps, identify the needs of the campers and offer services and shelter as appropriate. The County is committed to applying a thoughtful approach in order to balance the needs of both the campers and the impacted community surrounding encampments.

“These ordinances provide another tool for County staff and our outreach partners to engage with folks experiencing homelessness camping illegally, assess their needs and determine the best course of action to move them away from critical infrastructure,” said Board Chair Don Nottoli. “The time has come to balance the needs of our unsheltered population with the impacts that our communities and environment have been facing for years.”

The ordinances provide law enforcement officials with the authority to specifically address the activities in these particular locations because of public health, safety and welfare concerns.

The critical infrastructure ordinance adds Chapter 9.120 to the Sacramento County Code to prohibit camping and encampments in the following priority areas:

In, on or within 25 feet of critical infrastructure or the entrance/exit of critical infrastructure; Up to 1,000 feet of a location providing year-round overnight shelter to people experiencing homelessness and the entrance/exit to such locations; Inside of, or within 30 feet of wildfire and flood risk areas during severe weather; And, within 25 feet of a youth-serving facility, defined as public or private primary or secondary schools and public libraries.

Violations would first be subject to

verbal and written warnings and any person who violates the ordinance would be guilty of a misdemeanor. This also authorizes the County Executive or designee to promulgate rules, protocols and procedures for the implementation of the ordinance.

To read the full definitions of each identified priority area, read the full ordinance at the county website.

The Board also approved a separate ordinance that addresses the Dry Creek and American River Parkway specifically.

“The American River Parkway is our region’s most treasured recreational and ecological asset,” said First District Supervisor Phil Serna. “As the stewards responsible for its protection, we are obligated to see that it is a clean and safe place for everyone to enjoy while ensuring those who feel their only option is to reside on the Parkway, have housing opportunities and access to services elsewhere in the county.”

The following are key provisions of the ordinance:

Prohibition on camping or constructing, maintaining or inhabiting any structure or camping facility in the American River Parkway or Dry Creek Parkway, except with written permission from the Director;

Prohibition on modifying the parklands (e.g. dirt, landscaping) or accumulating furniture, household goods, or other items in order to create a structure;

Bans the use or maintenance of a container with flammable or combustible liquid or a generator, except when issued a permit by the Regional Parks Director.

The intent of the proposed ordinance is to provide the County with an additional enforcement tool to address camping and the proliferation of unpermitted structures used as makeshift shelters in the Parkways and reduce public safety concerns relating to the use of flammable or combustible liquids and generators in parks. However, the ability to enforce the proposed ordinance, like the existing Code provisions, is dependent on law enforcement capacity and prioritization as well as availability of shelter, as outlined in the proposed Park Rangers’ Action Plan. In addition, the Action Plan describes the County’s commitment to conduct outreach efforts to offer alternative shelter and other services to individuals camping in the Parkways.

Visit the county website at www.sac-county.gov/Pages/default.aspx to read the full ordinance to learn more about Parkway-specific rules. ★



By County Supervisor Sue Frost

Through the generosity of the The Rio Linda News, this column serves to provide an update about matters affecting the community of Rio Linda.

On August 11th, the Sacramento County Board of Supervisors unanimously approved two ordinances that will ban homeless encampments in several important locations. As this was an intensely controversial vote, and since homelessness is by far the number one issue that constituents talk with me about, I wanted to take the time to explain the details of these ordinances, and why I wholeheartedly supported them.

The ordinances do several key things. First and foremost, they ban homeless encampments from the American River Parkway and the Dry Creek Parkway. They also ban camps near any critical infrastructure, schools, and libraries. And they also ban the use or maintenance of a container with flammable or combustible liquid or a generator.

Now these all seem like fairly obvious things, and you are likely wondering why these were not already illegal and why it’s taken until now to crack down on this. It all stems from a ridiculous 9th Circuit Court of Appeals decision back in 2018 which declared that local governments cannot enforce anti-camping ordinances if they do not have enough homeless shelter beds available for their homeless population. So these things were illegal locally, but were then overridden due to a court decision.

So what changed? The

RIO LINDA COMMUNITY UPDATE

Homelessness on our Parkways

Sacramento County lawyers have been studying this issue and have found that while we cannot make homeless encampments illegal everywhere, we can deem some areas as off-limits. While it’s likely there will be a lawsuit in the future that tests this, our lawyers feel confident that these bans are legally justifiable and will hold up in court. If our lawyers thought we could do more than this, I would have also supported it – but they believe this is as far as we can safely go without jeopardizing county taxpayers with costly lawsuits.

I have just finished conducting seven community meetings in various parts of my district, and I heard the same thing at each of them. The vast vast majority of my constituents are fed up. The homeowners and renters, especially those with young children, say that they are not alright with the status quo. These people pay their taxes, and rightly expect to be able to walk outside in safety without trash, human excrement, and homeless encampments.

They also largely agree that throwing money at the problem is clearly not working. We continue to spend money on new housing options, as well as drug/alcohol/mental health treatment (the things I consider to be the root cause of homelessness), but our homeless population is growing at a rapid pace even as we massively increase homeless spending. People who want help can seek it and are given support, but how do we hold those accountable who don’t want the help?

I believe that the long term solution to our homeless problem in Sacramento County is in our new “safe stay” encampments that we are actively building as

I write this. These are essentially low cost tiny home villages that have full-time staff at them to keep it safe, clean, and provide substance abuse and mental health treatment to homeless people. Building these will allow us to then go to our homeless encampments in our neighborhoods and give them a choice. They can either move into these sanctioned encampments, or they can move somewhere else – but they can’t stay there. If they move into our safe stay sites, great! We can then move them somewhere safe, clean, and off the streets. If they decline that and move somewhere else, great! We can clean up the site, not allow these encampments to grow into the huge sites we have now, and they can keep repeating this cycle of getting their camp moved until they actually accept the help they need.

Working towards solutions for homelessness is, and has been my number one priority for several years now. You have my commitment to find ways to legally get around these absurd court decisions, and bring back safety and cleanliness to our neighborhoods. I won’t stop fighting to get homeless people the help they desperately need to get off the streets, and I won’t stop fighting to bring peace and safety to our community

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@sac-county.net.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta. ★

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School News Update

First Day of School

Thursday, Aug. 18

Free Twin Rivers backpacks and school supplies will be distributed the first two weeks of school to all students.

Grant Union High School 90th Anniversary

The 2022-2023 school year marks the 90th year of operation for Grant Union High School. The Grant Alumni Association maintains a museum on campus with every yearbook since the school’s opening, every issue of the school newspaper (Trailblazer), posters from 1930-1940 advertising performances on campus, championship athletics memorabilia and so much more!

Twin Rivers Adult School Resource Fair

Friday, Aug. 19 – 9 a.m. to 12:30 p.m., 5703 Skvarla Avenue, McClellan Park

Twin Rivers Adult School will host a Community Resource Fair featuring free dental checks for families.

Ribbon Cutting Ceremony

Thursday, Aug. 25 – 9 a.m., Grant Union High School Sports Complex, 1400 Grand Avenue, Sacramento; 10:30 a.m., Highlands High School Sports Complex, 6601 Guthrie Way, North Highlands

Ribbon cutting ceremonies for two new state-of-the-art sports complexes at Grant Union High School and Highlands High School. The new venues include synthetic tracks/artificial fields, concession/restroom buildings, exercise parcourse, sports field lighting, scoreboards and additional parking.



How to be Happy

Are you happy? Do you feel it slipping away with everything that’s going on from the pandemic to the economy? Did you know a recent Gallup Poll revealed that happiness in the U.S. is at an all-time low with only 38% of Americans saying they’re satisfied? There’s depression, anxiety, and a general sense of unhappiness. Valerie Whestone, best-selling author and life and wellness coach gave me several tips on POPPOFF to reach HAPPY. She’s authored several books with her latest “Soul of Success.” So let’s get to the HOW part.

1. GRATITUDE. It’s the closest thing you have to a “cure all” magic fix for anything in life. It shifts your energy instantly. Suggestion. Write in a journal each day. Example: I am so happy and grateful now that I am experiencing greater vitality in my health or I am so happy and grateful for my breathe and my family’s breathe each day.

2. POSTURE. Check how you’re sitting or standing. Are you slouching? Are your shoulders back? When we are curled up, we are sending signals to the universe that we are in pain, stressed or suffering. It is natural to want to curl up in a ball. However, we are attracting more of what we do not want. When our shoulders are back and we sit up straight we are sending signals to the universe that we are confident, happy and flowing with greatness.

3. 3 TO 1 RATIO. 3 compliments for every one complaint. If you want to bring happiness into your life, watch what

you’re saying. Are you complaining? If so, back it up with 3 compliments so it shifts your energy to a higher vibration and you can stay in a happy state.

4. SMILE. It is hard to be mad or sad when you smile. Hold your smile for at least 20 seconds to savor the good. It will lower your stress hormones.

5. LISTEN TO YOUR FAVORITE MUSIC. Turn up the volume and dance like no one is watching. One of my favorite things to do is listen to 80’s music, sing the lyrics, and dance. It changes the vibration instantly.

6. CREATE A VISION BOARD. Cut out some of your favorite pictures and put them on your mirror or board and begin to visualize what you want to attract in your life. If we want to manifest anything in our lives, seeing clearly in our minds helps anchor the feeling in the body. Research shows that the mind can’t distinguish between what is real and something imagined, so the mind begins creating new neural pathways based on whatever it is we are imagining.

7. EMOTIONAL FLOOD OF HAPPINESS. Place your hand on your heart. Close your eyes. Breathe in and out. Think of a time when everything was well in your life. Example: The birth of your child....use your five senses. Or falling in love for the first time or your first kiss and the butterflies.

Want to check out Valerie? Go to www.doorwaytotransformation.com. ★

LET’S GET HAPPY!!!



How California Mistreated Workers who Lost Jobs in Pandemic



By Dan Walters, CALMatters.org

When Gov. Gavin Newsom shut down much of the state’s economy 2 1/2 years ago to slow the spread of COVID-19, more than 2 million workers suddenly lost their jobs.

Logic and compassion should have made easing the economic blow to those workers and their families a top priority.

Unfortunately, however, it fell to the Employment Development Department, which had already demonstrated incompetence in a previous recession, to handle the tsunami of claims for unemployment insurance benefits — and the predictable result was a total meltdown that deprived desperate workers of much-needed cash.

While countless claims for state benefits were delayed, sometimes for months, or erroneously denied, EDD’s staff approved many fraudulent claims for special federal benefits, resulting in more than \$18 billion being paid to fraudsters, including some inmates in state prisons.

Legitimate payments, when made, quickly exhausted the Unemployment Insurance Fund and the state was compelled to borrow more than \$20 billion from the federal government to maintain

benefits, a debt that will take many years to repay.

EDD’s massive managerial disaster could, and should, have been prevented had the state’s politicians not ignored numerous indications that EDD and the unemployment insurance (UI) program were train wrecks waiting to happen.

On Monday, the Legislature’s budget analyst, Gabe Petek, issued a detailed and sharply worded report on how EDD failed and what should be done to avoid a repeat.

“These failures trace back to the (unemployment insurance) program’s basic design, which has encouraged EDD to adopt policies and practices that make it unreasonably difficult for eligible workers to get benefits,” Petek told the Legislature. “Although these problems are not new, the pandemic has highlighted the need for the state to rebalance the UI program in ways that make getting benefits to eligible workers a top priority.”

Petek’s report also castigates EDD for concealing the extent of the unemployment insurance backlog by adopting a “narrow interpretation” of a state law requiring the agency to report data to the Legislature.

As a result, Petek said, “the Legislature was unaware of the widespread reliance on procedural denials at a time when the department could not process incoming mail and phone calls. Had getting payments to eligible workers been a top priority, the department could have reported the full scope of claims that were found ineligible — instead of the narrowest scope — to bring the issue to the Legislature’s

attention and begin work toward a solution.”

It was, in brief, incompetence compounded by coverup. One wonders whether anyone in the bureaucracy will be punished for concealing the facts.

The report lists ways in which the application process could be streamlined, eliminating duplication and making it much easier for legitimate claims to be approved and benefits to be paid. It also hints that something must be done about the deplorable condition of the Unemployment Insurance Fund, which is financed by payroll taxes on employers.

California is one of only a few states that tax the minimum amount of a worker’s earnings, \$7,000 a year, under federal law. A decades-long stalemate between employers and unions over taxes and benefits left the insurance fund incapable of absorbing even a mild recession, much less the COVID-19 shutdown, forcing the state to borrow from the feds.

Petek’s report challenges Newsom and the Legislature to make certain that the EDD disaster doesn’t happen again. That would require procedural overhauls and technological upgrades, but also doing something about the Unemployment Insurance Fund. It’s shameful that the richest state in the nation borrowed billions from Washington to pay benefits to workers who were unemployed because of a state emergency decree.

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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Safe Swimming Tips for Families



Children often drown silently in minutes. Often, they do not yell for help, as is often assumed. Photo courtesy Pixabay

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - In California, every year, dozens of families tragically lose a child under the age of five to drowning.

Children often drown silently in minutes. Often, they do not yell for help, as is often assumed. You can prevent a drowning tragedy by following the ABCs of drowning prevention.

First: Adult Supervision. Adult supervision is key to drowning prevention. Assign an adult “water watcher” who knows how to swim. Provide adult supervision 100 percent of the time when children are in or near the water. Know where your children are at all times. Sixty-nine percent of children who drown in swimming pools were not supposed to be in or around the water. If a child is missing, check the pool first. Water wings, noodles, inner tubes and life jackets should never take the place of adult supervision.

Second: Barriers. Install, check and always use a child-proof barrier around

your pool and/or spa area. A barrier should consist of a 5-foot tall, non-climbable fence with self-closing, self-latching gates. Keep chairs, tables and other climbable items away from the pool barrier.

C: CPR and Classes. Learn CPR and rescue breathing. To find CPR classes contact your local Red Cross chapter, family resource center, or American Heart Association. Make sure all children and adults in your family go to swim lessons and water safety training. These classes do not take the place of the need for adult supervision.

And don’t forget, Sacramento County ordinance requires any child under 13 to wear a life vest before accessing any public waters, like lakes and rivers. Bring a life vest to the river for each of your children. If you forget a life vest, you can borrow one from one of the many borrowing stations along the American River.

Help protect your children from these preventable tragedies; learn the ABCs of drowning prevention. Your child’s life depends on it. ★

Donate Blood and Receive a Sweet Treat!

Dunkin’ News Release

SACRAMENTO, CA (MPG) - Local blood donors are in for a sweet treat this August. Dunkin’ of Sacramento is teaming up with the American Red Cross to provide 2,600 vouchers to Red Cross donors in the region during August.

To thank donors who help refuel the blood supply throughout August, those who come to give blood or platelets will receive a voucher for a free Medium Hot or Iced Coffee and a free Classic Donut, redeemable at all Dunkin’ restaurants in the Sacramento area, while supplies last. Vouchers are non-transferrable and not redeemable for cash.

The American Red Cross has faced a concerning drop in blood and platelet donations this summer. Donors are needed to make an appointment to give in August to help prevent a blood shortage.

Right now, the Red Cross needs to collect more than 1,200 blood and nearly 3,000 platelet donations each day to support patients at approximately 2,500 hospitals across the country. The need for blood doesn’t take a summer break as hospitals continue to respond to traumas and emergency room visits, organ transplants, elective surgeries and more.

“We are thrilled to kick off our partnership with Dunkin’ and encourage individuals to give to help prevent a summer blood shortage,” said



To thank donors who help refuel the blood supply throughout August, those who come to give blood or platelets will receive a voucher for a free Medium Hot or Iced Coffee and a free Classic Donut. Photo courtesy of Dunkin’

Justin Mueller, Regional Donor Services Executive, American Red Cross. “As you finalize your plans for the summer, make a blood or platelet donation appointment part of them and receive this special gift from Dunkin’.”

Those who give now will help stock the shelves for hospital patients in need. Schedule an appointment to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org, or calling 1-800-RED CROSS (1-800-733-2767).

“Dunkin’ is thrilled to team up with the American Red Cross this August,” said Jamie Struwe, Field Marketing Manager, Dunkin’. “We hope that by providing donors with a free Medium Hot or Iced Coffee and Classic Donut, Dunkin’ will encourage the Sacramento community to stop by Red Cross blood drives and roll up their sleeve.”

To learn more about Dunkin’, visit www.DunkinDonuts.com or

follow us on Facebook @DunkinUS or Twitter @DunkinDonuts.

About blood donation

To donate blood, individuals need to bring a blood donor card or driver’s license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Donors can also save up to 15 minutes at the blood drive by completing a RapidPass®. With RapidPass®, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass®, follow the instructions at RedCrossBlood.org/RapidPass or use the Red Cross Blood Donor App. ★

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Pass It On: The History of Us



Photo courtesy of Damian Lynch/Unsplash

By The Foundation for a Better Life

James (not his real name; he prefers not to be known for his work off the field) is a college football coach. He knows that in football, you are judged by winning and losing. But in life, character endures. So, James focuses on teaching players about their past so they can improve the future.

Football brings kids from all different backgrounds together and requires them to sacrifice for each other, be selfless and do the job they are asked to do. Creating a team from players with disparate racial, socioeconomic, religious and geographical backgrounds and different styles of upbringing can be quite challenging.

James has found that most kids coming out of high school don’t know much about their history, the history of the country they live in, the history of their teammates. So, one night a week, he leads a class that focuses on Black history, Hispanic history, Polynesian history, American history, world history and religious history – and

how those lessons inform the decisions we all make today.

What emerges is not a discussion on diversity but rather on unity. Turns out that every one of us is different in some way, and our shared experience grows out of our ability to take those differences and turn them into advantages. Respect grows with understanding.

This past year, James’ team had its best year ever in the program’s history. The team is one of the most diverse in the nation. Yet the two words most often heard uttered by the players describing the program are “love” and “family.” One alumnus returning to the team, now as a coach, said: “It’s like coming home. This is where I learned to change who I was, to become a man. I want to help other kids do the same.”

Each of us has a history, good or bad, that can teach us something about ourselves. But most importantly, when we learn the history of others, we discover a world that makes room for all. ★

DINESH D’SOUZA

OCT. 29

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TAHOE 8-19-22

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Cecil & Cecil Enterprises, Inc., 3741 Business Drive, Suite 100, Sacramento, CA 95820; and Nordic Industries, Inc., 1437 Furneaux Road, Olivehurst, CA 95961 is doing business under the Fictitious Business Name(s) "Cecil Nordic JV" 3741 Business Drive, Suite 100, Sacramento, CA 95820. Filed with the Clerk of Sacramento County July 15, 2022
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NEC 8-26-22

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Mutaman Salih, 2598 Alta Arden Expy Way, Suite 2, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Foreign Clips Hair Studio" 2598 Alta Arden Expy Way, Suite 2, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 18, 2022
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M 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05501
Basir Ahmad Wahab, 2380 Watt Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Crown" 2380 Watt Avenue, Suite 130, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 25, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
CROWN 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05475
Janna V. Chemaya, 411 Cromwell Court, Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Janna Jones" 5941 San Juan Avenue, #12B, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 22, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
JANNA 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05487
Sarahi Maximo, 2033 66th Avenue, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "OMG Cocina" 1500 7th Street, Unit 1F, Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 22, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
OMG 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05498
N-Cal Road Service, Inc., 6824 Fort Pitt Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "N-Cal Road Service," 6824 Fort Pitt Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County July 25, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
NCAL 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05585
Andrey Kirichenko, 11 Capitolla Court, Roseville, CA 95670 is doing business under the Fictitious Business Name(s) "Quality Window Tinting," 4847 Auburn Boulevard, Suite A, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 28, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
QUALITY 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05460
Jessica M. Topete-Fregoso, 10624 Basie Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Pretty Lady Tattoo," 10624 Basie Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 21, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
PRETTY 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05332
Lavender Library, Archives and Cultural Exchange of Sacramento, Inc., 1414 21st Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Lavender Library / LLACE," 1414 21st Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 15, 2022
Publish: Aug. 5, 12, 19 & 26, 2022
LAVENDER 8-26-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05804
Michael Austin Perez, 8213

Newbridge Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Earth Sky Home" 8213 Newbridge Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County Aug. 2, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
EARTH 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05658
Juan Alfredo Esquivel, Jr., 2927 Marconi Avenue, Apt. 22, and Robert Frank Defazio, 2927 Marconi Avenue, Apt. 30, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "ITM9" 10485 Folsom Boulevard, #B, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 27, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
ITM9 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05540
Melissa Robinson, 7430 Kanai Avenue, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Red Rock Outlet" 7430 Kanai Avenue, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 26, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
RED 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05351
Helen Chenghua Liu, 8001 39th Avenue, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "M&J International Trading Company" 8001 39th Avenue, Sacramento, CA 95824. Filed with the Clerk of Sacramento County July 15, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
M&J 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05597
Laurie Williams, 4754 Llano Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Twin Rivers Coaching" 4754 Llano Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 28, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
TWIN 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-04951
Valerie Brocken, 6006 Elk Spring Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Valerie's House Cleaning" 6006 Elk Spring Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County June 30, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
VALERIE 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05557
James J. Szymanski, 7528 Sadro Street, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Western Occupational Safety and Health Consulting" 7528 Sadro Street, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 27, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
WESTERN 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05106
Parmjit Singh, 8674 Tennis Club Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Court Liquor" 6225 Franklin Boulevard, Sacramento, CA 95824. Filed with the Clerk of Sacramento County July 8, 2022
Publish: Aug. 12, 19, 26 & Sept. 2, 2022
COURT 9-2-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05983
Iurii Dudukalov, 1400 Response Road, Apt. 144, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "IV Dudukalov" 1400 Response Road, Apt. 144, Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 9, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
IV 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05613
Mahnaz Moussavi Professional Dental Corporation, 3115 Hopkins Place, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Summit Dental Practice" 1851 Iron Point Road, Suite 100, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 28, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
SUMMIT 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05168
Bobbie Sumpter, 5350 Dunlay Drive, Unit 2311, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "World Leaders Childcare Center" 6489 47th Street, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 11, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
WORLD 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05825
Scott William Lehman and Jill Meredith Lehman, 2373 Rudat Circle, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "On The Record Scoping" 2373 Rudat Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 2, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
ON THE RECORD 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05850
Jason Emmett Sumsion, 110 Morrison Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "JS Services" 110 Morrison Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 4, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
JS 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05889
JDV Distribution LLC, 3710 Branch Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Evergreen Memorial Hall" 5101 Lawrence Drive, Sacramento, CA 95820. Filed with the Clerk of Sacramento County August 4, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
EVERGREEN 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05459
Vincent Michael Wheeler, 9334 River Oaks Lane, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Well Grounded Electric" 9334 River Oaks Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County July 21, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
WELL 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05965
John H. Marks, 6216 Melrose Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Right As Rain Gutter Services" 6216 Melrose Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 9, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
RIGHT 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05428
Daisy Rachelle Carter, 7000 Carriage Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Ice Machine Queen" 7000 Carriage Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 20, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
ICE 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05986
High Voltage Solar, Inc., 7480 Colbert Drive, Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name(s) "Aloha Pure H2O" 7480 Colbert Drive, Rancho Murietta, CA 95683. Filed with the Clerk of Sacramento County August 9, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
ALOHA 9-9-22

FICTITIOUS BUSINESS NAME STATEMENT FBNF2022-05703
Enosa Pasina, 6331 Bluebill Court, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Chris Jones" 6331 Bluebill Court, Rocklin, CA 95765. Filed with the Clerk of Sacramento County July 29, 2022
Publish: Aug. 19, 26, Sept. 2, 9, 2022
CHRIS 9-9-22

ORDER TO SHOW FOR CHANGE OF NAME

ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2021-00312506
Kristan Renee Carter has filed a petition with this court for a decree changing the name(s) of Kristan Renee Carter to Kristan Renee Vera.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 8, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 19, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
KRISTAN 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323272
Rashad Ronald Kearney has filed a petition with this court for a decree changing the name(s) of Rashad Ronald Kearney to Rashad Sir King.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 21, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 14, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
RASHAD 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323498
No Name Given Abdoigiamin has filed a petition with this court for a decree changing the name(s) of No Name Given Abdoigiamin to Abdoigiamin Mohamed.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 21, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 14, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
RASHAD 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323214
Maria Leticia Carlson has filed a petition with this court for a decree changing the name(s) of Maria Leticia Carlson to Lorena Carlson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 20, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 12, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
MARIA 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323500
Ngan Nguyen Hieu Ho and Trang Nguyen Doan Ho have filed a petition with this court for a decree changing the name(s) of Ngan Nguyen Hieu Ho to Natalie Ngan Ho, and Trang Nguyen Doan Ho to Alina Trang Ho.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 22, 2022, in Department 54,

located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 19, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
NGAN 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323228
Haydeh Khoshfahm and Atila Rezaei have filed a petition with this court for a decree changing the name(s) of Haydeh Khoshfahm to Heidi Rez Koshfam, and Atila Rezaei to Atila Rez.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 20, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 13, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
HAYDEH 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323637
Justine Allison Fortis has filed a petition with this court for a decree changing the name(s) of Justine Allison Fortis to Allison Justine Howerly.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 28, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 20, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
JUSTINE 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323746
Nasrin Yosefi and Ahmad Saeed Sarwari have filed a petition with this court for a decree changing the name(s) of Paria Sarwari to Parinaz Sarwari.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 28, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 21, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
NASRIN 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323682
Jozalynne Raychelle Shakur and Asani Asad Shakur have filed a petition with this court for a decree changing the name(s) of Ja'Morris Eugene Frazier to Jah'Morris Asad Shakur.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 15, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 20, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
SHAKUR 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323498
No Name Given Abdoigiamin has filed a petition with this court for a decree changing the name(s) of No Name Given Abdoigiamin to Abdoigiamin Mohamed.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 21, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 18, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
HABIBA 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323459
Said Osman Saeed has filed a petition with this court for a decree changing the name(s) of Said Osman Saeed to Osman Saeed; Favzia Qoraishi to Favzia Saeed; Said Emran Qoraishi to Emran Saeed; Waniya Qoraishi to Waniya Saeed; Talia Qoraishi to Talia Saeed.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30 p.m. on September 22, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 15, 2022
Richard K. Sueyoshi, Judge of the Superior Court
Publish: July 29, Aug. 5, 12 & 19, 2022
SAEED 8-19-22

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2022-00323056
Maria A. Lopez and Aldo Lopez have filed a petition with this court for a decree changing the name(s) of Andre Alexie Lopez to Andre Lopez Aguayo and Maria Aguayo Lopez to Maria Angeles Aguayo.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on September 15, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 11, 2022
Christopher E. Krueger, Judge of the Superior Court
Publish: Aug. 5, 12, 19 & 26, 2022
LOPEZ 8-26-22

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Defendant Sentenced for Human Trafficking, Kidnapping

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - Commissioner Ken Brody sentenced Tony Miller to 25 years and 4 months in prison. On June 16, 2022, Miller pled to kidnapping and human trafficking of an adult using force. Miller also admitted to a prior strike conviction for robbery.

On February 10, 2020, the Sacramento Police Department received a report that witnesses had seen a young woman crying and walking down the street naked. Witnesses then saw Tony Miller pull up to her in his car, saw her by the hair into the car, and hit her in the face. Officers also found video surveillance of this

crime. This occurred near a known prostitution stroll area, and law enforcement suspected that it may be related to human trafficking. Detectives were able to identify and later locate both Miller and the victim. They also located a second victim Miller had been trafficking. The second victim described how Miller groomed her over several weeks by pretending to be an affectionate boyfriend before turning her out to engage in prostitution and taking all the money she made. Miller had become progressively more violent toward both victims and would physically assault them daily. Messages from Miller's cell phone corroborated what the second victim told detectives.

Zombie Build Back Better Would be an Apocalypse for Taxpayers



Commentary by Sally C. Pipes

The Democrats' Build Back Better bill has risen from the dead. Sen. Joe Manchin, D-W. Va., who killed the massive spending package last year, is back in conversation with his party's leaders about advancing a slimmed-down version of the measure.

Taxpayers would be better off if Build Back Better died again. The legislation, if passed, would make permanent the wasteful Obamacare subsidies that went into effect in March 2021 under the American Rescue Plan, and that are scheduled to expire at the end of the year.

The legislation made Obamacare tax credits

more generous for those making less than 400% of the federal poverty level, or about \$111,000 for a family of four. In addition, it extended subsidies to people making more than four times poverty by capping what they'd have to pay in premiums at 8.5% of income.

The cost of these subsidies has far exceeded early estimates. Though the expansion is only scheduled to last until the end of 2022, the Congressional Budget Office originally predicted it would cost \$34.2 billion over the agency's 10-year budget window.

But a recent CBO report reveals the expansion will cost \$30 billion this year alone – 50% higher than original projections, per former Trump administration economic advisor Brian Blase.

Many of those taxpayer dollars will be funneled to disproportionately wealthy Americans. As Blase has pointed out, couples making \$500,000 in some parts of the country are newly eligible for more than \$7,000 in exchange subsidies. It's

no wonder more than 1 million Americans making over four times the poverty level have enrolled in Obamacare this year.

Forcing taxpayers to continue picking up their health insurance tab will come at an enormous cost. The CBO pegs the cost of a permanent subsidy expansion at \$220 billion.

That's senseless. Cementing these ill-targeted subsidies in place would create an apocalypse for taxpayers.

Sally C. Pipes is president, CEO, and Thomas W. Smith fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *False Premise, False Promise: The Disastrous Reality of Medicare for All (Encounter 2020)*. Follow her on Twitter @sallypipes.

Defendant Convicted of Murdering His Father

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - Matthew Holverstott was convicted by a jury of the second-degree murder of James Holverstott and elder abuse.

The victim was Matthew Holverstott's father. Matthew Holverstott threatened to kill his father over a real estate deal. The next day, Matthew Holverstott met his father in the parking lot of a church. He then called 911 claiming his father slipped and fell. The father was rushed to the

hospital and died the same day. Matthew Holverstott immediately tried to obtain his father's pension and estate assets valued at approximately \$800,000-\$900,000. An autopsy determined the father suffered six separate blunt force injuries to the head and 14 separate blunt force injuries to his body.

Holverstott faces a maximum sentence of 16 years to life in prison. Sentencing is set for August 31, 2022, at 9:00 a.m. in Department 42 before the Honorable Allen Summer.



916-773-1111

Local Classified

Announcement

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- Oil-producing plant
- Shakespearean "fuss"
- Crowd
- Like the White Rabbit
- Chip feature
- Mozart's "L" _____ del Cairo"
- Asian goat antelope
- Turn sharply
- Yield
- Compass bearing
- "When QB changes play at line of scrimmage
- _____ identity
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- Alicia Keys' instrument
- Final notice
- "It results in change of possession in football
- Off-white color
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- Encrypted
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- Dog-_____ pages
- Do penance
- Not as old
- Casanova, e.g.
- Two before Dec.
- *NFL playing field
- Shorthand
- Antediluvian
- Idi Amin's country
- Butane derivative
- Not an expert
- Less adulterated
- All worked up
- Like Joe Biden's office
- _____ Bora
- Chef's amt.

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54. Boisterous play
55. *_____ the kicker
58. "Uh-uh"

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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.

High School Football Teams to Watch in Your Area



Jesuit junior quarterback Trenton Dewar hands the ball off to senior running back Kai Santos during a 22-21 defeat to eventual section champion, Folsom, in the semifinals of the D1 CIF SJS playoffs on Nov. 20, 2021, in Carmichael. Photo courtesy of Allene Salerno/Lenie's Pictures™ (leniespictures.smugmug.com)

By Shaun Holkko, sports editor

SACRAMENTO REGION, CA (MPG) - It's that time of year again – football season!

At the Messenger Publishing Group, we have eight weekly newspapers: Carmichael Times, Grapevine Independent (Rancho Cordova), Citrus Heights Messenger, The News (Rio Linda), West Sacramento News Ledger, Dixon Independent Voice, Territorial Dispatch (Marysville) and The Gridley Herald. MPG has one biweekly newspaper, the American River Messenger, which covers Fair Oaks and Orangevale.

With football season upon us, it's time to examine who the top football teams are in the Sac-Joaquin Section. Senior sportswriter Joe

Davidson, who has been covering prep sports for The Sacramento Bee since 1988, recently released his Top 25 football rankings.

In the Sacramento region, Davidson's rankings for The Bee have been highly touted and respected for years. With all that said, it's time to review which teams to watch for in your respective area.

Carmichael Times

6. Jesuit: The Marauders went 10-2 in 2021 and lost 22-21 in the semifinals of the Division I CIF Sac-Joaquin Section (SJS) playoffs to eventual section champion, No. 1 Folsom.

Bubble team-

Del Campo: The Cougars finished 4-7 last season and were defeated 51-7 by East Union (Manteca) in the first round of the D4 CIF SJS playoffs.

Grapevine Independent

9. Capital Christian: In 2021, the Cougars were 7-3 overall and 6-0 in the Capital Athletic League but did not participate in the postseason due to playoff ban given by the SJS, which has since been ended.

23. Rosemont: The Wolverines, who will be led by first year head coach John Straw, went 11-3 last season and lost 31-20 in the D6 CIF SJS championship game to Argonaut (Jackson).

Dixon Independent Voice

22. Dixon: The Rams finished 7-4 in 2021 and lost 61-0 in the quarterfinals of the D4 CIF SJS playoffs to eventual section champion, Vanden (Fairfield).

Woodland Christian: The Cardinals went 11-1 overall and 5-0 in league play last season with their only defeat coming in the D7 CIF SJS championship game to Le Grand by a score of 35-12.

Territorial Dispatch

19. Yuba City: The Honkers finished 7-4 overall and 5-1 in Capital Valley Conference play in 2021, losing 52-48 to Patterson in the quarterfinals of the D3 CIF SJS playoffs.

Bubble teams-

Marysville: In 2021, the Indians were 5-5 overall and 1-4 in Pioneer Valley League matchups.

Sutter: The Huskies went 10-2 overall and 5-0 in Butte View League play in 2021. Sutter won the D3 Northern Section championship and then lost to San Marin in the regional finals of the CIF state playoffs.

American River Messenger

21. Casa Roble: The Rams finished 7-5 in

2021 and lost 41-8 to Hilmar in the semifinals of the D5 CIF SJS playoffs.

Davidson's Preseason Top 25

(With last year's records)

1. Folsom (11-4),
2. Rocklin (12-1),
3. Monterey Trail (8-3),
4. Elk Grove (8-4),
5. Granite Bay (8-3),
6. Jesuit (10-2),
7. Sheldon (8-4),
8. Vacaville (8-3),
9. Capital Christian (7-3),
10. Del Oro (7-5),
11. Antelope (10-1),
12. Placer (5-6),
13. Whitney (6-6),
14. Sacramento (9-3),
15. Christian Brothers (7-5),
16. Vista del Lago (8-4),
17. Oak Ridge (3-7),
18. Inderkum (5-5),
19. Yuba City (7-4),
20. Woodcreek (7-4),
21. Casa Roble (7-5),
22. Dixon (7-4),
23. Rosemont (11-3),
24. Lincoln (8-3),
25. Pioneer (8-2).

Follow Joe Davidson and the Sac Bee on Twitter at the following handles: @SacBeeJoeD, @SacBeeSports and @sacbee_news. ★

Bubble teams-

Woodland: In 2021, the Wolves were 9-3 and lost 39-12 in the quarterfinals of the D5 CIF SJS playoffs to eventual section champion, Escalon.



Del Campo senior wide receiver Logan Forssell catches a touchdown pass during a 19-18 victory at West Park on Aug. 21, 2021, in Roseville. Photo courtesy of Allene Salerno/Lenie's Pictures™ (leniespictures.smugmug.com)

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