

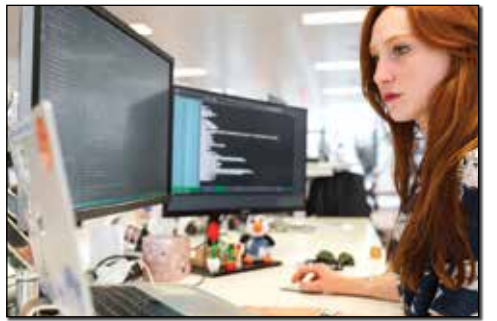


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Single Mom Strong



Single Mom Strong has partnered with SMUD to bring Street Soccer USA. Photo: Elevate Public Relations

By Jessica Keefe,
Elevate Public Relations

SACRAMENTO, CA (MPG) - Single Mom Strong, a nonprofit created to meet the unique needs of local single mothers and their families, has partnered with SMUD to bring Street Soccer USA, 916Ink, Square Root Academy and others to local children.

The cost of childcare is a significant strain on the family budget. The problem is compounded when school is not in session and full-day programs are needed. Extended school closures related to COVID-19 have further intensified this problem. Single Mom Strong's summer camps not only meet the needs of working

single parents at an affordable cost, but they will ensure kids get to be kids this summer.

"Not only has the irregular learning environment and disconnection from other kids weighed heavily on children for over a year, but their parents have had the added responsibility of supporting them through distance learning or finding and affording full day childcare," said Single Mom Strong Founder Tara Taylor.

"Our EmpowerME Summer Camps are designed to ensure children enjoy their school breaks while continuing to learn and be active. They are packed with fun, engaging activities, aimed at reinforcing values like perseverance, compassion,

and responsibility, lessons that are so essential right now," added Childcare Director Le Taunya Terrell.

But even more essential is some good old-fashioned, off-screen fun. "Since the Sacramento region is home to an incredible array of organizations that support families, we reached out and asked them to collaborate for some unique experiences this summer."

The result is 10 weekly themed summer camps with special guests and an amplified curriculum. "Week 2 is our Summertime Stories session, which will include a trip to the library. The kids will write and

Continued on page 3

Board Approves Law Enforcement Review Commission

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors on Tuesday unanimously approved the resolution for the formation of a Community Review Commission that will work with Sacramento County's Inspector General Mark Evenson to improve accountability related to investigations of the Sacramento County Sheriff's Department.

"This commission is the result of extensive public input and careful work by County staff," said Supervisor Patrick Kennedy, Second District, who brought the item forward. "The commission will improve public transparency and will offer the public greater interaction and communication with the Office of the Inspector General."

The approval of the resolution comes after two previous Board items this year related to the establishment of a commission. At its Feb. 9 meeting, the Board heard from members of the public and discussed a draft proposed framework for the creation of a Community Review Commission. At its March 23 meeting, the Board received additional input on a revised draft framework with input from multiple community organizations and interested parties and directed staff to return with a resolution establishing the Commission.

The volunteer commission will have 11 members. Two will be appointed by each member of the Board of Supervisors and one will be a member of county staff appointed by the County Executive.

The rules of conduct for the commission, including how the power of subpoena is administered, will be developed by Evenson and two members of the Board of Supervisors, with guidance from County Counsel. Finalized rules and regulations will be presented to the Community Review Commission for approval.

Commission members are required to undergo orientation on law enforcement policies and procedures prior to serving. ★

Ouch! Covid Shots

By Cecilia Lee Feser

RIO LINDA, CA (MPG) - More and more people can now get their much-wanted Covid shots.

My first, was through Kaiser at Sierra College, and was a breeze. It was Moderna. There was no soreness and I really did not even feel it and went home. The next day was fine. No soreness or ill feeling. Now, I wait the 3 weeks. I was kinda afraid to get the 2nd shot as I heard others had "gotten so sick", or "my arm felt so sore" I really wondered if I should. I decided already 1/2 way done, let's go. This time I felt it, but still just a bee sting. Once you get your shot, you must sit in a chair for about 15 min to be sure you don't have a reaction.

While I was there, I wanted to get someone else's feelings on getting the shot. I had already gone to a man who looked in charge, and mentioned I would like to have my picture taken as I get the 2nd shot, and maybe interview



After my 2nd shot... so proud lol. Selfie photo by Cecilia Lee Feser

a few of those also in line for their shots.

He puffed up and said, "Oh no, no, no!" Your request must go up the "chain of command" and that cannot be done today, so no, sorry." I said, "but what about just someone taking MY picture as I get the 2nd shot?" No sorry. You must treat this area as if it was a hospital area, PRIVATE. No pictures

of anyone or anything." Humhh. He did watch me through the whole process, like I would sneak in a pic or interview, even though I was wondering how I could.

I was sitting in my 15-min timeout, mandatory after shot wait. I thought, he doesn't run outside the gym. I started looking for interviews once I was out of wait time. I saw this

cute young healthy-looking couple with a baby in the stroller. He got his, she stayed with the baby, then he watched the baby and she got her shot. I decided-them.

My time was up, I left the gym and waited by the parking area. I was thinking of a way to not seem weird while walking up to them. No need. I explained, I

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What Happens to the Home and Economy When Women Leave the Workforce?

Commentary
by Andi Simon

The pandemic-induced recession forced many women to drop out of the workforce, with research showing they were much more likely than men to give up jobs so they could take care of children when schools went online.

The consequences of these decisions may go beyond each individual, though.

“They could have large repercussions for the economy, the home, and society as a whole, says Andi Simon (www.andisimon.com), a corporate anthropologist, founder of Simon Associates Management Consultants, and author of the upcoming book *Rethink: Smashing the Myths of Women in Business*.

Some ramifications of this 2020 exodus from the workforce for women could include:

A drop in consumer spending. When one spouse loses a job, whatever the reason might be, it means an immediate and sudden drop in income for that household. “The impact on household earnings will lead to reduced spending,” Simon says. “That will have ripple effects throughout the economy.”

An impact on women’s careers and advancement. Eventually, many of these women will no doubt go back to work, but how



“The impact on household earnings will lead to reduced spending,” Simon says. “That will have ripple effects throughout the economy.” Image by Googlerankfaster from Pixabay

well they will be able to just pick up their careers where they left off could be another matter, Simon says. “Will they have lost ground in the line for promotions to men who didn’t take any time away from work?” she asks. “Also, depending on how slow the recovery is, rejoining the workforce might not be that quick and easy.”

A reduction in demand for family-related industries. When both spouses work outside the home, couples often need to make use of services that developed or grew because one adult – usually the woman

– wasn’t around to take care of certain household duties. For households where a mother is now back in the home, that has changed. “They no longer need to pay someone for childcare services,” Simon says. “In addition, the need for house-cleaning services is likely to drop.”

Changes to retail markets. A woman who stays home with the kids has different needs than a woman who commutes to an office each day, and those differences could be reflected in the world of retail, Simon says. Just as an example, there could be a drop in demand for

makeup. Sales of business attire for women may plummet – or at least take a hit as more casual, comfortable clothes become more important wardrobe necessities. Restaurants could continue to struggle as people eat out less and cook at home more.

Entrepreneurial urges could shift to home businesses. Some women could still keep their career mindsets and try to establish their own businesses run from their homes, Simons says. But she cautions that there are questions about just what those businesses might be since some potential areas – such as marketing,

consulting, and business coaching – have seen a downshift in demand for their services. “That leaves you to wonder just how viable setting up a home business might be,” Simon says.

Despite all those concerns, some good can come out of this period as well for women who want a better life both personally and professionally, Simon says.

“If you’ve not been satisfied with your career and your life, this could be an opportunity to rethink and rewrite your personal story,” she says. “You need to imagine what you want to

become, focus on how to make that possible, and then begin to take steps to make it happen.”

About Andi Simon
*Andi Simon, Ph.D. (www.andisimon.com), author of the upcoming book *Rethink: Smashing the Myths of Women in Business*, is a corporate anthropologist and founder of Simon Associates Management Consultants (www.simonassociates.net). A trained practitioner in Blue Ocean Strategy®, Simon has conducted several hundred workshops and speeches on the topic as well as consulted with a wide range of clients across the globe. She also is the author of the award-winning book *On the Brink: A Fresh Lens to Take Your Business to New Heights*. Simon has a successful podcast, *On the Brink with Andi Simon*, that has more than 125,000 monthly listeners, and is ranked among the top 20 Futurist podcasts and top 200 business podcasts. In addition, Global Advisory Experts named Simons’ firm the Corporate Anthropology Consultancy Firm of the Year in New York – 2020. She has been on Good Morning, America and Bloomberg, and is widely published in the Washington Post, Los Angeles Times, Forbes, Business Week, Becker’s, and American Banker, among others. She has been a guest blogger for Forbes.com, Huffington Post, and Fierce Health. ★*



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Single Mom Strong: Themed Summer Camps Partner with 10 Nonprofits with Affordable Childcare



Kids deserve to be kids! The past year has placed an unwarranted burden on kids as they navigated the uprooting of their normal lives. Photo: Elevate Public Relations

Continued from page 1
illustrate the Single Mom Strong story and enjoy a special activity with the team from 916Ink, an arts-based creative writing nonprofit organization,” explained Taylor.
Other themes include Sports Extravaganza with Street Soccer USA, Mad Scientist with Sacramento’s STEM program Square Root Academy, and

Outdoor Explorers with Kaleidoschool.
Tuition for children of single parents is just \$99 per week, \$129 for all others.
Initially founded on the premise of community, inspiration and education, Single Mom Strong has expanded its mission to address the lack of affordable, quality childcare in the region and opened The Empowerment Center, a

licensed facility for pre-school, non-school day care, transitional kindergarten, and value- and activity-based camps. Preschool and childcare programs are open to all children, but single parents are able to volunteer in the center and receive a tuition discount.
Since its inception in Sacramento less than five years ago, Single Mom Strong has served over 890 mothers and children in the greater Sacramento area. Scholarship applications and more information may be found at singlemomstrong.org.
Based on the premise that a single mother can simultaneously be a professional success and a great parent, and the belief that neither the single mother nor her children are limited in any way by this circumstance, Single Mom Strong is:
A community, meeting the need for belonging and love for single mothers and their children; A place of empowerment; for single mothers through education and opportunity for balance; for their children through education and positive relationships; A means for betterment: with their children in safe, quality childcare, single mothers can better provide for their families and achieve personal goals. ★

Ouch! Covid Shots



Marc and Karly Powers. Photo by Cecilia Lee Feser

Continued from page 1
write articles and would they mind talking to me about the shots they just received?
“Sure.”
We moved into the shade. I then met Marc and Karly Powers and their sweet baby girl, Kennedy who is 5 months old. They too were getting their second covid shots. Karly was really looking forward to the “Freedom” she wanted to feel. Kennedy had yet to meet many of her many family relatives, due to not wanting to even take a little risk of a chance on either side, to be infected. Kennedy is sure going to have a story when she grows up, my being pregnant during and delivering during this serious stage of our lives. She did say that Marc was allowed in on the delivery. I had heard in the very early stages of this pandemic that a husband was not even allowed at the birth. Seems so cruel, but everyone was living on hearsay. I took their phone number and asked if I could call them in a few days to see if the 2nd shot affected them.
I was so sick the next day. Fever, achy

all over, tired and it really felt like I had the flu. I slept most of the next day. Then I woke up and I was normal. Fever was gone, felt really awake and got on the phone to the Powers to see how they did. I got Karly on and she said, “Yeah, this time they both had headaches, she had the chills for several hours and could not get warm enough. Then all was good.” Neither one had any reaction to their first shots they told me.
I asked them what they were looking forward to once 'THIS THING' is over? Karly said, “Eating out and I have missed going to the grocery store, while feeling safe. Now being vaccinated there is just an all-around feeling of hope.” Yeah, I told her that is just what I hoped to accomplish too. To have hope and the feeling of being protected from the worry of who I am in contact with, even wearing a mask. Not wearing a mask seems so far down the road, but getting the shot, especially when everyone gets a shot, the mask wearing days will be over. Stay safe and be good to each other, Cecilia. ★

CDFW Urges Public to Leave Deer Fawns Alone



It is both illegal to feed deer and keep deer in your personal possession. Image by Marcel Langthim from Pixabay

By Peter Tira, California Department of Fish & Wildlife

SACRAMENTO, CA (MPG) - Late spring and early summer is the peak time for California’s deer herds to give birth to fawns, and the California Department of Fish and Wildlife (CDFW) is issuing a reminder to well-intentioned people to not

interact with the baby deer – even if they find one that appears to be abandoned.
Adult female deer often stash their fawns in tall grass or brush for many hours while they are out foraging for food.
“It is a very common mistake to believe a fawn has been abandoned when it’s found alone, even if the mother has not been seen in the area for a long period of time,” said Joe Croteau, environmental program manager with CDFW’s Northern Region. “It’s actually a survival strategy for the doe to separate from her fawns so as not to attract predators to the whereabouts of her young.”
Each year, CDFW and wildlife rehabilitation facilities are called to assist with fawns that have been removed from the wild by concerned members of the public recreating outdoors. With limited long-term placement options in zoos

or other wildlife sanctuaries, the animals often have to be euthanized since they lack the survival skills to be released back into the wild and can become dangerous and difficult to keep as they become bigger.
To report an injured, sick or suspected orphaned fawn, contact your local CDFW regional office directly.
Anyone who removes a young animal from the wild is required to notify CDFW or take the animal to a permitted wildlife rehabilitation facility within 48 hours. Only a limited number of wildlife rehabilitation facilities are licensed to accept fawns.
It is both illegal to feed deer and keep deer in your personal possession. Both crimes are misdemeanors, each subject to penalties of up to \$1,000 and/or six months in jail. Learn more about the dangers and consequences of feeding deer in this CDFW video. ★

Newsom Administration Increases Efforts to Release More Violent Criminals



Jim Nielsen
By Nghia Nguyen, Office of Senator Nielsen

SACRAMENTO, CA (MPG) - On a late Friday afternoon news dump, the Newsom Administration announced they are automatically giving “good time credit” to violent offenders and second and third strikers in

an effort to release them early. These policies will go into effect within hours of the announcement – Saturday, May 1. Senator Jim Nielsen (R-Red Bluff), former Chairman of the Board of Prison Terms, issued the following statement:
“As the former Chairman of the Board of Prison terms, I am intimately aware of these criminal justice regulations. This is ill-founded, ill-cited criminal justice policies. Violent felons are receiving good time credit for simply breathing, in lieu of demonstrated good behavior and rehabilitation.
“This is another

ill-conceived policy of the Newsom Administration in its attempts to release convicted violent criminals back into our communities.
“We, the people, will pay the price for his continued follies.”
Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim ★

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PG&E Urges Calling 811 Before Digging, More Important Than Ever

By Paul Moreno, PG&E

SAN FRANCISCO, CA (MPG) - With the arrival of spring, many Californians are thinking of starting projects to make their outdoor spaces more livable, and many of these projects will require digging. To help ensure these projects can proceed safely, and without disruptions to essential utility services that we all depend on to be able to stay connected during the ongoing pandemic, April is recognized as National Safe Digging Month. Pacific Gas and Electric Company (PG&E) and more than 1,000 other utilities support this nationwide public safety initiative to supported by to raise awareness about the importance of calling 811 to have underground utility lines marked in advance of any digging project.

Throughout the pandemic, many homeowners are using their extra time at home to complete projects that require digging, according to a recent national survey conducted by the Common Ground Alliance (CGA). In fact, the survey shows that one in five homeowners (20%) have been more likely to do a DIY home improvement involving digging since the pandemic began – particularly gardening projects, and 56% of homeowners who are planning to plant a tree or shrub this year said they were more likely to dig while having extra time at home. The most popular planned projects cited among surveyed homeowners who plan to dig include: Planting a tree or shrub: 62%; Building a fence: 37%; Building a deck or patio: 32%; Installing a mailbox: 20%; Installing a pool: 6%;

Additionally, of the millions of homeowners who plan to dig this year for projects like gardening, building a fence or deck, installing a mailbox and more, nearly two in five (37%) will put themselves and their communities at risk by digging without contacting 811 beforehand to learn the approximate location of underground utilities.

“With millions of Californians relying on essential utility services as they work and learn from home, it is of the utmost importance that everyone take advantage of the free call to 811 prior to digging. Our locate and mark crews are in the field every day helping to ensure digging projects of all sizes can proceed safely, without risk to life, health or property. Whether your project is large or small, from repaving a driveway to installing a fencepost, calling 811 three working days before excavating to have the locations of underground gas or electric lines marked will help keep you, your family and your neighbors safe and help you avoid potentially costly repairs,” said Joe Forline, PG&E senior vice president of Gas Operations.

According to the Common Ground Alliance's damage information reporting tool, an underground utility line is damaged every nine minutes in the United States. This adds up to more than 200,000 preventable hits to underground utility lines nationwide annually. PG&E is urging customers to help prevent dig-ins by placing a toll-free call to 811 or an online request to have gas and electric lines marked free of charge three working days before the project begins.

Key Facts - In 2020, there were over 1,400 third-party dig-ins on PG&E's underground infrastructure across Northern and Central California. Of the over 1,400 dig-ins, nearly 800 resulted from not using 811 to have gas and electric lines marked in advance. Of the third-party (customers or construction crews) dig-ins to PG&E's lines in 2020, residential dig-ins accounted for 31%. In 91% of residential dig-ins, 811 was not called in advance.

811 is a designated toll-free number for homeowners and professional excavators and is serviced by regional offices. Operators answering calls and emails will dispatch all necessary utilities to properly mark underground utility lines with paint or flags. Underground Service Alert of Northern/Central California and Nevada (USA North) is staffed 24 hours a day, seven days a week, and will provide Spanish and other translation services.

PG&E Safe Digging Tips - Mark project area in white: Identify the digging location by drawing a box around the area using white paint, white stakes, white flags, white chalk or even white baking flour.

Call 811 or go online for a USA ticket three working days before digging. Be prepared to provide the address and general location of the project, project start date and type of digging activity. PG&E and other utilities will identify underground facilities in the area for free.

Dig safely: Use hand tools when digging within 24 inches of the outside edge of underground utility lines. Leave utility flags, stakes or paint marks in place until the project is finished. Backfill and compact the soil.

Mind the lines: If the utility line is visible, dig in parallel with the utility line and use all precautions when removing the soil from around the utility line.

Be aware of signs of a natural gas leak: Smell for a "rotten egg" odor, listen for hissing, whistling or roaring sounds and look for dirt spraying into the air, bubbling in a pond or creek and dead/dying vegetation in an otherwise moist area.

PG&E urges customers to call 911 and then PG&E at 1-800-743-5000 if there's a suspected gas leak. If an accidental dent, scrape or other damage is made to a gas pipeline, those nearby must leave immediately and alert others to avoid the area. Only when a safe distance away should anything that might create a spark such as cell phones, matches, garage door openers, vehicles, or yard equipment be used.

CGA is a member-driven association of nearly 1,700 individuals, organizations and sponsors in every facet of the underground utility industry. Established in 2000, CGA is committed to saving lives and preventing damage to North American underground infrastructure by promoting effective damage prevention practices. CGA has established itself as the preeminent source of damage prevention data and information in an effort to reduce damages to underground facilities in North America through shared responsibility among all stakeholders. For more information, visit CGA on the web at <http://www.common-groundalliance.com>. ★

Overdose Deaths Increased During the Pandemic

**Commentary
by M. K. Leach**

The pandemic and excessive intervention by state government contributed to a worsening overdose crisis within the United States. In 2018, drug overdose deaths fell for the first time in 25 years yet began to rise again in 2019. Since 2019, the country's number of drug overdose deaths continued to climb and were made worse by government lockdowns. According to the CDC, the provisional drug overdose count shows a steady increase between January 2019 and January 2020.

According to the Overdose Detection Mapping Application Program, after March 19, 2020, 61.84% of participating counties experienced an increase in overdose submissions. In addition, there was a 17.59% increase in suspected overdose submissions when comparing the weeks before and following the commencement of state-mandated stay-at-home orders. Overall, the number of overdoses increased nationally. Non-fatal and fatal overdose involving stimulants, with and without opioids, continue to increase. Some research has found associations between unemployment and or non-labor participation and the risk of a drug overdose.

The CDC released a press release in 2020, and over 81,000 drug overdose deaths occurred in the United States in the 12 months ending in May 2020. Up to that date, that is the highest number of overdose deaths ever recorded in a 12-month period, according to the



Since 2019, the country's number of drug overdose deaths continued to climb and were made worse by government lockdowns. Image by James Ronin from Pixabay

CDC. Overdose deaths were already increasing preceding the pandemic—synthetic opioids appeared to be the primary driver of the increase in overdose deaths, increasing 38.4% within the 12 months leading up to June 2019. Also, 37 of the 38 U.S. jurisdictions reported an increase in synthetic opioid-involved overdose deaths. Approximately 18 of these jurisdictions reported increases greater than 50%, and ten western states reported over a 98% increase.

Some experts believe the spike in overdose deaths was caused by the pandemic driven by increased substance use due to anxiety, social isolation, and depression. When the government began ordering people to stay at home, not go to work, and forcing millions of Americans out of work, many people turned to drugs or alcohol to cope. The pandemic made it difficult for recovering addicts to access support, opiate addicts to receive treatment, and everyone in between that may have been struggling with addiction. There are numerous underlying factors, but the pandemic response caused a cascade

effect impacting the most vulnerable when America was forced to shutter.

People became more isolated, depressed, anxious, and worrisome. Young people like students began to struggle as schools were closed and students were forced to stay home. The CDC's Director said at a Buck Institute webinar that suicides and drug overdoses had surpassed the death rate for COVID-19 among high school students. Lockdowns and the lack of public schooling constituted a disproportionately negative impact on young people and adults' mental health. The data for suicides and overdose deaths will not be verified for two more years. Still, it is apparent the excessive lockdowns, government intervention, and restrictions on life and liberty were far worse than the coronavirus disease COVID-19.

Michael Leach has spent most of his career as a health care professional specializing in Substance Use Disorder and addiction recovery. He is a regular contributor to the healthcare website Addicted.org and a Certified Clinical Medical Assistant. ★

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<p>CALVARY BAPTIST CHURCH 6608 16th, Rio Linda 991-5870 <i>Cowboy Pastor Jeff Clement</i> Sunday School: 10:00 am Morning Worship: 11:00 am Awana: 4:30 pm Evening Worship: 6:00 pm Wed Bible Study: 7:00 pm Free Store Saturday: 10:00 am -1:00 pm</p>	<p>ZION LUTHERAN CHURCH 3644 Bolivar Ave. North Highlands, CA. (LCMS) 332-4001 www.ZionLutheranNH.org Sunday Schedule 9:00 am Traditional Worship 10:30 am Praise Band Worship OR if you prefer you can worship in your car in the parking lot Tune your radio to 88.7</p>	<p>Calvary Lutheran Church 5th and L Streets, Rio Linda 991-2135 Pastor Kirsten Moore Sunday Adult Ed: 9:00am Sunday Worship: 10:30am Child Care during Worship with Bible Stories and Crafts</p>	<p>NEW BEGINNINGS FELLOWSHIP Pastor Deonte Walters 10th and O Streets 991-2918 Sunday School: 9:00am Sunday Worship: 10:30am</p>	<p>CHURCH OF RIO LINDA <i>Home of Old Time Religion</i> 6550 Drycreek Rd. 991-6766 Rob Royer, Pastor Sunday School: 10:00am Sunday Evangelistic: 6pm Wednesday Bible Study: 7:30pm YouTube.com</p>
<p>This space could belong to your Church Call Today The Rio Linda News 916-991-3000</p>	<p> LIFEPOINTE FAMILY OF CHURCHES 7200 Rio Linda Blvd. lifepointenaz.com 916.991.4624 2 SERVICES AT OUR RIO LINDA CAMPUS 9AM TRADITIONAL SERVICE 10AM CONNECTION GROUPS Bible Study • 'The Family' S.W.A.G. Youth • FamilyKidz 11AM CONTEMPORARY SERVICE Nursery 0 – 3years Clubhouse Kidz 4 years – 6 grade</p>		<p>Church of Christ <i>Worship God's Way</i> Minister Eric Smith 6818 4th Avenue Rio Linda, CA 95673 991-2668 Church 10:30am</p>	<p>North Metro Church of Christ 4191 Norwood Ave., Sacramento 95838 916-923-1147 Minister Pete Savage SUNDAY Bible Classes: 10:00am Worship: 11:00am Worship: 6:00pm Wednesday Bible Classes: 7:00pm</p>
<p>First Baptist Church Elverta 112 West Delano St., Elverta Pastor Peter Ceccardi 9:45am, Sunday Bible Study 11:00am, Sunday Worship and Kids Church 6pm, Sunday Night Bible Study 5:30pm Sunday Youth Program 6-7pm Dinner & Wed. Worship AA meets Mon. 10-11am email: Peter@fbcelverta.org</p>	<p>RIO LINDA COMMUNITY UNITED METHODIST CHURCH 6800 6th St. (Corner of 6th & M) Rio Linda 991-1638 Pastor Carolee Caterall Sunday School: 9:30am Worship Service: 11:00am</p>	<p>Rio Linda Seventh Day Adventist Church 7535 - 10th St. and U Rio Linda Sabbath School: 9:15am Worship Services: 11:00am</p>	<p>NEW LIFE CHRISTIAN CHURCH 2037 Elkhorn Boulevard 991-3001 Sunday School: 9:45am Sunday: 10:45am Sunday Evening: 6:00pm Wednesday: 7:00pm Pastor James A. Duncan</p>	<p>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP Pastor Shannon Fannin Liberty Ministries extends an invitation to come and join us for Celebration Worship Saturday 6:30pm Sunday 10:00am Call for info on Child Care. Preschool. Youth Extreme and Food Closet. 922-6442 4840 Marysville Blvd.</p>

Report Blames Government Regulations for Healthcare Shortages, Unnecessary Lockdowns During Pandemic



Gavin Newsom

Commentary
by Lawrence J. McQuillan

California agencies failed to plan effectively, failed to prepare, and failed to respond quickly or at all to the pandemic, a new report from the Independent Institute shows.

When government agencies did respond, they found themselves playing a high-stakes game of catch-up, as many regulations imposed for years, even decades, prevented quick, efficient, and flexible responses.

Eliminating burdensome regulations during the COVID-19 pandemic sped up the delivery of critical supplies and personnel to California’s citizens, according to authors of the report. The authors say if it works during this crisis, it will work when the crisis is over.

“If removing harmful regulations during a crisis is the moral action to help patients and save lives, it would be immoral to reimpose the same regulations when the crisis ends,” said Lawrence McQuillan, Ph.D., Independent Institute Sr. Fellow and co-author of the report.

For enacting or enforcing regulations that created crucial healthcare shortages and prevented a fast and efficient response by public and private entities to COVID-19, the Independent

Institute awards its eleventh California Golden Fleece® Award to several federal and state officials and regulatory agencies.

California Gov. Gavin Newsom relaxed many regulations, which helped to alleviate healthcare shortages. But he usually was reactive, rather than proactive, waiting for bottlenecks to emerge. He also loaned 550 ventilators to other states at a time when Santa Clara County officials were asking for donations. And he signed multi-billion-dollar contracts with PCR-testing companies, yet PCR tests were worthless at containing the spread of the virus because test results took too long. Newsom used the resulting outbreaks to justify endless lockdowns.

The pandemic exposed the ways that regulations are used in California to benefit narrow interest groups at the expense of consumers at large. COVID-19 taught a crash course to Californians on the downside of excessive regulation and the benefits of liberalization.

New Report Blames Government Regulations for Healthcare Shortages - California’s shortages of personal protective equipment (PPE), medical supplies, and healthcare workers were all largely avoidable, if not for past missteps by governments. Lockdowns could have been prevented, if not for the government’s failed approach to testing. Lifesaving vaccine and therapeutic drug development could be fast-tracked if lessons learned during this pandemic are applied in the future.

Specific patient-centered

recommendations are offered, which should be adopted permanently - Allow private companies around the world to supply equipment urgently needed by healthcare workers. Eliminate staffing regulations and barriers that prevent optimal access to healthcare professionals when and where they are needed. Permanently allow telemedicine across state lines. Ease testing restrictions to allow private companies to quickly provide at-home nonprescription testing for all diseases. Streamline clinical trials and FDA reviews of trial data. Use a “prize model” to incentivize innovation.

The COVID-19 surges in California would have been easier to manage had markets, not regulations, determined healthcare staffing and supply chains over past decades, the report argues. And lockdowns and rationing of routine care could have been largely avoided. Through their various liberalization decrees issued during the COVID-19 outbreak, government officials essentially admitted that current healthcare regulations harm patients. Those liberalizations, and others, should be adopted permanently after the pandemic.

Lawrence J. McQuillan, Ph.D., is founder and director of the California Golden Fleece® Awards. He is also a senior fellow with the Independent Institute and director of the Independent Institute’s Center on Entrepreneurial Innovation. He is the author of California Dreaming: Lessons on How to Resolve America’s Public Pension Crisis.

PG&E Tips to Protect Against Scammers

By Paul Moreno, PG&E

SAN FRANCISCO, CA (MPG) - With utility scams on the rise during the current pandemic, it is more important than ever for customers to be vigilant and to know what steps to take to prevent themselves or their families from falling victim.

Throughout the COVID-19 pandemic, scammers have gotten deceptively creative with increased calls, texts, emails, and in-person tactics and are contacting electric and gas customers asking for immediate payment to avoid service disconnection. These impostors can be convincing and often target those who are most vulnerable, including senior citizens and low-income communities. They also aim their scams at small business owners during busy customer service hours. However, with the right information, customers can learn to detect and report these predatory scams.

As a reminder, PG&E will *never* contact a customer for the first time within one hour of a service disconnection, and will never ask customers to make payments with a pre-paid debit card, gift card, any form of cryptocurrency, or third-party digital payment mobile applications. Here are some steps customers can take to protect themselves and their families against being victimized: **Register for My Account** - PG&E reminds customers that they can visit PGE.com and register for My Account. Signing in will provide instant access to balance information, payment history and other account details and will provide a first line of defense against scam. If a customer receives a call from someone requesting

immediate payment, they can log in to My Account to confirm whether their account is in good standing. Customers can also call PG&E Customer Service at 800-743-5000 if they think that they are being targeted by a scam. **Add a Family Member to Your Account** - As an added layer of protection, customers can designate family members or another trusted individual to speak on their behalf to PG&E call center representatives. For example, an elderly parent could authorize an adult child to speak to PG&E on their behalf and make that person their first call should they receive a call threatening disconnection. The adult child could then call PG&E to confirm their account details. To designate an individual to speak to PG&E on your behalf, contact 800-743-5000.

“Scammers are constantly changing their tactics and tricks, so awareness is more important than ever to keep our customers safe,” said Melisa Munoz, PG&E Contact Center Operations Director. “If an email, visit to your home or phone call doesn’t feel right, don’t fall for it. Delete it, shut the door or hang up. And, as a reminder, PG&E will never ask for your financial information over the phone or via email.”

Signs of a potential scam - Threat to disconnect: Scammers may aggressively demand immediate payment for an alleged past due bill. If this occurs, customers should hang up the phone, delete the email, or shut the door. Customers with delinquent accounts receive an advance disconnection notification, typically by mail and included with their regular monthly bill. **Request for immediate payment or**

a prepaid card: Scammers may instruct the customer to purchase a prepaid card then call them back supposedly to make a bill payment. PG&E reminds customers that they should never purchase a prepaid card to avoid service disconnection or shutoff. PG&E does not specify how customers should make a bill payment and offers a variety of ways to pay a bill, including accepting payments online, by phone, automatic bank draft, mail or in person at an authorized PG&E neighborhood payment center.

Refund or rebate offers: Scammers may say that your utility company over-billed you and owes you a refund, or that you are entitled to a rebate. Again, customers should immediately hang up and call PG&E Customer Service to confirm details. **“Spoofing” Authentic Numbers:** Scammers are now able to create authentic-looking 800 numbers which appear on your phone display. The numbers don’t lead back to PG&E if called back, however, so if you have doubts or have seen any of the above warning signs of a scam, hang up and call PG&E at 1-800-743-5000. If customers ever feel that they are in physical danger, they should call 911.

Customers who suspect that they have been victims of fraud, or who feel threatened during contact with one of these scammers, should contact local law enforcement. The Federal Trade Commission’s website is also a good source of information about how to protect personal information.

For more information about scams, visit www.pge.com and www.utilities-united.org.

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Pandemic Eases, but California Housing Crisis Worsens



By Dan Walters
CALMatters

California’s COVID-19 crisis appears to be diminishing, with declining infection rates and rising vaccination rates.

If those trends continue, Gov. Gavin Newsom has pledged, the state’s economy will be fully opened next month. However, some effects of the pandemic will linger indefinitely and one is a worsening of California’s already severe shortage of housing, particularly for low- and moderate-income families.

Many of those families lost their incomes during the public health crisis and fell behind on their rent and mortgage payments. Whether to extend a state moratorium on evictions beyond its current June 30 expiration date is one of the knottiest issues facing Newsom and legislators.

“It remains to be seen if there’s appetite in Sacramento to extend the protections past June 30,” David Chiu, a San Francisco Democrat who wrote the original eviction moratorium legislation, told CalMatters. “But I don’t think any of my colleagues have an interest in seeing a wave of mass evictions.”

Get a veteran journalist’s take on what’s going on in California with a weekly round-up of Dan’s column every Friday.

The moratorium may be extended for another brief period, but it can’t go on forever because landlords large and small have their own financial obligations and can’t survive indefinitely without rental revenue.

Underlying that thorny issue is another: even if their jobs had not been erased during the pandemic, many working families would be struggling to keep roofs over their heads because an overall shortage of housing had driven housing prices and rents to atmospheric levels.

Chiu and other legislators have proposed a variety of measures aimed, they say, at relieving the underlying shortage that drives Californians’ housing costs ever-upward and is the primary reason why the state has the nation’s highest poverty rate.

Housing bills generally fall into two categories: providing money to increase supply or lubricating the regulatory processes for housing developments. Both approaches, however, are severely limited.

Doubling California’s anemic rate of housing production, now well under 100,000 units a year net, would require spending tens of billions of dollars more each year and state and local governments are capable of generating only a tiny fraction of those funds. Obviously, therefore, the key element in meeting the state’s goal of 180,000 units a year is attracting private capital.

That’s the declared aim of measures to ease restrictions on new developments and/or push local officials to resist anti-development pressures from their constituents.

Chiu offers one of the latter

approaches in Assembly Bill 215, which would put some teeth in the housing quotas that the state periodically issues for regions and their local governments. It would have the state closely monitor whether those governments are zoning enough land for housing and revising other local regulations that inhibit construction. The state could intervene when locals drag their feet and reward communities that are meeting their quotas.

“At the end of the day, the only way to solve the housing crisis is to put more roofs over people’s heads,” Chiu argues, and that’s absolutely true. However, even if every city and county in California diligently met the state’s quotas, which have been increased sharply for the next eight-year planning cycle ending in 2030, that alone would not solve the problem.

Attracting enough private capital to meet California’s housing needs involves many other factors, such as the availability and cost of building materials, supplies of construction labor and the California Environmental Quality Act’s (CEQA) burdensome processes.

Some factors are obviously beyond political control, but Newsom and legislators have been reluctant to deal with those they can affect, such as CEQA reform. We’ll know that politicians are serious about housing when they tackle CEQA, which Newsom’s predecessor, Jerry Brown, once called “the Lord’s work.”

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

Ask Toni

Help My Mother with Long Term Care?



Toni King

Toni:

You have written about other options for long term care in the past and have discussed life insurance with living benefits. This confuses me because I thought all life insurance plans were the same. I was only aware of term and whole life.

How does this new type of life insurance help one with a long-term care issue?

Currently, my mother has been diagnosed with Alzheimer’s and at 75, is in the early stages, and her Alzheimer’s can last for years. Would she be able to apply for one of these new living benefit policies?

Thank you for all you do to help us understand these complicated Medicare issues.

Sally from Tampa, FL.

Hello Sally:

With 10,000 Baby Boomers turning 65 every day for the next 15+ years, the insurance industry has designed new products for those concerned about long term care issues, but do not want to spend their hard-earned retirement dollars on a long-term care policy they may never use. And so, life insurance with living benefits was born.

Life insurance with livings benefits is a life insurance or annuity policy with accelerated benefit riders such as terminal, critical, or chronic illness benefits or has death benefits (tax free). Many insurance companies are offering these benefits because people want protection for a long-term care need and if they never have that need, they have coverage for death benefits.

Benefit riders include:

- **Terminal Illness Rider:** Insured has an illness or condition that is expected to result in death within 24 months or less.
- **Chronic Illness Rider:** Eligible insured is unable to perform 2 of the 6 activities of daily living (ADLs) or required constant supervision to protect from threats to health or safety due to severe cognitive impairment.
- **Critical Illness Rider:** Specific critical illness such as heart attack, stroke, invasive cancer, and many more critical illnesses.

The face amount of the policy determines what the living benefits are based on and the severity of the condition will determine the percentage paid. *Accelerated benefit riders are not a long-term care policy.*

To qualify for a life policy with living benefits, one must answer health question and meet underwriting requirements. Many want to wait to qualify because they do not see the need while they are healthy.

Unfortunately, I do not believe that your mother will qualify for a policy because she will not pass the underwriting. Usually having Alzheimer’s is a kick out question. Therefore, one should plan early.

Different life insurance companies have different face amounts for their living benefits riders with maximum amounts to make a claim. Living benefits are becoming the new way for various long-term care issues to be paid for instead of draining your 401K or life savings.

There are four ways which the Pandemic has affected issuing a traditional long-term care policy as written from www.Elderlawanswers.com:

1. **Qualifying for a Long-Term Care Policy:** Because older individuals are at a higher risk for Coronavirus this is changing the underwriting process and placing additional restrictions on qualifying when testing positive for COVID-19.
2. **Raising premiums:** Positive testing for COVID-19, may change rates for plans being issued not already issued plans.
3. **Moving out of Nursing Homes:** Be sure that “at home care” is included in your long-term care plan.
4. **At home care:** Home care workers are charging more for services during the Pandemic and while social distancing with masks of course.

2021 Confused about Medicare and LTC Zoom webinar is Thursday, May 27th at 4:00 PM. Visit www.tonisays.com to sign up for Toni’s new webinar event.

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

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Robert Reisig
Mary Harris
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Depot/Visitors Center, 6730 Front Street

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Charlea Moore – Secretary
Jeny Huffhines – Director
Lisa L. Morris – Director

The Park Board meets on the third Wednesday of each month at 6:30 pm
in the Community Center, 810 Oak Lane, Rio Linda.

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ORDER TO SHOW FOR
CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00298947

Chia-Yun Lin has filed a petition with this court for a decree changing the name(s) of Chia-Yun Lin to Kellie Chia-Yun Lin. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 15, 2021, in Department 54, 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: April 21, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 7, 14, 21 & 28, 2021
LIN 180101 5-28-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299486

Daisy Nai Yang has filed a petition with this court for a decree changing the name(s) of Daisy Nai Yang to Daisy Nai Yangh. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 23, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
YANGH 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00298638

Linda Jean Collop has filed a petition with this court for a decree changing the name(s) of Linda Jean Collop to Susan Lee Roberts. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 8, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 15, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
COLLOP 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299276

Martha Nadine Baughman has filed a petition with this court for a decree changing the name(s) of Martha Nadine Baughman aka Nadine Baughman to Martha Nadine Baughman. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 15, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
BAUGHMAN 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299304

David Earl Gaston has filed a petition with this court for a decree changing the name(s) of David Earl Gaston aka David Earl Rogers to David Earl Gaston Rogers. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 16, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
ROGERS 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00298917

David Suliman has filed a petition with this court for a decree changing the name(s) of Sara Suliman to Hayat H Almaliki and David Suliman to Abdulfattah A Banah. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 15, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 20, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
ALMALIKI 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299600

Navpreet Singh has filed a petition with this court for a decree changing the name(s) of Navpreet Singh to Navpreet Singh Gill and Amritpal Singh to Amritpal Singh Gill. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 23, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 29, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
SINGH 180101 6-4-21

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299823

Stacey Dayna Swimme has filed a petition with this court for a decree changing the name(s) of Stacey Dayna Swimme to Anastasia Francis Warner. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 29, 2021, 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: May 03, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
WARNER 180101 6-4-21

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00276995

Alana Rae Martinusen has filed a petition with this court for a decree changing the name(s) of Alana Rae Wong-Martinusen to Alana Rae Martinusen. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 29, 2021, 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: May 4, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
MARTINUSEN 180101 6-4-21

NOTICE OF PETITION
TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF STANLEY LLOYD MARTIN
CASE No. 34-2020-00283489
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Stanley Lloyd Martin, Stanley L. Martin, deceased. A Petition for Probate has been filed by Bonnie Vaughn, in the Superior Court of California, County of Sacramento, requesting Bonnie Vaughn be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 20, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written

objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the Petitioner is: Robert M. Logan 404 Natoma Street, Folsom, CA 95630
916-351-0197
Publish: April 30, May 7 and 14, 2021
MARTIN 170622 5-14-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF ORLANDO MARCELO PUEYO
CASE No. 34-2021-00296977

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Orlando Marcelo Pueyo, deceased. A Petition for Probate has been filed by Juan P. Pueyo, in the Superior Court of California, County of Sacramento, requesting Juan P. Pueyo be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows July 8, 2021 9:00 a.m. in Dept 129. This matter is set for a court hearing/appearance using the Zoom Application for the above referenced date and time. In order to participate in your zoom hearing, you must either use a computer or smart device with internet access, and have downloaded the Zoom Application. If you do not have compatible technology, then you can attend the hearing using a telephone and calling the designated toll free telephone conference line. You must appear by Zoom Application or Telephone using the designated department account referenced below at least 5 minutes before your

scheduled hearing date and time; and wait for a court representative to take roll. Department 129 zoom link: <https://saccourt.zoom.us/j/dept129a> or Toll Free Telephone Conference Line @ (888) 475-44-~, with meeting ID #689-534-3925
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the Petitioner is: Joan M. Medeiros 2377 Gold Meadow Way, Ste 100, Gold River, CA 95670
916-729-1307
Publish: April 30, May 7 and 14, 2021
PUEYO 170622 5-14-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF DANIEL J. SULLIVAN
CASE No. 34-2021-00298228

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Daniel J. Sullivan, deceased. A Petition for Probate has been filed by Colin H. Sullivan, in the Superior Court of California, County of Sacramento, requesting Colin H. Sullivan be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows August 5, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Colin H. Sullivan 5040 Jackson Street #19, North Highlands, CA 95660
916-204-3821
Publish: April 30, May 7 and 14, 2021
SULLIVAN 170622 5-14-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF KATHLEEN HEALY STROUD
CASE No. 34-2021-00293561

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kathleen Healy Stroud, Kathleen Stroud, Kathleen Healy, deceased. A Petition for Probate has been filed by Brian Healy, in the Superior Court of California, County of Sacramento, requesting Brian Healy 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 25, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal

NOTICE OF PUBLIC LIEN SALE
SELF STORAGE AUCTION

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to the California Storage Act (Sections 21700-21716 of the Business & Professions Code.)

ARMOR MINI STORAGE: Property is located in separate storage units at 5714 Auburn Blvd., Sacramento, CA 95841. The auction will be conducted entirely online at: <https://bid13.com/>
Auctioneer: Bid13.com 1-844-348-2776; agent for Owner. Contents for the following lien units will be sold: **E124-ARLYCE M. ADKINS; E160-MANNIE ALMEIDA**
Pictures of the contents of the storage space can be seen online. Bids must be entered online beginning Thursday, May 20th, 2021 at 5pm and ending Tuesday, May 25, 2021, at 9:15am, PST.
Payment must be made at the time of purchase. All items in the unit are sold as is and must be removed within three days of the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Carmichael Times May 14 and 21, 2021

NOTICE OF HEARING ON INCREASE
OF FEE OR CHARGE

NOTICE IS HEREBY GIVEN that at 6:30pm on June 8, 2021 at 3738 Walnut Avenue, Carmichael, CA 95608, the Governing Board of the San Juan Unified School District will consider the adoption of a Resolution to adopt fees on development projects within the boundaries of the District for the purpose of funding the construction or reconstruction of school facilities pursuant to Education Code section 17620. This fee would apply to new and replacement commercial and industrial construction to new and replacement residential construction, and, to the extent of increases in assessable space, to other residential construction as provided by law.

The Governing Board will also consider its exemption from the requirements of the California Environmental Quality Act ("CEQA") relative to the adoption of the fee and the adoption of a Notice of Exemption pursuant to Education Code section 17621, subd. (a).

Any interested party may make an oral or written presentation at the public meeting.

The San Juan Unified School District has made available to the public data indicating the amount or estimated amount required to provide the service for which the fee would be levied, and the revenue sources anticipated to provide the service, including general fund revenues. Such data may be obtained at 6135 Sutter Avenue, Carmichael, CA 95608 or by contacting Cassandra Baumgart at 916-971-5740.

Carmichael Times May 14 and 28, 2021

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CITY OF CITRUS HEIGHTS
NOTICE OF PUBLIC HEARING

NOTICE is hereby given that on **May 27, 2021, at 7:00 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Citrus Heights will hold a Public Hearing for the consideration of the following:

GPA-20-02 Draft Amendment to the General Plan Housing Element

In accordance with state law, Citrus Heights is updating its General Plan Housing Element to reflect the new housing needs projected by the Sacramento Area Council of Governments for the 2021-2029 period. On January 7, 2021, the City Council reviewed the draft amendment to the General Plan Housing Element. The City Council reviewed the changes to the General Plan and recommended forwarding to the California State Department of Housing and Community Development (HCD) for review. HCD provided revisions to the update which staff incorporated and is recommending City Council approve and adopt the General Plan Amendment updating the Housing Element. The project is Categorically Exempt from CEQA under Section 15061 of the Guidelines. Project Planner: Eric Singer

PLEASE NOTE: In order to minimize the spread of the COVID 19 virus, Governor Newsom has issued Executive Orders that temporarily suspend some requirements of the Brown Act. Please be advised that the Council Chambers are closed to the public and that some, or all, City Council members attend City Council meetings telephonically or otherwise electronically. The meeting will be held via webcast with NO PHYSICAL LOCATION FOR PUBLIC ATTENDANCE.

For those individuals accessing the meetings through Zoom who wish to make a public comment, please use the Zoom hand raise function (or *9 if you join the webinar via telephone) and the host will unmute you when it is time to speak. Speakers will be limited to 3 minutes each. For more information on speaking at the hearing, visit the city's website <http://citrusheights.net/agendacenter> for more details.

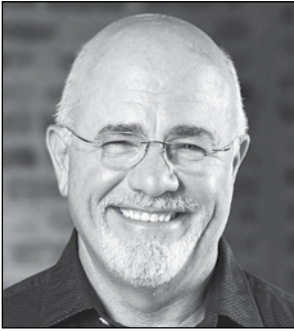
Following the Public Hearing, the **City Council** may take such action on the project as it deems appropriate. Interested persons are invited to submit written comments prior to and may testify at the Public Hearing. If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

If you challenge the action of the **City Council** on this matter in court, you may be limited to raising only those issues you or someone else raised at the Public Hearing described in this notice, or in written correspondence delivered to the Planning Division at, or prior to the Public Hearing.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact Amy Van, City Clerk at 916-725-2448. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.

Dated: May 6, 2021
Publish: May 14, 2021

Citrus Heights Messenger 5-14-2021



Good News and Bad News

Dear Dave,

My wife and I are in our late twenties, we have no debt, and our household income is about \$180,000 year. We're thinking about building a home, but we're not sure whether to build just for us, or maybe building a multi-family place so we could live upstairs, rent the rest, and make some money. Your advice would be appreciated.

– Joel

Dear Joel

If you're looking strictly at quality of life considerations, like privacy and having a little room to yourselves, a single family home is the way to go. But, if making extra money is important to you at this point, a multi-family

Dave Ramsey Says

structure might work. The good news is your tenants would be right there. The bad news is your tenants would be right there!

From a landlord's perspective, living next to or above your tenants means you can keep an eye on things a little better. Your tenants might also take better care of the place with you around. But those kinds of situations aren't always beautiful things. When you're living a floor or wall away from someone, you're all up in their business, and they're all up in your business. It's not for everyone.

If you're planning to have kids soon, I'd recommend going the single family route – specifically because of the quality of life. Looking at the other side, you'll make money with a multi-family construction, but it'll probably be a pain in the butt. You'll be giving up some things if you go that route.

Let me put it this way, Joel. I've owned a ton of investment real estate in my life, and my wife didn't want to live in any of those

properties. Still, there's nothing inherently wrong with either decision. Just make sure your mortgage is a 15-year, fixed rate loan, and the monthly payments are no more than 25 percent of your combined take home pay. Save up for a down payment of at least 20 percent to avoid PMI, too.

Take a hard look at the numbers, and make sure you and your wife have a long, long talk about everything. You two should be in complete agreement about every aspect of this situation before moving forward!

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

Ninth Circuit Court of Appeals Reverses Preliminary Injunction for California Truckers



By Bernice Creager, California Trucking Association

SACRAMENTO, CA (MPG) - Shawn Yadon, CEO of the California Trucking Association (CTA), issued the following statement in response to the decision by The U.S. Ninth Circuit Court of Appeals panel to reverse the preliminary injunction granted in January 2020 from the U.S. District Court. That preliminary injunction had blocked the State of California from enforcing Assembly Bill

5 (AB 5) upon motor carriers and independent owner-operators conducting business in the state. The new test was set forth in the Dynamex Operations West, Inc. v. Superior Court (Dynamex) ruling, which was subsequently codified by the California Legislature in the form of AB 5 in 2020:

“We continue to stand by our initial claim that the implementation of AB 5’s classification test is preempted by federal law and is clearly detrimental to the long-standing and historical place California’s 70,000 owner-operators have had in the transportation industry.

“The California Trucking Association will take whatever legal steps are necessary to continue this fight on behalf of independent owner-operators and motor carriers operating in California.” ★

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Crossword Puzzle on Page 10

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

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CLUES

ACROSS

1. Like Annapolis Academy
6. Pine juice
9. One in a manger
13. Like a good athlete
14. Modern address
15. Printer cartridge contents
16. Cate Blanchett's movie "_____ on a Scandal"
17. 2nd largest living bird in world
18. U in UV
19. "Honoré de Balzac's "Le Père _____"
21. "Nemo's dad, named after a sport fish
23. "_____ of the morning!"
24. Seaside bird
25. Tax accounting specialist, acr.
28. Back of the neck
30. Chew the fat
35. Country dance formation
37. Greek goddess of fertility
39. Waterwheel
40. "Drunk and, incidentally, Huck Finn's Pap
41. Metallic sounding
43. Quite a stretch
44. Place to dry out
46. Like the White Rabbit
47. Dr. Robert Bruce Banner's green alter ego
48. Sun-_____
50. Toothy wheel
52. Bad-mouth
53. Made a rug
55. Low-_____ image
57. "Simba's father in "The Lion King"
60. "Luke's and Leia's father
63. Golfer's sun protection
64. Romanian monetary unit
66. Inverted one
68. Follow as a consequence
69. Pooh's wise friend
70. Territory in China known as Las Vegas of Asia
71. Young woman
72. "That '70s Show" dad
73. One-room school house "notebook"

DOWN

1. A Bobsey twin
2. Awestruck
3. *The Godfather's given name
4. Heads-up
5. Wound
6. Cooking grease
7. Hammer holder?
8. D'Artagnan's hat decoration
9. Weevil's target
10. Not in favor of
11. Capital of Switzerland
12. Chapter in history
15. As opposed to turn-off
20. 1960s abstractionism
22. Rainbow shape
24. Like ones between 13 and 19 years old
25. *Griswold family patriarch
26. Mushroom caps
27. Egyptian symbol of life, pl.
29. *Jay is to Claire as _____ is to Haley
31. Flood survivor
32. Father of psychoanalysis Sigmund
33. Garlicky mayonnaise
34. *Both father in "Mary Poppins" and father in "Father of the Bride"
36. Unfledged hawk
38. Casino chip
42. Pine
45. _____ of dog!
49. "I _____" at the altar
51. Middle Earth and Kingdom of the North, e.g.
54. Courage in the face of danger
56. Smokeless tobacco brand
57. Short skirt
58. It was Brezhnev's domain
59. Unplayable baseball
60. Old in Scottish
61. Cuzco valley empire
62. Straight pour from the bottle
63. Chill in front of TV, with 'out'
65. Ovine mom
67. Beluga yield

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Sudoku Puzzle on Page 10

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

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

Solutions on Page 10

WEEKLY COMICS

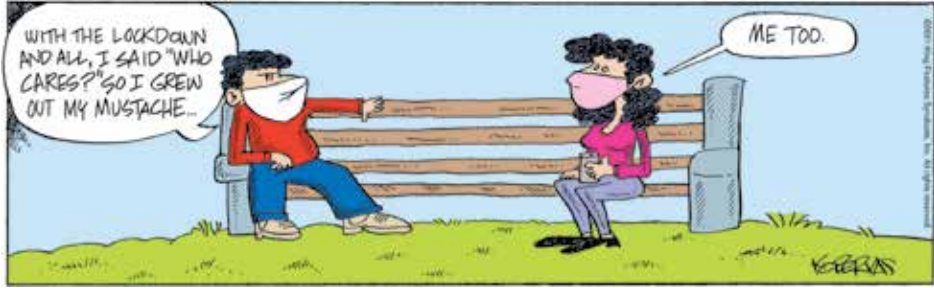
Amber Waves

by Dave T. Phipps



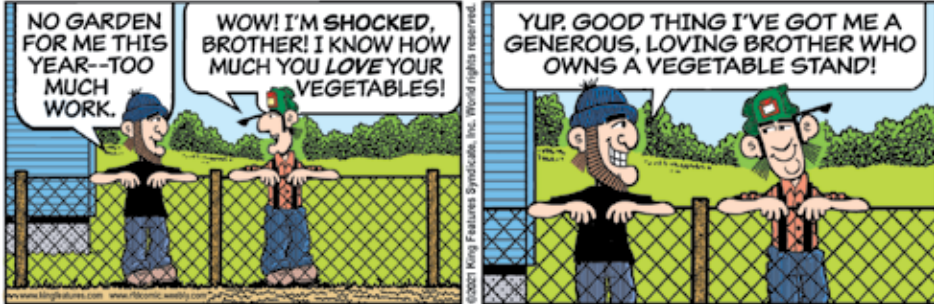
Out on a Limb

by Gary Kopervas



R.F.D.

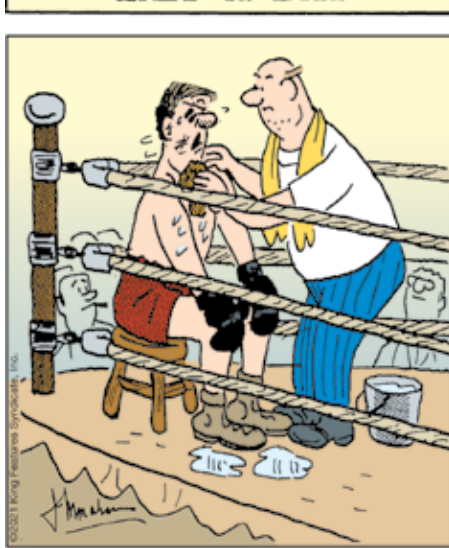
by Mike Marland



GRIN AND BEAR IT

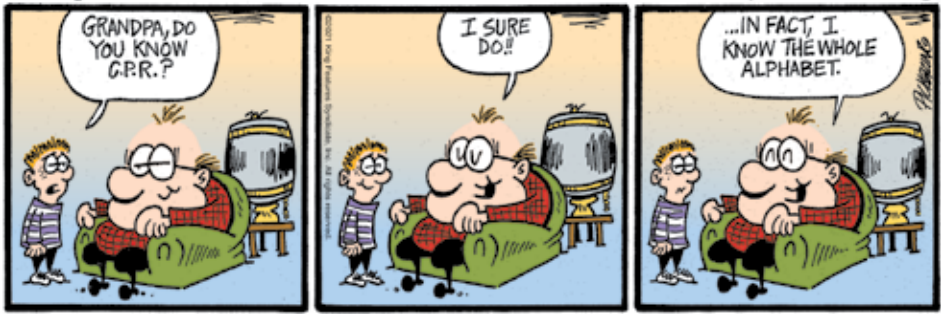


LAFF-A-DAY



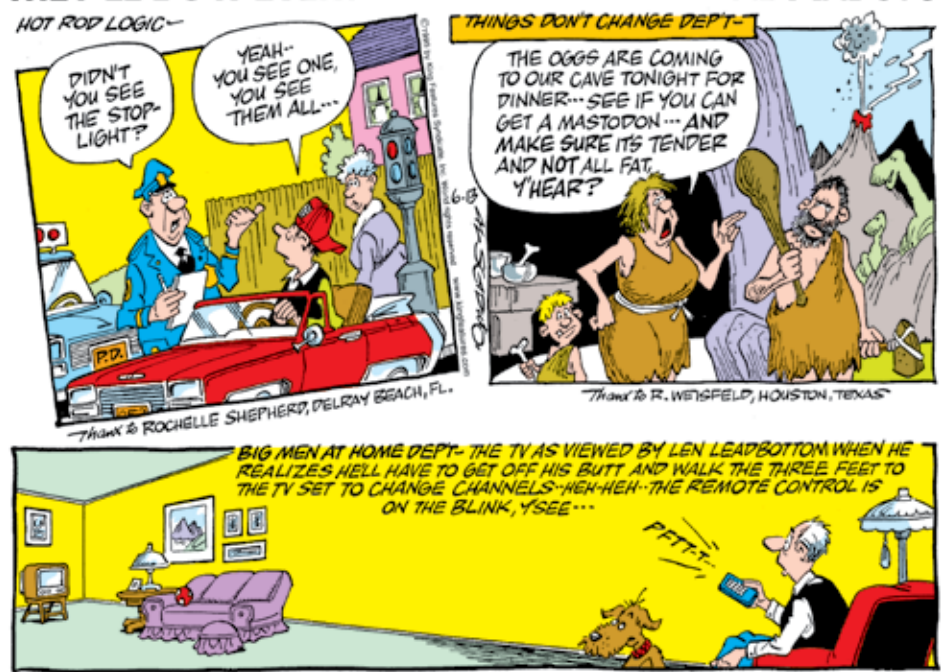
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



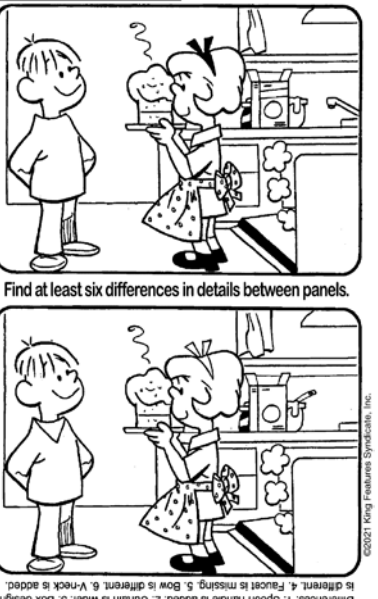
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTIKOFF



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WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY
BONUS BUY Beef New York Roast - Boneless \$5.99 /lb
GREAT VALUE Beef New York Steak - Boneless \$6.49 /lb
USDA CHOICE Beef London Broil & Top Rnd Roast - Boneless \$3.49 /lb
WAYNE FARMS 40 lb Box \$25.99 /box
ibp Chicken Drumsticks \$6.99 /lb
ibp Pork Butt Roast Bone-In \$1.69 /lb
ibp Pork Butt Roast Boneless \$1.99 /lb

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM
Mexican Mango 9.99 /lb
Celery 69¢ /lb
Mini King Oyster Mushrooms 300 g 3.49 /lb
Carrots 25 lb 12.99 /bag
Yucca Root 79¢ /lb
Ojo Squash 89¢ /lb
Kabocha Squash 99¢ /lb
California Purple Yam 1.89 /lb
Fava Beans 1.49 /lb

AMERICAN/HISPANIC GROCERY
Klass Fruit Drink Mix 14.1 oz \$2.99 /ea
Joy Joy Cream Cups 3.5 oz \$1.99 /ea
Goya Mixed Vegetables 15 oz Can \$1.29 /ea
My Happy Elephant Juice Rice 5 lb Bag \$6.99 /ea
+CRV Mango Coconut Juice w/ Poly 96 fl oz 99¢ /ea

ASIAN GROCERY
Parrot Brand Coconut Oil 15.5 fl oz \$1.29 /ea
Kopiko Premium 3 in 1 Coffee 212 oz \$5.99 /ea
Kopiko Premium 3 in 1 Coffee 212 oz \$5.99 /ea
Kopiko Premium 3 in 1 Coffee 212 oz \$5.99 /ea
Kopiko Premium 3 in 1 Coffee 212 oz \$5.99 /ea

EUROPEAN GROCERY
Barely Milk 0.5 gal \$15.99 /ea
Barely Milk 0.5 gal \$9.99 /ea
Barely Milk 0.5 gal \$9.99 /ea
Barely Milk 0.5 gal \$9.99 /ea
Barely Milk 0.5 gal \$9.99 /ea

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Sushi Rice 12.99 /lb
Sushi Rice 12.99 /lb
Sushi Rice 12.99 /lb
Sushi Rice 12.99 /lb
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Novel Electric BBQ Grill \$29.99 /ea
Novel Electric BBQ Grill \$29.99 /ea
Novel Electric BBQ Grill \$29.99 /ea

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Columbus Prosciutto Ham \$10.49 /ea
Columbus Applesauce Smoked Ham \$7.59 /ea
Columbus Applesauce Smoked Ham \$7.59 /ea

Seven Easy Ways to Boost Your Heart Health

By Andrea Sandoval,
Sacramento County News

SACRAMENTO COUNTY, CA (MPG) - Cardiovascular disease is the leading cause of death among men and women in the United States. Stress, high blood pressure, obesity, diabetes, high cholesterol levels, smoking and congenital heart defects are all major factors. Heart disease is preventable for most people if you stick to a healthy lifestyle. This May, let's get your heart in the best shape by following seven easy tips.

When you eat, make it count. A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. Start adding healthier items to your diet to create nutrient-dense, heart-healthy meals and decrease processed or "empty" calories, nutrient-poor foods and beverages. Eat a variety of nutritious foods from all the food groups. **Just the right amount.** When eating, turn off the TV, sit down and enjoy your meal. Eating while working, watching TV or on your phone can cause you to overeat. Obesity is one of the most common risk factors leading to chronic diseases such as heart disease, type 2 diabetes, stroke and high blood pressure. The good news is that each of us can take steps to reach and/or maintain a healthy weight. **Spice it up.** Ramp up the flavor of foods with herbs and spices instead of blood-pressure-boosting salt and choose foods that contain less sodium. **You are sweet enough.** Sugar-sweetened beverages are the main source of added sugars in people's diets. These beverages contribute calories, but provide no nutrients. When you're thirsty choose water or other no calories beverage such as unsweetened tea or fruit-infused water. If you do choose a sweetened beverage



Cardiovascular disease is the leading cause of death among men and women in the United States. Image by Gerd Altmann from Pixabay

make sure you read the label, added sugar is now on the nutrition facts label. Added sugars should not be more than 10% of your daily calories and children under two are recommended to not consume any added sugar. **Know your risky behaviors.** If you drink alcohol, drink in moderation. That means for women, no more than one drink per day, and for men, no more than two drinks per day. For your heart, there is no healthy side of using any tobacco or nicotine products and avoid secondhand smoke or vapor. **Find your groove.** We all have to start somewhere. The benefits of regular physical activity are undeniable and even small bouts can add up to big

benefits. Today is the day you can begin to make your heart a priority by finding your groove – take a quick walk around the block or break into a dance to a few of your favorite songs. **The head-heart connection.** Stress, depression and anxiety can influence your mood, but they could also influence the health of your heart. Be sure to talk with your health professionals because mental illness is treatable, and recovery is possible. Learn about the County's Behavioral Health Services. During the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – leading to poorer

health conditions. Sacramento County Public Health would like to remind people that hospitals are the safest place to go when you have symptoms and care should not be delayed. The COVID-19 lockdown has also led to more people engaging in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity. These behaviors can contribute to heart disease. Stress due to the pandemic may already be affecting our heart health. Stress directly activates our sympathetic nervous system that can elevate blood pressure and blood sugar. Stress can disrupt our sleep and can lead us to make unhealthy

food choices as we seek comfort foods. Stress cardiomyopathy, also called broken-heart syndrome can be triggered by the loss of a loved one, divorce or interpersonal conflict, a global pandemic like COVID-19 and natural disasters. Cases of stress cardiomyopathy have seen a significant rise during COVID-19 but fortunately, heart function typically recovers over one to two weeks. However, affected patients do have an increased risk of recurrence. Sacramento County Public Health encourages individuals and families to make healthy choices and engage in managing health conditions. A few small changes that can have a big impact on your heart over time! "Heart disease still happens even in the time of COVID-19, if you wait a year or two to see a doctor for a heart concern, things may be a lot farther along and less treatable," said Sacramento County Public Health Officer, Dr. Kasirye. "Live a heart-healthy lifestyle by making healthier food and beverage choices, being active, reducing stress, not smoking, getting enough sleep, and meeting with your doctor on a regular basis." County Public Health continuously works to educate the public about the importance of good nutrition and how it can affect health. A part of that work includes the Sacramento County Obesity Prevention Program, which is implemented in a variety of community settings to bring nutrition education and physical activity programs to places people live, play, learn and shop. Public Health is also part of the Design 4 Active Sacramento team, whose goal is to improve public health by shaping the built environment to support walking, biking and other healthy activities. ★

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5720 West 6th St.	1,100	2.25 Acres	\$544,000
5647 2nd Street	2,974	2.32 Acres	\$718,000
5808 West 6th St.	1,660	3.14 Acres	\$770,000
6834 18th Street	3,550	2.16 Acres	\$910,000

Based on information from Metrolist Services Inc. for period 11/30/2020 to 2/19/2021. Provided properties may or may not be listed by the office/agent presenting the information.

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