



What's New
at Sacramento
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Airport

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THE NEWS

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VOLUME 40 • ISSUE 11

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MARCH 12, 2021

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REGISTRATION
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Rio Linda, CA

Change Service Requested

Your Horse Needs Shoes, Who Do You Call?



Air Force veteran Jake Gibbons attended Pacific Coast Horseshoeing School and now serves the area's horses, ponies and donkeys; Animal enthusiast Terri Galatioto helps Gibbons during a visit. Photo provided by Cecilia Lee Feser

By Cecilia Lee Feser

RIO LINDA, CA (MPG) - A farrier, or in my vocabulary, a horseshoer? All I knew is that my two miniature horses and one miniature donkey really needed one. My old shoer moved out of state. I put out a need for a shoer on Facebook and I got several choices. I called up one, we talked and here he is today to trim my animals' feet. Meet Jake Gibbons. He is an Air Force veteran who turned 19 in Iraq. His job? Bomb ordinance technician.

Why did you go from bomb ordinance to ferrier I asked? Obviously, our military job was not one you could transfer once you got

into the civilian world. He said he got out of the Air Force in August of 2017.

Jake continued, "I grew up in Lincoln, CA on a small cattle farm. I took a month off after getting out of the Air Force to let myself unwind but I've always been around horses and always had my own horse so I figured I would just pursue horseshoeing school. It made sense. I graduated shoeing class in October 2017."

Now that Jake could make a living he said he wanted to pursue his life-long love with music.

He said, "I was looking for a job that, number one, I would love, and two, it would leave my nights

free to focus on my music. I looked into Pacific Coast Horseshoeing School. It was located in Plymouth, California and only an 8 week course. It would cost me \$5,000 and I received a certification as a horseshoer. Now, I have income that allows me to work on my schedule. I also made a recording studio in an old barn on my property. The name of our band is *Outlaws from the Golden State*. It is country with a little rock. I write the music and play many instruments. We can be heard through all major streaming services. I'm just waiting for COVID to be over and start touring. That's the great thing about being

in horseshoeing, I can set my own hours."

I asked him, "what is something you would like your clients to know and do before you get to their house?"

"First thing", he said, "was to please be on time. I have others horses after yours." Also, it would be a big help to have your horses haltered and ready. Lastly, please work with their feet before I get there. I am not a trainer."

"That sounds like such a few things you're asking. After all, your time is as valuable as mine and those few suggestions are common sense things. Thank you
Continued on page 4

SMUD Extends Suspension of Power Shutoffs

SMUD Press Release

SACRAMENTO, CA (MPG) - In response to the ongoing COVID-19 pandemic and growing economic challenges, SMUD announced it will extend the suspension of disconnecting power due to non-payment for residential and commercial customers through June 30, 2021, at the earliest.

"We stand by our community during these tough times," said SMUD CEO and General Manager Paul Lau. "This prolonged pandemic has put a strain on our local economy and we're committed to ensuring that ALL customers have safe and reliable power as we work through these unprecedented times."

The suspension of power disconnection due to non-payment began March 13, 2020 and will last through June 30, 2021, at the earliest, as SMUD continues to monitor the evolving situation.

Customers who are behind on payment will still owe SMUD for service, they will just not lose power at this time. Customers are encouraged to contact SMUD to make payment arrangements or to enquire about energy assistance rates and other programs.

Since March, SMUD has suspended power shutoffs for non-payment and late fees, as well as adjusted its low-income rate so more people can qualify. SMUD is also offering flexible payment arrangement options.

In the midst of this COVID-19 pandemic, SMUD has taken a number of actions to keep its employees and the community safe. As an essential service provider, SMUD is proactively minimizing risk to employees to ensure reliable electric service and is asking the public to abide by the social distancing guidelines and not approach work crews. Their safety and well-being is key to keeping our community powered, so please thank them from afar. For information about our continued efforts, please visit smud.org/HeretoHelp.

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity for almost 75 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit smud.org.

DA: Let's All Remember the Victims of Crime



Anne Marie Schubert

By Shelly Orio,
Sacramento County
District Attorney's Office

SACRAMENTO COUNTY, CA (MPG) - Sacramento County District Attorney Anne Marie Schubert announces the "2021: Year for Victims" campaign to recognize victims of crime and ensure that they are not forgotten by the criminal justice system, legislators, public officials, the media or the community.

The campaign will be rolled-out on a local, state and national level and led, in part, by a coalition representing the voices of

victims and survivors.

Called "Voices for Victims," the coalition consists of members who have their own personal experience with the criminal justice system and have demonstrated a steadfast commitment to achieving justice for themselves or a loved one. It also includes community leaders who advocate for victims of violent crime. Coalition members are: Dr. Nicole Clavo - People v. Lindsey; Karen Johnson - People v. Dunn; Melissa Oliver Storz - People v. Bracamontes; Bob Canady - People v. Hronis and Bertsch; Nicole W. - Mother of Sexual Assault Victim; Keith Dobson & Tamra Dobson - Parents of DV Murder Victim; Paduacee Vue - People v. Vang; Tammy Johnson - People v. White; Roberta Sanchez - People v. Sanchez; Kristie Kiefer - Victims of Crime Case Manager, CASH; Rhonda Campbell

- Victim Services Specialist, MADD/People v. Winnett; Rachelle Dittmore - Co-Founder, City of Refuge; Joyce Bilyeu - Director of Client Services, Family Justice Center; Misty Foster - Chapter Leader, Sacramento Chapter of Parents of Murdered Children (POMC); Mervin Brookins - Co-Founder & CEO, Brother to Brother; Nina Acosta - Program Manager, District Attorney Victim Witness Program.

The coalition's mission is to ensure that in the pursuit of criminal justice reform the survivors are not forgotten, and the voices of victims are heard. Members serve as liaisons and advocates for victims by sharing their personal stories and supporting legislation, enforcement, funding and resources that will help victims obtain justice.

The website www.VoicesforVictims.org was created to provide more

information about the coalition and its members as well as videos and resources.

Other components of the campaign will include a broad, coordinated social media campaign and an online book highlighting "Profiles in Courage." These profiles will shine a spotlight on the long journey victims, survivors and advocates must travel in obtaining justice.

DA Anne Marie Schubert states, "As District Attorney, I strongly support measured criminal justice reforms that reduce recidivism and enhance public safety. However, improvements to the system can be accomplished without wholesale abandonment of victims or their right to be heard. Through this coalition, we hope to ensure that when public safety policy decisions are being made, the voices of victims will neither be silenced nor ignored." ★

New Study Finds SacRT’s Fare-Free for Youth Program Succeeds

By Jessica Gonzalez, SacRT

SACRAMENTO REGION, CA (MPG) - A new study released by the University of Texas, which evaluated the Sacramento Regional Transit District’s (SacRT) “RydeFreeRT” fare-free transit for youth program, found the innovative program achieved multiple key goals to increase transit ridership and school attendance.

In Sep. 2019, SacRT launched the RydeFreeRT program, which provides fare-free transit for youth in grades TK through 12. With RydeFreeRT, students and youth can ride the entire SacRT transit network for free.

The program is a result of SacRT Board Director and Sacramento City Councilmember Jay Schenirer’s effort to combat chronic absenteeism in schools and support young people’s overall success. The City of Sacramento made a \$1 million investment in the initiative, signaling its continued efforts to increase positive outcomes for Sacramento youth. The program was extended for a second year through Sep. 30, 2021, and the City has committed to continue its investment annually.

The study, “RydeFreeRT Evaluation Study:

User Demographics, Attitudes, and Impacts on Travel Behavior,” was funded by Sutter Health. Every three years, Sutter Health conducts Community Health Needs Assessments to determine the unique needs and challenges for each community Sutter serves. Sutter’s investments with the study directly connect to the priority area of basic needs, which includes supporting access to education, food security, housing and economic security.

Researchers at the University of Texas at Austin administered and analyzed 5,600 student surveys before and after several months of the program’s implementation.

Key findings from the study include:
Increased Ridership - The study found a statistically significant increase in the share of students who reported using SacRT to get to and from school, as well as a corresponding statistically significant decrease in the share of students reporting traveling to and from school in an automobile.*

**This finding is in contrast to prior transportation research showing that, when fares are decreased or eliminated, new transit riders tend to be pulled from slower modes such as walking and cycling, demonstrating that the program has potential to create a new*

generation of public transit riders.

More Access - Students who reported using SacRT also reported that they can more easily access important non-school destinations because of the RydeFreeRT program.

Afterschool Transportation - Many students who did not ride SacRT regularly to get to school reported they are using public transit more to get to afterschool and non-school activities because of the RydeFreeRT program.

The RydeFreeRT program was well received, pre-COVID-19, by February 2020, student ridership increased by 127%. Even during the COVID-19 pandemic, students took advantage of the fare-free program as SacRT provided more than 1 million rides in 2020.

“We saw a huge jump in student ridership when we launched the fare-free transit program, proving there is a real need to get students to school and other activities throughout the region,” said SacRT General Manager/CEO Henry Li. “We are excited to see so many students take advantage of the program and hope to keep them as life-long transit riders.”

“RydeFreeRT has clearly had a

positive impact on Sacramento youth,” said Sacramento Councilmember Jay Schenirer. “This program has multiple ‘bottom lines,’ including helping to combat climate change. It’s rare to find a public program that has a ripple effect like this one.”

“A lack of access to basic services is among the top health indicators affecting disadvantaged communities. Unfortunately for many that includes barriers getting to school and other life-enriching activities for young people,” said Keri Thomas, vice president of external affairs for Sutter Health Valley Area. “The data shows that when we lower barriers, we can help make a difference in changing that trajectory.”

With distance learning and many community-based institutions temporarily closed to the public due to the pandemic, SacRT continues to find creative ways to communicate about the RydeFreeRT program by partnering with school districts and local organizations. In 2021, SacRT will expand outreach efforts to reach limited English speaking populations as well as disadvantaged communities.

To view the full study and learn more about SacRT’s fare-free program for youth and students, visit rydefreert.com. ★

Sacramento Public Library Reopening Plans

Sacramento Public Library Press Release

SACRAMENTO REGION, CA (MPG) - You can now visit 21 library locations with limited occupancy. The public will be able to visit and browse any of the reopened locations to browse for up to one hour.

Patrons can continue to use curbside service at most locations and make one-hour computer appointments at select locations.

Which locations are open to the public?

Some 21 locations are open for browsing as of February 9: Arcade, Arden-Dimick, Belle Coledge, Carmichael, Colonial Heights, Elk Grove, Fair Oaks, Martin Luther King, Jr., North Highlands-Antelope, North Natomas, Rancho Cordova, Rio Linda, Robbie Waters Pocket-Greenhaven, Southgate, South Natomas, Sylvan Oaks, Valley Hi-North Laguna

and Walnut Grove.

Curbside service at select locations continues to be available Tuesdays through Saturdays from 10 a.m. to 6 p.m.

One-hour computer appointments at select locations continues to be available by calling (916) 264-2920.

Appointment times at most locations are 10:30 a.m. / noon / 2 p.m. / 3:30 p.m. / 5 p.m. *Special hours for seniors and those with chronic conditions or who are immunocompromised are available on Wednesdays from 9 to 10 a.m.;*

Patrons can return items curbside at most locations during regular hours of operations.

24-hour book drops are available every day at 17 locations.

Ella K. McClatchy and Orangevale remain closed.

Are face coverings required?

Yes. All patrons and staff must wear CDC recommended masks,

which are required at all times. If you cannot wear a face-covering during your visit, you are welcome to use our curbside service.

What safety measures are in place at the library?

Public health and safety are our priorities. Please be advised that a few things have changed to help reduce contact and slow the spread of COVID-19. We have implemented the following safety measures:

Face coverings are required at all times for anyone two years or older; We are practicing social distancing – observe all signage and markers; Libraries will have limited occupancy and seating to ensure proper social distancing; Library visits are limited to one hour per patron; Hand-sanitizing stations are provided for use prior to entry, and frequent handwashing is encouraged; Staff conduct daily health checks; High-touch surfaces will

be disinfected regularly.

Please keep yourself and others safe by:

Staying home if you’re experiencing symptoms of any illness; Wearing a face covering that covers your nose and mouth, which is required for all patrons two years or older; Washing or sanitizing your hands frequently; Maintaining at least six feet of distance from staff and other patrons; Respecting social distancing guidelines and limiting your visit to one hour; Following the instructions of the library and security staff.

Are there limits on the number of people allowed into the building?

Yes. Our occupancy is limited to ensure that all can maintain social distancing following public health orders. Thank you for your patience.

How do I return items?

Patrons can return library

materials during our hours of operation in designated bins. Book drops are also available at select locations. Returned items will be placed in quarantine for 24 hours and will not be checked in immediately. Items may take up to a week to be removed from your account.


Can I drop off donated materials?

The library is not accepting donations at this time. Learn more about Friends of Sacramento Public Library donation guidelines.

What services are available?

The following in-person services are available: Curbside pickup and returns; Computer use; Mobile Printing; Mobile Services

The following virtual services are available: Virtual Programming, Personalized Reading Recommendations; Personal Shopper; Homework help; Virtual Job Coach; English Language Learning; Online learning; VetNow; JobNow ★



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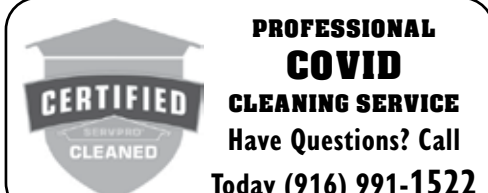


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Cutting in Line Sets Back COVID-19 Vaccinations

By Sac County News

SACRAMENTO, CA (MPG) - Just like you wear a mask to protect others from getting COVID-19, it is vitally important that we vaccinate those at highest risk for severe infection or to prevent outbreaks in vulnerable populations and disruptions to our essential services due to sickness and virus transmission.

The State worked with a group of public health experts to create a vaccination plan for California to prioritize groups to protect the healthcare system first, and then move to vaccinating those 65 years old and older who are the most vulnerable among us and experience severe complications, hospitalizations and death due to COVID-19. As of late February, among those ages 0-59, there are 76,700 cases and of those 178 deaths, compared to 16,300 cases for those ages 60-80+ years old, there are 1,285 deaths.

Data clearly show the death toll on our older adults: 0-59 years: 178 deaths from 76,700 total cases; 60-80+ years: 1,285 deaths from 16,300 total cases.

With the extremely limited vaccine supply, Sacramento County Public Health and healthcare partners are working to vaccinate those 65 years and older, and we are also vaccinating essential worker groups in Phase 1b, Tier 1, such as teachers and first responders. Only the groups who meet the criteria to be vaccinated should sign up for appointments. The next Sacramento County group in Phase 1b, Tier 1 vaccination group are workers in the food and agriculture industry – slated for mid-March.

Cutting in Line - We know many want the vaccine as soon as possible to get back to a

pre-COVID-19 lifestyle, but when someone books a vaccination appointment under false pretenses, that is one less appointment for someone who does qualify – setting the entire plan back.

Vaccination sites require a photo ID with address and date of birth to verify qualifying age and that you live in Sacramento County for the 65 years and over group. For those who work in Sacramento County, the vaccination sites require work identification to verify the essential worker group qualification in the current Sacramento County COVID-19 Vaccination Distribution Schedule.

Those who take an appointment and do not meet the criteria will have their appointment canceled or will be turned away on-site and will not be vaccinated. Taking vaccination appointment slots from others slows the vaccination process down for everyone in our community. If you don't qualify and someone offers you an appointment link or it's been shared on a social media network – don't do it – you will not be vaccinated – it wastes your time, staff time and everyone's in line, and, most importantly, you will have taken one of a precious few appointments from someone in our community who does meet criteria.

"Sacramento County is beginning to receive more allocations of COVID-19 vaccines from the State, which will allow us to vaccinate those in our community at highest risk and offer more vaccination appointments to those who meet criteria. In the near future, we will offer appointments to additional groups with the goal of keeping the community healthy and safely opening more business sectors," said, Sacramento County Health Officer, Dr. Olivia

Kasirye.

Please ensure that you meet the criteria before signing up for a COVID-19 vaccination appointment, by checking the Sacramento County COVID-19 Vaccination Distribution Schedule.

For those ages 65 and up who live in Sacramento County, learn about available vaccination appointments.

Qualified Vaccination Appointments - For those who meet the vaccination group criteria and have an appointment, please eat, hydrate and take regularly prescribed medication prior to arriving to receive your vaccination.

At your appointment, staff will verify that you live or work in a qualified worker group in Sacramento County, as well as your age for those 65 years and older, and you will be asked about allergies and some other questions. After the vaccination, you will be monitored for severe reactions by medical staff from 15-30 minutes per your applicable allergy history. Depending on the vaccination site, your second dose appointment will be scheduled at the time of your first, and some sites will notify you about a week before the second dose is due or provide you with contact information to make a second dose appointment. The timing for second doses is three weeks after the first dose for Pfizer and four weeks for Moderna – however, for either vaccine, the CDC allows up to six weeks between the first and second dose, if a delay cannot be avoided. To learn more about the COVID-19 vaccine, its safety and benefits as well as appointments and who will get the vaccine and when, please go to the Sacramento County COVID-19 website. ★

Doggy Dash Registration Opens Now!

Sacramento SPCA Press Release

SACRAMENTO REGION, CA (MPG) - Registration for the Sacramento SPCA's Virtual Walk & Pet Festival is Now OPEN!

On Saturday, June 5th, join thousands of walkers as we lace up our shoes and leash up our pups for the 28th Annual Sacramento SPCA Doggy Dash, our largest fundraiser of the year and an opportunity to celebrate the amazing commitment of our community to healthy, happy and unconditional relationships between pups and their people!

This virtual event allows you to participate in your own way while keeping the community safe. Show us your support by walking in your neighborhood, backyard, or local trail - creativity is encouraged!

JOIN US ONLINE for all the fun!

Participate in our pet festival online! Enter contests, win prizes, and visit the Virtual Vendor Village. Don't miss the fun - follow us on Facebook and Instagram!

Your registration and participation in



Lace up and leash up. First 500 registrants receive a free dog bandana. Photo: Sacramento SPCA

the Doggy Dash helps the Sacramento SPCA provide direct care to more than 35,000 animals each year in our community.

Register at www.classy.org/event/2021-sacramento-sPCA-doggy-dash/e322474 ★

First 5 Sacramento Approves Funding

By Erin Maurie, Sacramento County News

SACRAMENTO, CA (MPG) - The First 5 Sacramento Commission unanimously approved more than \$40 million in funding for contracts that will begin July 2021. Funding over a three-year period is for critical prevention and early intervention programs that will serve young children and their families in Sacramento County. Funding was allocated specifically to: Prevent African American Child Deaths; Strengthen Families/Decrease Child Maltreatment and Trauma; Improve School Readiness; Build Quality Child Care Settings; Increase Breastfeeding.

A list of agencies approved for funding can be found on the First 5 Sacramento website.

As stewards of Proposition 10 tobacco tax public funds, First 5s across the state work toward three primary goals: 1) to ensure children receive the best start in life; 2) that parents and caregivers have the tools they need to help their children be successful, life-long learners; and 3) that systems serving children are streamlined and efficient.

"For more than 20 years, First 5 Sacramento has invested considerably in a variety of early intervention and preventive programs serving children and families," said First District Supervisor and Chair of the First 5 Sacramento Commission Phil Serna. "These programs provide parents and caregivers the necessary tools to ensure children achieve their greatest potential and succeed in life."

Research shows that 90% of a child's brain develops in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, a tobacco tax, to support programs for expectant parents and children ages 0-5. In the last year, First 5 Sacramento distributed approximately \$11 million a year in Prop 10 revenues to programs and services that meet local needs in Sacramento County. All 58 counties have a First 5 Children and Families Commission providing unique local services for that county. More information available at www.first5sacramento.net. ★



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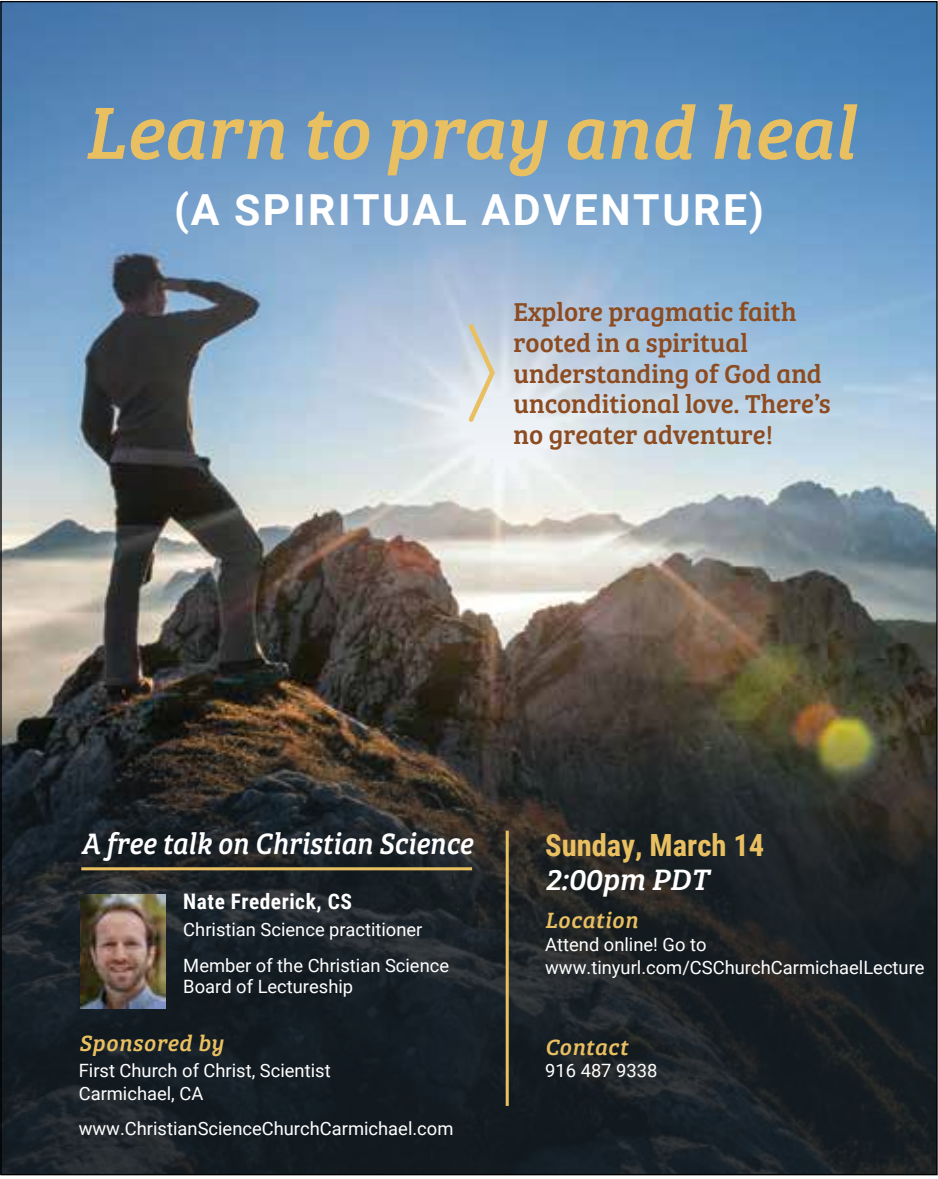
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Language of Pain

We all want to live healthy lives. But many routinely employ some daily activities that lead to chronic disease. According to Family Physician **Dr. Trevor Campbell**, author of “**The Language of Pain**,” we must understand that language can speed recovery. On my POPPOFF Radio Show, he shared these eight things to think about.

- Here goes.
- 1.CHRONIC PAIN IS IN YOUR BRAIN.** Pain is a sensation, and all sensations are generated by the brain (perception), the eyes and ears only receive the stimuli, the brain interprets it. By the time you develop chronic pain, the wiring from the injured body part has already become embedded in your brain where the connections have spread.
- 2.DON’T FIGHT PAIN...OUTSMART IT.** The word fight implies something very specific in language. It assumes violence as well as protracted effort on a battle ground. Fighting increases sympathetic overdrive (a prolonged fight or stress response). It’s not an environment that is supportive of healing. Try to trick it. An added complication is that so-called battleground is the body and mind that is then likely to be laid waste by the fall out.
- 3.REWIRE YOUR PAIN ESCAPE.** Neuroplasticity is the brain’s ability to change. You learn a new language and your brain changes. Everything we learn causes change in the brain. Neuroplasticity led to your chronic pain, but the good news is that it is also your escape.
- 4.RE-FRESH YOUR THINKING AND BEHAVIORS.** Unhelpful thinking patterns and behaviors like pain focus, hypervigilance, fear avoidance and dread can rewire your brain into poor

- health. Your brain was mis-wired. With inactivity and self-imposed social isolation, the body and mind then become casualties of these behaviors and thought pathways.
- 5.LEVEL YOUR PLAYING FIELD.** Stress makes recovery and healing neuroplasticity an uphill process, therefore, do as much as you can to reduce chronic stress load. In other words, don’t make recovery harder than it needs to be.
- 6.DELETE THE MIND TRAPS.** Toxic and negative narratives become paralyzing in their effect. It’s an accumulation of all the setbacks, negative symptoms and experiences you have accumulated over the years. Eventually people treat you and react to you based on the story rather than the reality of the situation.
- 7.IT’S ALL ABOUT TIME OUTSIDE THE TOXIC ZONE.** Exposure time in a toxic situation...environmentally extreme, chemically poisonous, lifestyle compromising, even stressful, is a major determinant of outcome. A cornerstone of medical healing is “first remove the cause.”
- 8.SUCCESS – THE FAULTY PAIN ALARM INACTIVATED.** With acute (short-lived) pain, the problem is locally experienced. But, with chronic (of long duration) pain, the problem has moved from the body part and exits in new circuits of the brain and spinal cord. Think of chronic pain as a faulty home alarm system. This alarm not only sounds when the home is invaded, but has become so hypersensitive, it sounds even in non-threatening situations. Minor incidents may become triggers.
- Check out **Dr. Trevor Campbell’s** website at www.drtrevorcampbell.com for more details on “**The Language of Pain**.”
- STAY HAPPY AND HEALTHY!**

Your Horse Needs Shoes, Who Do You Call?

Continued from page 1

for doing a great job on my horses. Is there anything else you want to say?”

Jake said, “I have many clients in Rio Linda. My favorite client is the Medicine Horse Project. It is a horse rescue operation that started in Placerville and now is in Winnemucca, NV. They do the nicest things for the rescue horses. I will take a few days once a month or every two months, depending on their need, and drive up and trim their horses for them for free.”

I thought, how cool is that!!! I’ll be looking them up, maybe even write about them. I am all about animals. I am actually working up an article now on Homeward Bound Golden Retriever Rescue in Elverta.

“Just remember, no foot-no horse. Please, keep an eye on your horse for changes in



Jake Gibbons received his certification as a horseshoer from the Pacific Coast Horseshoeing School in Plymouth, CA. Photo provided by Cecilia Lee Feser

his/her walking. Don’t wait until they are hobbling to call me. I love my clients and have not really come across a bad situation yet,” he said.

I then told him that is great to hear, and thanked him for coming out today for

my horses. Also, for letting me pick his brain on horse-shoeing. That, I will see him again in 6 weeks. Be safe, until next time Rio Linda.

For more information or an appointment call Jake Gibbons at (530) 605-5345.★



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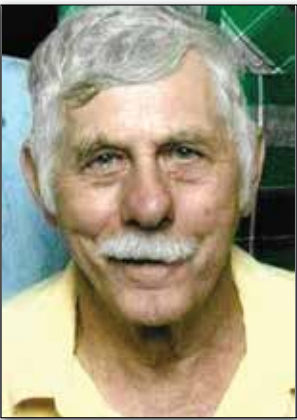
Ellsworth (Allie) J. Rudy Aka: Rudy

March 19,1938 to February 18, 2021

Allie passed away on Feb. 18,2021 due to an automobile accident.

He was born on March 19,1938 in Chippewa Falls, Wisc. To Clarence and Mary Rudy.

Mr Rudy is survived by his loving wife Janice, of 63 years. He is also survived by his 2 sons, Jerry (Lovee) and Bryan (Debbie) and 5 grandchildren and 8 great grandchildren. He is also survived by his 2 sisters (Carol & Lorraine)



and one brother (Roger) many nieces and nephews.

He owned & ran Rudy’s Property Management. He also played music and had his own band named The Miller Highlites.

He was a friend to everyone that knew him. He was also known for all his jokes. He will be missed by everyone who knew him. It is a very sad day for our family.

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Learn to Pray and Heal, A Spiritual Adventure



Nate Frederick, Lecturer
By Chris Cheney
for Christian Science
Public Lecture

Are prayer and healing for you? If you have no experience with spirituality or religion, or you're not even sure what you think about God, can you still pray and be healed?

"Yes. Because prayer and healing are natural to us," says Nate Frederick, who, for a number of years has been devoting his life to putting this into practice and will be sharing the fundamentals of effective prayer in an online lecture free to the public on Sunday, March 14, 2021, at 2 PM. (Attend online at: tinyurl.com/CSChurchCarmichaelLecture) He continues, "...and I say this as one who didn't even grow up in a religious household. But what I've discovered as I've studied Christian Science is that a willingness to shift perspectives, to see

things in a new, more spiritual way, has an effect – for anyone."

Mr. Frederick studied perennial religion at Hampshire College where he was introduced to Christian Science healing. Although he was enamored with the academic exploration of spirituality, what he truly desired most was to practice spirituality in a tangible way – he wanted to experience God and heal others. After traveling the world for a year and hiking extensively in the Himalayas, he came to Boston in 2008 to work for his church, The First Church of Christ, Scientist. Since then, he has served in many capacities and is now serving as one of a number of authorized lecturers. He has shared the Good News at jails, rehab centers and interfaith-events. He's also been widely involved in composing, producing and performing Christian music. Experiencing firsthand the healing power of Love is Nate's favorite thing. It's what makes him tick.

The healing work occurred in the jails, he shares, "... Like in the case of an inmate I worked with. As I shared the basics of Christian Science with him he said it all sounded great but

he was just a bad person. He seemed pretty convinced that healing wasn't for him. But as we talked about the fact that he wasn't defined by his past, but by God, his source, who is completely good, I could tell his thought about himself was changing. And then he wanted more. So he took a copy of the Bible and Mary Baker Eddy's book, Science and Health with Key to the Scriptures, back to his cell and started to dive into these books. Six or seven weeks later, I ran into him again and he told me that he'd been healed of a serious illness – just from studying the Bible and Science and Health. His study helped him grasp God and his life in a new way and his disease was cured."

In my lecture, titled "Learn to Pray and Heal: A Spiritual Adventure", I'll share more about the fundamentals of effective prayer, as I've learned from studying Christian Science, as well as how healing is truly possible for everyone.

The lecture is sponsored by the members of First Church of Christ, Scientist, Carmichael, 4949 Kenneth Ave, Carmichael. Website: christiansciencechurchcarmichael.com ★

Sac County Health Order on Schools and Sports

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In the State of California's updated Blueprint for a Safer Economy tier structure, Sacramento County is in Purple/Widespread Tier 1, but this week has met criteria of fewer than 14 per 100,000 new COVID-19 cases. This new benchmark allows elementary schools (grades K-6) that hadn't already, to now reopen with County and State approval based on specified safety plans and mitigation measures for in-person instruction (Note: middle and high schools (grades 7-12) will need to wait for Sacramento County to be in the Red/Substantial Tier 2 criteria to begin reopening for in-person instruction).

Additionally, having met the criteria of fewer than 14 per 100,000 new COVID-19 cases, Sacramento County qualifies for specified CDPH guidance for youth and adult sports activities. Outdoor low-contact, moderate-contact, and high-contact sports are permitted with specific mitigation measures and requirements in the sports guidance. Inter-team competitions are permitted for allowable sports. However, tournaments or competitions involving more than two teams are prohibited.

Effective immediately, the March 3, 2021, Sacramento County Health Order supersedes the County's Feb. 8 Order and updates school and sports activities and aligns with the State of California updated Blueprint for a Safer Economy tier structure.

Sacramento County continues to be in alignment with Purple/Widespread Tier 1.

The following sectors are permitted for **OUTDOOR operations only** with social distancing, face covering and sanitization:

Cardrooms, satellite wagering; Family Entertainment Centers (e.g. bowling alleys, miniature golf, batting cages, kart racing, skating rinks and arcades); Gyms and fitness centers; Movie theaters (maximum 25% capacity or 100 people, whichever is fewer); Museums, zoos, aquariums; Playgrounds, dog parks, skate parks and recreational facilities; Restaurants; Wineries

Bars, pubs, breweries and distilleries offering sit-down meals may operate outdoors conducted under a tent, canopy or other shelter as long as no more than two sides are enclosed with non-permeable walls and is classified as "outdoor" using

CDPH outdoor business structure criteria.

In alignment with Purple Tier 1, the following sectors are open for **INDOOR operations** with social distancing, face covering, sanitization and *specific modifications:

All retail (*maximum 25% capacity; grocery stores 50% capacity); Places of worship (maximum 25% capacity or 100 people, whichever is fewer; singing/chanting prohibited); Critical infrastructure; Entertainment production, studios, broadcast; Hair salons and barbershops; Hotels and lodging; Libraries (*maximum 25% capacity); Nail salons and electrolysis operations; Personal care services (e.g. body waxing, estheticians, tattoo, massage); Professional sports (*without live audiences); Shopping centers (e.g. malls, destination centers, swap meets, excluding food courts and common areas) (*maximum 25% capacity)

Bars, pubs, breweries and distilleries are prohibited from operating except when serving sit-down, outdoor meals.

This Order will take effect immediately and will be in effect until it is rescinded, superseded or amended in writing by the Health Officer of Sacramento County.

Please review the California Department of Public Health updated face covering mandate, which requires all people in California to wear face coverings when -they are outside of the home, with specific exemptions. As part of the Sacramento County Health Order, it continues to align the County face covering Order with the State mandate.

"We are working with our elementary schools to assist the reopening as safely as possible. Until more in our community are vaccinated, we need to remain vigilant, continue mitigation measures and wear masks in public," said Sacramento County Health Officer Dr. Olivia Kasirye.

For questions about the Public Health Order, call the Public Health hotline at (916) 875-2400. For complaints about unsafe practices at businesses (e.g. face coverings, social distancing), or violations of the Health Order, dial 3-1-1 or visit to the Sacramento County 311 Connect website, or email, SacCo311@custhelp.com.

For questions about vaccines in Sacramento County, visit the Vaccination Webpage. ★



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Another Chance to Act on Housing



By Dan Walters
CALMatters

When he was running for governor three years ago, Gavin Newsom promised, rather absurdly, that he would spearhead a drive to build 3.5 million new housing units by 2025.

It was absurd because it would require California to escalate new construction from about 100,000 units a year to 500,000, which would be financially and physically impossible.

Once elected, Newsom backed away from that pledge, calling it “aspirational,” but he did attempt, a year ago, to once again focus attention on the state’s housing crisis by devoting nearly all of his State of the State address to it and the closely related homelessness issue.

Within weeks, however, his attention shifted to the COVID-19 pandemic and housing went on the Capitol’s back burner.

Meanwhile, California’s housing shortage has gotten significantly worse. This month, Newsom’s Department of Finance revealed that just 102,800 residential building permits were issued in 2020, down 8.8% from 2019’s total, which itself was a 3.8% drop from 2018.

Not only is overall construction headed the wrong

way, but all of last year’s decline was in apartments and other forms of multi-family housing where shortages are the worst. Moreover, when housing lost to fires, old age and other causes is included in the equation, the net gain last year was only about 75,000 units, under half of the state’s official yearly goal.

The cold fact that housing construction is headed the wrong way, and that housing shortages and high housing costs are feeding a high poverty rate and pushing employers and workers out of the state doesn’t seem to be having much effect on the Capitol.

Newsom and other politicians talk a good game, but don’t back up their words with action. What happened, or didn’t happen, to last year’s major housing bill is a telling example.

The measure, carried by Senate President Pro Tem Toni Atkins, was a modest stab at the housing issue’s biggest roadblock – the not-in-my-backyard attitudes in local communities. The bill would have made it easier to build duplexes and other low-impact multi-family projects on lots zoned for single-family homes.

Atkins’ measure cleared the Senate easily and had enough votes to pass the Assembly. However, due to conflict between Atkins and Assembly Speaker Anthony Rendon over legislative procedures, it was held in the Assembly on the last night of the session until just minutes before the midnight deadline, leaving too little time for a final Senate vote.

Newsom could have intervened in the petty squabble to get the bill to his desk, but didn’t, for reasons best known to himself.

The Legislature is back in session and its leaders and Newsom have another opportunity to match their words on the housing shortage with action – or not.

Atkins has introduced a new version of her failed bill, now known as Senate Bill 9, and others have proposed measures to speed up construction, most notably a four-bill package by Sen. Scott Wiener. The San Francisco Democrat has emerged as the Legislature’s leading housing advocate with a willingness to challenge the reluctance of many cities to build their fair share of low- and moderate-income housing.

The most important of the four is Senate Bill 478, which would neutralize local ordinances that effectively prevent construction of multi-family projects on land zoned for them by imposing unworkable land-to-building ratios.

The Atkins and Wiener bills challenge local governments’ much-cherished powers over land use, which is the most contentious but most important piece of the housing conundrum. They also will test the willingness of California’s political leadership to do something more than talk about the crisis.

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

United Way Announces First Wave of Funding From \$10M Mackenzie Scott Donation

By Kristin Thebaud,
Thebaud Comm.

SACRAMENTO, CA (MPG) - United Way California Capital Region has approved a first wave of funding totaling \$500,000 from the \$10 million gift received in December from philanthropist MacKenzie Scott. The first wave of funding will help individuals and families in the region gain social and financial capital, support United Way’s digital equity work across the capital region, empower Sacramento residents to have a voice in a local redevelopment project and provide COVID-19 relief funding in Yolo County.

“We knew this gift from MacKenzie Scott would be a game-changer for our community, and I’m thrilled that we are able to begin distributing this much needed funding,” said Stephanie Bray, president and CEO, United Way California Capital Region. “This first wave of funding will go a long way toward reaching the goals of our Square One Project that is working to provide family support and stability so kids can stay on track in school and graduate from high school prepared for success.”

\$200,000 of the funding will go toward United Way’s Capital Region Independence Initiative that is providing direct investment in local individuals and families to amplify their financial and social capital. The initiative aims to

address inequities in the region, increasing average monthly income, decreasing subsidies, improving children’s grades, increasing savings and improving families’ overall economic impact on the community through increased spending.

United Way is investing \$150,000 of the funding in its digital equity work, with a match of \$150,000 from SMUD over the next three years to fund local digital literacy and training programs, distribute laptops and hotspots to those in need, and address underlying factors that contribute to the digital divide. Working with community-based organizations, United Way will remove technological barriers to education and employment and build the digital capability of those in the community who are most acutely affected by the digital divide, prioritizing low-income households with children and senior citizens.

United Way will invest \$50,000 in its work to give residents of Mirasol Village in Sacramento greater engagement and influence in its redevelopment and resettlement. United Way is working with residents to develop a comprehensive, results-driven plan based on a needs assessment and other data. The work will help residents self-advocate about how Mirasol Village is redeveloped, how the surrounding community is built and how they can reach their own life goals.

The first wave also is providing \$100,000 in funding toward United Way’s Yolo County COVID-19 relief program, providing households in need in Yolo County with a one-time \$500 payment. Local nonprofits will identify and qualify low-income families who are experiencing an increased financial hardship from unpaid leave due to isolation, care of a vulnerable or infected relative, loss of wages due to involuntary cancellation of work or unpaid leave due to school or daycare closures.

Scott chose the local United Way chapter to receive the \$10 million gift in December because of the group’s work to fill basic needs while also addressing long-term systemic inequities that have deepened during the pandemic.

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



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Bills Increase Wildfire Prevention Efforts

Office of Assemblymember
Frank Bigelow

SACRAMENTO, CA (MPG) - Assemblymember Frank Bigelow introduced two wildfire related bills, AB 910 and AB 912, to help prevent future catastrophic wildfires.

“Last year, California faced its most destructive wildfire season,” says Assemblymember Bigelow. “The Creek fire in my district alone burned over 300,000 acres. California cannot keep putting off the wildfire problem, it is time to start taking a wildfire prevention approach to legislation.”

AB 910 would increase the Small Landowner Exemption from 100 acres to 300 and remove the restriction for usage while also authorizing the construction for temporary roads when needed. AB 912 would expand the Working Forest Management Plan from 10,000 acres

to its original 15,000.

AB 910 and AB 912 would create more accessibility to the programs and provide a better opportunity to conduct wildfire prevention efforts. Assemblymember Bigelow states, “These programs have existed for a few years now, but they are rarely used because of all of the restrictions on them. With all of the restrictions, people aren’t able to conduct the necessary wildfire prevention efforts that they need to, making them more susceptible to catastrophic wildfires. These two bills are the solution as they provide a gateway for people to use them to the full extent the programs were created for.”

Lifelong rancher Frank Bigelow proudly represents the 5th Assembly District, which encompasses Alpine, Amador, Calaveras, El Dorado, Madera, Mariposa, Mono, Placer, and Tuolumne counties and includes Lake Tahoe and Yosemite National Park. ★

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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
#34-2021-00293294
Jasneel Singh has filed a petition with this court for a decree changing the name(s) of Jasneel Singh to Jasneel Singh Bains. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 23, 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: January 28, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
BAINS 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293724
Bassam Kamani has filed a petition with this court for a decree changing the name(s) of Khalid Kamani to Cavalli Kamani. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 25, 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: February 3, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
KARMANI 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293788
Renjith Thomas Mathew, Feeba Philip has filed a petition with this court for a decree changing the name(s) of Nevan Mathew Renjith to Nevan Thomas Mathew. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 25, 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: February 4, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
MATHEW 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293376
Nataliya Yuriyivna Birkó has filed a petition with this court for a decree changing the name(s) of Nataliya Yuriyivna Birkó aka Nataliya Yuriyevna Birkó aka Nataliya Yuriyivna Birkó to Natalie Birkó. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 24, 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: February 1, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
NATALIE 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293970
Omar Esquivel Mendoza has filed a petition with this court for a decree changing the name(s) of Omar Esquivel Mendoza to Omar Esquivel. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 30, 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: February 8, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
MENDOZA 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293467
Tiffany Vang has filed a petition with this court for a decree changing the name(s) of Tiffany Vang to Taylor Hill-Carney. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 24, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 2, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
VANG 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293437
Yael Abraham Felix has filed a petition with this court for a decree changing the name(s) of Yael Abraham Felix to Yael Abraham Morales-Felix. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 24, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 1, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
FELIX 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293949
Ngan Sau Luu has filed a petition with this court for a decree changing the name(s) of Ngan Sau Luu to Cyndi Ngan Sau Luu. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 30, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 5, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
LUU 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00289321
Mavra Lizeth Martinez Colon has filed a petition with this court for a decree changing the name(s) of Noah Zepeda-Martinez to Noah Martinez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 23, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 28, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 19, 26, March 5, and 12, 2021
MARTINEZ 180101 3-12-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293370
Tiffany Raman and Pravin Raman has filed a petition with this court for a decree changing the name(s) of Serena Vivian Raman to Sonali Saloshna Raman. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on March 24, 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: February 01, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
BAINS 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294562
Robin Marina DeRivi has filed a petition with this court for a decree changing the name(s) of Robin Marina DeRivi to Natasha Marina DeRivi. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 8, 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: February 17, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
DERIVI 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294365
Yunfeng Xue has filed a petition with this court for a decree changing the name(s) of Yunfeng Xue to Jay Yunfeng Xue. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 6, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 16, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
XUE 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293823
Kobra Shamohammadi has filed a petition with this court for a decree changing the name(s) of Kobra Shamohammadi to Mahtab Nemati. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 25, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 4, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
NEMATI 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293819
Hamidreza Menatidavaranparan has filed a petition with this court for a decree changing the name(s) of Hamidreza Menatidavaranparan to Hamid Nemati. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 25, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 5, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
NEMATI 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293581
De Mario Deshawn Brumfield-Brice has filed a petition with this court for a decree changing the name(s) of De Mario Deshawn Brumfield-Brice to Josias A'nalachi Abijah. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on March 24, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 3, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
ABIJAH 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294343
Darren Michael Jones has filed a petition with this court for a decree changing the name(s) of Darren Michael Jones to Darren Cassidy Jones. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 6, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 10, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: February 26, March 5, 12, and 19, 2021
JONES 180101 3-19-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294505
Eugene Junior Garcia, JR has filed a petition with this court for a decree changing the name(s) of Eugene Junior Garcia, JR to Eugene Geno Esparza. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 7, 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: February 17, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
ESPARZA 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294494
Hamza Mohammad Akhtar has filed a petition with this court for a decree changing the name(s) of Hamza Mohammad Akhtar to Jackson Alexander Caine. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 7, 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: February 17, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
CAINE 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294676
Sahakyan Arman has filed a petition with this court for a decree changing the name(s) of Sahakyan Arman to Arman Sahakyan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 13, 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: February 19, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
ARMAN 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294368
Leslie Dawn Oakes has filed a petition with this court for a decree changing the name(s) of Leslie Dawn Oakes to Leslie Dawn Lopez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 6, 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: February 16, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
LOPEZ 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294397
Mariah Danielle Spurgin-Dennis has filed a petition with this court for a decree changing the name(s) of Mariah Danielle Spurgin-Dennis to Mars Danielle Spurgin-Dennis. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 7, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 16, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
DENNIS 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294374
Fallon Rene Hartin has filed a petition with this court for a decree changing the name(s) of Fallon Rene Hartin to Fallon Rene Sadler. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 6, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 16, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
SADLER 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294605
Robert Myron Chounard has filed a petition with this court for a decree changing the name(s) of Robert Myron Chounard to Robert Michael Milwee. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 8, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 18, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
MILLWEE 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294709
Felix Galvan has filed a petition with this court for a decree changing the name(s) of Felix Galvan to Michael Galvan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 13, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 19, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
GALVAN 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00287703
Monisha Oshtry has filed a petition with this court for a decree changing the name(s) of Monisha Oshtry to Monisha Oshtry To. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 13, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 18, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
OSHTRY 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294796
Sandeep Kumar Lingamaneni and HimaBindu Angalakurthi have filed a petition with this court for a decree changing the name(s) of Vaishu Lingamaneni to SriNidhi Lingamaneni. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 14, 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: February 19, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
LINGAMANENI 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295022
Pila Thao has filed a petition with this court for a decree changing the name(s) of Pila Thao to NouCi Tracy Thao. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 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: February 24, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
THAO 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294917
FNU Soria aka Soria has filed a petition with this court for a decree changing the name(s) of FNU Soria aka Soria to Soria Bigzad, FNU Hamtaa to Hamtaa Bigzad, and FNU Hasanata to Hasanata Bigzad. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 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: February 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
BIGZAD 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295270
Benjamin Valsvik and Xue Hui Wu have filed a petition with this court for a decree changing the name(s) of August Wu Elder to August Wu Valsvik. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 20, 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: February 26, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
ELDER 180101 4-2-21

SUMMONS

IN THE CIRCUIT COURT OF THE STATE
OF OREGON FOR THE COUNTY OF
CROOK
SUMMONS FOR FAMILY LAW CASE
CASE NO: 20DR13656

Gwendolyn Carter - Petitioner
Philip Carter- Respondent
To: Philip
4488 Marylynn Lane #93
Carmichael, CA 95608-1478
Your spouse, partner, or child's parent has filed a Petition asking for: Separation of your marriage or registered Domestic Partnership (RDP) Divorce or dissolution of your marriage or Registered Domestic Partnership (RDP) NOTICE TO RESPONDENT: READ THESE PAPERS CAREFULLY! You must "appear" in this case or the other side will win automatically. To "appear," you must file a legal paper called a "Response" or a motion. Response forms ae available through the court above or online at www.courts.oregon.gov. Talk to a lawyer for information about appearing by motion. Your Response must be filed with the court clerk at the court names above within 30 days of the day you received this Summons, along with the required filing fee (go to www.courts.oregon.gov for fee information). It must be in proper form and you must show that the Petitioner's lawyer (or the Petitioner if he or she does not have a lawyer) was formally served with a copy of the Response according to the service rules. Service rules are included in instructions for Respondents, available at www.courts.oregon.gov. If you have questions, see a lawyer immediately. If you need help finding a lawyer, you can call the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll free in Oregon at 800-452-7636, or go to www.oregonstatebar.org Date 7-15-20
Gwendolyn Carter
601 NE Mariposa Avenue Prineville, OR 97754 541-788-3213
CARTER 3-12-21

SUMMONS
(CITACION JUDICIAL)
CASE NUMBER: (Numero del Caso): 20SMCV01074
NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): Joe Samuel Bailey, Laurence Grossnickle, Charles Clement Goubert, Jr,

Christian Johnson, George Dass, Robert Allan Freeman, Barry Edward Mitchell, Spine Management, LP, Renew Spinal Care, Inc, Medi-Clinic, LLC, Dallas Expansion Clinic, LP Colonial Health Care Financial, Inc, Thorn Marketing, LLC, Medical Expansion Houston, LLC, Virginia Miss, LP, Chartered Medical Development, LLC and DOE Individuals 1-10 and ROE Corporations 1-100 YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): Clyde Jones AKA Jim Jones, an Individual. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desearchar el caso. The name and address of the court is: (El nombre y direccion de la corte es): Santa Monica Court House- 1725 Main Street Santa Monica, CA 90401 The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Michael M. Lin, 5288 Spring Mtn Road #103 Las Vegas, NV 89146 Date: (Fecha) 10/16/2020 By: Sherri R. Carter Executive Officer/ Clerk of Court S. Watson Deputy Publish: March 12, 19, 26, and April 2, 2021 JONES 4-2-21

Passed and adopted on the 12th day of March, 2021 by the following vote:
AYES: Budge, Pulipati, Sander, Terry, and Gatewood
NOES: None
ABSENT: None
ABSTAIN: None
Printed in the Grapevine Independent on March 12, 2021.

Hearing Notice

NOTICE OF HEARING
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
WILLIAM R. RIDGEWAY FAMILY RELATIONS
3341 POWER INN ROAD
SACRAMENTO, CA 95826
PETITIONER: SANDRA BERKE
RESPONDENT: THOMAS BERKE
CASE NUMBER: 12 FLO6681
REQUEST FOR ORDER: ENFORCEMENT OF JUDGEMENT; APPOINTMENT OF ELISOR TO EXECUTE CALPERS QDRO
1. TO: Thomas Berke
2. A COURT HEARING WILL BE HELD AS FOLLOWS: March 16, 2021 9:00a.m. Dept : 126. This matter is set for a court hearing/appearance using 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 references below at least 5 minutes before your scheduled hearing date and time, and wait for a court representative to take roll. Zoom link: https://saccourt.zoom.us/j/97754541-788-3213
Toll Free Telephone
Conference Line (888)475-4499
Meeting ID# 626-068-9464
3. WARNING to the person served with the Request for Order: The court may make the requested orders without you if you do not file a Responsive Declaration to Request for Order (form FL-320). Serve a copy on the other parties at least nine court days before the hearing (unless the court has ordered a shorter period of time). Ad appear at the hearing. (See form FL-320_INFO for more information).
BERKE 3-19-21

CITATION

CITATION FOR FREEDOM FROM PARENTAL CUSTODY AND CONTROL

CALIFORNIA COUNTY OF SAN DEIGO
325 SOUTH MELROSE
DRIVE VISTA, CA 92081
CITATION FOR FREEDOM FROM PARENTAL CUSTODY AND CONTROL
CASE NUMBER 20AD000586N
IN THE MATTER OF:
Kyni Victor Lewis-Wahlin
DOB 9/15/2017 A Minor
JUDGE- PAMELA M. PARKER DEPT N-23
RESPONDENT- ANGEL LEWIS
To Angel Lewis
You are ordered to appear in the Superior Court of the State of California, County of San Diego, in Department N-23 at the court location indicated above on April 15, 2021 at 8:30 AM to show cause, why Kyni Victor Lewis-Wahlin. This hearing will be conducted by video or telephone through the North County Division 325 S. Melrose Drive Vista, CA 92081. See attached instructions and call the court to have the video link emailed to you. Should not be declared free from parental custody and control as requested in the petition. At the hearing, the judge will read the petition and, if requested, will explain the effect of the granting of the petition, any term or allegation contained therein and the nature or the proceeding, its procedures and possible consequences, and may continue the matter for not more than 30 days for the appointment of counsel or give counsel time to prepare. The court may appoint counsel to represent the minor whether or not the minor is able to afford counsel. If any parent appears and is unable to afford counsel, the court shall appoint counsel to represent each parent who appears unless such representation is knowingly and intelligently waived. Someone over the age of 18- not the petitioner- must serve the other party with all the forms and complete proof of service form, such as Proof of Service (JC Form #FL-330 or JC Form FL#-335), telling when and how the other party was served and file that with the court. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that you pleading, if any, may be filed on time. Dated: 1/22/2021
Judge of the Superior Court: Pamela M. Parker.
LEWIS 4/2/21

NOTICE OF ADOPTED ORDINANCE

The following is a summary of an Ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of March 1, 2021:

ORDINANCE NO. 4-2021

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA ADOPTING A FIRST AMENDMENT TO THE DEVELOPMENT AGREEMENT FOR THE RANCH

The full text of the proposed Ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted on the 12th day of March, 2021 by the following vote:

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

Printed in the Grapevine Independent on March 12, 2021.

NOTICE OF ADOPTED ORDINANCE

The following is a summary of an Ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of March 1, 2021:

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Crossword Puzzle on Page 9

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

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CLUES

ACROSS
1. *A or O, to blood
5. Catch a wink
8. "Don't know what to say" sound
11. Eon, alt. sp.
12. Severe blow
13. "Blood ____" type of blood test
15. Eastern ____, 1947-1991
16. "Respiratory rattling"
17. Enormous ones
18. "Annual exam"
20. Largest city of Norway
21. Like a romantic movie?
22. "Anatomical pouch"
23. Work over with fists (2 words)
26. Levee next to water mill
30. Not cooked
31. What a terrorist wants to spread
34. Continental currency
35. Wide open
37. Charged particle
38. Colorado resort
39. Hipbones
40. Recede, as in tide (2 words)
42. Laos resident
43. Stinging shrub, pl.
45. Handrail's main supports
47. Caribou kin
48. Relating to a lobe
50. Saint's topper
52. "L in ACL"
55. Bad-tempered
56. Affirm with confidence
57. Stain on Santa
59. Work the dough
60. Tiger Woods' pegs
61. Ruptured
62. "____" my party, and I'll cry if I want too...
63. Store posting, abbr.
64. "Largest organ"

DOWN
1. Can opener
2. Crowd's judgement
3. Tubby little cubby
4. Enclose within a cyst
5. W.E.B Du Bois's org.
6. Assuage
7. Spa treatment
8. 2016 western "____" or High Water"
9. Type of shark
10. Not Miss or Ms
12. Influenza
13. Sandbar
14. "Cardiac, smooth or skeletal ones"
19. Quickly fry
22. Knightly title
23. "Cerebellum location"
24. Two under on one hole
25. Look forward to
26. "Kissing disease?"
27. Having two parts
28. Beatles: "He's _____ nowhere man" (2 words)
29. Plural of #26 Down
32. "12 pairs of these"
33. Rip off
36. *a.k.a. kneecap
38. Mr. T's team
40. Comic book cry
41. Unlocks the gate
44. Andrew Webber's middle name
46. Forcefully grabs
48. "Blood filter"
49. S-shaped moldings

Crossword Puzzle Solutions on Page 9

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

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



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

Solutions on Page 9



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Ask Toni

Medicare Supplement Rate Increase is Outrageous!



Toni King

band is undergoing cancer treatment at MD Anderson. Also, his cardiologist has advised him that he may need a pacemaker. My friends have advised me that we will have to wait until October when Medicare Annual Enrollment begins to change from our current Medicare Supplement plans. I am concerned that with the Medicare Supplement increase we may not be able to afford the premiums. What should we do? Would a Medicare Advantage plan be a good option to change to with Fred's cancer issues? ~ Carol from Denver

Carol: Carol, you were given wrong information from your friends. I have good news for you because you do not have to wait until Medicare Annual Enrollment to change your Medicare Supplement insurance company and enroll in a new plan. You can change your Medicare Supplement any time during the year. Medicare Annual Enrollment is a time to change your Medicare Advantage plan or Medicare Part D Prescription Drug plan. You are not alone with receiving a Medicare Supplement plan increase. It seems that the renewal increase is more than the public is expecting. Most insurance agents are finding out about the Medicare Supplement increases via an email from the insurance company informing of a renewal rate adjustment. In 2015, Congress passed legislation called "Medicare Access and CHIP Reauthorization Act of 2015" (MACRA) to help the medical industry by correcting the "Doc Fix" proposal. MACRA also made changes to Medicare Supplement's plans F and C which began January 1, 2020 and so Medicare Supplement plan increases began. Anyone that wants to change their current Medicare Supplement plan and have had their Medicare Part B longer than 6

months must now answer underwriting questions regarding their current and past health issues as you and your husband will have to do. Carol you have an option to change from your current Medicare plan to a different Medicare Supplement company or a different type of Medicare Supplement plan such as plan G or N. Carol both you and your husband must qualify by answering medical underwriting questions. If you cannot qualify because of a health issue, then another option may be to search for the right Medicare Advantage plan to fit your medical needs. The only catch to making a change to a Medicare Advantage plan is that you must wait until Medicare Annual Enrollment period which begins October 15th thru December 7th every year.

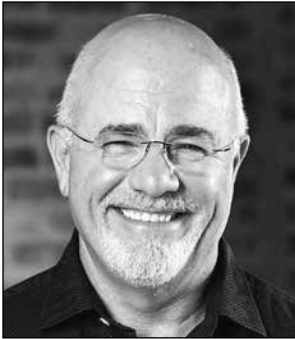
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- **Medicare Supplement Plan N**: generally, has lower premiums than Plan G with generally more out of pocket. There is a \$20 co pay for a doctor visit with \$50 co pay for emergency room. Part B deductible is not covered, and Part B excess charges are not paid for by the insurance company which Plan G includes.

Caution: Do not cancel your existing policy until you have been approved by your new Medicare Supplement insurance company.

2021 Confused about Medicare Zoom webinar is Thursday, February April 1st at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

Toni King new 2021 Medicare Survival Guide® Advanced book is available at www.tonisays.com. Medicare question? Call 832/519-8664 or email info@tonisays.com.★



Dave Ramsey Says

It's Just Not Worth It

Dear Dave, Do you think I should get a new hybrid car to save money on gas? A lot of my friends have done this, and with the rise in gas and oil prices lately, they're telling me I should, too. According to them, I'll save a ton of money, especially since I have a bigger car and a longer drive to work. What are your thoughts?

-Daneen

Dear Daneen, I get lots of questions about these kinds of scenarios, and how it plays into people's budgets. Many folks wonder if it would be better to go out and get a new vehicle with better gas mileage. Well, do you really want to lose more money? Let's say you currently drive a vehicle worth \$10,000 that gets 15 miles per gallon. There's a \$25,000

hybrid you're thinking about buying that gets 25 miles per gallon. That's a \$15,000 price difference just to get 10 more miles a gallon. If you drive 100 miles a week, that's about a \$10 difference a week. That would be about \$40 extra you're spending a month in gas if you stuck with the current car. A monthly car payment is a whole lot more than that! In short, the math doesn't work. You'd have to drive to the moon and back to make it worthwhile. There are a lot smarter things you can do to cut down on your fuel bill. Have you thought about trading for something smaller? If you're driving a gas guzzler, trade it in on another car worth no more than your current car's selling price. This means better fuel efficiency without a car payment. Carpooling is an option, too, even if you split the driving just a few days a week. If you want to get a little more radical with the money-saving ideas, you could think about moving closer to work. Spend some time doing the calculations and looking at the specifics to see if it makes sense in your case. Finally, and this may be a last ditch effort, you could consider changing jobs. No one's forcing you to work where you do, especially if you're spending a lot of time and money on the road just getting to and from your job. If you're really spending a ridiculous amount on gas each month, it might even be time to look into ideas you may have once had to start your own business. But don't use better gas mileage, or bad advice from your friends, as a rationalization for buying a new car. It's just not worth it!

-Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 16 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.★



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What’s New at Sacramento International Airport

By **Samantha Mott**,
Sacramento County News

SACRAMENTO, CA (MPG) - As destinations begin to open up, Sacramento International Airport (SMF) is announcing several new nonstop flights to make weekend get-aways and Spring Break trips easier than ever. Additionally, passengers traveling to Hawaii have a convenient on-airport option for testing that meets the state’s entry requirements.

New and Returning Flights - Sunseekers have several options to escape the winter chill. Frontier brings four times per week service to Phoenix (PHX), which started last week. The desert city has gorgeous spring weather, with temperatures hovering in the high 70s/low 80s, tempting visitors with days by the pool, world-class golfing, museums, nightlife and dozens of parks and preserves for hiking and biking. Tickets are available now on the Frontier website.

The beach is calling! In March, JetBlue begins nonstop service to Cancún (CUN), an incredible place to relax or play. The white-sand beaches and clear blue water of the Caribbean Sea are ideal for diving, snorkeling, kayaking, sailing or windsurfing and paddleboarding – or relaxing with a good book and a tropical drink in hand. Cancún’s renowned culinary scene fuses Mexican and international flavors in both iconic street food and Michelin-recognized restaurants. Cancún is known for its legendary nightlife, where visitors can dance the night away in clubs and party boats throughout the area. Flights will operate three days per week on Monday/Wednesday/Saturday. Tickets are available now on the Jet Blue website.

A Volaris nonstop, that launched last fall, brings Mexico City even closer. The cosmopolitan city mixes colonial-era history with a buzzing modern city, well known for exceptional culinary options – from street food to fine dining – and vibrant arts and culture. The historic Zócalo is the heart of the old city while incredible sights like Xochimilco, “the Venice of Mexico,” and the artistic neighborhood of San Ángel are worth exploring. Tickets are available now on the Volaris website.

Two new options make it easier to get to popular southern California destinations as well. Spirit begins daily nonstop flights to Orange County (SNA) in April. Whether



Sacramento International Airport is announcing several new, non-stop flights. Image by Jan Vašek from Pixabay

it is the 42 miles of beaches, celebrated theme parks or coastal luxury, Orange County is one of the state’s most popular destinations. Home to Disneyland and Knott’s Berry Farm, the area is beloved by families and kids at heart. Towns like Huntington Beach and Laguna Beach capture quintessential California with their iconic piers, dining and entertainment while world-class shopping is a short drive away. Tickets are available now on the Spirit website.

Alaska Airlines is reinstating its four daily nonstop flights to San Diego (SAN), California’s second city, in April. Renowned for its idyllic climate, miles and miles of beaches and exciting family attractions, San Diego has something for everyone. Unique neighborhoods highlight the city’s diversity including downtown’s historic Gaslamp Quarter, Little Italy, Coronado, La Jolla and Hillcrest. Balboa Park, the largest urban cultural park in the U.S., is home to 15 museums, many art galleries, beautiful gardens, The Globe Theatre and the San Diego Zoo. Tickets are available now on the Alaska website.

Frontier’s new nonstop to Ontario (ONT) adds four flights a week to the Inland Empire. The centrally located city attracts many business travelers, while vacationers will revel in the area’s retail therapy. Ontario Mills, one of Southern California’s top outlet malls, is home

to 200 stores. Ontario also provides a great starting point for exploring southern California destinations like Temecula and Palm Springs. Tickets are available now on the Frontier website.

“We’re excited to see our airline partners expanding their schedules and routes, giving our passengers a growing number of options for great destinations in Mexico, California and throughout the west,” said Cindy Nichol, Sacramento County Department of Airports Director.

COVID-19 Updates - SMF has partnered with City Health Urgent Care to offer free COVID-19 testing to travelers. Testing takes place daily at one of the airport’s parking lots.

For those traveling to Hawaii, the state has implemented a safe travel program due to increased COVID-19 cases. To comply with State requirements, CityHealth Urgent Care will provide COVID-19 test recipients with an official declaration of their results. Travelers must provide written confirmation of a negative test result within 72 hours of travel to the islands to receive the quarantine exemption. SMF has a number of options to get travelers to several islands with direct flights on Hawaiian, Alaska and Southwest Airlines. For more on what travelers need to know before visiting the Aloha State, visit the Hawaii State Department of Health’s website.

The CDC is now requiring all arriving

international passengers, including U.S. citizens, to have a negative COVID test within 72 hours prior to their flight home. For flights originating in Mexico or Canada, travelers should check with their airline for testing documentation requirements.

Know Before You Go - As we gear up for the spring travel season, Sacramento International Airport continues to put the health and safety of passengers first. Not only has the airport changed the way we prepare the terminal for travelers, but the Transportation Security Administration (TSA) also has rolled out new rules to reduce the spread of coronavirus. A few things to keep in mind before arriving at SMF that will make traveling easier: **Parking:** The East Economy at \$10/day is open with shuttles running to both Terminals. Additionally, both the Garage, \$18/day, and the Daily Lot, \$10/day are open, and the Hourly Lot pricing is still \$29/day. **Self-Scanning:** passengers will scan their own boarding passes and not hand them over to TSA employees. **Liquids:** liquids still must be in 3.4 ounce or smaller containers with the exception of hand sanitizer, which can be in a 12-ounce container. It must be removed from baggage before it goes through the X-ray and will be screened separately. **Food:** if passengers bring meals on their flights, they should be placed in a clear plastic bag, in a separate tray from their luggage, for scanning. **Personal Items:** TSA recommends that all personal items (keys, phones, wallets, etc.) should be placed in carry-on bags instead of directly in the bins, to avoid contamination.

Beyond the security screening area, passengers should minimize touchpoints and are encouraged to use touchless options, like online check-in, mobile boarding passes, prepayment of bag fees, etc. SMF reminds everyone to travel safely and take extra precautions when at the airport. Anyone in a public space is required to wear a face covering. The airport has installed social distancing signage not only inside the airport but also in areas where passengers wait for pick-up, taxis, rental car shuttles and ride-hailing apps. As always, it is recommended travelers arrive early in anticipation of additional security screenings. ★

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2145 Q Street	1,201	1.12 Acres	\$449,990
6813 18th Street	2,185	1 Acre	\$480,000
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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