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# Carmichael Times

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JULY 16, 2021

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## An American Aviation Hero

*Museum Hosts African Americans in Aviation*



Chauncey E. Spencer II (left) brings his mobile museum to the Aerospace Museum of California. An image of his father (center) is central to the trailer exterior. Visiting the recent exhibit on African American achievement are James Ward and son Connor (2) and Southwest Airlines pilot Tyrone Ward. Captain Ward volunteers as an Aerospace Museum director.

**Story and photo  
by Susan Maxwell Skinner**

**MCCLELLAN, CA (MPG)** - An exhibition detailing contributions to aviation by African Americans touched down last week at the Aerospace Museum of California. Contained in a restored 1937 Pierce Arrow trailer, the program was viewed by more than 600 people in four days.

Trailer and curator Chauncey E. Spencer II began the educational pilgrimage in Palm Desert last year. "African Americans in Aviation" has since presented in 25 cities in 18 states. Repurposed as a mini-theater, Spencer's vintage trailer screens a documentary on his Greatest Generation father's achievements for flight and humanity. Against all odds in the 1930s, the pilot/civil rights activist found wings. He then

opened the door for other African Americans to fly. Preserving this part of Americana is a labor of love – and family pride – for the pioneer's son.

The elder Chauncey E. Spencer was raised by a poet mom and a business entrepreneur dad in Lynchburg, Virginia. Like millions of his generation, he was galvanized by the feats of aviation pioneers. When he sought flying lessons, an instructor told him: "We don't teach coloreds to fly, as they don't have the intelligence."

"Of course, that hurt my father," says the younger Spencer. "But it didn't break him." The Lynchburg family moved heaven and earth to pay for flying lessons. As US entered WWII, massive pilot-training programs were initiated – but only for white applicants. Spencer and fellow pilot Dale White began a campaign for change. They found sponsors for

a 10-city flight, geared to encourage Black Universities to teach aviation. The only aircraft the pilots could rent was a battered Lincoln Page biplane. When the WWI relic failed in flight over Ohio, sheer pilot skill achieved a miraculous and safe landing. The journey eventually ended in Washington DC, where a chance meeting with Senator Harry Truman did not just change White and Spencer's lives. The encounter reshaped a nation's military future.

Truman was impressed by the two pilots and their wizardry with their outdated flying banger. He lobbied President Franklin D. Roosevelt (via his powerful wife Eleanor) to end Negro ineligibility for civil pilot training. As a result, Congress passed a program that included funding for aviation studies in Black colleges.

*Continued on page 5*

## Medication Users Need To Know Summer Heat Risks

**By Samantha Mott,  
Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - As the weather heats back up it's important for everyone to have a plan for staying cool and hydrated. It is especially important for those who may be extra susceptible to heat and dehydration due to certain medications.

Some medications can impair the body's ability to regulate temperature. During hot and humid weather, individuals taking medications can be at increased risk of developing excessive body temperature, or hyperthermia.

"Individuals taking certain medications, including those used to treat mental illness, need to take extra precautions to ensure they have a plan for staying cool and hydrated," says Dr. Ryan Quist, Sacramento County Behavioral Health Director.

Those with chronic medical conditions are especially vulnerable, e.g. heart and pulmonary disease, diabetes and alcoholism, etc. Heat exhaustion is the most common heat-related condition, which is most likely to occur in people who are involved in physical activity outdoors during heat waves.

Keep as cool and hydrated as possible: drink plenty of water, avoid spending time outside, especially during the hottest part of the day, and limit outside activities as much as possible. Cooling down a few hours a day will allow the body to recover and tolerate the heat better for the rest of the day.

"It is important for individuals to continue taking their medications as prescribed," says Quist. "Those with questions or concerns regarding medications and heat should contact their prescribing clinician."

Don't get caught unprepared as temperatures keep reaching into the triple digits. Have a plan to stay cool, stay hydrated and be aware of the signs and symptoms of heat-related illness. ★

## The Heat is On for Concert Series



Beatles Tribute band Ticket to Ride laid down a beat for the first of Carmichael Park's 2021 concert events. Musicians are Kevin Arthur (left), Matthew Udall, Sherman Applegate, Robert Martino and Bud Ehrk.

**Story and photo  
by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - The Carmichael Park concert

season got off to a sizzling start last weekend. As the heatwave roared at 108 Fahrenheit, Beatles tribute band "Ticket to Ride" took center-stage to serenade

almost 200 baby-boomer stalwarts.

Musicians eventually stripped off Sergeant Pepper coats to perform two hours of Lennon

and McCartney in soaking jeans and tee shirts. Though giant on-stage fans wafted cool air inside the soundshell, Bandleader

*Continued on page 3*

**We  
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Our  
Military**

# Opportunity Among Chaos: Pandemic Startups

**Commentary**  
by Marcus N. DiBuduo

In tough times like these, courageous entrepreneurs strike boldly ahead with innovative ideas, often finding success when the future looks bleakest. It doesn't take a historian to know that notable companies forged their legacies when times were toughest: General Electric, Disney, and IBM, to name a few.

Rather than spending extra time on "honey do" lists that now surround you 24/7, spend the time and money working on your passion project: that novel business idea you've had, that product line you've been tinkering with, or teaming up with coworkers to start a new business in a known field.

Before cashing out your savings in hopes of achieving economic and emotional wealth, two steps are needed: identify your idea and develop a plan.

Step 1: Identify your winning idea

If you are going to be successful, you can't just focus on an idea that has the best return on investment (ROI).

The founders of all successful businesses have at least one thing in common: they had a personal interest in their business. If you are curious about running a restaurant, then talk to other restaurateurs. If you have an interesting idea for a mobile phone application, learn what it takes to develop an application from start to finish. If you have always been intrigued by electronic hardware or software development classes.

You can't successfully launch a business in an industry you know nothing about. During this "Great Reset," take time to find what you truly enjoy outside of the confines of the default hamster wheel.

Step 2: The Two (or Seven) P's



Spend the time and money working on your passion project: that novel business idea you've had, that product line you've been tinkering with, or teaming up with coworkers to start a new business in a known field. Photo courtesy Canva Studio

Many believe that the term "entrepreneur" is synonymous with "inventor." The difference however is significant: entrepreneurs are inventors who have heeded the adage of the "7 Ps" (two of the "Ps" are planning and preparation). Many people get so tied up in the technical aspects of developing their product or service that they forget the end goal – to make money.

From a legal standpoint, the crucial part of planning and preparation are protecting yourself and your ideas. The feudal protective strategies of the past – constructing a hefty castle and moat – have been replaced by modern day acts of forming legal entities, preparing written agreements, and acquiring patents or trademark registrations.

Your first step should be building the castle that protects you

and all of your treasures. The castle is the entity you decide to form. This entity, if properly formed, selected, and operated, should protect you from liabilities that may arise in your course of business.

While it may be appealing to use one of the great multitude of low cost online providers of "legal solutions," business attorneys can give countless stories of instances where such providers have sold houses made of straw instead of brick. You should engage legal advisors that can understand the complexities of your personal situation and the liabilities of your business.

Just like inviting visitors in your house during the pandemic, you need to be attentive to those that you invite into your castle. If you plan on having business partners, the rules and expectations

need to be clear at the outset. Is the ownership going to be equal? Is the effort going to be equal? Is the compensation going to be fair? Many would-be successful businesses fail because of unclear expectations.

While it may be uncomfortable to have these discussions with your partners, and it may feel as if signing written agreements with your business partners brings an air of untrustworthiness, it is crucial to have defined roles, responsibilities, and financial expectations up front. Frankly, greed, jealousy, and selfishness generally only appear after businesses become successful – and having proper agreements upfront are the best prophylactics to ensuring a stable and successful business.

If your product, service, or brand is unique – at the very

beginning stages - you must take steps to protect them. Patents are limited monopolies to make, use, and sell a certain product or service and are designed to restrict competition. Trademarks ensure that customers know from whom they are purchasing a product or service, and help prevent your competitors from taking sales from you. The laws to protect patents and trademarks are complex, and failure to take initial steps to protect them may foreclose protection later. Never disclose your idea to third parties without taking initial steps to protect them. Your hard work will be for naught if you don't take steps to prevent others from taking your ideas and competing with you.

Use the gift of time to contemplate taking a leap of faith and inventing and planning your future. ★

## Let's dance, we're vaccinated! Welcoming the return to normal



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# The Heat is On for Concert Series



*Continued from page 1*  
Matthew Udall considered the gig the hottest survived by his group. "We're grateful for the people who braved the heat to see us," he said. "We're a group effort and we all pulled

together to keep the show going." Carmichael's series continues July 17, with rock band Hipper Than Hip. The weather is expected to top at 93 degrees this Saturday. Remaining acts in the eight-week season are:

July 24...	Kyle Rowland Blues (blues and swing).
July 31...	Maya Latin Tribute (Latin hits).
August 7...	The Fryed Brothers Band (country and rock).
August 14...	Todd Morgan and the Emblems (rock).
August 21...	On Air (Chicago and Tower of Power covers).
August 28...	Great Wide Open (Tom Petty tribute).

**Downbeat for all shows is 6:30 pm.**

Learn about Carmichael Park's concert series at [www.carmichaelpark.com](http://www.carmichaelpark.com)



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# Sac County EMS Leader Named Director of the Year



Dr. Hernando Garzon

By **Samantha Mott**, Sacramento County News

**SACRAMENTO COUNTY, CA (MPG)** - Brave, dedicated, willing and reliable - these words describe the 80,000 licensed or certified Emergency Medical Services (EMS) providers in California. They demonstrate these qualities every day by coming to the aid of others when they are most in need and working to ensure that the EMS system operates well. However, each year, due to circumstance or extraordinary effort, certain individuals among us shine.

Sacramento County EMS Director, Dr. Hernando Garzon was named as the 2020 EMS Medical Director of the Year for his heroic acts and extraordinary contributions to EMS by the California Emergency Medical Services Authority (EMSA) earlier this month.

The EMSA seeks to recognize those individuals through the California Emergency Medical Services Awards Program. The awards program honors special accomplishments, meritorious and heroic acts, innovations or

fresh ideas to improve EMS in the state, or other unique and/or significant contributions by EMS personnel, physicians, nurses, EMTs, other medical providers, local officials, members of the law enforcement community, citizens, and first responders.

Dr. Garzon was selected for his tireless efforts and selfless leadership during the COVID-19 response. Through a long career in disaster response, Dr. Garzon learned how to organize a systematic approach and efficiently mitigate a large-scale incident.

During the pandemic, Dr. Garzon assisted the state by building models and predictive theories, enabling local and statewide leaders to be better prepared to respond to the approaching “storm” of patients. He continued leading one of the largest EMS systems in the state, guiding the development of an “Emerging Infectious Disease” policy that provided direction and clarity to the greater EMS community about a sensible approach to preventing transmission of the COVID-19 virus, mitigating the spread of the disease among the workforce, and safe return to work guidelines.

“I most enjoy working on EMS system-wide and quality improvement issues, because I see that as the key to ensuring the highest quality prehospital care for all people in Sacramento County,” said Dr. Garzon. “I also still enjoy Emergency Department shifts and caring for patients.”

When asked what a typical work day might look like for him, Dr. Garzon said “between clinical work, EMS work, and COVID-19 work with EMSA/CDPH in the last year, I don’t really have a “typical” work day. Of late, they have generally started with multiple conference calls, and a mix of Sacramento and State EMS work, as well as CDPH work for COVID-19. Several times a month I also get to throw in late afternoon Emergency Department shifts to round it out.”

Dr. Garzon’s Notable COVID-19 Projects: **Assisted EMSA** with the State EMS COVID guidelines and response; **Developed a template** for local EMS tiered response during COVID surge; **Developed a Hospital COVID-19 Burden Score** to rank hospital strain with COVID-19; **Lead the effort to write state pandemic crisis care guidelines**, Assisting with **development of the Alternate Care Site (ACSs) operations guidelines**; **Facilitated patient inter-facility transfers** to off-load over-burdened hospitals during COVID-19 patient surges; **Developing a simple growth model to project ICU availability** that was used to determine when the State entered and exited the Stay-At-Home-Order.

Sacramento County Department of Health Services has tremendous gratitude and thanks Dr. Garzon for all his important work. Please join us in congratulating him on this achievement. ★

# SASD Addresses Increase in Cockroaches

## Sacramento Area Sewer District

**SACRAMENTO REGION, CA (MPG)** - The Sacramento region has seen an increase of cockroaches this season and because these pests like dark, damp places, Sacramento Area Sewer District (SASD) is taking measures to address cockroaches in the sewer system.

The Sacramento Area Sewer District (SASD owns and operates 4,600 miles of sewer pipelines, including 67,000 sewer manholes. Many dark and damp environments, including landscaping, storm drains, crawl spaces, and sewer systems, can attract cockroaches. Over the years, SASD has used several cockroach control methods to address customer concerns and discourage cockroaches from inhabiting the sewer system.

### What is SASD doing to control cockroaches?

When a customer calls (916-875-6730) with a concern about cockroaches in the sewer system, SASD investigates within 2 hours. If the investigation confirms cockroach activity, SASD uses a number of proactive and reactive measures including:

**Fogging and Baiting:** SASD works with qualified pest control specialists to perform a pest control treatment where an insecticide fog is released that instantly kills roaches in the manhole, and bait is left behind to kill other roaches. After the treatment, we monitor for the effectiveness and re-treat when necessary; **Manhole Painting Pilot Project:** Recently, SASD implemented a new proactive pest control method called “manhole painting” that has the potential to be a more effective long-term cockroach control solution; **Preventative Maintenance Program:** In locations where SASD’s sewer pipes have a repeat history of cockroach activity, SASD performs ongoing inspections and cleanings to further address the issue.

### What is “manhole painting”?

Manhole painting is a pest control treatment process where latex paint that contains an insecticide is applied to the inside walls of a manhole. The goal is to provide a longer-lasting insecticide to

eliminate cockroaches over time. As part of a pilot project, 1,100 manholes were painted throughout SASD’s service area, with the goal of fewer roaches in the sewer system and fewer customer concerns. Once manholes are painted, SASD will conduct ongoing inspections to determine how effective this new method is. The pilot continued through December 2020 and SASD will implement this approach on a broader scale across SASD’s service area.

### Are these cockroach control methods safe?

Yes. SASD’s mission is to protect public health and the environment. As part of that commitment, SASD has worked with the Sacramento Regional County Sanitation District and others to ensure all eradication methods meet local, state, and federal requirements for the protection of public health.

### What if I see cockroaches after SASD has already come out?

If fogging and baiting was performed: Please allow 7-10 days from the date this was completed before calling to report cockroaches. While this method is highly effective, it may take several days to work completely; If the manhole was painted: Please allow three weeks from the date SASD came out to perform the inspection. As the goal is to provide a longer-lasting insecticide that kills cockroaches as they continue to enter the area, allow time for the treatment to affect as many cockroaches as possible. At the three-week mark, SASD will come back out to re-inspect the manhole and determine the appropriate next steps; SASD does not address cockroach issues on private property. If you see cockroaches on your property or in your home, please consider performing pest control treatment or contacting a pest management company, just as you might do for any other property-invading pest like ants, wasps, termites, or ticks.

For more information, check out these additional FAQs from SASD or visit the organization’s website at <https://www.sac-sewer.com/>. ★



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# The Impending Crisis: The Censored Truth



**Commentary by Harold Pease, Ph.D.**

A strange eerie silence stalks the land somewhat similar to that after Abraham Lincoln was elected president. The nation had already divided choosing sides. Everyone knew that electing Lincoln would be too much for the South and an impending crisis would break any time. It was on everyone's mind just below the surface and no one wanted to admit that it existed, but it did.

Senator John J. Crittenden had two sons each a general on each side of the Mason Dixon Line who stood on opposite sides. They would be fighting each other. In Congress he offered the Crittenden Compromise dividing the nation on that line and extending it west with slavery permitted south and prohibited north. No one cared.

Northern newspapers censored the southern view and the South the northern view. Only in the middle states, where a military conflict was most likely to occur, could the people get some semblance of both sides. The nation held its breath but still Fort Sumter came and thereafter 620,000 soldiers lost their lives.

Today, 161 years later, the major difference is that there exists no geographical line. Its rural vs. urban, neighbor vs. neighbor and family members vs. family members. Now the division line is socialism vs. freedom, globalism vs. patriotism. The censorship of the patriot side by the globalist controlled media is almost total – still everyone feels it. One side hates our flag, our anthem, our Constitution, our history, our national heroes, our police and seemingly our country itself, anxious to destroy it all. They also call everyone but themselves racist but are themselves the first to use race to define and divide others.

How do we defuse our impending crisis so that we too do not reach a point of no return as they? Truth Hammer of We the Media has the only real answer. In an email addressed to "Any honest people left...on the political left," he asks.

"As you know we are severely divided.... To avoid actual war we MUST have free and fair elections... and 1/2 of America really does believe the other half is now rigging elections. **Take a moment to allow this to sink in.**

"We really do believe YOUR chosen leaders colluded with the mainstream media Big Tech Censorship and rigged the election.

"If you really understand this, you'll be feeling some chills about now. How do you want to resolve this "powder keg" moment in American (and world) history?

"Will future generations look back with gladness that we found a civil way to work together? Or will this generation end up as a cautionary tale of how not to let political division progress to the point of no return?

"YOU have the power to play a role in the solution. If you are confident the election was not rigged, then you should be EAGER to prove that, no matter how many audits are needed because audits are cheap compared to the actual conflict that might emerge. If half the country comes to believe it has been backed into a corner by the other side with no way out.

"FACT. We've seen case after case dismissed by controversial decisions of technicalities or courts that straight up refused to take a case. Not one swing state case has been cited on the merits.

"You have weaponized our records against us and are blocking every effort to open up the election and even look on how it went down.

"Look forward, where do you think your present course of action leads? HINT the answer is right in the Marxist playbook, your leaders often quote from (We the Media, Ep. 2467b - Soon They Won't Be Able To Walk Down The Street, Election Fraud Panic Intensifies, X22 Report, May 2, 2021).

But unfortunately the

globalists oppose the ongoing Arizona audit and any other examination of the election of 2020 with passion and their media networks censor any info regarding such. Why? An old adage comes to mind, "Thou protests too much." Only those who know they cheated and that the outcome would show such, would protest with such vehemence.

**If you know that you won honestly** the normal response would be. "Please do it. Here are all our records. Examine our voting machines. Take all the time you need." "Let this issue be resolved forever." The Left have everything to gain by the audits. If vindicated their accusers would look like fools. Their media would have a field day with election fodder for years.

This is why you don't support audits. Over a thousand witnesses with sworn affidavits, under penalty of perjury, testifying they witnessed you cheat.

In August the Arizona audit will be released showing you cheated. Arizona will rescind its previous vote for Joe Biden. Other swing states will follow with audits of their own showing the same with their rescinding also. You will have to give the election back to its rightful winner. The vast majority of Americans will support this action not only because they respect free and fair elections and law and order but because they love our flag, our anthem, our Constitution, our history, our national heroes, and our police.

This is the only way to prevent a new civil war. Let us support the audit together. You can't censor away the eerie feeling of an impending crisis without it.

*Dr. Harold Pease is an expert on the United States Constitution and a syndicated columnist. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years. Newspapers have permission to publish this column. To read more of his weekly articles, please visit [www. LibertyUnderFire.org](http://www.LibertyUnderFire.org). ★*

# An American Aviation Hero

*Continued from page 1*

Nearly 1000 Black airmen and thousands of support staff soon formed in segregated squadrons. Aged 30, Spencer Sr was deemed too old to deploy. He served as a race relations officer for the Army Air Corps and continued the job as a civilian after the war. His work earned a 1948 Exceptional Civilian Service Award – the highest civilian honor given by the Army – for his fight against segregation in the military. He later became a Sheriff's Deputy and was appointed Commissioner for San Bernadino Police Department. Soon after his death in 2002, Spencer's Lynchburg home was made a National Monument.

Spencer and White's serendipitous encounter with Harry Truman was critical to the formation of the famous Tuskegee Airmen, whose heroism remains part of military legend. Deployed in Italy and North Africa, the airmen earned Silver Stars, Distinguished Flying Crosses and Bronze Stars. Purple Hearts were numerous and 66 Tuskegees gave their lives. They are today honored by Tuskegee Airmen Inc Chapters all over America. Placer Chapter spokesperson, Lanelle Roberts Brent (daughter of Tuskegee legend George "Spanky" Roberts), was among members welcoming Chauncey Spencer and his Pierce Arrow to McClellan. "His father's story is historic," says Roberts. "Without his meeting and

impressing Harry Truman, we might not have achieved the integrated military that we have today."

Notes Spencer: "I'm sharing a part of our history that often gets overlooked. It's important to remember the heroes who were willing to take the first brave steps on a journey that continues today." The Palm Desert resident's own journey continues from city to city; state to state. Supported by the non-profit National Colleges Resources Foundation, his next excursion comes later this month, at the invitation of the famous air show in Oshkosh, Wisconsin. Spencer tows his 19ft monument to his father's courage – embellished with iconic Tuskegee Airmen images – behind a Chevy Colorado truck. On the road, truck and trailer are constantly saluted. "People honked and waved and gave me thumbs-up all way home from Sacramento," reports the chauffeur. "I guess they're proud the museum is giving recognition and inclusion to all Americans."

Chauncey Spencer makes himself available as a speaker, educating in history and equality. "When we stop calling each other Black or White and start calling ourselves Americans," he attests, "our country will be headed in the direction it needs to go."

Learn about Spencer and his exhibit at [www.ces-ii.com](http://www.ces-ii.com)

For information on the local Tuskegee Airmen Chapter, visit: [www.taheritage.org](http://www.taheritage.org) ★

# Virtual Tap Talk Live: Ways to Save

**SSWD Staff**

**CARMICHAEL, CA (MPG)** - On Thursday, July 29th from 12:00 to 1:00 p.m., Sacramento Suburban Water District (SSWD) Water Conservation Supervisor Greg Bundesen will discuss the best ways to have a healthy, beautiful yard and be water-wise inside and outside of the home.

"Sacramento is experiencing the most severe drought of this century and it's vitally important to make every drop count," said SSWD Water Conservation

Supervisor Bundesen. "There are many easy actions people can take, such as improving the efficiency of their sprinkler system, to finding and fixing leaks that can make a huge difference."

The Tap Talk will cover: The state of the region's water supply; Tuning up your sprinkler system; Tips for watering trees and plants; The importance of healthy soil; SSWD's expanded rebate program

Complete details on how to attend the Zoom talk are available at: <https://www.sswd.org>. ★



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## Water Saving Can Be Beautiful When You Garden Like Nature Intended

By Debbie Arrington,  
BeWaterSmart.info

**SACRAMENTO, CA (MPG)** - Spring is the time to fall in love – with California native plants. From golden poppies to vibrant redbuds, they bloom in a rainbow of brilliant hues, brightening nearby hillsides as well as suburban landscapes. And these easy-care plants put on this eye-catching show even during dry years.

“Everything looks fantastic!” says landscape designer Soleil Tranquilli, owner of Tranquilli Gardens and a water-wise specialist. “This is the best time of year to see native gardens in Sacramento.”

Refreshed by winter rains, plants native to our Sacramento Valley and Sierra foothills look their best in early spring. That’s how nature intended; the better to attract bees. Their flowers provide needed nectar and pollen to dozens of native bee species.

Once established, these cast-iron perennials and shrubs can tolerate the driest conditions. Even in years with normal rainfall, they save water compared to traditional lawn-based landscaping because they naturally need less moisture year-round to look their best. That adaptability is a huge asset.

“Native plants and low water-use plants will be more climate change resilient in the future as well,” Tranquilli says. “When you plant natives, you use way less water,” Tranquilli adds. “You also spend way less time managing your garden. They are less expensive, too; there’s no need for chemical fertilizers and pesticides. It makes it better for

us when we make it better for nature.”

Need another reason? Rebates from your water provider may be available for lawn removal and landscape makeovers. Learn more at <https://bewatersmart.info/rebates-services/>.

You can view local examples at the Fair Oaks Horticulture in Fair Oaks Park or by visiting the WEL (Water-Efficient Landscape) Demonstration Garden created by the UC Cooperative Extension Master Gardeners of Sacramento County. The garden is open free daily, dawn to dusk. Details: [http://sacmg.ucanr.edu/Fair\\_Oaks\\_Horticulture\\_Center/Water\\_Efficient\\_Landscape\\_Garden/](http://sacmg.ucanr.edu/Fair_Oaks_Horticulture_Center/Water_Efficient_Landscape_Garden/)

Online, find extensive galleries of local landscapes featured on Gardens Gone Native garden tours. Hosted by the Sacramento Valley chapter of the California Native Plant Society, these tours showcase gardens using at least 25 percent natives. Visit: <https://www.sacvalleycnps.org/photo-gallery>.

Here are Soleil Tranquilli’s top five best native shrubs or perennials to grow in Sacramento region - **Bush anemone** (*Carpenteria Californica*): Evergreen shrub with showy white flowers. Golden currant (*Ribes aureum*): Can take Sacramento’s summer heat with practically no summer water. **Hummingbird sage** (*Salvia Spathacea*): Produces lots of fragrant pink and lilac flowers in dry shade. **Coffeeberry** (*Frangula Californica*): Makes a great hedge or divider that bees can’t resist. Cleveland Sage (*Salvia Clevelandii*): Gray-green aromatic foliage contrasts with whorls of blue flowers. ★

## Safe Swimming Pool Tips for Families

By Samantha Mott,  
Sacramento County News

**SACRAMENTO COUNTY, CA (MPG)** - Summertime is swimming time. As families enjoy gatherings and newly-opened swimming pools, Sacramento County Public Health reminds parents and caregivers to practice water safety tips in and around pools. Even inflatable pools can be dangerous for children.

In Sacramento County, 70 percent of drowning deaths occurred in children under the age of five, according to the Safe Kids Program of Greater Sacramento. Drowning is the leading injury-related cause of death for children ages 1-4, and many

of those deaths occurred in backyard pools or spas.

Here are a few tips to keep children safe while swimming in pools:

Watch your children at all times or designate an official Water Watcher who can swim to monitor children in or around the pool. This should be an adult who is 18 years old or older. Their ONLY job is to supervise children in the water – they should not be reading, texting or playing games on their phone; **Teach children** to stay away from drains in pools and spas; Ensure all pools and spas - both in a backyard and any public pool you may visit - have drain covers; **Keep a phone nearby** for use in

an emergency; Enroll your children in swimming and water safety lessons; **Learn infant and adult CPR; If a child is missing**, check the pool/spa first; Own a pool? Install **proper child-proof barriers**, covers and alarms on and around your pool and spa; **Cover pools** and spas when not in use; **Remove ladders** for above ground pools when not in use.

To download multi-lingual water safety posters and other useful materials, visit the Safe Kids Greater Sacramento website.

For more safety tips or to download a pool safety app, visit the U.S. Consumer Product Safety Commission’s Pool Safety program website. ★

## Get Ready for the Unexpected with a Disaster Go Bag

By Adrian M. Barnes,  
Jehova’s Witnesses News

**SACRAMENTO REGION, CA (MPG)** - Don’t think you need an emergency kit? Think again, say families who needed one.

Flashlights, bottles of water, a first aid kit, and ready-to-eat meal packs line the Royal family’s dining room table. The family isn’t going camping—they’re preparing for disaster by putting together a “go bag.”

Preparing in advance with a disaster-ready kit has helped families nationwide through extreme and abnormal weather events, which experts warn are on the rise.

Having lived in California all their lives, Sacramento residents Warren and Laurie Royal know the possibility of disaster. The Royals have even seen the Sacramento Valley impacted by disasters outside of fire season. “We have had our share of surprises. In the past, floods have devastated parts of the Sacramento Valley,” said Warren. “Preparing a go bag can be somewhat daunting. Our family has found the resources regarding disaster preparedness on the website [www.jw.org](http://www.jw.org) especially helpful. Practical, common sense suggestions are available to make preparation and execution of a disaster plan much



The Royal household prepares to face the unexpected with their go bags. Photo: Jehova’s Witnesses News Communications

easier.”

“Having a personal preparedness plan increases your chances of staying safe,” according to a training program from the Columbia University’s National Center for Disaster Preparedness.

Jolted awake by a neighbor’s urgent knocking, Aaron and Jacqueline Pate were horrified to see the encroaching flames of the fast-moving Woolsey fire that had been miles away when they went to bed. It burned to within 100 feet of their Westlake Village home in 2018 as part of California’s deadliest wildfire season on record.

“Because we had go bags, we weren’t running around trying to pack things at the last minute,” said Jacqueline. “We had the time we needed to comfort our kids and get everyone safely into the car.”

The Pates credited the

disaster-preparedness help they received as Jehovah’s Witnesses, both through periodic reminders at their congregation meetings and from tips for putting together go bags on the organization’s website, [www.jw.org](http://www.jw.org).

“Life is precious, so we encourage all to heed the Bible’s advice to take practical steps to protect ourselves from danger,” said Robert Hendriks III, spokesman for Jehovah’s Witnesses in the United States.

Go bags also have proven useful in the opposite circumstances as “stay bags.”

Disaster-preparedness suggestions and tips for putting together a go bag are available from FEMA at ready.gov and from Jehovah’s Witnesses at <https://www.jw.org/en/library/magazines/awake-no5-2017-october/disaster-steps-that-can-save-lives/>. ★

## CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See [legitgov.org](http://legitgov.org)

**Oregon may use National Guard for door-to-door COVID questions –Health official: ‘We’re looking to bring on a team’** | 9 July 2021 | After Joe Biden’s recent COVID move – a door-to-door visit to Americans to promote vaccines – was announced, one member of Congress openly suggested while the door knocks this year may concern COVID vaccinations, those next year might be about collecting Americans’ guns. But a report from Press California explains Oregon already is considering ways to implement Biden’s agenda, and “one tactic could be to send out the National Guard to neighborhoods.” The state actually has some 70% of its residents vaccinated, but “that’s not enough, according to zealous public health bureaucrats,” the report said. “In the state’s fourth most populous county, which includes the college town of Eugene, National Guard members may be among the teams designated to persuade people to take the shots, according to Jason Davis, Public Information Officer with Lane County Public Health,” the report explained.

**CNN medical analyst: life ‘needs to be hard’ for unvaccinated Americans – Wen urged President Biden to get behind ‘vaccine credentialing’** | 10 July 2021 | CNN medical contributor Dr. Leana Wen suggested Saturday that life needs to be “hard” for Americans who have not received a[n experimental] COVID-19 vaccine and individuals who refuse to get shots should perhaps face weekly testings. “It needs to be hard for people to remain unvaccinated,” Wen, the former Planned Parenthood president, said. “Right now, it’s kind of the opposite.” Unvaccinated people, she fretted, can at the moment go about their lives as normal without any consequence.

**Panetta calls on Biden to mandate COVID-19 vaccines for military** | 10 July 2021 | Former Defense Secretary [deep-state nut-job] Leon Panetta said that Joe Biden should require all military members to get the COVID-19 vaccine. In an interview with Greta Van Susteren set to air on Sunday, Panetta said it was a matter of “national security.” “I frankly think the president ought to issue an order requiring everybody in the military to get a COVID-19 shot, period. That’s an issue involving our national security,” Panetta, who served under the Obama administration, said... The vaccines are under an emergency use authorization by the Food and Drug Administration (FDA). Therefore, the Pentagon cannot legally require that all military members get the vaccine, although Biden could grant an exception to this rule.

**Sen. Rand Paul to Introduce Bill to Bar ‘Farce’ Mask Mandate on Planes** | 11 July 2021 | Sen. Rand Paul (R-Ky.) said that he will reintroduce legislation that would bar the public transportation mask mandates on airplanes that were implemented earlier this year by the federal government. “When the Senate returns to session, I will be introducing an immediate repeal of the mask mandate on planes. Enough! Time to stop this farce and let people travel in peace!” he wrote last week on Twitter. On his second day in office, Joe Biden signed an executive order requiring that face coverings be worn when using all forms of public transportation, including inside airports and on airplanes.

**Texas Investigating 386 More Cases of Voter Fraud, Attorney General Tells CPAC** | 11 July 2021 | Texas Attorney General Ken Paxton told an audience at the Conservative Political Action Conference (CPAC) on July 11 that his office is investigating nearly 400 more cases of voter fraud and told audience members that concern about election fraud isn’t overblown. The 386 cases that are being investigated come in addition to more than 500 cases that his office has prosecuted, Paxton said, without elaborating on the details of some of the cases. “Do not believe the narrative because in Texas we are going to fight election fraud,” Paxton said, adding that Republicans would have struggled during election day last year if his office didn’t stop local election officials from breaking rules around balloting.

**Trump easily wins CPAC 2024 GOP presidential nomination straw poll** | 11 July 2021 | Former Presidentv Donald Trump easily won the 2024 GOP presidential nomination poll at the Conservative Political Action Conference (CPAC) gathering this weekend in Texas. Trump, who’s repeatedly flirted with making another presidential run in 2024 to try and return to the White House, captured 70% of ballots cast in the anonymous straw poll, according to results announced by CPAC on Sunday afternoon. That’s a boost from the 55% support he won in the hypothetical 2024 Republican primary matchup straw poll at CPAC Orlando in late February. ★



### Dare to Live Without Limits

by Bryan Golden

### Nice People Finish First



Chances are that you’ve heard the expression, “nice guys finish last.” Nothing could be further from the truth. This statement is used by many to justify less than ethical treatment of others.

Under the guise of not wanting to finish last, people engage in inconsiderate conduct. At best, this type of behavior will give the illusion of short-term gains. These apparent gains come with a high price; the forfeiture of building a solid foundation of living which will last a lifetime.

Being nice is not synonymous with subjugating your dignity or your right to assert yourself. Don’t allow yourself to be used as a doormat. Everyone, at one time or another, has been in a situation where they felt obligated or pressured to agree to do something that they didn’t want to.

Being nice entails being considerate, polite, respectful and thoughtful. Being nice means not elevating yourself by stepping on others. Being nice requires understanding that you are not better than someone else and no one is better than you. Being nice compels you to help people without expecting anything in return.

Unfortunately, there are those who view being nice as a sign of weakness and as an invitation to take advantage. However, no one can take advantage of you without your permission and participation.

Your response when someone tries to take advantage of you sets a precedent that determines how you are subsequently treated. Unless you make your limits clear, people will continually try to push your boundaries.

Your limits will be tested on several fronts: at work, by family, and by friends. Each situation requires a different approach. At work you have an obligation to perform certain services in return for your pay. But when requests fall outside your normal job responsibilities, you must decide whether you want to or should comply.

It’s not uncommon to experience direct or implied pressure that your employment or advancement might be affected if you say no. This is a very uncomfortable position to be in, but it happens.

Be clear in your own mind what your limits are. Don’t allow yourself to be held hostage because you are afraid to say no to unreasonable or inappropriate requests.

If you are so concerned by job security that you won’t say no, you essentially broadcast that you have no limits. As a result, you will continually be taken advantage of. When appropriate, say no, and you will usually find that nothing bad happens and you are treated with more respect.

Requests from family and friends are somewhat

different. Guilt and peer pressure is used to cajole you into doing what someone else wants. Exceed your boundaries and you will be taken advantage of repeatedly. Decline requests with politeness and a smile.

Be diplomatic by saying things like “Thank you for asking, but I have a prior obligation” or “I’ve already made other plans” or “If you had only asked me sooner” or “Thanks for thinking of me but that’s not something I’m interested in.”

Sometimes you will decline a request because of the way you’ve been treated. If this is the case, don’t express it as your reason for saying no. Take the high road and don’t get caught in the trap of retribution. All that matters is that you don’t do what you don’t want to do. You are not obligated to justify your actions or explain yourself.

If you don’t respect your own limits, no one else will. Demand respect and you’ll receive it. Get in the habit of not allowing others to take advantage of you.

**NOW AVAILABLE:** “Dare to Live Without Limits,” the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columbian.com](mailto:bryan@columbian.com) or write him c/o this paper. © 2021 Bryan Golden ★



## Joy And Happiness

He lost his wife. Then he lost his brother and sister-in-law. Did he give up? No way. This engineer who taught people to fly has taken on the task of helping people to fly on their own spiritually. He wants people to have the same wonder and joy from life that he has every morning...even at his age of 87. David Peters says you can have it too and shares his story in "The Twelve Steps to Joy and Happiness."

**1. Admit we are powerless over our ego - that our lives are unmanageable and filled with unease and restlessness.**

Eventually most people realize that life is not satisfying just obtaining more things. Something seems to be missing, and we find ourselves searching.

**2. Come to believe that a power greater than our ego could restore us to sanity.**

After struggling to find joy and happiness, many begin to realize a power beyond their own may be the only solution to finding joy and happiness.

**3. Made a decision to turn our will and lives over to the care of God.**

Almost in despair, we turn to this source outside of ourselves to find a solution to fear and dissatisfaction.

**4. Make a fearless examination of what is preventing us from surrendering our life to the care of god as you understand God.**

What is causing the unhappiness and what can I change to find joy?

**5. Admit to God, to ourselves, and to another person, the nature of our fears, resentments, worries, anxieties and grievances.**

Admit to God and to another human the

exact nature of what we are doing to ourselves to cause failure.

**6. Ask god to remove the barriers to a full and rich life.**

Once we recognize the exact nature of our fears, we ask God to simply remove them.

**7. Acknowledge both the light and dark elements of our nature.**

Accept our internal weakness, our shadow, our human frailties as well as the goodness of life we have.

**8. Take responsibility for our choices.**

Our human frailties and shadows cause us to do the things we don't want to do. If you have injured someone, ask for forgiveness.

**9. Commit to a life of healing and transformation.**

Once we understand our weaknesses we can recognize them as they arise and move beyond them to live the truth of our inner being.

**10. Continue To Examine Our Life And Pursue A Spiritual Solution.**

You may find yourself reverting to inner shadows, but surrendering to God, the spiritual solution will ease our path.

**11. Use prayer and meditation to increase contact with God.**

Daily prayer and meditation are necessary.

**12. Commit to continued exploration of the sacred dimensions of our life.**

A wise person said to really learn a subject, teach it. So it is with finding joy and happiness. Only by sharing your story can you see the value of doing the daily effort to maintain the connection.

Learn more about David at [www.DavidLendonPeters.com](http://www.DavidLendonPeters.com). Bring more joy and happiness to your life too! ★

## California has a Segregation Problem



By Dan Walters  
CALMatters

Deeply blue California's top political figures, from the governor downward, portray the state as a model of multi-cultural integration.

In fact, however, as a new study from UC-Berkeley's Othering & Belonging Institute reveals, most California metropolitan areas have high levels of racial segregation in housing and it has become more pronounced over the last two decades. Oddly, too, California's segregation tends to be highest in areas most likely to lean to the left politically.

The Los Angeles-Long Beach-Santa Ana metropolitan area, the study found, is the nation's sixth most segregated region of 200,000 residents or more. Other California areas with high levels of segregation include San Francisco-Oakland (25th), San Diego (38th), San Jose (45th) and Sacramento (82nd).

Of the 11 California regions on the report's "high segregation" list, only two, Bakersfield (37th) and Fresno (72nd), hew to the right politically. The San Luis Obispo-Paso Robles area, which also is somewhat conservative politically, is one of only two regions in the nation deemed to be highly integrated, the other being Colorado Springs, which is a Republican bastion.

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accessible news that informs Californians and empowers them to engage with their state government. We couldn't have reached this moment without our supporters. Support our mission with a donation during our birth-month.

Okay, so California is not the exemplar of integration it often pretends to be. But isn't the state trying to make its housing patterns more inclusive?

Officially, yes. State housing guidelines and recent legislation seek more integration of multi-family housing into what have been exclusively single-family neighborhoods as determined by local zoning laws. A mixture of housing types, it's argued, would create more neighborhood diversity.

Those efforts, however, have faced stiff opposition in suburban communities where single-family homes predominate, with the fiercest resistance in suburbs dominated by Democratic voters, such as Marin County.

The outcome of California's housing war remains in doubt. However, as California pursues – at least on paper – more integration in housing, it seems to be encouraging more segregation in political representation through a concept called "community of interest" or COI.

When California's Citizens Redistricting Commission, created by a statewide ballot measure, first tackled the redrawing of legislative and congressional districts in 2011, it assumed that one of its jobs was to identify COIs and make them a dominant factor in redistricting.

The commission is just beginning to do its work again, using still-to-be-released data from the 2020 census, and is putting even

more emphasis on COIs, although how to define them remains uncertain.

The current commission is staging "COI input meetings" around the state and seeking participation but admits in its latest invitation that "there are no clear rules on how to define a community of interest."

It's assumed that under federal law, redistricting plans must not inhibit the ability of ethnic and racial groups to elect representatives. To insulate the new maps from legal challenge, the commission will use data on concentrations of potential voters (over the age of 18 and citizens) to create "majority-minority" districts that, in effect, preordain the election of legislators and congressional members from the designated communities.

Although California's overall population has seen only scant growth over the last decade, whites have continued to decline proportionately while Latino and Asian populations have increased. Thus, as the state's leading redistricting expert, Paul Mitchell, has written, "it's more likely than ever that the data will tell (the commission) there are more majority-minority districts that need to be drawn than ever in light of heightened segregation within our cities and counties."

So on one hand, California officialdom says it wants to lessen segregation in housing, but on the other hand it wants to reinforce racial and ethnic segregation in legislative and congressional districts. That's California in a nutshell.

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



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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05866 Jesselle M. Legaspi, 9995 Autumn Sage Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Plantastic Plush" 9995 Autumn Sage Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County June 18, 2021. Publish: June 25 & July 2, 9, 16, 2021 PLUSH 180201 7-16-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05862 The Grid Laundry, 5567 Arnett Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "The Grid Laundry, Grid Laundry" 930 T Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County June 18, 2021. Publish: June 25 & July 2, 9, 16, 2021 GRID 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05860 AVD Builders, 7610 Park Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "AVD Construction" 7610 Park Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 18, 2021. Publish: June 25 & July 2, 9, 16, 2021 AVD 80201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05844 Michael Ruatos Aurelio, 7361 Verdugo Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Hella Fresh Auto Detailing" 7361 Verdugo Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County June 18, 2021. Publish: June 25 & July 2, 9, 16, 2021 FRESH 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05490 Scott Pvo, DDS Inc, 6137 Landis Avenue, Carmichael, CA 95808 is doing business under the Fictitious Business Name(s) "Gold River Pediatric Dentistry" 11230 Gold Express Drive, Suite 302, Gold River, CA 95670. Filed with the Clerk of Sacramento County June 9, 2021. Publish: June 25 & July 2, 9, 16, 2021 GOLD 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05883 Gary Harrell & Shirley Alexander, 6720 Rancho Pico Way, Sacramento, CA 95828 are doing business under the Fictitious Business Name(s) "Shower Works" 6720 Rancho Pico Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 18, 2021. Publish: June 25 & July 2, 9, 16, 2021 SHOWER 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05981 Parvinder Kaur, 1950 Hebron Circle, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Orangevale Food and Liquor" 8940 Greenback Lane, #100, Orangevale, CA 95662. Filed with the Clerk of Sacramento County June 23, 2021. Publish: June 25 & July 2, 9, 16, 2021 ORANGE 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05875 Brian York, 7755 Sun Hill Drive, Apt. 209, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "F.T. (Family Treas)" 7755 Sun Hill Drive, Apt. 209, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 18, 2021. Publish: June 25 & July 2, 9, 16, 2021 F.T. 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05973 Carlos Jimenez, 3301 North Park Drive, Unit 2312, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "House of Jimenez Films" 3301 North Park Drive, Unit 2312, Sacramento, CA 95835. Filed with the Clerk of Sacramento County June 22, 2021. Publish: June 25 & July 2, 9, 16, 2021 HOUSE 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05956 Celia R. Coughlin-Surrige, 3011 Sybil Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Celia Rose Creative Consulting" 3011 Sybil Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 22, 2021. Publish: June 25 & July 2, 9, 16, 2021 CELIA 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05674 Davis Chung, 8421 Tragus Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Davis Handyman" 8421 Tragus Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County June 15, 2021. Publish: June 25 & July 2, 9, 16, 2021 DAVIS 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06041 CC101, Inc., 6435 Florin Perkins Road, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Kolas 103" 6435 Florin Perkins Road, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 24, 2021. Publish: June 25 & July 2, 9, 16, 2021 KOLAS103 18020 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06045 Sharp Source, 6666 Fruitridge Road, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Kolas 106, THC" 6666 Fruitridge Road, Sacramento, CA 95820. Filed with the Clerk of Sacramento County June 24, 2021. Publish: June 25 & July 2, 9, 16, 2021 KOLAS106 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06044 Doc's, Inc., 1704 Main Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Kolas 105, Doctors Orders" 1704 Main Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County June 24, 2021. Publish: June 25 & July 2, 9, 16, 2021 DOCTORS 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06042 C9 Alliance, Inc., 5711 Florin Perkins Road, Suite A, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Kolas 104, Cloud 9" 5711 Florin Perkins Road, Suite A, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 24, 2021. Publish: June 25 & July 2, 9, 16, 2021 CLOUD 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06040 Perchta, Inc., 8848 Fruitridge Road, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Kolas 102, House of Organics" 8848 Fruitridge Road, Sacramento, CA 95826. Filed with the Clerk of Sacramento County June 24, 2021. Publish: June 25 & July 2, 9, 16, 2021 HOUSE 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06039 Alternative Medical Center, Inc., 1220 Blumenfeld Drive, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Kolas 101, AMC" 1220 Blumenfeld Drive, Sacramento, CA 95815. Filed with the Clerk of Sacramento County June 24, 2021. Publish: June 25 & July 2, 9, 16, 2021 AMC 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06065 CleanHouse Company LLC, 5150 Sunrise Boulevard, No F-5, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Valley Cleaning Service LLC" 5150 Sunrise Boulevard, No F-5, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 25, 2021. Publish: June 25 & July 2, 9, 16, 2021 CLEAN 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05649 Shantae A Coffey, 6219 Riverside Boulevard, #9, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Coffey Staffing Solutions" 6219 Riverside Boulevard, #9, Sacramento, CA 95831. Filed with the Clerk of Sacramento County June 14, 2021. Publish: June 25 & July 2, 9, 16, 2021 COFFEY 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05839 Bitches & Trees, 5960 S Land Park Drive, #677, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Bitches & Trees" 5960 S Land Park Drive, #677, Sacramento, CA 95822. Filed with the Clerk of Sacramento County June 17, 2021. Publish: June 25 & July 2, 9, 16, 2021 TREES 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05669 Dorothy Katherine Williamson, 1500 La Sierra Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "O'Mally's" 1109 Second Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County June 15, 2021. Publish: June 25 & July 2, 9, 16, 2021 O'MALLY 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05348 Kimberly L George, 5015 Madison Avenue, Apt. A7, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Ephesians Tutoring, Corinthians Tutoring" 5015 Madison Avenue, Building A, Apt. A7, Sacramento, CA 95841. Filed with the Clerk of Sacramento County June 4, 2021. Publish: June 25 & July 2, 9, 16, 2021 EPHES 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05353 Abdul Wali, 2009 Landon Lane, Apt. #2, Sacramento, CA 95825 and Asadullah Aslariyan, 5148 El Camino Avenue, Apt. #15 are doing business under the Fictitious Business Name(s) "Tolo Halal Foods" 2009 Landon Lane, Apt. #2, Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 4, 2021. Publish: June 25 & July 2, 9, 16, 2021 TOLO 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05889 Joyce and Richard Anderson, 7511 Fairway Two Avenue, Apt. G, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Eye on Health Now" 7511 Fairway Two Avenue, Apt. G, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 21, 2021. Publish: June 25 & July 2, 9, 16, 2021 EYE 80201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06113 Sabino Gutierrez A, 4744 Baker Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Alvarado Cabinets" 8561 Thys Court, #B, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 28, 2021. Publish: June 25 & July 2, 9, 16, 2021 ALVAR 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06112 Sergio Antonio Gutierrez, 4308 36th Street, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "G and A Millwork" 8561 Thys Court, Suite B, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 28, 2021. Publish: June 25 & July 2, 9, 16, 2021 G&A 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06116 Capitol Assessment Management LLC, 2968 Del Paso Boulevard, Suite E, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Property Brothers Investment Group" 2968 Del Paso Boulevard, Suite E, Sacramento, CA 95815. Filed with the Clerk of Sacramento County June 28, 2021. Publish: June 25 & July 2, 9, 16, 2021 PROP 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06080 Gustavo Zamora Cuna, 3433 W River Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "GZ Trucking" 3433 W River Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County June 25, 2021. Publish: June 25 & July 2, 9, 16, 2021 GZ 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05702 U-Haul Co of California, 44511 Grimmer Boulevard, Fremont, CA 94538 is doing business under the Fictitious Business Name(s) "U-Haul Co of Metro Sacramento" 1650 El Camino Avenue, Sacramento, CA 95815. Filed with the Clerk of Sacramento County June 16, 2021. Publish: June 25 & July 2, 9, 16, 2021 UHAUL 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05808 Jynny Babcock, 5801 Topp Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Best Self Found" 5801 Topp Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 17, 2021. Publish: June 25 & July 2, 9, 16, 2021 BEST 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05159 Tracy L. McLaughlin LLC, 3801 Florin Road, Suite 102, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Auto Shop" 3801 Florin Road, Suite 102, Sacramento, CA 95823. Filed with the Clerk of Sacramento County May 28, 2021. Publish: June 25 & July 2, 9, 16, 2021 AUTO 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06184 Parisa Shoja, 136 Tomlinson Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Young Minds Psychology" 13405 Folsom Boulevard, Building 200, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 30, 2021. Publish: July 9, 16, 23 & 30, 2021 YOUNG 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-05695 Select Comfort Retail Corporation, 1001 Third Avenue South, Minneapolis, MN 55404 is doing business under the Fictitious Business Name(s) "Sleep Number" 2170 Gateway Oaks Drive, Suite 150N, Sacramento, CA 95833. Filed with the Clerk of Sacramento County June 15, 2021. Publish: July 9, 16, 23 & 30, 2021 SLEEP 18020 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06237 Madison Kimball, 4444 Greenvale Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Powerlux Fitness" 11440 Sunrise Gold Circle, Suite 7, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County June 11, 2021. Publish: July 9, 16, 23 & 30, 2021 POWER 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06264 Denise Jones, 5985 Devecchi Avenue, Apt. 274, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Unique Loving Hands" 5985 Devecchi Avenue, Apt. 274, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 2, 2021. Publish: July 9, 16, 23 & 30, 2021 UNIQUE 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06136 Just Some Vets LLC, 953 King George Way, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Just Some Vets Insurance Agency" 4750 Natomas Boulevard, Space 140, Natomas, CA 95835. Filed with the Clerk of Sacramento County June 28, 2021. Publish: July 9, 16, 23 & 30, 2021 JUST 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06172 Tashalida A Richardson, 4112 39th Avenue, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "The Worx, TBS WORX, The Black Soapbox" 2251 Florin Road, Suite 24, Sacramento, CA 95822. Filed with the Clerk of Sacramento County June 30, 2021. Publish: July 9, 16, 23 & 30, 2021 WORX 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06071 Jerald Kristen Beasley, 4650 Shade Tree Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "I'm working On It Auto Detail" 4650 Shade Tree Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County June 25, 2021. Publish: July 9, 16, 23 & 30, 2021 WORK 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06175 Aprille Cochran Mauldin and Eric Mauldin, 8634 Breanna Court, Sacramento, CA 95828 are doing business under the Fictitious Business Name(s) "Majestic Event Rentals & Services" 8634 Breanna Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 30, 2021. Publish: July 9, 16, 23 & 30, 2021 MAJEST 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06176 Aprille Cochran Mauldin, 8634 Breanna Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "3i, Logomaniac" 8634 Breanna Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 30, 2021. Publish: July 9, 16, 23 & 30, 2021 3i 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06154 Kelly Morse, 10565 Georgetown Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "To Dye For Salon" 1725 Iron Point Road, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 29, 2021. Publish: July 9, 16, 23 & 30, 2021 TODYE 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06033 Yrma Garcia, 2011 Wright Street, Apt. 6, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Pipi's Waffles, The Papi Waffles" 2011 Wright Street, Apt. 6, Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 24, 2021. Publish: July 9, 16, 23 & 30, 2021 PIPi 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06125 Theodore Soria, 7340 Kilborn Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Groomology" 7340 Kilborn Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 28, 2021. Publish: July 9, 16, 23 & 30, 2021 GROOM 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06219 Onkar S. Rai & Harmit K. Rai, 5645 La Casa Way, Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "The Shipping Center & More" 4628 Watt Avenue, North Highlands, CA 95660. Filed with the Clerk of Sacramento County June 30, 2021. Publish: July 9, 16, 23 & 30, 2021 SHIPP 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-06035 Comaax Group Corporation, 7226 Novato Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Comaax Financial, Comaax Technologies" 7226 Novato Court, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County June 24, 2021. Publish: July 9, 16, 23 & 30, 2021 COMAAX 180201



# Supreme Court, NCAA Decisions Embolden Advocates for College Athlete Compensation

By **Matthew Reagan,**  
**CALMatters**

Advocates for college athlete compensation in California are on a hot streak. First the state passed a first-in-the-nation law allowing players to sign paid endorsement deals, and 20 states followed its example. Now, with both a recent U.S. Supreme Court decision and a National Collegiate Athletic Association rule change challenging the idea that students shouldn't make money from athletics, legislators are pushing to move up the effective date of the California law to this fall and expand it to cover community college athletes.

"The amateurism ideals have been weakening over time, not only with just player movements, advocate movements, but also because of litigation that's currently playing out," said Eddie Comeaux, a professor of higher education at UC Riverside who studies college athletics.

The NCAA has previously barred athletes from earning money for their performance, aside from scholarships. But the Supreme Court's 9-0 ruling June 21 allows colleges to also cover as

much as \$6,000 per year in education-related expenses for athletes, such as laptops and study abroad programs. While it didn't directly strike down the NCAA's amateurism model, a concurring opinion from Justice Brett Kavanaugh signaled a willingness to do so, spurring hope among advocates that more avenues for player compensation could be on the horizon.

Then Wednesday, the NCAA announced that it won't penalize athletes for taking advantage of state laws like California's that allow them to profit from the use of their name, image and likeness. "With the variety of state laws adopted across the country, we will continue to work with Congress to develop a solution that will provide clarity on a national level," NCAA President Mark Emmert said in a press release.

"The Supreme Court's ruling basically told the NCAA you've got to follow the law, you're not immune to antitrust, you cannot be a monopoly," said state Sen. Nancy Skinner, the author of the Fair Pay to Play Act, which passed the California Legislature in 2019. She's now pushing a bill that amends the law to take

effect Sept. 1, rather than in 2023. It passed the Assembly's higher education committee this week, and would need to receive a two-thirds vote by the Assembly and be signed by the governor to become law.

State laws giving college athletes the ability to pursue money-making opportunities also went into effect Thursday in Georgia, Florida, Alabama, New Mexico and Mississippi.

Athletes on the Sprter app can sign endorsement deals, sell social media shoutouts and book in-person experiences such as a training session with fans. It's just one of a number of ventures already sprouting up as the new NCAA rules take effect this week. Hanna and Haley Cavinder, twin sisters who play for Fresno State's basketball team, told ESPN they had already signed their first endorsement deal with Boost Mobile on Wednesday.

Unlike the original Fair Play to Pay Act, Skinner's new bill would afford California's community college athletes the same freedom to profit from their name, image and likeness as their peers at four-year universities. The bill has the support of the California

Community College Chancellor's office.

"Students should not have to sit by and watch others profit off of their hard work and labor without being equitably compensated for it, just because they participate in college athletics – and that includes our many community college student-athletes as well," spokesperson Rafael Chávez said in a statement to CalMatters.

California's two public university systems, the University of California and California State University, said they were monitoring the bill. "UC continues to work with Senator Skinner, and members of the state Legislature, to ensure that the University is prepared for an accelerated implementation date of Sept. 1," spokesperson Ryan King said in a statement.

Some advocates for college players want to go even further. A bill this year by state Sen. Sydney Kamlager would have required colleges to pay their athletes a royalty for use of their name, image and likeness if the revenue a sports program generates is more than double the amount it awards in athletic scholarships. The bill,

introduced when Kamlager was an Assemblymember, would also have beefed up enforcement of Title IX, the federal law barring sex discrimination in sports and other educational programs, and placed a cap on salaries for college coaches.

It stalled in the Assembly. But the recent decisions by the Supreme Court and NCAA could pave the way for California to take more aggressive action on athlete compensation going forward, said Ramogi Huma, the executive director of the National College Players Association, which advocates for the rights of college athletes.

"A 9-0 decision saying that this is an exploitative industry and college athletes deserve more compensation should be a green light for the state of California to once again reshape college sports in a way that's more equitable for players," Huma said.

*Reagan is an intern with the CalMatters College Journalism Network, a collaboration between CalMatters and student journalists from across California. This story and other higher education coverage are supported by the College Futures Foundation. ★*

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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 #34-2021-00302875		SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302868		SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302716		SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00303075					
<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302615</p> <p>Claudette Ward has filed a petition with this court for a decree changing the name(s) of Charlie Jurrell Ward to Charlie Jurrell Smith. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 12, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 17, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 SMITH 180101 7-23-21</p>		<p>Kevin The Pham has filed a petition with this court for a decree changing the name(s) of Kevin The Pham to Huy The Pham. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 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: June 22, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 PHAM 180101 7-23-21</p>		<p>Mihai Iusuc has filed a petition with this court for a decree changing the name(s) of Mihai Iusuc to Mihai Yushchuk. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 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: June 22, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 YUSH 180101 7-30-21</p>		<p>Juan H. Rodriguez has filed a petition with this court for a decree changing the name(s) of Juan H. Rodriguez to Johnny H. Rodriguez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 18, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 21, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 RODRIG 180101 7-30-21</p>		<p>Michael, Leticia, Caden &amp; Caris Tanner have filed a petition with this court for a decree changing the name(s) of Michael David Tanner to Michael David Hughes, Leticia Tanner to Leticia Hughes, Caden James Tanner to Caden James Hughes, and Caris Blake Tanner to Caris Blake Hughes. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 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: June 25, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 16, 23, 30 &amp; August 6, 2021 HUGHES 180101 8-6-21</p>		<p>August 19, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 22, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 16, 23, 30 &amp; August 6, 2021 JOHNSON 180101 8-6-21</p>			
<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302612</p> <p>Rhonda Gail Smith has filed a petition with this court for a decree changing the name(s) of Rhonda Gail Smith to Sakeenah An-Nur. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 12, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 17, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 AN-NUR 180101 7-23-21</p>		<p>Alvin Mei &amp; Xinyi Ruan have filed a petition with this court for a decree changing the name(s) of Fiona JingLan Mei to Fiona XiaoLan Mei. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 17, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 18, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 MEI 180101 7-23-21</p>		<p>Delphina Christina Sanchez has filed a petition with this court for a decree changing the name(s) of Delphina Christina Sanchez to Delphina Christina Hernandez-Sanchez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 18, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 21, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 SANCH 180101 7-30-21</p>		<p>Blair Noelle Nunes has filed a petition with this court for a decree changing the name(s) of Blair Noelle Nunes to Blair Noelle Sturm. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 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: June 25, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 STURM 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302739</p> <p>Delphina Christina Sanchez has filed a petition with this court for a decree changing the name(s) of Delphina Christina Sanchez to Delphina Christina Hernandez-Sanchez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 18, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 21, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 SANCH 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00303066</p> <p>Blair Noelle Nunes has filed a petition with this court for a decree changing the name(s) of Blair Noelle Nunes to Blair Noelle Sturm. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 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: June 25, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 STURM 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302948</p> <p>Eric Branden Johnson Diamond has filed a petition with this court for a decree changing the name(s) of Eric Branden Johnson Diamond to Eric Branden Johnson. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 11, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 16, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 16, 23, 30 &amp; August 6, 2021 SAMADI 180101 8-6-21</p>	
<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302338</p> <p>Robin Craft &amp; Derek Craft have filed a petition with this court for a decree changing the name(s) of Rizalino de Leon to Rizalino Craft. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 10, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 14, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 CRAFT 180101 7-23-21</p>		<p>Anthony J. Lettridge &amp; Jo-Anna R. Carriosa have filed a petition with this court for a decree changing the name(s) of Anthony Joseph Lettridge to Anthony Joseph Servantez and Jo-Anna Rose Marie Carriosa to Jo-Anna Rose Marie Servantez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 26, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 23, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 SERVANTEZ 180101 7-30-21</p>		<p>Fnu Nasrullah and Fnu Maryam have filed a petition with this court for a decree changing the name(s) of Fnu Nasrullah to Nasrullah Haidari and Fnu Maryam to Maryam Haidari. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 19, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 22, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 HAID 180101 7-30-21</p>		<p>David Jr. Gonzalez has filed a petition with this court for a decree changing the name(s) of David Jr. Gonzalez to David Gonzalez Ram. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 18, 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: June 21, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 RAM 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302768</p> <p>David Jr. Gonzalez has filed a petition with this court for a decree changing the name(s) of David Jr. Gonzalez to David Gonzalez Ram. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 18, 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: June 21, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 RAM 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302799</p> <p>Ella Glyem has filed a petition with this court for a decree changing the name(s) of Ella Glyem to Ella Ilyushenko. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 18, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 21, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 GLEYM 180101 7-30-21</p>			
<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302670</p> <p>Guixiang Qu has filed a petition with this court for a decree changing the name(s) of Guixiang Qu to Jessie Qu Frassetto. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 17, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 21, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 QU 180101 7-23-21</p>		<p>Anthony J. Lettridge &amp; Jo-Anna R. Carriosa have filed a petition with this court for a decree changing the name(s) of Anthony Joseph Lettridge to Anthony Joseph Servantez and Jo-Anna Rose Marie Carriosa to Jo-Anna Rose Marie Servantez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 26, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 23, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 SERVANTEZ 180101 7-30-21</p>		<p>Evelyn Susana Arroyo has filed a petition with this court for a decree changing the name(s) of Evelyn Susana Arroyo to Evelyn Valerie Abend. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 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: June 23, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 ARROYO 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302944</p> <p>Fnu Sharifullah has filed a petition with this court for a decree changing the name(s) of Fnu Sharifullah to Sharifullah Mangal. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 24, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 23, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 MANG 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302560</p> <p>Cynda Suzanne Pelott has filed a petition with this court for a decree changing the name(s) of Cynda Suzanne Pelott to Cynda Suzanne Warr, Sophia Sky Pelott to Sophia Sky Warr and Elijah Storm Pelott to Elijah Storm Warr. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 11, 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: June 16, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 WARR 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302560</p> <p>Cynda Suzanne Pelott has filed a petition with this court for a decree changing the name(s) of Cynda Suzanne Pelott to Cynda Suzanne Warr, Sophia Sky Pelott to Sophia Sky Warr and Elijah Storm Pelott to Elijah Storm Warr. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 11, 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: June 16, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 WARR 180101 7-30-21</p>			
<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302730</p> <p>Karuppannan Palaniyandi has filed a petition with this court for a decree changing the name(s) of Karuppannan Palaniyandi to Karuppannan Palaniyandi Karuppannan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 18, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 21, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 2, 9, 16 &amp; 23, 2021 KARUP 180101 7-23-21</p>		<p>Marina P. Schanov has filed a petition with this court for a decree changing the name(s) of Marina P. Schanov to Marina P. Yanchinska. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on August 19, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 22, 2021 Shama H. Mesiwala, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 YANCH 180101 7-30-21</p>		<p>Mitchell Bruce Holsobake has filed a petition with this court for a decree changing the name(s) of Mitchell Bruce Holsobake to Mitchell Bruce Runquist. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 25, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 28, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 RUNQU 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00303108</p> <p>Mitchell Bruce Holsobake has filed a petition with this court for a decree changing the name(s) of Mitchell Bruce Holsobake to Mitchell Bruce Runquist. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 25, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 28, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 RUNQU 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302560</p> <p>Cynda Suzanne Pelott has filed a petition with this court for a decree changing the name(s) of Cynda Suzanne Pelott to Cynda Suzanne Warr, Sophia Sky Pelott to Sophia Sky Warr and Elijah Storm Pelott to Elijah Storm Warr. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 11, 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: June 16, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 WARR 180101 7-30-21</p>		<p>SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00302560</p> <p>Cynda Suzanne Pelott has filed a petition with this court for a decree changing the name(s) of Cynda Suzanne Pelott to Cynda Suzanne Warr, Sophia Sky Pelott to Sophia Sky Warr and Elijah Storm Pelott to Elijah Storm Warr. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on August 11, 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: June 16, 2021 Christopher E. Krueger, Judge of the Superior Court Publish: July 9, 16, 23 &amp; 30, 2021 WARR 180101 7-30-21</p>			

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**PUBLIC NOTICE**  
**NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY**

Notice is hereby given that the intends to sell the personal property described below to enforce a lien imposed on sold property pursuant, to sections 21700-21716 of the business and professions code, section 2328 of the UCC, section 535 of the penal code and provisions of the civil code. The undersigned will sell at a public sale, by competitive bidding on or after **Friday, July 22nd, 2021, at 9:15am** on the Premises where the said property has been stored, and which are located at **Store & Go LLC, 21 Massie Court, Sacramento, 95823**. The following delinquent tenants' items described as appearing to be and/or possible: Misc. Furniture, household items, boxes, clothing, tools, art, (contents unknown)

{Bowman, Jacquelyn} {Cornelius, Mariah} {Edwards, Carole} {James, Zachary} {Navarette, Sabrina} {Summerlots, Christine} {Wiggins, Christopher} {Fields, Rickie} {Connor, Pamela} {Harp, Vivian} {Seidel, Jamie} {Washington, Syni} {Black, Scott} {Moore, Cheryl} {Appel, Tracy} {Mojica, Thomas} {Sommons, Kaaceam} {Shrader, Jessica} {Bankston, Devin} {Marie-Stites, Dawn} {Turk, Sheri} {Zambrano-Flores, Jennifer} {Wilkins, Deborah} {Lopez, Cindy} {Montiero, Joseph} {Frinzell, Terese} {Murphy, Geneva} {Jones, Emma} {Turner, Desiree} {King-Jeter, Timiera} {Croft, Vinnie} {Garrison, James} {Esparza, Monica} {Whalen, Gregory} {Cotera, Audrey} {Morris, Melvia} {Stokes, Nzingha} {Brooks, Staci} {Visscher, Ian De} {Linden, Kenneth} {Ingram, Reginald} {Dias, Rossini} {Garcia, Imelda} {Ling, Deb} {Alexander, Dorothy} {Flores, Mary} {Walker, Bruce} {Saephanh, Fay} {Crimmins, Cynthia} {Cox, Seana} {Bandhu, Sharmila} {Price, Ebony} {Renfro, Hassan} {Ball, Kevin} {Peters, Pam} {Corley, Dana} {Miller, Dana} {Paz, Luis} {Murphy, Geneva} {Soberanis, Letha} {Cahoon, Stephanie} {Adame, Crystal} {Atkinson, Tiffany} {Saeachao, Kao} {Anderson, Rahodga} {Khan, Trina} {Gonzalez, Eric} {Lewis, Will} {Winstead, Therese} {Wriden, Arthur} {Slocum, Tracy} {Stafford, Warner} {Dongelman, Stephanie} {Tribbey, Dawn} {Nonog, Suzy} {Robertson, Shoshana} {Beterley, Elisa} {Nudo, Racquel} {Rutherford, John} {Wright, Michael} {Lewis, Kristen} {Chavez Sr, Joseph} {Silva, Michelle} {Williams, Gregory} {Ayala, Angelina} {Willis, Kasavi} {Jefferson, Edward} {Raygoza, Michael} {Stafford, Brenda} {McGhee, Dedrick} {DeLaNux, Elizabeth} {Suarez, Maria} {Ngaue, Ahofolau} {Jones, Sandra} {Williams, Lanie} {Shorter, Samantha} {Jakobi, Emery} {Smothers, Lorenzo} {Maneewong, Nekebu} {Grubbs, Gina} {Carter, Nikole} {Reed, Devorah} {Boston Jr., Marin} {Palmer, Johnny} {Abelia, Karen} {Holmes, Calvin} {Marquan, Davis} {Davis, Evelyn} {Smalls, Louis} {Hartman, Ron} {Mattison, McIwain} {Jeffery, Elbert} {Doan, Thuy} {Byrd, Chanel} {Rhyam, Ellis} {Carroll, Addison} {Flemons, Jeff} {Swift, Jerome} {Edsall, John} {Weathers, Jasmine} {Samuel, Raven} {Cota, Stephanie} {Ker, Kyra} {Lanzdaj, Michael} {Garcia, Brenda} {Johnson, Antoinette} {Collins, Sharon} {Lipscomb, Keako} {Maldonado, Raymond} {Davis, Pamela} {Muhammad, Terrance} {Thebau, Jason} {Wilson, Tony} {Kahana, Paul} {Stone, Dante} {Prevo, Edward} {Pool, Ebony} {Saeurn, Mely} {Loadholt, Tamila} {Cabita, Donnie} {Rodriguez, Lishane} {Davis, Volynicia} {Faulkner, Fred} {Fields, Antoinette} {Gilmore, Patricia} {Haile, Duane} {Logan, Danny} {Ederger, Derrick} {Seidel, Terra} {Gonzalez, Julio} {Johnson, WC} {Curtis, Jazmine} {Taufeolau, Eneasi} {Jimenez, Mark} {Lee, Zipporah} {Hargrave, Velve} {Finn, Nathan} {Rollins, Delvita} {Satterfields, Gerald} {Watkins, Yolanda} {Hunter, Melinda} {Hawarnech, Kecia} {Winter, Amber} {Swanson, Flora} {Hicks, Jasmine} {Pruitt, David} {Cooper, Malik} {Elliott, Andre} {Jamerson, Stanley} {Benton, Kareem} {Jones, Margaret} {Nelson, Kenneth} {Tomlinson, Thomas} {Peoples, Keith} {Young, Keishia} {Young, Robert} {Perez, Charles} {Norman, Stacy} {Mitchell, Connie} {Rohrs, Barbara} {Stallworth, Michael} {Howard-Jonson, Amiracle} {Natur-Gro-Lawn, Frank} {Puetra} {Springer, Sheila} {Crumbly, Victor} {Rodriguez, Janae} {Sanchez, Diana} {P} {Schradner, Rick} {Aguilera, Victor} {Manuel} {Edwards, Peggy} {Howard, Anne} {Hillis, William} {Saeachao, David} {Dillard, Darrell} {Petz, Tulo} {Duncan, Yvette} {Johnson, Jesse} {Smith, Elaine} {Brass, Jessica}

Purchases must be paid for at the time of purchase with cash only, all purchased items sold as is, where is, and must be removed at the time of sale. Sale subject to cancellation in the event of settlement between owner and obligated party. Dated this 9th DAY OF July, 2021 AND THIS 9th DAY OF July, 2021

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July, 9th, 16th day of publication, 2021

Carmichael Times July 9 and 16, 2021

# With Summer in Full Swing, Local Museums Welcome the Community

By Traci Rockefeller Cusack, T-Rock Communications

**SACRAMENTO REGION, CA (MPG)** - As local museums continue to ramp-up, fully reopen, and welcome the community back, many favorite destinations offer plenty of must-see and must-do experiences perfect to explore this summer. In compliance with all state, city and county guidelines, most local museums have reopened in some capacity (while some have modified hours/offers, are open by appointment only, etc.).

The community is encouraged to show support for local museums by making plans to visit their favorite destinations (or discover new ones). As a starter list, a sampling of must-see and must-do experiences and activations offered by local museums this summer include the following:

**California Museum** - Developed by the California Museum in collaboration with First Partner Jennifer Siebel Newsom, the must-see exhibit "Fight for the Right: 100 Years of Women Voting" continues through August 29. The limited-time exhibition features artifacts, historic photographs and interactive activities that chronicle

the struggle for women's suffrage from the mid-19th century to the ratification of the 19th Amendment in 1920, drawing parallels to the ongoing fight for women's equality that continues today. For details, please visit [www.californiamuseum.org/fight-right](http://www.californiamuseum.org/fight-right).

**California State Capitol Museum** - Surrounding the California State Capitol is a free, must-see luxurious 40-acre park in downtown Sacramento with shady winding paths, flowers in bloom, benches, and plantings from all around the world...some of which are the largest trees of their kind in the state. And, for virtual tours inside the museum and more, please visit [www.capitolmuseum.ca.gov](http://www.capitolmuseum.ca.gov).

**California State Railroad Museum** - Presented and curated by the National Model Railroad Association (NMRA), the must-see "The Magic of Scale Model Railroading" exhibit appeals to all ages and is designed to introduce and attract a new generation of scale model railroading enthusiasts. Visitors are treated to an impressive number of model train layouts and locomotives, information panels, a Timeline of Scale Model Railroading, and much more. For more, please visit

[www.californiarailroad.museum](http://www.californiarailroad.museum).

**Crocker Art Museum** - Organized by the Richard H. Driehaus Museum and toured by International Arts & Artists, Washington, DC, Louis Comfort Tiffany: Treasures from the Driehaus Collection is a celebration of beauty. The must-see exhibition revels in Tiffany's artistry and craftsmanship, featuring 60 objects that span more than 30 years of Tiffany's prolific career. Now on view through September 12, 2021, more information is available at [www.crockerart.org/exhibitions](http://www.crockerart.org/exhibitions).

**Locke Boarding House Museum** - Located in the historic and picturesque town of Locke, one new and must-see exhibit at the museum is titled "Locke - From Its Founding to WWII." The fascinating exhibit offers a glimpse into the daily lives of the early Chinese residents and merchants of Locke. A sample of artifacts on display include an extensive collection of pre-war clothing, household items, tools, musical instruments, traditional Chinese medicines, and information placards. For more information, please visit <http://www.locke-foundation.org/locke-museums/boarding-house-museum/>.

**Sacramento History Museum**

- An absolute must-do experience is to take an interpretive Old Sacramento Underground tour (the cool underground spaces are especially nice on a hot summer day). Guests have the unique opportunity to explore what has been hidden beneath the city for more than 150 years, while uncovering the facts and legends that lie below historic buildings and sidewalks. Tour guests explore excavated foundations, enclosed pathways and interesting archaeology exhibits while hearing sounds of 1860 street life. Old Sacramento Underground Tours are offered Fridays through Sundays. For tour times and more details, please visit [www.sachistorymuseum.org](http://www.sachistorymuseum.org).

**Sutter's Fort State Historic Park** - New this summer, California State Parks is offering extended evening hours during the months of July and August. On Fridays and Saturdays, operating hours will be extended to 8 p.m. so visitors can enjoy an evening visit that often provides more shade, a nice delta breeze, and must-see sunsets during self-guided tours or the Park. For more information, visit [www.parks.ca.gov/suttersfort](http://www.parks.ca.gov/suttersfort).

**Verge Center for the Arts**

- To kick-start creativity, Clay Lab is a must-do, hands-on experience that is open to everyone (supplies and firings provided) on Tuesdays from 5 to 8 p.m. & Saturdays from 10 a.m. to 1 p.m. Those interested in "playing in the mud" can simply drop in this open lab and explore on their own or receive guidance from friendly and knowledgeable staff. For more about classes and pass options, please visit [www.vergeart.com](http://www.vergeart.com).

For more information about upcoming activities offered by Sacramento area museums visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org).

*Comprised of more than 25 greater Sacramento area museums working in partnership with Visit Sacramento, SAM's mission is to raise awareness of local museums by giving the community the opportunity to discover the region's fine art, history, science and wildlife treasures. SAM achieves its mission through implementing cooperative promotions and developing strategic marketing alliances, by encouraging sharing of knowledge and resources among its partner institutions. For more information, visit [www.SacMuseums.org](http://www.SacMuseums.org).* ★

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**Crossword Puzzle on Page 11**

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

**STATEPOINT CROSSWORD • MOTTOES AND SLOGANS**

**CLUES**

**CROSS**

- 1965 march site
- Bottle top
- Dried up
- Can't see the forest for this?
- \* \_\_\_\_ You Need is Love
- \_\_\_\_-upper
- End of a poem
- Filmmaker Spike
- Like a good athlete?
- \*\*Tastes So Good!, Cats Ask for It by Name
- \*\*The Quicker Picker Upper
- Duke of Cambridge to Prince of Wales
- Blood vessel
- The Jackson 5 1970 hit
- Plural of velum
- Havanese or Pekingese
- High school formal
- What the phone did
- Abrupt increase
- \_\_\_\_ John's: "Better Ingredients. Better Pizza."
- Working shoelaces
- Island east of Java
- Shockingly graphic
- Hurtful remark
- Design detail
- Canine's coat
- Law school prerequisite, acr.
- a.k.a. Tokyo
- Muscovite or biotite
- Uber alternative
- \*\*Let's Go Places" advertiser
- \*\*Can You Hear Me Now?" advertiser
- On the fritz
- Wharton degree
- Upholstery choice
- Bell-bottoms bottom
- Emergency responder, acr.
- Prenatal test, for short
- Medieval Northern European
- Be obliged
- Reconnaissance, for short

**DOWN**

- Part of a flute
- Marine eagle
- What malevolent and levorotary have in common
- Jellicles' cries
- Isaac of science fiction fame
- Burnt metal residue
- India pale \_\_\_\_
- Annapolis frosh
- Leo or Virgo, e.g.
- Sign above a door
- Count on
- Before, poetically
- Floras' partners
- Apathetic
- Crude fuel
- Flavoring from Madagascar
- \*\*Think Different" advertiser
- Former Milwaukee Brewer All Star Ryan
- Dried coconut meat
- \*\*Betcha Can't Eat Just One" advertiser
- Drinking establishments
- Blind alternative
- Checked out
- \*\*So Easy, a Caveman Can Do It" advertiser

**Crossword Puzzle Solutions on Page 11**

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20			21	22			
		23				24					
25	26	27		28	29		30	31	32	33	34
35		36		37			38		39		
40				41			42		43		
44			45		46				47		
48				49		50		51		52	
			53		54		55	56			
57	58	59				60			61	62	63
64					65	66		67			
68					69			70			
71					72			73			

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**Sudoku Puzzle on Page 11**

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

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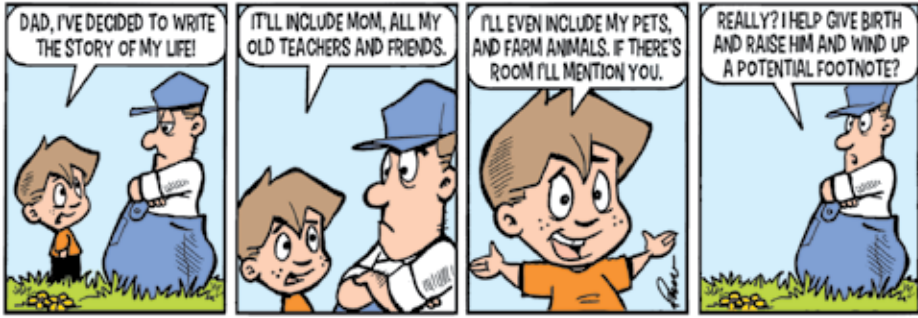
CALL 1-855-208-9533

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

Solutions on Page 11

# WEEKLY COMICS

## Amber Waves



by Dave T. Phipps

## The Spats



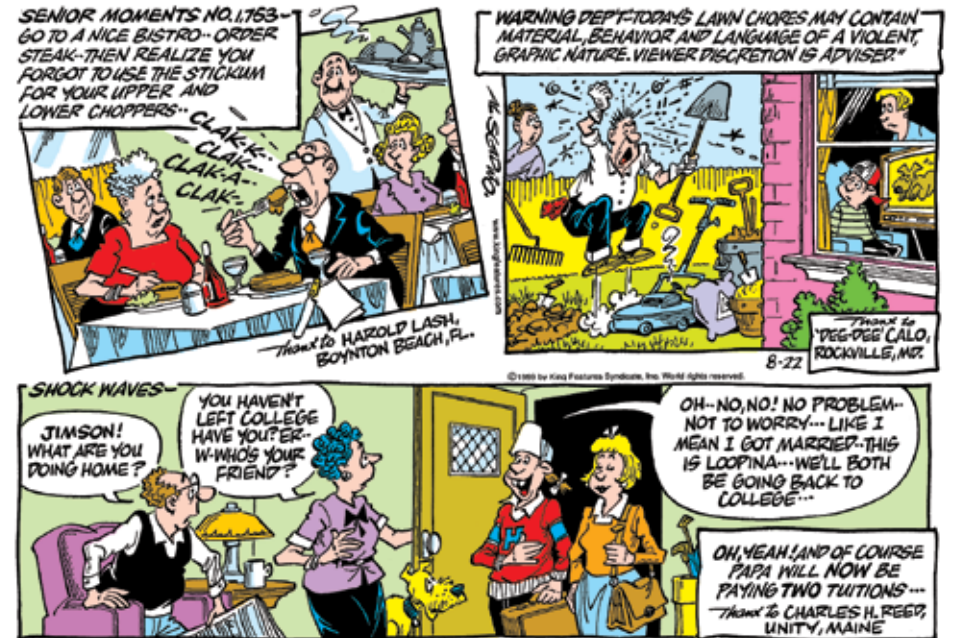
by Jeff Pickering

## Out on a Limb



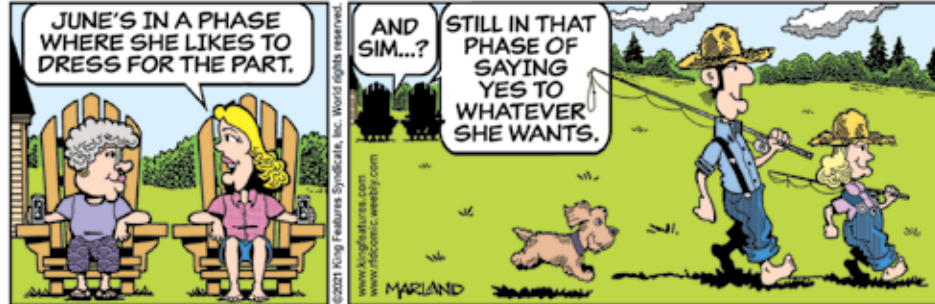
by Gary Kopervas

## THEY'LL DO IT EVERY TIME



BY AL SCADUTO

## R.F.D.

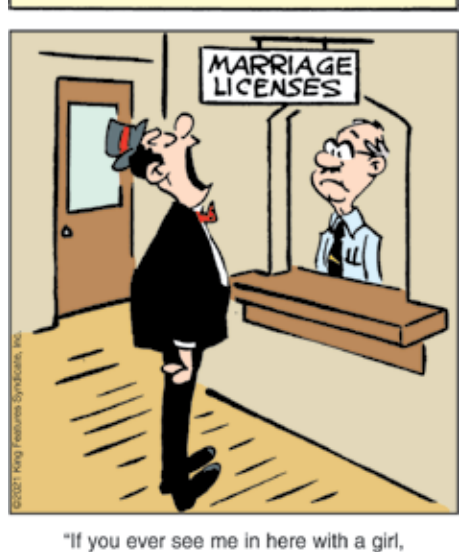


by Mike Marland

## GRIN AND BEAR IT



## LAFF-A-DAY

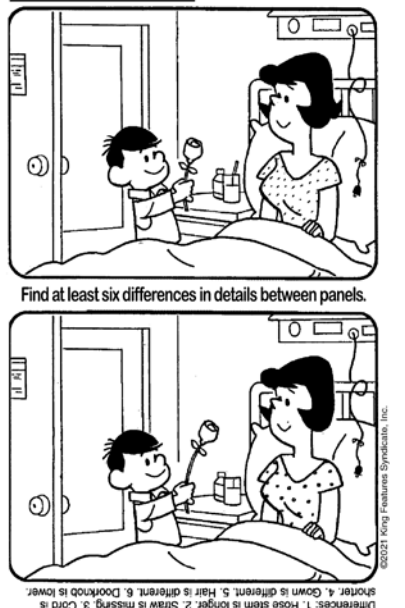


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•Absorbx 15 lb

Limit 2 Boxes Per Family  
**ON SALE**  
Effective 7/14/21 - 7/20/21

**NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD**  
Lamb Meal & Rice 30 Lb Bag  
•Adult •Small Bites •Large Breed

Limit 2 Bags Per Family  
**\$38.99**  
Effective 7/14/21 - 7/20/21

**NUTRO CANNED DOG FOOD**  
•Healthy Stew •Premium Loaf  
All Varieties except Limited Ingredient Grain Free (IAMS Canned Dog Food 13 Oz. \$1.15)

12.5 Oz Can  
Limit 2 Cases  
**\$1.69**  
Effective 7/14/21 - 7/20/21

**FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD**  
16 Lb Bag

Limit 2 Bags per Family  
**\$11.99**  
Effective 7/14/21 - 7/20/21

**SCOOPAWAY CLUMPING CAT LITER**  
42 Lb Bag  
•Multi-Cat Formula

Limit 2 Bags Per Family  
**\$12.99**  
Effective 7/14/21 - 7/20/21

**WILDERNESS DRY CAT FOOD AS MARKED**  
•Chicken •Duck •Salmon •Indoor  
•Weight Control 100% Grain Free  
11-12 Lb Bag Limit 2 Bags

**\$4 OFF**  
OUR REGULAR LOW PRICES!

**EARTH BORN HOLISTIC DRY DOG FOOD**  
Natural Grain-Free  
•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch (25 Lb)  
•Light Control •Large Breed 28 Lb Bag (Reg Price \$43.99)

Limit 2 Bags Per Family  
**\$39.99**

Limit 1 case  
**EARTH BORN HOLISTIC CANNED CAT FOOD**  
•Catalina Catch •Harbor Harvest  
•Monterey Medley •Chicken Catcaciatori 3 Oz. 5.5 Oz.

Selected Varieties  
**\$1.25**

3 FREE Core Dog Food 12.5 Oz Can With Each purchase  
**CORE GRAIN FREE DRY DOG FOOD**  
•Ocean •Reduced Fat  
Original **\$61.99** **\$64.99**

**NATURALLY FRESH CAT LITER** 100% Natural Walnut-based  
14 Lb Bag Limit 2 Bags **\$5.49** 10 Lb Pellets **\$8.99** Multi-Cat Clumping **\$9.99**

**NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITER**  
Bio-Enzymatic Formula  
10 Lb Bag Limit 2 Bags **\$6.99**

**9 LIVES DRY CAT FOOD**  
•Grilled Tuna & Egg 12 Lb Bag  
Limit 2 Bags Per Family **\$7.99**

**GRAVY TRAIN DRY DOG FOOD**  
35 Lb Bag Limit 2 Bags **\$14.99**

**PURELY FANCY FEAST CANNED CAT FOOD**  
2 oz. All Varieties  
Limit 1 Case **\$1.09**

Limit 2 Bags Per Family  
**SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD**  
•Adult •Mature •Sensitive Stomach 15.5 Lb  
•Lite •Indoor 13.5Lb •Urinary 15.5 Lb •Perfect Weight 15 Lb **\$39.99**

**BLUE BUFFALO TASTEFULS CANNED CAT FOOD**  
•Pate •Flaked 3 oz & 5.5 oz.  
As Marked **20% OFF**  
OUR REGULAR PRICE

**BOXIE CAT CAT LITER**  
•Probiotic •Gently Scented •Scent Free (Natural & Extra Strength)  
16 Lb **\$2.00 OFF** 28 Lb **\$3.00 OFF**

**ASPEN PETMATE PET BEDDING**  
All Varieties, Including Self Warming Bedding  
**20% OFF**  
OUR SUPER LOW PRICES

**SAVORY PRIME RAWHIDE**  
Rawhide Bones 4-5" - 8-9" **\$8.49**  
6-7" **\$8.99**  
Retriever Roll **\$12.49**  
100% Rawhide

**PET SAFE BUSY BUDDY Toys & Treats**  
All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**VITAKRAFT & KAYTEE TREATS & STICKS**  
•Small Animals •Birds •All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**BOXED GLASS TANK WITH STARTER KIT**  
10 Gal Tetra LED Deluxe... **\$63.99** 29 Gal Tetra LED Deluxe... **\$133.99**  
20 Gal Tetra LED Deluxe... **\$109.99** 55 Gal Tetra LED Deluxe... **\$229.99**

**AQUEON BOXED 10 GALLON TANK With Economy Kit**  
Just add Heater For Tropical Fish **\$44.99** Limit 1 Per Family

**KORDON WATER CONDITIONERS**  
Amquel 16 Oz... **\$7.99**  
Amquel Plus 16 Oz... **\$8.99**  
Novaqua Plus 16 Oz... **\$8.49**

**REEF CRYSTALS**  
50 Gal. Salt Mix **\$18.99**

**BONUS COUPON**

**FANCY FEAST GOURMET CANNED CAT FOOD**  
3 Oz - All Varieties Except Elegant Medley  
Limit 1 Case Per Family  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 7/14/21 - 7/20/21

**ON SALE Everyday**  
CHM PLU 361

**BONUS COUPON**

**FRISKIES PARTY MIX CAT TREATS**  
2.1 Oz •Selected Varieties  
Limit 2 Pkgs With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 7/14/21 - 7/20/21

**\$1.25**  
CHM PLU 573

**BONUS COUPON**

**JONNY CAT PREMIUM CAT LITER**  
20 Lb Bag  
Limit 1 Bag With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 7/14/21 - 7/20/21

**\$4.19**  
CHM PLU 362

# Ask Toni

## What is a Retiree HRA Account?



Toni King

Hi Toni:

My husband is an oil company retiree and two weeks ago, we received a letter stating that his employer is terminating current Medicare eligible retirees group benefits with a termination date of September 30, 2021, when the plan renews.

His employer has chosen a specific HRA company to help us choose the right Medicare and Part D options and assist with administering the HRA account that pays our insurance premiums. My husband and I will want an appointment with your office to sort out what is the right option for our retiree benefits.

We do not want a major catastrophe by making the wrong decision for our future Medicare needs.

Thanks, Becky from Sugar Land area

Becky:

I have good news for you because I personally attended an Employer Retiree Educational Seminar recently. The seminar was professionally presented with the speaker making sure that all the Retirees questions were answered.

The insurance rep advised all that attended to discuss with their doctors, hospitals, and pharmacies which Medicare Advantage, Medicare Supplement and Medicare Part D plans, they accepted. She discussed how to prepare for the phone consultation and that the retiree and spouse will be assigned a specific benefits counselor not a random customer service rep that moves on to the next phone call.

From the meeting, I learned that for the remainder of 2021, the retiree and spouse who are in a Retiree plan will have a specified amount to help pay for Medicare and Prescription drug plans monthly cost.

A Health Reimbursement Arrangement (HRA) is an account that has been established for the employee (you) and funded by an employer. You can use the funds in your HRA to receive reimbursements for eligible health care expenses up to the allocated amount.

The HRA is tax-free if the retiree and/or

spouse meets certain requirements to qualify for the HRA funding.

Once you have enrolled in a Medicare plan through employers which provide HRAs, one will then have access to the HRA and use the HRA to reimburse your costs for items listed below:

- All or a portion of the monthly premiums for individual Medicare Supplemental insurance, Medicare Advantage plans, Medicare Part D Prescription drug plan.
- Medicare Part B or D premiums (if any)
- Eligible medical out of pocket such as coinsurance, co-payments and deductibles
- Dental and/or vision premiums enrolled thru the HRA plan.

• Your HRA can be used to pay for all IRS Code Section 213 (d) expenses.

The speaker discussed “what is a guaranteed issue” time for the retiree who is enrolled in Medicare Part A and B with health issues which prevents one from qualifying for a Medicare Supplement medically.

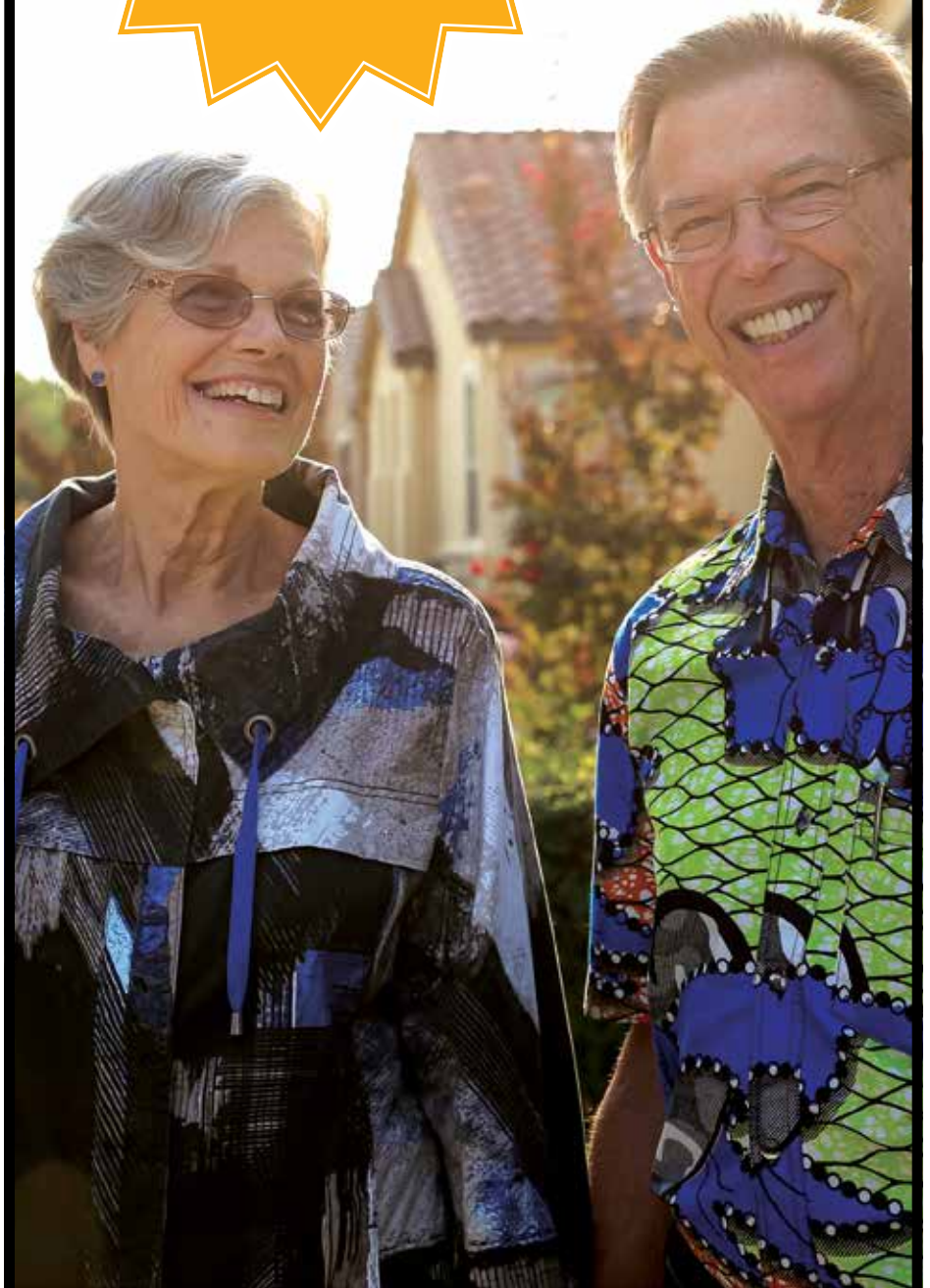
With guaranteed issue rights, an insurance company must:

- Sell you a Medigap/Medicare Supplement policy. “You have the right to buy any Medigap/Medicare Supplement Plan A, B, C, F, K or L that’s sold in your state by any insurance company if your Medicare Part A starts prior to January 1, 2020. Those who’s Medicare Part A begins after January 1, 2020 qualify for Medicare Supplement Plan A, B, D, G K or L with plans C and F no longer available.
- Cover all your *pre-existing health conditions*.
- *Cannot charge you more for a Medigap/Medicare Supplement policy, regardless of past or present health problems.*

Have questions regarding Retiree Medicare plan changes or personal Medicare issues email the Toni Says® team at [info@tonisays.com](mailto:info@tonisays.com) or call 832/519-8664.

**2021 Confused about Medicare and LTC Zoom** webinar is Thursday, July 29th at 4:00 PM. Visit [www.tonisays.com](http://www.tonisays.com) to sign up for Toni’s new webinar event.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at [www.tonisays.com](http://www.tonisays.com) or call 832/519-8664. ★



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AUGUST 7 - FRYED BROTHERS COUNTRY ROCK	AUGUST 28 - GREAT WIDE OPEN CLASSIC ROCK, TRIBUTE

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 (Chinese: 11:30am - 8:30pm)

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Guava 2.49	Blueberries 6 oz 1.99	Limes 10/\$1	Mexican Papaya .89
White Dragonfruit 6.99	Young Thai Coconut 19.99	Big Taro 79	Walnut 8 lb Bag 13.99
			Yellow Onions 4lbs/\$1

**To Our Valued Customers,**  
 We will continue to offer the best prices possible during these challenging times. Our KP team is working very hard and have your families and our communities in mind. Please honor "social distancing" and be patient in your shopping experience and courteous to all in the store.  
**THANK YOU** for shopping at KP International Market.

**FROZEN & FISH DEPT**

Frozen Shrimp Tempura 10 pcs \$4.99/ea	Dried Persimmon 3 lb Box \$10.99/ea
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**WEEKLY MEAT SPECIALS** \*SUBJECT TO AVAILABILITY

Beef New York Roast - Boneless \$5.79/lb	Beef Bottom Round Steak - Boneless \$3.99/lb
Beef New York Steak - Boneless \$5.99/lb	Beef Rump/Bottom Round Roast - Bnls \$3.99/lb
Ground Beef \$3.99/lb	Country Style Pork Loin Ribs - Bnls \$1.99/lb
Pork Loin Roast - Boneless \$1.79/lb	Pork Loin Chops Boneless \$1.99/lb

**AMERICAN/HISPANIC GROCERY**

CVT - TAX Kfir Lichon Beer 12 PK Cans 12 x 12 fl oz \$11.99	CVT - TAX Skavil Fabric Softener 5.5 Liters \$12.99	Bean Foods Best Mayonnaise 30 fl oz \$7.99	Wish Bone Dressings 15 fl oz \$2.99	Flour Flour Plus 40 lbs \$1.49
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**ASIAN GROCERY**

Young Coconut Juice w/ Pulp 24 x 16.9 fl oz \$23.99	CVT - TAX Oat Bran \$2.59	Sweet Condensed Creamer 15.4 oz \$2.59	Seamless Oil 14 fl oz \$3.99	168 Panko Cakes 16 oz \$2.59	Conant Cakes 16 oz \$1.49
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**EUROPEAN GROCERY**

Solid Grapeseed Oil Brand 2 Liter \$6.99	Vita Probiotic Cheese 190 gr \$2.99	Maggi 4.29	Beant Lard/Fat 500 gr \$4.69	Solid Organic Toss 15 T'S \$9.99
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**KOREAN/JAPANESE GROCERY**

Beef Chiu Chow NEW CRISP 15 lb Bag \$9.99	Layer Seasoned Wheat 12 x 4 g \$2.99	Korea Noodle Soup 3 Kinds 12 x 5.03 oz \$2.99	Hot Chicken Flavor Ramen 5 x 4.594 oz \$2.99	Korea Cold Noodle 2 Kinds \$3.49	Organic Roasted Peanut Cholesterol 500 g \$3.99
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**HOUSEWARES**

HAMILTON BEACH KITCHENWARE \$99.99	NOVEL ELECTRIC BBQ GRILL \$299.99
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JULY 14 - JULY 20, 2021.

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