

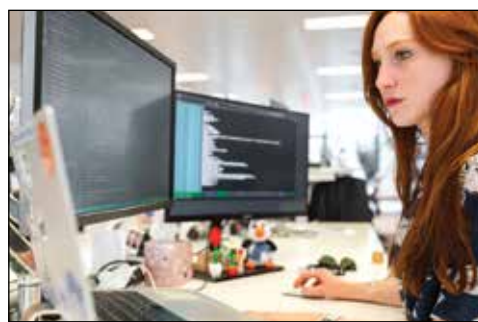


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Grapevine Independent

VOLUME 55 • ISSUE 20

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968

MAY 14, 2021

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By Bob McGarvey



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Welcome to Our House

Cordova Girls Softball Kicks-off its 55th Season



Above: A Cordova Community Council's Angels' catcher readies for some action. Right: Some tee-ball helps kids develop skills and have some fun too.

Story and photos by Rick Sloan

RANCHO CORDOVA, CA (MPG) - When one thinks of Cordova girls softball, the name Rod Borba comes to mind. Starting in 1996 Rod became the coach for the first of his four daughters. After his youngest daughter Chelsea was too old to compete, Rod stayed on as President, a title he has been yearly elected to since 2000. Throughout his 25 years of dedication Rod would periodically take on coaching responsibilities when needed as he is doing this year for an 8U team. Rod focuses on making the program the best it can be not only serving as Board President but also running a class "A" snack bar that features his famous tri-tip sandwiches, grilled chicken, cheeseburgers, polish dogs, hotdogs, chili cheese nachos and

grilled corn on the cob. In 2012 the Folsom Cordova Unified School District (FCUSD) placed Measure P on the ballot and the facilities improvement bond passed 71.48% to 28.52%, allotting \$68 million in funding for all FCUSD facilities. For Cordova High School that meant funding for some long-awaited projects such as the performing arts building, career technical education building, 2nd gymnasium, football stadium upgrades and girls softball field improvements as well as a complete redesign of the girls softball fields adjacent to Mills Middle School. Fast-forward eight years and the Mills Middle School Softball



Complex was finally completed under the watchful eye of Mr. Borba. The complex consists of seven fields, a state-of-the-art concession building complete with restrooms. A far cry from running a snack bar out of

Continued on page 3

Board Approves Law Enforcement Review Commission

Sacramento County News Release

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

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

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

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

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

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

Help Fight Hunger in Your Community

City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - In an effort to fight hunger and combat food waste, earlier this month, Mother Lode Van & Storage Inc, in partnership with Move For Hunger, a non-profit organization, collected canned goods and other non-perishable items at Rancho Cordova City Hall and the Rancho Cordova Police Department to donate to the Rancho Cordova Food Locker. Move For Hunger works with moving companies across the United States and Canada to rescue unopened, non-perishable items and deliver them to local food banks and pantries, helping to fill the cupboards of those in need.

"The City of Rancho Cordova was proud to partner with Move For Hunger by being a food collection site," said Mayor Garrett



RCPD from left to right: School Resource Officer Jason Kimbrell, Crime Prevention Specialist Tina Aldama, Rancho Cordova PAL Director Jose De La Cruz, Assistant Crime Analyst Loren Kanuha. Photo: RCPD

Gatewood. "Thanks to the generosity of our residents and businesses, we collected 1,000 lbs of food for the Rancho Cordova Food Locker that will go straight to those in need."

How You Can Help:

Roughly 40% of food that is grown, processed,

and transported in the United States goes to waste. You can help by reducing food waste in your household by donating food items, using technology to come up with new recipes to use the food you already have in your cupboard and by

learning how to properly store your food. Learn more about food waste at moveforhunger.org/food-waste.

For the latest Rancho Cordova news, sign up for our e-newsletter at CityofRanchoCordova.org/ENews. ★

WE SUPPORT OUR MILITARY

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

Commentary
by Andi Simon

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

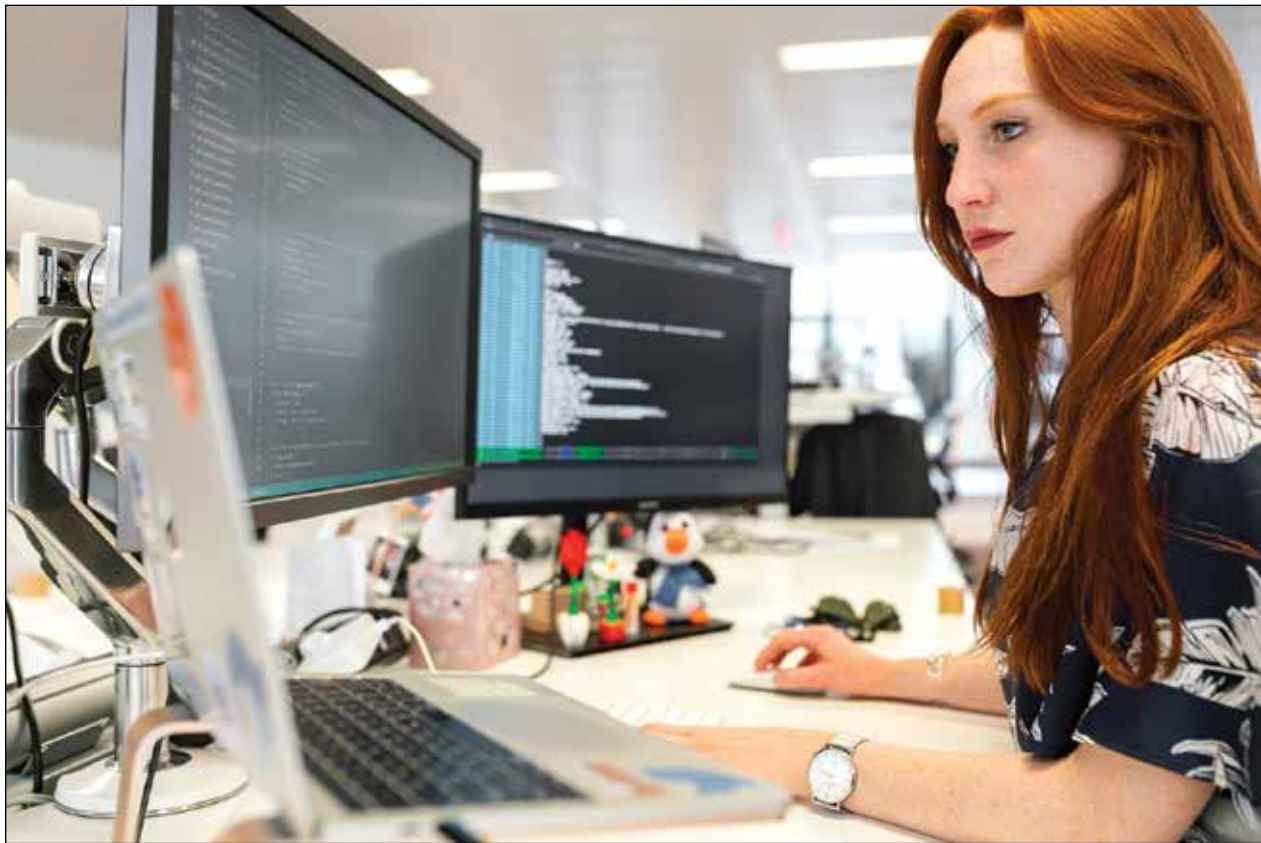
The consequences of these decisions may go beyond each individual, though.

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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Columbus Applesauce Smoked Ham \$7.59	Columbus Prosciutto Ham \$13.89

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Welcome to Our House



A Cordova runner slides into third base.



Kids line up for goodies at the concession stand.

Continued from page 1

a c-tainer and using porta-potties.

In March of 2020 the complex was primed and ready for the start of the 55th season of Cordova Girls Softball. A spectacular grand opening was planned to showcase the long-awaited complex. Then Cordova Mayor, David Sander, was warming up to deliver the first pitch, the teams were ready to parade through the front archway

holding their newly printed team banners, the new snack bar was stocked and Rod was getting prepared to emcee the festivities. And then the earth stood still. The CDC pulled the plug on all events putting an end to all youth sports until further notice.

The 55th season was over before it started. Rod and the entire community were in shock. His dream was put on a hold that would last

until finally on Saturday, May 1, 2021 the 55th season of Cordova Girls Softball consisting of 17 teams and 190 players got its start. Not the grand opening that Rod wanted but more importantly the girls were back on the fields, in uniform and sporting big smiles, although some hidden behind masks. "I plan to have a more formal grand opening with all the bells and whistles when the County

allows us to. For now, we're doing our best to get the girls back on the fields," said Mr. Borba. With lack of fundraising opportunities, Rod is optimistic that the facility will be able to host the "Stars of Cordova Tournament" established in 1999 on July 10-11 with a fully operational concession stand. Also look for their 4th of July fireworks stand in the Home Depot parking lot.

Rod and the entire girls softball

community would like to thank the partnerships of the FCUSD, the City of Rancho Cordova, the Cordova Girls Softball organization, various sponsors and individual volunteers that have united to make this new complex a reality. "With these very special partners on the same team, Cordova Girls Softball will have a home for the next 55 years and beyond" Mr. Borba added. ★



The new softball complex features a concession stand and restrooms for attendees and players.

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

By Jessica Keefe, Elevate Public Relations

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

The cost of childcare is a significant strain on the family budget. The problem is compounded when school is not in session and full-day programs are needed. Extended school closures related to COVID-19 have further intensified this problem. Single Mom Strong's summer camps not only meet the needs of working single parents at an affordable cost, but they will ensure kids get to be kids this summer.

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

"Our EmpowerME Summer Camps are designed to ensure children enjoy their school breaks while continuing to learn and be active. They are packed with fun, engaging activities, aimed at reinforcing values like perseverance, compassion, and responsibility, lessons that are so essential right now," added Childcare Director Le Taunya Terrell.

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



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

summer."

The result is 10 weekly themed summer camps with special guests and an amplified curriculum. "Week 2 is our Summertime

Stories session, which will include a trip to the library. The kids will write and illustrate the Single Mom Strong story and enjoy a special activity with the

team from 916Ink, an arts-based creative writing nonprofit organization," explained Taylor.

Other themes include Sports Extravaganza with Street

Soccer USA, Mad Scientist with Sacramento's STEM program Square Root Academy, and Outdoor Explorers with Kaleidoschool.

Tuition for children of single parents is just \$99 per week, \$129 for all others.

Initially founded on the premise of community, inspiration and education, Single Mom Strong has expanded its mission to address the lack of affordable, quality childcare in the region and opened The Empowerment Center, a licensed facility for preschool, non-school day care, transitional kindergarten, and value- and activity-based camps. Preschool and childcare programs are open to all children, but single parents are able to volunteer in the center and receive a tuition discount.

Since its inception in Sacramento less than five years ago, Single Mom Strong has served over 890 mothers and children in the greater Sacramento area. Scholarship applications and more information may be found at singlemomstrong.org.

Based on the premise that a single mother can simultaneously be a professional success and a great parent, and the belief that neither the single mother nor her children are limited in any way by this circumstance, Single Mom Strong is:

A community, meeting the need for belonging and love for single mothers and their children; A place of empowerment: for single mothers through education and opportunity for balance; for their children through education and positive relationships; A means for betterment: with their children in safe, quality childcare, single mothers can better provide for their families and achieve personal goals. ★

Pandemic Eases, but California Housing Crisis Worsens



By Dan Walters CALMatters

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

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

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

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

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

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

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

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

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

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

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

Chiu offers one of the latter

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

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

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

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

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

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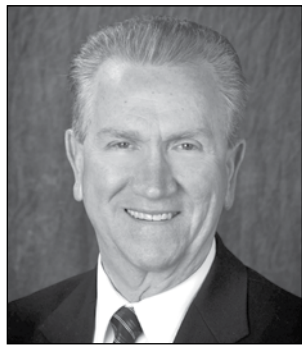
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By Bob McGarvey

On occasion we will see a vehicle, usually a car or a truck, parked on the grass of someone's lawn. The City of Rancho Cordova has been working over the years and has created the "Good Neighbor Guide." There are some tips in the guide, and one of them is this, "Being a good neighbor means parking your registered car, boat, RV and/or trailer in your driveway or garage. That means no parking on the lawn, gravel, dirt or landscaping." With what looks like a drought again this year, parking on the lawn could start a fire with the grass drying up. Please don't park on your lawn. Thank you.

I read the SacBee this morning and there was an article that said, "Cyclists could roll through stop signs under plan moving through California Capital. For bicyclists, there are few places more dangerous than an intersection. Nearly a third of bicycle-related fatalities occur at one, according to the National Highway Traffic

And Another Thing 'What is Normal?'

Safety Administration." One side said it would make bike behavior predictable for cars. While the opponents said that the bill would teach cyclists, particularly children, not to respect stop signs. All vehicles are supposed to respect and obey traffic laws. We will have to see if that bill gets passed and changes the law. Meanwhile, keep paying attention to the traffic when you come to an intersection because most bicyclists don't stop at a stop sign and go straight on through.

As more and more people receive the vaccines that protect us from COVID-19, and fewer and fewer people are testing positive on the virus, we have a much better chance of getting back to a more normal life. The most likely response to that of course is 'What is normal?' I hope that we will be able to celebrate and honor our Veterans on Veterans Day as we have been doing in the past and things are going back to 'normal'. There will be many national flags along Folsom Blvd on Memorial Day as they were last year. Just remember to thank a Veteran for their service

when you see or meet one.

I asked what the current population of the United States of America in 2019 since we are waiting for the new numbers of our population from the Census Bureau, and I was told it is 328.2 million. I was told that there are 1,417,370 Active Duty, and 857,261 Reserve and Guard. My guesstimate is that about .6% of one percent of our population protects the rest of the 99.4% of our population. That is truly amazing, and also troubling. At least it is to me.

Today is Mother's Day, and like almost everyone in our country I said thank you to my wife (we have 4 children), and I said that to as many family mothers, and mothers we meet in church today. Some people have lost their mothers, and they can think back about everything their mother did for them. It is impossible to remember everything our mothers have done for us, but like many others I can also thank those who have died but will never be forgotten!

From Bob McGarvey, God bless, and we'll see you next time. ★

Cooley's Rural California Infrastructure Act Passes First Policy Committee



Ken Cooley

By Marianne Conarroe, Office of Assemblyman Ken Cooley

RANCHO CORDOVA, CA (MPG) - On Monday, April 19th, the Assembly Committee on Emergency Management passed AB 1447 – the Rural California Infrastructure Act.

Local governments produce revenues from a variety of sources but almost all of those sources rely on population-based mechanisms. According to the Department of Finance, 28 of California's 58 counties had no population growth at all, or population loss from 2018 to 2019. When cities and counties lose residents, and their tax base, the

amount of county resources available to pay for local upkeep not funded by state programs, suffers.

County fairgrounds which serve to highlight local culture as well as provide any number of disaster-related functions, including shelter in place orders, are consistently underfunded and in disrepair. Local roads maintained by counties have years of deferred maintenance which affects potential evacuation routes for residents as well as critical access for first responders. Small towns in unincorporated areas have no funding mechanism to repair or bring up to code historically significant buildings for the community to enjoy. Without intervention from the state, rural parts of California will continue to suffer, and continue to see population loss as residents move to other parts of California for better quality of life and employment opportunities.

"Oftentimes in rural areas, local projects remain undone

and unfinished for want of funding that is too much for the local governments to provide but too small to draw down state and federal funding," said Assemblyman Cooley. "How do we make sure that we are functioning as one state supporting the ability of all our communities to watch over their wellbeing, to enjoy their community life, and be safe for the future? My AB 1447 seeks to bridge that gap by providing \$1 billion in funding for rural parts of California for fairgrounds, disaster preparedness, or historic and cultural preservation projects." Cooley continued, "It is critical that we face these needs as a state, for all Californians and all communities."

AB 1447 is supported by the California State Association of Counties and moves to the Assembly Committee on Jobs, Economic Development, and the Economy next week.

For more information, please visit <http://asmdc.org/members/a08/> ★

Newsom Administration Increases Efforts to Release More Violent Criminals



Jim Nielsen

By Nghia Nguyen, Office of Senator Nielsen

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

an effort to release them early. These policies will go into effect within hours of the announcement – Saturday, May 1. Senator Jim Nielsen (R-Red Bluff), former Chairman of the Board of Prison Terms, issued the following statement:

"As the former Chairman of the Board of Prison terms, I am intimately aware of these criminal justice regulations. This is ill-founded, ill-cited criminal justice policies. Violent felons are receiving good time credit for simply breathing, in lieu of demonstrated good behavior and rehabilitation.

"This is another

ill-conceived policy of the Newsom Administration in its attempts to release convicted violent criminals back into our communities.

"We, the people, will pay the price for his continued follies."

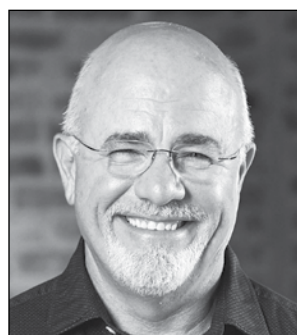
Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim ★

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Dave Ramsey Says

would be right there. The bad news is your tenants would be right there!

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

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

Let me put it this way, Joel. I've owned a ton of investment real estate in my life, and my wife didn't want to live in any of those properties. Still, there's nothing inherently

wrong with either decision. Just make sure your mortgage is a 15-year, fixed rate loan, and the monthly payments are no more than 25 percent of your combined take home pay. Save up for a down payment of at least 20 percent to avoid PMI, too.

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

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

Good News and Bad News

Dear Dave,

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

–Joel

Dear Joel

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



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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03101 AJ Monteton Corporation, 7540 Clovis Ct., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "AJ Thomas Insurance Services" 8350 Auburn Blvd., #135, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 1, 2021 Publish: April 23, 30, and May 7, 14, 2021 AJ 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03416 Cyan Pillbox LLC, 1995 Zinfandel Dr., Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "GoldRiverPharmacy" 1995 Zinfandel Dr., Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 8, 2021 Publish: April 23, 30, and May 7, 14, 2021 GOLD 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03089 Lloyd Johnson, 8178 Center Parkway #38, Sacramento, CA 95823, is doing business under the Fictitious Business Name(s) "Johnson's United Allstar" 8178 Center Parkway #38, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 1, 2021 Publish: April 23, 30, and May 7, 14, 2021 JOHNSON 180201 5-14-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03857 Kelly Ann Fields, 8424 Aptite Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "The Effen BarberShop" 8424 Aptite Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 22, 2021 Publish: April 30, May 7, 14 and 21, 2021 BARBER 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03717 Joyce Glover, 2801 33rd Avenue Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Her Sanctuary Ministries, Her Sanctuary" 2801 33rd Avenue Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 19, 2021 Publish: April 30, May 7, 14 and 21, 2021 HER 180201 5-21-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03483 Kenneth Franklin, 8109 Golden Crest Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Franco Bandz, Kamp Franklin" 8109 Golden Crest Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 12, 2021 Publish: April 30, May 7, 14 and 21, 2021 FRANCO 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03422 Alamo Business Corporation, 30612 San Antonio Street Hayward, CA 94544 is doing business under the Fictitious Business Name(s) "Alamo Business Corporation" 30612 San Antonio Street, Hayward, CA 94544. Filed with the Clerk of Sacramento County April 9, 2021 Publish: April 30, May 7, 14 and 21, 2021 ALAMO 180201 5-21-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03705 American Home Services, Inc., 10636 Basie Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "American Home Services, Inc." 10636 Basie Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 19, 2021 Publish: April 30, May 7, 14 and 21, 2021 AMERICAN 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03703 The California Center, 455 Windward Way, Sacramento, CA 95831, is doing business under the Fictitious Business Name(s) "California Center for Civic Participation" 455 Windward Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County April 19, 2021 Publish: April 30, May 7, 14 and 21, 2021 CALIF 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03700 Peace of Mind Marriage & Family Therapy, Inc., 1002 River Rock Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Peace of Mind Therapeutic Solutions, The Lafayette Way" 1002 River Rock Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County April 19, 2021 Publish: April 30, May 7, 14 and 21, 2021 PEACE 180201 5-21-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03352 Valentyn Pitsul, 8332 Nathalie Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "United Four Logistics" 8332 Nathalie Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021 Publish: April 30, May 7, 14 and 21, 2021 UNITED 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03030 Joanna Ramirez, 879 Parkin Avenue Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Nanna's Delicacies" 879 Parkin Avenue Sacramento, CA 95831. Filed with the Clerk of Sacramento County March 29, 2021 Publish: April 30, May 7, 14 and 21, 2021 NANNA 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03891 DL Realty Partners, LLC, 2377 Gold Meadow Way #100 Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Noble Realty Solutions" 2377 Gold Meadow Way #100 Gold River, CA 95670. Filed with the Clerk of Sacramento County April 23, 2021 Publish: April 30, May 7, 14 and 21, 2021 NOBLE 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03456 Christopher Harvey, 6160 63rd Street, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Cuts by Chris" 6160 63rd Street, Apt. #150, Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 9, 2021 Publish: May 7, 14, 21 & 28, 2021 CUTS 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03963 Conduit For The World of Life, Inc., 3505 Parkview Lane, Rocklin, CA 95677, is doing business under the Fictitious Business Name(s) "Bibles for Asia" 2260 E Bidwell, Unit 1112, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 27, 2021 Publish: May 7, 14, 21 & 28, 2021 BIBLES 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03848 Demetra Sylvia Hagen, 1556 36th Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "New Illume" 1556 36th Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 22, 2021 Publish: May 7, 14, 21 & 28, 2021 NEW 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03961 Miguel Guerra DDS, Inc., 5907 Oak Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Exceldent Dentistry" 1831 Exposition Boulevard, Suite 200, Sacramento, CA 95815. Filed with the Clerk of Sacramento County April 27, 2021 Publish: May 7, 14, 21, 28, 2021 EXCEL 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03060 Medizen, 8698 Elk Grove Boulevard, #1-198, Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "Medizen" 1869 Arden Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County March 29, 2021 Publish: May 7, 14, 21 & 28, 2021 MEDIZEN 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03215 Potosi Brewing Company, 215 S Main Street, Potosi, WI 53820 is doing business under the Fictitious Business Name(s) "Two Pitchers Brewing Company" 215 S Main Street, Potosi, WI 53820. Filed with the Clerk of Sacramento County April 5, 2021 Publish: May 7, 14, 21 & 28, 2021 TWO 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03948 The Army Company, LLC, 6112 Ebonywood Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "The Army Company" 6112 Ebonywood Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 26, 2021 Publish: May 7, 14, 21 & 28, 2021 ARMORY 180201 5-28-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04011 Calvary Chapel Folsom/Orangevale, 7921 Kingswood Way, A4E, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Calvary Solid Ground" 7921 Kingswood Way, A4E, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 28, 2021 Publish: May 7, 14, 21 & 28, 2021 CALVARY 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04124 Markari Jeanperie, 6001 Riverside Boulevard Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "ProCuts" 6001 Riverside Boulevard Sacramento, CA 95831. Filed with the Clerk of Sacramento County April 29, 2021 Publish: May 7, 14, 21, and 28, 2021 CUTS 180201 5-28-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04163 Regar3, Inc., 9827 Fair Oaks Boulevard, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Horizon Properties, Horizon Properties Real Property Management" 9827 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 30, 2021 Publish: May 7, 14, 21, and 28, 2021 HORIZON 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03934 Klein House Properties LLC, 6765 Judistine Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Auto Splash Car Wash" 7320 Winding Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 26, 2021 Publish: May 7, 14, 21, and 28, 2021 AUTO 180201 5-28-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03796 RRM-CLM Services, LLC, 11811 N Tatum Boulevard, #4095, Phoenix, AZ 85028 is doing business under the Fictitious Business Name(s) "Tyno Recreation, Sierra Recreation, Sequoia Recreation, Tahoe Recreation, Mountain Top Recreation, Outdoor Recreation Services, Outdoor Recreation" 11811 N Tatum Boulevard, #4095, Phoenix, AZ 85028. Filed with the Clerk of Sacramento County April 21, 2021 Publish: May 14, 21, 28 and June 4, 2021 RECREATION 80201 6-4-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04160 Takoa S. Woodard & Donald Woodard, 10499 Ambassador Drive, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Picture This Photo Booth" 10499 Ambassador Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 30, 2021 Publish: May 14, 21, 28 and June 4, 2021 PICTURE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04228 Parvin Sadat Banhashahie, 2500 Winford Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Banhashahie Beauty Art" 2310 Fair Oaks Boulevard, #C, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 4, 2021 Publish: May 14, 21, 28 and June 4, 2021 BEAUTY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03683 Nima Alfatoni DDS Inc., 11230 Gold Express Drive, Suite 401, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Gold River Smiles, A Dental Practice of Nima Alfatoni DDS, Inc." 11230 Gold Express Drive, Suite 401, Gold River, CA 95670. Filed with the Clerk of Sacramento County April 19, 2021 Publish: May 14, 21, 28 and June 4, 2021 GOLD 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03260 Stefan D. Britton, 3536 Husch Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "The Party Man" 3536 Husch Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 6, 2021 Publish: May 14, 21, 28 and June 4, 2021 PARTY 180201 6-4-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04183 Kent Craig Jr., 3208 Magiwoods Court, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "On The Way Transport" 3208 Magiwoods Court, Sacramento, CA 95827. Filed with the Clerk of Sacramento County April 30, 2021 Publish: May 14, 21, 28 and June 4, 2021 TRANSPORT 180201 6-4-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04290 Brayan Azahel Diaz Alvarado, 7255 Hayward Drive, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "D & D Building Services" 7255 Hayward Drive, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 5, 2021 Publish: May 14, 21, 28 and June 4, 2021 D&D 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04457 Robert Brown Mearns, 3725 Wingate Drive Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Alternative Health Solutions" 3725 Wingate Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 7, 2021 Publish: May 14, 21, 28 and June 4, 2021 ALTERNATIVE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04195 Trustee of the Highlands Irrevocable Trust, 8032 Red Pine Court Citrus Heights, CA 95610, is doing business under the Fictitious Business Name(s) "Sapphire Property Management" 8032 Red Pine Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County May 3, 2021 Publish: May 14, 21, 28 and June 4, 2021 SAPPHIRE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04454 Erin Shelby, 2773 14th Street Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "Shelby HR Solutions" 2773 14th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 7, 2021 Publish: May 14, 21, 28 and June 4, 2021 SHELBY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04339 Reena Devi Sharma, 470 Natalino Circle Sacramento, CA 95835, is doing business under the Fictitious Business Name(s) "Sari Fashion" 5757 Watt Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County May 5, 2021 Publish: May 14, 21, 28 and June 4, 2021 SARI 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04454 Erin Shelby, 2773 14th Street Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "Shelby HR Solutions" 2773 14th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 7, 2021 Publish: May 14, 21, 28 and June 4, 2021 SHELBY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04454 Erin Shelby, 2773 14th Street Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "Shelby HR Solutions" 2773 14th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 7, 2021 Publish: May 14, 21, 28 and June 4, 2021 SHELBY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-04454 Erin Shelby, 2773 14th Street Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "Shelby HR Solutions" 2773 14th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 7, 2021 Publish: May 14, 21, 28 and June 4, 2021 SHEL

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ORDER TO SHOW FOR CHANGE OF NAME

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

Chia-Yun Lin has filed a petition with this court for a decree changing the name(s) of Chia-Yun Lin to Kellie Chia-Yun Lin. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 15, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 21, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 7, 14, 21 & 28, 2021
LIN 180101 5-28-21

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

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

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

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

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

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

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

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

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

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

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

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

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

Stacey Dayna Swimme has filed a petition with this court for a decree changing the name(s) of Stacey Dayna Swimme to Anastasia Francis Warner. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 29, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 03, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021
WARNER 180101 6-4-21

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

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

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF STANLEY LLOYD MARTIN
CASE No. 34-2020-00283489

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Stanley Lloyd Martin, Stanley L. Martin, deceased. A Petition for Probate has been filed by Bonnie Vaughn, in the Superior Court of California, County of Sacramento, requesting Bonnie Vaughn be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 20, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written

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

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

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

scheduled hearing date and time; and wait for a court representative to take roll. Department 129 zoom link: <https://saccourt.zoom.us/j/47544-219a> or Toll Free Telephone Conference Line @ (888) 475-44-21, with meeting ID #689-534-3925
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the attorney for the Petitioner is: Colin H. Sullivan 5040 Jackson Street #19, North Highlands, CA 95660
916-204-3821
Publish: April 30, May 7 and 14, 2021
SULLIVAN 170622 5-14-21

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

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

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

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

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Kathleen Healy Stroud, Kathleen Healy-Stroud, Kathleen Stroud, Kathleen Healy, deceased. A Petition for Probate has been filed by Brian Healy, in the Superior Court of California, County of Sacramento, requesting Brian Healy be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 25, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal

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

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NOTICE OF PUBLIC LIEN SALE SELF STORAGE AUCTION

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

ARMOR MINI STORAGE: Property is located in separate storage units at 5714 Auburn Blvd., Sacramento, CA 95841. The auction will be conducted entirely online at: <https://bid13.com/>

Auctioneer: Bid13.com 1-844-348-2776; agent for Owner. Contents for the following lien units will be sold: **E124-ARLYCE M. ADKINS; E160-MANNIE ALMEIDA** Pictures of the contents of the storage space can be seen online. Bids must be entered online beginning Thursday, May 20th, 2021 at 5pm and ending Tuesday, May 25, 2021, at 9:15am, PST.

Payment must be made at the time of purchase. All items in the unit are sold as is and must be removed within three days of the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Carmichael Times May 14 and 21, 2021

NOTICE OF HEARING ON INCREASE OF FEE OR CHARGE

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

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

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

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

Carmichael Times May 14 and 28, 2021

CITY OF CITRUS HEIGHTS NOTICE OF PUBLIC HEARING

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

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

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

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

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

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

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

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

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

Citrus Heights Messenger 5-14-2021

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Crossword Puzzle on Page 8

N	A	V	A	L	S	A	P	B	A	B	E	
A	G	I	L	E	U	R	L	T	O	N	E	
N	O	T	E	S	E	M	U	U	L	T	R	
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G	I	R	L	R	E	D	S	L	A	T	E	

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CLUES

ACROSS

- Like Annapolis Academy
- Pine juice
- One in a manger
- Like a good athlete
- Modern address
- Printer cartridge contents
- Cate Blanchett's movie "___ on a Scandal"
- 2nd largest living bird in world
- U in UV
- "Honoré de Balzac's "Le Père ___"
- "Nemo's dad, named after a sport fish
- "___ of the morning!"
- Seaside bird
- Tax accounting specialist, acr.
- Back of the neck
- Chew the fat
- Country dance formation
- Greek goddess of fertility
- Waterwheel
- "Drunk and, incidentally, Huck Finn's Pap
- Metallic sounding
- Quite a stretch
- Place to dry out
- Like the White Rabbit
- Dr. Robert Bruce Banner's green alter ego
- Sun-
- Toothy wheel
- Bad-mouth
- Made a rug
- Low-___ image
- "Simba's father in "The Lion King"
- "Luke's and Leia's father
- Golfer's sun protection
- Romanian monetary unit
- Introvverted one
- Follow as a consequence
- Pooh's wise friend
- Territory in China known as Las Vegas of Asia
- Young woman
- "That '70s Show" dad
- One-room school house "notebook"

DOWN

- A Bobsey twin
- Awestruck
- "The Godfather's given name
- Heads-up
- Wound
- Cooking grease
- Hammer holder?
- D'Artagnan's hat decoration
- Weevil's target
- Not in favor of
- Capital of Switzerland
- Chapter in history
- As opposed to turn-off
- 1960s abstractionism
- Rainbow shape
- Like ones between 13 and 19 years old
- "Griswold family patriarch
- Mushroom caps
- Egyptian symbol of life, pl.
- Jay is to Claire as ___ is to Haley
- Flood survivor
- Father of psychoanalysis Sigmund
- Garlicky mayonnaise
- "Both father in "Mary Poppins" and father in "Father of the Bride"
- Unfed hawk
- Casino chip
- Pine
- ___ of dog!
- "I ___" at the altar
- Middle Earth and Kingdom of the North, e.g.
- Courage in the face of danger
- Smokeless tobacco brand
- Short skirt
- It was Brezhnev's domain
- Unplayable baseball
- Old in Scottish
- Cuzco valley empire
- Straight pour from the bottle
- Chill in front of TV, with "out"
- Ovine mom
- Beluga yield

Crossword Puzzle Solutions on Page 8

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 8

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

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

Solutions on Page 8

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



Gavin Newsom

Commentary
by Lawrence J. McQuillan

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

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

Eliminating burdensome regulations during the COVID-19 pandemic sped up the delivery

of critical supplies and personnel to California's citizens, according to authors of the report. The authors say if it works during this crisis, it will work when the crisis is over.

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

For enacting or enforcing regulations that created crucial healthcare shortages and prevented a fast and efficient response by public and private entities to COVID-19, the Independent Institute awards its eleventh California Golden Fleece® Award to several federal and state officials and regulatory agencies.

California Gov. Gavin Newsom relaxed many regulations, which helped to alleviate healthcare shortages.

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

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

New Report Blames Government Regulations for Healthcare Shortages - California's shortages of personal protective equipment (PPE), medical supplies, and healthcare

workers were all largely avoidable, if not for past missteps by governments. Lockdowns could have been prevented, if not for the government's failed approach to testing. Lifesaving vaccine and therapeutic drug development could be fast-tracked if lessons learned during this pandemic are applied in the future.

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

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

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

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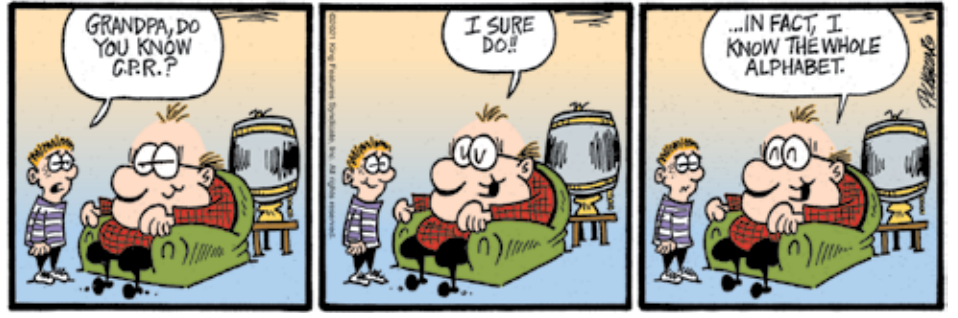
WEEKLY COMICS

Amber Waves



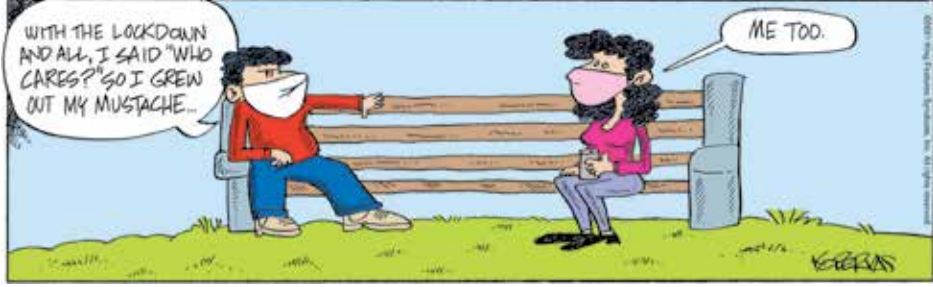
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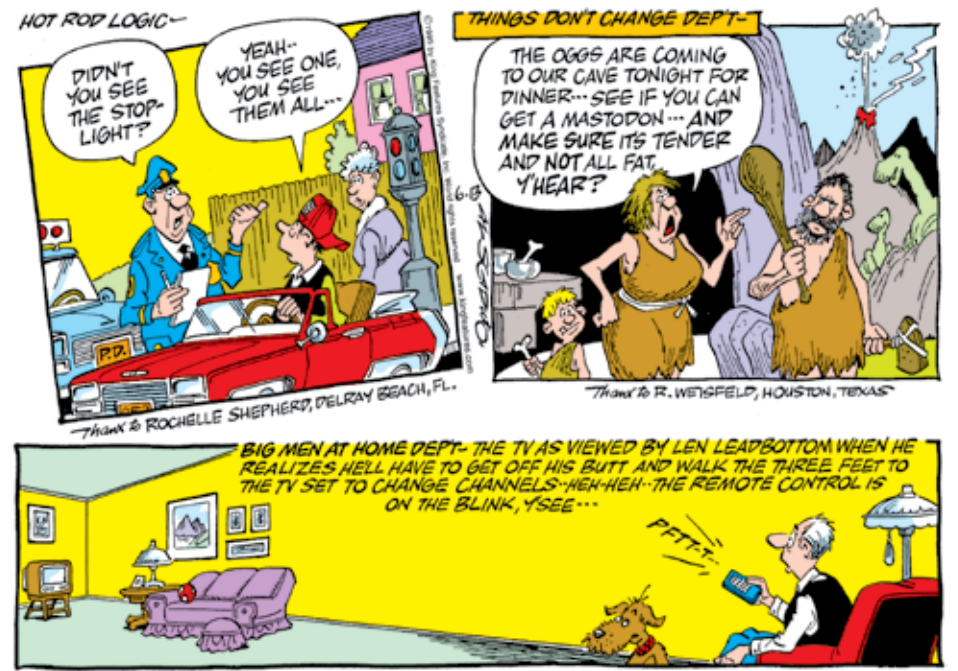
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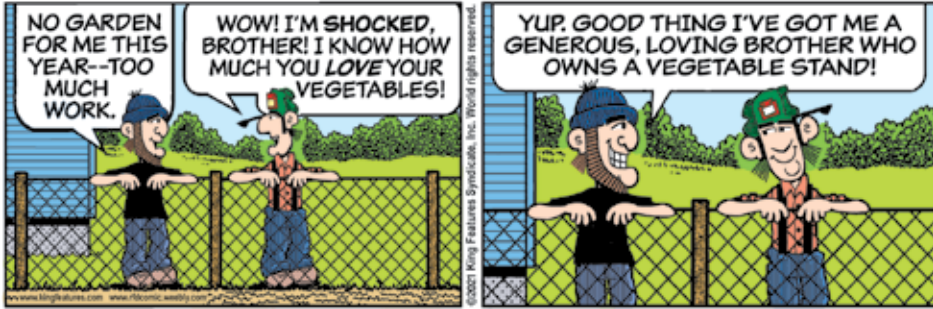
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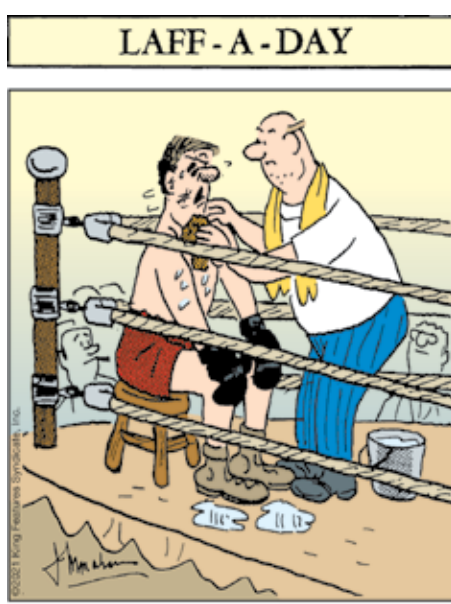


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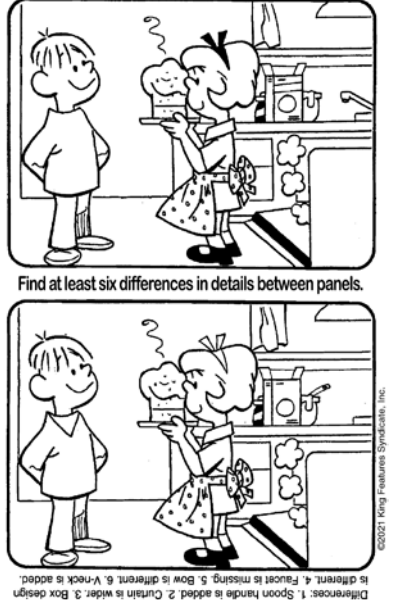


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Toni King

Toni:

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

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

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

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

Sally from Tampa, FL.

Hello Sally:

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

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

Benefit riders include:

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

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

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

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

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

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

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

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

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

PG&E Tips to Protect Against Scammers

By Paul Moreno, PG&E

SAN FRANCISCO, CA (MPG)

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

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

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

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

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

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

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

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

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

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

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Seven Easy Ways to Boost Your Heart Health

By Andrea Sandoval,
Sacramento County News

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

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



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

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

benefits. Today is the day you can begin to make your heart a priority by finding your groove – take a quick walk around the block or break into a dance to a few of your favorite songs.

The head-heart connection. Stress, depression and anxiety can influence your mood, but they could also influence the health of your heart. Be sure to talk with your health professionals because mental illness is treatable, and recovery is possible. Learn about the County's Behavioral Health Services.

During the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – leading to poorer

health conditions. Sacramento County Public Health would like to remind people that hospitals are the safest place to go when you have symptoms and care should not be delayed. The COVID-19 lockdown has also led to more people engaging in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity. These behaviors can contribute to heart disease.

Stress due to the pandemic may already be affecting our heart health. Stress directly activates our sympathetic nervous system that can elevate blood pressure and blood sugar. Stress can disrupt our sleep and can lead us to make unhealthy

food choices as we seek comfort foods.

Stress cardiomyopathy, also called broken-heart syndrome can be triggered by the loss of a loved one, divorce or interpersonal conflict, a global pandemic like COVID-19 and natural disasters. Cases of stress cardiomyopathy have seen a significant rise during COVID-19 but fortunately, heart function typically recovers over one to two weeks. However, affected patients do have an increased risk of recurrence.

Sacramento County Public Health encourages individuals and families to make healthy choices and engage in managing health conditions. A few small changes that can have a big impact on your heart over time!

"Heart disease still happens even in the time of COVID-19, if you wait a year or two to see a doctor for a heart concern, things may be a lot farther along and less treatable," said Sacramento County Public Health Officer, Dr. Kasirye. "Live a heart-healthy lifestyle by making healthier food and beverage choices, being active, reducing stress, not smoking, getting enough sleep, and meeting with your doctor on a regular basis."

County Public Health continuously works to educate the public about the importance of good nutrition and how it can affect health. A part of that work includes the Sacramento County Obesity Prevention Program, which is implemented in a variety of community settings to bring nutrition education and physical activity programs to places people live, play, learn and shop. Public Health is also part of the Design 4 Active Sacramento team, whose goal is to improve public health by shaping the built environment to support walking, biking and other healthy activities. ★

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