



North Area Aviary Gets a Rebuild

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Cordova High Softball Coaches Feeling Blessed

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Grapevine Independent

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APRIL 23, 2021

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CRPD Donates to Families in Need



Folsom Cordova Unified School District (FCUSD) Education Services Liaison Marjorie Diaz (left), Cordova Recreation & Park District (District) Office Manager Drey White (middle) and District General Manager Patrick Larkin (right) with donations for FCUSD Homeless Student Services.

*By Shelby Golden,
Cordova Recreation & Park District*

RANCHO CORDOVA, CA (MPG) - The Cordova Recreation & Park District's (District) Community Engagement Program is underway! The Community Engagement Program, spearheaded by District General Manager Patrick Larkin, is a quarterly program that focuses on giving back to the community.

"I have always been a champion of community service. I believe the more we give, the happier we feel," said Larkin. "At Cordova Recreation & Park District, we are doing good for our community which provides a natural sense of accomplishment. I am proud of our generous, kind and thoughtful staff as they bring a higher level of service to the community."

During this quarter, the District collaborated with the Folsom Cordova Unified School District (FCUSD) Homeless Student Services to provide necessities to families in need. The FCUSD Homeless Student Services helps ensure homeless children have an equal opportunity to obtain a high quality education and provides resources to families.

Marjorie Diaz, Education Services Liaison at FCUSD, assisted District Office Manager Drey White in identifying which items would be most beneficial to the families. District staff contributed various necessities throughout the quarter. On April 15, 2021, Larkin and White presented Diaz with donations of underwear, laundry detergent, softener, dish soap, dryer sheets, toilet paper and paper towels.

The District is proud to collaborate with FCUSD Homeless Student Services to help uplift members in our community.

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 130,000 residents and four school districts in the greater Sacramento area. CRPD provides over 42 parks and recreational facilities, as well as youth & adult sports, camps, enrichment classes, educational programs and special events for the community.

Folsom Cordova Unified School District (FCUSD) Education Services Liaison Marjorie Diaz (left), Cordova Recreation & Park District (District) Office Manager Drey White (middle) and District General Manager Patrick Larkin (right) with donations for FCUSD Homeless Student Services. ★

City Electric Scooter's Still Charging

By Chris Ching

RANCHO CORDOVA, CA (MPG) - After two attempts in recent years failed, Rancho Cordova is once again looking to bring shareable electric scooters to its city streets. At the Monday, April 5 City Council Meeting, members were almost unanimously positive for the share program but the non-appearance of a representative from planned partner White Fox Scooters left a pall over the discussion.

"Without the operator here to answer questions, I'm not ready to move forward," said Vice-Mayor Donald Terry. He was the least convinced of the vehicles' merits pointing to COVID-19 as sapping the interest in electric scooters as well as outdated tech. Councilmember Siri Pulipati joked White Fox's failure to show up demonstrated a lack of commitment and wondered if the east coast based company was throwing darts at any city in hopes of hitting a target.

As presented by Byron Tang from Public Works and Stefann Heisler from Community Development, the proposal would place a minimum of 25 scooters in the city for 12-months. Based on preliminary research, White Fox would like to start the pilot program within the boundaries of Folsom Boulevard, International Drive, Zinfandel Drive and Data Drive/Prospect Drive. Differing from Sacramento, the scooters must be returned to docks which offer charging and sanitation features. The use of docks also would prevent abandoned scooters from becoming a visual blight something the council had concerns about along with safety issues. Staff were directed to continue to work with White Fox on the contract for a future presentation - one hopefully they would attend.

Another meeting highlight was a visit from Congressman Ami Bera who discussed the city's use of monies from the American Rescue Plan Act. A few of the areas he mentioned help could go to were replacement of revenue lost, hazard pay for state and city employees working during public health emergencies and investments in water, sewer and broadband. Councilmember Linda Budge echoes his comments on broadband and expressed the need for equity as the pandemic had shown how many children experienced difficulty

They are Essential to Care



"Social workers are unsung heroes that are essential to community well-being. They are driven by several core values, including service, social justice and the dignity and worth of human beings," said Michelle Callejas, Director of Sacramento County, Child, Family and Adult Services. Photo MPG file.

*By Andrea Sandoval,
Sacramento County News*

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is helping celebrate this year's Social Work Month with the theme "Social Workers are Essential" to highlight the priceless contributions

social workers make in our community, especially during COVID-19.

The goal of Social Work Month is to inform the public, policymakers and legislators about the way the nation's social workers each day meet people where they are and help them live to their fullest potential. Social

work is one of the fastest-growing professions in the United States, according to the Bureau of Labor Statistics (BLS).

There are currently about 700,000 private social workers in our nation, but that number is expected to

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Rebuilding Wind-blown Aviary

Wildlife Care Association Gets a Hand from Wells Construction Corporation

By Cecilia Lee Feser

SACRAMENTO REGION, CA (MPG) - There was a mighty wind in February of this year. Trees were split in two, trampolines were blown out of yards and landed on the roadways. Four large electric and light poles were split in half that were in front of the High School. Yet, the blessing, no one seriously hurt.

One of the wind-blown buildings destroyed was the flight aviary used by The Wildlife Care Association. Again, a blessing, no birds were killed. There were three crows being treated for various issues in the aviary when the storm hit. The next day, two had flown off and one was stunned and sitting next to the twisted wooden and wire mess. The two never returned and live happily out in the wild, the one behind was treated and when well was released too.

Here's some information about the Wildlife Care project while I watch the quick build. The workers that run the rescue at the Wildlife Care Association, are mostly volunteers. Even the workers in front of me, building the new Aviary are volunteers from, Wells Construction Company with their day job being workers for the same Wells Construction. Jim Brown was my contact for the new construction. More about him and the volunteers to come in part 2 of this article.

When I checked in this morning, I met a man named Dave Gish. While we gathered around the donated donuts and coffee, both were still hot, cream filled, jelly filled, french curlers, Okay okay you get it, I love my writing jobs. Anyway, he started telling me all about the how, when, why of the goals of the Wild life Care Association. He



Above: February's gusty winds did some serious damage. Right: Volunteer workers employed by Wells Construction Corporation erect new walls for the Sacramento Wildlife Care Association's new aviary. Photos by Cecilia Lee Feser



himself has been on board this program since 2015. He volunteered for a year before he was able to go to his first release of a healed bird.

"Amazing to watch", he said. "They sit in the back unsure to move forward. Sometimes you have to tilt the cage forward, sorta making them fall to the front and then they get it and fly off; what a sight!"

I could feel his excitement. He also told me since he started, 1750 animals have been rehabbed and released. When you think about that number in terms of them coming in with all kinds of needs it is amazing they lived. He said they come in a lot from being hit by a car, with the Raptors usually from

systematic poisoning, which is usually caused when they have eaten an affected prey animal killed by poison. They personally do not have the license to keep the raptors, but can care for them until they can be turned over to a licensed care facility. There is an emergency number that is 916-965-9453. It is an answering machine, monitored, and your call will be returned.

I keep talking about "birds" because it is the Aviary being built. But, Dave wants it know they rehab all types of critters.

Raccoons, opossums, turtles, and if they can't or are not licensed they refer you to a care facility that can help you. For instance they do not have the facilities for deer rescue, but they do have, Kindred Spirits up the hill that does only deer rehab. They also are in contact for over 20 years, with Hope Swinimer of East Coast Canada Rehab, for placements.

Most mammals, Dave said, go out to private homes where the care giver has gone through a training and care program before they can actually care for them in their homes. For instance, there is Chris with the endearing name of "the crazy racoon lady". At one time she had 38 in different stages of getting well. He named other such people whom he works with with similar endearing names and preference of certain animals.

Two donuts down, I think, and after writing all these notes, I asked Dave if there was anything else before I closed out this week's story on the beginnings of The Wild Life Association. He said he wanted people to know when animals are well and returned to the wild, they have a policy of where to return the animal. Adult birds are released within 10 miles of where they were found. Raccoons and Skunks must be released within 10 miles from any buildings or properties where people live or work. Lastly, there is ALWAYS A THRILL to be there when you release an animal. He LOVES being here. Also, always looking for volunteers to help with rehab, feedings, cleaning etc.

I thanked him for his time and information. Then looking lovingly back at that half full box of doughnuts, I threw away my napkin and coffee cup. I told him there was too much information for just one article and that the following week's article will be about the Flight Aviary being built all the ins and outs and how they got the money and supplies... Shook his hand and head out to write this up before I can't read my scribbles. Until next week, be safe and hug yourself first!! ★

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They are Essential to Care

Continued from page 1

rise to more than 800,000 by 2029. Social work has been around for more than a century and has made significant contributions to our nation. For example, social workers such as social reformer Jane Addams, former Labor Secretary Frances Perkins, and civil rights leaders Dorothy Height, Whitney Young and Ida B. Wells have helped Americans secure voting rights, equal rights, Social Security, unemployment insurance and other programs.

You will find social workers throughout society – protecting children and vulnerable adults from abuse and neglect and providing mental health and substance use disorder treatment. They can be found assisting active-duty military, veterans and their families; in schools; helping corporations better serve their communities; in community organizations; and in local and state government.

Sacramento County Department of Child, Family and Adult Services (DCFAS) has 524 social workers across the department. They work across a number of areas, including child and elder abuse and neglect investigations and follow-up. They help keep children and families safely together and/or reunify them or help children find “forever families.” Some social workers assess the need for home care services that allow individuals to remain in their homes, rather than institutions. Others serve individuals that are gravely disabled and those who are living with severe mental illness, supporting them to live in the least restrictive settings within our community.

DCFAS social workers link individuals and families to housing services and supports, benefits, employment and so many other resources that promote the safety, health and well-being of community members across the age span. During the COVID-19 pandemic, social workers have also been on the frontlines along with doctors, nurses, law enforcement, grocery store employees and other essential employees that provided critical services during this time.

Sacramento County Department of Human Assistance (DHA) currently has a team of 45 Human Services Social Workers (HSSWs) assigned to various programs, including Employment Services, Homeless Services and CalWORKs. Since the onset of the COVID-19 Pandemic, much of the customer contact associated with this work has shifted from in-person to virtual services.

HSSWs in DHA are busy helping customers receive necessary resource and case management services. Some focus on helping families who are experiencing homelessness, domestic violence, truancy or other family crisis. There are other HSSWs in DHA that help customers learn skills such as job searching, resume building and interviewing. The biggest division of HSSWs in DHA supports those who are homeless and assist with resources, crisis response and addressing barriers to housing. There is also a team of HSSWs that help customers navigate the challenging disability benefits process and a social worker who provides support at the General Assistance office to assess client needs and makes referrals to other social service agencies and community service agencies.

Despite the great value of social workers, the social work profession faces challenges. There is a shortage of social workers in schools where they are needed to help young people cope with complicated issues such as trauma, poverty, the opioid addiction crises and the need for more resources to help students learn during the pandemic. There is also a need for more social workers in the fields of child welfare and aging and adult services.

“Social workers are unsung heroes that are essential to community well-being. They are driven by several core values, including service, social justice and the dignity and worth of human beings,” said Michelle Callejas, Director of Sacramento County, Child, Family and Adult Services.

“During social work month, we hope you will reach out and say a kind word to the social workers in your lives, and, if you are so inclined, advocate for policies and legislation that benefit the profession and the populations they serve.” ★

Ami Bera’s Art Competition Now Open

From the Office of Congressman Ami Bera, M.D.

SACRAMENTO, CA (MPG) - Each year, I’m proud to have my office take part in the annual congressional art competition *Artistic Discovery*. This is a great opportunity for qualifying high school students from Sacramento County to demonstrate their terrific artistic abilities.

The winner of this competition will have their artwork hung in the U.S. Capitol for one year!

Each student who enters the competition must comply with all of the contest’s rules and regulations.

Specifically, please be mindful of the following:

For my office, the deadline to enter the competition is Sunday, April 25th at 11:59 PM PT.

Please submit a photo of your artwork by visiting bera.house.gov/artcompetition and clicking on the submission portal. Make sure the photo is clear and well-lit.

All artwork must be com-

pleted by individual high school students residing or attending school in the 7th congressional district of California; If you’re not sure if you live within the 7th congressional district see bera.house.gov/california-7th-congressional-district

Accepted mediums in 2-D format: paintings, drawings, collages, prints, mixed-media, computer-generated art, photographs; Entries must be the ORIGINAL work of the student; framed dimensions cannot exceed 26” x 26” x 4” and should not weigh more than 15 pounds, including the frame (Frame Optional); Winning artwork will be displayed in the United States Capitol for the next year!

Please review **carefully** all of the additional documents in the 2021 Rules for Students and Teachers and 2021 Student Release Form.

To learn more about the rules and other information at bera.house.gov/artcompetition 2021 Rules for Students and Teachers.

If you have any questions, please don’t hesitate to call my office at (916) 635-0505 to speak with a member of my staff.

Good luck to all of the participants! ★

Brundage Returns as River Cats Manager for 2021 Season

By Conner Penfold, River Cats Media

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats, in conjunction with the San Francisco Giants, are thrilled to welcome Dave Brundage back for his fifth season as manager as they look to build off their 2019 Triple-A National Championship.

Brundage will be accompanied by Damon Minor, who returns for his sixth season as the River Cats’

hitting coach, and fundamentals coach Jolbert Cabrera, who enters his third season in Sacramento. One of three newcomers for 2021 will be pitching coach Garvin Alston, while the training staff welcomes new strength and conditioning coach Dwayne Peterson to join fourth-year athletic trainer David Getsoff. Nate Keavy rounds out the crew as the club’s new bullpen catcher.

In 2019, Brundage led the River Cats to the

franchise’s 12th division title, fifth Pacific Coast League crown, and a record third Triple-A National Championship. An Oregon native, he joined the River Cats in 2017 and has compiled a 192-229 record in his three seasons managing Sacramento. Before coming to Sacramento, the veteran skipper spent the previous four seasons with the International League’s Lehigh Valley IronPigs (Philadelphia Phillies Triple-A). ★

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MEMORIAL NOTICE
Gene (George) Brooks
 November 21, 1940 to April 11, 2021

Gene was born in Fresno, California on November 21, 1940. He was the 9th of ten children. He attended and graduated Lyle High School in Washington and attended college in Shasta County. He moved to California in the 60’s and lived in the Shasta County and Yuba City/Marysville area and subsequently made his home in Monterey County. In 1973 he married his wife Judith and in 1976 they moved from Salinas Ca to Rancho Cordova Ca where they have made their home and have remained. He worked in construction, Insurance sales and ultimately was successful in passing the test for Painting Contractor. He was the owner and operator of J&L Painting for approximately 30 years in the Sacramento area becoming very well known in that business. He loved golf and was an avid golfer for many years winning many trophies in tournaments he played. He was an All time fan of the Sacramento Kings and the Forty Niners Football team almost to a fault. He and his son Ryan burned up the telephone lines when these teams played on tv. He was fortunate enough to have been able to see a few of the live games he loved so much. If a fix it problem arose that needed attention, he was the man to take care of it. He became known as “McGyver” because he not only had the ability to figure out a “fix it” way, he actually succeeded in doing so. Some we swore would not work out, but they in fact did. He loved his family unconditionally and enjoyed family get togethers. He enjoyed going for rides in the country and stopping off for chips and dip and a cold beer. He found much pleasure in life’s simplest things. He was very quick witted with a larger than life sense of humor. He loved hearing a good joke and was great in telling them too. He loved to dance and he was given the title of “Mean Gene the dancin’ machine” and he wore that title well. He loved to play poker and he had many poker games over the years. It has become a family ritual and will continue in the coming years in his honor. Gene is survived by his wife Judith of 48 years, sisters Lynda Finn and Barbara LeBlanc and 1 brother, Charles Brooks; 3 sons; Rick, Randy and Ryan and 1 daughter, Kimberly. 4 Grandchildren; Brooke, Sommer, Dylan and Helayna, and 8 Great grandchildren; Astoria, Cheznee, Penny, Harlow, Felix, Stylz, Sailor, Jett and 1 great great grandson legend, and many nieces and nephews. Gene passed away on April 11, 2021 of Covid19 Pneumonia. Due to Covid19 Restrictions a Celebration of Life is in the planning stages and information will be forthcoming.

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DREAM BIG TOGETHER

A Message from your Mayor

By Mayor Garrett Gatewood

It's hard to believe that April is almost in the books. We welcomed the spring weather, Easter, and April Fool's Day is now just a memory. Still, I hope no one played a joke on you that day, such as changing the sugar bowl for salt in your coffee. Practical jokes are fun if you are not the recipient, so maybe your friends and family lavished you with love instead of tricks. The warm weather is an invitation to watch your children play baseball or other sports. Our hard-working coaches in the Rancho Cordova Little League Association are showing future baseball stars how to hit, pitch and catch in our parks, and I know you enjoy watching these games on Saturday just as much as I do. I cheered for my son Jacob as he pitched two innings! Coach Marty Sloan is a

great coach by donating his time to coaching three teams in Rancho Cordova and encouraging the team members.

Recently, I visited the future Fire Station 68 and participated in the groundbreaking ceremony. It began as a solemn event with the entire Sac Metro Fire team remembering the passing of engineer Kyle Rutherford. The Council is keeping his family in our thoughts and prayers. Fire Station 68 was once a temporary facility and now will become a permanent facility. This new fire station, located in the Anatolia neighborhood, will be larger with expanded staffing and will serve the neighboring Rancho Cordova community. With its expanded personnel, additional fire and paramedic resources will be available to neighborhoods and businesses. The station is a welcome addition to an area of our city that is experiencing tremendous growth with more new homes

being built as more families locate in Rancho Cordova. We are thrilled to welcome the permanent and expanded Fire Station 68 and appreciate what the fire personnel do to keep our homes, businesses, and citizens safe.

Brian and Mark Larson, owners of Motherlode Van and Storage, asked me to help with food collection drive, which occurred between April 5-12. As a result of this effort, we delivered 1,000 pounds of dry and canned food that our kind Rancho Cordova citizens donated! The Larson brothers, along with North American Van Lines, organized the pickup at Rancho Cordova City Hall and our Police Department to deliver to the Cordova Community Food Locker. This effort offers additional assistance to our Rancho Cordova citizens who are experiencing food insecurity. I appreciate Brian and Mark for organizing this project titled "Move for Hunger." ★

Every year, Californians waste roughly 6 million tons of food.

Did you know that food waste can be recycled into compost and renewable gas? Starting January 1, 2022, California state law will require food waste to be diverted from landfills. Republic Services and the City of Rancho Cordova are working to implement a food waste collection program next year so residents can easily recycle their food waste.



Be creative with leftovers.

Before you shop, use the food you already have. Some websites allow you to search for recipes based on ingredients already in your kitchen. You can also use recipe apps to make the most of what's in your fridge and pantry.



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Chief of Police Talks on Police Matters

By Margaret Snider

RANCHO CORDOVA, CA (MPG)

Rancho Cordova Police Chief Kate Adams, reporting on crime trends over the 15-year period from 2004 to 2019, noted that population increases can affect the crime rate. “I’m pleased to report that Rancho Cordova has enjoyed both population growth and lower actual reported crime,” Adams said. “And when adjusted for population, the actual crime rate per thousand residents did drop 61%.”

Adams was the guest speaker at the Rancho Cordova Zoom “Luncheon,” on April 16, and reported on RCPD programs that have contributed to the reduction in both violent and property crimes. The Neighborhood Watch Program now has permission from the County Health Officer, Adams said, to have in-person meetings, with modifications, beginning this month. Unmanned Aerial Systems drones are being used in search warrant execution, barricaded subjects, burglary alarms, and 3D imaging of Problem Oriented Policing (POP) or areas of concern. This helps to alleviate some of the dangers in those situations.

The special Rancho Cordova Mobile Crisis Support Team Officer Corey Jackson, trained in crisis intervention, along with licensed Senior Mental Health Counselor Caitlyn Fournier, began working in Rancho Cordova this week. “In the past year, the County Mobile Crisis Support Teams responded to 50 calls for service within the City of Rancho Cordova, so the need for our own team is great,” Adams said.

Concerning the stance the news media has taken towards police in general

throughout the country, Adams said, “I think we should always look with a very critical eye any time anybody is shot by a police officer . . . But there’s still a lot of good that law enforcement is doing, and there’s more good than there is bad. But like a plane crash, when something goes, it’s catastrophic . . . Police are like airline pilots. We can’t have a bad day. That’s the reality.”

Police officers are more frequently involved in helping those who need help. “We’re saving lives, and that’s no longer being highlighted,” Adams said. “We had one here where somebody was shot six times and if it wasn’t for the officers putting themselves at risk and using a shield while the gunman was still actively (shooting) – the man is alive today, but you won’t hear about that story.”

Also recently, Adams said, “Our officers distributed Narcan to a teenager who had just overdosed and who was unconscious and unresponsive, and would have died, had not the officer gone in there and personally administered that Narcan. You won’t hear about that.”

Many people at the Zoom meeting mentioned the evening and late night explosions heard regularly in more than one neighborhood around Rancho Cordova. “What I ask is that you continue to call it in, don’t just put up with it,” Adams said. She went on to explain that responding with an armed police force to juveniles using a Piccolo Pete or firecrackers may not be the best idea. “If somebody’s scared, it goes into a foot pursuit, and you can never hit reset on that,” Adams said. “So we just really have to be smarter. We still owe it to the community to address

those issues, but that address may not be force with force. Let’s be smarter, let’s work with the community, let’s identify who’s doing it, work with their parents and take it from that angle.”

Rancho Cordova is a favored place to work in the Sacramento County Sheriff’s Department, Adams said. “Morale is very high here . . . That bar was set long before I got here, but I not only want to maintain it, I want to continue to keep lifting it up higher and higher.”

Adams has been with the Sacramento Sheriff’s Office for 26 years. “I was a gang sergeant,” Adams said, “. . . I worked at our Academy, so I understand all the training components. I’ve worked our narcotics bureau, (and on) Internet crimes against children. That’s one that was very impactful for me, because it’s just really thriving in silence.” She served as assistant chief of police in Rancho Cordova from 2013-2017.

Adams earned a Bachelor’s Degree in criminal justice and a Master’s Degree in organizational leadership. Besides deputy sheriff she has served as detective, sergeant, lieutenant, and captain. Her leadership positions include commander of the Sheriff’s Impact Division, and Hi-Tech Crimes Bureau Commander. She has extensive teaching experience as well.

Adams is married with three children. As a youth at Del Campo High School, swimming and softball were her major sports.

Contact information for RCPD: Emergency, 911 or 916-362-5111; non-emergency, 916-362-5115; to file a report online ranchocordovaPD.com; service center 916-875-9600. ★



By Bob McGarvey

I found another quote from the unknown author, “LIFE has two rules: #1 Never Quit, #2 Always remember rule #1.” In my life, that rule has been applicable to most aspects of it. It fit after I had a motorcycle accident and I had to learn to how read, and write, and walk, and talk again; It fit when I went back to work; went back back to college; became involved in city hood and went to many, many meetings while working toward bringing the Incorporation of Rancho Cordova to the ballot. We could finally vote and become a city. We “Never Quit.”

After being involved in other committees I started the Rancho Cordova Incorporation Committee in January of 1986, and never quit until the Sacramento County Supervisors voted at their meeting in July of 2002, approved the Rancho Cordova Incorporation measure and set the election date on November 5, 2002. Even

And Another Thing

LIFE has two Rules

then the citizens of Rancho Cordova who were for the election, and a few who were against It, didn’t quit until after the election was completed and confirmed. The election results showed that the incorporation was passed by 77.8%. “Never quit.”

Looking back before that election, in 1996 there was a movement by some of the citizens of the City of Folsom to split the Folsom Cordova Unified School District. We were still coming out of a recession and the money wasn’t there to make two school districts. When the possible split was placed on the ballot, the vote in Folsom was 60% for and 40% against the measure. In Rancho Cordova, the vote was 90% against, and 10% for. The Registrar of Voters said he had never seen a community agree on anything that high. The people of Rancho Cordova were able to see what they were able to do. Again, they “Never Quit.”

One more item to look at was the first school bond in 1997 that was only for Rancho Cordova Schools. Before the legislation was passed to allow that to happen, a school bond in the

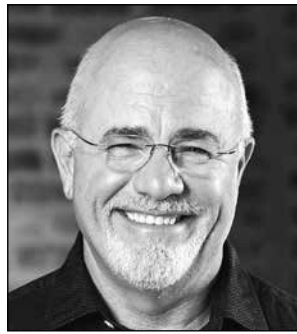
Folsom Cordova Unified School District would have been for the whole district to vote. After the legislation was passed, the citizens of Rancho Cordova voted 74% for the bond. That gave the district the money needed to begin putting in new air-conditioners, repairing wiring, etc. It was a \$10 million bond, but the state never matched the money that we were expecting. It showed the people that they could accomplish such things on their own.

The Incorporation was passed by 77.8%; stopping the school district split by 90%; and passing the first Rancho Cordova school bond by 74% all showed that Rancho Cordova was able to accomplish much more than many thought we could do.

There are many readers who have read about these things before, but new citizens in Rancho Cordova haven’t read or heard about those parts of our history, and I think they will be interested in this part of our history and that today, we will “Never Quit.”

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

Dave Ramsey Says



Help Her Get Back Out There

Dear Dave,

Our daughter recently moved back in with us after she lost her job and her apartment. She hasn’t been able to find full-time work yet, and she had nowhere else to go. My husband and I are nearing retirement age, so we want to do the best and smartest thing to help her get back on her feet. What do you suggest?

– Joan

Dear Joan

First, you need to define what helping your daughter really means. What does it look like? In my mind, you haven’t helped her if she’s still living at home two or three years from now. Going to those lengths is called being an enabler. At the same time, you shouldn’t just show her the door and wish her good luck. You and your husband together should

come to agreement on a forward-thinking plan that falls somewhere in the middle. I’m talking about something that allows your daughter a little time to heal and regain her dignity, but also includes a plan, expectations, and a move-out date.

If I were in your shoes, there would be requirements attached to her living at home again. One is that she would respect and abide by your household rules. If she’s going to live in your home, she should be expected to respect her parents and their wishes.

Number two, she should be thinking about and working on tangible career steps every single day. I’m pretty sure she could find a part-time job out there to put a little extra money in her pocket. When she’s not earning some cash, she should be focusing on long-term career goals. Sending out resumes and filling out applications for full-time employment needs to be a priority.


The last thing I’ll suggest may sound a little strange, but trust me on this one. Right now, your daughter also needs some

kind of physical activity on a regular basis. Exercise stimulates the mind, and she really needs that right now. It’ll also be great for her body.

This young lady has been through a stressful experience. She needs some understanding and support right now. At the same time, you don’t want to let her slide into bad habits and participate in promoting negative behavior. Step in, help her get her life back on track, and get her out in the world again. All three of you will be glad you did!

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★



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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02664 Jose A Reyes, 1026 Eleanor Avenue Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Fammigration Services" 2025 Hurley Way Ste 111, Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 19, 2021 Publish: April 2, 9, 16 and 23, 2021 FAMI 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02503 Tania Proo and Mighel A. Herrera, 6468 Channing Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Sacramento Remix Radio" 6468 Channing Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 16, 2021 Publish: April 2, 9, 16 and 23, 2021 SAC 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-01386 Kiwoon S Kim, 11150 Trinity River #106 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Northridge Dental" 6600 Madison Avenue Suite 4B Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 17, 2021 Publish: April 9, 16, 23, and 30, 2021 NORTHIDGE 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03395 Joy S. Fuelling, 2260 E Bidwell Unit 1112 Folsom, CA 95630 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 8, 2021 Publish: April 16, 23, 30, and May 7, 2021 ASIA 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03277 Moises Bedolla, 1422 58th Street Sacramento, CA 95819 and Manuel de Jesus Salas Martinez, 3016 Black Pool Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Los Burritos Express" 3590 Sunrise Boulevard #4 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 6, 2021 Publish: April 16, 23, 30, and May 7, 2021 LOS 180201 5-7-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2020-08872 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "California Pharmacy" located at 9550 Micron Avenue Suite D Sacramento, CA 95827. Case RX Pharmacy, Inc., 9843 Corino Way Elk Grove, CA 95757. The Fictitious Business Name Statement referred to above was filed on December 9, 2020 in the County of Sacramento. Publish: April 9, 16, 23, and 30, 2021 CALIFORNIA 170707 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02675 Joseph Nadra and Minelle Antoun, 8868 Springhurst Drive Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Sierra Motors" 2338 Gold River Road Suite Y Gold River, CA 95670. Filed with the Clerk of Sacramento County March 25, 2021 Publish: April 2, 9, 16 and 23, 2021 SIERRA 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02675 Joseph Nadra and Minelle Antoun, 8868 Springhurst Drive Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Sierra Motors" 2338 Gold River Road Suite Y Gold River, CA 95670. Filed with the Clerk of Sacramento County March 25, 2021 Publish: April 2, 9, 16 and 23, 2021 SIERRA 180201 4-23-21

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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
#34-2021-00296955**
Christopher James Kendall has filed a petition with this court for a decree changing the name(s) of Christopher James Kendall to Christopher Michael Hingst. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 18, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 22, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 2, 9, 16 and 23, 2021
HINGST 180101 4-23-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296494**
Christine Fuhman has filed a petition with this court for a decree changing the name(s) of Christine Fuhman to Christine Rose Morgan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 6, 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: March 17, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 2, 9, 16 and 23, 2021
FUHRMAN 180101 4-23-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296988**
Karen Elizabeth Taylor Herter has filed a petition with this court for a decree changing the name(s) of Karen Elizabeth Taylor Herter to Kathryn Elizabeth Reid. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 18, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 22, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
REID 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297213**
Tracy Dawn Wolfe has filed a petition with this court for a decree changing the name(s) of Tracy Dawn Wolfe to Felicity Madison Freeland. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 19, 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: March 24, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
FREELAND 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297228**
Paul Howard Vasquez has filed a petition with this court for a decree changing the name(s) of Paul Howard Vasquez to Paul Howard Serrano. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 19, 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: March 25, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
REID 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297353**
Ponfilio Joseph Pena has filed a petition with this court for a decree changing the name(s) of Ponfilio Joseph Pena to Panfilio Joseph Pena, JR. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 20, 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: March 26, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
PENA 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297324**
Piotr Robert Idzkowski has filed a petition with this court for a decree changing the name(s) of Piotr Robert Idzkowski to Peter Robert Idzkowski. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 19, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 26, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
IDZIKOWSKI 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296986**
Ngoc-Thuy Thi Nguyen has filed a petition with this court for a decree changing the name(s) of Ngoc-Thuy Thi Nguyen to Amber Ngoc-Thuy Nguyen. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 18, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 22, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
NGUYEN 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297031**
Jessica Elizabeth Mizzi has filed a petition with this court for a decree changing the name(s) of Jessica Elizabeth Mizzi to Jessica Elizabeth Mizzi Lumian. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 19, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 23, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
MIZZI 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297092**
A'Ja Lenay Harris has filed a petition with this court for a decree changing the name(s) of A'Ja Lenay Harris to A'Ja Lenay Harris. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 19, 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: March 19, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 9, 16, 23, and 30, 2021
HARRIS 180101 4-30-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297942**
Paul Francis Stawiecki has filed a petition with this court for a decree changing the name(s) of Paul Francis Stawiecki to Apollo Francis Korzeniowski. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 27, 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: March 5, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
STAWIECKI 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297612**
Saad, Nagem Abdullah, Al Gburi has filed a petition with this court for a decree changing the name(s) of Saad Nagem Abdullah Al Gburi to Saad Aljbouri, Zaman Ahmed Sanez Ali to Zaman Ali, Fadhi Saad Nagem Al Gburi to Fadhi Aljbouri, Ritaj Saad Nagem Al Gburi to Ritaj, Aljbouri, Qamar Saad Nagem to Qamar Aljbouri, Lina Aljburi to Lina Aljbouri. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 26, 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 1, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
ALJBOURI 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297504**
Yeping Jiang Tran has filed a petition with this court for a decree changing the name(s) of Yeping Jiang Tran to Yeping Jiang. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 25, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 30, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
JIANG 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297428**
Deric Glenn Cambron has filed a petition with this court for a decree changing the name(s) of Deric Glenn Cambron to Deric Glenn Castaneda. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 25, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 29, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
CAMBRON 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297491**
Sital Singh has filed a petition with this court for a decree changing the name(s) of Sital Singh to Sital Singh Sadra. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 25, 2021, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 29, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
SADRA 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297888**
Lap Nguyen Doi Huynh has filed a petition with this court for a decree changing the name(s) of Lap Nguyen Doi Huynh to Lap Doi Nguyen. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 27, 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 5, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
HUYNH 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297965**
Katrina Anne Garcia has filed a petition with this court for a decree changing the name(s) of Katrina Anne Garcia to Casey Anne Lockhart. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 1, 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 6, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
GARCIA 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297599**
Chris Mason Peterson has filed a petition with this court for a decree changing the name(s) of Chris Mason Peterson to Chris Mason Moody. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 26, 2021, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 30, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
MOODY 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00293456**
Iris Estrada, has filed a petition with this court for a decree changing the name(s) of Iris Estrada to Iris Del Real. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 25, 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: March 29, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
REAL 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297421**
Nikita Pavlovich Belousov, has filed a petition with this court for a decree changing the name(s) of Nikita Pavlovich Belousov to Nikita Bell. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 25, 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: March 29, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
BELL 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294040**
Brian Lamort Long, has filed a petition with this court for a decree changing the name(s) of Brian Lamort Long to Brian Lamort Gates. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 27, 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 2, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 16, 23, 30, and May 7, 2021
GATES 180101 5-7-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297931**
James Robert Walker has filed a petition with this court for a decree changing the name(s) of James Robert Walker to James Robert Lincoln. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 27, 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 5, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 23, 30, and May 7, 14, 2021
LINCOLN 180101 5-14-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00297957**
Mohammad Arif Noristani has filed a petition with this court for a decree changing the name(s) of Mohammad Arif Noristani to Arif Mohammad Nuristani, Khalida Arif to Khalida Arif Nuristani, Safia Arif to Safia Arif Nuristani, Roma Arif to Roma Arif Nuristani, Maryaim Arif to Maryaim Arif Nuristani. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 1, 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 6, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: April 23, 30, and May 7, 14, 2021
NURISTANI 180101 5-14-21

**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00298160**
Kyle David Collier has filed a petition with this court for a decree changing the name(s) of Kyle David Collier to Kyle Matthew Bethoney. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 2, 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 9, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: April 23, 30, and May 7, 14, 2021
BETHONEY 180101 5-14-21

NOTICE OF PETITION TO ADMINISTER ESTATE
NOTICE OF PETITION TO ADMINISTER ESTATE OF GERALD GUGLIELMINA
CASE No. 34-2020-00276307
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gerald Guglielmina, deceased A Petition for Probate has been filed by

John Guglielmina, in the Superior Court of California, County of Sacramento, requesting John Guglielmina 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 June 24, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other

California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: John Guglielmina 3361 Nike Court Sacramento, CA 95827 916-912-6800
Publish: April 9, 16 and 23, 2021
GUGLIELMINA 170622 4-23-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF TOKIO STANLEY TANAKA
CASE No. 34-2021-00297383
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Tokio Stanley Tanaka, deceased A Petition for Probate has been filed by Catherine Aiko Zitzelberger, in the Superior Court of California, County of Sacramento, requesting Catherine Aiko Zitzelberger, 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 July 27, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Heather S. Mayer, Esq. 2377 Gold Meadow Way Suite 100 Gold River, CA 95670 916-631-1996
Publish: April 9, 16 and 23, 2021
TANAKA 170622 4-23-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD LEWIS CLEMENT AKA RICHARD CLEMENT
CASE No. 34-2021-00297025
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Richard Lewis Clement, aka Richard Clement, deceased A Petition for Probate has been filed by Cindy Saehao, in the Superior Court of California, County of Sacramento, requesting Cindy Saehao 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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF GERALD GUGLIELMINA
CASE No. 34-2020-00276307
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gerald Guglielmina, deceased A Petition for Probate has been filed by

John Guglielmina, in the Superior Court of California, County of Sacramento, requesting John Guglielmina 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 June 24, 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: Heather S. Mayer, Esq. 2377 Gold Meadow Way Suite 100 Gold River, CA 95670 916-631-1996
Publish: April 9, 16 and 23, 2021
TANAKA 170622 4-23-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD LEWIS CLEMENT AKA RICHARD CLEMENT
CASE No. 34-2021-00297025
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Richard Lewis Clement, aka Richard Clement, deceased A Petition for Probate has been filed by Cindy Saehao, in the Superior Court of California, County of Sacramento, requesting Cindy Saehao 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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF GERALD GUGLIELMINA
CASE No. 34-2020-00276307
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Gerald Guglielmina, deceased A Petition for Probate has been filed by

A hearing on the petition will be held in this court as follows August 4, 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: Michael Yee 4010 S Land Park Drive Suite B Sacramento, CA 95822 916-927-9001
Publish: April 16, 23, and 30, 2021
CLEMENT 170622 4-30-21

SAN JUAN UNIFIED SCHOOL DISTRICT PUBLIC HEARING NOTICE
PROPOSED PROPERTY EASEMENT FOR PUBLIC UTILITIES
NOTICE IS HEREBY GIVEN that, pursuant to Education Code section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to City of Carmichael ("CWD") certain real property within the Deterding Elementary School site (hereinafter referred to as "Property") for the purpose of construction, reconstruction, installation, replacement, removal, repair, alteration, operation, maintenance, inspection and use, of new water utility assets within the easement area. A public hearing will be held during the regular meeting of the Board on May 11, 2021 at 6:30 p.m. or as soon thereafter as practicable, on the question of conveyance of the Easement. Copies of the Resolution of Intent to Convey an Easement and Calling a Public Hearing in Connection Therewith are available upon request from cassadra.baumgart@sanjuan.edu and posted at the District Office Front Lobby. At the public hearing described above, any interested person may be heard on the matter of conveying the aforementioned Easement. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the conveyance of the Easement to CWD.
Carmichael Times April 23 and 30, 2021

SAN JUAN UNIFIED SCHOOL DISTRICT PUBLIC HEARING NOTICE
PROPOSED PROPERTY EASEMENT FOR PUBLIC UTILITIES
NOTICE IS HEREBY GIVEN that, pursuant to Education Code section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to Citrus Heights Water District ("CHWD") certain real property within the Skycrest Elementary School site (hereinafter referred to as "Property") for the purpose of construction, reconstruction, installation, replacement, removal, repair, alteration, operation, maintenance, inspection and use, of a four inch water main and fire hydrant within the easement area. A public hearing will be held during the regular meeting of the Board on May 11, 2021 at 6:30 p.m. or as soon thereafter as practicable, on the question of conveyance of the Easement. Copies of the Resolution of Intent to Convey an Easement and Calling a Public Hearing in Connection therewith are available upon request from cassadra.baumgart@sanjuan.edu and posted at the District Office Front Lobby. At the public hearing described above, any interested person may be heard on the matter of conveying the aforementioned Easement. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the conveyance of the Easement to CHWD.
Carmichael Times April 23 and 30, 2021

City of Rancho Cordova Notice of Public Hearing
NOTICE is hereby given that on **Monday, May 3, 2021, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:
RIO DEL ORO DELIVERY STATION MAJOR DESIGN REVIEW
PROJECT No. DD10030
REQUEST: The Applicant is requesting a Major Design Review for a new 181,500 square foot single story delivery station with landscaping, parking, staging and loading areas and site improvements.
OWNER: Alta Vista LLC
APPLICANT: Panattoni Development Company, Inc.
3400 Palladio Parkway, Suite 521 8775 Folsom Boulevard, Suite 200
Folsom, CA 95630 Sacramento, CA 95826
LOCATION/APN: Located within Rio Del Oro Specific Plan Parcel 63 A & B. Northeast corner of future extensions of Rancho Cordova Parkway and International Drive APN: 072-0370-071
ZONING: MP Industrial Office Park
ENVIRONMENTAL: Analyzed as part of the Rio Del Oro Specific Plan Environmental Impact Report (EIR). The project is then exempt under CEQA Exemption 15183 projects that are consistent with a community plan, general plan or zoning for which an EIR was certified shall not require additional environmental review.
PROJECT PLANNER: Darcy Goulart, Planning Manager
The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. In response to Governor's Executive Order N-29-20 and the Resolution Declaring the Existence of a Local Emergency Relating to the COVID-19 Pandemic adopted by the City of Rancho Cordova, the City Council meetings are currently Teleconference Meetings Only to align with local and federal guidelines and social distancing recommendations for the containment of COVID-19. If there is a need for training or assistance in using the teleconferencing platform, please contact the office of the City Clerk no later than 10:00 a.m. Monday, May 3, 2021 at (916) 851-8720. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.
Questions regarding this matter should be directed to the City of Rancho Cordova Planning Department at (916) 851-8750.

NOTICE REGARDING CHALLENGES TO DECISIONS
Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.
ADA COMPLIANCE STATEMENT
In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's Department at (916) 851-8720. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting.
Printed in the Grapevine Independent on April 23, 2021.

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Crossword Puzzle on Page 8

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

STATEPOINT CROSSWORD • FICTIONAL MONSTERS

Crossword Puzzle Solutions on Page 8

CLUES

ACROSS

- "Turkey" dance
- X minus III
- Accounting acronym
- Angel's glow
- Like list of chores
- Inside info
- "National Velvet" author Bagnold
- Heavy Metal band Quiet
- *Worn by monster hunters and dragonslayers
- *Sea monster with atomic breath
- Brooms and cauldrons to a witch, e.g.
- Subject of biographies, pl.
- ___ of Aquarius
- Saudi's southern neighbor
- Ceremonial flight
- "I" problem
- Sweet-talk
- Marine eagle
- The Revenge of the ___, 1984
- ___ you sure?
- Desires
- Russia's Romanov, e.g.
- Comfy pants
- Preceding month
- Google Maps predecessor, pl.
- Blackbird-like birds
- Crow sound
- Group of professionals
- Like a bow string
- *Witch of Russian fairytales
- ___ con carne
- G in 1000 g., e.g.
- Loose hood
- Was rebroadcast
- Prospector's mother?
- Bassoon cousin
- Nod up and down
- *He played Dracula and Count Dooku
- *Like Sendak's Things

DOWN

- Up until now, 2 words
- Like luxurious sheets
- Another name for manatee, 2 words
- Not kayak
- Follow rules
- Shakespearean "you"
- What snob puts on
- *Minotaur is half man, half ___
- Mongolian desert
- Deserter's acronym
- ___, The Beloved Country
- Zeppelin predecessor
- Alex Trebek's forte
- Drooping
- *Jeepers ___, sing.
- Coats with Zn
- Tap order
- Yiddish busybody
- Opposite of digest
- Like high ground
- Pestilence pest
- Lock horns
- Darlene or Jacob of Ozark
- MCAT and LSAT
- *Amity Island fish
- Bonanza find
- *Transylvanian bloodsucker
- Shylock's practice
- Use a Singer

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Sudoku Puzzle on Page 8

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

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

Solutions on Page 8

City Electric Scooter's Still Charging

Continued from page 1
connecting to the internet for school.

Congressman Bera also touched on infrastructure, the COVID-19 vaccine process, the return of in-class education, homelessness and jobs. He ended his presentation stating, "Let's put this pandemic in the rearview mirror" and focus "on the best way to put it in the past and build a brighter future."

Stacey Delaney gave a presentation on the Community Enhancement Fund (CEF) which was -as she put it- just the start of the process for the council and staff to review and decide on the 82 applications received, adopt a budget and ultimately, a resolution by June.

During Council Reports, Councilmember Pulipati reported from her first Elk Grove Unified School District Two by Two Meeting that a new high school is contingent on more homes being built and sold. Councilmember David Sander expressed the need for more vaccination locations in the city and how he and Pulipati are spearheading the project to change that. Councilmember Budge was excited about a recent National Women's Political Caucus meeting where a panel entitled Homelessness through a Gender Lens was given. Vice-Mayor Terry detailed the ever changing logistical issues in

bringing children back to school. City Manager Cyrus Abhar congratulated the Public Works team on a number of recent projects as well as discussed what the city was doing to set up vaccination locations.

Amongst his many proud announcements, Mayor Garret Gatewood shared with the council that the Sacramento Regional Builders' Exchange told him Rancho Cordova was "one of the most positive places to build a home and work with", Fire Station 68 is completed, and the new Civic Center and a possible new library are progressing toward realities.

Public comments not on the agenda included those from concerned citizens about speeding on Rod Beaudry Drive by River Bend Park and the narrowness of a Routier Road bridge. Another caller shared information about mobile COVID-19 vaccination which allowed for her and her homebound grandmother she cares for to receive the Johnson and Johnson vaccination.

The night ended with Mayor Gatewood proposing a future agenda item - discussion of the Council returning to City Hall. With the upcoming CEF application approval process and concerns about safety, the idea was squashed.

For now, the zoom meetings continue. ★

Local United Way Announces New Childhood Literacy Effort STARS

By Kristin Thebaud, Kristin Thebaud Communications

SACRAMENTO, CA (MPG) - United Way California Capital Region is launching a new literacy effort called STARS that pairs volunteers online with local kids learning to read. With the recent launch of the program, United Way California Capital Region will be raising funds for STARS on May 6, Big Day of Giving. Local residents are invited to participate by donating at various giving levels and sharing photos of themselves reading on social media.

"We know that if kids aren't reading at grade level by fourth grade, they will have a hard time keeping up across multiple subjects for years to come," said Amber Lovett, interim president and CEO, United Way California Capital Region. "Big Day of Giving is a great opportunity for community members to help local kids succeed in school and career and ultimately in life."

Though the STARS curriculum is funded by Union Pacific's Community Ties, Big Day of Giving donations will help fund other costs of the program, including volunteer recruitment, background checks and supplies. To make a donation or schedule a gift ahead of time starting April 22, visit YourLocalUnitedWay.org/Big-Day-Giving. Participants also are invited to upload a photo reading a favorite book on social media using hashtags #BDOG2021 and #STARSLiteracy, and challenge friends to participate.

United Way's STARS program already has paired nearly two dozen volunteers with children at Robla School District and CHOC housing sites in Yolo County to provide online tutoring through the platform Book Nook so kids struggling with literacy can reach grade level reading. Each student has already received an average of eight hours of tutoring and reading practice. The program will continue through the rest of the school year and will include a summer curriculum for children at the housing sites. United Way plans to expand STARS to additional schools in the fall and is in need of virtual volunteers year-round. For more information about STARS and to sign up to volunteer, visit YourLocalUnitedWay.org/STARS-0.

The local United Way has been helping children improve literacy for more than four years, most recently through its AARP Experience Corps program that paired retirees with children in schools before the pandemic hit.

To learn more and make a donation, visit YourLocalUnitedWay.org. ★

Local Classified

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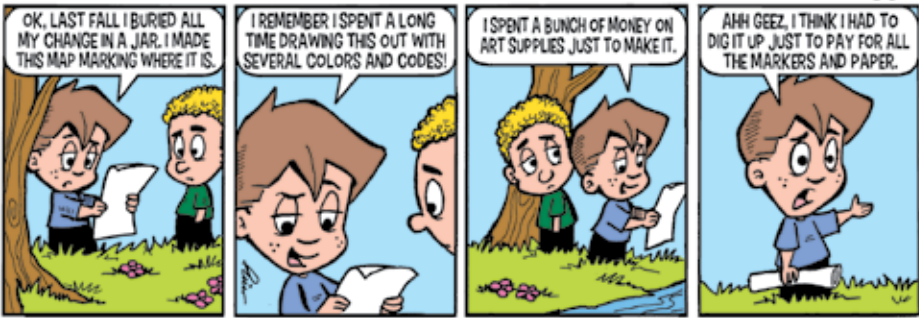
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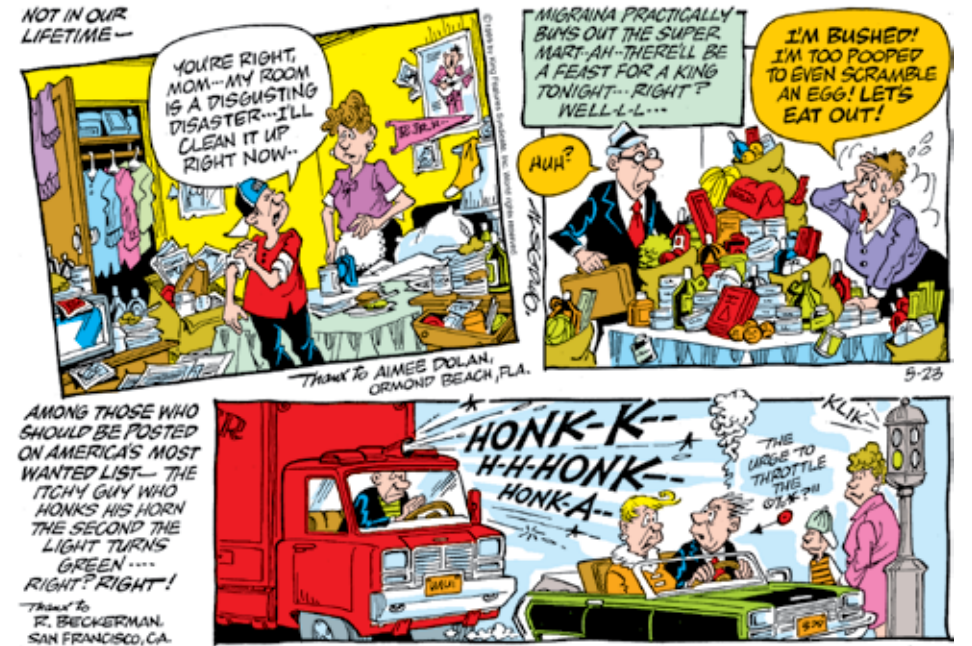
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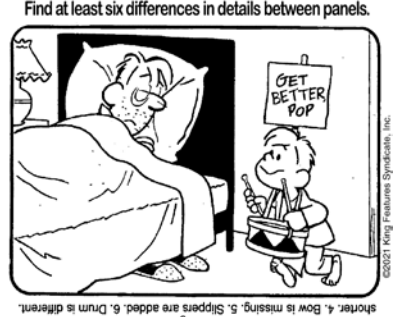
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<p>BONUS COUPON</p> <p>FANCY FEAST GOURMET CANNED CAT FOOD</p> <p>3 Oz - All Varieties Except Elegant Medley</p> <p>Limit 1 Case Per Family</p> <p>Limit One Coupon Per Family</p> <p>Price Valid Only With Coupon</p> <p>Effective 4/21/21 - 4/27/21</p> <p>ON SALE Everyday</p>	<p>BONUS COUPON</p> <p>FRISKIES PARTY MIX CAT TREATS</p> <p>2.1 Oz • Selected Varieties</p> <p>Limit 2 Pkgs with Coupon</p> <p>Limit One Coupon Per Family</p> <p>Price Valid Only With Coupon</p> <p>Effective 4/21/21 - 4/27/21</p> <p>\$1.19</p> <p>CHM PLU 573</p>	<p>BONUS COUPON</p> <p>FRISKIES PREMIUM CAT LITTER</p> <p>20 Lb Bag</p> <p>Limit 1 Bag With Coupon</p> <p>Limit One Coupon Per Family</p> <p>Price Valid Only With Coupon</p> <p>Effective 4/21/21 - 4/27/21</p> <p>\$3.89</p> <p>CHM PLU 362</p>
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Pandemic Weight

Would you believe 60% of Americans report an average gain of 29 pounds during the pandemic? **Nicolette Pace**, founder of NutriSource, provides education and counseling on what you can do about it with a few tips she shared on POPPOFF.

- 1. JUICE IT UP.** Drink warm lemon juice with water in the morning. Take the juice of half a lemon and add a pinch of cayenne pepper to strengthen the body and detox. It wakes up the digestive system and contains Vitamin C for skin and immunity and to balance the pH of the body. It flushes out the system and rehydrates the body...a fluid breakfast.
- 2. GET SERVED.** Move your food plate away from the serving area to limit the potential to eat seconds. Family style is a no-no for celebrities who need to be slim for performing on camera, stage, or modeling.
- 3. TAKE MEASUREMENTS.** Measure volume in serving utensils like a favorite ladle or serving spoon as well as glasses, cups, mugs, bowls, and plates that you use frequently.
- 4. BUZZ IN.** Caffeine can perk you up in more ways than one. Take some before a workout since it is a clinically proven ergogenic aid, which means it acts on the central nervous system, reduces fatigue, and allows for greater exertion as feelings of work load and pain are reduced.
- 5. GO WITH YOUR GUT.** Eat probiotic-rich foods to enhance your good gut bacteria, which in turn will keep your weight down. Look for fermented foods like kombucha tea, kefir, yogurt, lebbe, miso and fermented vegetables.
- 6. SKIP PROCESSED FOODS.** Eat

processed foods minimally as much as possible. "Uncured meats (naturally done with celery juice), organic poultry and meat, in season fruits, vegetables, and seafood (preferably locally or regionally grown) will give max nutrients for energy, vitality, and anti-aging and beauty inside and out.

- 7. SIP SMART.** Lighten up on caffeine and replace sugary beverages, artificial sweeteners, and alcohol with nutrient-rich green tea, white or black tea, yerba mate, or cocoa. Drink citrus- fruit, or herb-infused waters like herbal tea and mineral water for daily hydration.
- 8. WORKOUT WISELY.** Before exercising, avoid large volumes of fluid or food, especially when toning core muscles, to avoid cramps and digestive upset. However, be sure to take at least 12 ounces of fluid an hour. Dose protein and slow carbs one to four hours before to enable sustaining energy.
- 9. MIND YOUR MORNING MEAL.** Don't eat if you're not hungry when you wake up. Just make sure that you eat within four hours of waking up.
- 10. FLUSH IT OUT.** She recommends doing a potassium and nutrient flush. It will infuse your body with energy and vitality to help keep your belly flat for a big day.
- 11. DO A DETOX.** Detoxing will help with bloating if you do not go overboard on fiber or dairy (if you're sensitive), which can actually make bloating worse.

Nicolette Pace shares her expertise on CBS, ABC, NBC, Fox News, even Dr. Oz listens. Check out www.nutrisource.org. Lookin' good! ★

Ask Toni

HELP!!! My Sister with Cancer Loses Medicaid!!



Toni King

Toni:

My 60-year-old sister who had no health insurance or Medicare was granted Medicaid in January last year. She was granted Medicaid because she had

stage 3 breast cancer with lymph-nodes that were removed. She just learned from her Doctor that her Medicaid had been cancelled effective May 1st. My sister has not received anything from Medicaid stating that she was cancelled, and we cannot get anyone at Medicaid to tell us what the problem is. She was being paid \$703.00 as a disability check and recently she got a raise to \$1,431 for Social Security Disability which she has recently qualified to receive effective April 1st. When she went to Social Security to apply for Social Security Disability no one said she would get an increase in her \$703 monthly Medicaid check.

Someone told me about what you do to help people who do not know where to go or what to do. This is overwhelming because my sister cannot receive her chemo treatments any more due to not qualified for Medicaid. Can you tell me what I need to do? Thanks, Gray from Jackson, MS

Oh My... Gray:

I do not get very many problems like this, but after talking with you this week, I wanted to inform my readers about this Medicaid issue. People need to know how vitally critical and important it is, when you qualify for Medicaid to be sure you stay in the monthly income and asset bracket that qualifies you for Medicaid. One dollar (\$1) too much and you can LOSE your Medicaid benefits and will have to pay 100% out of your pocket for your medical expenses.

Gray, my heart ached when you said, "you would have helped your sister with some of her expenses because of her disability check raised from \$703 to \$1,431,

but you could not pay the \$2,600 per chemotherapy treatment with 8 treatments in a cycle that totaled over \$20,800. She lost her Medicaid for only \$400.00." And that you considered the state had given your sister a "death sentence" because her doctor is not giving her chemo since the medical facility is not getting paid.

Here is what I would advise you to do to help your sister:

1. Ask how you can have her Social Security discontinued from the \$1,431 to the original amount of \$703 for Medicaid, so that she can be in the correct income bracket to qualify for Medicaid. Who knows maybe there is a loophole somewhere?
2. Talk to the cancer facility where your sister was receiving her medical care and chemo treatments. Find out if there is a non-profit fund set up for situations like your sister's. See what grants or philanthropic organizations help in this type of emergency.
3. Contact the American Cancer Society area office and explain about her serious situation and how time is slipping away with her not receiving her chemo treatments. She needs help NOW!!

My main goal in writing this week's column is to make the public aware to how important it is when you qualify for Medicaid, whether you are under 65 with no health insurance or are over 65 and have Medicare, that you must stay within the financial limits... *One dollar (\$1) too much and you lose your Medicaid benefits and must pay 100% out of your pocket for medical expenses.*

2021 Confused about Medicare Zoom webinar is Thursday, April 29th at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

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

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RANCHO SPORTS



Cordova Softball Coaches Feeling Blessed

Story and photos by Rick Sloan

RANCHO CORDOVA, CA (MPG)

- I've been following girls softball in Rancho Cordova for many years now and let me get one thing perfectly clear, it may be called softball but it's as hard as a rock and the size of a cannonball. The game is played on 60-foot base paths, 30 feet shorter than baseball. The pitchers mound is only 43 feet away compared to 60

pandemic, Head Coach Kim Little and Assistant Coach Mark Beamish are feeling blessed to start the 2021 softball season. And blessed they should be because this year's crop of talented players have been nothing more than stellar. In previous years the hopeful expectation was for the outfielders being able to hit the cutoff player. This year the girls are turning double plays, making great catches in the outfield, bunting the base runners over

Folsom and Ponderosa has set us on the trajectory of success" said Head Coach Little. It's been a while in coming, but the lady Lancers are ranked this season at #14 by MaxPrep and #19 by the Sacramento Bee.

Besides great pitching and defensive gems on the field, the girls are putting up good numbers on offense. Sophomore right fielder, Mariah Hopkins is batting .600 and hit two solo home runs against Oakmont.



Mariah Hopkins for the Cordova Lancers applies tag at 2nd base.



Cordova Lady Lancer junior Kelissa Lee hits a double to left.



Graduating Senior Erica Jackson is ready to catch the ball at first base.

feet for baseball. There is no cut-grass in the infield to slow the groundballs down. Most of the time the corners (1st and 3rd) are playing in, looking for the bunt. Can you imagine how fast the ball jumps off a performance enhanced composite bat after a 60 mph pitch is perfectly timed? I'm telling you, it's scary to watch, but time and time again the girls make the plays seem almost effortless.

After last year's season was stopped just a few games after starting due to the

and yes, hitting the cut-off person. They just might be the most fundamentally skilled team the Cordova diamond has seen in years.

This year's team has jumped out of the starting gate with some very impressive wins behind the phenomenal pitching of senior, Mikaela Cornish, junior, Laemya Banks and sophomore, Cassandra Seifert. "Seeing the girls smile through their masks, us winning some big games against highly ranked

Another sophomore hitting the cover off the ball is sophomore outfielder Leiana Hobart, who also is hitting .600. Other standouts this year are freshman catcher, Kamara Norman who hit what turned out to be the game winning home-run against Ponderosa, junior shortstop, Kelissa Lee, senior first baseman Erica Jackson, senior 2nd baseman Emma Beamish, senior 3rd baseman Taylor McIntire and another young gifted infielder, sophomore Julia DeMuth. "There is so much talent on this

team. Each girl on the roster, just as I put it, is "legit" and amazing on the pinch and off," said Head Coach Little.

Unfortunately due to the pandemic, there will be no playoffs this year. Wouldn't

you know it? This team, in my opinion, would have gone far in the postseason and mark my words, most definitely will next year. The team is young and talented with only 5 graduating

seniors. League play starts Wednesday, April 28 against Valley at home. Come on out and cheer the team on. Game time is 4:00 pm. Masks and social distancing will be observed. ★

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To register, call the school at 916-294-9106 or for more information contact Kim Bohannon at kbohannon@medtrainingsol.com

Register online. Scan here

Or In person at the Adult Education Office Building C
10850 Gadsten Way, Rancho Cordova 916.294.9106
fcusd.org/adulted

Office Hours: Mon, Wed, Thurs 8:30am-4:00pm
Tuesday 8:30-6:00pm
Friday 8:30-12:00pm (noon)

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