

Egg Artists Raise Funds for Shriners Children's Hospital

**Combating** the Loneliness **Epidemic PAGE 12** 



# Carmichael Times

Serving Carmichael & Sacramento County since 1981 VOLUME 45 • ISSUE 8

FEBRUARY 23, **2024** 

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## New CID Leadership Announced



Carmichael Improvement District's new District Manager Diane Ebbitt gets down to business with the organization's Chair,

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Beginning its eighth year, the Carmichael Improvement District (CID) gets down to business with a new district manager and a new board chair.

Executive Diane Ebbitt comes to the organization from the Citrus Heights Chamber of Commerce.

Volunteer James Eowan assumes leadership of an 11-strong CID board. Owner of two apartment complexes, he puts area improvement at the top of his wish list. "I believe in giving back to the community," says the Rio Americano graduate. "As a business owner, I strongly support the CID's

mission. We need this organization in order to continue to thrive."

Sole CID employee Diane Ebbitt attended Roseville High School and served the banking industry for 25 years before her Citrus Heights Chamber job. "I have a passion to see businesses grow," she says. "I also want to help property owners attract quality tenants."

Ebbitt will work from CID headquarters, near the post office on Fair Oaks Boulevard. "I love the location," she enthuses. "I get to drive through CID's streets on my way to work. At that hour, I see business people turning their door signs to 'open.' I feel excited to be part of their lives."

Her agency operates with a

budget of more than \$535,000. Funding comes from assessments on nearly 900 stakeholders with business premises between Oak Avenue and Crestview Shopping Center (Manzanita Avenue). Formed in 2016, the CID is one of 18 similar groups in Sacramento County.

Carmichael's district manager oversees a seven-day-per-week security and maintenance service. The operation includes trash clean-up and graffiti removal. Beautification is a high priority; street banners have been raised and new landscaping has been undertaken to improve curb appeal for merchants.

Ebbitt will also administer allocation of grant money and spearhead Continued on page 3

### **Alleged** Murder-Suicide **Leaves Three Dead** in **Carmichael**



By Annie Kerr

#### CARMICHAEL, CA (MPG) - According to media sources, horror and tragedy struck on the afternoon

of Feb. 17 when deputies were called to a townhouse on the 5700 block of Shadow Creek Drive in Carmichael, a block west of Manzanita Avenue, for a welfare check. There, law enforcement discovered three deceased individuals, presumed to be the home's residents.

Sacramento County Sheriff's Office public information officer Amar Gandhi confirmed on Feb. 18 that all three victims died from gunshot wounds, according to media reports. He also said it's a typically quiet neighborhood and there is no history of calls from the residence. Some neighbors said that they didn't hear gunshots and that violence is a rarity in their neighborhood.

According to other media sources, Gandhi stated that homicide detectives have confirmed that two of the three deceased were a married couple, and the husband shot and killed his wife. Then he shot and killed an 18-year-old male who was inside the residence. After shooting the woman and man, according to law enforcement, the husband allegedly turned the gun on himself.

Authorities have not publicly identified the three residents who were found deceased in the home, as of press time. However, neighbors told law enforcement that the 18 year old was the couple's son.

The Sacramento County Coroner's Office has yet to release the identities of the three individuals but is expected to in the coming days.

This is an ongoing investigation and the Carmichael Times will provide updates as soon as more information is released.



## Camellia Show Celebrates 100 Years

By Carol Feineman, photos by Julie Vierra, Camellia Society of Sacramento

SACRAMENTO REGION, CA (MPG) - It's not every day that nonprofit organizations celebrate a centennial so Camellia Society of Sacramento members are especially excited about its Camellia Show on March 2 and March 3. The nonprofit garden-

ing organization's first Camellia Show, highlighting the plant that is a member of the tea family, was in 1924.

This year's 100th show includes hundreds of camellias to view, floral arrangements, camellia waxing, plants for sale, raffle, collectable camellia buttons and a Matsuyama, Japan display. The Japanese city is the organization's sister city. The Sacramento History Center will have an informational table with memorabilia about camellias, the show



Society of Sacramento. The photo contest is focused on this particular variety.

"Our 100th is going to be a big deal for us! We are hoping lots of people attend," said Camellia Society of Sacramento President Julie Vierra this week.

Vierra has more than 100 of the flowering plants in

her West Sacramento front

and backyard.

flower of Sacramento is the camellia?," Vierra stated. "We will be going to the State Capitol on the 29th. Our 100th resolution will be presented to us by Kevin McCarty (California Assemblymember, 6th District)."

New this year is a

"Did you know the partnership between the camellia society and the Camellia Coffee Roasters at 12th and R streets in Sacramento. That includes Camellia Coffee Roasters Instagram "infomercials" with club members describing how to care for

the plants. The cafe and Continued on page 3

and the former Camellia Festival.

www.CarmichaelTimes.com

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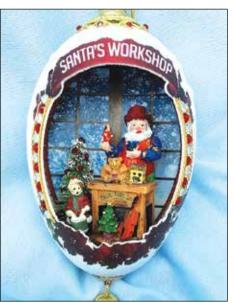
## Egg Artists Raise Funds for Shriners Children's Hospital

















These eggs and more will be featured in 11 classes on making egg art. Preregister for the classes at www.norcaleggshow.com or Northern California Eggstravaganza on Facebook. Photos courtes

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - Local fine artists are invited to be in the 32nd annual Northern California Eggstravaganza Egg 'N' Art Show and Sale that benefits the Shriners Children's Northern California hospital for children in Sacramento.

The show and sale runs from April 12 to April 14 in Elk Grove. All proceeds from the event go to the Shiners Children's prosthetic department.

The Northern California Egg Artists ran the show as a club activity for years and Diana Macias, a club member and a Wilton egg artist, now organizes the show.

Macias expects that a few hundred eggs will be on exhibit from regional and national artists at the event.

"Some people have never seen egg art and they will be surprised and astonished to see what can be done with an egg and the types of art possible with eggs," Macias said. "It's not what you think when you think of dying eggs for Easter eggs; it's real fine arts. Everything that artists have done in art, all of those arts can be done on an egg. There's no limit to what you can do."

According to the Library of Congress, egg art is one of the oldest

decorative arts. In 2010, a University of Bordeaux (France) team led by Pierre-Jean Texier found etched ostrich eggs in South Africa dating back 65,000 years ago.

Each year, egg artists at the Northern California Eggstravaganza Egg 'N' Art Show and Sale donate artwork that will be raffled with all proceeds befitting the children's hospital. Show genres include porcelain, carving, beading, jewels, miniaturists and sculpting.

Last year's show in West Sacramento included artists from Berkeley and New York, Texas, Washington and Idaho. This year's show will be in Elk Grove's SES Hall, with artists from throughout the United States, according to Macias.

Public viewing hours will be from 10 a.m. to 5 p.m. April 13 and from 10 a.m. to 3 p.m. April 14. Admission is free. The SES Hall is at 10428 E. Stockton Blvd., Elk Grove.

While finding out more about egg art, viewers can also learn more about the Shriners Children's Hospital. Shriners volunteers will provide pamphlets and signage about the nonprofit hospital and answer questions.

Event attendees can also make egg art at a "learning table" for \$5 with all proceeds going to the Shriners Hospital. The learning table will be open from 11 a.m. to 1 p.m. on April 12 and April 13. Children at least 6 years old up to adults can work on the projects designed for beginners. All materials are supplied.

Eleven classes on making dif-

ferent types of egg art will also be offered April 12 to April 14. Class preregistration is required at www.norcaleggshow.com or Northern California Eggstravaganza on Facebook. Artists and the public can contact

Artists and the public can contact Macias for more information about the upcoming Northern California Eggstravaganza Egg 'N' Art Show and Sale at leggantdesigns@frontiernet.net or at 916-230-9811. ★





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## Camellia Show Celebrates 100 Years New CID Leadership Announced



Camellia Society of Sacramento members will dip fresh flowers into paraffin to make the flowers last longer at the Camellia Show on March 2 and March 3 in Sacramento.



2023 Bright Star winners included Carmichael's School of Rock owners Celia and Jason Kline. CID director Nick Bloise (left), Supervisor Rich Desmond and Senator Roger Niello offer citations to the couple at the State of the PBID dinner

Continued from page 1 new projects. She is now working on the State of the PBID Dinner — an annual event that includes

presentation of "Bright Star" awards to recognize outstanding beautification efforts.

CID stakeholders are

encouraged to attend the dinner at Carmichael Elks Lodge on April 25. For information, visit www.discovercarmichael.com.

Continued from page 1 coffee wholesaler company has also named one of its coffee blends in the society's honor. The Camellia Coffee Roasters will be at the Camellia Show on March 3.

Camellia Show hours are from 3 to 6 p.m. March 2 and from 10 a.m. to 5 p.m. March 3 at the Scottish Rite Temple, 6151 H St., Sacramento.

Admission is free both

"If you enjoy gardening, you will love the show. We are all gardeners," Vierra

The Camellia Society of Sacramento meets once a month from October to April. Northern California Camellia Society President Justin Bergamini will speak about grafting techniques at the Feb. 25 2 p.m. meeting at Sierra 2, 2791 24th St., Room 12, Sacramento.

The society's 60



The trophy table in the 2022 show included yard art and gardening items. In honor of the 100th-year celebration, this year's trophies will be crystal and cut glass.

members are from Sacramento, Orangevale, West Sacramento, Fair Oaks, Carmichael, Folsom, Davis, Elk Grove, Rancho Cordova, Roseville, Gold River, Lincoln and Woodland. New members are always welcome.

"We have fun, we have

food and we have lots of knowledgeable camellia people if you have any questions," Vierra said.

For more information about the 100th Camellia Show or the organization, call Vierra at 916-812-3202 or visit https://camelliasocietyofsacramento.org.



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ucked away in a fantastic Roseville neighborhood, this single-story residence offers a perfect blend of comfort and style. Step inside an inviting floor plan with 4 bedrooms and 2.5 baths. The remodeled kitchen is appointed with beautiful light cabinetry, granite countertops, stainless steel appliances with double ovens, a large closet-pantry and more. Additional highlights include light-filled living spaces, gorgeous engineered hardwood flooring, dual windows, pane plantation shutters, and an inside laundry room. A stunning stone fireplace becomes the focal point of the family room, while dedicated dining and living areas offer versatile spaces. Enjoy a spacious master suite with his and her sinks, a walk-in shower, and a soaking bath. Outside, the backyard is a private oasis with a sparkling pool, covered patio, and low-maintenance landscaping. Enjoy close proximity to all that Roseville has to offer including fabulous shops, restaurants and excellent schools. Must see!













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## Hoover and Patterson Introduce Measure to Address Homelessness

Office of Assemblyman Josh Hoover News Release

Assemblymembers Josh Hoover (R-Folsom) and Joe Patterson (R-Rocklin) announced Assembly Bill 2417 to expand and improve California's response to our state's homelessness crisis. This legislation increases funding flexibility for treatment and service-oriented programs by repealing the state's existing one-size-fits-all "Housing First" approach to homelessness.

"Our current approach to homelessness is failing to get the results our communities are asking for," Assemblyman Josh Hoover said. "We need a renewed focus not just on housing, but on getting people the necessary treatment they need to get out of the cycle of homelessness. It's time for our state to support programs that are driving real change and getting people the help they need."

Since 2018 California has spent over \$20 billion taxpayer dollars to solve the homelessness

crisis. During that same period the state's overall homelessness population has increased by 32 percent and today half of the nation's unsheltered homeless live in California.

"If we are serious about fully addressing the growing homelessness crisis, we must ensure we are treating the root causes of homelessness," said Assemblyman Joe Patterson. "Shelters without accountability have proven to be ineffective. AB 2417 will allow the existing successful programs in

my district, and statewide, to focus their efforts on providing proven effective services to assist individuals in restoring and rebuilding their lives."

AB 2417 shifts California's focus "Beyond Housing" by recognizing that individuals experiencing homelessness have diverse needs and may require different pathways to stability. The bill would allow state agencies and departments to allocate funds to programs that prioritize mental health and drug treatment as a prerequisite for

participation.

The proposed legislation comes in response to growing concerns over the shortcomings of the "Housing First" model, which has failed to adequately address the root causes of homelessness in many cases and has left many individuals without access to essential services. Moving "Beyond Housing" offers another tool in the toolbox for local governments as they seek to develop more holistic approaches to addressing homelessness.

#### ROOT CELLAR Sacramento Genealogical Society SPRING SEMINAR

ROOT CELLAR welcomes our guest speaker, Michael L. Strauss, AG. Michael has been employed as a forensic investigator for 30 years and works as a research manager and senior genealogist for *Ancestry ProGenealogists*. Michael is a native of Pennsylvania and a veteran of the United States Coast Guard. He is a court qualified expert

witness in New York, New Jersey, Pennsylvania, and Virginia. He is a national genealogical lecturer and instructor and is a faculty member at Salt Lake Institute of Genealogy, Genealogical Research Institute of Pittsburgh, and the Institute of Genealogical and Historical Research where he coordinates the military history and research courses. Michael was the film historian for the 2015 Academy Award nominated movie *Finding Vivian Maier*. He has been a Civil War reenactor for more than 25 years.

At our full-day seminar, Michael will present four awesome lectures: (1) Descendancy Research: Another Pathway to Genealogy; (2) Secret Societies: Finding Your Ancestors in Fraternal Organizations; (3) Federal Taxes and Genealogical Records they Created; and (4) That Splendid Little War: Research in the Spanish-American War. Join us in-person; all are welcome.

Date: April 27, 2024 • Time: 10 am - 5 pm, doors open at 9:15 am Maidu Community Center, 1550 Maidu Dr., Roseville, CA

Cost: \$40 Root Cellar Members; \$55 Non-members (Pre-registration required - Registration ends April 15 - No tickets sold at the door)

To register, go to www.rootcellar.org



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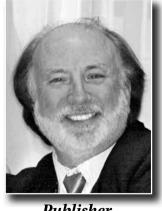
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Subscriptions should be mailed to *Carmichael Times*, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$52 per year within Carmichael, \$62 within Sacramento County.

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### **Social Security Matters** Should I Claim Social Security at 68, or Wait Until I'm 70?



By Russell Gloor. AMAC Certified Social Security Advisor

Dear Rusty: I have a question regarding my SS benefits. I turned 68 this month and work part time. I earned \$28,000 last year but will probably gross \$36,000 to \$38,000 this year. My husband collects his SS, and he earned \$25,000 last year. I was told by a financial planner that I should apply for my benefits now, instead of waiting until I'm 70. I would collect \$1700/month at 68 and \$1944/month if I wait. Which is the smarter move? Signed: Seeking Answers

Dear Seeking: I'm sure your financial advisor would agree that your decision on when to claim your Social Security comes down to just a few basic things -1) how badly you need the money, 2) your life expectancy, and 3) whether you will receive a spousal boost from your husband when you claim.

Because you have already passed your full retirement age (FRA) of 66 years and 4 months, your work earnings won't negatively affect your monthly SS benefit amount. If you claim now, however, your work earnings will affect how much of your SS benefits will be subject to income tax. Assuming you file your income tax as "married/

filing jointly," up to 85% of the Social Security benefits you receive during the tax year will become part of your income taxable by the IRS. If you do not urgently need the extra money that your SS will provide, then waiting longer to claim will also postpone paying income tax on your received benefits, and that may be a consideration.

Your life expectancy is key in making your decision on when to claim. You already know that your benefit will be \$244 per month more if you wait until you are 70 to claim. If you claim at 68 (e.g., this month), you will collect about \$40,800 by the time you reach 70. If you, instead, wait until age 70 to get that extra \$244/month benefit, it will take you about 14 years collecting at the higher rate to offset the \$40,800 you would have received had you claimed now (in other words, you would break even moneywise at about age 84). If your life expectancy is longer, then waiting to claim may be the better choice. Of course, no one knows how long they will live but, for general guidance, average life expectancy for a woman your current age is about 87. Family history and your current health are obviously influencing factors as well. If you wish to get a more personal estimate of your life expectancy, I suggest using this tool:

www.socialsecurityreport.org/tools/ life-expectancy-calculator/.

In the end, if you believe you will attain at least average life expectancy and you don't urgently need the money now, waiting longer will not only give you a higher monthly benefit in your later years, but also the most in cumulative lifetime benefits. If, however, you have reason to suspect you won't achieve at least average life expectancy, or you need the SS money sooner, claiming before age 70 is likely the better move.

One other thing to consider: If your benefit as your husband's spouse will be more than your own earned maximum SS retirement benefit, then you should claim your SS benefit now. Your maximum benefit as a spouse would be 50% of your husband's full retirement age entitlement and, if that is more than your own benefit will be at age 70, then claiming now to get your maximum spousal benefit would be your best choice. To get a spousal benefit from your husband, your personal FRA entitlement (not your age 68 amount) would need to be less than half of his FRA entitlement. If that isn't the case, then you should make your decision based only on your own Social Security entitlement, as described above.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation. org/programs/social-security-advisory) or email us at ssadvisor@amacfounda-

## California Should Not Tolerate Having So Many Children Struggling To Read



By Dan Walters. **CALMatters.org** 

Of all the skills that children may acquire in school, none surpasses reading in importance.

The ability to read and comprehend what's read is the key to all other learning, either formal or personal, and the students in California's schools are not doing well.

Results from the state's latest academic achievement tests, released last October, revealed that fewer than half met standards in English language skills and scarcely a third met those in mathematics.

California's overall score in the National Assessment of Educational Progress, the federal government's program of measuring academic achievement, is equally bleak, ranked seventh from the bottom.

One reason the state fares so poorly is that for decades, California embraced trendy theories of teaching them to read, such as "whole language," while spurning strong evidence that using phonics, a more traditional method, would produce better results.

The conflict, dubbed the "reading wars," was not confined to California, but the state was one of the major battlegrounds given its size.

Ultimately, phonics-based instruction, recast as "the science of reading," won out, at least on paper. But the state has not been insistent on its adoption, and many local school systems have continued to use less effective teaching methods.

Last month, the National Council on Teacher Quality released a report on how well states are implementing the science of reading and California achieved only a mediocre score, once again falling behind other states, such as Texas, Florida, Arkansas, Louisiana and Alabama, that many would regard as regressive.

California won plaudits in some areas, such as setting reading standards in teacher training and including skills in its licensing process, but fell behind in requiring ongoing literacy training and overseeing teacher preparation programs to ensure that the science of reading is being stressed.

"In California, only 58% of fourth grade students can read at a basic level based on the most recent National Assessment of Education Progress (NAEP)," according to the report. "That number falls precipitously for California's historically underserved students.

"Students who are not reading at grade level by the time they reach fourth grade are four times more likely to drop out of high school, which in turn leads to additional challenges for them as adults: lower lifetime earnings, higher rates of unemployment, and a higher likelihood of entering the criminal justice system.

"These alarming statistics can be largely attributed to inequities in access to effective reading instruction, a problem that strong state policy and bold state leaders can solve."

The brighter side of the picture is that within a few months, California will require teacher preparation programs to stress the science of reading with an eye on meeting the state's new literacy standards.

Newly introduced legislation would make the science of reading mandatory. In the absence of such a mandate, it could take years for full implementation, if ever, because many liberal school districts will continue to resist, falsely believing that phonics are incompatible with educational equity.

California has an odd policy on overseeing what happens in local school systems. It closely monitors their finances and will essentially seize districts that are in danger of becoming insolvent, but takes a more hands-off stance regarding educational outcomes.

Reading is too important to allow local school systems to decide if and when they will adopt the science of reading. As the report on teacher quality points out, a child who can't read is likely to fall behind for the remainder of his or her life.

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

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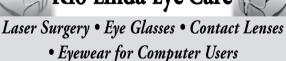
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LEGAL ADVERTISING

#### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00625 Wali Hassany, 1808 Richmond Street, Sacramento, CA 95825 doing business under the Business Name(s) **Fictitious** "Dreamland Aahoo Immigration Consultant/Next Chapter Aahoo Legal Document Prep 2740 Fulton Avenue 101-16. Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 24, 2024 Publish: February 2, 9, 16, 23, 2024 DREAMLAND 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00674 Way Mortgage, Inc. New #510, 1111 Howe Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Sal You Loans/Sal You Loans Team' 1111 Howe Avenue #510, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 25, 2024 Publish: February 2, 9, 16, 23, 2024 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00494 Altaf Hussain, 717 Turnstone Drive, Sacramento, CA 95834 is doing business under the Name(s) Fictitious Business "Rehmat Traders/Pak Diamond Traders" 717 Turnstone Drive. Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 19, 2024 Publish: February 2, 9, 16, 23, 2024 **REHMAT** 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00487 P&W Kar Sales Inc, 2140 Marconi Avenue Suite 300, 95821 Sacramento, CA the business under doing Fictitious Business Name(s) "Sac Autosport" 2140 Marconi Avenue Suite 300, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 19, 2024 Publish: February 2, 9, 16, 23, 2024

SAC 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00527 A.A.Auto Sales LLC, 3335 Gould Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "A Class Auto" 3335 Gould Way. Sacramento, CA 95827, Filed with the Clerk of Sacramento County January 22, 2024 Publish: February 2, 9, 16, 23, 2024 CLASS 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00671 East Horizon Stores LLC, 9113 Skippereen Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Kitchen Skyline" 9113 Skippereen Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County January 25, 2024

Publish: February 2, 9, 16, 23, 2024 2-23-24 **KITCHEN** 

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09442 11010 Jessica Ocenosak, Orleans River Court, Rancho business under the Fictitious **Business** Name(s) "Critical Security Forums/Party Creations by JO" 11010 Orleans River Court, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 26, 2023 Publish: February 2, 9, 16, 23, 2024

CRITICAL 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00574 999 Thai Inc, 3609 Don Julio Boulevard, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Yummy Thai Sushi" 1501 N C Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 23, 2024 Publish: February 2, 9, 16, 23, 2024

2-23-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00618 Alberto Vazquez, 7874 Claypool Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Mango Media" 7874 Claypool Citrus Heights, 95610. Filed with the Clerk of Sacramento County January 24, Publish: February 2, 9, 16, 23, 2024

MANGO

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00538 Alberto Vazquez, 7874 Claypool Way, Citrus Heights, CA 95610 is doing business under the Business Name(s) Fictitious 'Alamo Stairs" 7874 Claypool Citrus Heights, 95610. Filed with the Clerk of Sacramento County January 22, 2024 Publish: February 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00481 Steven R Hill, 6929 Fair Oaks Boulevard #712, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Get Vin Verification" 1401 21s Street #7715, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 18, Publish: February 2, 9, 16, 23, 2024

GET 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00454 ACE Auto Works LLC. 8030 14th Avenue, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "ACE Auto Works" 8030 14th Avenue, Sacramento, CA 95826. Filed with the Clerk of

Sacramento County January 17, Publish: February 2, 9, 16, 23, 2024

ACE FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09340

Murase Group, 366/ #8, Rancho BHC Recycle Road #8, Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Super Muscle Parts" 3667 Recycle Road #8, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 20, 2023 Publish: February 2, 9, 16, 23, 2024 **SUPER** 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-00737 Tiffani Harter, 9002 Oak Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Jump the Groove Consulting/Jump the Groove Consulting & Coaching' 9002 Oak Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February

Publish: February 2, 9, 16, 23, 2024 JUMP 2-23-24

1.2023

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00444 Daniel Joseph Palermo, 1175 Reston Drive, Folsom, CA 95630 is doing business under the Fictitious Business "Sterling Name(s) Mortgage Services/Sterling Mortgage Loans/Palermo Real Home Estate Services/Roy's Umbrella/ Sterling Mortgage Solutions' 1175 Reston Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 17, 2024

Publish: February 2, 9, 16, 23, 2024 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00354 Yegor Lyashenko, 7820 Daffodil Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Lyko Build" 7820 Daffodil Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 11, 2024 Publish: February 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00620 Rooney's Plumbing Co, 2114 Street, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) The Plumber" 2114 59th Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County January 24, 2024 Publish: February 2, 9, 16, 23, 2024 PLUMBER 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00193 Zumwalt & Associates Inc. 3301 Sunrise Boulevard Suite J, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Zumwalt & Associates Frosion Control" 3301 Sunrise Boulevard Suite J, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 5, 2024

Publish: February 2, 9, 16, 23, 2024 ZUMWALT 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00656 Fernando Soria, 705 Claire Avenue, Sacramento, CA 95838 doing business under the Fictitious Business Name(s) 'Soria Painting Sacramento CA' 705 Claire Avenue, Sacramento. CA 95838. Filed with the Clerk of Sacramento County January 25,

Publish: February 2, 9, 16, 23, 2024 **SORIA** 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00244 The Sushi Sac Inc., 1200 K Street Suite 7, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Sushi Paradaisu/Sushi Paradise" 1200 K Street Suite 7, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 9, 2024 Publish: February 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00616 Jesus Rios Courier LLC, 6722 Fair Oaks Boulevard #204 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jesus Rios Private Investigations" Fair Oaks Boulevard #204 Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 24, 2024 Publish: February 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00472 Out Loud Bags LLC, 1718 J Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Midtown Loud" 1718 J Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 18, 2024 Publish: February 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00578 Keri Esquibel, 1463 Barona Street, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Strand & Co Hair Lounge" 2220

J Street Suite 5. Sacramento. CA 95816. Filed with the Clerk

of Sacramento County January Publish: February 2, 9, 16, 23, 2024 STRAND 2-23-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00708 Shengli Gong 9369 Tavernor Road, Wilton, CA 95693 is do-

ing business under the Fictitious

Spa" 805 Wales Drive #1,

Business Name(s)

Folsom, CA 95630. Filed with the Clerk of Sacramento County January 26, 2024 Publish: February 2, 9, 16, 23, 2024

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00757 Dexter Distribution Group LLC, 2300 Cabot Drive Suite 150, Lisle, IL, 60532 is doing business under the Fictitious Business Name(s) "Wholesale .... Sunniv" 1470 Vinci Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 29, 2024 Publish: Feb 9, 16, 23, March 1, 2024 WHOLESALE 3-1-

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00824 Gaskin-McPherson LLC. 657 Tarryton Isle, Alameda, 94501 is doing business under the Fictitious Business Name(s) "Regalia Crest Apartments, 3536 Watt Avenue" 3536 Watt Sacramento. Avenue, CA 95821. Filed with the Clerk of Sacramento County January 31, Publish: Feb 9, 16, 23, March 1, 2024 REGALIA

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00310 Kellie Velasquez and Carlos Velasquez, 7612 Zephyr Hills Antelope, CA 95843 Way. is doing business under the Fictitious Business Name(s) "Palette Cakes" 7901 Fair Oaks Boulevard Suite C. Carmichael CA 95608. Filed with the Clerk of Sacramento County January Publish: Feb 9, 16, 23, March 1, 2024

PALETTE 3-1-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00403 Willover. Pamela 1125 Los Robles Boulevard #A. Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Real Brand Marketing" 1125 Los Robles Boulevard #A, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 12, Publish: Feb 9, 16, 23, March 1, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09518 Café Diem LLC, 2359 Jay King Walk, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Ca Phe Diem" 2359 Jay King Walk, Sacramento, CA 95818. Filed with the Clerk of Sacramento County December 29, 2023 Publish: Feb 9, 16, 23, March 1, 2024 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00506 Tycoon Management Group LLC, 901 H Street Suite 120, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "The Organic Loose Leaf" 901 H Street Suite 120, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 19, 2024 Publish: Feb 9, 16, 23, March 1, 2024

**ORGANIC** FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09475 ariinder Kaur, 1501 E. Stree Sacramento, CA 95814 is doing business under the Fictitious Name(s) 1501 E. **Business** Grocery" 1501 E. Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 28, 2023 Publish: Feb 9, 16, 23, March 1, 2024 **CAPITAL** 

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00754 Big Bay'B Records LLC, 4500 Tynebourne Street Apt #303, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Big Bay'B Records LLC/Big Bay'B" 4500 Tynebourne Street Ápt #303, Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 29, 2024 Publish: Feb 9, 16, 23, March 1, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00053 Sandie Moreno, 5915 Spring Glen Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Caring Mobile Phlebotomy" 5915 Spring Glen Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 2, 2024 Publish: Feb 9, 16, 23, March 1, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00262 WD Investment Company LLC, 9494 Vallejo Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "B & L Properties/5<sup>th</sup> Apartments" 9494 Street Vallejo Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 9, 2024 Publish: Feb 9, 16, 23, March 1, 2024 B&L FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00848 Bloo Investments Inc. 4541 Woodhawk Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Melas Auto Sales" 4541 Woodhawk Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County February 1, 2024 Publish: Feb 9, 16, 23, March 1, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00033

Ex-Cell Auto Group, LLC, 6385 Auburn Boulevard Suite B-7, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Ex-Cell Auto Group, LLC" 6385 Auburn Boulevard Suite B-7, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 2, 2024 Publish: Feb 9, 16, 23, March 1, 2024

3-1-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00042

Foxborough LLC, an Oregon

limited liability company, 5800 Meadows Road Suite 240, Lake Oswego, OR, 97035 is doing business under the Fictitious Business Name(s) "Foxborough Apartments" 7795 Antelope Citrus Heights, 95610. Filed with the Clerk of Sacramento County January 2, 2024 Publish: Feb 9, 16, 23, March 1, 2024 FOXBOROUGH 3-1-24 FICTITIOUS BUSINESS NAME **STATEMENT FBNF2023-09515** 

Hadi Pizza, Inc, 612 E. Bidwell Street Suite B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pizza Guvs" 612 E. Bidwell Street Suite B, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 29, 2023 Publish: Feb 16, 23, March 1, 8, 2024 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00659 Rosenquist Consulting 2108 N Street Suite Sacramento, CA 95816 doing business under the Business Name(s) **Fictitious** "Cybersecurity Insights/cybersecurityinsights.us" 2108 Street Suite N, Sacramento, CA

Publish: Feb 16, 23, March 1, 8, 2024 **CYBERSECURITY** 

2024

95816. Filed with the Clerk of

Sacramento County January 25,

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00955 Tiffany Gordon. Laurell 7541 Franklin Boulevard #5, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Callz R-US" 7541 Franklin Boulevard #5 Sacramento, CA 95823. Filed with the Clerk of Sacramento County February 5, 2024 Publish: Feb 16, 23, March 1, 8, 2024 **CALLZ** 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00965 Earthquake Publishing HC 6231 Oak Valley Lane, Citrus Heights, CA 95621 is doina business under the Fictitious Business Name(s) "Earthquake Publishing/Earthquake Writers Group" 6231 Oak Valley Lane. Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 6, 2024 Publish: Feb 16, 23, March 1, 8, 2024 3-8-24 **EARTHQUAKE** 

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00417 Jaime Rosas Rodriguez and Victoria Mejia, 4990 Del Norte Sacramento, Boulevard, 95820 are doing business under the Fictitious Business Name(s) "Sprinklers Landscape Management" 4990 Del Norte Boulevard, Sacramento, CA 95820. Filed with the Clerk of Sacramento County January 16, 2024 Publish: Feb 16, 23, March 1, 8, 2024 SPRINKLERS 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00919 Affordable Trenchless Plumbing Inc, 4206 Barrett Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Affordable Trenchless & Pipe Lining" 8037 Fair Oaks Boulevard #109 Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 2, 2024 Publish: Feb 16, 23, March 1, 8, 2024 **AFFORDABLE** 

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00862 Edivine, Inc, 6701 Almond Ave, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Almond Home Care" 6701 Almond Ave, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 1, 2024 Publish: Feb 16, 23, March 1, 8, 2024 ALMOND

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00909 Trade Key Virtual Media Inc, 11230 Gold Express Drive 310-160, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Sacramento Web Design Group/Sacramento Web Design" 11230 Express Drive 310-160, Gold River, CA 95670. Filed with the Clerk of Sacramento County February 2, 2024 Publish: Feb 16, 23, March 1, 8, 2024 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00896 TPA REI Group, Inc, 5716 Folsom Boulevard #115, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Plumfun Media" 8880 Cal Center Drive Suite 400-129, Sacramento, CA 95826. Filed with the Clerk of Sacramento County February 2. 2024 Publish: Feb 16, 23, March 1, 8, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00219

Barbara Fenton, 2641 Riverpine Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Barbie Elliot Designs" 2641 Riverpine Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January FICTITIOUS BUSINESS NAME Publish: Feb 16, 23, March 1, 8, 2024 STATEMENT FBNF2024-00958 BARBIE Andrey Rudenkiy, 117 Rock Canyon Court, Folsom, CA

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00981

Jaylen Richard Johnson, 5150

Fair Oaks Boulevard 101 #137, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Pool Kings" 5339 Moody Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 6, 2024

Publish: Feb 16, 23, March 1, 8, 2024 **POOL** 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00798 Victory Investments, LLC, 25 Quinta Court B1. Sacramento. CA 95823 is doing business under the Fictitious Business Name(s) "Surface Solution" 25 Quinta Court B1, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 30, 2024 Publish: Feb 16, 23, March 1, 8, 2024

SURFACE FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00751 Rubios Tacos and Grill LLC, 5825 Manzanita Avenue #1. Carmichael, CA 95608 is doing business under the Fictitious Name(s) "Rubio's **Business** Tacos & Grill" 5825 Manzanita Avenue #1, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 29, 2024 Publish: Feb 16, 23, March 1, 8, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01014 Arshkeerat Inc., 5376 Calabria Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Rivera Mart" 907 Rivera Drive, Sacramento, CA 95838. Filed with the Clerk of Sacramento County February 7, 2024 Publish: Feb 16, 23, March 1, 8, 2024 3-8-24 RIVERA

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01072 Jennifer Ware, 3501 Bradshaw Road Space 8, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Creative Harmonies Holistic Healing" 3501 Bradshaw Road Space 8, Sacramento, CA 95827. Filed with the Clerk of Sacramento County February 8, Publish: Feb 16, 23, March 1, 8, 2024

CREATIVE 3-8-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01075

Quinton Boucher, 1848 Avenue, Sacramento, CA 95818 is doing business under the Business "Quinton Boucher, CPA" 1848 2<sup>nd</sup> Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County February 8, 2024 Publish: Feb 16, 23, March 1, 8, 2024

QUINTON

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00888 Carol McCoy, 3230 Arena #245-171, Boulevard Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) Mind Recruitment" 2429 Laurel Clark Avenue, Sacramento, CA 95834. Filed with the Clerk of Sacramento County February 2, 2024 Publish: Feb 16, 23, March 1, 8, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01061 Justin Diston, PO Box 348498 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Gold Ticket 2024" 1573 Sandmark Drive, Sacramento, CA 95835. Filed with the Clerk of Sacramento County February 8, 2024 Publish: Feb 16, 23, March 1, 8, 2024 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00910 Julie Vang, 801 Evans Street. Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "JVL Beauty Salon" 2550 Valley Road #3, Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 2, 2024 Publish: Feb 23, March 1, 8, 15, 2024 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01030

Ride Share Admin Services LLC, 2108 N Street Suite C, Sacramento, CA 95816 is doing business under the Business Name(s) Fictitious "OPOLI" 2108 N Street Suite C, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 7, 2024 Publish: Feb 23, March 1, 8, 15, 2024 3-15-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01115

Amanpreet Singh Chahal and Sarbjot Kaur Deol, 3998 Audris Rancho Cordova, CA 95742 are doing business under the Fictitious Business Name(s) "Cold Stone Creamery" 2070 Fair Oaks Boulevard Suite 120, Sacramento, CA 95825. Filed with the Clerk of Sacramento County February 9, 2024 Publish: Feb 23, March 1, 8, 15, 2024 3-15-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-00839 Rafre, Inc., 6732 Lincoln Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fred's Total Service Co." 6732 Lincoln Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 1.2024 Publish: Feb 23, March 1, 8, 15, 2024

95630 is doing business under

the Fictitious Business Name(s)

Sacramento County February 6. 2024 Publish: Feb 23, March 1, 8, 15, 2024 **FLOORING** FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01205

Amarjeet Garcha, Po Box 2039 Folsom, CA 95763 is doing business under the Fictitious "Folsom Business Name(s) Landscape Maintenance" 6228 Main Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 15 2024 Publish: Feb 23, March 1, 8, 15, 2024 FOLSOM 3-15-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-01177 Makarios Home Care, LLC, 8134 Donnawood Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Makarios Home LLC/Makarios Care. Care Facility" 8134 Donnawood Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 14, 2024 Publish: Feb 23, March 1, 8, 15, 2024 **MARKARIOS** 

3-15-24

STATEMENT FBNF2024-00928 Brad Schultz, 7610 Community Drive, Citrus Heights, CA 95610 doing business under the Fictitious Business Name(s) "Britech/Britech Appliance Carpet/Britech Repair/Britech Sound" 7610 Community Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County February 5, 2024 Publish: Feb 23, March 1, 8, 15, 2024 BRITECH 3-15-24 FICTITIOUS BUSINESS NAME

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-01196 Jemuel Johnson, 2600 Lunar Lane Apt 3, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Disasterkit Press" Johnson, 2600 Lunar Lane Apt 3, Sacramento, CA 95864. Filed with the Clerk of Sacramento County February 15, 2024 Publish: Feb 23, March 1, 8, 15, 2024 DISASTERKIT 3-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01171 Yegor Lyashenko, 7820 Daffodil Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "LYKO Design Build" Daffodil Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County February 14, 2024 Publish: Feb 23, March 1, 8, 15, 2024 3-15-24

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME** 

#24CV001107 Sopouen Colaci has filed a petition with this court for a decree changing the name(s) of Sopouen Colaci to Sindy Colaci.

IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on April 30, 2024, at 9:00 a.m. 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: January 24, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: February 2, 9, 16, 23, 2024

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV000981

Henry Clay Daniels, III has filed a petition with this court for a decree changing the name(s) of Henry Clay Daniels, III to Henry Clay Mitchell. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on May 7, 2024, at 1:30 p.m. 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: January 23, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: February 2, 9, 16, 23, 2024 **DANIELS** 2-23-24 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV000866 Vanessa Olson has filed a pe-

tition with this court for a decree changing the name(s) of Ava Lorelei Olson to Ava Lorelei Fisher and Brody Lawrence Olson to Brody Lawrence Fisher. IT IS ORDÉRED that all persons interested in the above-en-

titled matter appear before this court on May 8, 2024, at 1:30 p.m. 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: January 19, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: February 2, 9, 16, 23, 2024 2-23-24

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV001401

Anton, Valeryevich Kagunkin has filed a petition with this court for a decree changing the name(s) of

Anton, Valeryevich Kagunkin to

## Free Tax Help Available for Low and Moderate-Income Households

Sacramento County News Release

#### SACRAMENTO COUNTY, CA (MPG)

- Now is a great time to think about filing income taxes. Earned Income Tax Credit (EITC) is a benefit for which anyone with a household income less than \$63,398 might qualify.

The County of Sacramento Department of Human Assistance (DHA) has again partnered with the United Way California

Capital Region to offer the Volunteer Income Tax Assistance (VITA) Program. This program offers a free income-tax preparation service to moderate- and low-income working individuals and families with the emphasis on claiming the federal Earned Income Tax Credit.

All taxpayers earning a gross income of \$63,398 or less qualify for this Free Tax Preparation Service. For the 2023 tax year, the earned income credit ranges

from \$600 to \$7,430, depending on your filing status and the number of children you have.

Investment income must be \$11,000 or less for the year.

The Department of Human Assistance site will be available through April 4 by appointment at 2700 Fulton Ave., Sacramento. Available hours are from 5 to 8 p.m. Mondays through Thursdays and from 9 a.m. to 2 p.m. Saturday, March 16.

Also bring a valid photo ID

for you and your spouse, Social Security cards for everyone listed on your tax return and all tax forms such as W2s, 1099s, student loan interest/tuition statements and book receipts.

If available, bring last year's tax return. If you plan to itemize deductions, have the necessary paperwork, such as mortgage interest statement, real estate taxes and charitable donations.

Be ready to show a 1095-A and/or 1095-B form if you had health insurance through the Affordable Care Act or

If you are married and filing jointly, both spouses must attend the appointment.

Call 916-498-1000 to make appointments at the Fulton office. To make an appointment at other locations offering free tax-preparation services to moderate- and low-income individuals and families, call

Legal Advertising Hotline 916-483-2299 Legal Advertising Fax 916-773-2999

**Legal Advertising** 7144 Fair Oaks Blvd #5 Carmichael, CA 95608

#### ORDER TO SHOW CAUSE CHANGE OF NAME

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 1, 2024, at 9:00 a.m. 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: January 26, 2024 Christopher E. Krueger, Judge of the Superior Court

Publish: Feb 9, 16, 23, March 1, 2024 SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE **CHANGE OF NAME** #24CV001398 Suzannah May Amable aka Suzannah May Berrigan has

filed a petition with this court for a decree changing the name(s) of Suzannah May Amable aka Suzannah May Berrigan to Suzannah May Śweeney. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on May 15, 2024, at 1:30 p.m. 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: January 26, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: Feb 9, 16, 23, March 1, 2024

> SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV001277

Thao Thi Thu Rodriguez has filed a petition with this court for a decree changing the name(s) of Thao Thi Thu Rodriguez to Thao Thi Thu Nguyen.

IT IS ORDERED that all persons interested in the above-encourt on May 15, 2024, at 1:30 p.m. 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: January 24, 2024

Richard K. Sueyoshi, Judge of the Superior Court Publish: Feb 9, 16, 23, March 1, 2024

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV001528 Guy Preston Kimbrell has filed

a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry

IT IS ORDÉRED that all persons interested in the above-entitled matter appear before this court on May 16, 2024, at 1:30 p.m. 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: January 30, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: Feb 9, 16, 23, March 1, 2024

SUPERIOR COURT OF

**CALIFORNIA COUNTY OF SACRAMENTO** ORDER TO SHOW CAUSE CHANGE OF NAME #24CV001204

Draid Samir Albert and Shaylene Cornelison has filed a petition with this court for a decree changing the name(s) of Draid Samir Albert to Draid Samir Batta and Samiya Anne Albert to Samiya Ann Batta. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on May 9, 2024, at 1:30 p.m. 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: January 24, 2024 Richard K. Sueyoshi, Judge of the Superior Court

Publish: Feb 9, 16, 23, March 1, 2024 ALBERT SUPERIOR COURT OF

**CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV001436

Willie De'Chon Kinsey Sr. has filed a petition with this court for a decree changing the name(s) of Willie De'Chon Kinsey Sr. to El Imothus Hati Nofre Ahk Alim

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 23, 2024, at 1:30. p.m. 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: January 8, 2024 Richard K. Sueyoshi, Judge of

the Superior Court Publish: Feb 16, 23, March 1, 8, 2024 SUPERIOR COURT OF

**CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV001402 Olena Holovko has filed a peti-

tion with this court for a decree changing the name(s) of Olena Sergeyevna Holovko to Olena Walters and Polina Holovko to Polina Walters. IT IS ORDERED that all per-

titled matter appear before this court on May 15, 2024, at 1:30 p.m. 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: January 26, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: Feb 16, 23, March 1, 8, 2024

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #23CV002200 Gerome Amog has filed a pe-

tition with this court for a dechanging the name(s) of Gerome Amog to Gerome Corpus Guevarra IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on May 28, 2024, at 1:30 p.m. 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: February 5, 2024 Richard K. Sueyoshi, Judge of

the Superior Court Publish: Feb 16, 23, March 1, 8, 2024

#### NOTICE OF PETITION TO ADMINISTER ESTATE NOTICE OF PETITION TO

ADMINISTER ESTATE OF PATSY EADEN COLEMAN CASE NO. 23PR001312 To all heirs, beneficiaries, credi-

tors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Patsy Eaden, Patsy Jean Eaden, Patsy Eaden Coleman, Patsy Davis. A Petition for Probate has been

filed by Tabitha E. Thompson, in the Superior Court of California. County of Sacramento, requesting Tabitha E. Thompson be appointed as personal representative(s) to administer the estate of the decedent. The petition requests the dece-

dent'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 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 March 28. 2024, 1:30 p.m. in Dept 129, Room 214; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826 IF YOU OBJECT to the grant-

ing of the petition, you should appear at the hearing and state your objections or file written obections 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: Tabitha E. Thompson, 8662 Farewell Court, Elk Grove, CA 95624: 916-730-3947 Publish: Feb 23, March 1, 8, 2024

NOTICE OF PETITION TO ADMINISTER ESTATE OF **CORNELIA CLEMENT** CASE NO. 24PR000340 To all heirs, beneficiaries, cred-

itors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Cornelia Clement. A Petition for Probate has been

filed by Chelsea Clement, in the Superior Court of California County of Sacramento, requesting Chelsea Clement be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estate's 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 March 19. 2024, 1:30 p.m. in Dept 129, Room TBD; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826 IF YOU OBJECT to the grant-

ing of the petition, you should appear at the hearing and state vour 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 in-

terested 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 Chelsea Clement, 6944 Beach Avenue, Orangeville, CA 95662; 916-390-3231 Publish: Feb 23, March 1, 8, 2024

#### NOTICE OF HEARING

NOTICE OF COURT HEARING AND TEMPORARY RESTRAINING ORDER-JUVENILE ORIGINAL ORDER

CASE NUMBER: JD242750-4 Superior Court of California. County of Sacramento **Relations Courthouse** 3341 Power Inn Road Sacramento, CA 95826 SABRINA Protected Person:

CHAPPELLE Restrained: JERMAINE DAVIS, SR. CHAPPELLE/ Child's Name: DAVIS MINORS

CHAPPELLE, **RAELYNN** CHAPPELLE, ACHILLES DAVIS, JERMAINE DAVIS, JR., KEIARA DAVIS-CHAPPELLE

Other Protected People:

Your Hearing Date: (Court Date)
Original Court date of January 5, A request to reschedule the court

date was granted. Your court date is rescheduled for the day and time listed below. Date: March 22,2024 Dept: 130,

Name and address of the Court: Superior Court of California, County of Sacramento Sitting as the Juvenile Court 3341 Power Inn Road Publish Feb 23, March 1, 8, 15, 2024 CHAPPELLE 3-15-24

SUMMONS (CITACION JUDICIAL) CASE NUMBER: 23CV009805 TO DEFENDANT: All persons unknown claiming any legal or equitable right, title, estate, lien, or interest in the Property adverse to Plaintiff's title, or any cloud of Plaintiff's title to the Property and Does 1 through

YOU ARE BEING SUED BY PLAINTIFF: Tracy K. Sharp. NOTICE! You have been sued.

The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR

DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal require-

ments. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo

han demandado. Si no responde

dentro de 30 dias, la corte puede

su version. Lea la informacion a continuacion. DIAS

decidir en su contra sin escuchar

CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una cópia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www. sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a pla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia. org), en el Centro de Ayuda de las Cortes de California. (www. sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el

The name and address of the court is: (El nombre y direccion de la corte es): Carol Miller Justice Center, 301 Bicentennial Circle. Sacramento, CA 95826 The name, address and tele-

phone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion v el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Vanessa Amador, Norcal Attorney Brokers, 1355 Florin Road Suite 4, Sacramento, CA 95822. 916-396-9934. Date: (Fecha) 10/12/2023

Clerk (Secrétario) K. Johnson, Deputy (Adjunto)

THE PROPERTY DESCRIBED IN THE COMPLAINT FILED ON 01/04/2024. DESCRIBED AS 5060 SAN MARQUE CIRCLE, CARMICHAEL, CA 95608. Legal Description: Lot 39, as shown on the Map of Mission Terrace, in the County of Sacramento, State of California, filed in the Office of the County Recorder of Sacramento County on August 27, 1954, In Book 38 of Maps, Map No. 15., APN: 282-0251-039-0000. Publish: February 2, 9, 16, 23, 2024

SUMMONS (CITACION JUDICIAL) CASE NUMBER:

34-2023-00336575-CL-CL-GDS NOTICE TO DEFENDANT: Chesean Enoch Reed, an indi-

vidual, and does 1 through 10, YOU ARE BEING SUED BY PLAINTIFF: Iver Capital

Corporation. NOTICE! You have been sued. The court may decide against

you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR

DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.

ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal require-

ments. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se ent-regue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ávuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leves de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo. puede perder el caso por incumplimiento y la corte le podra quitar

su sueldo, dinero y bienes sin mas

Hay otros requisitos legales.

advertencia.

Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia org), en el Centro de Ayuda de las Cortes de California, (www. sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10.000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso. The name and address of the

court is: (El nombre y direccion de la corte es): Superior Court of California, County of Sacramento, 720 9th Street, Sacramento, CA The name, address and tele-

phone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Ali Nabavi, Esq., Coastal Law Firm, APLC, 4533 MacArthur Boulevard Suite 777, Newport Beach, CA 92660, 714-424-6300 Date: (Fecha) October 23, 2023 P. Lopez, Deputy (Adjunto) Publish: Feb 9, 16, 23, March 1, 2024



CarmichaelTimes.com



### 100 Ways To Overcome Shyness

No, I can't include all 100 in this column, but I can get you started going from self-conscious to self-confident. You say no way? Way, if you check in with Dr. Barton Goldsmith and his "100 Wavs To Overcome Shyness." Dr. Goldsmith is a multi-award-winning psychotherapist, syndicated columnist, author, and former NPR radio host, and a top blogger for "Psychology Today." He shared a powerful collection of useful information, so maybe a few of them will get started.

1. DO YOU OBESERVE NOT **ENGAGE?** Want to change that? It's not going to help one bit if you dwell on how your shyness negatively impacts your life. Accept that being shy is something that has held you back, knowing that now you are choosing to overcome that fear of social judgement.

2. GET SOME EMOTIONAL **SUPPORT**. The energy you get from people who care about you is a gift. It's important to remember that people who have close relationships and friendships generally live longer and fuller lives. 3. POSTURE CAN HELP YOU

BEAT SHYNESS. Remember your parents and teachers always told you to sit up straight and stand with your shoulders back and your head held high? They weren't trying to train you for the military. They probably knew that practicing good posture would have a positive effect on how you perceived yourself and how others perceived you.

4. SELF-CARE MAKES YOU **CONFIDENT.** Do you go out of your way to avoid drawing attention to yourself? Do you eschew makeup, bright colors, and fashionable clothes? Is your favorite color gray? Grooming and adorning yourself can affect your mood in a positive way, so don't be too shy or afraid to experiment. 5. NONVERAL COMMUNICATION.

There are many ways to communicate that do not involve speaking like gestures, posture, and facial expressions. Shy people often avoid communicating through eye contact and facial expressions, and physical touch. Nonverbal forms of communication are easier to practice. Use facial expressions like nods and smiles to send positive messages to others. Facial expressions have the same meanings across many, if not most cultures.

6. FEELING ALL ALONE. Mother Teresa said that "the greatest disease in the West today is not disease, it's being unwanted, unloved, and uncared for." Have you ever felt so lonely that you thought your heart would break in two? It's very important to make connections with other people. Isolating yourself is only going to make you feel worse.

7. GIVING TO OTHERS HELPS ALLEVIATE SHYNESS. When Dr. Goldsmith was young, he wanted to be a philanthropist, but had no money to start a foundation. Writing has made a difference in his life...a way of giving back. All you need to do is find a way to give from your heart. It's hard to feel shy when someone or something you care about is in need.

Want more? Then check out www. BartonGoldsmith.com for more information and "100 Ways to Overcome Shyness." You have to make the decision to move forward. YOU CAN DO IT!!!★



As we navigate through the heart of election season, with ballots distributed and, I hope, making their way to the Election's Office, we stand on the cusp of the March 5 Primary Election. It's a pivotal time for our community, and I feel compelled to share my thoughts on Proposition 1, slated for the March 2024 ballot.

This measure, which proposes a \$6.4 billion bond aimed at enhancing mental health treatment and housing, presents several concerns in our ongoing battle against homelessness in California.

While the initiative's provision for 6,800 treatment beds and 4,350 housing units, including dedicated support for veterans, is noteworthy, it doesn't fully meet the needs of the estimated 180,000 homeless individuals in our state. Of all the state's dysfunctions, none is more damaging to California's attempts to "make the pitch" to tax payers than the State's worst in the nation homelessness.

California's homelessness crisis is a glaring challenge, one that Proposition 1, despite its good intentions, might not fully address. It seems to focus on a specific part of the problem, potentially leaving many in need without adequate support. A concerning aspect

**Prop 1: A Tale of More** 

**Empty Promises** 

of Prop 1 is its mandate for counties to use 30% of their Mental Health Services Act funds for housing. This could significantly cut into the budget for crucial mental health services, especially for preventing homelessness and providing early mental health support.

In Sacramento, where resources are already stretched thin, this could lead to a decrease in vital services. One has to wonder, why hasn't the original Mental Health Services Act of 2004, funded by a tax on millionaires, been able to curb our mental health and homelessness

Adding to challenges, Prop 1's implementation, particularly in financially strained counties like ours, could be difficult. Redirecting funds might mean cutting back on other essential services, compromising the quality and reach of mental health care.

While building new facilities and homes is important, Prop 1 misses a key piece: ongoing support services like job training, education, and continuous mental health care, all critical for successfully helping homeless individuals reintegrate into society.

Moreover, Prop 1 doesn't fully consider the varied needs of the entire homeless population, which includes diverse groups like families, youth, and the elderly, many of whom don't suffer from severe mental health conditions or substance abuse issues. We need a broader strategy that addresses the unique challenges faced by all homeless individuals.

While Proposition 1 demonstrates a commitment to addressing homelessness and mental health issues in California, it is not a comprehensive solution. The state needs a more holistic approach that includes a broader range of services and caters to the diverse needs of all homeless individuals.

This should include not only funding for treatment beds and housing but also investment in preventative services, workforce development, and long-term support mechanisms. Such an approach would ensure a more sustainable and effective solution to the complex issues of homelessness and mental health in California.

I do believe in reform, redemption, and rehabilitation. However, for a real change to occur, it's crucial for politicians and their activist partners to shift their focus from unchecked spending to taking decisive, early actions such as enforcing basic laws. This approach could have significantly slowed the homelessness crisis.



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the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.



## COMICS & PUZZLES



**Amber Waves** 

MOM, CHECK IT OUT!

I DREW A PICTURE OF

MYSELF FOR ART CLASS



THAT IS GREAT! IT'S

SO GOOD WE SHOULD

PUT IT ON THE FRIDGE



by Dave T. Phipps

UH. OK. IF THAT'S YOUR

OPINION OF IT. I WAS

THINKING OF A MUSEUM







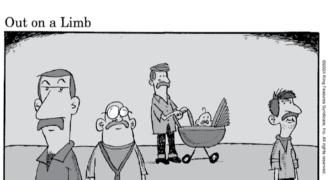








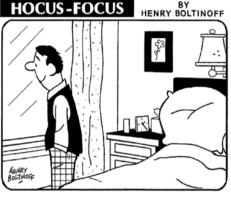


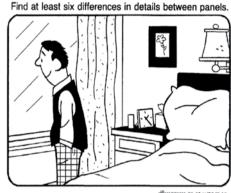


TEACHER SAYS I REALLY CAPTURED MY

INNER WILD SIDE.







Differences: I. Flower picture is reversed. 2. Clock is larger. 3. Nose is different. 4. Pillow is different. 5. Curtain is wider.



MYSELF A









"You've had your foot in your mouth again, haven't you, Senator?'



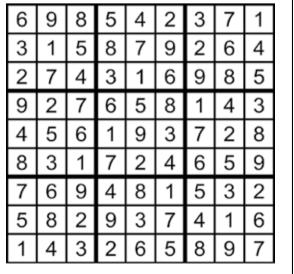
M Ε Ε O B|A||P|E|R S Ε Α S R S Н D D S Т Α Ν O M O D Α 0 Ν O Т Ε Ν G D O Ε S S P P Ν G 0 Ν S Ε S Α Т Ε Ε Μ S Ε W S R 0 Ε R O Τ Ε Ε P Κ O С R O O E Ε Α 0 R Ε D 0 M O Ν 0

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#### **CLUES**

**ACROSS** 1. Anti-seniors sentiment Pérignon, 6. \_\_\_\_ Perio

9. Big Bang's origina matter 13. Prefix for earliest 14. Call to Maria

15. Bob and 16. "Peter, Peter Pump-

kin \_\_\_\_" 17. "Le \_\_\_ cygnes"

18. Like yesteryear 19. \*Greta Gerwig's Oscar nominated movie 21. \*He's nominated

for playing Leonard Bernstein 23. Nothing

24. White shopping event

25. Federal food safety agency, acr.

28. It ran away with the spoon

30. ROTC happenings 35. Figure skating jump

37. Grad

39. Arrogant one 40. Archaic preposition

41. Passé

43. Scrubbed 44. Sugarcoating 46. Money in Mexico

City 47. What DJs do

48. Trickery 50. Swerves

er, acr.

52. Sigma Alpha Epsilon 53. \*Typical number

of nominations in one Oscar category 55. Emergency respond-

\*"Nyad" nominee 60. \*What kind of moon? 63. "Finnegan's Wake"

author 64. Mother load offering

66. Java cotton tree 68. Artemis' companion

69. Fat of olives 70. \*What actors do 71. Spinner's product

72. Wisecrack 73. Like Phoenix

DOWN 1. Cornelius of the movies

2. Snap up

3. 'I' in Greek alphabet

4. Howard of radio fame 5 Death-related

6. One of the Earnhardts

7. Spermatozoa counter-

parts 8. Muhammad's birthplace

9. Review service, with

10. Use a ladle 11. At any time

12. \*"No Country for Old \_\_\_\_" multi Oscar winner

15. Suitors

20. Trojan War story

22. "Just an \_\_\_\_\_-fash-ioned love song"

24. Slumber

25. Fl., as in fl. oz. 26. "A Confederacy of

," sing. 27. Place above a ceiling 29. Dueler's strike

31. Overnight lodgings 32. Shoelace bunny ears 33. Divine saying

CROSSWORD

20 22 35 40 48 64



69

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34. \*Producer and star of "Poor Things"
36. \*"The \_\_\_\_
38. Table hill

42. Wooden pin 45. \*Like nominated ones

49. Love-love, e.a. 51. Meat-cooking contraption

54. Roaring of an engine 56. Hindu religious teacher

57. Forum, pl.

58. Deed hearing 59. Medical diagnostic test

60. Abe Lincoln's hat

material 61. #20 Down, e.g. 62. Traditional learning

method 63. \*Da'Vine Randolph 65. Orinoco or Grande

67. \*Ryan Gosling's

character

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FEBRUARY 23, 2024 Carmichael Times • 11

# DA Thien Ho Announces Settlement with Quest Diagnostics

Sacramento County District Attorney's Office News Release

SACRAMENTO COUNTY, CA (MPG) - On February 14th, Sacramento County District Attorney Thien Ho announced a settlement with Quest Diagnostics, Inc., resolving allegations that the diagnostic laboratory company unlawfully disposed of hazardous waste, medical waste, and protected health information at its facilities statewide. As part of the settlement, Quest Diagnostics will be required to pay nearly \$5 million for penalties, costs, and supplemental environmental projects and make significant changes to its operations and practices at its California facilities. Attorney General Rob Bonta, DA Thien Ho and the district attorneys of Alameda, Los Angeles, Monterey, Orange, Sacramento, San Bernardino, San Joaquin, San Mateo, Ventura, and Yolo Counties

are a part of today's settlement. The settlement is the result of over 30 inspections conducted by the district attorneys' offices at Quest Diagnostics laboratories and Patient Service Centers (PSCs) statewide. During those inspections, the district attorneys' offices reviewed the contents of Quest Diagnostics' compactors and dumpsters and found hundreds of containers of chemicals, as well as bleach, reagents, batteries, and electronic waste; unredacted medical information; medical waste such as used specimen containers for blood and urine; and hazardous waste such as used batteries, solvents, and flammable liquids. The unlawful disposals are alleged to violate the Hazardous Waste Control Law, Medical Waste Management Act, Unfair Competition Law, and civil laws prohibiting the unauthorized disclosure of personal health information.

After being notified of the investigations, Quest Diagnostics implemented numerous changes to bring its facilities into compliance with California law, including hiring an independent environmental auditor to review the disposal of waste at its facilities and modifying its operating and training procedures to improve its handling, storage, and disposal of hazardous waste, medical waste, and personal health information at all four laboratories and over 600 PSCs in California.

The settlement resolves the allegations above and requires Quest Diagnostics to pay \$3,999,500 in civil penalties, \$700,000 in costs, and \$300,000 for a Supplemental Environmental Project to support environmental training and enforcement in California. The settlement also imposes injunctive terms, including requirements that Quest Diagnostics maintain an environmental compliance program, including hiring a third-party waste auditor, and report annually on its progress.

"This settlement is the result of a successful collaboration between District Attorney's Offices and the state Attorney General's Office to protect California's environment and its health consumers," said Sacramento County District Attorney Thien Ho. "Thanks to the joint efforts of our Consumer and Environmental Protection Unit and prosecutors across the state, the financial penalty and permanent injunction will deter Quest Diagnostics from violating hazardous waste, medical waste and protected health information laws. Sacramento County will receive a total of \$259,440 from the settlement, which will reimburse the cost of prosecuting this case and increase the enforcement of consumer and environmental

# Major Takedown of Vast Organized Retail Crime Operation

CHP News Release

**SACRAMENTO, CA (MPG)** - The CHP, California Department of Justice, and allied federal agencies announced the takedown of a vast

organized retail theft operation spanning 21 counties and involving \$8 million worth of stolen beauty products.

The ring-

leader of an extensive organized retail crime operation spanning 21 counties, involving an estimated \$8 million in stolen beauty products, was arrested and charges were filed. The announcement signals the culmination of several months of collaborative investigatory efforts in the CHP's ongoing

fight against retail crime.

The investigation was conducted by the California Department of Justice (DOJ), CHP, Department of Homeland Security, U.S. Postal Inspection Service along with Ulta's Loss Prevention Organized Retail Crime team and Sephora representatives. It is alleged that the ringleader of the scheme paid more than seven people to steal from Ulta Beauty stores, as well as other retail outlets. The ringleader would then sell the stolen cosmetic items on her Amazon storefront.

CHP Commissioner Sean Duryee said, "The success of this investigation is due to the collaboration between several of our Organized Retail Crime Task Force teams throughout the state, the CHP's Computer Crimes Investigation Unit, the DOJ, our federal partners, and retailers. Through

increased collaborative efforts, retailers and law enforcement have become more efficient and effective in our fight against organized retail crime."

rganized retail crime."

Recognizing the complexity and scale the operation, in August 2023, federal investigators requested the CHP's Organized Retail

tigation. In
December, simultaneous search
warrants were executed by ORCTF
investigators in Southern
California and the suspects were taken into custody.

Crime Task Force (ORCTF)

join their ongoing inves-

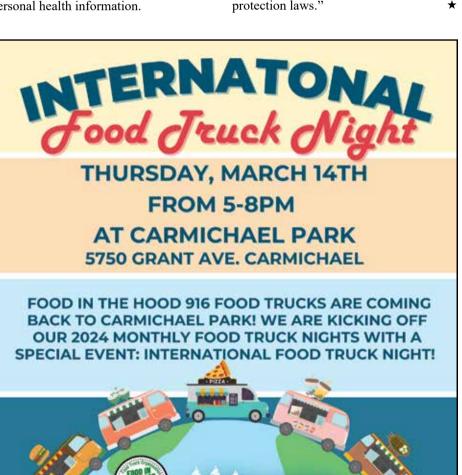
The charges, brought by the California DOJ, include Organized Retail Theft, Conspiracy, Receipt of Stolen Property, and multiple counts of Grand Theft.

The thefts occurred in Alameda, Placer, Kern, Contra Costa, Orange, Los Angeles, Santa Clara, San Diego, Sacramento, San Mateo, Solano, Riverside, San Joaquin, Stanislaus, Napa, Marin, Tulare, San Bernardino, Sonoma, Ventura, and Yolo counties.

Since the inception of the ORCTF in 2019, the CHP has been involved in more than 2,300 investigations leading to the arrest of more than 2,200 suspects and the recovery of over 761,000 stolen goods valued at \$41.7 million.

If you witness one of these crimes occurring, do not attempt to intervene — call 9-1-1. Members of the public and retailers can also report retail crime tips directly through the CHP's website.

The CHP's mission is to provide the highest level of safety, service, and security. ★



## HELP STOP THE MERRY GO ROUND

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## **Election Information**

March 5, 2024 - Presidential Primary Election

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Vote Early! Vote by Mail.



12 · Carmichael Times FEBRUARY 23, 2024

# Combating the Loneliness Epidemic

Sacramento County News Release

#### SACRAMENTO COUNTY, CA (MPG)

- This time of year can feel especially lonely for many — as the holiday season fades and Valentine's Day adds extra pressure to be in a romantic relationship. If you feel this way, you are not alone. A recent Gallup poll found that about 44 million American adults report feeling lonely. In fact, the US Surgeon General even declared loneliness an epidemic last year due to its serious physical health consequences. According to the Surgeon General's "Our Epidemic of Loneliness and Isolation" report, poor social connection increases the risk of heart disease, stroke and dementia.

Additionally, loneliness can lead to mental health conditions like depression and anxiety. The CDC reports that having a mental health condition, like depression, can also increase one's risk of feeling lonely and isolated.

American men are at an especially increased risk of experiencing loneliness and social isolation. While 30 years ago, 55% of American men reported having at least six close friends. that number is now closer to 27%. In fact, 15% of men report having no close friendships at all. Unfortunately, men also experience increased stigma around sharing their emotions and expressing vulnerability, which also contributes to them reporting more instances of feeling lonely.

There are multiple reasons our modern world can feel so isolating regardless of gender. The COVID-19 pandemic led to physical and social isolation that led many to develop thoughts of hopelessness and helplessness. Social media, smartphones



Loneliness can lead to mental health conditions like depression and anxiety. Photo courtesy Helena-Lopes Pexels

and cars have all contributed to a world where people live far apart from each other and are not incentivized to connect in person. It is now common to go for weeks without seeing or speaking to loved ones.

However, it is still possible for us to foster the inclusion and connection that provides us with the necessary support we need to overcome life's challenges. Here are some ways to combat loneliness from the CDC:

-Keep in regular contact with others. Reach out to different friends and family regularly. If one person is unavailable to take your call, someone else probably is.

-Ask for help. If you need extra support, ask a mental health provider. The Stop Stigma Sacramento Services page has a list of resources.

-Help others. Lending a hand lets the people you love know how much you care. This can create a deeper connection and can feel rewarding. Volunteering is a great way to help others and meet people.

-Unplug. Ironically, the technology we have to connect

us makes people feel lonelier. In-person interactions make us feel closer to our loved ones.

Being more socially connected can also improve stress responses and minimize the negative health effects of stress, according to a National Library of Medicine publication. To get connected, join a social group. Sacramento has many organizations to join for activities like yoga, a fitness group, art classes and book clubs. Being part of a group with shared interests, values or goals can foster a sense of belonging.

While it can seem daunting to contact someone when you are feeling lonely, keep in mind that reaching out can often help you feel relieved and hopeful. Maintaining your social connections is the key to combatting loneliness.

If you're struggling with your mental health you can visit the Stop Stigma Sacramento Services page or call NAMI's (National Alliance on Mental Illness) free helpline at 800-950-NAMI (6264). Know that help and hope is always available.



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Pork Loin Chops

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