



Carmichael Times

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SEE INSIDE

MOM KNOWS BEST



PAGE 4

CDFW URGES PUBLIC TO LEAVE DEER FAWNS ALONE



PAGE 9

5 THINGS RETIREES WILL WISH THEY HAD KNOWN SOONER



PAGE 2



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Park Glories in Betty Ann's Roses



Betty Ann Cassina tends her "rose tide" at Carmichael Park.

By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Because of Betty Ann Cassina, everything's coming up roses at Carmichael Park headquarters.

Aged 81, the stalwart tends the District's blooming Grant Avenue frontage. As sunshine prevailed during the final weeks of April, thousands of blooms made a petalled kaleidoscope. CRPD merely supplies the soil. Labor, love and skill are Betty Ann's contribution. "She's a treasure," affirms district administrator Mike Blondino. "A perk of my position is to enjoy Betty Ann's roses from my office window. They bring smiles to so many faces."

Says the octogenarian: "When we prune in January, we hope that this beauty will come. We can plan, but Mother Nature and God make the decisions. Sometimes exactly the right combination of cool and hot days occurs and a rose tide comes in.

That's what happened this time."

A rose lover all her 40-year gardening career, Rio Linda-raised Betty Ann adopted neglected beds on Grant Avenue. "I live a block from the park and I noticed their sad state," she recalls. "It takes a rose lover to understand a rose. If grafted bushes aren't pruned properly, root stock can take over. The Grant Avenue beds were down to about four viable bushes, all in need of water, food and understanding." She knocked on CRPD's door, volunteered and - championed by Maintenance Supervisor Jerry Eppler - the senior landed a big job. With 150 roses on her own Carmichael half acre, her hands were not previously idle. But the retired McClelland Air Base civilian worker felt a vacant spot her life to contribute to the community. "The park roses sure filled that spot," she laughs.

Rose Society friends Chuck and Vera Howard donated specimens to bolster the public bed. Betty Ann

also dug up bushes from home. As years went on, she purchased and gifted many more, including nine tree roses that line beside the park clubhouse patio. This year's rose tide was a reward fit to drown in.

For the mom of one, the flowers are a consuming passion. "I love their fragrance and their beauty," she explains. "The more you look, you see what a miracle they are. People say roses are expensive but, supply them what they need, and they'll give back ten times what you paid. To me, each variety has a face I recognize, whether I see it in Sacramento or Albuquerque. They're like friends."

Friends with thorns. Betty Ann's arms and legs bear witness to occupational hazards. "I've left DNA samples all over my garden," she admits. "I call scratches love bites. Most plants have defense mechanisms you learn to work around. It's important to protect your hands. I

Continued on page 3

Young People Hard-Hit by STDs

By Andrea Sandoval, Sacramento County News Media

SACRAMENTO COUNTY, CA (MPG) - Three common Sexually Transmitted Diseases (STDs) - chlamydia, gonorrhea, and syphilis - are surging across the United States, according to the Centers for Disease Control and Prevention (CDC). Young people are especially hard-hit. In fact, because reported cases only account for a fraction of the national burden, CDC estimates 15-24-year olds account for half of all new sexually transmitted infections each year.

Sacramento County is no exception. In 2018 alone, there were 11,645 reported cases of chlamydia, 3,838 reported cases of gonorrhea, and 929 reported cases of syphilis*.

April is STD Awareness Month and Sacramento County Sexual Health Promotion Unit would like to remind everyone, especially young people to get tested for STDs. Testing is quick, simple and available throughout Sacramento County with no out-of-pocket costs.

Services Provided By Sacramento County HIV/STD Prevention Program - HIV antibody testing; Chlamydia and gonorrhea screening; Hepatitis C prevention and screening; Outreach activities; Technical assistance and Training/Professional Development; Community involvement through the HIV Health Services Planning Council and the Sacramento Workgroup to Improve Sexual Health (SacWISH); County-wide HIV prevention activities;

Social marketing campaigns; STD prevention and information; and Education and Materials for youth.

The consequences of STDs are especially severe for young people. Because chlamydia and gonorrhea often have no symptoms, many infections go undiagnosed and this can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility. Untreated STDs can also increase a person's risk of getting HIV or passing it to a partner if they're living with HIV.

Early detection through testing is key to avoiding these consequences, yet research has shown many adolescents don't talk with their providers about sexual health issues at all during annual health visits.

Those who are not comfortable talking with their regular healthcare provider about STDs can access

Continued on page 8

Aegis Living of Carmichael Hosts Informative Vendor Day

By Patrick Larenas

CARMICHAEL, CA (MPG) - On April 29, amidst the beautiful scenery and cooling shades of immense, regal oaks, the folks at Aegis Living of Carmichael hosted an assisted living vendor day to educate and inform the community.

In socially distanced booths, industry professionals presented informational and promotional materials for those considering a transition for a family member, a friend or loved one.

Steffany Jamison, Marketing Director for Aegis Living of Carmichael, stated, "Seniors, who have been most affected during the COVID-19 pandemic, are now slowly returning to a more normal experience in assisted living communities."

The assisted living community at Aegis Living of Carmichael had their first dining hall meal about eight weeks ago said Margaret Gomes, Aegis Living of Carmichael Life Enrichment



From left to right: Realtors Tom and Nancy Harvey specializing in transitioning residents to assisted living; Luis Olivas, General Manager from Aegis Living in Pleasant Hill assisting the event; Guitar musicians Mike Bender and Jon Spivak; Steffany Jamison, Marketing Director at Aegis Living of Carmichael; Margaret Gomes, Aegis Living of Carmichael Life Enrichment Director; and Donald W. Stamets, General Manager at Aegis Living of Carmichael. Photo by Patrick Larenas

Director. "Previously, they were served individually in their own quarters, but now they began to come out like children and interact with others after vaccinations became available and administered," she said.

Jamison expressed, "We are so happy that none of our residents have tested positive

for COVID-19, and if any one interacting in the facility tests positive, for some reason, all our residents are tested."

Observant of all COVID-19 guidelines, getting regular temperature checks and other safety precautions, Life Enrichment Director Gomes said, "Our residents are very

happy now that the pandemic is more under control, enjoying scenic drives in our bus, live music, minister visits and smaller groups are being allowed to gather."

For more information about Aegis Living of Carmichael visit www.aegisliving.com or call (916) 231-9427. ★

5 Things Retirees Will Wish They Had Known Sooner

Commentary by Patti and Milledge Hart

Many people planning for retirement anticipate those post-working years eagerly, ready to veg out after a life of toil. Others plan with greater anxiety, unsure whether they even have an identity without their jobs.

But it may be that retirement these days is far different from what either point of view envisions.

"We all have made decisions based on the information we had at the time, but later realized we would have planned differently if we knew then what we know now," says Patti Hart, co-author with her husband, Milledge, of *The Resolutionist: Welcome to the Anti-Retirement Movement*.

"That's definitely true when it comes to planning for retirement."

The Harts don't even think of themselves as retirees, but as "wresolutionists," constantly challenging themselves to improve.

"I'm busier now than I've ever been," Milledge Hart says. "I'm using this time to be a better me than I could when my days were structured and my time was spoken for."

With that said, the Harts share five things future retirees may wish they had known sooner: **Retirement isn't what it used to be.** Most people's vision of retirement is built on what the people around them did, but that vision is outdated. "Many of us watched our parents or grandparents settle into a quiet, nondescript life," Milledge Hart says. "We've seen the stereotypical portrayal of aging and irrelevant 'retirees' on TV shows and in the movies." But many retirees today are much more vibrant than those stereotypes and have no intention of sitting quietly on a front porch while the world passes them by. **People have more time in this phase of life than previous generations.** Anyone who expects retirement to be a few short years tacked on to the end of their working life could be in for an awakening. In actuality, this period could last 20 to 30 years or more. The average 65-year-old man can expect to live another 18 years and the average 65-year-old woman nearly 21 more years, according to the Social Security Administration. And those, remember, are averages. "Some people could spend more years in their postcareer life than they did building their

career," Patti Hart says. "Knowing and understanding what that means will help you plan better." **It's important to constantly prepare for the next phase.** The Harts acknowledge they should have been planning earlier than they did. Instead, time slipped by. "The horizon is closer than it looks," Milledge Hart says. So, when should you get serious about planning for those post-career years? "Right now would be a good time," he says. "But definitely, the sooner the better." **Retirees need to redefine their metrics.** The Harts say it's important for people to redefine how they measure success in this phase of life because it's different from how they likely measured success in their career days. "The goals are likely to be more qualitative than quantitative," Patti Hart says. "For example, one of our metrics one year was to enhance our celebrations. We found that many holidays and special events were filled with unnecessary stress and were too materially focused. We decided to eliminate event-driven gift giving." That simple change, she says, improved their lives substantially. **Being a resolutionist is fun.** If someone had told the Harts when they were in their 30s that their "retirement" years would be filled with so much fun, laughter, and fulfillment, they would have been skeptical. "We laugh more now than we've laughed at any other stage in our life," Milledge Hart says. "This phase is instilled with so much adventure, and it's a feeling that comes from within rather than the happiness of achieving a certain stock price."

"I wish I had known sooner that I could say goodbye to the corporate world and still be interesting and relevant," Patti Hart says. "I wish I had known that retirement is yours to define. I successfully defined my role in the business world, but it didn't dawn on me that I could also reinvent retirement. I don't know why. It seems perfectly obvious now."

Patti and Milledge Hart, co-authors of *The Resolutionist: Welcome to the Anti-Retirement Movement*, spent more than 30 years as executive leaders in numerous technology and investment banking businesses. In what they refer to as the "Resolutionist" — rather than retirement — phase of their lives, they are applying their resources and skills in new ways to advance philanthropic and corporate activities around the globe. ★

SMUD Announces its 2030 Zero Carbon Plan

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - The SMUD Board of Directors approved the most ambitious carbon reduction plan by any large utility in the nation, in a Board meeting on Wednesday, April 28. This comes after the Board adopted a Climate Emergency Declaration in July 2020 and asked staff to develop a plan to expedite carbon reductions due to the growing threats of climate change.

"The threats to our region are real and unacceptable," said Board President Nancy Bui-Thompson. "Sacramento consistently ranks as one of the dirtiest air basins in the country and it disproportionately impacts our most disadvantaged residents. Although we have had one of the most aggressive carbon-reduction plans in the nation, we realized we must do more."

Over the past eight months, staff has worked with customers and a variety of stakeholders to develop a plan that relies on:

Proven renewable technologies like wind, solar, hydroelectric, geothermal and biomass energy, and customer demand response. The plan triples renewable resources and battery storage and expands customer-owned resources such as rooftop solar and battery storage. Today, these resources help SMUD deliver power that is about 50 percent carbon free;

Exploring and pursuing new and emerging technologies like biofuels, thermal/battery hybrid, pumped hydroelectric storage, carbon capture and storage, power-to-gas, hydrogen and methane, long-duration batteries and compressed air storage;

New partnerships and business models to pursue emerging technology such as virtual power plants, vehicle-to-grid projects and more to leverage our customers' investments in clean energy to offset the need for energy from conventional gas power plants;

Aggressively support electrifying buildings and vehicles, because these are the two largest carbon emitting sectors in the state;

Retiring, repurposing or repowering SMUD's natural gas power plants, including the retirement of McClellan and Campbells gas-fired plants by 2025. The 2030 Zero Carbon Plan includes a road map for retiring or refueling our remaining plants by 2030, and SMUD will complete a robust reliability study to finalize the schedule.

"We're setting the standard for utility carbon reduction," said SMUD CEO and General Manager Paul Lau. "While we have a long history of being leaders in sustainability, this ambitious goal is inclusive and collaborative to align resources across the region to ensure all communities benefit. We'll be working with our regional partners to ensure that we fully maximize the potential for carbon reductions in this region and show the world how it can be done."

The plan provides 90 percent of our power from renewable sources, including up to an additional: 1,500 megawatts (MW) new local utility solar; 700 to 1,100 MW local batteries; 300 to 500 MW wind; 100 to 220 MW geothermal; 100 MW regional solar

Customers will play an important role in the region's journey to zero carbon. Over the next nine years, forecasts

show customers will invest extensively in carbon-free energy resources, including 500 to 750 MW of rooftop solar and 50 to 250 MW of customer-owned battery storage.

SMUD's plan demonstrates its commitment to finding innovative ways to reach its zero-carbon goal and will do so without impacting reliability or the low rates SMUD customers enjoy. To pay for new technologies and make them available to customers in an equitable manner, SMUD will pursue partnerships, investors and grant funding, while keeping rates below inflation.

"Our customers are at the forefront of everything we do," said Bui-Thompson. "Our goal of zero carbon will improve the lives of ALL our customers by providing cleaner air, better health outcomes, clean energy jobs and a thriving green economy."

SMUD has a long history of environmental leadership, helping to pioneer renewable energy programs and standards. In 2018, SMUD successfully reduced greenhouse gas emissions by 50 percent from 1990 levels, the equivalent of removing 377,000 vehicles from the road. SMUD has reduced the carbon intensity of its power mix, which is now about 50 percent carbon free, and also partnered to plant more than 600,000 shade trees throughout the Sacramento region to improve air quality, sequester carbon and reduce customer bills.

SMUD helped grow the local solar market by providing \$130 million in customer incentives to install solar on over 15,000 local rooftops.

For more information, visit smud.org. ★

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Tyson 40 lb Box **\$26.99**

Beef Ribeye Steak - Boneless **\$6.99/lb**

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\$2.49/ea +TAX Essential Everyday Bleach 43 fl oz

\$1.59/ea Faron Coconut Cream 13.5 fl oz

\$1.99/ea Amor-Chamoy 1 Liter

ASIAN GROCERY

\$12.99 Puri Sesame Oil 33.7 fl oz

\$2.59 Low Carb Rice 16 oz

\$3.49 Lapsang Bread 16 oz

99¢ Panko Breadcrumbs 16 oz

99¢ Thai Tea Mix 16 oz

\$1.99 Spicy Bread 16 oz

\$1.99 Coconut Milk 2.4 x 12.1 fl oz

\$9.99 Coconut Oil 16 oz

EUROPEAN GROCERY

\$6.99 Vino Cabbage Leaves 1550 gr

\$2.29 Doro Cheese 1 kg

\$1.99 Cornish Herb Tea 20 TB

\$3.99 Sunflower Seeds 500 gr

\$3.99 Quality Street 150 gr

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2.49 CJ BBQ Sauce 16 oz

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Newsom Administration Increases Efforts to Release More Violent Criminals



Jim Nielsen

By Nghia Nguyen, Office of Senator Nielsen

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

an effort to release them early. These policies will go into effect within hours of the announcement – Saturday, May 1. Senator Jim Nielsen (R-Red Bluff), former Chairman of the Board of Prison Terms, issued the following statement:
 “As the former Chairman of the Board of Prison terms, I am intimately aware of these criminal justice regulations. This is ill-founded, ill-cited criminal justice policies. Violent felons are receiving good time credit for simply demonstrated good behavior and rehabilitation.
 “This is another

ill-conceived policy of the Newsom Administration in its attempts to release convicted violent criminals back into our communities.
 “We, the people, will pay the price for his continued follies.”
Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @ CASenatorJim ★

Park Glories in Betty Ann’s Roses



Betty Ann Cassina’s mission for roses at Carmichael Park has help from CRPD Maintenance Supervisor Jerry Eppler.

Continued from page 1
 recommend goatskin or leather gloves.”

Favorite hybrids include old and new varieties. “I love white roses – French Lace has a bridal appearance and a beautiful fragrance. But any rose I’m looking at is my favorite.” By any name, roses are love’s labor. The volunteer has trained a CRPD staffer to groom soil, spread manure and see beds get an inch of water per week. Feeling the aches of 81 years, Betty Ann also delegates weeding chores.

Insects are both blessing and bane. “Anywhere you have roses, you have

aphids,” she says. “I won’t use pesticides in a public garden. I spray them off with a hose. I try to select varieties less prone to mildew. If you keep plants strong with food and water, they’re more able resist disease.”

Public gardens come with human pests. Greedy-eyed bouquet bandits target roses above all other flowers. “If you expose flowers to admiration, you also expose them to vandalism,” the gardener concedes. “Vandals who tear off flowers damage the bush and deprive the rest of us. A stolen rose might please a girlfriend, but I’d hoped it might please

hundreds more people. The last (COVID) year proved everyone’s need for pleasing public spaces. I’m lucky to have a rose garden at my home; lots of people don’t.

“There’s so much ugliness in the world and not much I can do about it. Bringing a little beauty is what I can do; roses are a vaccine I can provide. They’re a gift from God – and they’re meant to be shared. When I see someone stop to smell one of my roses, I hope that person gets the same infusion of life it gave me.”

Betty Ann’s rose beds can be viewed at 5750 Grant Avenue. ★

“Mosquito Fern” Abundant This Year

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Many parkway visitors have noticed a dense fern covering much of the pond at Sailor Bar this year. This floating fern is in the genus Azolla, often called mosquito ferns, and is believed to be native to California.

While non-toxic or otherwise dangerous, a dense population of Azolla can block light from the water and deplete water oxygen

levels as they decompose. “In California, the general consensus is that we have two species present – Azolla filiculoides, or ‘Common Mosquito Fern,’ and Azolla microphylla, also known as ‘Mexican Mosquito Fern,’” said Carl Rothfels, a biology professor with UC Berkeley. “This latter species is sometimes called Azolla mexicana -- it’s not clear whether A.microphylla and A.mexicana are separate species.”

Both species of Azolla are thought to be native to California, although they have boom-and-bust population cycles that make them seem like they are invasive. It seems that this year the populations in the Sacramento area are unusually large. The Department of Regional Parks is currently working with Rothfels to determine why this fern is so abundant this year and what, if anything, we can do to curb its growth. ★



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Mom Knows Best

Remember your mom telling you to “eat your vegetables.” I know we sometimes scoff at what mom used to tell us, but she may have been right on target. According to **Dr. Susan Smith Jones**, vegetables are essential to a healthy diet. They can reduce the risk of chronic diseases, lower blood pressure, improve digestion, bolster energy, revitalize skin, support weight loss, boost immunity, and that’s just the beginning. The recommended daily amount is about three cups, but a 2020 CDC study found that 90% of American adults don’t eat enough vegetables. To help you live a healthier lifestyle, **Dr. Smith** compiled ten practical ways to eat more vegetables without eating salads every meal. According to what she told me on POPPOFF, just three of the following tips into your routine will boost your veggie intake. I was game, so here goes.

- 1. STORE IN PLAIN SIGHT.** Out of sight, out of mind. Give your veggies the prime spot in the refrigerator so you can see them immediately when opening the door.
- 2. JUICE YOUR VEGGIES.** Juicing is an easy way to consume a medley of raw vegetables. Your body will be able to quickly absorb the soluble fiber and nutrients of the veggies.
- 3. BOOST BREAKFAST.** A green juice or smoothie for breakfast will give you a dose of veggies before you’re fully awake. If you prefer to eat eggs in the morning, add some sliced bell peppers, mushrooms, onions or spinach to your omelet.
- 4. MAKE SOUP.** In addition to juices and smoothies, soup is another slurpable way to enjoy vegetables.
- 5. CREATE VEGGIE NOODLES.** Spiralize zucchini, carrots, or sweet

potatoes to make veggie noodles. These noodles don’t necessarily need to be cooked, so this is a great way to consume raw vegetables.

- 6. GET SAUCY.** You need something to go with your veggie noodles. Adding vegetables to tomato sauce is one of the easiest (and sneakiest) ways to include more vegetables in your meals.
- 7. COMBINE WITH DIPS.** An irresistible dip can make even vegetable haters reach for a carrot stick. Dunk fresh veggies into homemade guacamole, humus or ranch dip.
- 8. ENJOY LETTUCE WRAPS.** Swap a bun, pita or tortilla with a large leaf of lettuce. Lettuce wraps provide a satisfying crunch and a refreshing twist to sandwiches and tacos.
- 9. ADD TO DESSERTS.** That’s right! You can eat vegetables for dessert. Incorporate shredded veggies (or juice pulp) into muffins, breads, and other baked goods.
- 10. GROW SPROUTS.** Grow vegetable sprouts, such as broccoli and alfalfa sprouts in the corner of your kitchen. Dr. Smith’s book...“Kitchen Gardening: Rejuvenate with home-grown sprouts...will teach you how to become a kitchen gardener.

Dr. Susan Smith Jones is a holistic health and lifestyle expert. She is dedicated to our well-being and has authored over thirty books including her latest “Wired for High Level Wellness.” She also sends out a monthly newsletter jam-packed with great information on everything from soup to nuts...literally and figuratively. Check out her website www.susansmithjones.com and sign up for the newsletter, absolutely free. Don’t forget ... **EAT YOUR VEGGIES!!!** ★



I’VE BEEN BUSY...

I’ve been busy in the Carmichael area! Below is a sample of my recent sales portfolio. With 33 years of experience under my belt, I have a complete handle on the Carmichael market. Before you decide to list your home, give me a call!

SOLD

6628 Chiquita Way.....	\$1,325,000
5244 Fair Oaks Boulevard.....	\$1,250,000
2337 California Avenue.....	\$940,000
6476 Chiquita Way.....	\$860,000
6644 Stanley Avenue.....	\$725,000
5514 Tierra Gardens Lane.....	\$730,000
5738 Crofters Lane.....	\$590,000
4045 Oak Villa Circle.....	\$268,000
3204 Ashwood Lane.....	\$285,000
6610 Stanley Avenue.....	\$968,000
6125 Stanley Avenue.....	\$435,000
5608 Vall Court.....	\$315,000
6105 Holt Lane.....	\$852,500
5920 Marlin Circle.....	\$327,000
4709 Crestview Drive.....	\$355,000
4932 Heatherdale Lane.....	\$359,000
6636 Lincoln Avenue.....	\$379,900
6608 Stanley Avenue.....	\$380,000
5249 Monitor Avenue.....	\$492,000
3730 Orangerie Way.....	\$399,500
5321 Flagstone Street.....	\$400,000
3422 Riverdale Way.....	\$529,000
2070 Santa Lucia Way.....	\$535,000
5929 Don Way.....	\$512,000

PENDING

1233 Kingsford Drive, Carmichael

ACTIVE

4812 Kenneth Avenue, Carmichael Listed at \$389,000	3501 Bluff Court, Carmichael Listed at \$1,925,000
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Seven Easy Ways to Boost Your Heart Health

By Andrea Sandoval,
Sacramento County News

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

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



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

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

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

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

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

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

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

food choices as we seek comfort foods.

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

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

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

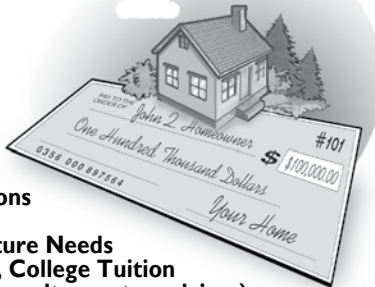
County Public Health continuously works to educate the public about the importance of good nutrition and how it can affect health. A part of that work includes the Sacramento County Obesity Prevention Program, which is implemented in a variety of community settings to bring nutrition education and physical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

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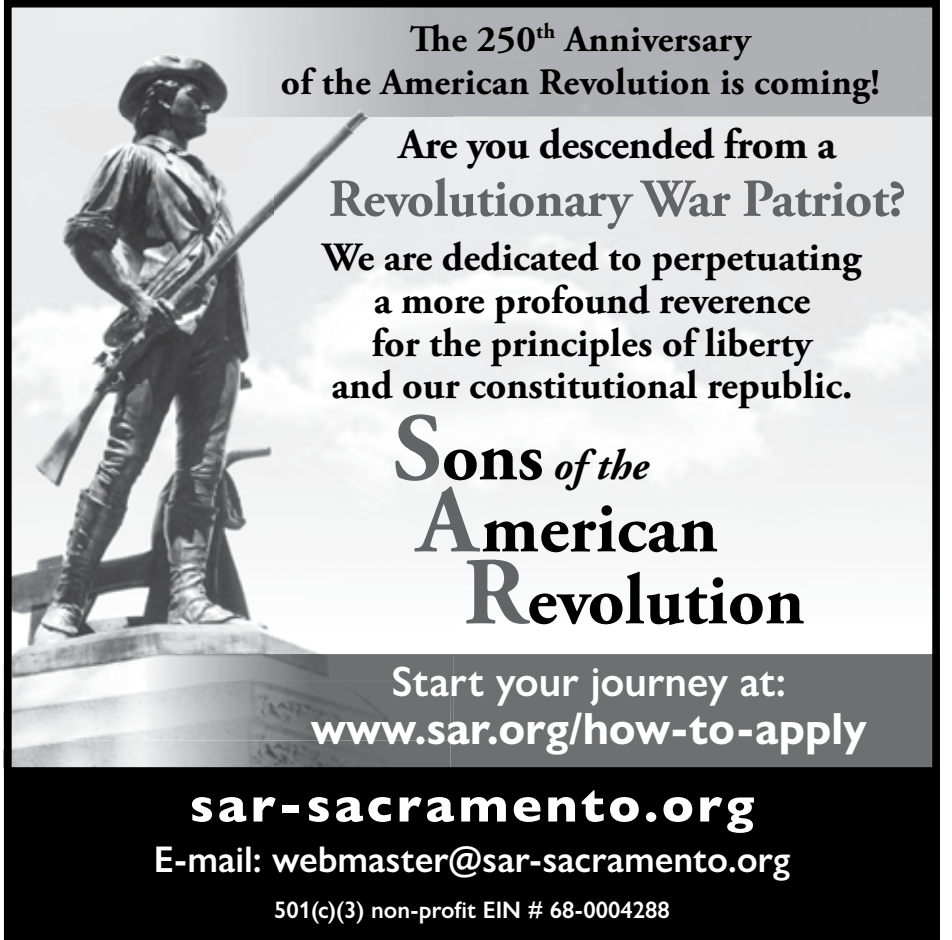
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03270 Michele Guzman, 7747 East Parkway Sacramento, CA 95823, is doing business under the Fictitious Business Name(s) "A Work of Heart" 7747 East Parkway Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 6, 2021. Publish: April 16 23, 30, and May 7, 2021. HEART 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02733 Michelle Mare LLC, 11658 Morrison Street Valley Village, CA 91601 is doing business under the Fictitious Business Name(s) "Mochi Dochi" 6900 65th Street Suite 2 Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. MOCHI 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03373 Christina Tyson, 4000 Innovator Drive Unit 11102 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "MS. Tina's Home Away From Home Daycare" 4000 Innovator Drive Unit 11102 Sacramento, CA 95834. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. TINAS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03407 Samuel Bazan, 9125 Redwater Drive Antelope, CA 95843, is doing business under the Fictitious Business Name(s) "Sammy's Sales" 6529 32nd Street #24 North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. SAMMYS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03399 Kishia M. Larkins, 5018 Heather Ranch Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Drum Key Investments, DKL, Say Yes to the Keys Real Estate" 5018 Heather Ranch Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. DRUM 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03226 1st Choice Sac LLC, 4201 California Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "DM Auto Group" 3667 Recycle Road Suite 3 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 5, 2021. Publish: April 16 23, 30, and May 7, 2021. DM 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03128 Ievgen Stegura, 4400 Elkhorn Boulevard Unit 110 Sacramento, CA 95842, is doing business under the Fictitious Business Name(s) "Ievgen Stegura, DBA Olenowo" 4400 Elkhorn Boulevard Unit 110 Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 16 23, 30, and May 7, 2021. LEVGEN 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02805 Oliva M. Huff, 5137 Robertson Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "MorningStar Movement & Bodywork" 5137 Robertson Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 16 23, 30, and May 7, 2021. MORNING 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03410 Great Homes and Investments, INC, 1008 W Avenue M14 Suite A-D180 Palmdale, CA 92551, is doing business under the Fictitious Business Name(s) "Great Homes and Investments, INC" 840 Gomes Court Folsom, CA 95630. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. GREAT 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03396 Kimberly Jones, 2941 Marconi Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Beunique Bling, Unique Bags" 2941 Marconi Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. BLING 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02770 Bay Tech Marketing, 500 Jenifer Court Santa Rosa, CA 95404 is doing business under the Fictitious Business Name(s) "Sacramento Pergola Company" 6532 Sunview Way Rio Linda, CA 95673 Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 16 23, 30, and May 7, 2021. SACRAMENTO 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03363 Shamsuddin Salehzada, 8135 Filifera Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Shams Plumbing & Repairs" 8135 Filifera Way Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. SHAMS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03395 Joy S. Fuelling, 2260 E Bidwell Unit 1112 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Bibles for Asia" 2260 E Bidwell Unit 1112 Folsom, CA 95630. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. ASIA 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03400 Kayla Harris, 8780 Fairlight Way Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "KDotz Naughty Sweets" 8780 Fairlight Way Elk Grove, CA 95624. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. NAUGHTY 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02906 Laura Conrad, 9279 Blue Oak Drive Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "MyShapers.com" 9279 Blue Oak Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 25, 2021. Publish: April 16 23, 30, and May 7, 2021. SHAPERS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03292 Rajnil Kumar, 5444 Torquay Place Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "RS Trucking" 5444 Torquay Place Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. TRUCKING 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02550 Protech Electronic LLC, 2941 Lake Vista Drive Lewisville, TX 75067 is doing business under the Fictitious Business Name(s) "Protech Automotive Solutions" 2341 Fulton Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 17, 2021. Publish: April 16 23, 30, and May 7, 2021. PROTECH 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02727 Edward R. Marszal Enterprises, INC, 5805 Windmill Way Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Business Park Chevron" 9680 Business Park Drive Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. BUSINESS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02726 Edward R. Marszal Enterprises, INC, 5805 Windmill Way Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Bond Road Chevron" 8501 Bond Road Elk Grove, CA 95624. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. BOND 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03050 Chisay Arai, 1656 Stone Canyon Drive Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Mikuni Estates" 1610 R Street Suite 280 Sacramento, CA 95811. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 16 23, 30, and May 7, 2021. MIKUNI 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03241 Metal Tech LLC, 5565 Wildwood Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "MetalTechBMD" 6000 Midway Street Suite 480 Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 5, 2021. Publish: April 16 23, 30, and May 7, 2021. METAL 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03085 Simronne Ann Mora, 5307 Marconi Avenue #79 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Self Care Salon" 8350 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 16 23, 30, and May 7, 2021. SELF 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02746 Gupreet Dhillon, 9333 Willow Pond Circle Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "Executive Realty, Capital Real Estate" 9333 Willow Pond Circle Elk Grove, CA 95624. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. EXECUTIVE 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03036 Ashley Jackson, 9912 Business Park Drive Suite 170 Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Ashley's Cleaning Services" 9912 Business Park Drive Suite 170 Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 16 23, 30, and May 7, 2021. ASHLEY 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03083 Fedor Ryzhenkov, 5317 Poplar Boulevard North Highlands, CA 95660, is doing business under the Fictitious Business Name(s) "Ural Mountain Beehive" 5317 Poplar Boulevard North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 16 23, 30, and May 7, 2021. URAL 180201 5-7-21

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03037 Where Angels Threat LLC, 9773 Allen Ranch Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "The Spiced Avocado" 9773 Allen Ranch Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 16 23, 30, and May 7, 2021. AVACADO 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02855 Beth Worson & Company, 5537 Valhalla Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "NCD Publishing" 5537 Valhalla Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 25, 2021. Publish: April 16 23, 30, and May 7, 2021. NCD 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03061 Triad Projects III, 4020 Lusk Drive Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Triad Projects III, Triad III Safety Solution, Triad III Process Service Solutions, Triad III Productions Studio, Triad III Grant Writing, Independent Caring Hands, Inches" 4020 Lusk Drive Sacramento, CA 95864. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 16 23, 30, and May 7, 2021. TRIAD 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02449 Jose Martin Barrios, 4901 Patric Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Droplet" 4901 Patric Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 15, 2021. Publish: April 16 23, 30, and May 7, 2021. DROPLET 180201 5-7-21

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03285 William Phillips, 7713 Aptos Circle Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "The Mini Donut Shack" 7713 Aptos Circle Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 6, 2021. Publish: April 16 23, 30, and May 7, 2021. MINI 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02690 Bruce Mills Realtors, Inc., 1401 El Camino Ave., Suite 200, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Advantage Property Management & Real Estate" 1401 El Camino Ave., Suite 200, Sacramento, CA 95815. Filed with the Clerk of Sacramento County March 22, 2021. Publish: April 23, 30, and May 7, 14, 2021. ADVANT 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03479 Donald Gentry, 1001 7th Ave., Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "Auto Diesel Electric Sales & Service" 1001 7th Ave., Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 12, 2021. Publish: April 23, 30, and May 7, 14, 2021. AUTO 180201 5-14-21

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

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

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

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03468 Todd L Johnson D.D.S., Inc., 8788 Greenback Lane, Ste. 104, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "First Class Dental" 8788 Greenback Lane, Ste. 104, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 12, 2021. Publish: April 23, 30, and May 7, 14, 2021. FIRST 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03642 Horizon Collective Inc., 1841 El Camino Ave., Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "1841 El Camino, 1841" 1841 El Camino Ave., Sacramento, CA 95815. Filed with the Clerk of Sacramento County April 15, 2021. Publish: April 23, 30, and May 7, 14, 2021. 1841 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03563 Modernize Construction Inc., 9477 Greenback Lane, #511, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Modernize Power, Mod Pow" 9477 Greenback Lane, #511, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 14, 2021. Publish: April 23, 30, and May 7, 14, 2021. MODERN 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03435 Penny L. Shidner, 6433 Pearson Lane, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "GlamourGirtz" 6433 Pearson Lane, North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 9, 2021. Publish: April 23, 30, and May 7, 14, 2021. GLAMOUR 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03451 Christina R. Kely, 8017 San Cosme Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Li'Bear Creek" 8017 San Cosme Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 9, 2021. Publish: April 23, 30, and May 7, 14, 2021. LILBEAR 180201 5-14-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03512 Eternal Verities Apparel LLC, 7952 Canyon Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Eternal Verities Apparel, Eternal Verity Apparel" 7952 Canyon Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 13, 2021. Publish: April 30, May 7, 14 and 21, 2021. ETERNAL 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03814 Tammi Jean Bradley, 6536 Creekmont Way, Citrus Heights, CA 95621, is doing business under the Fictitious Business Name(s) "SDP Life" 6536 Creekmont Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 21, 2021. Publish: April 30, May 7, 14 and 21, 2021. SDP 180201 5-21-21

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03717 Joyce Glover, 2801 Ave., Suite 200, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Her Sanctuary Ministries, Her Sanctuary" 2801 33rd Avenue Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 19, 2021. Publish: April 30, May 7, 14 and 21, 2021. HER 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-02995 Robert Anthony DeSomber, 5223 Harrison Street Linden, CA 95236, is doing business under the Fictitious Business Name(s) "Grasons of North Sacramento County" 5223 Harrison Street Linden, CA 95236. Filed with the Clerk of Sacramento County March 26, 2021. Publish: April 30, May 7, 14 and 21, 2021. GRASON 180201 5-21-21

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03641 Fashan's Entertainment World LLC, 2740 Fulton Avenue Ste. 101, Sacramento, CA 95821, is doing business under the Fictitious Business Name(s) "Fashan's Consulting LLC" 2740 Fulton Avenue Ste. 101, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 15, 2021. Publish: April 30, May 7, 14 and 21, 2021. FASHAN 180201 5-21-21

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03710 Muhammad Fiaz Ladi, 4451 Gateway Park Boulevard Apt. 330, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Star Delivery" 4451 Gateway Park Boulevard Apt. 330, Sacramento, CA 95834. Filed with the Clerk of Sacramento County April 19, 2021. Publish: April 30, May 7, 14 and 21, 2021. STAR 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03667 Chanh Hill, 1536 38th Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "United Four Logistics" 8332 Nathalie Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 30, May 7, 14 and 21, 2021. UNITED 180201 5-21-21

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

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-03961 Miguel Guerra DDS, Inc., 590

A Showdown Over Crime and Punishment Looms



By Dan Walters
CALMatters

Should California continue to reduce punishment for crimes large and small, or has it gone too far and implicitly allowed criminals to prey upon Californians without fear of imprisonment?

The question has reverberated throughout the state over the last half-decade, ever since former Gov. Jerry Brown lunched a personal crusade to scale back the lock-'em-up laws that California enacted – including some that he signed – in the 1980s and 1990s.

California voters will answer it next year by either giving newly appointed Attorney General Rob Bonta, a fervent believer in the softer approach to crime, a full term or replacing him with someone with a tougher attitude toward lawbreakers.

The conflict jelled on Monday when Sacramento County District Attorney Anne Marie Schubert declared her candidacy, saying, “The California criminal justice system is in chaos” due to laws and policies that value rehabilitation over punishment.

Schubert devoted much of her announcement to denouncing Los Angeles District Attorney George Gascón and San Francisco District Attorney Chesa Boudin as “rogue prosecutors,” criticizing state legislators for ignoring crime

victims in their rush to soften punishments, and tying Bonta to them.

“Rob Bonta has no regard for crime victims,” Schubert told the Sacramento Bee in a pre-announcement interview. “I think Rob Bonta is similar, if not identical, to the district attorney in San Francisco and Los Angeles.”

In Schubert, the state’s criminal justice traditionalists probably have their strongest challenger to Bonta, a state legislator who was selected by Gov. Gavin Newsom as a successor to Xavier Becerra after the latter joined the Biden administration in Washington.

While moderate Republican Nathan Hochman, former assistant U.S. attorney in the Bush administration, also is running, he is little known while Schubert, a former Republican who is not registered with a political party, achieved statewide and even national attention for recently prosecuting serial rapist and murderer Joseph James DeAngelo Jr. Dubbed the Golden State Killer, DeAngelo, a former policeman, was tied to the decades-old crime spree by a novel use of DNA evidence.

Schubert can expect support from all but a handful of the state’s other local prosecutors and police organizations which have opposed efforts by Brown and like-minded legislators to soften punishment. She surrounded herself with families of crime victims as she announced her candidacy.

Bonta, on the other hand, will be backed by the national criminal justice reform movement that has been working state-by-state and county-by-county

to replace traditionalist prosecutors with those favoring rehabilitation over incarceration. Billionaire investor George Soros has been one of the major drivers behind the movement.

Schubert, in fact, had overcome such a challenge in winning re-election three years ago. When Gascón, who had been San Francisco’s district attorney, moved to Los Angeles and unseated District Attorney Jackie Lacey in 2020, it marked a new intensity in the philosophical clash.

He, Boudin and two other like-minded district attorneys have battled with the California District Attorneys Association over policy issues and formed their own group, the Prosecutors Alliance of California, to push for criminal justice reforms.

The next big California battle for the contending factions was to have been in Orange County, where District Attorney Todd Spitzer, a former Republican legislator, will be facing Peter Hardin, a Democrat and former prosecutor, next year.

However, Becerra’s resignation, Bonta’s appointment and Schubert’s declaration of candidacy create an even more intense showdown over crime and punishment in the nation’s most populous state.

Should Schubert prevail next year, it would not only be a big win for criminal justice traditionalists, but also make her a potential candidate for governor or U.S. Senate thereafter.

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

Biden-Harris Gun Control Plan Violates the Constitution

Commentary
by Harold Pease, Ph.D.

Since gun control legislation has stymied in Congress, Democrats for it and the Republicans against, the Biden Harris Administration has opted once again to legislate by executive order. Biden has governed, bypassing Congress, with 39 executive orders in almost three months. In a April 7, 2021 news conference he revealed his plans to do the same on gun control.

This is not new. The Obama Biden Administration did the same thing over immigration by creating the DACA program by executive order because Congress would not give them authority to extend citizenship to past illegal entry foreigners. They justified defying Congress then with, “We can’t wait for Congress.”

This was a serious, even impeachable, breach of the separation of powers doctrine deeply imbedded in the Constitution as is Biden’s executive action that the Justice Department, an unelected body, propose new rules on gun control. Because one president defies the Constitution, and is unpunished, does not give authority for others to do the same. Constitutionally only the legislative branch can make law (rules). Why is this so dangerous? Past practice, once done, is the “go to” position, to maximize authority not actually in the Constitution or, in the 2nd Amendment case is opposite to it, and is the favored option for those wishing to destroy it. Constitutional perversion invites more constitutional perversion.

But at issue is a far greater violation of the Constitution than separation of powers. The 2nd Amendment specifically forbids either the executive, by presidential decree, or legislative, by congressional statute, branches from ANY alterations of the Amendment. It reads in part, “the right of the people to keep and bear Arms, shall not be infringed.” Period!! It is the most definitive sentence in the Constitution. Although not yet exercised, this also is an impeachable offense. Neither Congress nor the President can remove or

alter the peoples’ right to defend themselves without an Article V new amendment to the Constitution.

The first half of the Second Amendment tells us why no branch of the federal government can alter or remove the right of the people to keep and bear arms: “A well regulated militia being necessary to the security of a free state.” The militia was the people and it was understood that the government was always the lead threat to a free state. “I ask, Sir, what is the militia? It is the whole people. To disarm the people is the best and most effectual way to enslave them” (George Mason co-author of the Second Amendment. See also Elliot, Vol. 3, June 16, 1788). The militia was defined in the Second Continental Congress as every able bodied male 17 years of age and older – the citizens.

The Bill of Rights was arranged in order of preference with the exception of Amendments 9 and 10 as they dealt with the powers retained by the people and those reserved to the states, not specific freedoms as are Amendments 1-8. Amendment 2 is important because it protects these amendments. It is well to remember that the 2nd Amendment exists because the states would not support the new Constitution without a guarantee that the government could never deprive its citizens of their right to bear arms – to resist as they had the British. The language was as strong as they could make it and aimed (pun intended) specifically at government. It preserved their right of revolution should their other freedoms be taken. What is it Mr. Biden that you do not understand about “shall not be infringed?”

Congress may not legislate the 2nd Amendment away by authorizing some types of weapons over others, or approving some types of ammunition and denying others. Nor may the President go into the Oval Office and unilaterally make an executive order limiting or denying these things. We must never forget the federal government’s 11-day siege of Randy Weaver’s mountain home near

Ruby Ridge, Idaho over Weaver’s sale of two sawed off shotguns. It ended August 31, 1992 with multiple deaths including his boy and dog and a sniper bullet took out his wife Vicki holding their baby in her arms in the doorway. A “friendly” reminder of then federal enforcement of unconstitutional alterations to the 2nd Amendment.

One might argue we now want federal involvement. If so, why not do it as required by the Constitution? Don’t just twist the Constitution to mean something never meant. George Washington warned: “Let there be no change by usurpation; for though this, in one instance, may be the instrument of good, it is the customary weapon by which free governments are destroyed” (Farewell Address).

Instructions for change in the Constitution are provided in Article V and can be proposed by either Congress or “on the application of the legislatures of two thirds of several states.” Notice that the president was not allowed to propose. Once proposed the federal government is removed from the picture altogether – it cannot empower itself. The states are given two ways in which they can pass their power to the federal government (remember, all power not listed in the Constitution belongs to the states and the people as per Amendment 10) but, either way, it requires 3/4th of the states to do so. Let Congress or the states initiate a proposed amendment to empower the federal government as we have 17 times before when the nation wanted a change.

The federal government, especially the president, does not like Article V because it requires permission from the states to enlarge federal jurisdiction. That is precisely why this Article exists; still, it remains the proper and only constitutional way to change the 2nd Amendment of the Constitution and anyone trying to do it in any other way should be removed from power as quickly as the Constitution allows. The biggest fatality in this gun debate is irreparable damage to the Constitution, and thus to freedom. ★

CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See legitgov.org

California Officials, Biden-Linked Firm Coordinated With Big Tech to Censor Election Posts - Judicial Watch | 28 April 2021 | California officials colluded with Big Tech to censor social media posts in the United States during the 2020 presidential election, government watchdog group Judicial Watch announced Tuesday. The findings come after Judicial Watch received 540 pages and a further four pages of documents from the office of the Secretary of State of California in response to an open records request, the group said. It had filed the request after a December 2020 report surfaced revealing that California’s Office of Election Cybersecurity had surveilled and asked the social media giants to remove or flag as “misleading” at least two dozen messages. Judicial Watch President Tom Fitton said that SKDKnickerbocker, a communications company linked to Joe Biden’s election campaign, was involved in the censoring of speech during last year’s election period.

FTC takes censorship to a whole new level, charges and fines St. Louis man for questioning vaccines, promoting zinc and vitamin D | 22 April 2021 | The FTC recently charged a St. Louis man for making fraudulent claims about covid-19. The FTC is charging Eric Nepute and Quickwork LLC in a federal court for the heinous crime of advertising zinc and vitamin D to combat covid-19. Nepute is charged with ten counts of violating the Covid-19 Consumer Protection Act and the Federal Trade Commission Act. The FTC alleges that Nepute falsely advertised his products, which contain vitamin D and zinc – two important supplements that are scientifically proven to block viral replication and prevent hospitalization. In 2020, the U.S. Congress quietly installed a new censorship clause in a coronavirus emergency response and relief package. In HR 133, Congress gave the FTC supreme authority to target, arrest and fine anyone who doesn’t follow the government’s narrative on lock downs, masks, quarantines and v-cines. Anyone who promotes a healthy immune system can now be charged and fined for the “criminal” act of helping people treat and overcome respiratory infection.

Pharmaceutical Industry Dispatches Army of Lobbyists to Block Generic COVID-19 Vaccines - New lobbying disclosures show over 100 drug lobbyists working to defeat the IP waiver request at the WTO. | 23 April 2021 | The pharmaceutical industry is pouring resources into the growing political fight over generic coronavirus v-cines. Newly filed disclosure forms from the first quarter of 2021 show that over 100 lobbyists have been mobilized to contact lawmakers and members of the Biden administration, urging them to oppose a proposed temporary waiver on intellectual property rights by the World Trade Organization that would allow generic v-cines to be produced globally. Pharmaceutical lobbyists working against the proposal include Mike McKay, a key fundraiser for House Democrats, now working on retainer for Pfizer, as well as several former staff members to the U.S. Office of Trade Representative, which oversees negotiations with the WTO. Several trade groups funded by pharmaceutical firms have also focused closely on defeating the generic proposal, new disclosures show.

US troop withdrawal from Afghanistan has begun | 29 April 2021 | The US military withdrawal from Afghanistan is now formally underway, according to the White House and several US defense officials. “A drawdown is underway,” White House deputy press secretary Karine Jean-Pierre told reporters aboard Air Force One Thursday. “While these actions will initially result in increased forces levels, we remain committed to having all of US military personnel out of Afghanistan by September 11, 2020 [sic].” Fewer than 100 troops, along with military equipment, have been moved largely by aircraft to execute Joe Biden’s order to begin the withdrawal process no later than May 1, according to several US defense officials. In addition, contractors and US government workers are also departing the country, the officials said.

Arizona’s Maricopa County Delivers Ballots, Equipment for 2020 Election Audit | 22 April 2021 | Voting equipment and more than 2 million ballots are being delivered to a facility in Arizona’s Maricopa County this week in preparation for a 2020 election audit set to start on April 23. Equipment, including 385 tabulators, was delivered and unloaded at the Veterans Memorial Coliseum in Phoenix on April 21, while boxes of the ballots began arriving early on April 22. Maricopa County officials arranged for the deliveries, which took several trips and were supported

Young People Hard-Hit by STDs

Continued from page 1

Sacramento County’s online testing locator to find a convenient testing site that is free or low cost.

Getting tested for STDs is one of the most important things a person can do to protect their health, but it’s not the only thing. There are several ways to prevent STDs. Those who test positive for an STD should get treated right away – and be sure their partner is also treated to lower the risk of getting infected again.

California State law requires many communicable diseases to be reported to the local health department. Among them are the following STDs: Gonorrhea,

Syphilis (infections, latent (early & late), late stages & congenital), Chlamydia, Chancroid, AIDS, HIV, Viral Hepatitis (A,B and C), Amebiasis, Giardiasis, and Cryptosporidiosis.SACRAMENTO COUNTY, CA

Reporting STDs is highly confidential and assistance is available for notifying partners to refer them for evaluation and treatment.

Visit the Sacramento County Sexual Health Promotion Unit webpage for more information on STD prevention.

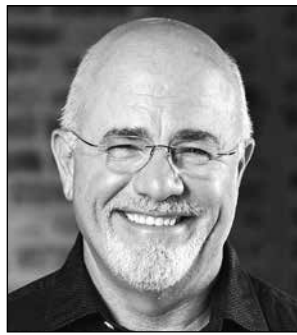
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Dave Ramsey Says

Let's start with a simple definition of *budgeting*. A budget is just a plan. It's not a restriction on spending, it's a strategy for what you'll do with all your money. It's tracking what's coming in and what's going out. When you budget every month, you're giving your money purpose. You're controlling your money, and telling it where to go, instead of scratching your head and wondering where it all went.

The word *budget* gets a bum rap, because some people think it'll be like putting a straitjacket on their spending and their lives. But that really isn't true at all. Budgeting actually gives you the power to spend wisely and with purpose. Budgeting even causes feelings of fear, intimidation, and anger in some folks. Sure, it takes a little time and effort at first to create a budget that really works. But once you get the hang of it, and it doesn't take long, the hard part is over.

Still, to make your cash flow plan work, you have to do it consistently. That means sitting down every

month, and making a budget for the upcoming month. Don't let the fear of what you might find stop you, and don't over-complicate things. It's easy as writing down your income and everything that requires money for the month, then doing a little basic math. And once you have a plan in place, stick to it! Too many people get lazy, or "forget" to do a monthly budget.

Give it a shot, Carter. You'll experience a sense of freedom, security, and accomplishment like you've never felt before once you've taken that first step toward gaining control of your money!

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

Don't Most People Already Know?

Dear Dave,
You talk a lot about budgeting, and how important it is in getting control of your money. But don't most people already have a good idea of what they're spending, and how much they have in the bank, without going through all the time and trouble of developing an actual budget?

—Carter
Dear Carter
Well, if that were true, why are people paying billions in overdraft fees every year? Why are so many people deep in debt and living paycheck to paycheck, even without taking the effects of a pandemic into account? It's because most people *don't* really know where their money's going each month.

CDFW Urges Public to Leave Deer Fawns Alone



It is both illegal to feed deer and keep deer in your personal possession. Image by Marcel Langthim from Pixabay

By Peter Tira, California Department of Fish & Wildlife

SACRAMENTO, CA (MPG) - Late spring and early summer is the peak time for California's deer herds to give birth to fawns, and the California Department of Fish and Wildlife (CDFW) is issuing a reminder to well-intentioned people to not

interact with the baby deer – even if they find one that appears to be abandoned.

Adult female deer often stash their fawns in tall grass or brush for many hours while they are out foraging for food.

"It is a very common mistake to believe a fawn has been abandoned when it's found alone, even if the mother has not been seen in the area for a long period of time," said Joe Croteau, environmental program manager with CDFW's Northern Region. "It's actually a survival strategy for the doe to separate from her fawns so as not to attract predators to the whereabouts of her young."

Each year, CDFW and wildlife rehabilitation facilities are called to assist with fawns that have been removed from the wild by concerned members of the public recreating outdoors. With limited long-term placement options in zoos

or other wildlife sanctuaries, the animals often have to be euthanized since they lack the survival skills to be released back into the wild and can become dangerous and difficult to keep as they become bigger.

To report an injured, sick or suspected orphaned fawn, contact your local CDFW regional office directly.

Anyone who removes a young animal from the wild is required to notify CDFW or take the animal to a permitted wildlife rehabilitator within 48 hours. Only a limited number of wildlife rehabilitation facilities are licensed to accept fawns.

It is both illegal to feed deer and keep deer in your personal possession. Both crimes are misdemeanors, each subject to penalties of up to \$1,000 and/or six months in jail. Learn more about the dangers and consequences of feeding deer in this CDFW video. ★

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PG&E Urges Calling 811 Before Digging, More Important Than Ever

By Paul Moreno, PG&E

SAN FRANCISCO, CA (MPG) - With the arrival of spring, many Californians are thinking of starting projects to make their outdoor spaces more livable, and many of these projects will require digging. To help ensure these projects can proceed safely, and without disruptions to essential utility services that we all depend on to be able to stay connected during the ongoing pandemic, April is recognized as National Safe Digging Month. Pacific Gas and Electric Company (PG&E) and more than 1,000 other utilities support this nationwide public safety initiative to supported by to raise awareness about the importance of calling 811 to have underground utility lines marked in advance of any digging project.

Throughout the pandemic, many homeowners are using their extra time at home to complete projects that require digging, according to a recent national survey conducted by the Common Ground Alliance (CGA). In fact, the survey shows that one in five homeowners (20%) have been more likely to do a DIY home improvement involving digging since the pandemic began – particularly gardening projects, and 56% of homeowners who are planning to plant a tree or shrub this year said they were more likely to dig while having extra time at home. The most popular planned projects cited among surveyed homeowners who plan to dig include: Planting a tree or shrub: 62%; Building a fence: 37%; Building a deck or patio: 32%; Installing a mailbox: 20%; Installing a pool: 6%;

Something else: 26%
Additionally, of the millions of homeowners who plan to dig this year for projects like gardening, building a fence or deck, installing a mailbox and more, nearly two in five (37%) will put themselves and their communities at risk by digging without contacting 811 beforehand to learn the approximate location of underground utilities.

“With millions of Californians relying on essential utility services as they work and learn from home, it is of the utmost importance that everyone take advantage of the free call to 811 prior to digging. Our locate and mark crews are in the field every day helping to ensure digging projects of all sizes can proceed safely, without risk to life, health or property. Whether your project is large or small, from repaving a driveway to installing a fencepost, calling 811 three working days before excavating to have the locations of underground gas or electric lines marked will help keep you, your family and your neighbors safe and help you avoid potentially costly repairs,” said Joe Forline, PG&E senior vice president of Gas Operations.

According to the Common Ground Alliance’s damage information reporting tool, an underground utility line is damaged every nine minutes in the United States. This adds up to more than 200,000 preventable hits to underground utility lines nationwide annually. PG&E is urging customers to help prevent dig-ins by placing a toll-free call to 811 or an online request to have gas and electric lines

marked free of charge three working days before the project begins.

Key Facts - In 2020, there were over 1,400 third-party dig-ins on PG&E’s underground infrastructure across Northern and Central California. Of the over 1,400 dig-ins, nearly 800 resulted from not using 811 to have gas and electric lines marked in advance. Of the third-party (customers or construction crews) dig-ins to PG&E’s lines in 2020, residential dig-ins accounted for 31%. In 91% of residential dig-ins, 811 was not called in advance.

811 is a designated toll-free number for homeowners and professional excavators and is serviced by regional offices. Operators answering calls and emails will dispatch all necessary utilities to properly mark underground utility lines with paint or flags. Underground Service Alert of Northern/Central California and Nevada (USA North) is staffed 24 hours a day, seven days a week, and will provide Spanish and other translation services.

PG&E Safe Digging Tips - Mark project area in white: Identify the digging location by drawing a box around the area using white paint, white stakes, white flags, white chalk or even white baking flour.

Call 811 or go online for a USA ticket three working days before digging: Be prepared to provide the address and general location of the project, project start date and type of digging activity. PG&E and other utilities will identify underground facilities in the area for free.

Dig safely: Use hand tools when digging within 24 inches of the outside edge of underground utility lines. Leave utility flags, stakes or paint marks in place until the project is finished. Backfill and compact the soil.

Mind the lines: If the utility line is visible, dig in parallel with the utility line and use all precautions when removing the soil from around the utility line.

Be aware of signs of a natural gas leak: Smell for a “rotten egg” odor, listen for hissing, whistling or roaring sounds and look for dirt spraying into the air, bubbling in a pond or creek and dead/dying vegetation in an otherwise moist area.

PG&E urges customers to call 911 and then PG&E at 1-800-743-5000 if there’s a suspected gas leak. If an accidental dent, scrape or other damage is made to a gas pipeline, those nearby must leave immediately and alert others to avoid the area. Only when a safe distance away should anything that might create a spark such as cell phones, matches, garage door openers, vehicles, or yard equipment be used.

CGA is a member-driven association of nearly 1,700 individuals, organizations and sponsors in every facet of the underground utility industry. Established in 2000, CGA is committed to saving lives and preventing damage to North American underground infrastructure by promoting effective damage prevention practices. CGA has established itself as the preeminent source of damage prevention data and information in an effort to reduce damages to underground facilities in North America through shared responsibility among all stakeholders. For more information, visit CGA on the web at <http://www.common-groundalliance.com>. ★



By Noah Howard

The MMORPG (massively multiplayer online role-playing game) is not only the most cumbersome acronym in gaming, but it is also one of the least accessible genres that video games have to offer. Taking place in huge, persistent worlds populated by both computer- and player-controlled characters, MMORPGs exist to fulfill the promise of *Ready Player One*-style worlds that you can explore with your friends and where you can fight alongside thousands of strangers. Though I have had a rocky relationship with this genre in the past, playing a variety of the most popular MMORPGs available today with my partner has given me a new outlook on the genre’s potential.

The first MMORPG that I ever played was *Runescape*, a browser-based title that took place in a generic, mostly artistically unattractive fantasy world. I was enthralled by the idea of exploring a massive world (for free, no less), but quickly ran into roadblocks. As a low-level character, I spent more of my time picking cabbages and squashing bugs than fighting dragons in epic battles. Thus, I discovered a frequent curse of the MMORPG that limits the

Game Plots

Falling for MMORPGs

genre’s accessibility: the “endgame.” Typically, serious players of MMORPGs tend to argue that an MMORPG does not truly begin to show its potential until the player reaches the maximum level that the game allows. After “maxing out” a character’s level, MMORPGs truly start to open up to the endless possibilities that their worlds offer. The problem, of course, is that it can often take countless hours to reach the endgame, hours often spent fighting similar enemies over and over again and doing repetitive, dull tasks. My experience with *Runescape* was no different.

But when my partner and I were searching for a game to play together, the genre’s potential started to truly open up. To date, we’ve played three of the most popular MMORPGs together: *Guild Wars 2*, *Final Fantasy XIV*, and *The Elder Scrolls Online*. With each we’ve found an engaging experience that would not have worked had we played solo.

Though much of the gameplay that MMORPGs offer may be repetitive when played alone, playing with others offers an exciting experience. Different types of characters are meant to complement each other’s strengths and weaknesses, so

playing with someone you know makes the adventure that much richer. While playing as a knight-esque class in *Guild Wars 2*, for example, I dashed towards my opponents, sword brandished, to keep them busy while my partner peppered them with arrows from a distance. Together, combat was not only more exciting, but our strength-in-numbers allowed us to more easily explore the game’s more dangerous areas where either of us might have met a quick demise working alone.

And because we played together, we progressed far enough in these games to make it past the initial hours and reach the vast fantasy battles we had always dreamed about. We find ourselves working side-by-side with dozens of other players to take down epic monsters that we encounter in the world. Doing so makes us feel powerful in a very different way than other games: a cog in a devastating well-coordinated machine.

Though I’m yet to experience the elusive “endgame,” the appeal of the MMORPG has become crystal clear through playing with someone else, and I can’t wait to continue our adventures together through these wonderful worlds. ★



Dare to Live Without Limits

by Bryan Golden

Nice People Finish First



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

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

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

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

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

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

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

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

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

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

Requests from family and friends are somewhat

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

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

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

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

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

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Crossword Puzzle on Page 11

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

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CLUES

CROSS

- Scarecrow stuffing
- Observe
- Kind of ski lift
- "Fear of Flying" author Jong
- Madame Tussauds' medium
- Fervent
- Never say this?
- You to are is as thou to
- Skyline lobbies
- "It isn't easy 'bein' green" for him
- "First bilingual Sesame Street puppet
- Flower precursor
- Rental on the links
- Rowing prop
- Banana remnant
- Besmer
- Poker variety
- Away from wind
- Like helium gas
- Coconut fiber
- Like an iPhone
- Singular of #33 Down
- Per ____ or yearly
- Guessimate phrase, 2 words
- Raise, as in child
- Bob Marley's music
- TV classic "____ Make a Deal"
- Hi-____ monitor
- Oscar Wilde's Dorian
- "Sesame Street's Meryl Sheep
- "Every starred clue in this puzzle
- *Self-described as lovable, cute and furry
- One born to Japanese immigrants
- Be in the red
- He had no cause?
- Thin mountain ridge
- Local area network
- Unmanned flyer
- Hospital statistics unit, pl.
- NaOH
- Church assembly

Down

- D.C. V.I.P.
- "Star ____"
- Either Gauche or Droite in Paris
- Like a lemon
- Beginning of a workout
- Special law enforcement unit, acr.
- Elephant's distinguished feature
- Uncredited actor
- Lake ____ caca, South America
- "Ernie's roommate
- Diva's delivery
- Swedish shag rug
- "____ your seatbelts"
- Think tank output
- Eyeball shape
- "I can see ____ now the rain has gone..."
- "Trash can dweller
- Be sorry for one's wickedness
- Repenting
- "He avoids pronouns and speaks in falsetto
- Gloomy
- More competent
- Arm bones
- "Mama, Papa, Baby and Curly
- Chemical cure
- Gaelic tongue
- Load carrier
- Crow's cousin
- Old English for before
- Arya Stark's Needle and Jedi's Lightsaber, e.g.
- Lagoon wall
- Each and all
- Bog down
- From a second-hand store
- Four-legged friends
- Autry or Wilder
- Jet black
- Nevada city
- Pick up, as in suspect
- Modus operandi
- Light-emitting diode

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Sudoku Puzzle on Page 11

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

Crossword Puzzle Solutions on Page 11

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

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

Solutions on Page 11

WEEKLY COMICS

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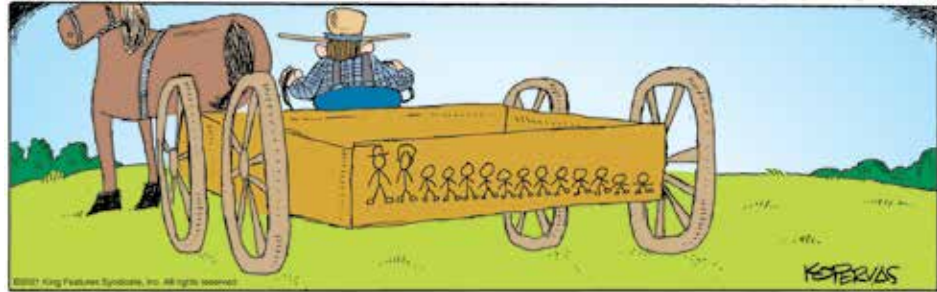
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The Spats



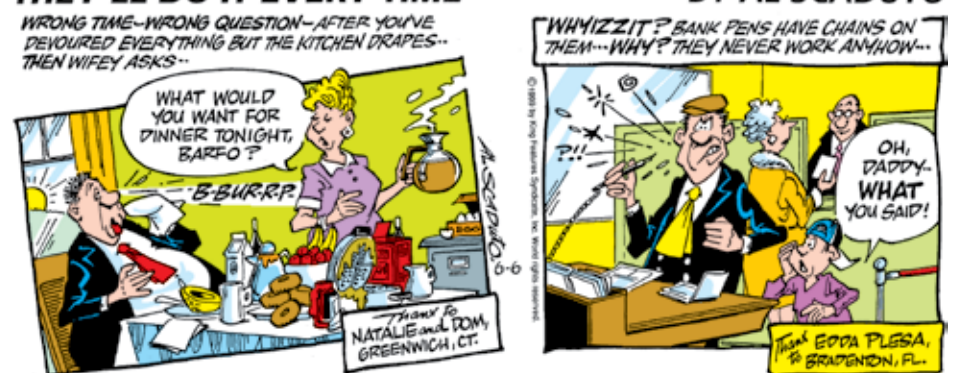
by Jeff Pickering

Out on a Limb



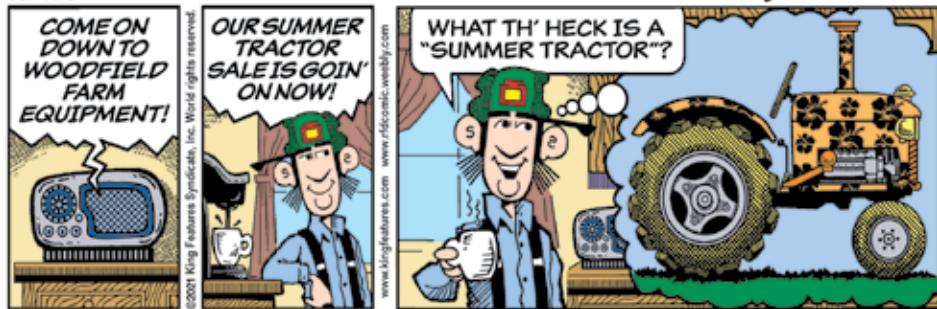
by Gary Kopervas

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



by Mike Marland

EVER HAPPEN TO YOU?
AT LAST... A CUTE, GENTLE, NONVIOLENT ANIMATED MOVIE JUST FOR KIDDIES... BUT ONCE YOU'RE SEATED... THEN YOU'RE SHOWN THE PREVIEWS FOR NEXT WEEK... OH, YEAH!



CRIN the BEAR IT



LAFF-A-DAY

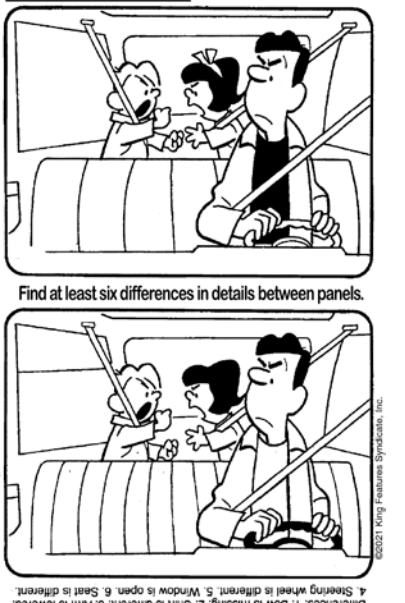


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by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTIKOFF

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Map showing location of Pet Club stores in Rancho Cordova and Roseville, CA.

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Limit 1 Coupon per family
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(5.5 Oz All Varieties) Friskies (Selected Indoor Included), 9 Lives
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• Lamb & Rice
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• Fat Dog 28 Lb • Vegetarian 28 Lb
• Chicken & Brown Rice 26 Lb
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Effective 5/5/21 - 5/11/21

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With each purchase
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13.2 Oz All Varieties Limit 2 cases
On Sale

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28.5-33 Lb Bag • Lite • Active Maturity
Limit 2 Bags
\$47.99 • Perfect Weight • Sensitive Stomach
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MEOW MIX CAT FOOD
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JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 5/5/21 - 5/11/21
\$1.99
CHM PLU 365

BONUS COUPON
WHISKAS TEMPTATIONS CAT TREATS
All Varieties 3 Oz.
Limit 2 Pkgs With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 5/5/21 - 5/11/21
\$1.39
CHM PLU 569

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 5/5/21 - 5/11/21
ON SALE Everyday
CHM PLU 361

Ask Toni

Does Medicare Pay for A Gym Membership?



Toni King

Toni:

Two of my neighbors told my wife that they get free gym membership through Medicare.

Any truth to that, as I never heard about this before?

Regards, Sammy from San Diego

Hi there...Sammy:

Sammy the answer is NO! Medicare Parts A and B do not provide a gym membership for those who are enrolled in Medicare. It would be logical if they did because exercise does keep you healthy.

In the Medicare & You handbook under "What's NOT Covered by Part A & Part B?" It states... "Original Medicare does not cover everything and if you need certain services that Medicare doesn't cover, you will have to pay for them yourself unless you have other insurance to cover the costs unless..."

- You have other coverage (including Medicaid) to cover the costs.
- You're in a Medicare Advantage Plan that covers these services.

Some of the items and services that Original Medicare doesn't cover include:

- Most dental care.
- Eye examinations related to prescribing glasses and eye wear.
- Dentures.
- Cosmetic surgery.
- Acupuncture.
- Hearing aids and exams for fitting them.
- Long-term care. See more information about paying for long-term care in the Medicare & You handbook.
- Concierge care (also called concierge medicine, retainer-based medicine, boutique medical, platinum practice, or direct care).
- Covered items or services you get from an opt-out-doctor or other provider (except in the case of an emergency or urgent need).

An extra benefit that helps to enhance Medicare Advantage Part C plans is that when one enrolls, they are offered Silver Sneakers or other types of memberships

which provides a gym benefit. The Toni Says® Medicare team always advises those new to Medicare or changing their Medicare plan to discuss if their primary care doctor or specialists are in that Medicare Advantage plans network.

Since Original Medicare does not cover dental, I would recommend that you talk to your dentist and see which dental insurance plan he/she prefers.

There are 2 different types of dental plans:

- 1) Traditional or indemnity dental insurance plans which is generally higher in premium and the preventive services are usually covered at 100%, basic restorative is generally covered up to 80% and major procedures at 50%. Many of the traditional/indemnity dental plans may have a wait for services such as fillings, root canals, bridges, crowns, etc.
- 2) Discount dental plans are generally less expensive than traditional dental plans. These plans provide a discount for services, but your dentist must be part of the plan and agree to give the dental discount.

Medicare and You handbook discuss eyeglasses (after cataract surgery) which is a limited benefit because Medicare will cover one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. The Medicare Part B deductible will apply for the cataract surgery and you will pay the 20% of the Medicare-approved amount.

Medicare defines glasses as an elective. I am not sure why glasses are considered elective (not covered), since we do need to see to drive, but it is.

Hearing aids are also considered elective. "Medicare covers the exams if your doctor or other health care provider orders them to see if you need medical treatment. You pay the 20% of – the Medicare-approved amount and the Part B deductible applies."

For assistance with enrolling and personalizing your Medicare, contact the Toni Says® office at 832/519-8664.

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

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- Compliance with new and existing regulatory and permit procedures?

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



Gavin Newsom

Commentary
by Lawrence J. McQuillan

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

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

Eliminating burdensome regulations during the COVID-19 pandemic sped up the delivery of critical supplies and personnel to California's citizens, according to authors of the report. The authors say if it works during this crisis, it will work when the crisis is over.

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

For enacting or enforcing regulations that created crucial healthcare shortages and prevented a fast and efficient response by public and private entities to COVID-19, the Independent

Institute awards its eleventh California Golden Fleece® Award to several federal and state officials and regulatory agencies.

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

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

New Report Blames Government Regulations for Healthcare Shortages - California's shortages of personal protective equipment (PPE), medical supplies, and healthcare workers were all largely avoidable, if not for past missteps by governments. Lockdowns could have been prevented, if not for the government's failed approach to testing. Lifesaving vaccine and therapeutic drug development could be fast-tracked if lessons learned during this pandemic are applied in the future.

Specific patient-centered

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

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

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

Commentary
by M. K. Leach

The pandemic and excessive intervention by state government contributed to a worsening overdose crisis within the United States. In 2018, drug overdose deaths fell for the first time in 25 years yet began to rise again in 2019. Since 2019, the country's number of drug overdose deaths continued to climb and were made worse by government lockdowns. According to the CDC, the provisional drug overdose count shows a steady increase between January 2019 and January 2020.

According to the Overdose Detection Mapping Application Program, after March 19, 2020, 61.84% of participating counties experienced an increase in overdose submissions. In addition, there was a 17.59% increase in suspected overdose submissions when comparing the weeks before and following the commencement of state-mandated stay-at-home orders. Overall, the number of overdoses increased nationally. Non-fatal and fatal overdose involving stimulants, with and without opioids, continue to increase. Some research has found associations between unemployment and or non-labor participation and the risk of a drug overdose.

The CDC released a press release in 2020, and over 81,000 drug overdose deaths occurred in the United States in the 12 months ending in May 2020. Up to that date, that is the highest number of overdose deaths ever recorded in a 12-month period, according to the

Overdose Deaths Increased During the Pandemic



Since 2019, the country's number of drug overdose deaths continued to climb and were made worse by government lockdowns. Image by James Ronin from Pixabay

CDC. Overdose deaths were already increasing preceding the pandemic—synthetic opioids appeared to be the primary driver of the increase in overdose deaths, increasing 38.4% within the 12 months leading up to June 2019. Also, 37 of the 38 U.S. jurisdictions reported an increase in synthetic opioid-involved overdose deaths. Approximately 18 of these jurisdictions reported increases greater than 50%, and ten western states reported over a 98% increase.

Some experts believe the spike in overdose deaths was caused by the pandemic driven by increased substance use due to anxiety, social isolation, and depression. When the government began ordering people to stay at home, not go to work, and forcing millions of Americans out of work, many people turned to drugs or alcohol to cope. The pandemic made it difficult for recovering addicts to access support, opiate addicts to receive treatment, and everyone in between that may have been struggling with addiction. There are numerous underlying factors, but the pandemic response caused a cascade

effect impacting the most vulnerable when America was forced to shutter.

People became more isolated, depressed, anxious, and worrisome. Young people like students began to struggle as schools were closed and students were forced to stay home. The CDC's Director said at a Buck Institute webinar that suicides and drug overdoses had surpassed the death rate for COVID-19 among high school students. Lockdowns and the lack of public schooling constituted a disproportionately negative impact on young people and adults' mental health. The data for suicides and overdose deaths will not be verified for two more years. Still, it is apparent the excessive lockdowns, government intervention, and restrictions on life and liberty were far worse than the coronavirus disease COVID-19.

Michael Leach has spent most of his career as a health care professional specializing in Substance Use Disorder and addiction recovery. He is a regular contributor to the healthcare website Addicted.org and a Certified Clinical Medical Assistant. ★

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