

Human Trafficking Victims Qualify for **Income Loss** PAGE 2

Railroad Museum Calls Out for **Railroad Stories** PAGE 3





Serving Carmichael & Sacramento County since 1981 VOLUME 41 • ISSUE 29

Good, Clean Music

SEE INSIDE FUN KITS HELP

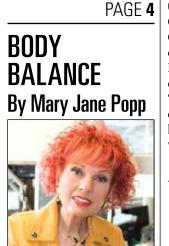
FAMILIES GET OUT AND RECREATE



PAGE 3









Tim's Music Store owner Scott Mandeville (front right) and staffers unload San Juan Unified School District musical instruments for sanitization.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A huge COVID-prevention project kept one Carmichael business alive during the darkest days of store closures. Tim's Music store owner Scott Mandeville earlier anticipated massive revenue cuts. "Two sectors most affected by the pandemic are retailing and entertainment," he explains. "That totally represents

his way. From mid-May to the end of June, his staff toiled against the clock to complete the store's biggest contract -- sanitization and repair of 1800 school musical instruments (mainly the property of San Juan Unified School District). When campuses closed indefinitely in March, much music program funding was redirected to instrument cleansing. "When school started, we wanted students and parents to be assured that instruments would be as

Retrieving loaner instruments was a mammoth task. He and staff choreographed drop-off operations compliant with COVID protocols. "Some students were not even comfortable leaving home," he says. "We had them put their instruments on front doorsteps for us to pick up. We filled U-Hauls and our own vehicles to get everything to Tim's."

A 44-year-old Sacramento institution, the music store has been based in Carmichael for three years. As the pan-

JULY 17, 2020

Newsom Is Out Of **Control**

By Nghia Nguyen

SACRAMENTO, CA (MPG) -Governor Gavin Newsom ordered small businesses across the state to close indoor operations including restaurants, wineries, movie theaters, family entertainment centers, zoos, museums, cardrooms and bars. The Governor also shutdown indoor operations in counties on "County Monitoring List for 3 Days" such as salons, barbershops, gyms/ fitness centers and malls. In their continuing effort to advocate for employers and workers, Northstate lawmakers Rep. Doug LaMalfa (R-Richvale), Senator Jim Nielsen (R-Tehama), Senator Brian Dahle (R-Bieber), Assemblyman James Gallagher (R-Yuba City) and Assemblywoman Megan Dahle (R-Bieber) issued the following statement:

"Let's be clear: It is imperative that we all do our part by practicing social distancing and acting responsibly in order to suppress this virus and protect our community. "But these efforts are undermined when the Governor is single handedly and arbitrarily crushing people's livelihoods - their ability to put food on the table, to pay rent and to pay their bills. "There is no justification for this approach. There is no evidence that any of these activities are causing an increase in Covid-19 cases. "Restaurants and churches are not the source of our increase in cases. Small businesses are hanging by a thread and this action puts all the burden of this crisis back upon them. Main Street is struggling for its very life, while Lowe's and Home Depot are packed with people and having record years. No one can make any sense of these confusing orders. "Businesses have NOT been the direct cause, they've done everything they've been asked to do successfully. These shutdown orders punish them, their customers and it completely misses the target, especially in our rural towns. "It's painful to watch the Governor constantly change his mind if counties can govern themselves or not during this pandemic. It's even more painful being forced to sit on the sidelines as the California Legislature has handed over all authority to one man.

what we do." But an ill wind blew life-saving work program specialist Gary Coartney.

safe as possible," explains San Juan demic struck, the owner was forced to

Continued on page 3

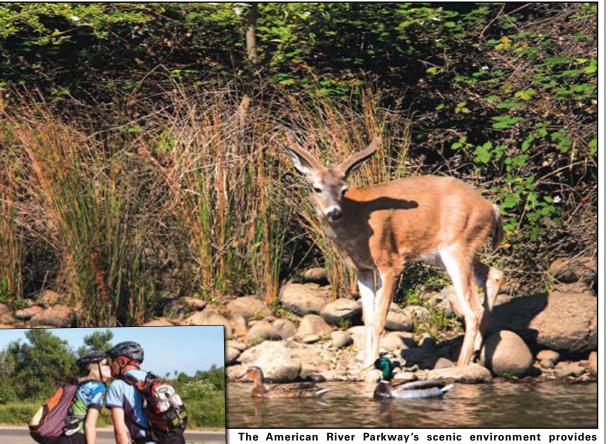
The Parkway Needs You!

PAGE 6



PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA

Change Service Requested



rich opportunities for Sacramento area wildlife and residents. Photos by Susan Maxwell Skinner

of Regional Parks is in the process of creating a Natural Resources Management Plan (NRMP) for the American River Parkway, and they want your input!

Regional Parks is host-

ing four online public outreach workshops throughout the month of July to seek public comment on this project. In addition, an online survey will be available to the public until Aug. 15 to provide

feedback and input.

"If you use our parkway, we want to hear from you," said Liz Bellas, Director of Regional Parks. "The more comments we get the better since this document really guides our strategic planning for the American River Parkway."

The goal of the NRMP is to provide relevant and defensible information to the Parkway Manager so that they can make informed decisions for managing, maintaining and enhancing *Continued on page 3*

"Keep in mind that 7.5 million Californians are jobless. That EDD has not been able to handle the Continued on page 6

www.CarmichaelTimes.com

By Ken Casparis, Sacramento County SACRAMENTO COUNTY, CA (MPG) -The Sacramento County Department

JULY 17, 2020

Human Trafficking Victims Qualify for Income Loss

California Victim **Compensation Board** News Release

SACRAMENTO, CA (MPG) - Human trafficking victims in California can now qualify for up to \$20,000 in income loss paid through the California Victim Compensation Board.

Signed by Governor Gavin Newsom, Assembly Bill 629 (Smith and Gonzalez) went into effect on January 1, 2020, making human trafficking victims eligible for up to \$10,000 of income loss per year, for up to two years. The bill required the Board, on or before July 1, 2020, to adopt regulations that allow it to rely on evidence other than official employment documentation in considering and approving applications for compensation. The Board adopted the regulations in May. The Office of Administrative Law approved the final regulations. ahead of the July 1 deadline.

"It's clear the trauma of human trafficking extends far beyond the time having been trafficked survivors often have faced homelessness, addiction and mental health issues stemming from their exploitation," Assemblywoman Christy Smith said. "My bill with Assemblywoman Gonzalez removes a loophole in the victim compensation system that required survivors to obtain a note from their employer - often times this was their trafficker. The regulations adopted remove these barriers to justice and provide critical support for victims rebuilding their lives."

"Survivors of human trafficking face unimaginable obstacles when they work to put their lives back on track. They are typically on their own and have to figure out how they will pay for housing and food, apply



Signed by Governor Gavin Newsom, Assembly Bill 629 (Smith and Gonzalez) went into effect on January 1, 2020, making human trafficking victims eligible for up to \$10,000 of income loss per year, for up to two years. MPG file photo

for work, and get treatment for medical and mental health," Assemblywoman Lorena Gonzalez said. "Most human trafficking survivors don't have the formal documentation CalVCB had previously required to collect lost income, such as a W-2 form. CalVCB's new rules, now in effect thanks to our legislation AB 629, are a just and fair way to help survivors get back on their feet and get the help they need.

"CalVCB recognizes the challenges human trafficking victims face as they work to rebuild their lives," said Executive Officer Lynda Gledhill. "By providing financial support, along with options for medical and mental health treatment and other compensation, CalVCB is able to play a small part in victims' recovery."

As with all claims, victims will need to provide CalVCB with evidence of a crime, including, but not limited to, a statement under penalty of perjury from the applicant, a caseworker, a licensed attorney or a witness, or a law enforcement report. Victims CalVCB at info@victims.

brought from other countries and trafficked in California may also qualify. Before AB 629 became law, victims could only prove income loss with formal employment documentation or voluntary cooperation from their traffickers, meaning most could not qualify.

AB 629 became law on January 1, 2020, allowing victims to submit income loss applications, even as CalVCB drafted the required regulations. In the months that followed, CalVCB has approved five income loss claims and compensated those survivors more than \$70,000.

Victims, advocates, representatives, and attorneys can apply for compensation in several ways:

Create an application using CalVCB Online – a secure and private portal that can be easily accessed from a smartphone, tablet or computer; Contact a local county Victim Witness Assistance Center; Call the CalVCB Help Line at (800) 777-9229; Download an application from CalVCB's How to Apply page; E-mail

ca.gov.

Victims must apply within seven years of the date of the crime. Minor victims must apply by their 28th birthday. CalVCB will release funds for minor victims after their 18th birthday.

If you are a victim of human trafficking, or you suspect someone you know is being trafficked, there are a number of local, national and international organizations that offer and provide help and services, including temporary shelter, legal assistance and medical and mental health treatment.

The California Victim Compensation Board (CalVCB) provides reimbursement for crime-related expenses to victims who suffer physical injury or the threat of physical injury as a result of violent crime. CalVCB helps crime victims and their families cover unforeseen expenses such as medical bills, mental health treatment, funeral and burial expenses, income loss and more. To learn more about CalVCB, please visit victims. ca.gov. *

Scammers Exploit California's COVID-19 **Contact Tracing Program**

Governor's Office of Emergency Services Press Release

MATHER, CA (MPG) - During the COVID-19 pandemic fraudsters are using this opportunity to create fear amongst residents across California.

Many traditional financial crimes and schemes are now orchestrated through electronics. Now, more than ever people of all ages, including the elderly can be victimized by these criminals.

The newest plot line in these online crimes, include California contact tracers.

What Is A Contact Tracer?

To mitigate the spread of COVID-19, Governor Gavin Newsom launched "California Connected," the state's comprehensive contact tracing program and public awareness campaign. A contact tracer from the local health department might call if you've been exposed to COVID-19. Under this program, public health representatives will telephonically interact with those who have tested positive, alert anyone that may have been exposed, and keep personally identifiable information (PII) confidential.

How To Spot A Scammer?

Real contact tracers won't ask you for money - Only scammers insist on payment by gift card, money transfer, or cryptocurrency; Contact tracing doesn't require your bank account or credit card number - Never Share account information with anybody who contacts you asking for it- Legitimate contact tracers will never ask for your Social Security number. Never give any part of your Social Security number to anyone who contacts you; Your immigration status doesn't matter for contact tracing, so real tracers won't ask - If they do, you can bet it's a scam; Do not click on a link in a text or email - Doing so can download malware onto your device.

Be wary of suspicious emails, phone calls, and text messages. Contact your local health department to verify that the call or messages are valid, think before clicking on any links, and be aware of suspicious attachments.

For additional information regarding California Connected or COVID-19 visit CDPH Contact Tracing, CDPH COVID-19.

Cal OES' mission is to protect lives and property, build capabilities, and support our communities for a resilient California. Get the latest news directly to your inbox by subscribing to the Cal OES Newsroom at OESNews.com.



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Family Fun Kits Keep You Recreating at Home



Carmichael's kids and families received bags full of goodies to keep them entertained for summer. Left to Right: Linda Martin, Donna Miller and Donna O'Neil. Photo provided by Carmichael Recreation and Park Distric

Carmichael Recreation and Park District Press Release

CARMICHAEL, CA (MPG) - Carmichael Recreation and Park District teamed up with the Carmichael Parks Foundation and the Kiwanis Club of Carmichael for a generous donation of supplies needed to provide 250 Carmichael Cares Kits, on Thursday, July 2.

The Family Fun Kits were distributed in a drive-thru format in the parking lot at La Sierra Community Center during the COVID-19 pandemic. This is the second time the three community organizations have come together since the shelter-inplace order to provide free recreational kits for families and children. The first round of Carmichael Cares Kits featured children's arts and crafts supplies and were distributed successfully at two local Carmichael Elementary schools in early May.

Carmichael Parks Foundation President Sharon Ruffner said, "When the pandemic forced the closure of these much-needed services, the Foundation Board of Directors and the Park District brainstormed on the best way to best serve our community while still honoring the core of our mission... For round two, we wanted to help kids be more active since summer has arrived and they have been housebound for so long. Jump ropes, soccer balls, flying discs and all of the other goodies sounded perfect!"

The summer Family Fun Kits contained recreation supplies designed to help families get out and recreate responsibly.

"Carmichael Parks Foundation's primary mission is to provide scholarships to underserved youth so they may participate in the wide variety of programs offered through the District," said Ruffner.

To learn more about the Carmichael Parks Foundation and how it helps youth and parks in our community, please visit their website at carmichaelparksfoundation. org/

To learn more about the Kiwanis Club of Carmichael and their dedication to "Serving the Children of the World", please visit their website at www.carmichaelkiwanis.org/

Source: Sharlene Lal, Carmichael Recreation and Park District *

The Parkway Needs You!

Continued from page 1 parkway resources. In general, the NRMP provides a clear understanding of existing Parkway resources, the effects of disturbances completed. Additional pubsuch as flood, fire, inva- lic workshops on the final sive species and human document will be held in impacts, as well as oppor-

enhancements.

After the public outreach workshops have been held, comments will be reviewed and a final NRMP will be November, and the NRMP tunities for protections and will be brought to the

Board of Supervisors for approval and adoption after the environmental review is completed.

For more information on the history and background of the NRMP, visit the Regional Parks website at regionalparks. saccounty.net/

Good, Clean Music

Continued from page 1 lay off 17 workers. "The ten operations. "Sanitizing San Juan contract (plus similar work for other school districts) allowed me to hire back my repair staff," Mandeville says. "It gave us income to carry on."

From petite piccolo flutes to towering tubas, instruments from 57 schools take much space. San Juan inventory filled Tim's 2100 square foot-performance hall four times over. In compliance with Center for Disease Control guidelines, each instrument was quarantined for six days before de-greasing and ultra-sonic treatments began. Mandeville acquired ultra-sonic extra

cleaning sinks to hasbrass is one thing," he explains. "Woodwind cleaning requires two separate chemical processes." Technicians scrubbed and tweezered inner works; they also cleaned instrument cases. Along with expected grime, they found a shoe inner-sole (in a tuba) and removed a decaying hamburger (from a Sousaphone). Mandeville installed ventilators and circulated staff from the workroom every two hours. During six weeks of intense work, his team remained 100 percent illness-free.

School reopening dates are yet unknown but

thousands of SJUSD musicians will begin their semester with squeaky-clean instruments. The sanitization contract was a windfall that saved Mandeville's business. The owner nevertheless prescribes regular instrument cleaning for all musicians. "We have a tradition of bellringing and hollering when any repair service is completed," he says. "We're celebrating that an instrument is ready to go out and improve someone's life. If our work also makes students and families also feel safer, that's something extra to celebrate."

Tim's Music Store is located at 6818 Fair Oaks Boulevard.

Railroad Museum Calls Out for Railroad Stories

By Traci Rockefeller Cusack, **T-Rock Communications**

SACRAMENTO REGION, CA (MPG) - The California State Railroad Museum & Foundation are proud to launch an interactive community building initiative titled "Our Lives Are Made of Railroad Stories" that includes a new 20-page brochure and a call-out for railroad stories and connections. Produced in partnership with Sactown magazine, the new brochure uses compelling stories to highlight how the dedicated museum staff, volunteers, community and valued partners work collaboratively to museum.

connect in ways that extend beyond the walls of the world-class museum.

The new brochure is available as a special pull-out section in the July/August issue of the bi-monthly publication that is available now at all major grocery stores and bookstores in the Sacramento area. Once the museum reopens, the complimentary brochure will also be available at the museum in a total of 10 languages, including Arabic, Chinese, English, French, German, Hindi, Japanese, Portuguese, Russian and Spanish, while supplies last.

For more see www.californiarailroad.



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Economic Recovery Requires Balanced Leadership



Commentary by John Kabateck

As many businesses hung on for their existence during the COVID-19 lockdown, they also stepped up to protect jobs, cover health premiums, and expand paid sick leave benefits for workers. They applied for government loans to meet payroll and re-imagined how they could maintain business operations with social distancing, curbside service, and virtual commerce.

Most employers exercised prudence and patience as state and local officials charted a path through an unprecedented pandemic.

Businesses large and small prioritized their employees because workers power California's economy. Many stepped up and stayed on the job to meet the essential needs of Californians. And workers will help drive our economic recovery in the months ahead.

As California moves forward into a staged reopening that balances health and safety with the broader resumption of commerce, employers urgently need ongoing support, balance and flexibility from state government leaders.

A potential pain point for employers is burdening our

workers' compensation system with COVID-19 claims that originate outside of the workplace.

In early May, Governor Newsom enacted a temporary measure that COVID-19 claims among workers from the March stay-at-home order through July 5 are "presumed" to be work related. This presumption means that workers who test positive for the virus do not need to show a connection to work, which is the usual legal standard for workers' compensation claims.

The rationale for such a move is to streamline the ability for workers who fall ill on the jobs to get benefits. The risk is that presumptions sweep up far more than work-related illnesses. As a result, the employer-funded workers' compensation system will be tasked with serving as broad, societal response to the pandemic. The question is whether such measures are necessary when employers already report accepting claims.

Acknowledging employer concerns, the governor made the presumption rebuttable, time-limited and requiring a positive test or diagnosis within 14 days of work.

Although the ultimate impact is unknown, the fact is employers will bear a greater burden for COVID-19 cases that otherwise would not have come through the workers' compensation system. Cost estimates for these claims stretch into the tens of billions of dollars. Like many things in the pandemic, the fact is we do not know how broad and deep such directives may stretch.

As employers now struggle to resume operations, restore jobs and public services as quickly as possible, they must now factor in the potential for new workers' compensation costs that could originate from anywhere, anytime outside of their workplace.

Multiple legislative proposals have been submitted that would broaden, extend or expand these workers' compensation presumptions. Given the tendency of the workers' compensation system to enter crisis mode, lawmakers should carefully consider how to take thoughtful, balanced action in this area. They would be right to question whether any additional action in this area is needed - and seek out data to justify further modifications.

Employers have proven through the pandemic they value the health, safety and well-being of their workers. They have gone to extraordinary lengths to take care of their workers, so these workers could be there for the rest of us during the statewide lockdown and in the economic reopening that lies ahead.

During this reopening, lawmakers have an opportunity to partner with employers to deliver a brighter future for us all. Burdensome new costs that inhibit the restoration of jobs will only delay and diminish our opportunity for recovery.

John Kabateck is the President of National Federation of Independent Business California *

Residents Need to Protect Themselves from Mosquitoes as They Head Outside

By Lisa Yarbrough, KP Public Affairs

SACRAMENTO, CA (MPG) - As the weather heats up and residents head outside, mosquito experts encourage community members to protect themselves from mosquitoes and the diseases they can spread when they bite. West Nile virus is the most prevalent mosquito-borne disease in the U.S. according to the Centers for Disease Control and Prevention (CDC), California had the highest number of West Nile virus disease cases in the nation in 2019, with 225 cases reported. Comparatively, Texas had 32 cases and Florida had two cases in 2019. There is no human vaccine for West Nile virus, a disease that can cause debilitating cases of meningitis, encephalitis, and even death.

However, West Nile virus isn't the only mosquito-borne threat in California. Newly established invasive Aedes mosquitoes can transmit viruses such as chikungunya, dengue, and Zika, all of which are costly to treat and can have long-term health and financial consequences. These mosquitoes are established in many areas of California and are steadily expanding their range.

"While COVID-19 is not transmitted by mosquitoes, infected mosquitoes pose other public health threats," said Peter Bonkrude, president of the Mosquito and Vector Control Association of California (MVCAC). "The best way to protect yourself from West Nile virus and other mosquito-transmitted diseases is to prevent mosquito bites. Wearing insect repellent is important as is eliminating all standing water which can create mosquito breeding sources."

"While our attention has been laser focused on COVID-19 it's important to remember that there are other public health concerns such as West Nile virus," said Assemblymember Mike Gipson (D-64). "As chair of the Assembly Select Committee on Infectious Diseases, I'm familiar with the devastating toll that mosquito-transmitted diseases can have and encourage all California residents to take simple steps to protect themselves."

National Mosquito Control Awareness Week, June 21-27, 2020, is a reminder to residents about the easy actions they can take to prevent mosquito breeding and protect themselves from mosquito bites. Mosquito experts are working to ensure there are adequate local, state, and federal resources to meet the increasing challenges of combating mosquito-borne diseases. Specifically, at the federal level, MVCAC has been advocating for funding for the Strengthening Mosquito Abatement Safety and Health Act (SMASH Act) which would authorize CDC resources to be used to protect public health by addressing emerging infectious mosquito-borne diseases and improving existing mosquito control programs.

To help prevent mosquito bites:

Apply insect repellent containing EPAregistered active ingredients, including DEET, picaridin, oil of lemon eucalyptus, or IR3535, according to label instructions. Repellents keep mosquitoes from biting. It is important to follow EPA and CDC guidelines for the safe use of repellents on children; Dress in long sleeves and pants, especially if outside at dawn and dusk when mosquitoes that can spread West Nile virus are most active; Install screens on windows and doors and keep them in good repair to keep mosquitoes out of your home; Eliminate all sources of standing water on your property, including in flowerpots, old tires, buckets, pet dishes, and trash cans because mosquitoes lay their eggs in very small amounts of standing water; Repair leaking faucets and broken sprinklers; Clean rain gutters clogged with leaves; Report neglected swimming pools and day-biting mosquitoes to your local mosquito and vector control agency.

For more information check out these videos: Tip, Toss & Take Action, Everyone Can Help Fight the Bite!, and Mosquito Control is an Essential Service.

For additional information on mosquitoes and mosquito-borne diseases please visit the California Department of Public Health.

The Mosquito and Vector Control Association of California (MVCAC) is the statewide voice for mosquito and vector control professionals. The association provides public health information, expertise, mosquito and vector-borne disease surveillance, innovative research, professional training, effective legislative and regulatory advocacy on behalf of California public agencies.

American Innovation Helps Patients Beat Coronavirus

Commentary by Kenneth E. Thorpe

American scientists are working furiously to develop treatments for the novel coronavirus, COVID-19.

No group of patients needs a vaccine more than those with chronic conditions. Patients with just one chronic disease who contract COVID-19 are 80 percent more likely to experience a "poor outcome" – like hospitalization or death – than those without any chronic conditions, according to recent studies.

Fortunately for Americans living with chronic disease, the United States leads the world in medical innovation. As long as policymakers protect this innovation ecosystem, U.S. scientists will surely produce vaccines and treatments relatively quickly – and keep our nation healthy through this crisis and for years to come.

Americans are rightly worried about COVID-19. More than 100,000 Americans have died from COVID-19 and more than two million have tested positive for the disease.

Patients with chronic diseases are particularly vulnerable. Forty percent of hospitalized COVID-19 patients have some type of cardiovascular or cerebrovascular disease. Other chronic conditions – like arthritis, diabetes, and cancer –could make it harder for the body to fight the virus.

But our scientists will rise to this challenge and invent new therapies, just as they have countless times in the past. Heart disease death rates have declined 36 percent since 2000, largely thanks to new and better medicines. Similarly, cancer death rates have declined 27 percent since the 1990s.

Health gains like this come at a hefty price. It takes up to 15 years and \$2.6 billion to develop just one new medicine. And only 12 percent of drugs that begin clinical trials ever make it to pharmacy shelves. Drug companies and their investors will only roll the dice on novel research projects if they have a chance of recouping their development losses and earning a return.

Because the United States fairly values medicines, scientists have a strong incentive to launch research projects here. All told, American firms develop half of the world's new medicines.

Researchers tend to flee countries whose governments arbitrarily cap prices of new medicines. Consider that in the 1970s, Europe produced more than half of the world's new medicines. But throughout the 1980s, many European countries imposed increasingly strict price controls on drugs. As a result, today Europe produces only 33 percent of all new drugs.

Unfortunately, some lawmakers want to implement similar price controls in the United States. A few members of Congress attempted to slip a price control into one of the first COVID-19 spending packages. The provision would have allowed the government to dictate the price of any COVID-19 vaccine that resulted from the emergency funding.

Congress wisely stripped out that provision, which would have discouraged investments into COVID-19 cures, vaccines, and therapies. Congress' decision is great news for every American hoping for a COVID-19 vaccine, especially those living with chronic disease.

COVID-19 poses an enormous threat to American society -- but our smartest scientists are already on the case. Let's hope our policymakers don't put any stumbling blocks along their path to a cure -- whether for coronavirus or any other dangerous disease.

Kenneth E. Thorpe is a professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease.



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3701 Sunnyvale Avenue, Carmichael | \$335,000

This mid-century modern home has it all! Enjoy a Streng design with 3 bedrooms and 1 full bathroom. Step inside to a bright and airy floor plan with an open-concept living room, kitchen and dining area, perfect for entertaining. The kitchen features granite countertops, beautiful white cabinetry and plenty of storage space. Relax and unwind out on the large covered patio, which looks out to the private backyard. Additional highlights include gorgeous vaulted ceilings throughout all living areas, dual pane windows and a two-car garage. Tucked away in a great neighborhood near excellent schools, shopping and restaurants. Must see!



115 E Street, Rio Linda | \$<u>464,000</u>

This lovingly maintained 3 bedroom and 1 bath home is situated on .63 acres and is the perfect for a buyer who needs a large workshop and plenty of storage rooms/spaces for their hobbies. The backyard is well-maintained with highlights including a 10X10 ft. enclosed storage building. a 20X50 ft. breezeway with a clear height of 11 ft. (complete with power, water & lighting for your projects), and a 25X35 ft. enclosed garage with all new lighting and exhaust fans. Multiple storage rooms with shelving for all of your hobbies. Fully enclosed chicken coop, Zen shack with a covered deck and built-in covered pad for your not tub, and covered padita. Beautiful garden with herb beds, sprinklers, a planting table, and an 8x8 seed shack/greenhouse.



4308 Hazelwood Avenue, Sacramento | \$639,500

This well-maintained ranch-style home is tucked away on a roomy. 45 acre lot in a desirable tree-lined neighborhood. This gracious floor plan features a separate living and family room, and a remodeled kitchen with newer stainless steel appliances, granite counter tops, timeless open shelving and recessed lighting. Main house has 4 or 5 bedrooms (5th bedroom currently serves as a hobby room/ laundry room). All 3 bathrooms have been tastefully updated/remodeled. The HUGE lot has a separate oversized one-car garage with a drive through door, and a large 1,200 sq. ft. detached 2-car garage and 1 bedroom, 1 bath guest home with living room and loft bedroom. Enjoy a wonderful neighborhood near top rated schools and fabulous shopping and restaurants.



4030 Canonero Court, Fair Oaks | \$949,000

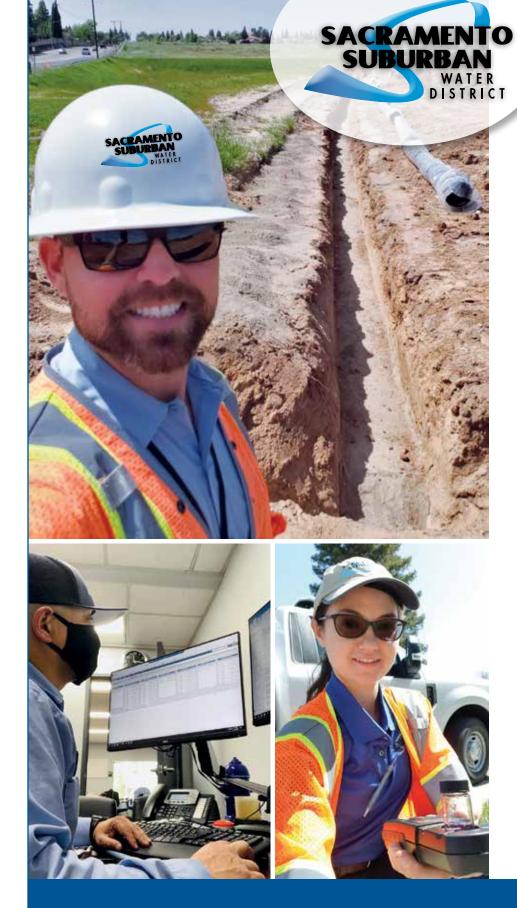
This timeless English Tudor home is an entertainer's dream! Tucked away in a large corner lot in a well-established neighborhood. Within 1 mile, you can access Lake Natoma, the American River and Highway 50. Step inside this immaculately kept home where you will find a grand entryway, formal dining room, spacious living room, family room and home office. Large kitchen offers tons of storage space for dinner parties/events. Two separate staircases lead to an oversized master bedroom and 2 guest bedrooms. Backyard has two Brazilian hardwood decks overlooking gorgeous landscaping. New \$80k roof installed 10/18. 3-car garage. Top rated schools K-12.



6476 Chiquita Way, Carmichael |\$895,000

Vacation at home! This beautiful ranch-style home is tucked away in one of Carmichael's most desirable locations near Ancil Hoffman Park. Enjoy a spacious floor plan with 4 bedrooms and 3 baths and separate living and family rooms. This home functions as a single-story home with a bedroom, bathroom and game room upstairs that could be used as a detached guest quarters. New carpet in the formal living and dining room, new flooring in the master and sunroom, freshly painted exterior, and a newly landscaped front yard. The backyard is an entertainer's dream with a large sparkling pool, stamped concrete patio, and mature oak trees that provide enhanced privacy and shade.





Virtua/ TapTalk Live

Keeping Water Flowing During the Pandemic

Please join us on Friday, July 24th from 12:00 to 1:00 p.m for a special presentation by SSWD Assistant General Manager Mike Huot on how the District is responding to COVID-19. The Tap Talk will cover the impact on capital improvement projects, meter installs and provide a vision for the future.

Complete details on how to sign up for the virtual Tap Talk Live are available at **sswd.org**



BODY BALANCE

How would you like your body to be in balance for maximum health? Now the science of food, hormones, and health issues are addressed by Dr. Neal Barnard, President of the Physician's Committee for Responsible Medicine, and faculty member of the Georgetown University School of Medicine...just to name a few of the prestigious positions he holds. But now **Dr. Barnard** takes us to a new level of understanding our health to do away with many common conditions in his latest book "Your Body in Balance." So I asked him to give me his top ten things to do to keep my body in balance on my radio show POPPOFF.

PRODUCTS. Meats, dairy products, and eggs have "bad fats" and cholesterol you don't need. They are missing the fiber and nutrients you do need. Foods from plants - vegetables,

OPPOFF! with Mary Jane Popp

fruits, grains and beans The RDA is 2.4 micro-- are cholesterol-free, fiber-rich and loaded with healthful antioxidants. 2) SKIP THE OILS. Yes, olive oil is much better than butter or lard. But it's even call for around 2000 I.U. better to learn to cook with no oils at all. You'll skip a lot of unnecessary calories. 3) CHOOSE HEALTHFUL **CARBOHYDRATES.** Don't avoid carbs - just choose the best ones. Instead of sugar, have fruit. Instead of French fries, have a baked sweet potato. Having foods in the most natural state possible really pays off. 4) BE ADVENTUROUS. Many other countries have found ways to make healthful foods delicious. When picking a restaurant, why not try vegan choices from Italy, Mexico, Japan or China? Or how about Thai, Szechuan, Hunan or Ethiopian? At the sushi bar, skip the fish sushi, and have the cucumber roll, sweet potato roll or asparagus roll (that seaweed wrapper has 1) AVOID ANIMAL healthful iodine that your thyroid needs). Explore and see what you find. **5) USE SUPPLEMENTS** JUDICIOUSLY. It's important to take Vitamin B12 daily, for healthy nerves and healthy blood.

grams per day. If you are not getting enough regular sunlight, it is advisable to take Vitamin D, as well. Most doctors would of Vitamin D per day. 6) EXERCISE. Lace up your sneakers for a 40-minute brisk walk three times a week, or more if you can do it. 7) SLEEP. When the clock strikes 10 PM, turn off the light. Sleep is essential to a healthy brain. And if you are well rested. you'll be more likely to take good care of yourself tomorrow. 9) INVOLVE YOUR FAMILY. Our eating habits rub off on those around us. If you eat well, others are more likely to do so too. 10) **RE-READ THIS LIST.** Most important is to put it to work!

That's a start. You can check out more at www. PCRM.org to get into more detail. By the way, Dr. Barnard's book "Your Body in Balance" includes menus and recipes to achieve your goal with the new science of food, hormones, and health! Stay healthy and HAPPY too! A good laugh always helps!

PG&E Offers Personalized Emergency Plan Tool for Customers

By Brandi Merlo, Pacific Gas and Electric Company

SAN FRANCISCO, CA (MPG) - Whether it's earthquakes, wildfires, winter storms, health pandemic or power outages, Californians need to be prepared for any emergency or disaster. That's why Pacific Gas and Electric Company (PG&E) has launched a new tool on our online Safety Action Center that helps customers be prepared.

By using the "Make Your Own Emergency Plan" tool and answering a few short questions, visitors to the website can compile and organize the important information needed for a family's personalized emergency plan. This includes important phone numbers, escape routes and a family meeting location if an evacuation is necessary. It also includes reminders to check smoke-detector batteries and when to practice your family emergency drills.

Once completed, the personal emergency plan can be printed and shared with the rest of the family.

"Wildfire season in California had started. We want to help our customers and communities prepare for a wildfire, a safety power shutoff or a natural disaster," said Laurie Giammona, PG&E chief customer officer and a senior vice president. "That's why we

have created the Safety Action Center. And we know that each customers' situation is unique, which is why this new tool lets customers create a personal emergency plan that works for them and their families."

The Safety Action Center was launched in 2019 and includes videos, quizzes, step-by-step guides and tips to help keep families safe during wildfires, earthquakes, power outages and other emergency situations. On the site, you'll find:

Ten tips to keep cool during a heat wave; A video that shows you the six steps to put together an emergency kit; Tips on how to prepare for a power shutoff; Advice on creating defensible space around your house; How to help your community during the COVID-19 health crisis; And much more.

The Safety Action Center is just one of many ways that PG&E is working to mitigate wildfire risk and enhance public safety as part of the Community Wildfire Safety Program. To learn more about safety progress so far in 2020 as well as how PG&E is going to make any needed Public Safety Power Shutoffs smaller in the number of customers impacted, shorter in duration and smarter by integrating new technology, visit the Safety Action Center at safetyactioncenter.pge.com.

Sacramento Suburban Water District to Hold Zoom Talk on Pandemic Response

Sacramento Suburban Water District

SACRAMENTO, CA (MPG) - On Friday, July 24th from 12:00 p.m. to 1:00 p.m., Sacramento Suburban Water District (SSWD) Assistant General Manager Mike Huot will host an online video discussion detailing how the District responded and adapted to the COVID-19 emergency.

The talk will cover:

21.

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24.

2012-17

The District's immediate response to the

Stay At Home Orders; Ongoing efforts to minimize the impact on SSWD's Capital Improvement Program and Operations; New safety procedures designed to keep the public and employees safe; A vision of how SSWD will respond to evolving environment and guidelines from the county and state

The talk will include a questions and answers session. Complete details and a link to sign up for the talk are available at SSWD.org

Newsom Out Of Control

Continued from page 1

current unemployment claims. People who filed in March still have not received payments. How in the world will EDD be able to handle the enormous uptake in cases based on today's one-size-fits-all decision?

"We have said it before: human lives are

at stake. People are stressed and filled with anxiety about their livelihoods. The mental health and other side effects of today's decision will be felt for years into the future."

Sources: California State Senate; California State Assembly





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Sudoku Puzzle on Page 6								
1	2	4	8	5	9	7	3	6
9	3	7	1	6	2	5	4	8
5	8	6	3	4	7	2	9	1
6	4	3	2	1	5	8	7	9
7	1	9	6	8	3	4	2	5
8	5	2	7	9	4	6	1	3
3	7	1	5	2	8	9	6	4
2	9	8	4	3	6	1	5	7
4	6	5	9	7	1	3	8	2



13 6. More of the same 9. One of Los Lobos 16 13. Orion's brightest spot 14. A pop 15. Spur on 16. Another name for a jack 17. Between E and NE 18. For all to see 19. * Location of the first 25 29 32 33 34 Summer Olympics test 23. Utmost degree 35 24. Allen Ginsberg's poem 25. Do this for cardio 40 28. Chesterfield, e.g. 30. Like "Extra!" news 44 45 35. Off-ramp 37. Barbequed slab 39. Right-hand page 48 40. Infamous Roman tyrant 41. Pandora's box contents 43. Socially inept one 44. Parachute materia 46. And others 47. Kill a dragon 48. Prior to the present, 50. Every which way 69 70 52. Swear words 53. Burst of wind 72 73 55. High affair 57. *Non-permanent addition to Olympic event roster GET THE GRILLER'S BUNDLE 60. *Most decorated INTRODUCTORY PRICE: \$7999 Olympian **OMAHA STEAKS** 63. Desire 4 (5 oz.) Butcher's Cut Filet Mignon 64. Tom and Jerry, e.g. SINCE 1917 4 (4 oz.) Boneless Pork Chops 66. Relating to hair 4 (4 oz.) Omaha Steaks Burgers 68. Skip the big wedding 4 (3 oz.) Gourmet Jumbo Franks 69. Inquire 4 (2.8 oz.) Potatoes au Gratin 70. Key material 4 (4 oz.) Caramel Apple Tartiets 71. Bears' hands Omaha Steaks Seasoning Packet 72. House vote + 4 MORE BURGERS FREE 73. Chain of hills 4004.08 THAT'S 20 COURSES + SIDES & DE ORDER NOW! 1.833.406.1259 ask for 63281KXJ er oggregsled single i les. ©2020 Omaha S 1. Biblical boat © StatePoint Media 2. Chinese dynasty SUDOKU (1368-1644) 36. Thomas the Engine's warning 3. Lab culture 38. Wimbledon is a Grand one WALK-IN BATHTUB SALE! SAVE \$1,500 4. *Number of events in a 42. Deadly sin Basked by American Standard's 142 years experience
 With low only for easy ordering & calling of Polyalad Bask Desire" Industries heptathlon 45. Nullify 5. Rains and snows at the same time 49. Hard to escape routine Untime Warranty on the ball AND installation, INCUDING later basised by American Obsetlerit of AL Installargue and the AL Installation 51. Zoo___ 6. D'Artagnan's sword _ or bee 54. Type of car 7. *Age of the youngest Olympian , in the second 866-612-7490 56. Courtroom excuse 8. Words to live by 57. Caffeine-containing nut tree 2 9 8 7 9. Denim innovator 58. Swear, not curse 10. Welcoming store sign 59. Exercise repetitions, for short 6 4 or St. Peters 60. Annoyingly slow 61. Weary walk 12. Make a choice 4 3 1 15. Tree used to make paper 62. Spilled the beans 20. House duty 63. Large edible mushroom 4 8 9 65. *Most decorated Olympic 22. Great horned one for Humanity country 5 7 6 3 25. *Most decorated U.S. female 67. Whiskey grain Olympian Thompson 26. Has daisylike flowers 8 2 1 27. Lena Dunham's HBO show, 3 2 8 29. *Number of countries that participated in every Summer Olympics 9 3 31. Nugent and Danson 32. Food contaminant 5 9 8 33. A Stradivari violin 34. *2021 Olympics location Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through : Solutions on Page 6

<section-header>

6724 Palm Avenue, Fair Oaks, CA 95628 (Located one block South of Madison; just East of Dewey) PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET



The Carmichael Recreation and Park District is committed to ensuring that community members have helpful resources they can use to maintain healthy lives, have fun from home, and continue to develop and grow while we all deal with the changes to our routines.

Visit us online and see a collection of ideas and resources we have put together for you:

carmichaelpark.com/virtual-recreation



For more information go to carmichaelpark.com or call (916) 483–7826

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FICTITIOUS BUSINESS NAME STATEMENTS FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03382 Robert W. Ziegenhirt II, 6733 Folkstone Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Valley Wood Window" 7901 Carlton Road Sacramento, CA 95826. Filed with the
 Clerk of Sacramento County May 27, 2020

 Publish: June 26, July 3, 10, and 17, 2020

 VALLEY
 180201

 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03865 Kevin Broderick, 6000 Roswitha Court Carmichael, CA 95608 Noswina Court Carinicitati, CA 95000 is doing business under the Fictitious Business Name(s) "River City Media Relations, R.C. Media" 6000 Roswitha Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 18, 2020 Publish: June 26, July 3, 10, and 17, 2020 RIVER 180201 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03631 Tony Yang, 1320 Tumbleweed Way Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Puzzles" 1320 Tumbleweed Way Sacramento, CA 95834. Filed with the Clerk of Sacramento County June 9, 2020 Publish: June 26, July 3, 10, and 17, 2020 PUZZLES 180201 7-17 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03222 Crane Fitness. 5143 Breese Circle, El Dorado Hills, CA 95762. is doing business under the Fictitious Business Name(s) "Kaia FIT Folsom" 705 Gold Lake Drive Suite 110, Folsom CA 95630. Filed with the Clerk of Sacramento County May 18, 2020 Publish: June 26, July 3, 10, and 17, 2020 KAIA 180201 7-1 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03562 Tobacco Enterprises Inc., 1544 Danbrook Drive, Sacramento Inc., 1544 Danbrook Unive, Saturation CA 95835 is doing business under the Fictitious Business Name(s) "Folsom Cigar City" 711 Fast Bidwell Street, and Cigarette City" 711 East Bidwell Street, #3, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 5, 2020 Publish: June 26, July 3, 10, and 17, 2020 TOBACCO 180201 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03542 Stephanie Vick, 638 William Street, West Sacramento CA 95605 is doing business under the Fictitious Business Name(s) "Stephanie's Housecleaning" 638 William Street, West Sacramento CA 95605. Filed with the Card of Construction and A 000 Clerk of Sacramento County June 4, 2020 Publish: June 26, July 3, 10, and 17, 2020 HOUSE 180201 7-17 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03392 Jassalpreet Kaur, 5558 Celebration Street, Sacramento CA 95835 is doing business under the Fictitious Business Name(s) "Kang Roadways" 5558 Celebration Street, Sacramento, CA 95835. Filed with the Clerk of Sacramento County May 28, 2020 Publish: July 3, 10, 17 and 24, 2020 KANG 180201 7-24-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03393 Balagan Roadline Inc, 4408 Truxel Road, Apt 25, Sacramento CA 95834 is doing business under the Fictitious Business Name(s) "BRL" 4408 Truxel Road, Apt 25, Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 28, 2020 Publish: July 3, 10, 17 and 24, 2020 7-24-20 BRL 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03394 Pawar Team Inc, 10108 Grant Line Road, Elk Grove CA 95624 is doing business under the Fictitious Business Name(s) "Team Transport" 10108 Grant Line Road, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County May 28, 2020 Publish: July 3, 10, 17 and 24, 2020 TEAM 7-24-20 180201

FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03202 Jay Stovel, 7759 Cottingham Way, Citrus Heights CA 95610 is doing business under the Fictitious Business Name(s) "Get-It-Open" 7759 Cottingham Way, Citrus Heights CA 95610. Filed with the Clerk of Sacramento County May 15, 2020 Publish: July 3, 10, 17 and 24, 2020 OPEN 18/2011 7-24-20 7-24-20 180201 OPEN

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03633 David Sedin & Linda Sedin, 3471 Eaton Drive, Roseville CA is doing business under the Ficti ious

Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535-March 12, 2020 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04342 Simone Marie Cage Griffin, 3301 Harmony Lane Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Simone Marie That's Me, A Little bit of This a Little bit of That" 3301 Harmony Lane Sacramento, CA 95821. Filed with the
 Clerk of Sacramento County July 6, 2020

 Publish: July 10, 17, 24, and 31, 2020

 SIMONE
 180201

 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04161 Duana R Mills, 9641 Goethe Road Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "MCD & Associates LP" 9641 Goethe Road Sacramento, CA 95827. Filed with the Clerk of Sacramento County June 29, 2020 Publish: July 10, 17, 24, and 31, 2020 MCD 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04146 Jaime L. Realph, 3557 Crocker Drive Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Kissinger Family Law" 3626 Fair Oaks Boulevard Suite 100 Sacramento, CA 95864. Filed with the Clerk of Sacramento County June 29, 2020 Publish: July 10, 17, 24, and 31, 2020 KISSINGER 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04162 Sean Hayan Shokouh, 10535 Wilshire Boulevard #1511 Los Angeles, CA 90024 is doing business under the Fictitious Business Name(s) "JDM Palace, JDMP Management" 7563 Community Drive Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 29, 2020 Publish: July 10, 17, 24, and 31, 2020 JDM 7-31-20 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03994 Leslie C. Lopez, 3009 Huntington Road Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "LWL Marketing" 3009 Huntington Road Sacramento, CA 95864. Filed with the Clerk of Sacramento County June 23, 2020 Publish: July 10, 17, 24, and 31, 2020 180201 LWL 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04076 **RPS Sactown INC** 1079 Sunrise Avenue Suite B-230 Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Real Property Solutions Sacramento, Real Property Solutions" 7649 Sunrise Boulevard Suite G Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 25, 2020 Publish: July 10, 17, 24, and 31, 2020 7-31-20 REAL 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04010 Sunrise Community Church, 8321 Greenback Lane Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Men In HD" 8321 Greenback Lane Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 23, 2020 Publish: July 10, 17, 24, and 31, 2020 180201

MEN 7-31-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03922 ADF Furniture Inc, 3521 Sun Maiden Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Fidelina's Furniture Plus" 8040 Greenback Lane Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 19, 2020 Publish: July 10, 17, 24, and 31, 2020 FIDELINAS 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04083 Maren Wickwire, 4921 8th Avenue Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Manifest Media" 4921 8th Avenue Sacramento, CA 95820. Filed with the Clerk of Sacramento County June 25, 2020 Publish: July 10, 17, 24, and 31, 2020 MANIFEST 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04224 Jasmine Shamberger, 4068 Branigan Lake Way Bancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "LUXXI" 4068 Branigan Lake Way Rancho FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04037 Jade Wyatt, 12801 Fair Oaks Boulevard #456 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Vintage Inspo" 12801 Fair Oaks Boulevard #456 Citrus Heights, CA 95610. Filed with the
 Clerk of Sacramento County June 24, 2020

 Publish: July 10, 17, 24, and 31, 2020

 VINTAGE
 180201

 7-31-20

LEGAL

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04294 For the Kids Fundraising, 7105 Berwyn Place Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "For the Kids Fundraising. 4-the-Kids Fundraising, 7105 Berwyn Place Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 2, 2020 Publish: July 10, 17, 24, and 31, 2020 KIDS 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04298 Mark Monas and Jodi Monas, 11225 Trade Center Drive Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Floor Store" 11225 Trade Center Drive Rancho Cordova, CA 95742. Filed with the
 Clerk of Sacramento County July 2, 2020

 Publish: July 10, 17, 24, and 31, 2020

 FLOOR
 180201

 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04123 Vinod Kumar, 4560 White Sage Street Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "PB Transportation" 4560 White Sage Street Sacramento, CA 95834. Filed with the Clerk of Sacramento County June 26, 2020 Publish: July 10, 17, 24, and 31, 2020 7-31-20 180201 PB

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03897 Ellen Lester, 4724 Madison Avenue #67 Sacramento, CA 95841 and Susan Laferte, 19 Juan Way Grass Valley, CA 95945 is doing business under the Fictitious Business Name(s) "HL Enterprises" 4724 Madison Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County June 18, 2020 Publish: July 10, 17, 24, and 31, 2020 HL 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04526 F2020-04526 Dependable Carriers 10812 Ballantrae Way Rancho Inc. Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "All City Towing" 10812 Ballantrae Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 10, 2020 Publish: July 17, 24, 31, and August 7, 2020 180201 8-7-20 ALL

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03971 IKF Security Inc, 3265 Ramos Circle Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Crime Alert Security" 3265 Ramos Circle Sacramento, CA 95827. Filed with the Clerk of Sacramento County June 22, 2020 Publish: July 17, 24, 31, and August 7, 2020 CRIME 180201 8-7-8-7-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04480 Ryan David Cheek, 4935 Kurz Circle Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Elite Door & Gate" 4935 Kurz Circle Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 9, 2020 Publish: July 17, 24, 31, and August 7, 2020 180201 8-7-20 ELITE

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04197 Daniel Smallie, 10636 Basie Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Pro-Tech Mechanical Service" 10636 Basie Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 30, 2020
 Publish: July 17, 24, 31, and August 7, 2020

 PRO
 180201
 8-7 8-7-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03728 J.T. Galindo Inc, 5733 Hawkeye Lane Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Galindo Janitorial Service" 5733 Hawkeye Lane Antelope, CA 95843. Filed with the Clerk of Sacramento County June 12, 2020 Publish: July 17, 24, 31, and August 7, 2020 GALINDO 180201 8-7-8-7-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04109 Roman R Kravchenko Jr, 6009 Palm Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "RRK Custom Concepts" 6009 Palm Drive Carmichael, CA 95608, Filed with the Clerk of Sacramento County June 26, 2020 Publish: July 17, 24, 31, and August 7, 2020 8-7-20 180201 RRK

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04030 Bu Won Yang, 1035 Elsworth Way Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Bu Won Care Home" 1035 Elsworth Way Folsom, CA 95630. Filed with the Clerk of Sacramento County June 24, 2020 Publish: July 17, 24, 31, and August 7, 2020 BUWOW 180201 8-7-20

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04144 ACC-Express Inc, 8556 Summit Brook Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "ACC-Express" 8556 Summit Brook Court Elk Grove, CA 95624. Filed with the Clerk of Sacramento County June 29, 2020 Publish: July 17, 24, 31, and August 7, 2020 180201 ACC 8-7-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03653 Matthew J. DeJong, 7766 Greenridge Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "The Real Estate Market, The Real Estate Market.TV" 7766 Greenidge Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 10, 2020 Publish: July 17, 24, 31, and August 7, 2020 REAL 180201 8-7-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03382 Robert W. Ziegenhirt II, 6733 Folkstone Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Valley Wood Window" 7901 Carlton Road Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 27, 2020 Publish: July 17, 24, 31, and August 7, 2020 VALLEY 180201 8-7-20

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF

FICTITIOUS BUSINESS NAME FBNF2016-07449 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "Pine Creek Software" located at 1444 Freswick Drive Folsom. CA 95630. Ken Brown and Angela Lee, 1444 Freswick Drive Folsom, CA 95630. The Fictitious Business Name Statement referred to above was filed on September 14, 2016 in the County of Sacramento. Publish July 17, 24, 31, and August 7, 202 PINE 170707 8-7-20

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2020-00280314

Ellie Dao Yuan Wu has filed a petition with this court for a decree changing the name(s) of Ellie Dao Yuan Wu to Elliott I ouis Henne IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 30, 2020, in Department 54, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and

show cause, if any, why the petition for Change of Name should not be granted. Dated: June 5. 2020 Christopher E. Krueger, Judge of the Superior Court

Publish: June 26, July 3, 10 and 17, 2020 7-17-20 180101 WU

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

#34-2020-00280699 Christina Michele Branche has filed a petition with this court for a decree changing the name(s) of Christina Michele Branche to Christina Michelle Orcutt.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 6, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 11, 2020 Christopher E. Krueger, Judge of the Superior

Court Publish: June 26, July 3, 10 and 17, 2020 BRANCHE 180101 7-1 7-17-20

Legal Advertising Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380–September 18, 1969 7144 Fair Oaks Blvd #5 Carmichael, CA 95608 SUPERIOR COURT OF CALIFORNIA

estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner is: Kathy Zelazny 1312 Oak Avenue St. Helena. CA 94574 707-967-9130

Publish: July 10, 17, and 24, 2020 170622 FLAGG 7-24-20

ESTATE OF ALBERTA MAE O'DONNELL

CASE No. 34-2020-00280438 To all heirs, beneficiaries, creditors and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Alberta Mae O'Donnell, deceased A Petition for Probate has been filed by Laura K. O'Donnell, in the Superior Court of California, County of Sacramento, requesting Laura K. O'Donnell, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 10, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner is: Joan M. Medeiros 2355 Gold Meadow Way Suite 143 Gold River, CA 95670 916-729-1307

Publish: July 10, 17, and 24, 2020 ODONNELL 170622 7-24-20

ESTATE OF DOROTHY CASE No. 34-2020-00277955 To all heirs, beneficiaries, creditors and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dorothy Loretta Harte, deceased A Petition for Probate has been filed by Frank Oneto and Kenneth Leeroy Oneto Jr, in the Superior Court of California, County of Sacramento, requesting Frank Oneto and Kenneth Leeroy Oneto Jr, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows August 12, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate account as provided Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner is: Michael A Sawamura Corporate Counsel Law Group LLP 901 H Street Suite 210 Sacramento, CA 95814 916-441-2685

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00281083 Christopher Troy Rittgers has filed a petition with this court for a decree changing the name(s) of Christopher Troy Rittgers to Christopher Mark Crawford. IT IS ORDERED that all persons interested

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in the above entitled matter appear before this court at 9:00 a.m. on August 12, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Dated: June 22, 2020 Christopher E. Krueger, Judge of the Superior Court

Publish: July 10, 17, 24, and 31, 2020 CRAWFORD 180101 7-31-20

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

#34-2020-00280687 Christina Oliver and Marvin Haith has filed a petition with this court for a decree changing the name(s) of Kamden Christopher Oliver to Kamden Christopher Haith. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 6, 2020, in Department 53. located at 813 6th Street. 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 11, 2020

 David I. Brown, Judge of the Superior Court

 Publish: July 10, 17, 24, and 31, 2020

 HAITH
 180101
 7-31-2
 7-31-20

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

#34-2020-00281074

Zohal Hamid has filed a petition with this court for a decree changing the name(s) of Zohal Hamid to Zoe Hadid. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 12, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 22, 2020 Christopher E. Krueger, Judge of the Superior

Court Publish: July 10, 17, 24, and 31, 2020 7-31-20 HADID 180101

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

#34-2020-00281262 Gene Sylvester Jones has filed a petition with this court for a decree changing the name(s) of Gene Sylvester Jones to Gene Sylvester Galvan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 18, 2020. in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 30, 2020 Christopher E. Krueger, Judge of the Superior

Court Publish: July 17, 24, 31, and August 7, 2020 180101 8-7-20 JONES

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00273875

Dana Kansa has filed a petition with this court for a decree changing the name(s) of Chloe Ballout to Chloe Kansa. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 13, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted

Business Name(s) "S & K Properties" 3471 Eaton Drive, Roseville, CA 95661. Filed with the Clerk of Sacramento County June 9, 2020 Publish: July 3, 10, 17 and 24, 2020 180201 7-24-20 S&K

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03892 Maria Carranza De Velez, 4852 Gibbons Drive, Carmichael CA 95608 is doing business under the Fictitious Business Name(s) "Gibbons Hair" 4852 Gibbons Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 18, 2020 Publish: July 3, 10, 17 and 24, 2020 GIBBONS 180201 7-24-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03639 James L. Stirton Jr., 9120 Linda Rio Drive, Sacramento CA 95826 is doing business under the Fictitious Business Name(s) "American Fictitious River Chiropractic". "Rancho Cordova Chiropractic" 2280 Vehicle Drive, Ste. 110 Rancho Cordova CA 95670. Filed with the Clerk of Sacramento County June 9, 2020 Publish: July 3, 10, 17 and 24, 2020

AMERICAN 180201 7-24-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-02726 Tokuhama Inc., 1217 21st Street, Sacramento CA 95811 is doing business under the Fictitious Business Name(s) "Kupros Crafthouse, Kupros" 1217 21st Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County April 20 2020 Publish: July 3, 10, 17 and 24, 2020

7-24-20 KUPROS 180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03815 American River Holdings and Investments, 6604 Sweet Gum Court, Citrus Heights CA 95610 is doing business under the Fictitious Business Name(s) "American River Holdings_and Investments Virtual Imaging Plus, Teeszing, Tender Mercies CA" 6604 Sweet Gum Court, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 17, 2020 July 3, 10, 17 and 24, 2020 AMERICAN 7-24-20 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03934 Talia Gonzalez, 1213 Macaulay Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Talia Eliana Events" 1213 Macaulay Circle, Carmichael, CA 95608, Filed with the Clerk of Sacramento County June 19, 2020 Publish: July 3, 10, 17 and 24, 2020 TALIA 180201 7-24-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04142 Hibiscus Management Inc 4710 Natomas Blvd., #120, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "TC Salon" 4710 Natomas Blvd., #120, Sacramento, CA 95835, Filed with the Clerk of Sacramento County June 29, 2020 Publish: July 3, 10, 17 and 24, 2020 180201 7-24-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04035 Shijie Li, 3925 Samos Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "LJ Handyman" 3925 Samos Sacramento CA 95823. Filed with the Way, Clerk of Sacramento County June 24, 2020 Publish: July 3, 10, 17 and 24, 2020 7-24-20 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03783 Rocklin Park Veterinary Hospital Inc, 2201 Plaza Drive Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Sunrise Boulevard Animal Hospital" 7484 Sunrise Boulevard Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 16, 2020 Publish: July 10, 17, 24, and 31, 2020 SUNRISE 180201 7-31-20

Cordova, CA 95742. Filed with the Clerk of Sacramento County June 30, 2020 Publish: July 10, 17, 24, and 31, 2020 LUXXI 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03979 Donald Linville, 701 50th Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Spotted Dog Books, Build Bookstore" 701 50th Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County June 23, 2020 Publish: July 10, 17, 24, and 31, 2020 SPOTTED 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04245 Chervl Lvnn Paizis, 106 Orange Blossom Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "CLP Art Glass" 106 Orange Blossom Circle Folsom, CA 95630. Filed with the Clerk of Sacramento County July 1, 2020 Publish: July 10, 17, 24, and 31, 2020 CIP 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04193 Bride to Be Couture Inc, 6240 Fair Oaks Boulevard Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "B2BC The Outlet" 6040 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk Sacramento County June 30, 2020 Publish: July 10, 17, 24, and 31, 2020 B2BC 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03203 Sabrina L. Bentley, 207 Village Circle Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Aunt Sissy's Eco-Friendly House Cleaning Service" 207 Village Circle Sacramento, CA 95838. Filed with the Clerk of Sacramento County May 15, 2020 Publish: July 10, 17, 24, and 31, 2020 AUNT 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04296 Sara Nicole Henderson, 38 Alvares Court Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "SacTown Real Estate, Sara Nicole Real Estate" 38 Alvares Court Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 2, 2020 Publish: July 10, 17, 24, and 31, 2020

SACTOWN 180201 7-31-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04300 Terrence Strickland, 5018 Marconi Avenue #149 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Teez Clothing Company, Teez Clothing Co." 5018 Marconi Avenue #149 Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 2, 2020 Publish: July 10, 17, 24, and 31, 2020 TEEZ 7-31-20

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04217 Edge Forward LLC, 1367 Weller Way Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Legado Restaurant & Bar" 1420 16th Street #300 Sacramento, CA 95814. Filed with the Clerk of Sacramento County June 30, 2020 Publish: July 10, 17, 24, and 31, 2020 LEGADO 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04336 Kala Thompson Taylor, 5919 Pelatuma Court Sacramento CA 95841 is doing business under the Fictitious Business Name(s) "Diva Jean, COVID19 Med Shop" 5919 Petaluma Court Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 6, 2020 Publish: July 17, 24, 31, and August 7, 2020 180201 8-7-20 DIVA

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04269 Duong Le Andrade, 224 Sasha Rose Drive Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Nova Pressure Wash" 224 Sasha Rose Drive Galt, CA 95632. Filed with the Clerk of Sacramento County July 1, 2020 Publish: July 17, 24, 31, and August 7, 2020 NOVA 180201 8-7-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03978 County Supervisors Association of California, 1100 K Street Suite 101 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "California Counties" 1100 K Street Suite 101 Sacramento, CA 95814. Filed with the Clerk of Sacramento County June 22, 2020 Publish: July 17, 24, 31, and August 7, 2020 180201 8-7-20 CALL

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04228 Prietos Roof Removal Inc, 5104 Antler Court Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Prietos Roofing, Madison Smog Check, V & S Material Stockers" 5717 San Ardo Way North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 1, 2020 Publish: July 17, 24, 31, and August 7, 2020 PRIFTO 180201 8-7-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04170 Genesis Dobbins, 3171 El Camino Avenue #60 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Prime Martial Arts Academy" 4949 Marconi Avenue Suite A-1 Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 29, 2020 Publish: July 17, 24, 31, and August 7, 2020 PRIME 180201 8-7-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04202 Angel Diaz, 8224 Turnbury Drive Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Iced Pom" 8224 Turnbury Drive Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 30, 2020 Publish: July 17, 24, 31, and August 7, 2020 ICED 180201 8-7-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04110 Eduardo Garcia Mendoza and Erika Adriana Aldaba Ornelas. 5424 Big Creek Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Lalo's Plumbing" 5424 Big Creek Way Elk Grove, CA 95758. Filed with the Clerk of Sacramento County June 26, 2020 Publish: July 17, 24, 31, and August 7, 2020 LALO 180201 8-7-8-7-20 LALO

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04345 Tony Duplan, 5664 Black Willow Rocklin, CA 95677 is doing business under the Fictitious Business Name(s) "Titan Properties & Improvements" 6643 Halifax Street Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 6, 2020 Publish: July 17, 24, 31, and August 7, 2020 TITAN 180201 8-7-20 SUPERIOR COURT OF CALIFORNIA COLINITY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00280694

Reza Alexander Nouri has filed a petition with this court for a decree changing the name(s) of Reza Alexander louri to Raymond Alexander Squire. IT IS ORDERED that all persons interested Nouri in the above entitled matter appear before this court at 9:00 a.m. on August 6, 2020, in Department 54, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Dated: June 11, 2020 Christopher E. Krueger, Judge of the Superior Court

Publish: June 26, July 3, 10 and 17, 2020 NOURI 7-17-20 180101

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00280486

Rebecca filed a Lynn Brady has petition with this court for a decree changing the name(s) of Rebecca the name(s) Lynne Brady to Rebecca Lynne Spears. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 28, 2020, in Department 54, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 10. 2020 Christopher E. Krueger, Judge of the Superior

Court Publish: July 3, 10, 17 and 24, 2020 SPEARS 180101 7-24-20

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

#34-2020-00279832 Rabia Butt and Muhammad Shahbaz has filed a petition with this court for a decree changing the name(s) of Noor Fatima Askandar to Noor Fatima Shahbaz. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 30, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 4. 2020

Christopher E. Krueger, Judge of the Superior Court Publish: July 3, 10, 17 and 24, 2020

SHAHBAZ 180101 7-24-20

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

#34-2020-00280806 Alexandra Grace Gough has filed a

petition with this court for a decree changing the name(s) of Alexandra Grace Gough to Zoey Alexandra Gough. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 6, 2020, in Department 54, located at 813 6th Street and Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 16, 2020 Christopher E. Krueger, Judge of the Superior

Court Publish: July 3, 10, 17 and 24, 2020 NOURI 180101 7-24-20 Dated: January 23, 2020

David I. Brown, Judge of the Superior Court Publish: July 17, 24, 31, and August 7, 2020 KANSA 8-7-20 180101

NOTICE OF PETITION TO ADMINISTER ESTATE ESTATE OF JOHN F.S. FLAGG

CASE No. 34-2020-00280994 To all heirs, beneficiaries, creditors and contingent creditors of and and contrigent cleators of and persons who may be otherwise interested in the will or estate, or both of John F.S. Flagg, deceased A Petition for Probate has been filed by Mary Victoria Flagg, in the Superior Court of Colifornia Courty of Sacramenta California, County of Sacramento, requesting Mary Victoria Flagg, be appointed as personal representative to administer the estate of the decedent. The petition requests that the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are examination available for in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows October 2020 9:00 a.m. in Dept 129 at Superior Court of California, County Sacramento 3341 Power Inn of Road Sacramento, CA 95826. IF YOU OBJECT to the granting the petition, you should of appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the alifornia Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of

Publish: July 17, 24, and 31, 2020 HARTE 170622 7-31-20

Dignity Health Donates More than \$1 Million to Sacramento-Area Nonprofits

By Yessenia Anderson, **Dignity Health**

SACRAMENTO REGION, CA (MPG) - Dignity Health announced the distribution of more than \$1 Million this year to over 30 comin Nevada, Sacramento and Yolo counties in an effort to meet community health needs outside hospital walls. The grants are funding an array of different projects but all have one common goal - to assist those most vulnerable in the region. From low-income, under-insured/uninsured individuals to human trafficking survivors.

"At Dignity Health, we have a long history of partnering with others in the community to improve people's quality of life because we understand health and wellness does not begin within our hospitals," said Laurie Harting, Greater Sacramento Division President of Dignity Health. "These grants continue to be an important extension of the work done in our care facilities and a way to help us care for the whole with the Health Education org/sacramento/about-us/ person through unique Council to reach their press-center.

collaborations." In total, Dignity Health

funded 15 projects, but it considers only grant proposals that come from at least three collaborating organizations.

"Our work in commumunity-based organizations nity grants is an extension of our mission as an organization," said Dignity Health Community Health and Outreach Manager, Phoua Moua. "Using a holistic approach, innovation and collaboration are used to ultimately increase the continuum of care for our patients and the communities we serve beyond the hospital walls."

Dignity Health conducts a needs assessment every three years in each county to determine priorities for giving. Moua works closely with nonprofits receiving the grants to ensure they are successful and encourages returning organizations to make enhancements to their programs in an effort to continuously challenge themselves and evolve. As was the case with the Food Literacy Center this year who teamed up

students' parents as part of the FEAST program, which inspires students at Sacramento's low-income elementary schools to eat fresh and locally-sourced fruits and vegetables.

"At Food Literacy Center we inspire kids to eat their veggies, which sets them up for a lifetime of healthy habits. All the partners funded by this grant provide our programs for free to the five low-income schools we serve, reaching students at highest risk for diet-related diseases," said Founding Executive Director, Amber K. Stott. "Building partnerships like we have with Health Education Council takes time, and very few grants are large enough to fund all the partners collectively. We're grateful that Dignity Health recognizes existing nonprofit partnerships as valuable."

Grant projects address issues impacting children all the way through the various communities' senior population. For information on 2020 partnerships and projects, view a summary at https://www.dignityhealth.

Anti-Catholicism Spikes in California

Catholic League Press Release

NEW YORK, NY (MPG) - Catholic League president Bill Donohue comments on the status of Catholicism in California:

Anti-Catholicism is sweeping California. Attacks on Catholic statues, public complaints about Catholics attending Mass, the selective enforcement of executive orders on religious gatherings, and politicians seeking to intimidate priests and bishops, are commonplace.

A mob of anti-Catholics celebrated the 4th of July by destroying a statue of St. Junípero Serra in Sacramento, the state's capitol. The statue was set on fire and smashed with sledgehammers. Though Serra did more to defend the rights of Indians in the 18th century against Spanish colonizers than all the protesters have ever done for American Indians today, Serra is a demon. That is why statues of him were previously destroyed in San Francisco and Los Angeles. What's feeding this frenzy? Citing COVID-19 concerns, restrictive measures on religious gatherings have been mandated throughout the state. The tone has been set by politicians: There is one rule for people of faith and another for protesters. This has not been lost on the anti-Catholics. Protesters by the thousands, many of them violent, have been allowed to march in big cities across California -without a permit - as public health officials and politicians said nary a word. According to the New York Times, 1,300 epidemiologists and health workers from across the nation recently signed a letter saying that those who protested stay-at-home orders were "rooted in white nationalism and run contrary to respect for Black Lives Matter." But when it comes to the protesters, they said, "we do not condemn these

gatherings as risky for Covid-19 transmission. We support them as vital to the national public health."

The mayor of Sacramento, Darrell Steinberg, shares the same position. He said in late May that he supported the Sacramento City Council's refusal to impose a curfew after two nights of violence and looting. He contended that it would be useless to do so because "those who are perpetrating looting and violence would probably ignore the curfew anyway." But in early April he said it may be permissible to have the police disperse church-goers if they assembled in prayer.

Meanwhile, public officials in San Francisco are now doing a headcount of Catholics attending Mass. The San Francisco city attorney, Dennis Herrera, says he has received complaints that more than 12 Catholics have been seen at a Mass. He sent a cease-and-desist letter to the Archdiocese of San Francisco ordering it to stop indoor religious services. Herrera did not say whether he has done a headcount of Protestants going to church, Jews going to synagogues, or Muslims going to mosques. But we do know that his office is fielding complaints from the public that one Catholic church actually held six Masses in one day! Why Herrera did not send in a SWAT team remains a puzzle. We know who is contacting Herrera's office, and we know they are not public health fanatics. Moreover, we wouldn't be surprised to learn that some of them were among the 1,300 doctors and health care workers who signed the letter giving the protesters a pass while condemning everyone else who refused to abide by their highly politicized directives.



Ask Toni Expensive Prescriptions and Medicare



Toni King

Toni:

I will turn 65 in September and am currently covered by my wife's employer group health insurance. Currently, I am fighting stage 3 cancer of the kidney and the prognosis is good because I am participating in a clinical trial for a new cancer medication which costs over \$18,000 per month. With this clinical trial, I am paying \$0 for a medication which is curing my cancer.

I am not planning to enroll in Medicare until my wife retires next year. I am concerned about Medicare's famous donut hole and if this new prescription called Sutent is covered by Medicare's Part D prescription drug plan?

Please explain Medicare and clinical trials and what I should do? ~ Thanks, Matthew

Matthew:

You are very smart to remain on your wife's employer benefits because you both can enroll in Medicare Parts A and B when your wife retires next year. At that time, you will be eligible for a SEP (Special Enrollment Period) avoiding the Medicare Part B penalty and be able to enroll in a Medicare Part D prescription drug plan.

Since you will be enrolling in Medicare Part B for the first time when she retires, you qualify for the Medigap/ Medicare Supplement 6-month open enrollment period to begin the month your Medicare Part B begins without having to answer health questions.

Original Medicare and your Medicare Supplement will work together with your clinical trial prescription drug program to cover your medical needs. Original Medicare covers the routine costs of qualifying clinical trials. Your Medicare Supplement plans will pay the out of pocket that Original Medicare does not pay that meets Medicare qualifications.

When one chooses a Medicare Advantage plan with a clinical trial for a serious health issue, the Medicare Advantage plans is required to reimburse beneficiaries for the difference in out-ofpocket cost sharing between Fee for Service and their Medicare Advantage plan.

Original Medicare with a Medicare Supplement does not have a network and one's medical provider must bill Medicare. With a Medicare Advantage plan, one may have a network with referrals from an HMO or maximum out of pocket with a Medicare Advantage PPO.

Let's discuss your \$18,000 clinical trial prescriptions and if you will go in the "famous Donut Hole" when you enroll in a Medicare Part D plan when you are no longer on your wife's employer group health insurance. Medicare Part D is an important option discussed when a Toni Says® Medicare consultation is performed.

Yes, Matt...you go in the "Donut Hole" the very second you order the prescription Sutent and for that reason, we will search the Medicare site for which Medicare Part D plan best meets your Medicare and financial needs.

Always enroll in the Medicare Part D plan which covers all your prescriptions even though the most expensive prescription is covered by the clinical trial programs and costs you \$0. There may be a time when that expensive prescription is no longer covered by the clinical trial and you must use the Medicare Part D plan.

Your Medicare Part D prescription drug monthly costs for the \$18K monthly cancer medication Sutent is \$2471, 1 st month with you going in and out of the Donut Hole and Catastrophic coverage with \$938.57 monthly, the 2nd month to the end of the year. Not enrolled in Part D plan not covering the \$18K monthly prescription, then you pay 100% out of pocket.

Medicare planning is vital especially when one has a serious health condition. Take your time and research what option meets your needs.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide[®] Advanced book and bundle packages for the Toni Says[®] newspaper article readers at www.tonisavs. com.

Home Equity Line of Credit Loan 5 Year **- 4.25**[%] **FIXED RATE**

Contact Herrera: cityattorney@ sfcityatty.org

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The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 4.25%. The maximum APR that can apply any time during your HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than EI Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$255 early closure fee will be assessed in the line of credit is closed within three years from the date of opening. An annual fee of \$75 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.



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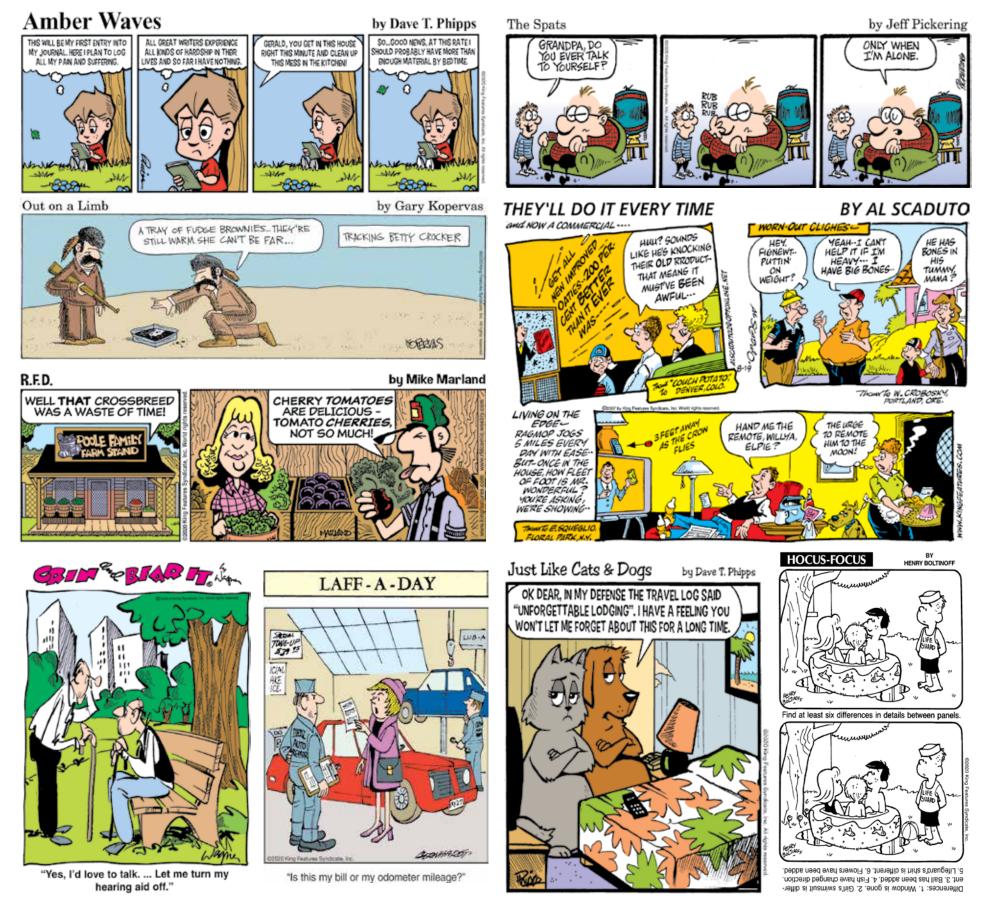
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