

Rancho Cordova Receives Three Project of the Year Awards

Wildlife Care **Association Photo** Contest Takes Flight!

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Grapevine

VOLUME **54 •** ISSUE **36**

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968

Blind Man Beats COVID

Then Saves Another Man's Life

SEPTEMBER 4, **2020**

SDD

SPORTS HALL OF FAME INDUCTION POSTPONED



PAGE 3

CRISIS FATIGUE By Mary Jane Popp



PAGE 10

DO CRISES HELP OR HURT MORE TAX HIKES?



Rancho Cordova CA

PERMIT NO. 91

PAGE 10

By Kristin Thébaud,

By Kristin Thébaud,

Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Dr.

Paul Peterson of Carmichael remem-

bers sitting at a concert onboard a

Princess Cruise ship in February –

just two empty seats from a woman

who coughed throughout the show.

Three days after disembarking from

the ship, Peterson, a local chiroprac-

tor who is blind, began noticing odd

chills, a low-grade fever and achy

RANCHO CORDOVA, CA (MPG)

- In three days, Rancho Cordova resident Elizabeth Lam went from being a 52-year-old systems trainer at health care company Centene to no longer being able to put on her own socks.

28, 2018 with an excruciating headache and blurry vision, but had to conduct a training, so she took ibuprofen and went to work. When her vision worsened that afternoon, she called her eye doctor and scheduled an appointment for March 5. By March 3, she was blind.

"I sat in my recliner all day and night thinking I would wake up and my vision would be back, but it never came," Lam said.

She wondered how she would continue living how she would brush her teeth and make coffee, much less continue caring for her elderly father who lived with her. She woke up the next day and decided it was time to



Rancho Cordova resident Elizabeth Lam is a living example

face what was happening and get help. "I told myself that I was

going down a different path than I had expected, and I had to deal with it," Lam said.

She called a friend who took her to the doctor the next day. She was diagnosed with the most rapid case of neurovascular glaucoma the

was still some hope for vision - but five laser surgeries, three injections and tubes in her eyes have only allowed her to see some light and bright colors. She can't see faces or details or read a computer. But fortunately she can work – because she found Society for the Blind.

Lam had worked with Centene for 14 years and did not want to leave her job. She just wanted to learn how to do it a different way. Through Society for the Blind's Core program, Lam started working with program director Shane Snyder and instructor Randy Owen to learn assistive technology. They worked for three months helping her learn how to use her iPhone and computer. Through Core, she also learned daily life skills such as cooking and laundry. She attended classes five days a week, though most students

only come three days a week. "The whole team over there is amazing - they basically saved my life," Lam said. "Most have low vision or are completely dark, and they are living examples that there is life after sight. I'm in awe of them."

Three months later, Lam was ready to go back to her job at Centene but still needed help. So Randy began coming to her office twice a week. He continued to help her through the end of 2019

Continued on page 12 | Security.

CHP Commissioner Earns Lifetime Achievement Award



(CHP) Commissioner Warren Stanley. Photo CHP

By Fran Clader, CHP

SACRAMENTO, CA (MPG) -California Highway Patrol (CHP) Commissioner Warren Stanley has spent nearly four decades advocating for highway safety in California. His unwavering commitment to public service and dedication to CHP employees caught

the attention of the American Association of Motor Vehicle Administrators (AAMVA), which rewarded his efforts with the AAMVA Lifetime Achievement Award in Highway Safety - Law Enforcement. The award is presented annually to an AAMVA member whose primary function is directly associated with highway and traffic safety efforts and who has had a distinguished career in this arena.

"My entire career has been fueled by a passion for safety," said Commissioner Stanley. "I am fortunate to be able to work alongside so many others who have demonstrated a lifelong commitment to reducing traffic fatalities and injuries on our roadways. This honor would not be possible without their dedication and shared vision."

As a dedicated member of the law enforcement community, Commissioner Stanley has served the people of California for more than 37 years. In 2018, Stanley became the first African American to hold the rank of CHP Commissioner. He is also one of the distinguished few to have held every uniformed position from officer to Commissioner within the

"This is hard work, but it is exceptionally important and incredibly rewarding," added Commissioner Stanley.

Winners of this, and other awards, are traditionally recognized at AAMVA's International Conference in August of every year. Due to COVID-19 and travel restrictions, AAMVA cancelled its 2020 conference. Previous recipients of the distinguished honor from AAMVA include former **CHP Commissioners Dwight** O. Helmick (2004) and Joe Farrow (2011).

The mission of the CHP is to provide the highest level of Safety, Service, and

Continued on page 2 Life Changes Quickly

laid low – then the cough started.

Within two days, he received a chest

x-ray that revealed pneumonia.

Two days after that, he received the

dreaded email from Princess Cruise

had come down with the coronavirus.

who serves on the board of direc-

Sacramento, was the first person to be

tested for COVID-19 in Sacramento:

Peterson, a community volunteer ICU.

muscles. Certain he had the flu, he It was positive. He decided to recu-

Lines: Passengers onboard his ship he went to the emergency room. After

tors for Society for the Blind in make it, and the doctors told her they

perate at home, and a physician

friend lent him an oxygen meter. On

the twelfth day of the virus, his oxy-

gen level was well below 100 at 84

despite using his CPAP machine, so

several tests, he was admitted to the

didn't know," Peterson said. "It was

"My wife asked if I was going to

Paul and Alice Peterson enjoy a River Cats game prior to the pandemic. Photo provided by Kristin Thébaud Communications

She Continues Working after Sudden Blindness

Thébaud **Communications**

She woke up on February

doctor had ever seen. There

Rancho Cordova Receives Three **Project of the Year Awards**



An aerial view of the Chase Drive/Coloma Road Plaza Project that improved access to Cordova High School and Mills Middle School. Photo: City of Rancho Cordova

City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - In August, the City of Rancho Cordova was honored with three Project of the Year awards from the Sacramento Chapter of the American Public Works Association (APWA). The projects were awarded under the Environment, Disaster or Emergency Construction/Repair and Transportation categories. The Public Works Department is proud to have delivered these important projects for the city.

Bear Hollow Tree Planting received the Project of the Year Award for the Environment Category. The City's Urban Forest Team, in partnership with the Sacramento Tree Foundation, planted over 500 native species trees in the Bear Hollow Stormwater Basin in 2018 and 2019. The project included several volunteer events to plant, stake and mulch approximately 100 trees along North Mather Boulevard and 400 trees on the south side of the basin. The seedlings were started by elementary school students who collected and propagated acorns. The 500 trees will contribute to the natural beauty of the basin, reduce the quantity of and improve the quality of stormwater entering the basin, provide significant wildlife habitat, and sequester nearly 1.8 million pounds of carbon during their lifetime. The Tree Foundation is responsible for maintaining the irrigation system and the trees for a period of three years. The Public Works Department is working to identify additional stormwater basins for similar tree planting projects.

American River Parkway Culvert & Slope Repair received the Project of the Year Award for the category of Disaster or Emergency Construction/Repair. On May 6, 2019, Sacramento County Regional Parks and the City of Rancho Cordova jointly collaborated on repairing an eroded section of riverbank and realigning a 520-foot section of the Jedediah Smith Memorial Trail that had been damaged during winter storms. Responsibility for repairs were split between the city and county. The city was responsible for repairing a failed culvert and stabilizing a section of the south bank of the American River and the county was responsible for realigning the trail.

The trail realignment work commenced on August 5, 2019 and was completed by August 23, 2019. The culvert and slope repair work commenced on August 26, 2019 and was completed by August 30, 2019.

This project addressed some major safety issues with the American River Parkway bike trail, which is used by hundreds of bikers and pedestrians every day.

Chase Drive/Coloma Road Plaza Project received the Project of the Year Award in the category of Transportation. Coloma Road is a heavily travelled minor arterial where the Rancho Cordova Police Department continues to monitor for speeding drivers. The city received a grant for the Chase Drive/ Coloma Road Plaza Project that increased safety and enhanced the aesthetics of the existing plaza area for students waiting to cross Coloma Road and Chase Drive, as this is a critical access point to Cordova High School and Mills Middle School.

Improvements included enhanced road striping for clear delineations between pedestrians, bicycles, and vehicles. Sidewalks on the south and north side of Chase Drive were improved along with new landscaping and lighting in the plaza and on the frontage. Traffic signal upgrades and a new guardrail system were installed.

For more information about current Public Works projects, visit CityofRanchoCordova. org/CurrentProjects or sign up for our e-newsletter at CityofRanchoCordova.org/

Blind Man Beats COVID

Then Saves Another Man's Life

Continued from page 1

quite the experience being wired to the wall and computers and not knowing if I was going to live or die."

He was in ICU for two and a half days and in the hospital for five days. He spent the next two weeks recuperating at home. During that time, Sacramento County retested him to make sure the virus was gone: It was. As it turned out, Peterson was one of the few people in Sacramento who received pre- and posttests for coronavirus – the practice was halted shortly after.

When Peterson's physician friend learned that there was a new experimental test being done that involved using recovered COVID patients' antibodyrich plasma to treat patients with severe cases of coronavirus, he called Peterson. The experiment required someone who had tested positive and had a subsequent negative test.

Peterson immediately agreed and became the first person in Sacramento to donate the antibody-rich plasma. He donated four units of plasma that day, enough for four COVID-19 patients.

Not long after, he learned that one of those units had saved a Sacramento man's life. The man had been on a ventilator for 12 days and they did not

think he would survive. Two days after receiving Peterson's plasma, he was healing and able to talk to his family.

"It was a spectacularly wonderful feeling to know my plasma had saved someone's life," he said. "I wonder if perhaps my life was saved so that my plasma could save the lives of others. As soon as we have a strong antibody test, I hope even more people will donate. It's easy to donate and doesn't hurt a bit."

Peterson donated his plasma again earlier this summer and learned that at least one unit of that donation has been used. He has a new outlook on life since his experience in ICU.

"My whole life, I've thought of myself as a farm boy from Iowa and never indulged too much in things such as expensive food," Peterson said. "Since being in ICU, if I want something, I get it!"

He also plans to continue traveling once stay-at-home orders are lifted.

The beloved doctor offers this advice, "Keep your immune system tuned up through proper nutrition, rest, stress control and exercise, and you can fight off most things. The human body is selfregulating and self-healing and does a marvelous job of keeping us healthy." ★

DA Schubert Responds to Antifa **Anarchists' Attack on Public Safety**



The Sacramento District Attorney's Office and Sheriff's Department were targeted by a domestic terrorist and anarchist organization- Sacramento Antifa. Photo provided by Sac DA

By Shelly Orio, Sacramento District Attorney's Office

SACRAMENTO, CA (MPG) -The Sacramento District Attorney's Office was targeted by a domestic terrorist and anarchist organization- Sacramento Antifa. This attack was planned. This organization seeks to destroy public safety, dismantle law enforcement, and eliminate all social discourse. These anarchists have waged attacks across this country, in major urban cities, including Portland, Seattle and

rooted in organized violence and terror.

Contrary to the peaceful protest held earlier in the evening, Sacramento Antifa, along with outside Antifa groups, wreaked havoc on the Sacramento community, threatening media reporters and others, damaging many buildings, and trying to set a fire in the lobby of the District Attorney's office. They have threatened to do the same in the coming days.

The Sacramento District Attorney's Office will prosecute anyone identified and arrested for these Denver. Their tactics are crimes to the full extent

of the law. We ask for the public's help in identifying any of these anarchists. In particular, we are seeking information on the individuals in the photo taken at Caesar Chavez Park. At least one of these individuals is believed to have threatened a reporter to "break your f....g camera if you don't back off."

For more videos and pictures, visit www.sacda.org/ media/press-downloads/ antifa-anarchists/.

If anyone has information on the identity of the individuals in the photos or videos, please contact the District Attorney's Office at daoffice@sacda.org.

RCPD Reminds Drivers to Drive Sober or Get Pulled Over

Rancho Cordova Police Department

RANCHO CORDOVA, CA (MPG)

- As we approach Labor Day weekend, the Rancho Cordova Police Department (RCPD) is participating in the national Drive Sober or Get Pulled Over campaign and encourages our community to be responsible and safe by not driving impaired.

RCPD will have additional officers on patrol from August 21, 2020 through the Labor Day weekend, September 7, 2020 to identify and arrest alcohol and drugimpaired drivers to keep our community safe.

In addition to proactive patrols, RCPD will hold a Driving Under the

Influence (DUI)/Driver Follow traffic laws, License Checkpoint from Friday, September 4 at 6 PM through Saturday, September 5 at 2 AM at an undisclosed location in the City of Rancho Cordova. During the checkpoint, RCPD officers will look for signs that drivers are under the influence of alcohol and/or drugs, as well as check for proper licensing.

While less people are traveling during the COVID-19 pandemic, impaired driving continues to be a focus for RCPD. During the Fourth of July holiday, the California Highway Patrol made 738 arrests for DUI over a is provided by a grant from 54-hour period.

YOU can make our community safer. Drive with care and slow down. including speed laws and no texting laws.

If you plan to drink, don't drive. Period. In addition, DUI doesn't just mean alcohol. Prescription drugs with warning labels about driving, and marijuana, especially in combination with alcohol or other drugs, can also impair driving and result in a DUI. If you see an impaired driver on the road, immediately call 911.

Drivers charged with DUI face an average of \$13,500 in fines and penalties, as well as a suspended license.

Funding for this program the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. ★

Utility Box Art Wrap Program: Call for Artists City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova is committed to fostering a beautiful and creative community where people live, work, learn and play. To support this commitment, the city is seeking artists or teams of artists to propose art wrap designs for utility boxes, and possibly other fixtures, within the community.

Artists 16 years and older within the greater Sacramento region may apply including Sacramento, Yolo, Placer and El Dorado counties. It is anticipated that approximately 20-25 boxes and fixtures will be wrapped as part of this program. Artwork will be installed in a public place and must be suitable for viewing by all ages.

If chosen, the artist will receive a \$750 stipend for each utility box art wrap design that is selected. All proposals must be received by the city no later than September 30, 2020 at 5 PM.

How to Apply:

Visit CityofRanchoCordova.org/ CommunityEnhancementFund and submit: A completed application; Image of the

proposed artwork in a JPEG file format or as a hard copy (see application for instructions); Artists or teams of artists may only submit one proposed piece of artwork per application but may submit up to three applications.

visit

learn more, CityofRanchoCordova.org/ CommunityEnhancementFund.



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CALL 916-773-1111 TO ADVERTISE www.RanchCordovalndependent.com

2020 Sports Hall of Fame Induction Postponed



Cordova Community **Council Press Release**

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova Athletic Association regrets to announce that the 2020 Rancho Cordova Sports Hall of Fame Induction Ceremony slated for Oct. 10 has been postponed

due to the COVID-19 pandemic.

The 2020 Induction Ceremony has been rescheduled to April 10, 2021.

Please plan to join us in April when we

1974 Cordova High Cross Country Team; Marcus McCauley - Football; Scott Sellner - Baseball; Jeff Yurtin - Baseball; Tanya Smith Chappell -Track & Field: Erin Wachter - Running: Greg Uding - Basketball; Vicki Baugh - Basketball; K.C. Clark - Softball/ Baseball; Melinda Garcia Craigie -Softball; Mickie Weekly - Multi-Sport; Angie Smith Rodriguez - Softball; Bill Mikelson - Coaching; Don Boardingham - Coaching; Rich Rose - Coaching; Bill Evans - Coaching; Dario Ondina - Heart of a Champion; Rancho Cordova Sports Club - Heart of a Champion

Two Killed in Rancho Cordova Shootout. **Reports Says Deputy Survives**

Sergeant Tess Deterding, Sacramento County Sheriff's Spokesperson

RANCHO CORDOVA, CA (MPG) - On August 22, 2020 at approximately 7 p.m., the Sacramento County Sheriff's Office Communication Center received a call from the 160 block of Dutchess Way in Rancho Cordova. The caller stated her grandson, whom she had a restraining order against, had a gun and was inside her residence. The caller further stated her grandson pointed the gun at her and told her to leave.

Minutes later, deputies arrived and attempted to contact the suspect, who was outside the residence. The suspect fled to the rear of the residence as deputies pursued him. The suspect engaged deputies with gunfire as the deputies entered the backyard, striking one of the deputies multiple times in the lower body.

Deputies continued to exchange gunfire with the suspect, who was ultimately subdued. He was shot two (2) times by deputies and sustained an apparent self-inflicted gunshot wound to the head.

The caller, a 58-year-old female, was shot four (4) times by the suspect during the incident. She was pronounced deceased at the scene. It was later determined the suspect's grandmother lived at the residence with the female victim, but the victim was not the suspect's grandmother.

The investigation into the incident will be conducted by the Sheriff's Homicide Bureau and Professional Standards Division, which is standard practice for any officer-involved shootings that occurs in the Sheriff's Office jurisdiction. An independent review of the incident will be conducted by the Sacramento County District Attorney's Office. The deputies involved in the shooting are 15 year, 8 year and 4 year veterans of the Sheriff's Office. In accordance with the Sheriff's Office policies and procedures, the deputies involved in the shooting will be placed on paid administrative leave pending the investigation.

A comprehensive debrief video of this incident will be released in the coming

6th Annual Wildlife **Care Association Photo Contest Takes Flight!**



2019 Winner Leucistic Black Phoebe by Chamong Xiong. Photo provided by WCA

Rick Reed Public Relations

SACRAMENTO REGION, CA (MPG) - BIRD is the Word! Care Association Fall Photo Contest takes flight! Take a picture on your your parents to help!) mobile or your camera. Enter FREE under 12 or make a donation to rehab wildlife! You could be the 2020 Wildlife Care Photo Contest winner! Get outside and give us your best shot of a bird or birds in your backyard, local park or Sacramento area wild location. Easy!

Submit your picture on the Wildlife Care Association Facebook page as a message with photo attachment. Contest is open between October 1 to December 31, 2020. Entries on the community for their

can be made in two categories- Under 12 years old you can enter FREE! Those over 12 are asked to include a minimum \$5.00 donation The 6th Annual Wildlife to WCA on the Facebook donate link for each entry. (Under 18 yrs old? Ask

Submissions should include your email, the location photo was taken, and your best guess what type of bird this might be. Enter @wildlifecareassociation on Facebook.

Each photo may be entered once, but individuals may submit more than one. Enter often and donate to help the WCA heroes of nature save thousands of injured, orphaned and displaced wildlife every year. The non-profit wildlife rehabilitation volunteers depend

support giving wildlife a second chance to live.

The WCA Photo Contest winner will be awarded a special prize including a guided tour of the Dome at McClellan Park, their photo featured in WCA Facebook/Instagram as a hero of nature!

Give us the bird! Snap some shots, submit them and let's see if they fly! For more information call 916-965-WILD

Fine Print: One picture will be chosen from submissions to determine a winner. WCA staff reserves the right to select a winner from content and other factors including artistic merit. All photos submitted become the property of WCA for its use in outreach, education and fundraising.



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By Bob McGarvey

On September 17, 2018, Rancho Cordova Police Officer Mark Stasyuk was killed while protecting an employee of Pep Boys on Folsom Blvd. and McGregor Dr. The perpetrator was threatening the employee and destroying items at the store. Officer Stasyuk and his partner didn't know that the perpetrator had a gun, until he turned and shot at both officers. He hit and killed Officer Stasyuk and injured his partner. Other police officers responded and eventually captured and arrested the man who shot the officers. That was a very sad day in Rancho Cordova when one of our officers was killed. He will always be remembered.

Last Saturday, August 22, 2019, Sheriff's East Division Officer Eric Schmidt, while responding to a call in Rancho Cordova, was wounded in a shootout with an armed suspect. The suspect fled from the officers, and officers chased him, leading to the shootout. Officer Schmidt was

And Another Thing

He Will Always Be Remembered

suspect fired at the officers, and then he died of a selfinflicted wound. It was scary to have our officer wounded, but Officer Schmidt's surgery was successful. It was great to see him taken home to be with this family.

It was very sad for anyone to be killed or wounded, and I thought about our police officers who take care of what they do for us and themselves. That is definitely a hard job.

And another thing I thought of is the Kilgore Cemetery. I went into the cemetery a while ago, and again I felt like I was walking into history. When the city purchased the two-story building (our police station) after we became as a city, the cemetery came along with the property. The property which became a cemetery was purchased in 1874. And before the cemetery was established, all area residents who died were buried in the Kenny schoolvard and, over the next 14 years, burials were exhumed and re-buried at the current cemetery site.

I read online recently, "On March 26, 1888, the residents

wounded at least twice. The of the Kenny School District met at the American River Grange Hall for a meeting to secure the future care and maintenance of the cemetery." The details of the history of the historical cemetery are extremely interesting, and I like history as I have mentioned before. The cemetery's history began again when we became a city and became its owners. It definitely had a time, before we began repairing it, when it wasn't cared for; it was hard to even see the cemetery because of the weeds and broken headstones which were laying on the ground.

You who are new in our city can find some interesting facts about our city, and for those who are interested we have some information at City Hall. But come to think of it, until things get back to "normal," you can find some information about the cemetery and other things about the History of the City of Rancho Cordova on the city's website, cityofranchocordova.org under "About Us."

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

Statement on the Passing of Senator Tom Berryhill



Tom Berryhill

From the Office of Senator Andreas **Borgeas**

Senator Andreas Borgeas (R-Fresno) issued the following statement upon learning of the solemn news of Senator Tom Berryhill's passing:

SACRAMENTO, CA (MPG) -

"Our community has lost a giant. Tom Berryhill led a dedicated life of service to his community both in the California Legislature and the Stanislaus County Board of Supervisors," said Senator Borgeas. "Tom was my mentor and imparted the importance of respect, civility and collegiality in California politics. My wife Anna and I would like to express our deepest condolences to the Berryhill family as they endure this difficult time."

Senator Berryhill, a farmer and small business owner, represented the 25th Assembly District from 2006-2010 and the

8th Senate District from 2010-2018. He was born in Ceres, California on August 27, 1953 and passed on August 29, 2020 at age 67. Senator Borgeas succeeded him in representing the 8th Senate District in 2018.

Senator Borgeas represents the 8th Senate District, which encompasses all or portions of Amador, Calaveras, Fresno, Inyo, Madera, Mariposa, Mono, Sacramento, Stanislaus, Tulare, and Tuolumne Counties. For additional information about Senator Borgeas. please visit his website at www.senate.ca.gov/ borgeas

CHURCH DIRECTORY

CORDOVA CHURCH OF CHRIST

10577 Coloma Road • (916) 638-2200 Sunday Morning Worship 10:30am Bible classes for all ages 9:30am Nursery and Wee Worship Available during Worship Staff: Larry Stafford, Kyle Sapp, Frank Collier

NEW LIFE CENTER A-G

2451 Zinfandel Drive Rancho Cordova Lead Pastor Lance Feliciano Phone (916) 635-8287 Sunday Service is 10:30AM Wednesday night Bible 6:30pm www.newliferc.net

SUNRISE COMMUNITY CHURCH RC

serving the Anatolia community Sunday Service 10am 11821 Cobble Brook Drive (916) 760-0970 Bible Study Tuesday 6:30pm Anatolia Clubhouse 11828 Chrysanthy Blvd www.RC Sunrise.org

FIRST BAPTIST CHURCH

of Rancho Cordova 10720 Coloma Road • (916) 635-4672 Bible Study for All Ages 9am Sunday Morning Worship 10:30am Sunday Awana Children's Program Sunday 5-7pm (September - May)

Mid-Week Prayer & Encouragement 6pm Wednesday with Pastor Tom Jones Music Director: David Black

SUN RIVER CHURCH

11223 Trinity River Drive Rancho Cordova (916) 635-9000 9:00 AM Sundays: Youth and Adult classes 10:45 AM: Worship Gathering

Nursery and Children's programs available at both 9:00 and 10:45 AM

THE EASTERN **CATHOLIC ARCHDIOCESE**

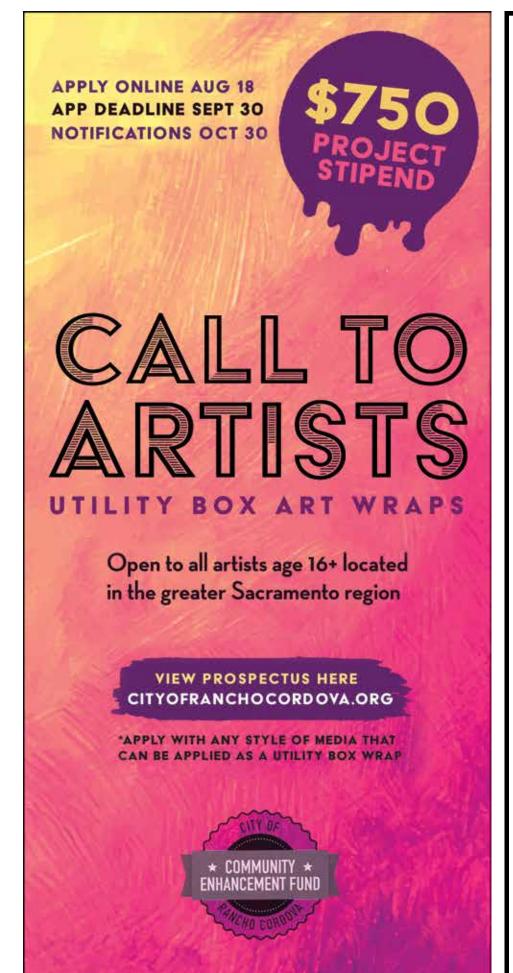
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Gold Country Health Initiative

209-257-1501

820/830 State Hwy. 88, Jackson, CA 95642

PREPARING FOR A PUBLIC SAFETY POWER SHUTOFF

Public Safety Power Shutoff (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe winds and dry weather conditions are forecast. While turning off the power helps prevent wildfires, we also know it will disrupt lives and cause hardship for our customers. That's why PG&E does not make this decision lightly and will only call a PSPS to help keep customers and communities safe.

HERE ARE 5 WAYS TO PREPARE FOR A PSPS:



Make sure PG&E can reach you before a **PSPS** by updating your contact information at pge.com/ mywildfirealerts.



Pack or restock your family's emergency kit including food, water, batteries, masks, radio and a first aid kit.









Ask Joni

Social Security Scam Alert!!! Hang UP on Bogus Calls!!



Reader Alert: This week, I, Toni King received a letter from the Social Security office regarding my special needs sister's benefits and an amazing SCAM ALERT was on the back of the envelope that her Social Security letter was in. I felt it was my duty to America and the Toni Says newspaper article readers to let you know what Social Security is saying.

Here is what is written on the back of the Social Security envelope which I received "!!!SCAM ALERT!!! Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal actions. Do not be fooled! If you receive a suspicious call:

1. Hang Up! 2.Do Not Give Them

Money Or Personal Information!

3. Report The Scam At OIG.SSA.GOV."

On March 27, 2020, Inspector General Gail Ennis of Social Security released a news release from the Social Security Administration warning about new Social Security Benefit Suspension Scams that America needs to be aware of. She said: "Today, I am warning the public about fraudulent letters threatening suspension of Social Security benefits due

to COVID-19 or coronavirus-related office closures. Social Security will not suspend or discontinue benefits because Social Security offices are closed.

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payments will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain regular benefit payments during this period of COVID-19 office closures.

As of Tuesday, March 17, 2020, local Social Security offices are closed to the public due to COVID-19 concerns. However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call."

Toni Says article readers, please be aware that phone numbers referenced in these fraudulent letters are NOT the Social Security office and please **DO NOT CALL** THESE NUMBERS AND **GIVE ANY PERSONAL INFORMATION!!**

Also, in the press release it stated that Social Security will never:

- 1. Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- 2. Promise a benefit increase or other assistance in exchange for payment.
- 3. Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- 4. Demand secrecy from you in handling a Social Security-related problem.
- 5. Send official letters or reports containing personally identifiable information via email.

The Inspector General's news release also stated that if you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. Social Security is asking Americans to please share this information with your friends and family to help spread awareness about Social Security scams.

Please fill out scam report of a Social Security scam by using the dedicated online form at http://oig.ssa.gov. It states on the Office of the Inspector General website that by educating yourself and learning how to identify and report various schemes, then you can stay "several steps" ahead of scam artists!

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Crossword Puzzle Solutions on Page 11 CLUES

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ACROSS 1. Lascaux and Mammoth,

- e.g. 6. At the stern 9. Eyeball rudely 13. Ínuit boat
- 14. And not 15. Sing like Sinatra 16. Manicurist's file 17. Old-fashioned "before" *"If you __ __, I won't
- day" 19. *"Steve walks warily down the street with the brim pulled way _____ 21. *"She's just a girl who claims I am __
- ." from 23 "Play it "Casablanca" 24. Boris Godunov, e.g. 25. *"All right stop collaborate and listen,
- back.. 28. Between Phi and Kappa 30. Restriction limiting use of lights during air raid 35. J.D. Power awards competitors 37. *"Oh, back on the chain
- 39. Ann Patchett's novel "Bel
- 40. Slightly 41. Algorithmic language 43. French "place"
- 44. Kind of potato masher 46. Brickowski's brick 47. Cleopatra's necklace 48. Canine's coat
- 50. Sol or fa 52. National Institutes of 53. * Christmas, I gave you my heart"
- 55. Trinitrotoluene 57. *"You were working as a waitress in a cocktail bar when I 60. *"I wanna dance with somebody, with somebody
- 64. Lithograph, for short 65 Holstein sound 67. Radio sign 68. Killed, like dragon
- 69. Commotion 70. Yiddish shrew 71. Sleep in rough accommodations 72. Gourmet mushroom 73. Cancel an edit, pl.
- DOWN 1. Whispered from a prompting 2. Shells and such
- a kill"
 4. Brings home the bacon 5. First U.S. space station
- 7. *"Hello, is it me you're looking
- 9. Black and white cookie 10. One from Goa 11. *"And I'm never gonna make
- 3. *"Meeting you with a _
- 8. Weight of refuse and chaff, pl. out of
- it like you do, making _ nothing at all" 12. Compass reading 15. One of religious orders

20. Last letter of Greek alphabet

16 cry. I won't waste one single 40 44 48 GET THE GRILLER'S BUNDLE INTRODUCTORY PRICE: \$7999 OMAHA STEAKS 4 (5 oz.) Butcher's Cut Filet Mignon 4 (4 oz.) Boneless Pork Chops 4 (4 oz.) Omaha Steaks Burgers 4 (3 oz.) Gourmet Jumbo Franks 4 (2.8 oz.) Potatoes au Gratin 4 (4 oz.) Caramel Apple Tartlets Omaha Steaks Seasoning Packet + 4 MORE BURGERS FREE ORDER NOW! 1.833.406.1259 ask for 63281KXJ C StatePoint Media 24. Sine over cosine 25. *"I long to see the sunlight in

your hair and tell you time and time

34. *"Ooh, what's the matter with

the crowd I'm seeing? Don't you

38. *"Wake me up before you

42. It creates instant millionaires

cool one.

again how much 26. Northwoods dwelling?

27. The Goldbergs sibling

29. *"Cuase I'm vour

31. Scotch ingredient

32. Kitchen tear-jerker

know that they're out of

45. Count on, two words

54. Poison ivy or Poison oak

63. Geological time periods

64. Psychedelic acronym 66. Lyric poem

36. Petals holder

49. One from Laos

56. Religious doctrine

51. Emissaries

57. Venus de

58. Greek Hs

60. Pilot's stunt

62. Catcher's gear

61 Not loony

59. Not that

33 Wombs

and I'm built to please"

Fill in the blank squares in the grid, making sure that every

Solutions on Page 11



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Oh, for a Life like My Kitty

The other night the Gracious Mistress of the Parsonage and I were watching the news on TV. All it showed was riots, looting, and chaos, which has become the normal. When will they ever get back to broadcasting good news?

After a while, I heard a deep sigh on the other side of the room, and somebody say, "What's wrong with people?"

I just let that go, realizing that there is no way to answer such an inquiry. People will do what people will do. Many of those people are not good people.

Thinking about this, I remembered a little change that came into our house about a month ago.

Getting up one morning as I looked out the glass doors onto the back porch, I saw a little kitty looking at me. It could not have been more than a month old. I had no idea where this little kitty came from. I assumed it was just passing through, and the mama was somewhere around the corner.

As my wife came into the kitchen, I said, "Look at that little kitty on the porch. Isn't

Even before she looked,

By Rev. James L. Snyder she said very sternly, "Don't you dare feed that kitten."

> After getting up in the morning, I would go to the glass door, look out, and sitting in front of the door looking at me was the kitty. It would look at me, then turn and look at the food dish, which was empty at the time, and then look back at me and meow.

> One afternoon I went out to sit on the porch with the kitty to have a conversation.

> The kitty lay down, facing me, and I began our little conversation.

"What do you think all of this nonsense and chaos and looting that's going on in the world today?

The little kitty yawned a big yawn and stretched like it was getting ready to go to sleep. It acted as if it had no idea what I was talking about. It was very calm, cool, and collected and seemed to be enjoying resting on the back porch.

"What do you think about all this mask-wearing people are doing today? Do you understand what that's all

Nonchalantly, the kitty laid his head down on its paws and closed its eyes as though it was no concern.

I had more questions I asked the little kitty and got the same answers.

Then, the little kitty stood up, looked at me, looked over at the food dish, looked back at me, and softly meowed.

Although the kitty was not too interested in my questions, it was interested in her question, "When are you going to put food in my dish?"

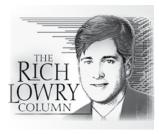
After all, no matter how bad the world was out there, this little kitty could not fix the problems. The only problem this kitty could fix was conning me into giving her food every morning and evening.

Sitting there, watching the kitty, I thought of a verse of Scripture. "Put them in fear, O Lord: that the nations may know themselves to be but men." (Psalm 9:20)

That kitty knows that it is a "kitty." Today's problem is that people do not realize they are "but men" and do not have the solution for the world's problems.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamessnyder2@att.net. The church web site is www. whatafellowship.com.

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The QAnon Rot in the GOP

QAnon is getting its first congresswoman.

Marjorie Taylor Greene won a runoff in a Republican primary, all but assuring her victory in November in a heavily GOP district.

She is thus set to become the highest officeholder in the land who takes seriously the lunatic theories of QAnon, the anonymous internet poster who says, among other ludicrous and poisonous things, that there's a global network of pedophiles about to be exposed and undone by President Donald Trump.

Greene's ascension is the latest indication of the creeping influence of Q, who has fashioned a kind of free-floating John Birch Society for the digital age. The author's adherents or fellow travelers are adept at spreading memes on social media, hold signs or wear paraphernalia touting Q at Trump rallies, and now are notching some victories in GOP primaries.

Jo Rae Perkins, a nohoper who won the Republican Senate primary in Oregon, has

associated herself with Q and expressed disappointment when her sellout campaign team tried to hide her enthusiasm for the conspiracy theory. Lauren Boebert, the upset winner of a primary for a Republican House seat in Colorado, said of Q in a radio interview, "If this is real, then it could be really great for our country."

The rise of Q shouldn't be exaggerated. Surely, most Republicans aren't even aware of this dreck, and the O caucus in the next Congress might number one or two. Almost every political movement has a fringe that marinates in paranoia and is prepared to believe or invent – the worst about the other side.

Yet, the spread of QAnon shows that the Trump-era GOP has weakened antibodies against kookery. Trump himself sets the tone. He's an indiscriminate tweeter of disreputable Twitter accounts, and he's floated all sorts of ridiculous conspiracy theories over the years - just ask Ted Cruz's father, or Joe Scarborough. Trump fulsomely praised Greene upon her primary victory as a Republican rising star.

In 2017, Greene posted a long, hilariously earnest and completely bonkers explication of Q posts to YouTube. She had read them closely and spent time trying to figure out their import. The time and energy you'd hope an eventual congressional candidate would devote to understanding the federal budget or, sav, how to reform military procurement, she'd poured into Q, and was clearly invigorated and alarmed by it.

Q has a special draw for a segment of Trump supporters. The author's lurid inventions involve people who are already villains of the populist right, the likes of George Soros and John Podesta. Q promotes a radical distrust of traditional sources of information and makes Trump's stumbles into master chess moves, both of which are pleasing to Trump superfans.

All of this is an explanation, not an excuse. Q is deeply corrosive of the qualities necessary to live in and govern a republic. It invites its adherents to suspend reason - how else to credit all the prophecies that haven't come to pass? and believe that a swath of the American establishment isn't iust wrongheaded or incompetent, but engaged in monstrous secret crimes.

Marjorie Taylor Greene has already been criticized by Republican congressional leaders for her incendiary rantings about Muslims. She deserves, too, to be shunned her for attraction to Q, even if the president of the United States is unbothered by it.

Rich Lowry is editor of the National Review.

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00283194

Guillermo Antonio Escobar Morales has filed a petition with this court for a decree changing the name(s) of Guillermo Antonio Escobar Morales to Guillermo Antonio Escobar.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 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: August 13, 2020

Christopher E. Krueger, Judge of the Superior

Publish: August 28, September 4, 11, and 18,

180101 9-18-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00283191

Sarah Blythe Jasmann has filed a petition with this court for a decree changing the name(s) of Sarah Blythe to Jasmann Sarah Blythe Lambeth.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 30, 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: August 13, 2020

David I. Brown, Judge of the Superior Court Publish: August 28, September 4, 11, and 18,

180101 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00283155 Medeba Elealeh "Orevillo Cutando has filed a

petition with this court for a decree changing the name(s) of Medeba Elealeh Orevillo Cutanda to Medeba Elealeh Cutanda Canares. IT IS ORDERED that all persons interested

in the above entitled matter appear before this court at 1:30 p.m. on September 30, 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: August 12, 2020

David I. Brown, Judge of the Superior Court Publish: August 28, September 4, 11, and 18,

180101 CUTANDA SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00283556 Shoua Darragh-ly, Markisha Ann Darragh-

ly have filed a petition with this court for a decree changing the name(s) of Shoua Darragh-ly to Shoua Daraly and Markisha Ann Darragh-ly to Kesha Ann Daraly. IT IS ORDERED that all persons interested in the above entitled matter appear before

this court at 9:00 a.m. on October 1, 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: August 24, 2020

Christopher E. Krueger, Judge of the Superior

Publish: September 4, 11, 18, and 25, 2020 180101 DARALY

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00283289

Yanhua Xue has filed a petition with this court for a decree changing the name(s) of Yanhua Xue to Yanhua Xue Rivera. IT IS ORDERED that all persons interested

in the above entitled matter appear before this court at 1:30 p.m. on October 7, 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: August 14, 2020

David I. Brown, Judge of the Superior Court Publish: September 4, 11, 18, and 25, 2020 180101 9-25-20

NOTICE OF PETITION

ESTATE OF STANFORD JAMES TOMPKINS CASE No. 34-2020-00277470 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Stanford James Tompkins, deceased A Petition for Probate has been filed by Deepak Sharma, in the Superior Court of California, County of Sacramento. requesting Deepak Sharma. appointed as personal representative to 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 available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 9, 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 petitioner is: Deepak Sharma 1017 L Street Suite 678

Sacramento, CA 95814 Publish: August 21, 28, and September 4, 2020 TOMPKINS 170622 9-4-20

ESTATE OF MARY SUSAN DELCUA, AKA

MARY S. DULCA, AKA MARY SUSAN SMITH, AKA MARY SUSAN JAMES, AKA MARY SUSAN HAAGEN CASE No. 34-2020-00283363 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who

estate, or both of Mary Susan Deluca, aka Mary S. Deluca, aka Mary Susan Smith, aka Mary Susan James, aka Susan, deceased A Petition for Probate has been filed by Shawn D. Smith, in the Superior Court of California, County of Sacramento, requesting Shawn D. Smith, 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 November 17, 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 Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address, and telephone number of the attorney for the petitioner is: 4010 S Land Park Drive Suite B

Sacramento, CA 95822 415-654-6211 Publish: September 4, 11, and 18, 2020 DELUCA 170622

ESTATE OF PAUL EUGENE CORNWELL CASE No. 34-2020-00277947 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Paul Eugene Cornwell, Paul E. Cornwell, Paul Cornwell , deceased A Petition for Probate has been filed by Patricia Ramano, in the Superior Court of California, County of Sacramento, Patricia Ramano, requesting 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 available for examination in the file kept by the court. A hearing on the petition will be held in this court as follows November 17, 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 appraisa of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address, and telephone number of the petitioner is: Patricia Ramano 1022 Rubicon Way

Santa Rosa, CA 95401 916-293-1849 Publish: Septembe 4, 11, and 18, 2020 170622

ESTATE OF ANNABELLE LASELLE CASE No. 34-2020-00281446 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate or both of Annabelle Singhose, Annabelle Flynn Annahelle (Anna) LaSelle deceased A Petition for Probate has been filed by Mark Edward la Salle, in the Superior Court of California, County of Sacramento requesting Mark Edward LaSalle, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration 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. hearing on the petition will be held this court as follows October 14, 2020 9:00 a.m. in Dept 129 at Superior Court 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 the petitioner is:

3540 La Habra Way Sacramento, CA 95864 916-216-5938 Publish: September 4, 11, and 18, 2020 LASALLE 170622

Mark Edward LaSalle

TRUSTEE SALE NOTICES

T.S. No. 088126-CA APN: 058-0350-002-0000 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 11/16/2001. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER On 9/17/2020 at 1:30 PM, CLEAR RECON

SAN JUAN UNIFIED SCHOOL DISTRICT **PUBLIC HEARING NOTICE** PROPOSED PROPERTY EASEMENT FOR **PUBLIC UTILITIES**

NOTICE IS HEREBY GIVEN that, pursuant to Education Code section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to Citrus Heights Water District (CHWD) certain real property within the San Juan High School site (hereinafter referred to as "Property") for the purpose of construction, reconstruction, installation, replacement, removal, repair, alteration, operation, maintenance, inspection and use, of a ten-foot high concrete wall within the easement area. A public hearing will be held during the regular meeting of the Board on September 8, 2020, at 6:30 p.m. or as soon thereafter as practicable, on the question of conveyance of the Easement. Copies of the Resolution of Intent to Convey an Easement and Calling a Public Hearing in Connection Therewith are available upon request from Katie.Colby@ sanjuan.edu and posted at our District Office Front Lobby.

At the public hearing described above, any interested person may be heard on the matter of conveying the aforementioned Easement. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the conveyance of the Easement to CHWD.

Dated:8/25/2020

Carmichael Times 9-4-2020

CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 11/20/2001 in Book 20011120 Page 0605 of Official Records in the office of the County Recorder of Sacramento County. State of CALIFORNIA executed by: ROBERT J. ROWAN AND DEBORAH L. ROWAN. HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: OUTSIDE THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH ST., SACRAMENTO, CA 95814 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: LOT 65. AS SHOWN ON THE PLAT OF BRIARWOOD COLOMA UNIT NO. 2. FILED IN THE OFFICE OF THE RECORDER OF SACRAMENTO COUNTY ON JUNE 18. 1973. IN BOOK 94 OF MAPS, MAP NO. 5. The street address and other common designation, if any, of the real property described above is purported to be: 2201 BRIDLEWOOD DR RANCHO CORDOV. CA 95670 AKA RANCHO CORDOVA, CA 95670 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$161,954.87 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary

under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 088126-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP 4375 Jutland Drive San Diego, California 92117 STOX#090618

A D VERTISIN LEGAL

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 Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535—March 12, 2020

FICTITIOUS BUSINESS NAME STATEMENTS FICTITIOUS BUSINESS NAME STATEMENT Alta Hill Mine Road Grass Valley, CA 95945 is doing business under the Fictitious Business Name(s) "JTS Manufacturing" 7105 Berwyn Place Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 4, 2020 Publish: August 14, 21, 28, and September 4, 2020

180201 JTS FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05198 Miguel Angel Gutierrez, 5513 Coral Creek Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "MAG Roofing" 5513 Coral Creek Way Elk Grove, CA 95758, Filed with the Clerk of Sacramento County August 6, 2020 Publish: August 14, 21, 28, and September 4. 2020

MAG 180201 9-4-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05191 Elizabeth A Garcia-Meza, 4857 Willowbrook Drive Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Master Grout" 4857 Willowbrook Drive Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 6, 2020 Publish: August 14, 21, 28, and September 4.2020 180201 MASTER 9-4-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05220 Akash Anand, 5830 Rightwood Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "R&A Trans Logistics" Sacramento. 5830 Rightwood Way CA 95823. Filed with the Clerk of Sacramento County August 7, 2020 Publish: August 14, 21, 28, and September 4. 2020

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04938 Thomas R Martin and Alcy M Martin, 7644 Gingerblossom Drive Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Investors Choice Property Management, ICPM, ICPM Co" 7644 Gingerblossom Drive Citrus Heights. CA 95621. Filed with the Clerk of Sacramento County July 28, 2020 Publish: August 14, 21, 28, and September 4.2020

INVESTORS 180201 9-4-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05142 Sergiy Rudoy, 5344 Marconi Avenue #255 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "SR Service" 5344 Marconi Avenue #255 Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 4, 2020 Publish: August 14, 21, 28, and September 4.2020

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04803 Marine Dealer Solutions LLC. 11344 Coloma Road Suite 710 Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "MDS Brand" 11344 Coloma Road Suite 710 Gold River, CA 95670. Filed with the Clerk of Sacramento County July 22, 2020 Publish: August 14, 21, 28, and September 4. 2020

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03301 University Automotive, INC, 2111 Northrop Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "University Automotive, INC" 2111 Northrop Avenue Sacramento, CA 95825, Filed with the Clerk of Sacramento County May 21, 2020 Publish: August 14, 21, 28, and September

180201

9-4-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04914 Miguel A Barreras, 2626 Los Nogales Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Angel Motors" 1568 Santa Ana Avenue Unit 100J Sacramento, CA 95838. Filed with the Clerk of Sacramento County July 27, 2020 Publish: August 14, 21, 28, and September 4, 2020 ANGEL 180201 9-4-20

UNIVERSITY

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05036 North Unique LLC, 18 Donson Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Classy Grocery" 18 Donson Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County July 30, 2020 Publish: August 14, 21, 28, and September 4.2020 180201 CLASSY

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04730 Alexander Paul Eibeck 6145 Fair Oaks Boulevard Carmichael CA 95608 is doing business under the Fictitious Business Name(s) "Sacramento Barber and Beauty Supply" 6145 Fair Oaks Boulevard Unit 123 Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 20, 2020 Publish: August 14, 21, 28, and September 4. 2020

SACRAMENTO 180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05402 Chris Crittenton, 7663 Velaga Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Law Office of Chris Crittenton" 1104 Corporate Way Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 14, 2020 Publish: August 21, 28, September 4, and 11,

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05140 John Nunn Jr, 7572 32nd Street Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Holy Hotz" 7572 32nd Street Sacramento, CA 95822. Filed with the Clerk of Sacramento County August 4, 2020 Publish: August 21, 28, September 4, and 11,

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05206 From the Porch LLC, 11973 Mircado Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Sierra Sewing Supply" 11973 Mircado Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 6, 2020 Publish: August 21, 28, September 4, and 11,

2020 SIERRA 180201 9-11-20 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2020-05290 Vincent Fuccella, 9267 Ultra Court Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Blue Collar Vending Works" 9267 Ultra Court Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 12, 2020 Publish: August 21, 28, September 4, and 11,

180201

BLUE

9-11-20

CAPITOL

business under the Fictitious Business Name(s) "Shawn Harris Ent" 3308 Ivy Street Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 11, 2020 Publish: August 21, 28, September 4, and 11, 2020 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05267

FICTITIOUS BUSINESS NAME STATEMENT

FBNF2020-05256 Shawn Harris, 3308

Ivv Street Sacramento, CA 95838 is doing

Latova Patton, 8412 Giverny Circle Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Honey Dripped Sweets" 8412 Giverny Circle Antelope, CA 95843. Filed with the Clerk of Sacramento County August 11, 2020 Publish: August 21, 28, September 4, and 11, 2020 HONEY 180201 9-11-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05258 Irene Peralez, 5336 Nelson Street Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "The Breakthrough Life" 5336 Nelson Street Sacramento, CA 95820. Filed with the Clerk of Sacramento County August 11, 2020 Publish: August 21, 28, September 4, and 11, 180201 **BREAK** 9-11-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05255 Jamie Pride, 1929 Terrace Drive Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Pallet Scout" 1929 Terrace Drive Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 10, 2020 Publish: August 21, 28, September 4, and 11, 2020

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05262 Saif Almosuli, 5441 Mona Way Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Locks Empire" 5441 Mona Way Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 11, 2020 Publish: August 21, 28, September 4, and 11,

LOCKS

FICTITIOUS BUSINESS NAME STATEMENT Carlin Daley Reaume, FBNF2020-05259 250 40th Street Sacramento, CA 95819 is doing business under the Fictitious Name(s) "Supported Mama, Supported Mama Wellness" 250 40th Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County August 11, 2020 Publish: August 21, 28, September 4, and 11, 2020

180201

9-11-20

SUPPORT 180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05176 Tonya Lennon-LaChonce, 5008 San Marque Circle Carmichael, CA 95608 and Wendi Mae Davis, 2653 Knollwood Cameron Park, CA 95682 is doing business under the Fictitious Business Name(s) "Team TLC" 1839 Iron Point Road Folsom, CA 95630. Filed with the Clerk Sacramento County August 5, 2020 Publish: August 21, 28, September 4, and 11, 2020

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-03818 Ramen 101, 5693 Stockton Boulevard Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Ramen 101" 8420 Elk Grove Florin Suite 170 Elk Grove, CA 95624. Filed with the Clerk of Sacramento County June 17, 2020 Publish: August 21, 28, September 4, and 11,

RAMEN 180201 9-11-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05234 Jeffrie L. Rowland, 2308 Marie Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Insulated Pool Kits" 2308 Marie Way Carmichael CA 95608 Filed with the Clerk of Sacramento County August 7, 2020 Publish: August 28, September 4, 11, and 18, 2020

INSULATED 180201 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05577 Vanessa Bishop, 2661 Dawes Street Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Fiona Sparks Art" 2661 Dawes Street Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 19, 2020 Publish: August 28, September 4, 11, and 18,

180201 9-18-20 FIONA FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05399 Dustin Russell Fisher, 5528 Copper Sunset Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "D's Keys Automotive Locksmith" 5528 Copper Sunset Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 14, 2020 Publish: August 28, September 4, 11, and 18,

2020 **KEYS** FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05696 Jorge Modesto Madrid, 1139 Chelsham Avenue Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Scorpion Solutions. Durango Express" 1139 Chelsham Avenue Galt, CA 95632. Filed with the Clerk of Sacramento County August 20, 2020 Publish: August 28, September 4, 11, and 18,

SCORPION 180201 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05449 Manuel Alexander Romo, 2612 Renwick Avenue Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Agave Real Estate Group" 2612 Renwick Avenue Elk Grove, CA 95758. Filed with the Clerk of Sacramento County August 17, 2020 Publish: August 28, September 4, 11, and 18,

AGAVE 180201 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT Kimberlee J. Engle, FBNF2020-05373 6721 Brookside Lane Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Iron Owl Distribution, Amazing Faith Apparel" 6721 Brookside Lane Folsom, CA 95630. Filed with the Clerk

of Sacramento County August 14, 2020 Publish: August 28, September 4, 11, and 18, 2020 180201 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2020-05352 Addieline Elaine Dyer, 7663 Denise Street Sacramento, CA 95832 is doing business under the Fictitious Business Name(s) "Hand of Glory Room + Board" 7663 Denise Street Sacramento, CA 95832. Filed with the Clerk of Sacramento County August 13, 2020 Publish: August 28, September 4, 11, and 18,

180201 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05072 Capitol Public Affairs, 1215 K Street #1756 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Capitol Public Affairs" 1215 K Street #1756 Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 31, 2020 Publish: August 28, September 4, 11, and 18,

180201

9-18-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05540 Omav Alnuser Mohammed, 3913 Laverne Way Sacramento, CA 95664 is doing business under the Fictitious Business Name(s) "Temaney Auto" 8864 Greenback Lane Suite Á Orangevale, CA 95662, Filed with the Clerk of Sacramento County August 18, 2020 Publish: August 28, September 4, 11, and 18, 2020

180201

TEMANEY 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT BMn Brothers Corp. FBNF2020-05459 601 Summer Garden Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Carmichael Cigarettes and Gift" 4949 Marconi Avenue Suite G Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 17, 2020 Publish: August 28, September 4, 11, and 18, 2020 CARMICHAEL 9-18-20

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-04013 Thought Bomb Design Inc, 109 Gold Creek Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Modern For You" 109 Gold Creek Circle Folsom, CA 95630. Filed with the Clerk of Sacramento County June 23, 2020 Publish: August 28, September 4, 11, and 18, 2020

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05467 Joanne Schrier and Nicholas H Schrier 4121 Eya Court Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Mail Order Antiques, Sterling Source" 4121 FXA Court Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 17, 2020 Publish: August 28, September 4, 11, and 18,

MAIL 180201 9-18-20 FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05224 Diana Y. Santovo Beiar. 10035 Mills Station Road #169 Sacramento. CA 95827 is doing business under the Fictitious Business Name(s) "Dust Away House Cleaning" 10035 Mills Station Road #169 Sacramento, CA 95827, Filed with the Clerk of Sacramento County August 7, 2020 Publish: September 4, 11, 18, and 25, 2020 9-25-20 180201 DUST

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05717 Rohail Mohammad Islam, 8318 Falcon View Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "A1 Wireless" 7451 Auburn Boulevard #C Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 20, 2020 Publish: September 4, 11, 18, and 25, 2020 9-25-20 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05315 CSII, LLC, 8946 Madison Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "CS Recovery, Clean and Sober Recovery" 8950 Cal Center Drive #1658 Sacramento, CA 95826. Filed with the Clerk Sacramento County August 12, 2020 Publish: September 4, 11, 18, and 25, 2020 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05891 J.P. Sanghera LLC, 18158 Mallard Street Woodland. CA 95695 is doing business under the Fictitious Business Name(s) "Mountain Mikes Pizza" 7660 La Riviera Drive Sacramento, CA 95826, Filed with the Clerk of Sacramento County August 27, 2020 Publish: September 4, 11, 18, and 25, 2020 MOUNTAIN 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05852 Christopher S. Schuster, 7434 Auburn Oaks Court #88 Citrus Heights CA 95621 is doing business under the Fictitious Business Name(s) "Direct Connect Electric" 7434 Auburn Oaks Court #88 Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 26, 2020 Publish: September 4, 11, 18, and 25, 2020 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05837 April Gullien, 7672 Lily Mar Lane Box #7 Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Gullien's Landscaping" 7672 Lily Mae Lane Box 7 Antelope, CA 95843, Filed with the Clerk of Sacramento County August 26, 2020 Publish: September 4, 11, 18, and 25, 2020 GULLIEN 180201 9-25-2

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05871 Auto Maks, LLC, 8540 Elder Creek Road #B Sacramento, CA 95828 is doing business under the Fictitious Name(s) "MJG Registration Services, Auto Maks" 8540 Flder Creek Road #B Sacramento, CA 95828. Filed with the Clerk of Sacramento County August 26, 2020 Publish: September 4, 11, 18, and 25, 2020 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05878 Amorette Ida Robertson, 1821 Helena Avenue Unit D Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Everything C.A.R.S. & Detailing (Consumer Automotive Recond.) 1821 Helena Avenue Unit D Sacramento, CA 95815, Filed with the Clerk of Sacramento County August 27, 2020 Publish: September 4, 11, 18, and 25, 2020 EVERYTHING 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05833 Banks Holdings, LLC, 5960 S Land Park Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Dollar Plus Mart" 5960 S Land Park Drive Sacramento, CA 95822. Filed with the Clerk of Sacramento County August 26, 2020 Publish: September 4, 11, 18, and 25, 2020 DOLLAR. 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05425 Kylie Kwok, 5800 Birchwood Court Elk Grove, CA 95757, Grace Tung, 10150 Clairina Way Elk Grove CA 95757, and Siu Hing Man, 20119 2nd Drive SE Unit B Bothell, WA 98012 are doing business under the Fictitious Business Name(s) "Queen's Mall" 5800 Birchwood Court Elk Grove, CA 95757. Filed with the Clerk of Sacramento County August 17, 2020 Publish: September 4, 11, 18, and 25, 2020 QUEENS 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05734 Igor Muntian, 6474 Cedar Ranch Drive Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "MIGBA Flooring" 6474 Cedar Ranch Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 21, 2020 Publish: September 4, 11, 18, and 25, 2020 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05804 James and Barbara Kangas, 8936 Bluff Lane Fair Oaks, CA 95628 and Ross James Kangas, 7900 Mesa Street Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) Kangas Partners, Earth Glass" 8936 Bluff Lane Fair Oaks, CA 95628, Filed with the Clerk of Sacramento County August 25, 2020 Publish: September 4, 11, 18, and 25, 2020 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05134 Todd Sanchez, 2316 Pecan Grove Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "iTrainHoop" 2316 Pecan Grove Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 3, 2020 Publish: September 4, 11, 18, and 25, 2020 9-25-20 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05788 Kim Khanh Tran. 7649 Pickoi Circle Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Infinite Pure Water" 11009 Olson Drive #705 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 24, 2020 Publish: September 4, 11, 18, and 25, 2020 INFINITE 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05800 Ziad Hadd, 11664 Gold Country Boulevard Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "The Home Doctor" 11664 Gold Country Boulevard Gold River, CA 95670. Filed with the Clerk of Sacramento County August 25, 2020 Publish: September 4, 11, 18, and 25, 2020 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05632 William Petlinsky, 7810 Michigan Drive Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Golden State Construction" 7810 Michigan Drive Citrus Heights, CA 95610, Filed with the Clerk of Sacramento County August 19, 2020 Publish: September 4, 11, 18, and 25, 2020 GOLDEN 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05739 Nationwide Recruiting Services Inc, 7412 Elsie Avenue #400 Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Nationwide Recruiting Services Inc" 7412 Elsie Avenue #400 Sacramento, CA 95828. Filed with the Clerk of Sacramento County August 21, 2020 Publish: September 4, 11, 18, and 25, 2020 NATIONWIDE 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05613 Artek, LLC, 771 Oak Avenue Parkway Suite 3 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Artek Integrated Solutions" 771 Oak Avenue Parkway Suite 3 Folsom, CA 95630. Filed with the Clerk of Sacramento County August 19, 2020 Publish: September 4, 11, 18, and 25, 2020 180201 9-25-20 ARTEK

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05515 Raymond D. Stults, 1958 Discovery Village Lane Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "The Dakotas" 4409 Freeport Boulevard Sacramento, CA 95822. Filed with the Clerk of Sacramento County August 18, 2020 Publish: September 4, 11, 18, and 25, 2020 180201

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05617 Muriel Nelson, 6112 North Haven Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Novus Woman" 6112 North Haven Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 19, 2020 Publish: September 4, 11, 18, and 25, 2020

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05748 Shelley Freese, 4322 Stollwood Drive Carmichael, CA 95608 and Marcella Kvick, 4425 Stollwood Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Stork Roses" 4322 Stollwood Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 24, 2020 Publish: September 4, 11, 18, and 25, 2020 STORK 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05542 Dalbir Singh, 4500 Natomas Central Drive Apt# 822 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Marar Trucking" 4500 Natomas Central Drive #822 Sacramento, CA 95834. Filed with the Clerk Sacramento County August 18, 2020 Publish: September 4, 11, 18, and 25, 2020 MARAR 180201 9-25-20

FICTITIOUS BUSINESS NAME STATEMENT FBNF2020-05408 Essentials By Nona, 5717 lw Town Lane Carmichael CA 95608 is doing business under the Fictitious Business Name(s) "Essentials By Nova" 5717 Ivy Town Lane Orangevale, CA 95608. Filed with the Clerk of Sacramento County August 14, 2020 Publish: September 4, 11, 18, and 25, 2020 **ESSENTIALS** 9-25-20 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282248

Mustafa Hameed Abed Abed has filed a petition with this court for a decree changing the name(s) of Mustafa Hameed Abed Abed to Mustafa Abed. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 15. 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: July 27, 2020

Christopher E. Krueger, Judge of the Superior Publish: August 14, 21, 28, and September 4,

180101 ABED SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

#34-2020-00282344 Joshua Taylor Hames has filed a petition with this court for a decree changing the name(s) of Joshua Joshua Taylor Sarafian. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 16, 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: July 27, 2020

Christopher E. Krueger, Judge of the Superior Publish: August 14, 21, 28, and September

HAMES 180101 9-4-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282260

Ariel Rebecca Place Quilling has filed a petition with this court for a decree changing the name(s) of Ariel Rebecca Place Quilling to Ariel Rebecca Place. IT IS ORDERED that all persons interested

in the above entitled matter appear before this court at 9:00 a.m. on September 15. 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: July 20, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 14, 21, 28, and September

PLACE 180101 9-4-20 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282628

Karen Roberts has filed a petition with this court for a decree changing the name(s) of Carly Yvonne Rossetti to Carly Anne Rossetti. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 22, 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: July 31, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 14, 21, 28, and September 4. 2020

ROSSETTI SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282497 Van Anh T Le and Hung Truong Nguyen has filed a petition with this court for a decree changing the name(s) of Liam

to Liam Quoc Khanh Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 17. 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: July 23, 2020 David I. Brown, Judge of the Superior Court Publish: August 14, 21, 28, and September

4. 2020 180101 **NGUYEN** SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2020-00282347 Shannon Melissa Mason has filed a petition with this court for a decree changing the name(s) of Shannon Melissa to Shannon Mason Ramos. IT IS ORDERED that all persons interested the above entitled matter appear before this court at 1:30 p.m. on September 16. 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: July 24, 2020

David I. Brown, Judge of the Superior Court Publish: August 14, 21, 28, and September RAMOS 180101 9-4-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282293

Christopher Christopher Brennan has filed a petition with this court for a decree changing the name(s) of Christopher to Christopher Ray Bowers. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 15, 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: July 21, 2020

David I. Brown, Judge of the Superior Court Publish: August 14, 21, 28, and September **BOWERS** 180101 9-4-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282820

Julianne Marie McCarthy has filed a petition with this court for a decree changing the name(s) of Julianne Marie Julianne Marie to IT IS ÓRDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 24, 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: August 5, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 21, 28, September 4, and 11, 180101

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

#34-2020-00283080

Mohibullah Fruten and Asma have filed a petition with this court for a decree changing the name(s) of Abdul Muqsit Fayaz to Abdul Muqsit Fruten. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 1, 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: August 11, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 21, 28, September 4, and 11, 2020

FAYAZ 180101 9-11-20 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282714 Matthew Daniel Lara has filed a petition with this court for a

decree changing the name(s) of Matthew Daniel Lara to Matthew Daniel Rohdis-Knittel IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 23, 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: August 3, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 21, 28, September 4, and 11,

180101 9-11-20 LARA

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282710 Sylvester Eduardo Lara

filed a petition with this court for decree changing the name(s)
Sylvester Eduardo Lara to Edward Sylvester Rohdis-Knittel.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 23, 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: August 3, 2020 Christopher E. Krueger, Judge of the Superior Publish: August 21, 28, September 4, and 11,

LARA

180101

9-11-20

SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282724

Nancy Cha and Da Yang have

7144 Fair Oaks Blvd #5

Carmichael, CA 95608

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filed a petition with this court for a decree changing the name(s) of Dylan Tswv Yim Yang to Dylan Yeej Tshiab Yang. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 23, 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: August 3, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 21, 28, September 4, and 11, 2020

180101 YANG SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

#34-2020-00282624 Hye Ri Na Won Cha has filed a petition with this court for a decree changing the name(s) of Hve Ri Na Won Cha to Hyerina Cha Won. IT IS ORDERED that all persons interested in the above entitled

CHANGE OF NAME

matter appear before this court at 9:00 a.m. on September 22, 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: July 27, 2020

Christopher E. Krueger, Judge of the Superior Publish: August 21, 28, September 4, and 11,

2020 WON 180101 9-11-20 SUPERIOR COURT OF CALIFORNIA

COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282360 Jesus Raul Maldonado has filed a

petition with this court for a decree changing the name(s) of Jesus Raul Maldonado to Jess Raul Maldonado. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 16, 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: July 27, 2020 Christopher E. Krueger, Judge of the Superior

Publish: August 21, 28, September 4, and 11,

MALDONADO 180101 9-11-20 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282721 Sylvester Lara Quevedo has

filed a petition with this court for a decree changing the name(s) of Sylvester Lara Quevedo to Sylvester Wyatt Rohdis-Knittel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 23, 2020, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, 95814, and show cause, it any, why the petition for Change of Name should not be granted.

Dated: August 3, 2020 David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4, and 11,

KNITTLE 180101 9-11-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282965 Kelly Ann Gomes has filed a

petition with this court for a decree changing the name(s) of Kelly Ann Gomes to Kelly Ann Miller Gomes. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 29, 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: August 7, 2020

David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4, and 11, 180101

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00282943 Trang Anh Huynh has filed a

petition with this court for a decree changing the name(s) of Trang Anh Huynh to Amber Anh Chin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on September 29, 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: August 7, 2020

David I. Brown, Judge of the Superior Court Publish: August 21, 28, September 4, and 11, 2020

180101

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

#34-2020-00282900 Niko Dean Niavaroni has filed a petition with this court for a decree changing the name(s) of Niko Dean Niavaroni to Nickolas Niavarani. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 29, 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: August 6, 2020 Christopher E. Krueger, Judge of the Superior Court

Publish: August 28, September 4, 11, and 18,

NIAVARONI 180101 9-18-20

Do Crises Help or Hurt Tax Hikes?



By Dan Walters **CAL Matters**

Does the trauma enveloping California this year pandemic, recession, heat waves, blackouts and disastrous wildfires – make voters more or less likely to vote for tax increases?

Sponsors of a \$12 billion a year hike in taxes on warehouses, office buildings, factories and other it's more

Proposition 15 would raise that money for schools and local governments by changing Proposition 13, the iconic 1978 ballot measure that imposed tight restrictions on property taxes. If it's passed, taxable values of commercial property would be increased to current market levels.

Public employee unions and other advocates of government spending have long yearned to crack Proposition 13 via what's called a "split roll" and after many starts and stops, finally decided that 2020's presidential election, with a high voter turnout, would be the best time to give it a try.

Even before California and its economy were hammered by COVID-19 and recession, polling indicated that the measure had no better than a 50-50 chance of passage. The iffy climate for new taxes

March's primary election, just before the pandemic hit home, when more than half of hundreds of local tax and bond measures were shot

Nevertheless, splitroll advocates forged ahead with what became Proposition 15, setting up what promises to be a titanic political war with commercial property owners and other business groups. Pandemic and recession are likely talking points for both sides.

Some local authorities have pulled back long-planned tax increase proposals, believing that chances of passage even in a high-turnout presidential election have faded.

One of those instances commercial property hope occurred in July, as a deadline for placing measures on the ballot approached. The Sacramento Transportation Authority, which had decided to ask local voters for a half-cent sales tax increase, abruptly reversed course when polling indicated it would likely fail.

"We understand the public sentiment at this time given the pandemic and social unrest, people are focused on other things," transportation authority board chairman Darren Suen, a member of the Elk Grove City Council, said.

However, it appears that most local government proposals to raise taxes, including bonds that would be repaid from increased property levies, will remain on the ballot.

The California Taxpayers Association counts 237 local tax and bond measures to be decided in November, including 176 direct tax increases totaling was also signaled in last roughly \$1.5 billion. Voters

also will face \$13.1 billion in local school construction bonds and \$1.9 billion in other local bonds, Cal-Tax

Most are traditional increases in sales taxes or parcel taxes on property, but they also include local levies on legal marijuana sales, property transfer documents, utility services and hotel rates.

A semi-new taxation wrinkle is being tried in several San Francisco Bay Area communities – direct taxes on business. San Francisco itself has two business tax measures on the ballot, including a gross receipts tax based on the difference in pay between corporate executives and their employees. Richmond proposes a new tax on telecommunication services and video streaming.

There's also a new wrinkle in the long-running conflict over spending taxpayer money to persuade voters to endorse new taxes and bonds. Such advocacy is illegal, although almost never prosecuted. But California's Fair Political Practices Commission recently fined Los Angeles County's government for waging a million-dollar campaign for a 2017 tax measure under the guise of "information."

Watchdog organizations will be monitoring local governments this year to see if the FPPC fine has an effect on how local governments spend public funds to present their tax increase pitches to voters.

Email Dan at dan@calm-

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



CRISIS FATIGUE

Is there such a condition as crisis fatigue? 1. First of all, acknowledge that these are Wouldn't surprise me, especially after I spoke with Dr. Carole Lieberman on my POPPOFF Radio Show. With the covid19 pandemic, hurricanes, and then pile on protests and riots, looting, and tearing down statues, we don't know what comes next. With the virus numbers climbing, Dr. Lieberman told me if you have three of the following ten symptoms, you have crisis

- 1. Feeling overwhelmed and exhausted all the time...even when you wake up.
- 2. Emotional numbness interrupted by random spurts of raw feelings from sadness to anger.
- 3. Eating too much or too little.
- 4. Berating yourself with feelings of failure and guilt.
- 5. Helplessness and a sense that nothing is worth the energy it would take to do it.
- 6. Dreams and nightmares that are vivid and disturbing...such as having to fight off wild animals.
- 7. Self-destructive behavior...from overindulging in food, alcohol or drugs to sabotaging your work or relationships.
- 8. Pessimism...feeling that there is going to be no end to the chaos and stress of the world around you.
- 9. Fear that you won't be able to survive in the chaos...and that you'll die from the covid19, or some other medical problem because you're too scared to go to a doctor's office during the pandemic, or getting injured by rioters.
- 10. Suicidal thoughts...because taking control of your own death seems preferable to waiting for the other shoe to drop.

But there are ways to deal with these symptoms. Dr. Liberman has ten.

- unusually stressful times and be compassionate towards yourself.
- Take a breath, pause and tell yourself that you may not be able to go at your usual fast pace 24/7...and that's okay for now.
- Realize that your #1 priority should be to keep yourself (and your loved ones) physically and mentally healthy. Everything else is secondary, if you want to come out of this chaos alive and well.
- Stop obsessing over checking on the latest news and filling your days with it. It only makes things worse.
- Try to always practice the basics: eating healthy food, taking vitamins, getting enough sleep and exercise.
- 6. Add stress-relieving activities to each day...listen to music to dancing in your living room or taking a walk in nature.
- . Add at least one hour of laughter to your day...from watching cartoons or comedies to reading jokes or playing silly games. Laughter is the best medicine.
- 8. Reach out for social support from your friends and family and provide support to
- 9. Volunteer somewhere at least once a week: a food pantry, a homeless raising funds for your favorite charity.
- 10. Get psychological help from therapists and hotlines...especially if the symptoms are getting worse or if you're feeling suicidal.

Dr. Lieberman is a Board Certified Beverly Hills Psychiatrist. She also hosts two radio shows/podcasts and has authored several books. When she isn't seeing patients or testifying as a forensic psychiatrist/expert witness, she appears on TV from Fox News to CNN and POPPOFF of course.!



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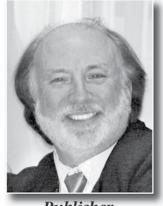
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subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

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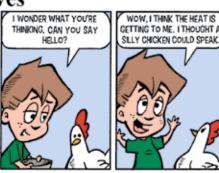
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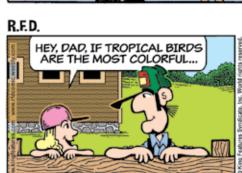
HAROLD, I'VE HAD IT UP TO HERE WITH YOU!!



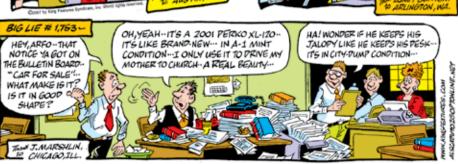
Out on a Limb SO YOU SEE, CAROLYN, IF I DON'T EVER STEP ON A SCALE AGAIN, I'LL NEVER GET FAT...



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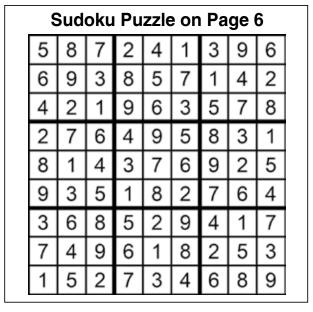




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Life Changes Quickly

Continued from page 1

with web applications, the Microsoft Suite, Skype and more.

"It was a godsend having Randy here," Lam said. "Centene is so big and constantly changing and moving. I now have to do everything I used to do with just a keyboard and screen reader."

And it's working – last year she trained her first class completely on her own with no vision. It was successful and feedback was great. Ironically, the biggest area of improvement noted was that she needed to include more visual aids – they needed to be able to see, even though she cannot. Now she has proven that she can train the sighted or the visually impaired whether or not she has sight, thanks to Randy Owen's help.

"Randy was my mentor and my pep rally coach," Lam said. "He has a great personality, is highly knowledgeable and really cares about his students. I hated to think about him leaving at the end of the year, but I knew I could do it."

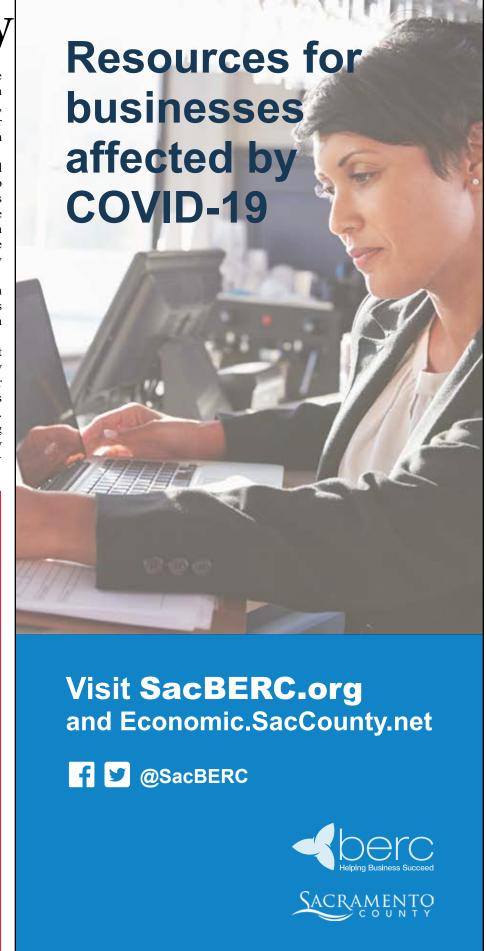
Until the shutdown, Lam would go

into work early and leave late to make up for having to work more slowly than she used to. But she said it was worth it, and she hopes to be able to open doors for people who are disabled and help train

"I'm so grateful to Society for the Blind and Centene for helping me continue to do this job that I love," Lam said. "This whole experience has helped me become a better human. I used to be constantly on the go and didn't take time to appreciate the people I was walking by. Now I know how to stop and smell the roses."

Lam just celebrated her 16th anniversary with Centene and has successfully adapted to working from home during the stay-at-home order.

"I want to be a living example that people can do or become anything they want," Lam said. "Doubt should never belong in anyone's thought process or attempts to obtain their goals. Society's way of believing, showing and demonstrating independence is truly



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