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The Parkway Needs You!



The American River Parkway's scenic environment provides rich opportunities for Sacramento area wildlife and residents. Photos by Susan Maxwell Skinner

By Ken Casparis,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Department of Regional Parks is in the process of creating a Natural Resources Management Plan (NRMP) for the American River Parkway, and they want your input!

Regional Parks is hosting four online public outreach workshops throughout the month of July to seek public comment on this project. In addition, an online survey will be available to the public until Aug. 15 to provide feedback and input.

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

The goal of the NRMP is to provide relevant and defensible information to the Parkway Manager so that they can make informed decisions for managing, maintaining and enhancing parkway resources. In general, the NRMP provides a clear understanding of existing Parkway resources, the effects of disturbances such as flood, fire, invasive species and human impacts, as well as opportunities for protections and enhancements.

After the public outreach workshops have been held, comments will be reviewed and a final NRMP will be completed. Additional public

workshops on the final document will be held in November, and the NRMP will be brought to the Board of Supervisors for approval and adoption after the environmental review is completed.

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



Newsom Is Out Of Control

By Nghia Nguyen

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

"Let's be clear: It is imperative that we all do our part by practicing social distancing and acting responsibly in order to suppress this virus and protect our community.

"But these efforts are undermined when the Governor is single handedly and arbitrarily crushing people's livelihoods - their ability to put food on the table, to pay rent and to pay their bills.

"There is no justification for this approach. There is no evidence that any of these activities are causing an increase in Covid-19 cases.

"Restaurants and churches are not the source of our increase in cases. Small businesses are hanging by a thread and this action puts all the burden of this crisis back upon them. Main Street is struggling for its very life, while Lowe's and Home Depot are packed with people and having record years. No one can make any sense of these confusing orders.

"Businesses have NOT been the direct cause, they've done everything they've been asked to do successfully. These shutdown orders punish them, their customers and it completely misses the target, especially in our rural towns.

"It's painful to watch the Governor constantly change his mind if counties can govern themselves or not during this pandemic. It's even more painful being forced to sit on the sidelines as the California Legislature has handed over all authority to one man.

"Keep in mind that 7.5

Continued on page 4

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

By Yessenia Anderson,
Dignity Health

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

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

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

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

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

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

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

Grant projects address issues impacting children all the way through the various communities' senior population. For information on 2020 partnerships and projects, view a summary at <https://www.dignityhealth.org/sacramento/about-us/press-center>. ★

www.RanchoCordovaIndependent.com

Human Trafficking Victims Qualify for Income Loss

California Victim Compensation Board News Release

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

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

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

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



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

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

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

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

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

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

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

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

ca.gov.

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

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

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

Scammers Exploit California's COVID-19 Contact Tracing Program

Governor’s Office of Emergency Services Press Release

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

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

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

What Is A Contact Tracer?

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

How To Spot A Scammer?

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

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

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

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

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Residents Need to Protect Themselves from Mosquitoes as They Head Outside

By Lisa Yarbrough, KP Public Affairs

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

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

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

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

National Mosquito Control Awareness Week, June 21-27, 2020, is a reminder to residents about the easy actions they can take to prevent mosquito breeding and protect themselves from mosquito bites. Mosquito experts are working to

ensure there are adequate local, state, and federal resources to meet the increasing challenges of combating mosquito-borne diseases. Specifically, at the federal level, MVCAC has been advocating for funding for the Strengthening Mosquito Abatement Safety and Health Act (SMASH Act) which would authorize CDC resources to be used to protect public health by addressing emerging infectious mosquito-borne diseases and improving existing mosquito control programs.

To help prevent mosquito bites:

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

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

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

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

Mental Health Clinicians Added to Schools



As schools plan to reopen for the 20/21 school year, meeting the safety, social and emotional wellness needs of all students will be a priority. Photo by Cole Stivers.

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - COVID-19 forced schools to go virtual in March 2020, creating high-stress levels for students, families, and educators. As schools plan to reopen for the 20/21 school year, meeting the safety, social and emotional wellness needs of all students will be a priority.

Sacramento County Public Health and the Sacramento County Office of Education (SCOE) today announced the launch of their groundbreaking partnership that over the next several years will place mental health clinicians in every school in the county and help make schools "centers of wellness" in their communities.

To address student mental health, clinicians will provide direct mental health services and work with school staff to integrate social-emotional learning and relationship building strategies into the entire school community.

By bringing the education and health systems together as partners, the vision is to create a continuum of care for mental health and wellness throughout Sacramento County's education system. Early intervention will help eliminate the school-to-prison pipeline, reduce the number of "system-involved" adults and adolescents, and mitigate the onset and impact of mental health disorders in Sacramento County. Clinicians working in each school will be SCOE employees supported with

sustainable funding from Medi-Cal, and the program will have a rigorous evaluation drawing on extensive data from the mental health landscape and Sacramento County districts and schools.

"Placing clinicians in schools in Sacramento County will help identify and address the mental health and wellness needs of our students," said Peter Beilenson, M.D., Director of the Department of Health Services. "We hope that within the next several years, every school in the County will have its own clinician."

Goals of the partnership include:
Improved academic achievement;
Reduced suspensions;
Reduced chronic absenteeism;
Decreased referrals to Special Education;
Improved early intervention and prevention approaches leading to a decline in the need for intense clinical interventions over time;
An increase in early identification of mental health disorders/indicators, and therefore an opportunity to address those concerns as early as possible

Some of the Schools selected for the initial cohort:

Elementary Schools: Woodbridge: 581 enrollment (Twin Rivers USD)
Middle Schools: Mills Middle School: 769 enrollment (Folsom Cordova USD)
High Schools: Cordova HS: 1855 enrollment (Folsom Cordova USD)

For more information visit www.sac-county.net/news/latest-news/Pages/MentalHealthCliniciansAddedtoSchools ★

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By Bob McGarvey

And Another Thing Anger Can Do You In

An Australian army nurse, Elizabeth Kenny said, “He who angers you, controls you.” And although those words of that maxim were spoken years ago, they hold a truth so profound that the message is timeless. Looking at the “news” which may be on TV, in the newspaper, maybe suggestions on social media, in the news media, or perhaps a person or persons may make you angry. Stop for a moment. Before temper or outrage gets you tangled in a web of bitter anger or emotional frustration, look and see how millions of other people around the world today are also looking for vaccines, so the pandemic would no longer affect their daily lives.

“Sometimes it is better to walk away, relax and cool down before a confrontation escalates into something more” was written by 26-year-old Commonwealth Correspondent Jennawade Pratt from Nassau in the Bahamas. She said, “For years I have heard this maxim, and in the passion of anger, honestly, it’s the last thing you wish to hear.” But eventually she too was able to realize that anger can do you in. There are many people today in this world of coronavirus who didn’t expect everything they saw in January 2020

to continue throughout the year. Now most of the people throughout the world are wearing face masks, washing their hands more than before, and hoping a new vaccine is developed and will let them get back into what was close to what was “normal.” Enough about coronavirus.

And another thing which is going on today, and that is the vandals who are destroying businesses, cars, and tearing down statues. They don’t seem to care about what statue they tear down, they just want to destroy. Who tore down the George Washington statue? Or the Christopher Columbus statues? Who vandalized the monument honoring the Mexican American Veterans on the California Capital grounds? Who tore down the Frederick Douglas statue in New York over the Fourth of July weekend? The list could go on, but it looks more like there are some groups trying to destroy all of our country’s history. No matter who or what is being torn down or destroyed. Some of this makes me think about what was going on in the 60’s.

As was said on a Time magazine special, there was “War abroad, Riots at Home, fallen Leaders and Luner Dreams; The year that changed the world.”

“Nineteen sixty-eight was tragedy and horrific

entertainment; deaths of heroes, uprisings, suppressions, the end of dreams, blood in the streets of Chicago and Paris and Saigon, and at last, at Christmastime, man for the first time floating around the moon.” That was 1968. In July 1969 man landed on the moon.

Many of us who lived during the 1960’s were witnessing some of the tremendous changing across and around the world. Everything from President Kennedy being assassinated, and Martin Luther King and Bobby Kennedy also being assassinated; the Catholic Church being turned around and changed; riots in all of our major cities; the Vietnam War going on and on.

Today, there are demonstrations and riots. But for different reasons. The death of George Floyd and the death of others are part of the demonstrations, but like in the 60’s some riots were excuses for some to destroy and steal. There was a bank and a post office burned in the 60’s, and in 2020 there were buildings and businesses destroyed and burned. I hope there will be some changes before the end of 2020 which will give us all some things to celebrate.

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

Anti-Catholicism Spikes in California

Catholic League Press Release

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

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

A mob of anti-Catholics celebrated the 4th of July by destroying a statue of St. Junipero Serra in Sacramento, the state's capitol. The statue was set on fire and smashed with sledgehammers. Though Serra did more to defend the rights of Indians in the 18th century against Spanish colonizers than all the protesters have ever done for American Indians today, Serra is a demon. That is why statues of him were previously destroyed in San Francisco and Los Angeles.

What’s feeding this frenzy? Citing COVID-19 concerns, restrictive measures on religious gatherings have been mandated throughout the state. The tone has been set by politicians: There is one rule for people of faith and another for protesters. This has not been lost on the anti-Catholics. Protesters by the thousands, many of them violent, have been allowed to march in big cities across California –without a permit – as public health officials and politicians said nary a word.

According to the *New York Times*, 1,300 epidemiologists and health workers from across the nation recently signed a letter saying that those who protested stay-at-home orders were “rooted in white nationalism and run contrary to respect for Black Lives Matter.” But when it comes to the protesters, they said, “we do not condemn these

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

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

Meanwhile, public officials in San Francisco are now doing a headcount of Catholics attending Mass. The San Francisco city attorney, Dennis Herrera, says he has received complaints that more than 12 Catholics have been seen at a Mass. He sent a cease-and-desist letter to the Archdiocese of San Francisco ordering it to stop indoor religious services.

Herrera did not say whether he has done a headcount of Protestants going to church, Jews going to synagogues, or Muslims going to mosques. But we do know that his office is fielding complaints from the public that one Catholic church actually held six Masses in one day! Why Herrera did not send in a SWAT team remains a puzzle.

We know who is contacting Herrera’s office, and we know they are not public health fanatics. Moreover, we wouldn’t be surprised to learn that some of them were among the 1,300 doctors and health care workers who signed the letter giving the protesters a pass while condemning everyone else who refused to abide by their highly politicized directives.

Contact Herrera: cityattorney@sfcityatty.org ★

Newsom Out Of Control

Continued from page 1

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

“We have said it before: human lives are at stake. People are stressed and filled with anxiety about their livelihoods. The mental health and other side effects of today’s decision will be felt for years into the future.”

Sources: California State Senate; California State Assembly ★



Thank A Veteran Today



STATEPOINT CROSSWORD • SUMMER OLYMPICS

Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
	19			20		21	22				
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CLUES

ACROSS

- Stockpile
- More of the same
- One of Los Lobos
- Orion's brightest spot
- A pop
- Spur on
- Another name for a jack
- Between E and NE
- For all to see
- * Location of the first Summer Olympics
- * ____ test
- Utmost degree
- Allen Ginsberg's poem
- Do this for cardio
- Chesterfield, e.g.
- Like "Extra!" news
- Off-ramp
- Barbequed slab
- Right-hand page
- Infamous Roman tyrant
- Pandora's box contents
- Socially inept one
- Parachute material
- And others
- Kill a dragon
- Prior to the present, prefix
- Every which way
- Swear words
- Burst of wind
- High affair
- *Non-permanent addition to Olympic event roster
- *Most decorated Olympian
- Desire
- Tom and Jerry, e.g.
- Relating to hair
- Skip the big wedding
- Inquire
- Key material
- Bears' hands
- House vote
- Chain of hills

DOWN

- Biblical boat
- Chinese dynasty

(1368-1644)

- Lab culture
- *Number of events in a heptathlon
- Rains and snows at the same time
- D'Artagnan's sword
- *Age of the youngest Olympian ever
- Words to live by
- Denim innovator
- Welcoming store sign
- Salz ____ or St. Peters ____
- Make a choice
- Tree used to make paper
- House duty
- Great horned one
- ____ for Humanity
- *Most decorated U.S. female Olympian Thompson
- Has daisylike flowers
- Lena Dunham's HBO show, 2012-17
- *Number of countries that participated in every Summer Olympics
- Nugent and Danson
- Food contaminant
- A Stradivari violin
- *2021 Olympics location

- Thomas the Engine's warning
- Wimbledon is a Grand one
- Deadly sin
- Nullify
- Hard to escape routine
- Zoo ____ or bee ____
- Type of car
- Courtroom excuse
- Caffeine-containing nut tree
- Swear, not curse
- Exercise repetitions, for short
- Annoyingly slow
- Weary walk
- Spilled the beans
- Large edible mushroom
- *Most decorated Olympic country
- Whiskey grain

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Solutions on Page 7



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2020 Rancho Cordova Sports Hall of Fame Inductees Announced



The history of Rancho Cordova is closely linked with some of the most talented athletes in the country. Photos (from left to right) by Tania Van den Berghen, Phillip Kofler, and Skeeze. Photos below provided by CCC.

By Shelly Blanchard, Rancho Cordova Sports Hall of Fame

RANCHO CORDOVA, CA (MPG) - A dominant high school cross country team, a founder of youth baseball in Rancho Cordova and a remarkable quartet of coaches will be among those inducted this October into the Rancho Cordova Sports Hall of Fame.

The inductees will be honored during the 2020 Induction Ceremony slated for 6 p.m. Saturday, October 10 at Rancho Cordova City Hall. The class includes athletes, coaches, and Rancho Cordova sports supporters who have exhibited the “Heart of a Champion.”

“Rancho Cordova has a uniquely powerful history of youth sports achievement,” said David Sander, mayor of Rancho Cordova and president of the Rancho Cordova Athletic Association (RCAA). “Our Hall of Fame highlights that incredible history and inspires our current youth athletes.”

Honorees elected to the Rancho Cordova Sports Hall of Fame were judged to have attained significant achievements in or have made important contributions to athletics, as well as exhibiting high standards of character and sportsmanship.

“The history of Rancho Cordova is closely linked with some of the most talented athletes in the country,” said Conrade Mayer, chairman of the Hall of Fame Selection Committee. “We need to look at this sports legacy and allow it to inspire our entire community, especially our youth.”

Rancho Cordova sports luminaries to be inducted during the Sixth Annual Sports Hall of Fame Ceremony will include:

Marcus McCauley (Cordova ‘02): A football hero during his days at Cordova High, McCauley was drafted by the Minnesota Vikings in the third round of the 2007 NFL draft. During his rookie season as a pro, he started nine games, recording 64 tackles.

Scott Sellner (Cordova ‘83): As a mighty 12-year-old, Sellner won the 1977 Pitch, Hit & Run baseball competition at the All-Star Game in Yankee Stadium. Drafted by the New York Mets in 1983 and the Cincinnati Reds in 1987, he went on to play five years in the minor leagues, including two seasons in Double-A baseball in the early 90s.

Jeff Yurtin (Cordova ‘80): A Cordova High baseball star, Yurtin helped Louisiana State University win its first Southeastern Conference title as

tournament MVP. Drafted initially by the Chicago Cubs, Yurtin played in the San Diego Padres organization for five seasons, including two years for Triple-A Las Vegas of the Pacific Coast League.

Tanya Smith Chappell (Cordova ‘91): A four-time competitor in the California State Meet, and a three-time medalist, Smith Chappell ran the fastest hurdle time in the nation as a high school junior while at Cordova High. She went on to an outstanding college athletic career at the University of Southern California and later became a professional cheerleader for the Los Angeles Rams.

Erin Wachter (Cordova ‘05): Wachter’s list of lifetime achievements includes running in her first Junior Olympics at age 12, winning eight All-American medals in track and field and cross country, and setting the mile run record at Cordova High. She was the first female cross-country competitor from Cordova High to qualify for the California State meet, ran with two Big Sky Conference championship teams while at California State University, Sacramento, and ran multiple marathons including Boston among a long list of distance running accomplishments.



Greg Uding (Cordova ‘87): A globally-recognized athlete, Uding followed up a stellar high school career accepting a basketball scholarship from the University of Alaska, Fairbanks before launching a professional basketball career in Portugal.

Vicki Baugh (Sacramento High ‘07): Before being drafted by the Tulsa Shock and becoming a professional WNBA player, this two-time Sacramento Area Player of the Year was a basketball star as a freshman at Cordova High. Baugh won a gold medal with the USA U19 World Championship team, competed with the FIBA Americas U18 championship team, and was selected by USA Today as a 2007 First Team All-American.



K.C. Clark (Cordova ‘87): A founding member of the first women’s professional baseball team to play against men, Clark was a pioneer for women in sports at a young age. Before playing softball with California State

University, Fullerton and professional baseball with the Colorado Silver Bullets, she was the first girl to play in Rancho Cordova Little League in the 1980s.

Melinda Garcia Craigie (‘86): A Cordova High softball standout, Garcia Craigie was a State Most Valuable Player at Sacramento City College in her rookie season. She went on to the University of Nevada, Las Vegas on a full ride athletic scholarship, leading UNLV to its first appearance in the Women’s College World Series. Garcia Craigie was also a founding member of the Lady Magic youth softball travel team, for which she later coached, putting northern California softball on the map.



All State pitching honors for Sacramento City College, breaking several pitching records. Next stop: Sacramento State University, where she compiled a 1.01 ERA covering 166 innings pitched – a feat that earned her induction into the Sacramento State Sports Hall of Fame.



Mickie Weekly (Cordova ‘84): A multi-sport stunner in basketball and softball during a golden year for Cordova sports, Weekly was named to All-City teams in two sports in 1984. She led the Lancers to a Section crown in basketball following an unbeaten season and helped the Lancers softball team to 28 wins and runner up in the Section in softball. This scholar athlete went on to UC Davis where she was a softball Player of the Year and record-holder.

1974 Cordova High School Cross Country Team: This remarkable team had an undefeated record through the Section finals and ranked third in the nation. At the Northern California Finals at California State University, Sacramento, the team’s top five runners finished within one minute of each other, a feat unheard of in the sport of cross country. A powerhouse in a sport which was sometimes overshadowed by Cordova’s football success, this team routinely swept the field of top finishers and was even known to trot across the finish line holding hands.

Bill Mikelson (Cordova ‘68): A coaching veteran, Mikelson spent 31 years coaching football, winning state titles in two states. He won the “Louisiana Sport’s Writer Association’s Coach of the Year” award in 1981 after winning two Louisiana state titles, and later took the Pleasant Grove team to the Utah State Championship.

Don Boardingham (Cordova ‘78) A multi-sport athlete setting records as a fleet-footed football halfback, a track sprinter, long and triple-jumper who once qualified for the Cow Palace Indoor Meet, Boardingham was also a winner on the wrestling mat. He had a successful college career in track at Cal State Northridge before turning his talents to coaching. Sharing his athletic know-how with student athletes during 20 years as a track and field coach, Boardingham has sent 10 boys and girls to seven different state events, has won 17 Los Angeles city championships and has shaped the athletic careers of his own son and daughter – stand out athletes in their own right.

Rich Rose: Coach Rose had an impact on hundreds of Cordova High athletes’ lives through his 32 years as teacher and coach at Cordova High coaching baseball, football, and wrestling. An outstanding college baseball player in his early years, Rose was inducted into the Fresno State Baseball Hall of Fame as a pitcher on the 1959 team which won third place in the College World Series and again in 1961 as pitcher on a team that ranked fourth in the nation. In Rancho Cordova, he was the coach of the 1974 American Legion Baseball Team which finished third in the state championship and sent 12 of 15 players to post-high school play. He was the pitching coach at both Cosumnes River College and Sacramento State among a long list of coaching accomplishments.



Bill Evans (Cordova ‘67): An outstanding high school athlete in Cordova High’s early days, Evans went on to Southern Utah University and Idaho State University before embarking on a coaching career in Port Sulphur High School in New Orleans in 1977. He joined the college coaching ranks in 1983 with stops at Southern Utah State, Alaska Anchorage, and Montana during

a career capped by being named Big Sky Basketball Coach of the Year in 2016 for his work at Idaho State. 2020 is the start of a new era for Evans as Head Coach for the Utah State University Eastern Eagles.

Rancho Cordova Sports Club (RCSC): A foundational stone in Rancho Cordova’s sports bedrock, the Rancho Cordova Sports Club provided a critical space for kids to play sports, learn about teamwork, and build lifetime friendships. While no longer an active organization, RCSC holds a special place in many Rancho Cordova hearts for laying the groundwork for parent support upon which Cordova High School’s rich legacy was built. Their contributions will be enshrined in the Rancho Cordova Sports Hall of Fame in the “Heart of a Champion” category.

Dario Ondina (deceased) Ondina, an early Rancho Cordova sports pioneer, is credited with establishing youth baseball in Rancho Cordova in the mid-1960s. A talented baseball player as a youth, in the Army he was a pitcher and first baseman on various semi-pro teams in the Sacramento area before turning his focus to youth baseball for Rancho Cordova. He is a founder of the Rancho Cordova Little League, Rancho Cordova Babe Ruth Baseball and American Legion Baseball. In addition to launching the leagues, Ondina coached in them all, plus the St. John Vianney baseball teams of the late 1960s. His devotion to youth sports and success in establishing leagues which have withstood the test of time was honored with a “Citizen of the Year” award from the Knights of Columbus and will be memorialized once more in the “Heart of a Champion” category.

Tickets for the induction ceremony are \$25 and include an appetizer and cocktail reception and awards program. Online tickets will go on sale Sept. 1 at www.cordovacouncil.org. The event is organized by the Rancho Cordova Athletic Association in partnership with the Cordova Community Council.

The Rancho Cordova Athletic Association was formed in 2013 to foster lifelong values of good sportsmanship, teamwork, and healthy, active lifestyles through the development of excellent youth sports facilities and organizations, positive coaching, and access to play for all. ★

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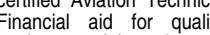
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Crossword Puzzle on Page 4

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

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Sudoku Puzzle on Page 4

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

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-03382 Robert W. Ziegenhirt II, 6733 Folkstone Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Valley Wood Window" 7901 Carlton Road Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 27, 2020
Publish: June 26, July 3, 10, and 17, 2020
VALLEY 180201 7-17-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-03865 Kevin Broderick, 8000 Roswitha Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "River City Media Relations, R.C. Media" 6000 Roswitha Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 18, 2020
Publish: June 26, July 3, 10, and 17, 2020
RIVER 180201 7-17-20

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

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

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

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

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-03392 David Sedn & Linda Sedn, 3471 Eaton Drive, Roseville CA 95661 is doing business under the Fictitious Business Name(s) "S & K Properties" 3471 Eaton Drive, Roseville, CA 95661. Filed with the Clerk of Sacramento County June 9, 2020
Publish: July 3, 10, 17 and 24, 2020
SKK 180201 7-24-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-03892 Maria Carranza De Velez, 4652 Gibbons Drive, Carmichael CA 95608 is doing business under the Fictitious Business Name(s) "Gibbons Hair" 4652 Gibbons Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 18, 2020
Publish: July 3, 10, 17 and 24, 2020
GIBBONS 180201 7-24-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-03639 James L. Stinton Jr., 9120 Linda Rio Drive, Sacramento CA 95826 is doing business under the Fictitious Business Name(s) "American River Chiropractic" "Rancho Cordova Chiropractic" 2280 Vehicle Drive, Ste. 110, Rancho Cordova CA 95670. Filed with the Clerk of Sacramento County June 9, 2020
Publish: July 3, 10, 17 and 24, 2020
AMERICAN 180201 7-24-20

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

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

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

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

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

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

LEGAL ADVERTISING
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535-March 12, 2020

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04342 Simone Marie Cage Griffin, 3301 Harmony Lane Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Simone Marie That's Me, A Little bit of This a Little bit of That" 3301 Harmony Lane Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 6, 2020
Publish: July 10, 17, 24, and 31, 2020
SIMONE 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04161 Duana R Mills, 3557 Goethe Road Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "MCD & Associates LP" 9641 Goethe Road Sacramento, CA 95827. Filed with the Clerk of Sacramento County June 29, 2020
Publish: July 10, 17, 24, and 31, 2020
MCD 180201 7-31-20

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04010 Sunrise Community Church, 8321 Greenback Lane Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Men In HD" 8321 Greenback Lane Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County June 23, 2020
Publish: July 10, 17, 24, and 31, 2020
MEN 180201 7-31-20

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04224 Jasmine Shamberger, 4068 Branigan Lake Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "LUXXI" 4068 Branigan Lake Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County June 30, 2020
Publish: July 10, 17, 24, and 31, 2020
LUXXI 180201 7-31-20

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04296 Sara Nicole Henderson, 38 Alvares Court Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "SacTown Real Estate, Sara Nicole Real Estate" 38 Alvares Court Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 2, 2020
Publish: July 10, 17, 24, and 31, 2020
SACTOWN 180201 7-31-20

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04037 Jade Wyatt, 12801 Fair Oaks Boulevard #456 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Vintage Inspo" 12801 Fair Oaks Boulevard #456 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 24, 2020
Publish: July 10, 17, 24, and 31, 2020
VINTAGE 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04144 For the Kids Fundraising, 7105 Berwyn Place Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "For the Kids Fundraising, 4-the-Kids Fundraising" 7105 Berwyn Place Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 2, 2020
Publish: July 10, 17, 24, and 31, 2020
KIDS 180201 7-31-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04298 Mark Monas and Jodi Monas, 11225 Trade Center Drive Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Floor Store" 11225 Trade Center Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 2, 2020
Publish: July 10, 17, 24, and 31, 2020
FLOOR 180201 7-31-20

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

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04197 Daniel Smalle, 10636 Basie Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Pro-Tech Mechanical Service" 10636 Basie Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 30, 2020
Publish: July 17, 24, 31, and August 7, 2020
PRO 180201 8-7-20

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

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04228 Prietos Roof Removal Inc, 5104 Antler Court Antelope, CA 95643 is doing business under the Fictitious Business Name(s) "Prietos Roofing, Madison Smog Check, V & S Material Stockers" 5717 San Ardo Way North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 1, 2020
Publish: July 17, 24, 31, and August 7, 2020
PRIETO 180201 8-7-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04170 Genesis Dobbins, 3171 El Camino Avenue #60 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Prime Martial Arts Academy" 4949 Marconi Avenue Suite A-1 Carmichael, CA 95608. Filed with the Clerk of Sacramento County June 29, 2020
Publish: July 17, 24, 31, and August 7, 2020
PRIME 180201 8-7-20

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-04202 Angel Diaz, 8224 Turnbury Drive Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Iced Pom" 8224 Turnbury Drive Sacramento, CA 95828. Filed with the Clerk of Sacramento County June 30, 2020
Publish: July 17, 24, 31, and August 7, 2020
ICED 180201 8-7-20

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

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

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

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

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

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

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

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

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00280314
Elle Dao Yuan Wu has filed a petition with this court for a decree changing the name(s) of Ellie Dao Yuan Wu to Elliott Louis Henne. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 30, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 5, 2020
Christopher E. Krueger, Judge of the Superior Court
Publish: June 26, July 3, 10 and 17, 2020
WU 180101 7-17-20

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00280699
Christina Michele Branche has filed a petition with this court for a decree changing the name(s) of Christina Michele Branche to Christina Michelle Orcutt. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 6, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 11, 2020
Christopher E. Krueger, Judge of the Superior Court
Publish: June 26, July 3, 10 and 17, 2020
BRANCHE 180101 7-17-20

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00280694
Reza Alexander Nouri has filed a petition with this court for a decree changing the name(s) of Reza Alexander Nouri to Raymond Alexander Squire. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 6, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June 11, 2020
Christopher E. Krueger, Judge of the Superior Court
Publish: June 26, July 3, 10 and 17, 2020
NOURI 180101 7-17-20

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00280486
Rebecca Lynn Brady has filed a petition with this court for a decree changing the name(s) of Rebecca Lynne Brady to Rebecca Lynne Spears. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on July 28, 2020, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: June

Ask Toni

Expensive Prescriptions and Medicare



Toni King

Toni:

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

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

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

Matthew:

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

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

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

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

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

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

Medicare Part D is an important option discussed when a Toni Says® Medicare consultation is performed.

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

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

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

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

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

Social Security Matters

Should My Wife Claim at 62? Will She Get Widow Benefit?



By Russell Gloor, AMAC Certified Social Security Advisor



at any time prior to her full retirement age. If she needs the money now and the above points are not a concern, then applying at 62 could be the prudent choice. But you and your wife should consider the above before deciding if she should claim at age 62.

Regarding your second question, if you should predecease your wife, and if the benefit you are receiving at your death is more than your wife is already receiving (or is entitled to receive) on her own, then she will get a survivor benefit from you. If she has already reached her full retirement age when that happens, she'll get 100% of the benefit you were getting. If she hasn't yet reached her FRA, she can still claim the survivor benefit, but it will be permanently reduced by a fraction of a percent for each month earlier than her FRA. However, if she hasn't yet reached her FRA, she can also delay taking her survivor benefit until she reaches FRA to get 100% of your benefit (instead of her own). Remember, she gets her survivor benefit, or her own benefit, whichever is higher (she doesn't get both).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website or email us. ★

Dear Rusty: I am almost 64 and still working, and I plan to work until about 66 or 67. My wife is 62. Should she go ahead and file for her Social Security? Is it true that she can draw on my SS after I pass away? Signed: Inquiring Husband

Dear Inquiring Husband: The answer to your first question (should your wife claim at 62) isn't simple, because it depends upon a number of things.

Is your wife working? If so, and she claims before her full retirement age, she'll be subject to Social Security's earnings test, which limits how much she can earn before they take back some of her benefits. If your wife starts collecting at age 62 and exceeds the annual earnings limit (\$18,240 for 2020) SS will take back benefits equal to half of what she exceeded the limit by. This is true until she reaches her full retirement age (66 ½ if she was born in 1957), although the earnings limit goes up by about 2.5 times and the penalty is less in the year she reaches her full retirement age (FRA).

Will your wife be eligible for a spousal benefit from you when you start collecting? If so, and she claims at age 62,

her eventual spousal benefit from you will be less than 50% of your full retirement age (FRA) benefit because she took her own benefit early. Whether your wife is eligible for a spousal benefit depends upon whether her own benefit (from her own work record) at her FRA (regardless of when she claims) is smaller than half of your benefit at your FRA (regardless of when you claim). If it's not, she won't get a spousal benefit. If it is, she'll get a spousal boost on top of her own benefit but claiming at age 62 will mean a smaller spousal benefit.

Your wife's age 62 benefit amount will be 27.5% less than her benefit would be at her full retirement age, and that reduction is permanent. And Social Security benefits are taxable if your combined income (married, filing jointly) is more than \$32,000. If your combined income is between \$32,000 and \$44,000 then 50% of your wife's SS benefits will become part of your taxable income, and if more than \$44,000 then up to 85% of your wife's SS benefits will become part of your taxable income. My point is, with you still working, your wife's SS benefits will almost certainly add to your income tax obligation.

I'm not trying to dissuade your wife from applying; rather only making you aware of the potential consequences of her claiming at age 62, or

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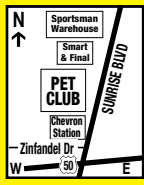


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