



Parkour for Seniors

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Citrus Heights Messenger

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Serving the City of Citrus Heights & Sacramento County

DECEMBER 31, 2021

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What You Need to Know *Redistricting Final Maps Approved*



Trying to meet all the criteria — equal population, Voting Rights Act compliance, communities of interest and compact districts — in a state with California's diverse population and geography made the task difficult. Photo: MPG file

By Sameea Kamal,
CalMatters.org

California voters have the brand new districts they'll use to elect their members of Congress and state legislators, after the state's independent redistricting commission voted unanimously Monday (December 20, 2021) night to approve its final maps.

These districts take effect with the June 2022 primaries and continue for the next decade. Redistricting happens once every 10 years, after every census, to ensure that each district has the same amount of people. It's the second time that California's redrawing is being done by a 14-member independent commission.

But it hasn't been easy, or without contention.

In addition to balancing population numbers, the commission must

comply with the federal Voting Rights Act, ensuring that no minority group's vote is drowned out. And to create fair maps, the commission didn't consider current district lines and isn't supposed to weigh partisan politics. In some cases, it puts incumbents into the same district, or forces others to appeal to new voters to be re-elected.

Particularly on the congressional level, that could help shift the balance of power between Democrats and Republicans. In the U.S. House, three California Democrats are among the 23 Democrats nationally who have already opted not to run for re-election in 2022. Combined with redistricting done by Republican-led legislatures in other states, that could tip the House in favor of the GOP.

Some California Democrats have blasted the "unilateral disarmament"

of their power, though an initial analysis by the Cook Political Report says the new congressional map helps Democrats.

The commission was under the pressure of a court-ordered deadline to submit the maps to the secretary of state by Dec. 27 despite a nearly six-month delay in the release of census data. In the last few weeks, the panel held a number of marathon sessions late into the night to hear public comment and try to incorporate competing testimony into the maps.

Commission chairperson Alicia Fernández acknowledged that there were constraints and disagreements along the way, but said she was proud of the commission's work given the rules they were under.

"There was robust discussion in terms of how these maps should be

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Stay Safe as Temperatures Dip Near Freezing

Sacramento County Press Release

SACRAMENTO, CA (MPG) - Check on elderly family members, friends, or neighbors. Seniors and those with serious medical conditions are at risk. Check on community members that might be vulnerable to ensure they are safely keeping warm.

Where to get help. For information on warming centers and shelter services, call 2-1-1 or go to the 211 Sacramento website.

Sign-up for Emergency Alerts. The Sacramento Region Emergency Notification System alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.

Heat your home safely - carbon monoxide is a silent killer. It is not OK to heat the inside of your home with any kind of BBQ, propane heater, or any other fuel-fired equipment due to the risk of carbon monoxide poisoning. Only use heaters installed with your home and those designed to be used indoors. Make sure that your natural gas furnaces and other appliances are in good, clean working order.

Insulate outdoor pipes that lead into your home to prevent freezing. Seal with caulk around the pipes that lead into and out of your home. Inside your home, leave the bathroom and under-sink cabinets open to help warm the water. If your pipes freeze, leave your tap on and call a plumber. You can defrost your pipes using a hair-dryer on a low setting, working your way slowly from the faucet to where your pipe enters the wall. County residents who need to have their water turned off in order to make repairs to their lines can go to 311 Sacramento Connect or download the mobile app or call 3-1-1 (or 916-875-4311 if calling from out of the area).

Ensure proper drainage by scooping up leaves and debris. Keeping storm drains clear can prevent street flooding and black ice from forming.

When raining, reduce your vehicle speed. Wet roads increase the distance and time needed to stop your vehicle. Be extra cautious on roads, bridges, and overpasses when temperatures are 32 degrees or below due to black ice — slow down and give yourself extra spacing between vehicles in front of you.

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Long Winter in the Streets

Homeless Persons' Memorial Day Recognized in Citrus Heights

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG)

- December 21 is the longest night of the year. That's why, at 7:30 p.m. on Tuesday, December 21, a small group of residents met at Adalberto's Mexican Restaurant on Auburn Boulevard for a short march in memory of those who have died while living on the streets of Citrus Heights.

Led by Citrus Heights resident and homeless advocate Alfred Sanchez, also known as the Snack Man, the group walked the quarter mile to Station 23 of the Sacramento Metro Fire District in 44-degree rainy weather, returning to the restaurant just before the rain came down hard. Walkers held large signs reading "HOMELESS PERSONS MEMORIAL DAY" and received honks of recognition



Alfred Sanchez, Gail Laugi, Pastor Warren Starks from Living Word Christian Fellowship, Auburn, Monique Starks, kneeling: Dave Cluvv (presently unhoused). Photo by Elise Spleiss

from passers-by.

Sanchez told participants and this reporter, "This is the one day we have to remember these people; they're still people too. Just

imagine being out here all night, even in a sleeping bag, even in a tent. That's why we do this, to remember how brutal it is". There was a clear recognition by

all that "we can go home; they can't."

In 2020 Sanchez brought a proclamation to the Citrus Heights City Council

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Read More at www.CitrusHeightsMessenger.com

Long Winter in the Streets

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which declared December 21 as National Homeless Persons’ Day in Citrus Heights. Included were the words, “homelessness and hunger continue to be a serious challenge for many who have the right to adequate food, housing, clothing, safety and health care; and homelessness raises one’s risk of illness, injury and death”. It goes on to encourage the residents of Citrus Heights, “in this season of generosity and sharing, to commit themselves to promoting compassion and concern for all, especially those who are in need and homeless (throughout the year).”

Sanchez (59) has been a familiar face to the homeless population and the businesses he works with to carry out his many projects since 2018. “Spread love, one snack at a time” is his motto. Being an amputee doesn’t stop him from taking his electric scooter, the ‘snackmobile’ out on his Greenback Lane route to deliver hundreds of packets of snacks and other important items to his ‘customers’ seven days a week as weather permits.

Sanchez also advocates for those he serves, especially homeless veterans.

Sanchez says there is a lot of behind the scenes work as a homeless liaison between the City and those customers. He informs them of their rights and where they may find other services such as the homeless navigator.

One family was in the spirit of giving and responded right away when they came to the restaurant. Mom, Trina had just arrived to pick up a delivery for Door Dash with her daughter Kaya (11) and niece Karen (10) when they saw the signs for the homeless march. They happened to be looking for people in need of the blankets and jackets they had been carrying around in their van, a perfect match. The girls are learning from Trina that “when you have it, you give to those less fortunate.” Karen adopted a child from the Angel Tree at Walmart and provided the family with a “careful of presents.” This has become her tradition. These pairings of those who have and are happy to share with those in need are what made this season throughout Citrus Heights a blessed one.

To help the Snack Man by donating items contact him at bbq1stsun@yahoo.com. Donations gratefully accepted. ★

Draft Maps for Redistricting Available for Public Review

SJUSD Press Release

SACRAMENTO REGION, CA (MPG) - In the summer of 2021, San Juan Unified transitioned to by-trustee area elections after the Board of Education approved a map that reflected seven trustee areas. Since then, 2020 census data has been released showing growth in several regions of the district. As a result, the recently approved map will be adjusted to accommodate for changes found by the Census. Draft maps for the redistricting process are available for

public review at www.sanjuan.edu/maps.

The district’s demographer will present the draft maps for consideration at the Dec. 14 board meeting. The board will also conduct a public hearing to receive input on the proposed maps.

Members of the community can submit written feedback at any time throughout the process. Community meetings will take place on Jan. 5 and 6 to offer another opportunity to review the maps and provide feedback. Visit www.sanjuan.edu/elections for more information. ★

What You Need to Know

Continued from page 1

drawn. We know that not everyone will be happy, but I feel that they are fair maps for Californians,” she told CalMatters.

California Common Cause – which pushed voters to create the independent panel – also defended the commission: “While the process was at times messy, it was an exercise in democracy done in public,” with 150 meetings and 30,000 pieces of public input.

Congressional Lines

Slower population growth in California means the state lost one of its 53 U.S. House seats this year.

The population numbers must be exact: There can’t be more than a one-person difference between districts to make sure everyone is represented equally.

Trying to meet all the criteria – equal population, Voting Rights Act compliance, communities of interest and compact districts – in a state with California’s diverse population and geography made the task difficult.

Political dominos quickly started toppling immediately after the maps were approved.

Rep. Doris Matsui of Sacramento declared that she will run next year in the new 7th Congressional District. It also includes fellow Democratic Rep. Ami Bera of Elk Grove, who within hours announced he will follow many of his current constituents into the 6th District.

Assemblymember Kevin Kiley of Rocklin announced that he plans to run in the new 3rd District, if, as he expects, fellow Republican Tom McClintock of Elk Grove seeks re-election in the 5th District, just to the south. Meanwhile, Democratic Rep. John Garamendi of Walnut Grove said he will seek re-election in the new 8th District, which includes Contra Costa and Solano counties. Rep. Mark DeSaulnier, a Concord Democrat, will run in the neighboring 10th.

State Senate Districts

While congressional districts each have about 760,000 people, state Senate districts are larger, with nearly 1 million Californians. For example, one encompasses California’s entire border with Mexico. There’s also more leeway – a 5% deviation from the ideal population.

Three Senate districts are going from a Democratic advantage in voter registration to a Republican majority, while one favors Democrats more. Republicans need to flip at least five seats in the Senate, or seven in the Assembly, to end the supermajority that allows Democrats to approve tax

increases or put constitutional amendments on the ballot without a single GOP vote. Sameea Kamal and Jeremia Kimelman DECEMBER 1, 2021

The commission’s sixth and last criteria for redistricting is nesting — placing two Assembly districts into one Senate district where possible. In theory, that makes Senate mapping easier. But because the commission placed a higher priority on other criteria, this time, only two Assembly districts were nested into a Senate district, in Northern California.

Assembly lines

While the Democratic majority in the state Senate might shrink under the new map, Democrats’ grip of the Assembly could tighten.

They now hold 60 of the 80 seats. The new Assembly map creates 63 solid Democratic seats, according to an analysis by California Target Book.

Board of Equalization

With just four state Board of Equalization districts, they are far less complex to draw. The board is tasked with ensuring that taxes across different counties are uniform – alcohol and beverage taxes, for example. Because of the county-specific policies, the commission tried to keep as many counties as possible intact. For example, densely populated Los Angeles County is one district by itself.

For these lines, there was little drama at the redistricting commission – and certainly nothing like the fights over congressional and legislative districts.

“I’m so proud of the work that together we have completed to serve all Californians. Despite a difference of opinion at times, there was always commitment to our common goal – to the goal of creating representative and fair maps for all Californians,” commissioner Pedro Toledo said as he made the motion for a vote.

After Dec. 27, the commission expects it will reconvene not only to defend its maps against any legal challenges, but to work on a report that could make the process smoother for the next redistricting. Common Cause also said it is committed to examining improvements for the 2031 commission.

“We did receive community of interest testimony that did conflict so obviously there are some people that are not going to be happy,” said Fernández, a Republican from Yolo County. “We have more VRA districts than there currently are, we listened to more people than the prior commission. We took all the info to heart and worked together to build these maps.” ★

Stay Safe as Temperatures Dip Near Freezing

Continued from page 1


Watch for tree limbs. As temperatures dip, trees become vulnerable to limbs snapping. For downed trees or branches in the roadway, County residents can go to 311 Sacramento Connect or download the mobile app or call 3-1-1 (or 916-875-4311 if calling from out of the area).

Prepare for wind. Secure yard items that may blow around and be prepared for the possibility of loss of power. For downed power lines, stay away and call 9-1-1 immediately.

Bring your pets inside when

temperatures start to dip near freezing. A dog or cat left outside in severe cold weather can die quickly from exposure. Except for exercise and walks, all dogs and cats are safer indoors during the winter. Make sure they have a warm, draft-free place indoors with a dry mat or blanket that they can lie on. For additional winter weather tips for animals, check out the Bradshaw Animal Shelter’s website.

Learn more about how to stay safe on the Sacramento Ready website for Fog and Cold Weather resources and information. ★



CITY OF CITRUS HEIGHTS
NOTICE OF PUBLIC HEARING
PLANNING COMMISSION MEETING

NOTICE is hereby given that **January 12, 2022 at 7:00 p.m.**, or as soon thereafter as the matter may be heard, the **Planning Commission of the City of Citrus Heights** will hold a Public Hearing for the consideration of the project listed below.

Project Name: Sunrise Boulevard Animal Hospital File #’s UPMOD-21-04 and DRPMOD-21-07

Project Location: 7484 Sunrise Boulevard, Citrus Heights, CA APN # 224-0100-024-0000

Project Description: The applicant is requesting to modify an existing Use Permit and Design Review Permit to allow a 670 square feet addition to the existing animal hospital. The added space will provide a dedicated area for pets following procedures. The new recovery room will be located towards the rear of the building along the north side. . Adjacent to the new recovery room will be two small exercise yards to be used to walk/exercise pets during their recovery.

Environmental Determination: The project qualifies for an exemption from the California Environmental Quality Act (CEQA) under Section 15301 (Class 1) Infill Projects.

Project Name: Citrus Heights Zoning Code Update

Project Location: Citywide

Project Description: The Planning Commission will review a variety of updates to the city’s Zoning Code and forward a recommendation to the City Council. The project includes revisions to sections pertaining to fencing, parking, landscaping, tree mitigation and a variety of other amendments. A complete list of changes can be obtained from the Planning Division. Project Planner: Eric Singer

Environmental Determination: The project is Categorically Exempt from CEQA under Section 15061(b)(3) of the Guidelines.

PLEASE NOTE: In order to minimize the spread of the COVID 19 virus, Governor Newsom has issued Executive Orders that temporarily suspend some requirements of the Brown Act. Please be advised that the Council Chambers are closed to the public and that some, or all, Planning Commissioners may attend Planning Commission meetings telephonically or otherwise electronically. The meeting will be held via webcast with NO PHYSICAL LOCATION FOR PUBLIC ATTENDANCE.

If you would like to watch the meeting webcast, please contact the Planning Division at (916) 727-4740 or by email at planning@citrusheights.net or visit <https://www.citrusheights.net/agendacenter> to download the Planning Commission Agenda including Zoom Webinar instructions.

For those individuals accessing the meetings through Zoom who wish to make a public comment, please use the Zoom hand raise function (or *9 if you join the webinar via telephone) and the host will unmute you when it is time to speak. Speakers will be limited to 3 minutes each. Alternatively, you may submit your comment via email to planning@citrusheights.net. Written Public comments shall be limited to 250 words or less. Each written comment will be read aloud by the Secretary.

Interested persons are invited to submit written comments prior to and may testify via Zoom at the Public Hearing. **Written comments may be submitted to Alison Bermudez, Associate Planner, City Planning Department by email planning@citrusheights.net or sent to 6360 Fountain Square Drive, Citrus Heights, CA 95621**

Following the Public Hearing, the **Planning Commission** may take such action on the project as it deems appropriate. If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

If you challenge the action of the **Planning Commission** on this matter in court, you may be limited to raising only those issues you or someone else raised at the Public Hearing described in this notice, or in written correspondence delivered to the Planning Department at, or prior to the Public Hearing.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Planning Division at (916) 727-4740. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.

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Citrus Heights Messenger 12-31-2021



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Lessons of Socialism

38th Annual Optimist High School Girls Volleyball All Star Games



Commentary by Bruce Lee

Socialism, socialism ... what an alluring temptress. Following the 1991 collapse of the Soviet Union and China’s move towards a free-market economy (reestablishing the Shanghai Stock Exchange in 1990), I hoped socialism found its rightful place in the dung heaps of history, unfortunately its temptations persist.

The seeds of socialism in federal (and California) policies as the Green New Deal, show how alluring the concept remains. Promising prosperity, security, and equality with other people’s money, it has only delivered tyranny and poverty around the world. Examine Venezuela’s economic collapse of the last decade. Again, socialism proved a Ponzi scheme; it sounds amazing only to collapse under the weight of centralized control and denial of basic human nature.

A simple, 2009 illustration helps us understand:

A hypothetical economics professor, who had never failed a single student in her career, supposedly failed an entire class. This class insisted that socialism worked - that no one would be poor nor be rich, a great social equalizer.

The professor said, “OK, we’ll run an experiment to test this plan.” Everyone’s grade will be based on the

class average, so no one will fail but no one will receive an A either...(substituting grades for dollars – hopefully this would be more readily understood by all).

After the first test, the grades were averaged, and everyone got a B. The students who studied hard were upset, and the students who studied little were happy. As the second test came, the students who studied little, studied even less, and those who studied hard were now less motivated and studied less.

The second test average was a D! No one was happy. The third exam averaged an F grade.

As the tests proceeded, the scores never increased. Bickering, blame, and name-calling resulted in hard feelings, and no one would study for the benefit of anyone else.

To their unpleasant surprise, ALL FAILED, and the professor told them that socialism would also ultimately fail. “When the reward is great, the effort to succeed is great, but when government takes the rewards away, the motivation to succeed is taken away too!”

This illustration provides many lessons, but these five are the most applicable:

1. You cannot legislate the poor into prosperity by legislating the wealthy out of prosperity.
2. What one person receives without working for, another person must work for without receiving.
3. The government cannot give anything that it does not first take from somebody else.
4. You cannot multiply wealth by dividing it!
5. When half of the people get the idea that they do not have to work because

the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation.

That’s socialism in a nutshell. And coincidentally, last night at dinner a contractor advised he cannot find any employees because they prefer to stay on the expanded unemployment. To lure a talented electrician to work, he finally had to pay him the \$600 unemployment bump out of his own pocket, PLUS his regular wage! And a nurse who works two jobs responded that nobody ever helps him with his bills and he’s tired to supporting everyone else through his taxes! Unemployment sounded appealing to him!

Let’s learn from history. Remember, after World War II, Britain, Israel, and India all turned to socialism, only to turn back to capitalism. Socialism’s critical defect is that it ignores the power of incentives and basic human behavior!

W. Bruce Lee is an educator and speaker (WBruceLee.com) with a career in government as an elected official and fiscal advisor, who has worked at the local, state, and federal levels. He authors the “We the Government” column as a community service. He is president of the Sacramento Taxpayers Association (SacTax) - promoting efficient, economical government; fair and equitable taxation which permits a strong, healthy economy; as well as sensible balance and rational control of government expenditures.. His private message telephone is 916-624-6476. Copyright W. Bruce Lee, 2021. ★



Optimist Hall of Fame inductee, Jennifer Wright, with Optimist Girls Volleyball Coordinator John Grix (Rio Americano High School) on her right, and Assistant Coordinator Matt MacDonald (Bear River High School) on her left. Photo: Evening Optimist Club of Sacramento

By John Yoshikawa, Evening Optimist Club of Sacramento

SACRAMENTO REGION, CA (MPG) - The 38th Annual Optimist High School Girls’ Volleyball All Star games were marked by long rallies and many Ooohs and Aaahs! In the first match, the scores were 25-19, 25-21, and 25-16 with the winner being the 2nd Team South. The Outstanding Player for the 2nd Team South was Emma Johnson from Vacaville High School. The Outstanding Player for the 2nd Team North was Georgia Remmers from Rocklin High School.

In the second match, the scores were 26-24, 22-25, 25-17, and 26-24 with the winner being the 1st Team North. The Outstanding Player for the 1st Team North was Morgan Colyer from Lincoln High School. The Outstanding Player for the 1st Team South was Natalie Colfescu from Oak Ridge High School.

During the awards ceremony following the 1st match, Coach Jennifer Wright, retired Placer High School girls volleyball coach, was inducted into the Optimist Hall of Fame for her tremendous contribution, dedication, and commitment to the sport of volleyball. ★



Morgan Colyer (left) -Lincoln High School and Natalie Colfescu (right) -Oak Ridge High School. Photo: Evening Optimist Club of Sacramento



Outstanding Players Georgia Remmers (left) Rocklin and Emma Johnson (right) Vacaville. Photo: Evening Optimist Club of Sacramento

State Finalizes Groundwater Management Principles and Strategies

California Water Board Press Release

SACRAMENTO, CA (MPG) - The Department of Water Resources and the State Water Resources Control Board today issued final groundwater management principles and strategies to help protect drinking water wells from the impacts of drought.

Developed in response to Governor Gavin Newsom’s drought state of emergency proclamation in April, the principles and strategies provide a framework for state actions to proactively address impacts on groundwater-dependent communities as droughts become more frequent and intense as a result of climate change.

These principles and strategies incorporate hundreds of public comments received earlier this fall, including written comments submitted to DWR and feedback at public workshops and webinars.

“Ultimately, sustainable groundwater

basins will help Californians manage through drought – especially those dependent on domestic wells. But we’re simply not there yet. These principles will help state agencies, local governments and communities address very real domestic well outages that are starting to occur,” said DWR Director Karla Nemeth. “A big thank you to the members of the public who shared their insights with DWR. We are ready to implement.”

“We are in a severe drought that, with declining groundwater levels, threatens drinking water wells and makes harmful contaminants become more concentrated in certain areas,” said Joaquin Esquivel, chair of the State Water Board. “Articulating clear principles and strategies to manage groundwater, while protecting drinking water, improves the drought resilience of our rural and often disadvantaged communities, who are most burdened and impacted by

deteriorating conditions.”

The final principles and strategies provide a shared policy framework of near-term drought response and long-term resilience actions by state agencies for those that rely on groundwater for drinking water. The strategies build upon existing programs and newly enacted laws, such as the 2021 drought planning legislation (Senate Bill 552), the implementation of the Sustainable Groundwater Management Act (SGMA), and the Safe and Affordable Drinking Water Fund for Equity and Resilience (SAFER). Following these principles will result in increased coordination and engagement with non-government organizations, Tribes, water agencies, groundwater sustainability agencies, and other local entities to ensure state resources and action support state and local needs. California is committed to increasing the frequency of forecasting data and tools, such as the recently released California’s

Groundwater Live website, which supports data-informed decision-making and helps prioritize funding for emergency and long-term projects to support communities with drought resilience.

The framework prioritizes protection of public health and safety, as well as preparation and mitigation for the effects of drought conditions over the long term. Six principles describe how to address drinking well water impacts, and include strategies to achieve drinking water resiliency, integrate equity, identify underlying challenges, use best available data, build trusted relationships, and implement lasting solutions.

For more information and to find the final documents in both English and Spanish, please visit the Drinking Water Wells Principles webpage. To learn more about current drought conditions and the state’s response, as well as dry well resources, visit drought.ca.gov. ★

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STATEPOINT CROSSWORD • MOVIE QUOTES

CLUES

ACROSS

- THESE
- General Services Administration
- Ex-Miami Heat player Dwyane
- Pomegranate seed
- Actor Chris O'
- Pacific Crest Trail walker
- Country dance formation
- Wished undone
- Popeye's sweetie
- "Sudden Impact": "Go ahead, _____"
- Arm part
- Gold unit
- Parabola, e.g.
- San Joaquin Valley city
- Hangs out with
- Unit of electrical resistance
- "Star Wars": "Stay in formation"
- Mr. Jinx's (of "Meet the Parents") cry
- Clay and silt deposit
- Camel debris
- Japanese sword fighting
- Was aware of
- Come into sight
- "Independence Day": "I belong in the _____"
- "The Dark Knight": "Why so _____?"
- Common allergen
- Cup alternative
- Bird-made fertilizer
- Sketch
- "On the Waterfront": "I coulda been a _____"
- El Dorado-related
- Tabernacle Choir's home state
- Contributed
- Star Wars attacker
- Unidentified aircraft
- Prep for publication
- Ladder step
- Tropical American cuckoo
- Part to play

DOWN

- Precedes storm?
- Soprano's song, e.g.
- "Mean Girls": "On Wednesdays, we wear _____"
- Makes smooth, as in hair
- Dutch cheese
- "Darkest Hour": "I have nothing to offer but blood, toil, tears and _____"
- Walker, American Girl doll
- "Field of Dreams": "If you build it, he _____"
- Related
- Deity, in Sanskrit
- "... _____ he drove out of sight"
- Fungus damage (2 words)
- Meryl Streep's "The
- Supernatural life force, pl.
- Query
- "Who Framed Roger Rabbit": "That's all, _____!"
- Côtes du _____, wine region
- Mideast V.I.P.
- Soreness
- Kidney-related
- "Princess Bride": "You killed my father. Prepare _____"
- Bound by oath
- "Lights out" tune
- Nile reptile
- "Finding Nemo": "Just keep _____"
- Danish money
- Two before Oct
- Lack of enthusiasm
- 1/16th of a pound
- Not two years but three, e.g.
- Coped (2 words)
- Freshwater eel, in Japan
- Comics character Little _____
- Fe
- Caribbean island country
- Carpenter's joint
- Like a fairytale stepmother?
- Network of nerves
- Acronym, abbr.

CROSSWORD

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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Steveestabrook.com

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Guitar: rock, folk, blues, classical
Voice: all styles

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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
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073- March 21, 1988

Legal Advertising
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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09993 RDH Diversified Properties, INC., 2395 El Camino Avenue, Suite 100, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Diversified Properties" 2395 El Camino Avenue, Suite 100, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 15, 2021
Publish: December 10, 17, 24 & 31, 2021
DIVER 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10202 Positive Connections Worldwide, LLC, 5170 Golden Foothill Parkway, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Positive Connections Worldwide, LLC" 5170 Golden Foothill Parkway, El Dorado Hills, CA 95762. Filed with the Clerk of Sacramento County November 23, 2021
Publish: December 10, 17, 24 & 31, 2021
POSIT 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10384 Shanton Tyson, 7510 Windbridge Drive, Apt. 68, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "meant to be" 7510 Windbridge Drive, Apt. 68, Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 30, 2021
Publish: December 10, 17, 24 & 31, 2021
MEANT 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10195 Christian Jones, 5216 Field Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Jones Auto Care" 5216 Field Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 22, 2021
Publish: December 10, 17, 24 & 31, 2021
JONES 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10194 icy Nails LLC, 5216 Field Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "icy Nails LLC" 5216 Field Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 22, 2021
Publish: December 10, 17, 24 & 31, 2021
ICY 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10189 Kool Wellness, LLC, 2902 Weald Way, Unit 121, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Kool Wellness, Hemphrie" 2902 Weald Way, Unit 121, Sacramento, CA 95833. Filed with the Clerk of Sacramento County November 22, 2021
Publish: December 10, 17, 24 & 31, 2021
KOOL 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10355 Well Ran LLC, 910 Drummond Avenue, Davis, CA 95618 is doing business under the Fictitious Business Name(s) "Soul Ona Roll Sac" 910 Drummond Avenue, Davis, CA 95618. Filed with the Clerk of Sacramento County November 29, 2021
Publish: December 10, 17, 24 & 31, 2021
SOUL 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09751 Diego Garcia, 5508 Sandmount Boulevard, Oakley, CA 94561, Berta Fuentes, 1749 Tenama Drive, Woodland, CA 95695, Javier Cuellar, 7235 French Road, Apt. 16, Sacramento, CA 95828, Juan J. Chavez, 180 Odell Circle, Sacramento, CA 95835 and Gabriela Flores, 4815 Palomino Lane, North Highlands, CA 95660 are doing business under the Fictitious Business Name(s) "Nuevos Horizontes" 180 Odell Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 4, 2021
Publish: December 10, 17, 24 & 31, 2021
NUEVOS 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09921 Agustín J. Duran, 4815 Palomino Lane, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Solar Panels Clean Energy" 4815 Palomino Lane, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 10, 2021
Publish: December 10, 17, 24 & 31, 2021
SOLAR 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09844 AJAU & Associates Inc, 10058 Newhart Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "916 Notary Public, 916 Livescan Services, 916 Apostille Services, 916 Print Services" 10058 Newhart Court, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 8, 2021
Publish: December 10, 17, 24 & 31, 2021
NOTARY 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10338 Robert W. Judah & Sandra J. Brown, 3249 Max Court, Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Trust Production Services" 3249 Max Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 29, 2021
Publish: December 10, 17, 24 & 31, 2021
TRUST 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10467 Jesse A. Peeyhouse & Karen L. Peeyhouse, 9012 Terramore Drive, Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "KJ's "Old Fashion" Hot Dogs" 9012 Terramore Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2021
Publish: December 10, 17, 24 & 31, 2021
KJS 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10253 Christopher S Lenning, 4101 Wheat Street, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Top Pick Mobile Welding" 4101 Wheat Street, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 23, 2021
Publish: December 10, 17, 24 & 31, 2021
TOP 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10163 Melissa Faith Zanetta, 7921 Sunrise Boulevard, Apt. 3108, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Memories" 7921 Sunrise Boulevard, Apt. 3108, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 19, 2021
Publish: December 10, 17, 24 & 31, 2021
MEM 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09848 Werner Visage DDS Inc, 6440 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Marconi Dental Group" 6440 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 8, 2021
Publish: December 10, 17, 24 & 31, 2021
MARC 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09947 Susan Kim Dakuzack Schlack & William Perry Schlack, 4440 Minnesota Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Xleration Services" 4440 Minnesota Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 12, 2021
Publish: December 10, 17, 24 & 31, 2021
XLER 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10494 Jesse Sonny Davis, 9670 Beachwood Drive, Orangevale, CA 95662 and Frank Thomas Gori IV, 7405 Springvale Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name(s) "Green Clean Solar Solutions" 6261 Hazel Avenue, #694, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 3, 2021
Publish: December 10, 17, 24 & 31, 2021
GREEN 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09654 Yordanos G Beyene, 8028 Tetotom Parkway, Antelope, CA 95843 and Trhas G Beyene, 5332 Croxton Way, Sacramento, CA 95842 are doing business under the Fictitious Business Name(s) "Tesiadel" 4900 Madison Avenue, Suite B, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 2, 2021
Publish: December 10, 17, 24 & 31, 2021
TESI 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10328 Armando Damian, 4400 Shandwick Drive, #277, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Lifetime Services" 4400 Shandwick Drive, #277, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 29, 2021
Publish: December 10, 17, 24 & 31, 2021
LIFE 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10458 Ting Xian Griffis, 5017 Burnbrae Place, Antelope, CA 95843 and Tingcui Hou, 8280 Iron Gorge Drive, Sacramento, CA 95829 are doing business under the Fictitious Business Name(s) "Lili's Massage" 8991 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2021
Publish: December 10, 17, 24 & 31, 2021
LILI 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10446 Samona Turner, 731 16th Street, #118, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "St. T. St. T Collaborators" 731 16th Street, Suite 118, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 2, 2021
Publish: December 10, 17, 24 & 31, 2021
ST.T 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10397 Robert David Vaughn, 4633 Chicago Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Wayne Nameplate Company" 4633 Chicago Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 1, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
WAYNE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10215 Edward R. Marszal Enterprises, Inc., 5805 Windmill Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jackson Road Chevron" 9700 Jackson Road, Sacramento, CA 95827. Filed with the Clerk of Sacramento County November 23, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
JACKSON 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09897 BranDee Thomas, 3920 Ramsey Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Exceptional Housekeeping Personnel Agency" 3920 Ramsey Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 15, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
EXCEPT 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10567 Robin Martin, 9239 Winding Oak Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Two Songbirds Press" 9239 Winding Oak Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 7, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
SONG 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09803 Maurice Harper, 5520 Claudied Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "TSQ Nursing Academy" 5650 Marconi Avenue, #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 5, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
TSQ 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10582 Melesio Anthony Perez Jr., 1038 Roosevelt Avenue, Winters, CA 95694 is doing business under the Fictitious Business Name(s) "Bowtie Specialties" 7846 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 8, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
BOWTIE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10142 Joseph Sparks, 3701 California Avenue, #A, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Gold Coast Creative" 3701 California Avenue, #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 19, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
GOLD 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09206 Kristina Schumacher & Megan Schumacher, 3300 Capitol Center Drive, #64, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Pretty In Faith" 3300 Capitol Center Drive, #64, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 15, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
PRETTY 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10559 Blake Krekelberg, 8898 Bluff Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "On Target Promotions" 11367 Pyrites Way, Suite K, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 7, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
ONTARGET 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10456 Jamaela Constance Jennings, 4230 Fell Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "J Spot Kitchen" 3173 Marysville Boulevard, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 2, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
JSPOOT 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10534 FNU Shushma Kumari, 3512 Ester Brook Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Sanja Punjabi Foods" 3512 Ester Brook Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County December 6, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
SANJA 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09943 No Ends Inc, 2300 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Crystal Nugs Events" 2300 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09946 Closed Door Inc, 2300 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Crystal Nugs Shop" 2300 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09945 Crystal Nugs Inc, 3109 Lea Sterling Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Crystal Nugs Delivery" 241 North 10th Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 12, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10001 Samjhana Food Inc, 4740 Natomas Boulevard, Suite 150, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Himalaya Momo" 4740 Natomas Boulevard, Suite 150, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 15, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
HIMA 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10497 Amy Tremayne, 4080 Truxel Road, #100, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Mayne St. Properties, Mayne St. Coaching" 4080 Truxel Road, #100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 3, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
MAYNE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10540 Mohsen Razzani, 5307 Marconi Avenue, #33, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Grand Central Cars" 9521 Folsom Boulevard, Suite R-1/G, Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 6, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
GRAND 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10372 Reese Brother Enterprises LLC 6060 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Silvercreek Association Management, Silver Creek Association Management" 6060 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 30, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
SILVER 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10530 Aries Car Co Inc, 2620 La Mesa Way, Unit B, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Aries Car Co Inc" 2620 La Mesa Way, Unit B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 6, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
ARIES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10525 Prime Auto Registration LLC, 4865 Pasadena Avenue, Suite 17, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Prime Auto Registration LLC" 4865 Pasadena Avenue, Suite 17, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 3, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
PRIME 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10527 Creative Engineering LLC, 4330 Winding Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "AUL Painting" 4330 Winding Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 6, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
AUL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10210 Jose Martin Barrios, 4901 Patric Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Droplet Landscaping" 4901 Patric Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 23, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
DROPLET 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10705 Elena Sokolova, 5419 Manzanita Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bes Hair Lab" 5525 Hemlock Street, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 10, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
BES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10620 Tiana Keene, 7531 Andrewsarah Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Na-Cho Snacks" 7531 Andrewsarah Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 8, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
NA-CHO 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10402 Tony Hamblin, 2248 Garfield Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Warrior Method" 6022 A Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 1, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
WARRIOR 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10682 Creamon Alston, 5005 Argo Way, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "CRE Kutting Up" 5005 Argo Way, Sacramento, CA 95820. Filed with the Clerk of Sacramento County December 10, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
CRE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10690 Ezz ride auto sales, 3216 El Camino Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Ezz ride auto sales" 3216 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 10, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
EZZ 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10697 Kevin Pham, 7 Ingram Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Sacramento EDM Collective, Sac EDM Collective" 7 Ingram Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 10, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
SACEDM 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10698 Rory Randy Rodriguez, 7 Costa Brase Court, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Bimes ILL, Chaotic Forms" 7 Costa Brase Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 10, 2021
Publish: December 17, 24, 31, 2021 & January 7, 2022
BIMES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10599 Jonathan Hemphill, MD, 3533 Serramont Court Carmichael, CA 95608, Scott Baron, MD, 11740 Melones Circle, Gold River, CA 95670, and Bradley Stauber, DO 875 Commons Drive Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Capitol Heart Center" 6347 Coyle Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 8, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
CAPITOL 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10640 Classy Merchandise, Inc, 30616 San Antonio Street Hayward, CA 94544 are doing business under the Fictitious Business Name(s) "Tartan Sports, Precise Golf" 30616 San Antonio Street Hayward, CA 94544. Filed with the Clerk of Sacramento County December 9, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
TARTAN 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10470 Lee A. Mahla, 2016 Idaho Mine Court Gold River, CA 95670 are doing business under the Fictitious Business Name(s) "Get Order Lee, RightSize Your Move" 2016 Idaho Mine Court Gold River, CA 95670. Filed with the Clerk of Sacramento County December 2, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
GET 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10607 PAN Moving and Storage, LLC, 1401 21st Street Suite R Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Tony's Sons Moving and Storage" 2419 Mercantile Drive Suite D Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 8, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
TONY 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09694 VA7 Park Knoll, LLC 2082 Michelson Drive 4th FL Irvine, CA 92612 are doing business under the Fictitious Business Name(s) "Renew On Coloma" 10680 Coloma Road Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 3, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
RENEW 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10542 Gary Brian Kennedy, 6816 Loncera Drive Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Grand Bakehouse" 6816 Loncera Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 6, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
GRAND 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10713 Antonio Armendariz Hernandez, 7348 Walnut Avenue Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "ExclusiveLuxuryDetailing" 7348 Walnut Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 13, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
EXCLUSIVE 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10827 Cristian Ruvalcaba and Cindy Martinez, 2507 Tronero Way Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Bright Finishes Painting" 2507 Tronero Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 17, 2021
Publish: December 24, 31, 2021 January 7, and 14, 2022
BRIGHT 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10574 Paradise Laundry Inc, 3941 Park Drive Suite 20-284 El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Greenback Coin Wash" 7345 Greenback Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 7, 2021
Publish: December 31, 2021 January 7, 14, and 21, 2022
GREENBACK 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10887 Khriissandra Swinney, 751 Taylor Morgan Way Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Liberty Tax Service" 8820 Greenback Lane Sule C Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 20, 2021
Publish: December 31, 2021 January 7, 14, and 21, 2022
LIBERTY 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10595 Josh Sigal, 9433 Triathlon Lane Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Oasis Realty & Financial Services" 9433 Triathlon Lane Elk Grove, CA 95758. Filed with the Clerk of Sacramento County December 8, 2021
Publish: December 31, 2021 January 7, 14, and 21, 2022
OASIS 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10902 Christina Alisha Armstrong, 8725 La Rivera Drive Apt# 188 Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Organizing Higher" 8725 La Rivera Drive #188 Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 21, 2021
Publish: December 31, 2021 January 7, 14, and 21, 2022
ORGANIZING 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10481 A&A Enterprises Inc, 1160 Tara

Parkour for Seniors - More Exercise is Better as You Get Older

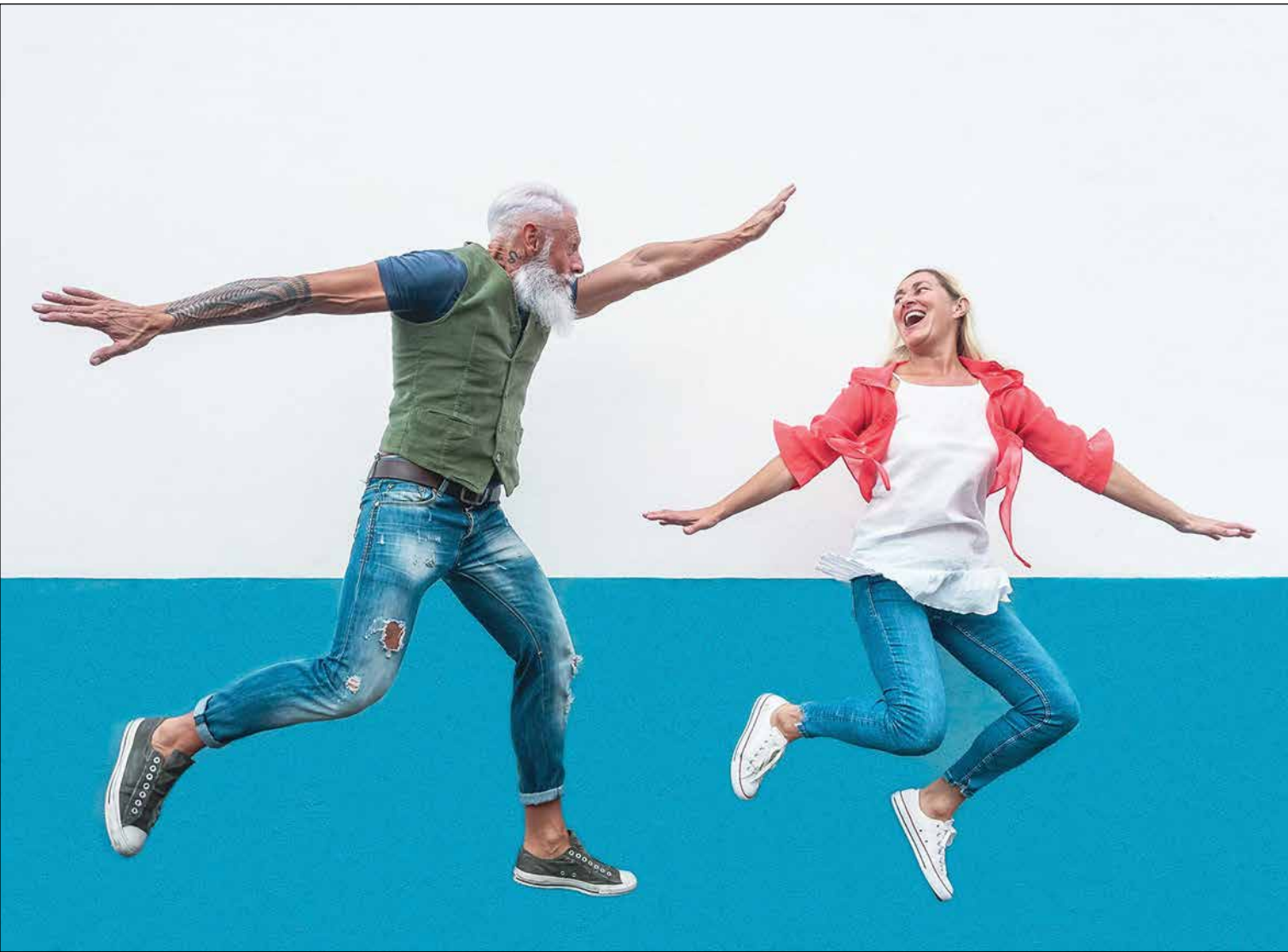
Commentary
by Nancy Lorentz

“Twenty-first century seniors live longer, healthier and more active lives. Sure, you’ll find some older folks who might prefer to sit out their senior years. But, for the most part, the elders among us – and there are a lot of them – choose ‘not to go gently into that good night,’ as poet Dylan Thomas put it,” says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

The Census Bureau reports that when they conducted their 2010 head count the oldest Baby Boomer – the first of whom were born in 1946 – was not even 65 years old yet. But since then, a staggering 10,000 of them have been celebrating their 65th birthdays each and every day and the “gray tsunami” will continue for yet another decade.

Today’s life expectancy is about 79 years. It was little more than 68 years in 1950 and it will continue to increase well beyond the turn of another century. Medical innovations have a lot to do with it. In 1950, there were nearly 589 deaths due to heart disease per 100,000 population; today, the death rate due to heart disease has dropped dramatically to 167 per 100,000.

But, while medical interventions certainly allow more of us to have longer life spans, another important contributing factor is modern day lifestyles. We’re taking better care of ourselves, eating better, sleeping better and getting more exercise. According to the Centers for Disease Control [CDC], “Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Older adults who sit less



More exercise is better than less as you get older and a little known training regimen called parkour is, definitely, more exercise. Photo Alessandro Biascioli, Dreamstime.com

and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.”

AMAC’s Weber, meanwhile, is suggesting that more exercise is better than less as you get older. Taking long walks, participating in sports, climbing stairs, lifting weights, doing push-ups and sit-ups. In fact, a growing number of seniors have gone so far as to

engage in more extreme ways to get exercise, she says, warning us to make sure we don’t overdo it.

For example, an exercise regimen known as Parkour has been growing in popularity in the U.S. in recent years. To say that it is an extreme way for senior citizens to stay fit is an understatement; it involves a lot of jumping, climbing and vaulting over and around barriers. As a matter of fact, Sean Hannah president of PK Move, told U.S. News, “You say, ‘parkour for seniors,’ and it hits the brain weird, like that’s the absolute opposite of what seniors should be doing.” PK Move bills itself as “The WORLD’S 1st and ONLY evidence-based program for seniors based on modified parkour.”

Nancy Lorentz is executive director and co-founder of PK Move. In an interview with Northern Virginia Magazine, she described parkour training as “the art of moving through

your environment in a smooth, efficient manner. This art of movement requires and builds mental and physical strength to overcome obstacles in the path you have chosen. Generally, parkour involves crawling, running, jumping, leaping, climbing, swinging or diving. There are no set routines (such as in yoga or tai chi) for practicing parkour, although proper functional form is required to train safely.” ★



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