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# Citrus Heights

**VOLUME 11 • ISSUE 52** 

Serving the City of Citrus Heights & Sacramento County

DECEMBER 31, **2021** 

## **HOMESCHOOLING WILL BOOM LONG AFTER** COVID-19



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## HIGH SCHOOL GIRLS **VOLLEYBALI ALL-STAR GAMES**



## LESSONS OF **SOCIALISM**





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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

#### Bv 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 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 blasted the "unilateral disarmament"

comply with the federal Voting of their power, though an initial anal-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 six-month delay in the release of cenre-elected.

Particularly on the congress June 2022 primaries and continue for 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.

ysis 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 sus data. In the last few weeks, the panel held a number of marathon ses sions 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 Some California Democrats have terms of how these maps should be Continued on page 3

## 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 keep-

ing 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 neater, or any otner 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 hairdryer 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.

Continued on page 3

# 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 night, even in a sleeping bag, even in a tent. That's why we do this, to remem- a proclamation to the Citrus ber how brutal it is". There Heights City Council was a clear recognition by

imagine being out here all all that "we can go home; they can't."

In 2020 Sanchez brought Continued on page 3 2 • CITRUS HEIGHTS MESSENGER **DECEMBER 31, 2021** 

## Named Worst 'Judicial Hellhole'

**CALA Press Release** 

CORONA DEL MAR, CA (MPG) - California is the worst "Judicial Hellhole®" in the country, according to a new report.

The American Tort Reform Foundation (ATRF), in its 20th anniversary edition of the annual report, says the state's atrocious litigation environment and government officials' determination to expand liability across the board are to blame for its return to the top.

California has been in the Top 3 worst Judicial Hellholes® for a decade and was named an "Everlasting Judicial Hellhole"

"We have received this unfortunate honor, not once, but 16 times over the past 20 years," said Victor Gomez, executive director, California Citizens Against Lawsuit Abuses. "The result? Californians pay for lawsuit abuse and excessive tort costs in the form of an annual "tort tax" of nearly \$575 per person. The costs of this litigation also result in nearly 200,000 jobs lost each year.

"I was a franchise owner on the central coast for 17 years. My community was always supporting me, my business, and other locally owned businesses. That's what makes a community strong. Yet, we are often the targets of these type of shakedown lawsuits. I feared the threat of a lawsuit. There was nothing to protect me."

According to Tiger Joyce, President, American Tort Reform Association, "Although still referred to as the "Golden State, California is just about the worst place in the country to be a small business owner. Between frivolous lawsuits abusing state and federal laws and onerous business regulations that create nearly endless opportunities for unscrupulous trial lawyers, it's easy to see why business owners are making a mass exodus out of the state."

California's Private Attorneys General Act (PAGA) authorizes "aggrieved employees" to file lawsuits regarding labor code violations and to seek civil penalties. However, 75% of the penalties paid by non-compliant employers go to the state's Labor and Workforce Development Agency. Less than 25% goes to the "aggrieved employees" after their lawyers take one-third or more of the remaining 25%.

"The intent behind PAGA was to protect workers, but it has done little to help them. Employees have actually lost flexibility in their work lives as a result," Joyce said. "Most of these lawsuits revolve around technical nitpicks and don't claim any real injury. Trial lawyers have turned PAGA

into a loophole around arbitration clauses in employment contracts which typically limit expensive class actions that only benefit the lawyers."

ATRF says frivolous lawsuits filed under the federal Americans with Disabilities Act (ADA) are another issue plaguing California's civil justice system. 2020 brought a 22% increase in ADA filings while nationally, such filings decreased. 2021 is on pace to be a record-breaking year in California for ADA filings. California has more expensive penalties for ADA violations due to the state's Unruh Civil Rights Act. The Act includes a \$4,000 fine per violation, which other states don't have, plus attorneys' fees.

"Often, these alleged 'violations' are as minor as a mirror that is an inch too high or a sidewalk angled one degree off," Joyce said. "Unfortunately, businesses are rarely given a warning or even a customer complaint about noncompliance until sue-happy trial lawyers take them straight to court. As small businesses struggle to stay afloat, litigation costs alone could very well put them out of business for good."

ATRF reports that businesses of all sizes are under attack in California, though. This year, Amazon was held liable for injuries caused by a product sold by a third-party seller. The California Court of Appeals used a 2020 case, which the state Supreme Court refused to review, as precedent.

"The unfortunate reality is that where California goes, the country tends to follow," Joyce said. "The unintended consequences of this precedent could very well have a chilling effect on ingenuity and entrepreneurship across the nation. This is especially dangerous given California courts' willingness to allow questionable science as expert evidence in trials."

To view the full report at JudicialHellholes.

Founded in 1986, ATRA is a nonpartisan, nonprofit organization and is the nation's first organization dedicated exclusively to reforming the civil justice system through education and legislative enactment. ATRA acts as a nationwide network of state-based liability reform coalitions backed by 142,000 grassroots supporters. ATRA works to bring greater fairness, predictability and efficiency to America's civil justice system. Those efforts have resulted in the enactment of state and federal laws that make the system fairer for everyone.

## **Homeschooling Will Boom Long After COVID-19**

Commentary by Lance Izumi

WASHINGTON, DC (MPG) - Student enrollment in public schools has nosedived as parent disgust with school COVID-19 policies, student learning losses, and controversial education policies has gone through the roof. In the wake of this enrollment implosion, homeschooling has boomed across the country.

estimated that 1.5 million students had left the public schools since the COVID-19 pandemic began.

If students are not enrolling in public schools, where are they going? The numbers show that many former public school students are now being homeschooled.

found that the percentage of homeschooling households more than doubled in 2020 from 5 percent in spring to 11 percent in the fall.

According to a recent University of Michigan study, from 2020 to 2021, the enrollment at public schools in Michigan fell by nearly 46,000 students, which represented a more than a 3-percent drop. Among kindergartners, there was a decrease of more than 11 percent.

The increase in homeschoolers does not come from just a narrow segment of the American population. A University of Washington Bothell analysis found, "The the U.S. mirrors the diversity of all students nationally," including all racial, religious, political, and income groups. For instance, the Census



At the beginning of the current school year, the U.S. Department of Education estimated that 1.5 million students had left the public schools since the COVID-19 pandemic began. Photo courtesy Pixabay

At the beginning of the Bureau found that among current school year, the U.S. African American households Department of Education the increase in homeschooling was much steeper than in the country as a whole, rising from 3 percent to 16 percent, a five-fold jump.

This increase in African American homeschooling is not surprising given recent research by McKinsev & Company that found "Students in majority Black The U.S. Census Bureau schools ended the [2020-21] school] year with six months of unfinished learning."

Demetria Zinga, one of the country's top African American homeschool YouTubers, says, "I believe homeschooling is growing and exploding amongst African Americans and there will be more and more homeschoolers."

Homeschool mom Magda Gomez, an immigrant from Mexico, has become an activist for homeschooling in the Hispanic community.

She observes: Hispanics as a culture are usually very protective and loving towards our children. However, I explain that love is not enough to raise our diversity of homeschoolers in children. We have to educate ourselves in different areas of education, especially since we are not in our [native] country but are immigrants." "It is my dream," she says,

disorders report that public schools cannot effectively address their child's specialized learning needs." Pediatric nurse and homeschool mom Jackie Nunes

"to see more Hispanic fami-

lies doing homeschool." Her

dream is coming true with

homeschooling doubling

among Hispanic households,

from 6 percent to 12 percent.

diversity of homeschoolers,

in 2021 the school-choice

organization EdChoice

found: "Many parents of chil-

dren with autism, ADHD, and

other neuro-developmental

In addition to the racial

unenrolled her specialneeds daughter from public school saying, "There just wasn't enough of the things that matter - time, attention, patience, persistence, passion, support."

The COVID-19 pandemic has exposed all the flaws in the one-size-fits-all public schools, which is why the homeschool boom is shaking up American education.

Lance Izumi is senior director of the Center for Education at the Pacific Research Institute. He is the author of the new book The Homeschool Boom: Pandemic, Policies, and Possibilities. This piece originally ran in the Washington Times.

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# Long Winter in the Streets What You Need to Know

Continued from page 1

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 "carful 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.

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

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."

## **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.



**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.

Dated: December 20, 2021 Publish: December 31, 2021

Citrus Heights Messenger 12-31-2021

## Stay Safe as Temperatures Dip Near Freezing

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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.

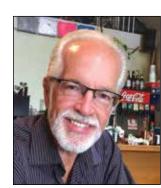


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4 • CITRUS HEIGHTS MESSENGER **DECEMBER 31, 2021** 



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 are the most applicable: 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

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

- 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.
- 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 gov-3. The government cannot ernment; 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.

# Lessons of Socialism 38th Annual Optimist High School **Girls Volleyball All Star Games**



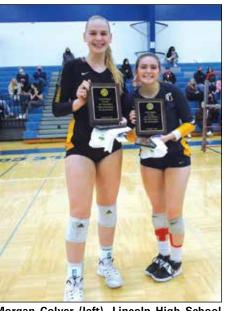
Optimist Hall of Fame inductee, Jennifer Wright, with Optimist Girls Volleyball Coordinator John Grix (Rio Americano High School) on her right, and Assistant Coordinator Matt MacDonald (Bear River High School) on her left. Photo: Evening Optimist Club of Sacramento

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 Colver 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

Information at WestSacFun.org

Groundwater Live website, which supports data-informed decision-making and helps prioritize funding for emergency and longterm 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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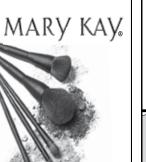
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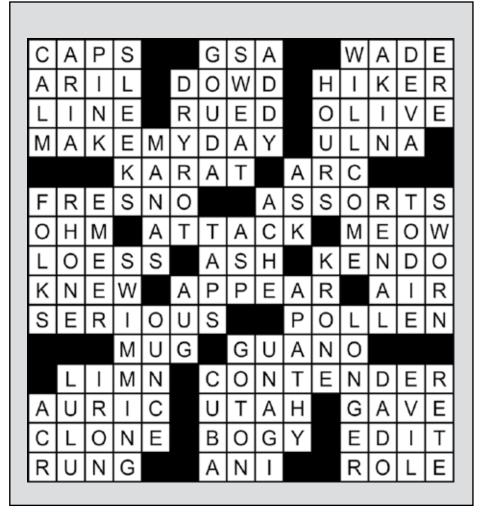
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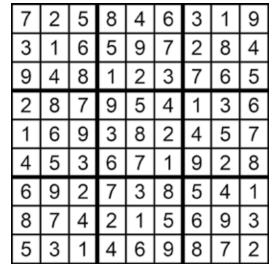


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8. Ex-Miami Heat player

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13. Actor Chris O'

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15. Country dance formation

16. Wished undone 17. Popeye's sweetie 18. \*"Sudden Impact": "Go

ahead, \_ 20. Arm part

21. Gold unit

22. Parabola, e.g. 23. San Joaquin Valley city

26. Hangs out with 30. Unit of electrical

resistance 31. \*"Star Wars": "Stay in

formation" 34. Mr. Jinx's (of "Meet the

Parents") cry 35. Clay and silt deposit

37. Camel debris

38. Japanese sword fighting 39. Was aware of

40. Come into sight 42. \*"Independence Day": "I

belong in the \_\_\_\_"
43. \*"The Dark Knight":

"Why so \_\_\_\_?" 45. Common allergen

47. Cup alternative 48. Bird-made fertilizer

50. Sketch 52. \*"On the Waterfront": "I

coulda been a \_\_ 56. El Dorado-related

57. Tabernacle Choir's home 58. Contributed

59. Star Wars attacker 60. Unidentified aircraft

61. Prep for publication

63. Tropical American cuckoo 64. Part to play

DOWN 1. Precedes storm? 2. Soprano's song, e.g.

we wear 4. Makes smooth, as in hair 5. Dutch cheese 6. \*"Darkest Hour": "I have nothing

3. \*"Mean Girls": "On Wednesdays,

to offer but blood, toil, tears and Walker, American Girl doll

8. \*"Field of Dreams": "If you build it, he

9. Related 10. Deity, in Sanskrit

he drove out of sight' 13. Fungus damage (2 words) 14. Meryl Streep's "The

19. Supernatural life force, pl. 23. \*"Who Framed Roger Rabbit": "That's all, \_\_\_\_!'

25. Mideast V.I.P.

29. Bound by oath

33. Nile reptile

32. "Lights out" tune

26. Soreness 27. Kidney-related 28. \*"Princess Bride": "You killed my father. Prepare

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36. \*"Finding Nemo": "Just keep 38. Danish money

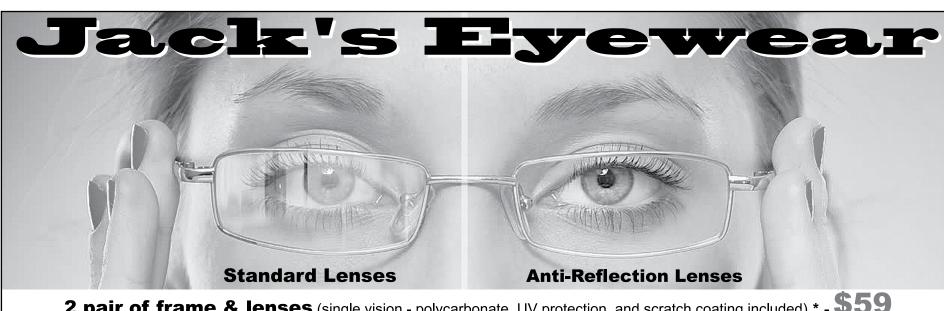
40. Two before Oct 41. Lack of enthusiasm 44. 1/16th of a pound 46. Not two years but three, e.g. 48. Coped (2 words) 49. Freshwater eel, in Japan

50. Comics character Little

51. Fe 52. Caribbean island country 53. Carpenter's joint 54. Like a fairytale stepmother? 55. Network of nerves 56. Acronym, abbr.



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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 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" 8891 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 Collaboratives" 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 180201

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 180201

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 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-09987 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 180201 EXCEPT

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 7. 2022

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

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

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10142 Joseph Sparks, 3701 California Avenue, #Α. 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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-09206 Kristina Schumacher & Meggan 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

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10559 Blake Krekelberg, 8868 Bluff Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "On Target Promotions" 11367 ----Pyrites Way, Suite K, Rancho Corodva, 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, FBNF2021-10456 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

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 Punjab 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

180201

7, 2022

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 180201

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

180201 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) 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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10372 Reese Brother Enterpris LLC 6060 Sunrise Vista Drive, Suite 3400. Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Silvercreek Association Management. 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 180201

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 180201

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

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

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180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10210 Jose Martin Barrios, 4901 Patric Way, Carmichael, CA 95608 is doing husiness 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

180201 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

180201 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

180201 NA-CHO FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10402 Tony Hamblin, 2248 Garfield Avenue, Carmichael, CA 95608 is doing business under the Fictitious "Warrior Method" Name(s) Business 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

WARRIOR 180201 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 180201 CRE 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) 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 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 "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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10698 Rory Randy Rodriguez, Costa Brase Court. Sacramento, 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

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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

180201 CAPITOL 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

180201 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

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

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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 180201

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10542 Gary Brian Kennedy, 6816 Lonicera Drive Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Grand Bakehouse" 6816 Lonicera 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 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10713 Antonio Armendariz Hernandez, 7348 Walnut Avenue Orangevale, CA 95662 are doing business 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,

180201 1-14-22 EXCLUSIVE 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

180201 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, GREENBACK 180201 1-21-22

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

180201 LIBERTY 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

180201 1-21-22 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10902 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,

**ORGANIZING** 180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10481 A&A Enterprises Inc. 1160 Tara Court Suite A Rocklin CA 95765 is doing business under the Fictitious Business Name(s) "3 Monkeys Smoke Shop #8" 5323 Elkhorn Boulevard Suite B Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022 MONKEYS

180201 FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-11006 Ahmadi & Sons Automotive, 1900 Point West Way #275 Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Midas" 1900 Point West Way #275 Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 23, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022

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MIDAS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10899 Erica Antonetti, 4116 Aura Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Premier Hypnotherapy of Sacramento" 10316 Placer Lane #F Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 21, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022 PREMIER 180201

EICTITIOUS BUSINESS NAME STATEMENT FBNF2021-10334 Wayne C. Johnson & Associates, Inc, 1005 12th Street Lower Suite 2 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "The Rosales Agency, Gateway Digital & Media, Amplify Government & Public Relations" 1005 12th Street Lower Suite 2 Sacramento, CA 95814. Filed with the Clerk Sacramento County November 29, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022 180201 1-21-22 AGENCY

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2018-09056 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "3 Monkeys Smokeshop #8 Sacramento" located at 5323 Elkhorn Boulevard Suite B Sacramento, CA 95842. The Fictitious Business Name Statement referred to above was filed on November 13, 2018, in the County of Sacramento. Publish: December 31, 2021 January 7, 14, and 21, 2022 1-21-22 MONKEYS 180201

## ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00307685

Jule Lee Moua has filed a petition with this court for a decree changing the name(s) of Jule Lee Moua to Julie Lee Moua. IT IS ORDERED that all persons interested the above-entitled matter appear before this court at 1:30p.m. on January 19, 2022, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 22, 2021 Shama H. Mesiwala, Judge of the Superior

Publish: December 10, 17, 24 & 31, 2021 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00306285 Txumuakou Moua has filed a petition with this

court for a decree changing the name(s) of Txumuakou Moua to Wangtzu Moualawtoua. IT IS ORDERED that all persons interested the above-entitled matter appear before this court at 1:30p.m. on January 20, 2022, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 22, 2021 Shama H. Mesiwala, Judge of the Superior

Court Publish: December 10, 17, 24 & 31, 2021 MOUA 180201 12-31-21

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311398 Vincent Alexander String Flores has filed a petition with this court for a decree changing

the name(s) of Vincent Alexander String Flores to Vincent Alexander Flores-Poon. IT IS ORDERED that all persons interested the above-entitled matter appear before this court at 9:00a.m. on January 19, 2022 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: November 19, 2021 Christopher E. Krueger, Judge of the Superior

Publish: December 10, 17, 24 & 31, 2021 FLORES 180201 12-3

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311441

Jennie Raelyn Catherine Soniega-Sherwood has filed a petition with this court for a decree changing the name(s) of Jennie Raelyn Catherine Soniega-Sherwood to Jennie Raelyr Caluya IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 19, 2022, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 22, 2021 Shama H. Mesiwala, Judge of the Superior

Publish: December 10, 17, 24 & 31, 2021

180201 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

Yaqing Jiang has filed a petition with this court for a decree changing the name(s) of Yaqing Jiang to Sherry Yaqing Flores . IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 18, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

#34-2021-00311226

Dated: November 17, 2021 Christopher E. Krueger, Judge of the Superior Publish: December 10, 17, 24 & 31, 2021

180201 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2021-00311148 Patricia Bermudez and Trinidad Castro have filed a petition with this court for a decree changing the name(s) of Axel Bermudez to Axel Castro. IT IS ORDERED that all persons

interested in the above-entitled matter appear before this court at 9:00a.m. on January 18, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 16, 2021 Christopher E. Krueger, Judge of the Superior Court

Publish: December 10, 17, 24 & 31, 2021 180201 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00309062 Edward Charles Lewis has filed a petition with this court for a decree changing the name(s)

of Edward Charles Lewis to Bernard Payne.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 26. 2022, in Department 53, located at 813

Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 30, 2021 Shama H. Mesiwala, Judge of the Superior

Court Publish: December 17, 24, 31, 2021 & January 180201

1-7-22

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

#34-2021-00311403

Louise Sinclair has filed a petition with this court for a decree changing the name(s) of Michelle Louise to Michelle Louise Hansel. IT IS ORDERED that all persons

interested in the above-entitled matter appear before this court at 1:30p.m. on January 19. 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 19, 2021 Shama H. Mesiwala, Judge of the Superior

Court Publish: December 17, 24, 31, 2021 & January 7.2022

180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311496

with this court for a decree changing name(s) of Joseph Edward to Joesph Edward Ellner-Hill. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a m on January 20, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and

Joseph Edward Hill has filed a petition

Change of Name should not be granted. Dated: November 19, 2021 Christopher E. Krueger, Judge of the Superior

show cause, if any, why the petition for

Publish: December 17, 24, 31, 2021 & January 7, 2022

180201 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2021-00311494 Paul David Ellner has filed a petition with this court for a decree changing the name(s) of Paul David Ellner to Paul David Fllner-Hill

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a m on January 20, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 19, 2021

Christopher E. Krueger, Judge of the Superior Publish: December 17, 24, 31, 2021 & January

7, 2022 **ELLNER** 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311685

Yuliia Kononenko has filed a petition with this court for a decree changing the name(s) of Yuliia Kononenko to Julia Demidoff, Volodymyr Kononenko to Vladimir Demidoff. Kononenko to Sofia Demidoff, Andriv Gorbatkov to Andrev Demidoff. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 25, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 23, 2021

Shama H. Mesiwala, Judge of the Superior Publish: December 17, 24, 31, 2021 & January

KONONENKO 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311153 Barry Lee Henning II has filed a petition with

Barry Lee Henning II to Oswald Sharebanker. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on January 18, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for Change of Name should not be granted. Dated: November 16, 2021 Shama H. Mesiwala, Judge of the Superior

Publish: December 17, 24, 31, 2021 & January HENNNIG 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311799

Jose Israel Medel Sanchez filed a petition with this court for a decree changing the name(s) of Jose Israel Medel Sanchez to Jose Israel Hernandez Sanchez. Jose Israel Hernanuez Currons
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January

26, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 30, 2021 Christopher E. Krueger, Judge of the Superior

Court Publish: December 17, 24, 31, 2021 & January 7.2022180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00310593 Elizabeth Tsymbal has filed a petition with

this court for a decree changing the name(s)

of Cash Eli Coleman to Cash Eli Tsymbal IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on February 1, 2022, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 6, 2021

Shama H. Mesiwala, Judge of the Superior Court Publish: December 17, 24, 31, 2021 & January 7. 2022

TSYMBAL 180201 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2021-00311410 Joshua Buluran Dela Cruz has filed a petition with this court for a decree

changing the name(s) of Joshua Buluran Dela Cruz to Joshua Dela Cruz Alavon. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 19, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Christopher E. Krueger, Judge of the Superior Publish: December 17, 24, 31, 2021 & January

Dated: November 19, 2021

180201 1-7-22 Legal Advertising Hotline 916-483-2299 Legal Advertising Fax 916-773-2999

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

Legal Advertising

### ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311416 - - Smith has filed a petition with this

court for a decree changing the name(s) of - - Smith to Re'anna Michelle Porter. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on January 19. 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Christopher E. Krueger, Judge of the Superior Court Publish: December 17, 24, 31, 2021 & January

Dated: November 19, 2021

SMITH 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00311932 Ixavana Bermudez has filed a petition with this court for a decree changing the name(s)

of Ixayana Bermudez to Ixayana Castro. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a m on January 27, 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Christopher E. Krueger, Judge of the Superior Court Publish: December 24, 31, 2021 January 7,

Dated: December 2, 2021

and 14, 2022 **CASTRO** 180201 1-14-22

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00312115

Margarita Morales has filed a petition with this court for a decree changing the name(s) of Christian Enrique Morales to Christian Enrique Morales Avalos and Moises Eliseo Morales to Moises Eliseo Morales Avalos.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on February 1. 2022, in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 6, 2021

Christopher E. Krueger, Judge of the Superior Court Publish: December 24, 31, 2021 January 7,

**CASTRO** 180201 1-14-22

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00310139

Lisa Michelle Toews has filed a petition with this court for a decree changing the name(s) of Lisa Michelle Toews to Lisa Michelle Gibson. IT IS ORDERED that all persons

interested in the above-entitled matter appear before this court at 1:30p.m. on February 3, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 8, 2021 Shama H. Mesiwala, Judge of the Superior

Publish: December 24, 31, 2021 January 7,

and 14, 2022

TOEWS 180201

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00312043 Branden Charles Brown has filed a

petition with this court for a decree changing the name(s) of Brandon Charles to Branden Charles Noiima IT IS ORDERED that all persons interested in the above-entitled matter appear

before this court at 1:30p.m. on February 1, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 2, 2021

Shama H. Mesiwala, Judge of the Superior Court Publish: December 24, 31, 2021 January 7,

and 14, 2022 **BROWN** 180201 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00312261 Roberta Jean Welch has filed a petition with this court for a decree changing the name(s) of Roberta Jean Welch to Roberta Jean Barnhart.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on February

2, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 7, 2021 Shama H. Mesiwala, Judge of the Superior Court

Publish: December 24, 31, 2021 January 7,

and 14, 2022 180201 BARNHART 1-14-22

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00312327 Yralina Sophia Lee Johnson has filed a petition with this court for a decree

changing the name(s) of Yralina Sophia Lee Johnson to Yralina Sophia Nana Tufono. IT IS ORDERED that all persons interested in the above-entitled matter appear

before this court at 1:30p.m. on February 3, 2022, in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 8, 2021 Shama H. Mesiwala, Judge of the Superior

Court Publish: December 24, 31, 2021 January 7,

and 14, 2022 180201 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2021-00312462 Conika Nashea Underwoods has filed a petition with this court for a decree changing the name(s) of Conika Nashea Underwoods to Dalis Austin Yates. IT IS ORDFRED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on February 8, 2022, in Department 53, located at 813

1-14-22

1-14-22

1-14-22

Pragnya

1-21-22

1-21-22

show cause, if any, why the petition for

Change of Name should not be granted.

Shama H. Mesiwala, Judge of the Superior

Publish: December 24, 31, 2021 January 7,

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312507

with this court for a decree changing

the name(s) of Vanessa Marquez to

Vanessa Marron, and Yasmin Naveli

Marquez to Yasmin Nayeli Damian.

interested in the above-entitled matter appear

before this court at 1:30p.m. on February

8, 2022, in Department 53, located at 813

6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for

Change of Name should not be granted.

Shama H. Mesiwala, Judge of the Superior

Publish: December 24, 31, 2021 January 7,

180201

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312045

Lisset Bello Rocha has filed a petition with

this court for a decree changing the name(s)

of Lisset Bello Rocha to Lisset Rocha.

interested in the above-entitled matter appear

before this court at 1:30p.m. on February

1, 2022, in Department 53, located at 813

6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for

Change of Name should not be granted.

Shama H. Mesiwala, Judge of the Superior

Publish: December 24, 31, 2021 January 7,

180201

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312394

Vishnuvajjala aka

Aradhyula has filed a petition with this court

for a decree changing the name(s) of Pragnya

Vishnuvajjala aka Pragnya Aradhyula

IT IS ORDERED that all persons interested in the above-entitled matter appear

before this court at 9:00a.m. on February

3, 2022, in Department 54, located at 813

6th Street, Sacramento, CA 95814. and

show cause, if any, why the petition for

Change of Name should not be granted.

Christopher E. Krueger, Judge of the Superior

Publish: December 31, 2021 January 7, 14,

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312265

Elaine Xiong Yang has filed a petition with

this court for a decree changing the name(s)

of Elaine Xiong Yang to Elani Jia Yang Park.

interested in the above-entitled matter appear

before this court at 9:00a.m. on February

2, 2022, in Department 54, located at 813

6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for Change of Name should not be granted.

Christopher E. Krueger, Judge of the Superior

Publish: December 31, 2021 January 7, 14,

180201

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312853

Oralia Harrison has filed a petition with this

court for a decree changing the name(s) of Oralia Harrison to Oralia Garcia.

interested in the above-entitled matter appear

before this court at 9:00a.m. on February

10, 2022, in Department 54, located at 813

6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for

Change of Name should not be granted.

Christopher E. Krueger, Judge of the Superior

Publish: December 31, 2021 January 7, 14,

180201

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312783

Zureen Nafisha Khan has filed a petition with

this court for a decree changing the name(s)

IT IS ORDERED that all persons

of Shazia Zena Kumar to Shazia Zeenat Khan.

interested in the above-entitled matter appear

before this court at 1:30p.m. on February

9. 2022, in Department 53, located at 813

6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for

Change of Name should not be granted.

Shama H. Mesiwala, Judge of the Superior

Publish: December 31, 2021 January 7, 14,

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2021-00312789

Francisco Paul Perez has filed a

petition with this court for a decree

changing the name(s) of Francisco

Paul Perez to Lord Francisco Dracarez.

interested in the above-entitled matter appear

before this court at 1:30p.m. on February

9. 2022, in Department 53, located at 813

6th Street, Sacramento, CA 95814, and

show cause, if any, why the petition for

Change of Name should not be granted.

Shama H. Mesiwala, Judge of the Superior

Publish: December 31, 2021 January 7, 14,

180201

Dated: December 14, 2021

Court

PEREZ

and 21, 2022

IT IS ORDERED that all persons

1-21-22

1-21-22

180201

Dated: December 14, 2021

and 21, 2022

KUMAR

Dated: December 16, 2021

and 21, 2022

IT IS ORDERED that all persons

Dated: December 07, 2021

Court

YANG

and 21, 2022

IT IS ORDERED that all persons

180201

Aradhyula Vishnuvajjala.

Dated: December 2, 2021

Court

ROCHA

and 14, 2022

Pragnya

Dated: December 09, 2021

Court

and 21, 2022

VISHNUVAJJALA

IT IS ORDERED that all persons

Dated: December 10, 2021

Court

MARQUEZ

180201

Marquez has filed a petition

IT IS ORDERED that all persons

Dated: December 10, 2021

and 14 2022

**UNDERWOODS** 

NOTICE OF PETITION TO ADMINISTER CASE No. 34-2021-00307125 6th Street, Sacramento, CA 95814, and

NOTICE OF PETITION TO ADMINISTER ESTATE

ESTATE OF PATRICIA BERDAN To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested the will or estate, or both of Patricia Berdan aka Patricia Andrews, deceased, A Petition for Probate has been filed by Melani Andrews, in the Superior Court of California, County of Sacramento, requesting Melani Andrews be appointed as personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority A hearing on the petition will be held this court as follows February 2022 9:00 a.m. in Dept 129 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative. as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is

address and telephone number of the Attorney for Petitioner is: Peter A. Galgani, 916 2nd Street, 2nd Floor, Sacramento, CA 95814 Publish: December 17, 24, & 31, 2021 17062 BERDAN

available from the court clerk. The name.

12-31-21 NOTICE OF PETITION TO ADMINISTER

ESTATE OF RICHARD L. PRESS

CASE No. 34-2021-00303734 To all heirs, beneficiaries, creditors, and

contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Richard L. Press deceased. A Petition for Probate has been filed by Daniel M. Press, in the Superior Court of California. County of Sacramento, requesting Daniel M Press be appointed as personal representatives to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 18, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative. as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attornev knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code

2366 Gold Meadow Way Suite 200, Gold River, CA 95670 916-851-1900 Publish: December 31, 2021 January 7, and

section 1250. A Request for Special Notice

form is available from the court clerk. The

name, address and telephone number of the

Attorney for Petitioner is: Caitlyn I. Andrijich

14.2022 1-14-22

**PRESS** 17062

NOTICE OF PETITION TO ADMINISTER ESTATE OF MELISSA ANNE HARPSTER CASE No. 34-2021-00310360

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate or both of Melissa Anne Harpster deceased. A Petition for Probate has been filed by Janet Rosman, in the Superior Court of California, County of Sacramento, requesting Janet Rosman be appointed personal representatives to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows April 13, 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state

your objections or file written objections with

the court before the hearing. Your appearance

may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent

1050 Fulton Avenue Suite 218 Sacramento, CA 95825 916-488-1795 Publish: December 31, 2021 January 7, and 14, 2022 HARPSTER 17062 NOTICE OF PETITION TO ADMINISTER ESTATE OF ROGER JOHN SHAW CASE No. 34-2021-00312723 To all heirs, beneficiaries, creditors, and

your claim with the court and mail a copy

to the personal representative appointed

by the court within the later of either (1) four

months from the date of first issuance of

letters to a general personal representative

as defined in section 58(b) of the California

Probate Code, or (2) 60 days from the date

of mailing or personal delivery to you of a

notice under section 9052 of the California

Probate Code. Other California statutes and

legal authority may affect your rights as a

creditor. You may want to consult with an

attornev knowledgeable in California law.

YOU MAY EXAMINE the file kept by the

court. If you are interested in the estate, you

may file with the court a Request for Special

Notice (form DE-154) of the filing of an

inventory and appraisal of estate assets or of

any petition or account as provided in Probate

Code section 1250. A Request for Special

Notice form is available from the court clerk.

The name, address and telephone number of

the Attorney for Petitioner is: Todd A. Murray

contingent creditors of and persons who may be otherwise interested in the will or estate or both of Roger John Shaw deceased. A Petition for Probate has been filed by Luningning J. Massey, in the Superior Court of California, County of Sacramento, requesting Luningning J. Massey be appointed as personal representatives to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held this court as follows February 2022 9:00 a.m. in Dept 129. in IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Samuel K. Swenson 8788 Greenback Lane Suite 105

Orangevale, CA 95662 916-333-0833

Publish: December 31, 2021 January 7, and 14, 2022

SHAW 17062 1-14-22

NOTICE OF PETITION TO ADMINISTER

ESTATE OF WAYNE HARTMAN CASE No. 34-2021-00312981 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who

may be otherwise interested in the will or estate, or both of Wayne Hartman deceased. A Petition for Probate has been filed by Tammie Hartman, in the Superior Court California, County of Sacramento Hartman Tammie requesting appointed as personal representatives to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority hearing on the petition will be held this court as follows February in 2022 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attornev knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Samuel K. Senson 8788 Greenback Lane Suite 105, Orangevale, CA 95662

916-333-0833 Publish: December 31, 2021 January 7, and

creditor of the deceased, you must file 14,2022 HARTMAN 17062 1-14-22

NOTICE OF TRUSTEE'S SALE TS No.: FHAC.277-656 APN: 229-0521-003-0001 Title Order No.: 191230222-CA-VOI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/25/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash. cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: HARRIET O. LINSCOTT, AN UNMARRIED WOMAN Duly Appointed Trustee: PROBER AND RAPHAEL, ALC Recorded 7/8/2008 as Instrument No. N/A in book 20080708, page 1463 of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 1/18/2022 at 1:30 PM Place of Sale: At the east main entrance to the county courthouse, 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$116,725.53 Street Address or other common designation of real property: 6268 LONGFORD DRIVE #1 CITRUS HEIGHTS. California 95621 A.P.N.: 229-0521-003-0001 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 683-2468 or visit this Internet Web site www.servicelinkasap. com, using the file number assigned to this case FHAC.277-656. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. For sales conducted after January 1, 2021: NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (800) 683-2468, or visit this internet website www. servicelinkasap.com, using the file number assigned to this case FHAC.277-656 to find the date on which the trustee's sale was held, the amount of the last and highest bid. and the address of the trustee. Second. you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: 12/13/2021 PROBER AND RAPHAEL. ALC 20750 Ventura Blvd. #100 Woodland Hills, California 91364 Sale Line: (800) 683-2468 Rita

NOTICE OF TRUSTEE'S SALE TS No. CA-21-893213-NJ Order No.: 8770691 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/16/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN

Terzyan, Trustee Sale Officer A-FN4738995

01/07/2022

645-7711 Ext 5318 Quality Loan Service

Corp. TS No.: CA-21-893213-NJ IDSPub

#0175899 12/31/2021 1/7/2022 1/14/2022

IDS#0175899

12/24/2021, 12/31/2021,

7144 Fair Oaks Blvd #5 Carmichael, CA 95608 EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the accrued principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale BENEFICIARY MAY BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): ELSINE DUREXA COX, AS HER SOLÉ AND SEPARATE PROPERTY Recorded: 6/22/2005 as Book 20050622, Page 0836 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 1/21/2022 at 2:00 PM Place of Sale: At the main entrance to the County Courthouse, located at 720 9th Street, Sacramento, CA 95814 Amount of accrued balance and other charges: \$322,932.40 The purported property address is: 10257 COLOMA ROAD, RANCHO CORDOVA, CA 95670 Assessor's Parcel No.: 076-0135-005-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this Notice of Sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site http://www.gualityloan.com, using the file number assigned to this foreclosure by the trustee: CA-21-893213-N.I. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916-939-0772, or visit this internet website http://www.qualityloan.com, using the file number assigned to this foreclosure by the Trustee: CA-21-893213-NJ to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. The undersigned trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the mortgagor, the mortgagee, or the mortgagee's attorney If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law. you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. Date: Quality Loan Service Corporation 2763 Camino Del Rio S San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: http://www. qualityloan.com Reinstatement Line: (866)

#### TRUSTEE SALE NOTICES

# WEEKLY COMICS

## Amber Waves



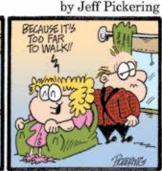






The Spats I WONDER WHY BIRDS FLY SOUTH





Out on a Limb

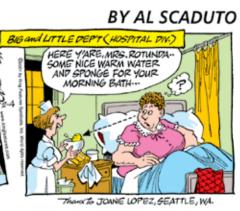








THEY'LL DO IT EVERY TIME FAMOUS LAST WORDS-MY MOTHER-IN-I REALLY ENJOY HER COMPANY.



PUZZLE PICTURE-FIND THE GAL WHO WAS ASKED BY THE PARTY'S HOSTESS TO PLAY THE PIANO EVERYONE ELSE WOULD LISTEN AND ENJOY HER SKILL-OH YEAH. RIGHT!



R.F.D.







BOOM & BIAD OF I



"It's the new flat-screen crystal ball."

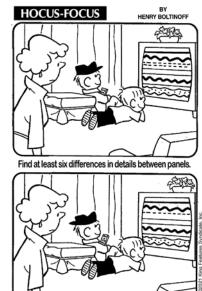
LAFF - A - DAY



"Don't pet either one. They both bite!"

Eureka Rd.





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2344 Sunrise Blvd. 318 N Sunrise Blvd. Rancho Cordova, CA Roseville, CA 916-635-5008 916-781-8500 We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 12/29/21 - 1/4/22

ANY 26 LBS OR MORE
PREMIUM DRY\_DOG
FOOD PLU #336 ANY 14 LBs OR MORE PREMIUM DRY CAT
OFF FOOD PLU #337
Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag. (Cannot be used in conjunction with similar dollar off percentage off coupons, or advertised sale items)

Limit: 1 Coupon Per Family CHM

Effective 12/29/21 - 1/4/22

COUPON **CANS OF** PREMIUM **FUSSIE CAT FOOD** 2.8 Oz Tin Black Label Only With Any Purchase of Pet, Fish Food, or Supply PLU 349

Limit: 1 Coupon Per Family CHM

Effective 12/29/21 - 1/4/22 Look for Advertised Sale Items Everyweek at www.petclubstores.com

### NATURAL BALANCE DRY DOG FOOD

 Lamb Meal & Rice (Reg & Lrg Breed)
 Sweet Potato & Salmon Sweet Potato
 Venison Sweet Potato & Bison •Sweet Potato & Chicken 24-26 Lb Bag

<sup>\$</sup>5 OFF Effective 12/29/21 - 1/4/22

FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties

Effective 12/29/21 - 1/4/22

ON SAL Limit 2 Cases **Everyday** 

AVODERM **NATURAL DRY DOG FOOD** 26-30 Lb Bag Limit 2 Bags Per Family •Lamb Meal & Rice •Chicken Meal & Rice •Lite •Senior •Large Breed

OFF DISCOUNT Effective 12/29/21 - 1/4/22

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER 20 Lb •Unscented •Double Duty •Clump n Seal •Slide 19 lb

•Absorbx 15 lb Limit 2 Bags ON SALI Per Family

Effective 12/29/21 - 1/4/22

NUTRO WHOLESOME ESSENTIALS **DRY DOG FOOD** 

Lamb Meal & Rice 30 Lb Bag
•Small Bites (•Adult •Large Breed \$42.99)

Effective 12/29/21 - 1/4/22

NATURAL BALANCE CANNED DOG FOOD Selected Varieties 13 Oz (Reg price \$1.69)

(Reg. Price \$1.99-\$2.19 \$1.89 Reg. Price \$2.39 **\$2.09**) Limit 1 Case

Effective 12/29/21 - 1/4/22

**FRISKIES** TENDER & CRUNCHY **COMBO DRY CAT FOOD** 

16 Lb Bag Limit 2 Bags

Effective 12/29/21 - 1/4/22

#### **SCOOPAWAY CLUMPING CAT LITTER** 42 Lb Bag

Multi-Cat Formula

Limit 2 Per Family

Effective 12/29/21 - 1/4/22

Natural EARTHBORN Limit 2 Bags Grain-Free HOLISTIC DRY DOG FOOD Per Family •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch •Weight Control •Large Breed 25 Lb Bag (Reg Price \$43.99)

WILDERNESS DRY CAT FOOD AS MARKED •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags

NATURE'S MIRACLE
PREMIUM ORGANIC CORN COB LITTER Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags

3 Free Core Dog Food 12.5 oz can vith each purchase DRY DOG FOOD •Reduced Fat

NATURALLY FRESH CAT LITTER 100% Natural Walnut-based 14 Lb Bag 10 Lb \$4.99 Clumping \$899 Multi-Cat \$999

Limit 1 case **EARTHBORN** Selected Varieties HOLISTIC CANNED CAT FOOD •Monterey Medley •Chicken Catcciatori 3 Oz. 5.5 Oz.

9 LIVES DRY CAT FOOD •Grilled Tuna & Egg 12 lb Bag Limit 2 Bags Per Family \$899

GRAVY TRAIN
DRY DOG FOOD

PURINA PRO-PLAN
CANNED CAT FOOD
ted Varieties 3 Oz (Focus & Selected Varieties 99¢) Limit 2 Cases

Limit 2 Bags
Per Family

SCIENCE DIET

16 Lb Bag
Per FELINE MAINTENANCE DRY CAT FOOD •Adult •Mature •Lite •Indoor 15.5Lb •Urinary 15.5 Lb \$4199

FUSSIE CAT PREMIUM DRY CAT FOOD Market Fresh Recipe

As Marked OUR REGULAR LOW PRICES •Selected Varieties 2 Lb, 4 Lb, 10 Lb bag • Probiotic • Gently
Scented • Scent Free
atural & Extra Strength)

• Probiotic • Gently
Scented • Scent Free
CAT LITTER

**CAT LITTER** 

\$200OFF 28 Lb **BOXED GLASS TANK** 

#### MIDWEST METAL PRODUCTS **20% OFF** Exercise PensFolding Crates

**Limited Suplies** 

PARAGON
WHIMZEE
Dental Dog Treats
Edible Dog Treats All Varieties
OUR SUPER LOW PRICE **CHUCK IT FETCH GAMES** •Ball Launchers
•Flying Squirrel •Tennis Balls
•Glow Balls • Fetch Toys

NATURAL PRODUCTS

WARE & KAYTEE Varieties 20% OFF SMALL ANIMAL PRODUCTS & KITS

WITH STARTER KIT 10 Gal Tetra LED Deluxe... **\$62.99**20 Gal Tetra LED Deluxe. **\$104.99** \$62.99

AQUEON BOXED 10 GALLON TANK With Economy Kit

29 Gal Tetra LED Deluxe . . **\$124.99** 55 Gal Tetra LED Deluxe. . **\$204.99** 

Just add Heater For Tropical Fish \$4.8.99 KENT MARINE REEF CRYSTALS SUPPLEMENTS OUR SUPER LOW PRICES 50 Gal. Salt Mix

BONUS COUPON **FANCY FEAST** 

**GOURMET CANNED CAT FOOD** 3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/29/21 - 1/4/22 Everyday CHM Price Valid Only With Coupon
Effective 12/29/21 - 1/4/22

BONUS COUPON **FRISKIES PARTY MIX CAT TREATS** 

OFF

Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon

BONUS COUPON JONNY CAT **PREMIUM CAT LITTER** 

20 Lb Bag Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 12/29/21 - 1/4/22

10 • CITRUS HEIGHTS MESSENGER DECEMBER 31, 2021

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

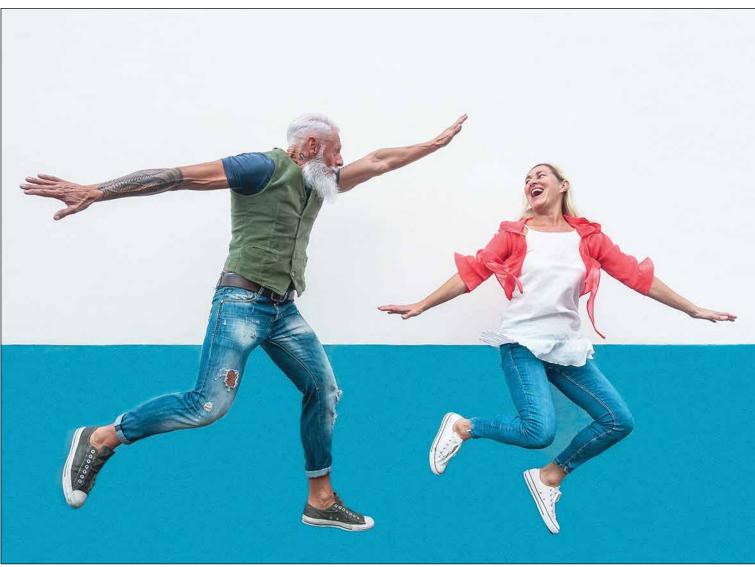
Commentary by Nancy Lorentz

"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 birth-days 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, Dreamstimecom

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 situps. 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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