



Residents Rally for Parkway

PAGE 2

Chuze Fitness Leases Former Sports Authority

PAGE 4



Citrus Heights Messenger

VOLUME 11 • ISSUE 34

Serving the City of Citrus Heights & Sacramento County

AUGUST 20, 2021

SEE INSIDE

GEORGE HUDSON, JR. A FRIEND INDEED



PAGE 4

BUNNY BONANZA HELPS SHELTER RABBITS FIND ADOPTERS



PAGE 4

BACK-TO-SCHOOL VACCINATIONS



PAGE 7



Scan our QR Code for a
direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

El Pollo Loco Wings It

Pandemic Relief Grant Supplements Hard Work and Diligence



Franchisee businessman Mohammad Sattar of the El Pollo Loco located at 7600 Greenback Lane receives a COVID Grant relief check with restaurant staff from Citrus Heights Chamber members and staff, including Ray Riehle, Amanda Camacho, Ryan Becker, Colleen McDuffy, Citrus Height Mayor Steve Miller, Renee Larscheid and Caryl Balko. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Members of the Citrus Heights Chamber of Commerce and Citrus Heights Mayor Steve Miller were on hand Thursday morning, August 12 to present the Chamber's first \$1,000 COVID business relief check to the franchisee and staff of the El Pollo Loco quick-serve

restaurant at 7600 Greenback Lane.

"I'm grateful to the Citrus Heights Chamber of Commerce for being chosen to receive this relief check," said business owner Mohammad Sattar. The restaurant opened in the city in September 2005.

El Pollo Loco was forced to close its inside dining area in keeping with the state health mandate and cut the

number of kitchen and front counter staff early in the pandemic. The restaurant is now open for in-person dining and masks are required for inside food service, Sattar said.

Sattar learned of the Chamber's COVID relief grant when he obtained a supply of surplus N-95 face masks from the Chamber for his staff and

Continued on page 6

Council Approves Stepped Pay Increases for City Employees

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG)

- At the August 12 meeting, the Citrus Heights City Council considered a resolution that would implement a 10-step compensation structure for full-time unrepresented employees of the City. The proposed plan would specify pay rates for each employee classification, with employees advancing through the steps and earning a 2.5% salary increase on an annual basis as long as performance metrics are met.

Kathy Morris spoke during public comment to express confusion about the proposed system. Mayor Steve Miller explained that Citrus Heights is one of the only cities in the state of California without a step system. Currently, instead of providing employees a definite salary increase schedule, the City uses a system in which supervisors set individual employees' salaries within a broad range. The proposed step model is a more typical salary structure that provides an incentive for employees to stay with the City, which will reduce costs related to employee turnover and the need to recruit and train new employees.

Robert Wichert commented that just a few months ago the City was looking at a very restricted budget, "And now, a couple months later, we've got some money coming in, and the first thing we do is give staff raises. And I realize that part of this is for police, but raises across the board, it just doesn't look good."

Councilmember Tim Schaefer asked that the item be pulled from the consent calendar for discussion, and while he acknowledged that the step system "has merit," he expressed concern about the plan's long-term sustainability. "At a time when we are vulnerable from a financial standpoint, we're now implementing something that's going to go on for the next 10 years. ... This feels very rushed ... we need to sort of slow down and look at this." He asked that the item be delayed for six months to see where the City's finances stand at that time.

Councilmember Bret Daniels said, "I think I'm okay with moving forward with it tonight, but it does have a bit of a conflict in my mind when I think of last year's effort to raise taxes, which didn't happen, and this year's effort now to incur greater costs to us as a city." Despite

Continued on page 4

DQ Rallies Community for Hometown Hero

By MaryAnne Povey

ORANGEVALE, CA (MPG) - I've said it before, and I'll say it again. The community of Orangevale is truly amazing! When word got out that CWO3 David Field, a retired Marine Veteran of 22 years, was coming home to Orangevale, after being diagnosed with service related ALS, people not only took notice but action too!

"When I read about David's story on social media, I felt moved to help," said Orangevale Dairy Queen owner Cynthia Ellering. "Joe and I decided to do something about it, so we dedicated the month of August to fundraise on David's behalf."

After connecting with Terri Rickett, David's



In 2017, David Field was diagnosed with amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease and VA determined it to be service related. Photo courtesy Fields Family

sister, plans quickly came together to hold a kickoff event on the first Saturday of August at Dairy

Queen with all the bells and whistles!

The festivities included opening remarks by County Supervisor Sue Frost, who welcomed and thanked everyone for coming out and introduced the Citrus Heights Marching band who kicked off the event with a heartwarming performance of the Star Spangled Banner. They performed a variety of patriotic and toe tapping songs, followed by the Casa Jr. Rams cheerleaders who wowed the crowd with their cheers and to top it off, a surprise performance from a local bagpipe player! Representatives from the Marines, Army and the ALS foundation, and a variety of vendors were there selling their

Continued on page 14

Read More at www.CitrusHeightsMessenger.com

**Story and photos
by Susan Maxwell Skinner**

Two hours of passionate discussion followed the presentation.



Photographed above William B. Pond Park, the American River flows through 23 miles and 4800 acres of public parkway. This regional treasure is endangered by fire, pollution and illegal camping.

— from fire, to drug presence, garbage pollution, and fears for recreational safety -- resulted from unauthorized campers. Recent statutes, prevent Rangers from ousting Parkway dwellers if they have nowhere else to sleep. Other activities can nevertheless be prosecuted: littering is illegal; hunting

Trash and sewage dumping is another issue. Higher than acceptable E.coli readings are not all camper-related but much riverside

Write to your County representative at: 700 H Street, Suite 1450, Sacramento, CA 95814. ★



Panelists fielding questions at the American River Parkway forum included broadcaster Kellie De Marco (left) as moderator, Regional Parks director Liz Bellas, PG&E representative John Costa, County Supervisor Phil Serna, Parkway Foundation executive Dianna Pogetto, Deputy Metro Fire Chief Niko King and Supervisor Rich Desmond.

garbage is. Said Parkway steward Don Hall: "We've got hoarders



International MARKET

FOOD COURT NOW OPEN

(The Only Supermarket (Walmart of the World))

PRICES EFFECTIVE AUGUST 18 - AUGUST 24, 2012

MON	TUE	WED	THU	FRI	SAT	SUN
18	19	20	21	22	23	24

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market - 3 Days 8am - 10pm
Food Court - 7 Days 11am - 9:30pm
(Chinese 11:30am & 8:30pm)

kpinternationalmarket.com
[kpinternationalmarket](https://www.facebook.com/kpinternationalmarket)
[kpinternational](https://www.instagram.com/kpinternational)
[kpimac](https://www.youtube.com/kpimac)

We will continue to offer the best prices possible during these challenging times. Our KP team is working very hard and have your families and our communities in mind. Please honor "social distancing" and be patient in your shopping experience and courteous to all in the store.

THANK YOU for shopping at KP International Market.

FROZEN & FISH DEPT

Two bags of **Raw Shrimp**, Peeled & Deveined, 31/40 • 2 lb Bag. Regular price \$18.99/ea, sale price **\$11.99/ea**.

A box of **Dried Persimmons**, 3 lb Box. Regular price \$15.99/ea, sale price **\$10.99/ea**.

WEEKLY MEAT SPECIALS

*SUBJECT TO AVAILABILITY

BONUS BUY  Beef New York Roast - Boneless \$4.79 /lb	 USDA CHOICE Beef Bottom Round Steak - Boneless \$3.99 /lb	 USDA CHOICE Ground Beef \$3.99 /lb
Beef New York Steak - Boneless Carne de Res Nueva York Filete sin Hueso \$4.99 /lb	Beef Rump/Bottom Round Roast - Bnls Pulpas Contra en Trozos sin Hueso \$3.99 /lb	Ground Beef Carne Molida \$3.99 /lb
 Tyson 40 lb Box \$25.99 /box	 ibp Pork Loin Chops Bone In \$6.99 /lb	 ibp Country Style Pork Loin Ribs - Bnls \$2.99 /lb

Piernas y Muslo de Pollo

Chuelas de Cerdo con Hueso

Costillas de Lomo de Cerdo

Al Estilo Campestre

FRESH PRODUCE
SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Item	Price
White Potatoes	79¢
Carrots 1lb Bag	2/\$1
Green Grapes	1.69
Minicola Tangerines	2lbs \$3
Red Sweet Potatoes	69¢
Mini King Oyster Mushrooms 300g	3.49
Young Thai Coconut	24.99
Foxtale Pumpkin	79¢
American Cucumber	2lbs \$1
Celery	59¢

ASIAN GROCERY

 <p>Soy Bean Sauce 28 oz</p> <p>\$3.99</p> <p>Lotus Brand</p>	 <p>Ward Wai Rice Crackers 3.96 lb</p> <p>\$1.99</p> <p>Lotus Brand</p>	 <p>Mung Bean Flour 1.5 lb</p> <p>\$3.99</p> <p>Lotus Brand</p>	 <p>Pure Sesame Oil 12 fl oz</p> <p>\$3.99</p> <p>Lotus Brand</p>	 <p>3 in 1 Instant Noodle Offer 20 x 35 gm</p> <p>\$3.99</p> <p>Lotus Brand</p>
--	---	---	---	---

KOREAN/JAPANESE GROCERY

 <p>12.99 ea</p> <p>Premium Cooked Rice Box 12 x 7.04 oz</p>	 <p>99¢ ea</p> <p>Jerk Tofu 2 Kinds 36 oz</p>	 <p>15.99 ea</p> <p>Korean Noodle Soup 2 Kinds 16 x 4.02 oz</p>	 <p>4.99 ea</p> <p>Doritos 2 Cold Noodle 2 Kinds 4 x 5.5 oz</p>	 <p>3.99 ea</p> <p>Cheong's Rice Cake 10x2.3 oz</p>	 <p>2.99 ea</p> <p>Chung Jung Dong Luncheon Meat Pork 12 oz</p>
 <p>2.49 ea</p> <p>UTS Coffee Drinks 2 Kinds</p>	 <p>49.99 ea</p> <p>Dev Ande Red Ginseng Premium 60 x 50 ml</p>	 <p>4.99 ea</p> <p>Ginseng Roasted Peanut Chutney 300 g</p>	 <p>6.99 ea</p> <p>Miso Chikin Bar Sauce 507 fl oz</p>	 <p>3.99 ea</p> <p>Shabu Shabu Sauce 2 Kinds 5.4 oz</p>	 <p>1.59 ea</p> <p>Corn Puff Snacks 2 Kinds 2.46 oz</p>

HOUSEWARES

 <p>99¢ ea</p> <p>HAMILTON BEACH KITCHENWARE Kitchen Essentials 4 Pieces</p>	 <p>\$34.99 ea</p> <p>NOVEL ELECTRIC BBQ GRILL</p>
 <p>3.99 ea</p> <p>DISPOSABLE GRILL</p>	 <p>5.49 ea</p> <p>PORTABLE ELECTRIC KETTLE</p>
 <p>10.99 ea</p> <p>ACE 6.00W RICE COOKER 10.1 qt</p>	 <p>3.99 ea</p> <p>INTERSTATE ALL-CLAD KETTLE</p>
 <p>\$2.99 ea</p> <p>ELECTRIC RICE COOKER (4.0 QT)</p>	 <p>\$3.39 ea</p> <p>ELECTRIC RICE COOKER (6.0 QT)</p>
 <p>\$3.99 ea</p> <p>ELECTRIC RICE COOKER (6.0 QT)</p>	

Advertised items good at KP International Market - Rancho Conejo location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL or PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 18 - AUGUST 24, 2021.



CALLING ALL CALIFORNIANS

HIBERNATION IS FINALLY OVER.
HEAD TO THE BEACH.
SHOP LOCAL. GO WINE TASTING.
GET SOME R&R
IN THE NAME
OF RECOVERY.

SUPPORT YOUR STATE BY VACATIONING HERE.



**TO ADVERTISE WITH
CITRUS HEIGHTS MESSENGER
CALL 916-773-1111**

Chuze Fitness Leases Former Sports Authority Space

Council Approves Stepped Pay Increases for City Employees



Southern California fitness club, Chuze Fitness, just signed a lease for the store at 5995 Birdcage Centre Lane. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - A San Diego-based exercise chain, Chuze Fitness, has chosen Citrus Heights to open its newest fitness club, signing a lease to the vacant Sports Authority store at 5995 Birdcage Centre Lane.

Specific terms and details concerning the recent lease were not disclosed. A prominent red and black banner hangs over the entrance to the former Sports Authority located next to Old Navy store, announcing the fitness club’s impending opening.

On its website, Chuze describes its membership rates as low as \$9.99 per month, and typically its gyms include amenities such as cardio equipment,

circuit training and group exercise classes. The company’s website lists 32 active locations in Arizona, California, Colorado and New Mexico.

Five Chuze Fitness centers are open in the San Diego County area and six more in greater Los Angeles.

Calls to the home marketing office of Chuze Fitness in San Diego for comment were not returned.

Chuze Fitness is posting job ads for a district operations training manager, district manager and general manager on various websites, such as Glassdoor and LinkedIn, for people to fill leadership positions in its planned Citrus Heights fitness center.

The company which describes its business

mission to “reinvent fitness clubs” is actively looking to expand in the greater Sacramento area.

When open, the new Chuze Fitness will join Gold’s Gym, Planet Fitness, California Family Fitness, Fitness 19 and 24-Hour Fitness in an already competitive local fitness club market.

“We are currently in the very early planning phases for the central valley area and invite you to reach back out in a few more months when we’ll have more information,” the company said in a recent written statement to the Sacramento Business Journal.

Sports Authority, a national sporting goods retailer filed for federal bankruptcy in 2016 shuttering all its retail stores. The

former Citrus Heights store in Birdcage Centre has seen other uses in recent years, leased seasonally by Spirit Halloween in the fall and to host children’s winter holiday events, said Kathlynn Carpenter, executive director of the Sunrise MarketPlace (SMP) Property and Business Improvement District (PBID).

News that a lease had been signed is welcome news, Carpenter said, now filling a long-time major retail vacancy in the Birdcage Centre.

The site of the former Steinmart clothing store which is adjacent to Best Buy and the Michael’s arts and crafts store will again see seasonal use as a Spirit Halloween retail store when it opens this month, she said. ★

Continued from page 1
his concern about the \$250,000 cost over the next two years, he said he will support it but cautioned, “We’ve got to be very careful about the future.”

Vice Mayor Porsche Middleton pointed out that the resolution doesn’t require a new allocation of cash, because the money to implement the step system is already included in the adopted two-year budget. “There is no impact to the budget because it’s already been accounted for,” she said.

Councilmember Jeannie Bruins acknowledged the concerns raised by Schaefer and Daniels. “We do have to be careful, but we are being careful. ... This has been already calculated within the budget we’ve already approved.” She said the City has seen a lot of employee turnover “because we haven’t been competitive with other areas. And this is a step in that direction.” She explained that if employees hit a ceiling in their position and have no more opportunities for pay increases, “they’re going to look elsewhere.” So, the step program is “necessary to maintain the staff we have,” she said.

Responding to the point that the cost to implement the step system is already included in the current budget, Councilmember Schaefer said it’s “a little bit offensive to me because I didn’t vote for that.” He said, “I think we’ve been moving so fast that we lose track of where we are. ... We’re

moving too quickly through this process.”

Mayor Miller pointed out that the current two-year budget, including the cost for the step system, was adopted by the Council back in April, so the process has not exactly been rushed. He called for a vote and the resolution passed 4-1, with Schaefer dissenting.

The Council also considered a resolution to renew the Sunrise Marketplace Property and Business Improvement District (PBID), which was established in 2000. Property owners within the business district pay assessments, which the PBID uses for district enhancement programs, economic development, and policy development. If renewed, the PBID would generate approximately \$839,713 in assessment revenue for use in the business district.

Ballots were sent to all property owners within the business district, and 96.84% voted in favor of renewal. The ballots are weighted based on the amount of the assessment to be imposed on each parcel, so property owners who would have to pay the most also have the heaviest vote.

All the Councilmembers stated their enthusiastic support for the PBID, noting the important work they do to improve the local economy and support businesses in the district. The PBID renewal was unanimously approved. There is no fiscal impact on the City’s budget. ★

Bunny Bonanza Helps Shelter Rabbits Find Adopters

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County’s Bradshaw Animal Shelter intakes and cares for thousands of animals from the community all year round. This summer, they received an overwhelming number of rabbits after several came in pregnant. Many went to loving foster homes where they could nurse and raise their kits to a healthy weight and age, while others sat patiently waiting for adopters.

As the young rabbits and mothers came back from foster care, the population grew to more than 30 shelter rabbits. With little space to spare in an already overcrowded shelter, a local rescue group named Friends of Unwanted Rabbits (FUR) lent a hand to host the first-ever Bunny Bonanza adoption event.

The event was held at the shelter on Sunday, Aug. 8 and was sponsored by the shelter’s non-profit affiliate – Teaching Everyone Animals Matter (TEAM). FUR and the shelter’s staff and volunteers lead the event and provided adopters with helpful resources, adoption counseling and bunny speed dating so that each shelter rabbit would find the perfect home. This was the first time that the public and potential adopters were able to visit without an adoption appointment since the pandemic forced the closure of their public counter in early 2020.

Six rabbits were able to find loving forever homes during the event and many were adopted prior to Bunny Bonanza due to social media posts, which is a large number of rabbit adoptions in one month for the shelter. There are still several rabbits up for adoption and the public is welcome to make adoption appointments by calling the adoption line at 916-875-2287 Tuesday – Sunday between 9:30 a.m. and 3:30 p.m. FUR and the Bradshaw Animal Shelter plan to make this a recurring monthly event to help more shelter rabbits find their way home.

If you’re interested in adopting a furry friend or two, the shelter is offering a



A local rescue group named Friends of Unwanted Rabbits (FUR) lent a hand to host the first-ever Bunny Bonanza adoption event. Photo courtesy Sac County



If you’re interested in adopting a furry friend or two, the shelter is offering a 2-for-1 rabbit adoption special. Photo courtesy Sac County

2-for-1 rabbit adoption special, as well as a 2-for-1 cat and kitten adoption special. You can view all of their adoptable pets at animalcare.sacounty.net.

Before adopting a rabbit, please consider visiting FUR’s rabbit care webpage at www.friendsofunwantedrabbits.org/rabbit-care/ for a list of resources and information on rabbit ownership basics. ★

By Sal Arrigo, Jr.

I met George at the Mather Airshow in September 2014 while I was covering the show for this newspaper. I had particular interest in knowing more about the Tuskegee Airmen and wandered over to their booth; I was told that “George will speak to you.” To paraphrase a famous movie quote, “this was the start of a beautiful friendship.”

It was more than a friendship; it became a bond between two individuals with very diverse backgrounds. Each get-together opened a new chapter in our lives. For George, part of his personal story was being a DOTA – “Designated Official Tuskegee Airman,” a point of great pride, and deservedly so. For me, it was the opportunity to hear this history firsthand. Always humble, George brushed away praise when I mentioned his military service, saying “I was just

standing breakfast date at Brookfield’s restaurant in Rancho Cordova. We spoke about many subjects, and some were of a personal nature. He was interested in my family and how I came to California. I was interested in how George made his way to Chicago from his native Mississippi, and what was life like for his par-

wisdom and experience. With George though, I could ask his opinion on any subject that came to mind, and he would give me his best advice. I appreciated the fact I could share my inner thoughts, and George did the same. I hope the others in George’s life took the opportunity to talk with this man. I am quite sure the City



On the right: A Designated Official Tuskegee Airman, George Hudson, Jr., of the 332nd Fighter Group passed away at age 91. His rank was of Master Sergeant. On his left with a red blazer is fellow Tuskegee Airman, Judge Albert. Photo by Sal Arrigo, Jr.

ents, George Sr. and Johnnie Mae, during the early part of the 1900s.



This writer met George at the Mather Airshow in September 2014. Photo by Sal Arrigo, Jr.

doing my job.”

For several years, George and I had a

No one will ever replace my Dad and the advice he gave me based on his

of Rancho Cordova and the individuals associated with the George S. “Spanky” Roberts Sacramento Chapter of the Tuskegee Airman, as well as all the school children with whom George shared his story, are truly the benefactors.

George Hudson, Jr., a member of the 332nd Fighter Group, military veteran for more than 24 years retiring with the rank of Master Sergeant, recently passed away at age 91. He will be laid to rest with full military honors. You deserve it, George, and thanks for your service and friendship! ★



By Marlys Johnsen Norris, Christian Author

No matter how we were raised by our parents, many basic rules from the Holy Bible teachings may have been instilled in us. We were taught some basic rules for living: to love others, forgive others, honor our father and our mother, to be honest and never to lie but to tell the truth, never o steal, never kill anyone and basic to be a good person.

Today, do the words of the Ten Commandments of God live in our hearts?

Who Are We?

And does our life represent them? If so, our lives are full of God’s Wisdom! Our daily Prayer may be: **“Create in me a clean heart God, and take not your Holy Spirit from me.” (Psalm 52:10)** Help me IN every way to live out and acknowledge your salvation in my life that others may seek your face.

When the Spirit of Jesus is “alive” in our lives “His Light shines” through our life to others? May the actions and words of our mouth bring honor to God’s Holy Name. Rejoice, Praise and Thank God for every time God has done anything through

out your life so others may acknowledge and desire Him.

The Bible calls those who believe and follow as they should: Saints, Priests and Disciples. A loving God has power to “move a mountain” and help everyone on their personal journey to know and love Him. He blesses those who diligently and obediently follow His teachings with gifts of service and ministry.

Marlys Johnsen Norris
Christian Author of 7 Books
ARM Columnist since 2006
Stephen’s Minister
Marlysjn@gmail.com
PO Box 114,
Orangevale, CA 95662 ★

Social Security Matters

My Social Security Income Hurts When I File My Taxes



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am getting hammered with taxes on my Social Security (SS). I am retired and draw a meager work pension and SS benefits. When my wife and I filed our joint tax return we owed the IRS a substantial amount of money - they took 85% of my SS in taxes. We are just barely over the minimal amount of income allowed for SS tax exemption. Is there anything I can do so I do not have to pay all this money at once at the end of the year? I didn’t get any tax advice when I started drawing my SS and the guy who prepared our tax return couldn’t have cared less. No one ever told me that I would get double-taxed on the SS that I worked so hard for. Any help or advice is appreciated, I cannot take another hit like this again. **Signed: Double-Taxed**

Dear Double-Taxed: Unfortunately, taxation of Social Security benefits has been law since 1983 when the law to allow 50% of benefits to be taxed was enacted. In 1993 they added another threshold to allow up to 85% of SS benefits to be taxable. Just to clarify the way it works (not that it will



soften the pain), they don’t take 85% of your SS benefits away in taxes – but 85% of your SS benefits becomes part of your overall taxable income at whatever your normal IRS tax rate is for your income level. So, if your IRS tax rate is 10%, that percentage is applied to 85% of your SS benefits received during the tax year (at your income level).

As for whether there is anything you can do, short of lowering your overall income the answer is no. The IRS determines taxability of your SS benefits based upon something called your “Modified Adjusted Gross Income” or “MAGI” which is your normal Adjusted Gross Income (AGI) from your tax return, plus 50% of the Social Security benefits you received during the tax year, with any non-taxable interest you may have had added back in. With an IRS filing status of “married-filing jointly,” if your MAGI was more than \$32,000 then 50% of your SS benefits are included in your taxable income; if your MAGI is more than \$44,000 then up to 85% of your SS benefits becomes part of your overall taxable income. And unfortunately, there’s no way around that. FYI, the thresholds for single filers are \$25,000

(above which 50% of SS is taxable) and \$34,000 (above which 85% of SS is taxable). Below those minimum thresholds for both single and married filers, Social Security benefits aren’t taxable.

To soften the income tax burden when you file your taxes each year, you may want to consider having taxes withheld from your SS benefit payments. That’s easy to do by submitting IRS form W-4V to your local Social Security office. Here’s a link at which you can download and print that form: www.irs.gov/pub/irs-pdf/fw4v.pdf. You will see that you can choose to have any of the following percentages of your SS benefit withheld for Federal Income Tax purposes – 7%, 10%, 12% or 22%. To find the mailing address for your local Social Security office, go to www.ssa.gov/locator.

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



Dare to Live Without Limits

by Bryan Golden

Keeping Your Life in Balance



Motion is required to maintain balance. In order to balance on a bicycle, you must be peddling forward. It’s impossible to balance on a bike which is standing still. As soon as the bike stops, you have to get off, or put your foot down.

A spinning top appears to be perfectly still. But as it slows down it begins to wobble, ultimately coming to rest on its side. Spinning gyroscopes are used to keep ships and rockets stable. The faster they spin, the greater the stability.

While riding a bike, holding a heavy bag in one hand throws you off balance. Riding with your eyes closed ensures a crash. Facing backwards makes riding impossible. Letting go of the handle bars makes the bike hard to control.

Life is like riding a bicycle. If you don’t keep moving forward, you’ll fall. You can’t sit still and expect to be balanced. At the very least, an unbalanced life leads to unpredictable gyrations, unexpected changes in direction, bumps, and falls.

There are some simple techniques you can use to maintain your balance. Keep you eyes open and focused on where you are headed. You are already past what’s behind you. What lies in front of you is what matters.

Every aspect of your life is interconnected. Each component complements the others rather than being in competition. Work, personal time, family, social, and recreation are all intertwined. Balance is fluid, not fixed. The amount of

attention required by each element varies so you have to consider the overall balance.

Compartmentalization is essential for maintaining balance. When you’re at work, focus on work. When at home, focus on your family. When you are resting, rest. Allowing the various aspects of your life to overlap interferes with each component receiving the proper attention. This results in everything being out of balance with nothing working right.

Get rid of any negative baggage which isn’t contributing anything positive to your wellbeing. Worry, stress, anger, resentment, and bitterness all throw your life off balance. Negative baggage also taints every aspect of your life.

Eliminate activities which don’t accomplish anything meaningful. Classify each task you are working on as either productive or just active. Productive behavior gets you closer to a specific objective. If you are just active, you are busy with nothing worthwhile to show for it. It’s the equivalent of spinning your wheels without going anywhere.

Say “NO” to discretionary activities which don’t add balance. Devoting time to anything which detracts from those things you should be doing throws you off. Declining an invitation without saying “NO” is very effective. For example you could say, “Thank you for asking, I’m glad you thought of

me. Unfortunately, I can’t participate due to a prior commitment.”

Take care of your physical and mental wellbeing. If you are off balance, everything around you will feel out of balance as well. Your perception, and therefore your reality, is skewed which negatively impacts your decisions.

Where possible, avoid toxic people. Complainers, whiners, and those with negative attitudes have an amazing ability to throw everything they touch off balance. Instead, look for and connect with others who are also striving for balance in their lives.

Observe all of the aspects of your life. Constantly monitor how balanced you feel. Balance must be continually maintained through positive action. Take immediate corrective action when a situation becomes unbalanced. A small issue can mushroom if left uncorrected.

Make a conscious decision to balance your life. Be willing to actively participate in maintaining that balance. Adjust your balance and rebalance as necessary. A balanced life takes less effort to maintain than one which is unbalanced.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2021 Bryan Golden ★



East Lawn: Sacramento’s most trusted name for Funeral, Cremation and Cemetery Services


CEMETERIES
FUNERAL HOMES
CREMATION
PREPLANNING

EastLawn.com

Privately owned and serving the community since 1904. East Lawn honors all cultures, rites and traditions. Let us take care of all your funeral planning needs.

Contact us today for all your immediate or pre-planning needs. Learn more at Eastlawn.com.

East Sacramento 916.732.2000 LIC. #FD-2340	South Sacramento 916.732.2026 LIC. #FD-136	Greenback & I-80 916.732.2020 LIC. #FD-1242	Elk Grove 916.732.2031 LIC. #FD-1455
---	---	--	---



Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Citrus Heights Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Citrus Heights Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Citrus Heights Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.



Subscriptions should be mailed to:

Citrus Heights Messenger,
7405 Greenback Lane, #129, Citrus Heights, CA 95610

Subscription rate is \$42 per year in Citrus Heights. *Citrus Heights Messenger* is published weekly. Call (916) 773-1111 for more information.

MPG

We are proud members of these newspaper associations.





GRACE BAPTIST CHURCH

Come and Experience God’s Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (*All Ages*).... 9:45 am
Sunday Worship..... 11:00 am
Sunday Evening..... 6:00 pm
Wednesday Evening..... 7:00 pm

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

PASTOR CHARLES CARTER

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

California Gubernatorial Recall

Voter Guide Mailed

Holistic Healthcare Center Brings

Eating Disorder Treatment



Registered voters can expect the CVIG to arrive in their mailboxes in the next week. It will include Ballot Drop Box and Vote Center locations. MPG file photo.

Sacramento County
Office of Registrar of Voters

SACRAMENTO COUNTY, CA (MPG) - The Voter Registration and Elections (VRE) Office has begun mailing the County Voter Information Guide (CVIG) for the September 14, 2021 California Gubernatorial Recall Election to Sacramento County registered voters. The VRE Office printed more than 800,000 Guides in English, Spanish and Chinese.

Registered voters can expect the CVIG to arrive in their mailboxes in the next week. It will include Ballot Drop Box and Vote Center locations. Voters that have ‘opted out’ of receiving a paper version of the CVIG may view it on the VRE website beginning August 16, 2021.

For more information about the Recall Election and voting in Sacramento County, visit the VRE website at www.elections.saccounty.gov, contact VRE at (916) 875-6451, email voterinfo@saccounty.net, or call the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone).

- Key Election Dates:**
- Monday, August 16** -Mailing of ballots to all registered voters begun; Voted ballots may be returned by mail (no postage needed) or in any of the Ballot Drop Boxes located throughout the County
 - Monday, August 30** - Close of voter registration for the September 14, 2021 California Gubernatorial Recall Election.

Voter registration forms must be post-marked by this date or delivered to the VRE Office at 7000 65th Street, Suite A, Sacramento 95823 by 5:00 p.m. Online voter registration must be completed before midnight on this date at www.registertovote.ca.gov

- Tuesday, August 31** - Conditional Voter Registration (CVR) begins
- Saturday, September 4-11** Day Vote Centers open
- Tuesday, September 7** - Last day a Vote by Mail (VBM) ballot can be mailed to you. After this date, VBM ballots are only available at the VRE Office or Vote Centers
- Saturday, September 11** - All Vote Centers open throughout the County
- Tuesday, September 14** - Election Day

Logic and Accuracy Testing on Tabulation Equipment

Voter Registration and Elections will begun logic and accuracy testing of ballot tabulation equipment on Monday, August 16, 2021 at 10:00 a.m. Testing will run continuously until completed. If you are interested in observing this process please contact our office at the number above to schedule an appointment.

For more information visit our website at elections.saccounty.gov, contact VRE at (916) 875-6451, email voterinfo@saccounty.net, or use the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone). ★

Strong Demand in Home Sales Begin

Shift Towards Normalized Market



Area builders reported selling 501 homes during the month in the seven-county region. That was the lowest number reported so far this year. Image by Paul Brennan from Pixabay

NBSIA News Release

SACRAMENTO REGION, CA (MPG) - Sacramento-area new home sales continued moving toward more normal patterns in July but still reflect continued strong demand, the North State Building Industry Association reported.

Area builders reported selling 501 homes during the month in the seven-county region. That was the lowest number reported so far this year and appears to reflect that the market is continuing to shift into its normal pattern – sales peak in the spring, plateau during the summer and then continue drifting lower during the rest of the year.

But sales are still robust compared to historical averages. The average number of sales during July since the BIA began keeping records in 1997 is just 366, and July’s total was the second-highest recorded in the region since 2007. It was eclipsed only by the massive 888 sales that took place in July 2020 as the market rebounded from the huge drop-off in sales that spring due to the onset

of the COVID-19 restrictions.

Michael Strech, the BIA’s president and CEO, said the gradual movement towards a more normal market is welcome but that builders will continue working to meet the strong demand shown by area buyers.

“There continues to be a strong demand for new homes in the region as buyers look for homes that have been designed with today’s needs for space and flexibility in mind,” Strech said. “Despite serious supply chain issues that are causing construction delays, our members continue to work hard to find solutions and complete construction as quickly as possible.

“The continued strong market for new and existing homes also provides even more proof that the supply of housing in the region does not meet the demand. Local governments need to work with builders to reduce fees and other costs and to allow the construction of more new housing to begin closing the gap.”

The report reflects sales in El Dorado, Nevada, Placer, Sacramento, Sutter, Yolo and Yuba counties. ★

By Haley Gibbs,
The Abbi Agency

SACRAMENTO, CA (MPG) - Thrive Sacramento, an eating disorder treatment center, opens in Sacramento. Thrive offers specialized care in eating disorder treatment with family-based treatment influenced programming.

The holistic treatment center was created with a global perspective on mental healthcare in mind and scaled to serve clients on a local and personal level.

“We believe in a team approach at Thrive and that includes family members,” said Tony Paulson, Ph.D., Thrive Sacramento Clinical Director. “We build a community around each client that will support and allow for healing.”

Thrive treats adults and adolescents struggling with eating disorders and their family members through a family intensive outpatient

program. The family programs draw on principles from the Family-Based Treatment modality with individual and family therapy, and psychoeducation. The program aims to empower family members to help their loved ones heal from an eating disorder and reach recovery together.

The multidisciplinary team approach by Thrive is used to collaborate on treatment that fosters a well-rounded recovery. The team includes therapists, psychiatrists, primary care providers, nutritionists, and mindful movement specialists.

Thrive Sacramento is one of the newest locations for Thrive Wellness — a company dedicated to keeping the soul of behavioral healthcare alive while also bringing integrated care to individuals across the country. Other locations include Thrive Reno in Nevada and Thrive Waco in Texas.

Thrive currently accepts many major health insurances and also does single case agreement payments. The newest Thrive location is at 601 University Ave. #280 Sacramento, CA 95825. To schedule your first intake, or to inquire further about the clinic’s services, call 916-431-0860 or email sacramento@thrivehere.com.

Thrive Sacramento is a holistic, all-inclusive treatment center home with a dedicated team of specialists committed to the emotional, physical and behavioral health of each client. Thrive Wellness specializes in empowering and treating individuals struggling with eating disorders, anxiety, obsessive-compulsive disorders, depression and more. For more information on the clinic and its services, visit thrivehere.com/thrive-wellness-sacramento ★

Regional San Project to Receive

Grant Funding for Harvest Water

By Sharon Sargeant,
Regional San

SACRAMENTO, CA (MPG) - The United States Bureau of Reclamation (USBR) recently announced that Regional San will receive \$1.7 million to help fund Regional San’s Harvest Water Program. This additional funding adds to the previous \$4.2 million received from USBR and \$287.5 million in Proposition 1 funding. Harvest Water was established to meet Regional San’s goal of increasing the use of recycled water by providing tertiary-treated wastewater for farmers—demonstrating Regional San’s ongoing commitment to environmental stewardship.

Harvest Water represents one of the largest agricultural water reuse projects

in the United States. Once complete, it will provide up to 50,000 acre-feet per year of drought-resistant, Title 22 water to irrigate up to 16,000 acres of permanent agriculture and habitat conservation lands near the Cosumnes River and Stone Lakes National Wildlife Refuge in Sacramento County.

“Securing these funds helps Regional San in our efforts to increase recycled water use in the Sacramento region,” said Prabhakar Somavarapu, Regional San’s General Manager. “Recycled wastewater provides a safe and sustainable water supply for agriculture, irrigation and habitat restoration. It also reduces the need for groundwater pumping.”

Next steps include continued planning efforts

with local farmers and development of designs for pumping, transmission and distribution systems to convey recycled water from the wastewater treatment plant near Elk Grove to farmers in southern Sacramento County. The first phase of the recycled water delivery system is expected to be operational by late 2024.

Learn more about Harvest Water at regionalsan.com/harvestwater.

Regional San owns the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant located near Elk Grove. We provide wastewater conveyance, treatment and disposal service to about 1.6 million people throughout the Sacramento region. Learn more at regionalsan.com.★

El Pollo Loco Wings It

Continued from page 1

customers which made them available to local businesses in the city.

“The grant monies will be put to good use to individually recognize our employees for their hard work during the pandemic, and to provide additional employee benefits,” he said. Sattar said his restaurant is also looking to hire more employees as its sales improve.

Small businesses with fewer than (20) employees and a physical location within the city limits of Citrus Heights are eligible to apply for the Chamber’s COVID-Relief Grant, according to Diane Ebbitt-Riehle, executive director of the Citrus Heights Chamber of Commerce. The individual amount of the grants which can be awarded will vary between \$500 and \$1,000, she said.

The Chamber began accepting applications for its COVID relief grants on July 1. Between 6-7 applications, many from non-Chamber members were received by the end of July, Ebbitt-Riehle said.

“We’re letting businesses in Citrus Heights know that our COVID relief grant application process remains open to eligible businesses who apply,” she said. “Providing these relief grants to local businesses is an important mission of our Chamber.”

There are no specific stipulations on what Chamber COVID grant monies

given may be used for, Ebbitt-Riehle said.

In all, the membership of the Citrus Heights Chamber has budgeted some \$18,000 to support its ongoing COVID relief business grant program.

“We anticipate that the Chamber could give out another 10 such awards if the applications are submitted,” she said. The Chamber also intends to reach out to Citrus Heights-based nonprofits who may also be in need.

El Pollo Loco, Inc. was founded in Los Angeles in 1980. When real food meets real fire, the result is great flame-broiled chicken which has kept Citrus Heights El Pollo Loco regular customers coming back again and again.

Whole chickens, slowly marinated in a special recipe of herbs, spices, fruit juices and garlic and fire-grilled are hand cut into a variety of favorite Mexican entrees.

Popular El Pollo Loco favorites include chicken burritos, chicken quesadillas, tacos al carbon, and EPL’s signature dish, the Pollo Bowl. Fresh guacamole, salsas and dressings are handmade at the Citrus Heights restaurant daily.

For more information on how to apply for the Chamber’s COVID-Relief Grant, email: diane@chchamber.com or call the Citrus Heights Chamber office at 916-257-4421. ★



Back-to-School Vaccinations



Sacramento County Immunization Assistance Program helps by providing information about immunizations for school and in obtaining immunization services for children. Photo by Piyapong Thongcharoen Dreamstime

By Samantha Mott, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Students are getting ready to go back to school, and whether it's via distance learning or in person, it is important children and teens are up-to-date on their vaccinations.

This year, Sacramento County Public Health recommends the addition of a COVID-19 vaccine for youth. The Pfizer-BioNTech vaccine has been approved by the CDC for children ages 12 and above. COVID-19 vaccine clinics are available at multiple locations throughout the county.

“Vaccines are always an important part of back-to-school time, and to even enroll in school, it is still required by law that you meet immunization requirements,” said Dr. Olivia Kasirye, Sacramento County Public Health Officer. “Not getting your children vaccinated will make them more vulnerable to preventable diseases like whooping cough, the flu and measles.”

Immunizations Required to Enter Kindergarten:

Polio; Diphtheria, Tetanus, and Pertussis (DTaP); Measles, Mumps and Rubella (MMR); Hepatitis B; Varicella (Chickenpox)

Immunizations required to enter 7th grade:

Tetanus, diphtheria and pertussis booster (Tdap); Varicella (Chickenpox)

If your child hasn't received one or more of these vaccines, make an appointment for them to get caught up today. The Sacramento County Immunization Assistance Program may be able to help by providing information about immunizations for school and provide assistance in obtaining immunization services for children and adults in Sacramento County. The program also provides referrals for clients to immunization resources, consultation services, and conducting flu vaccine clinics each fall, as well as providing state-supplied vaccines during vaccine-preventable disease outbreaks. You can reach the program from 8 a.m. - 5 p.m. weekdays at 916-875-7468.

If you don't have health insurance, or your insurance policy doesn't cover all recommended childhood vaccines, your child may be eligible for vaccines through the Vaccines for Children program.

You can find out what vaccines your child needs at all ages by reviewing the CDC's recommended Childhood Immunization Schedule at <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>.

Sac County Comments on New Rumors Regarding Elections Staff

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - It has come to the attention of the Sacramento County Department of Voter Registration and Elections that there are rumors circulating nationally and even internationally, that there are two employees of the Dominion technology company that are employed in our Registrar's office.

These rumors are false. The genesis of these rumors is still unclear, but due to the prevalence of this rumor, our office is addressing this lie head-on:

No Dominion employees have **ever been or ever will be** employed by the Sacramento County Voter Registration & Elections Department;

Our Lead Support Technician from Dominion was on-site the first day of Logic & Accuracy testing (Monday, 8/9) and will be back next Monday (8/16) for the first day of Logic & Accuracy testing on the tabulation system;

The purpose of the limited on-site technician support is to provide subject matter expertise in the maintenance and/or repair of the voting equipment should any equipment fail during the Logic & Accuracy testing. On-site presence can expedite the RMA (Return Material Authorization) process to replace equipment in the event of failure.

Maintenance and/or repair processes are **performed by Sacramento County Voter Registration & Elections staff.** The vendor may only provide expertise and advice on how to best achieve the maintenance and/or repair of voting equipment;

On-site vendor support is required to be scheduled in advance, the vendor personnel must wear an identification badge and be escorted by Sacramento County Voter Registration & Elections Department staff at all times while on the premises. **They are not allowed to touch voting equipment, election files, or ballots at any time.**

Be a part of something important

Help deliver the news to your neighborhood

We are looking for people who want to deliver newspapers in their neighborhoods.

Provide great customer service to our readers every Friday.

Earn money to help pay those monthly bills.



Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required.

Call us today at 916-773-1111



The Biden Blowout Is Just Beginning

A trillion dollars used to be a lot of money, even in Washington.

Now, a trillion-dollar spending bill is a trifle barely worth arguing over and the stuff of bipartisan consensus.

Oscar Wilde famously said that nothing succeeds like excess, but even he might blanch at the shameless profligacy that is America's new normal.

In their wisdom, Senate Republicans decided to help President Joe Biden pass a portion of his blow-out fiscal agenda, a \$1.2 trillion infrastructure bill that is a prelude to an even bigger, vastly more consequential \$3.5 trillion reconciliation bill.

The infrastructure bill itself is, as fiscal analyst Brian Riedl of the Manhattan Institute notes, "one of the largest non-emergency spending bills of the past 50 years."

Republicans told themselves that only about half, \$550 billion, is new spending, and that by going along they can take the heat off of Democratic moderates Kyrsten Sinema and Joe Manchin, who are being constantly pressured to ditch the filibuster.

Perhaps, but there's no doubt that the GOP has blessed, and lent a bipartisan imprimatur, to a portion of the president's hoped-for historic spending spree. In so doing, they have taken at least a little

ownership of an agenda they should want no part of.

Republicans will have much less influence, and perhaps none, on the next spate of spending, which is the so-called "soft" infrastructure (aka, a wish list of progressive social programs) after the "hard" infrastructure in the bipartisan bill (roads, bridges, rail).

Under the reconciliation process, tax and spending bills evade the filibuster in the Senate, so Democrats can pass whatever they want so long as they hold all 50 of their senators.

The sheer numbers here are jaw dropping. Including the \$1.9 trillion so-called COVID-19 relief bill from earlier this year, Biden wants to spend nearly \$6 trillion in three measures passed within months of each other. In 2019, by point of comparison, the entire federal budget was \$4.4 trillion (and at the time, President Trump wasn't exactly tightening the country's fiscal belt).

The tide of new spending will add to already extraordinary levels of red ink.

The White House projects that the U.S. debt will reach 109.7% of GDP this year, higher than at the end of World War II when we had abandoned all fiscal restraint to win an existential struggle against two expansionistic totalitarian empires.

The Senate instructions for the reconciliation bill say that only half of it has to be paid for. Democrats will claim a dog's breakfast of purported savings and painless revenue increases, but the bulk

of the new dollars will have to come from a tax increase that easily could rank as one of the biggest ever.

The parameters of the reconciliation bill were crafted by the socialist chairman of the Senate Budget Committee, Bernie Sanders, and it shows.

The priorities read like crib notes from his old presidential campaigns. The bill would add new government programs for the young and the old, from universal pre-K to tuition-free community college, to family and medical leave, to expansions of Obamacare and Medicare.

It would make a big nod to the Green New Deal with a slew of new clean energy initiatives, including "smart agriculture" and "environmental justice," and the creation of a Civilian Climate Corps, a climate-alarmist homage to FDR.

It is a sign of the insane ambition of Biden's Democrats that they hope as well to include a sweeping amnesty for illegal immigrants in the bill, a measure that is sure to be struck by the Senate parliamentarian on procedural grounds.

Relatively moderate Democrats in the Senate and the House, where the party also has little margin for error, have grumbled about the size of the reconciliation bill. It will be up to them to decide whether the party steps back from the precipice or goes all-in on Biden-Sanders fiscal radicalism.

Rich Lowry is editor of the National Review.

(c) 2021 by King Features Synd., Inc. ★

CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See legitgov.org

White House increases US troops to help with Kabul evacuation to 5,000 | 14 Aug 2021 | The State Department said Secretary of State Antony Blinken spoke with Afghan President Ashraf Ghani Saturday about the Taliban's violent offensive. The 82nd Airborne Division's alert brigade will send 1,000 paratroopers to Kabul next week to reach the White House's goal of 5,000 troops in the city to protect the evacuation of U.S. personnel, Fox News reports. There were already 1,000 U.S. service members on the ground, according to defense officials. Another 3,000 Marines and soldiers will be in place by the end of the week. The remaining two battalions of the 82nd Airborne Brigade Combat Team will stage in Kuwait as a ready reserve.

Biden Weighs Mandating Vaccines for Interstate Travel | 13 Aug 2021 | Joe Biden is weighing vaccines mandates for interstate travel, according to The Associated Press (AP) on Thursday. "Still, while more severe [coronavirus] measures – such as mandating vaccines for interstate travel or changing how the federal government reimburses treatment for those who are unvaccinated and become ill with COVID-19 – have been discussed," the AP writes, "the administration worried that they would be too polarizing for the moment."

Forty percent of migrants released in Texas border city test positive for COVID-19, officials say | 11 Aug 2021 | The city of Laredo, Texas, has refused to take in migrants who have been bused in from elsewhere on the border after discovering 40% of them tested positive for the coronavirus, according to two local government officials. "That was very high," Laredo Mayor Pete Saenz said in an interview, referring to the infection rate among migrants dropped off by the Border Patrol last week. Laredo health authority, Dr. Victor Trevino, confirmed the numbers. The 40% infection rate is the highest known positivity rate along the U.S.-Mexico border. Last week, McAllen, Texas, reported a 15% positivity rate among migrants released from custody.

Marines Rebuke Def. Sec.: 'No Mandatory Vaccinations for My Marines' | 13 Aug 2021 | Marine Corps General David H. Berger on Monday rebuked Defense Secretary Lloyd Austin's edict requiring all Armed Forces personnel to submit to Covid-19 vaccinations under threat of court martial or discharge, said a source in Gen. Berger's office who overheard a heated conversation between them. Gen. Berger telephoned the defense secretary minutes after he said in a press conference that the Covid-19 vaccination is needed to maintain military readiness and that he would enforce the mandatory vaccination policy regardless of FDA approval status. "There will be no mandatory vaccinations for my Marines," Gen. Berger said. In a transcript of the call reviewed by Real Raw News, Gen. Berger lambasted Austin and branded him a traitor. "Under no circumstances will Marines be compelled to take a potentially hazardous vaccination that the FDA won't even fully endorse," Gen. Berger told Austin. "You are a coward and a traitor, manipulated by people pushing bad policy on the men and women who provide security to our nation. Neither you nor your puppet president has authority to enforce such a policy."

Lawsuit involving 1,200 first responders targets state's vaccination policy for government workers | 12 Aug 2021 | (HI) On behalf of 1,200 first responders statewide, a group of attorneys announced Thursday it is filing a lawsuit against the state over its vaccination policy for government workers. The group argued the mandate violates workers' constitutional rights and employers should not be able to decide how to grant exemptions for religion because it is a personal belief. The lawyers also criticized Gov. David Ige (D) and all four county mayors for not creating a uniform statewide plan – and claimed the governor did not give unions the opportunity to negotiate before the policy was announced.

PhDs the most vaccine-hesitant group of all | 12 Aug 2021 | In Germany and elsewhere, those who refuse the jab have been called "Covidiot" suggesting that such people are stupid. And the unvaccinated have not only been shamed, but bribed, excluded from participation in daily life or portrayed as victims of mis- and disinformation campaigns. According to a new paper by researchers from Carnegie Mellon University and the University of Pittsburgh, the unvaccinated are not the stupid ones... In the first five months of 2021, according to the study, the largest decrease in hesitancy was among the least educated – those with a high school education or less. Meanwhile, hesitancy never dropped in the most educated group – by May this year, Ph.Ds were the most hesitant group. ★

Legal Advertising Hotline
916-483-2299
Legal Advertising Fax
916-773-2999

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-05946 Darina Kellom, 994 Hildebrand Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Sweet Rice Ninja" 984 Hildebrand Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 22, 2021
Publish: July 30 & August 6, 13, 20, 2021
SWEET 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06737 Victor Daniel, 5242 College Oak Drive, #20, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Infinity Limitless Services, Professional Installation Clean" 5242 College Oak Drive, #20, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 16, 2021
Publish: July 30 & August 6, 13, 20, 2021
INFINITY 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06567 Christian Okpalugo, 2035 W El Camino Avenue, #423, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Bon Ton Outfitters" 2035 W El Camino Avenue, #423, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 13, 2021
Publish: July 30 & August 6, 13, 20, 2021
BONTON 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06231 The Stanovensky Corp, 4037 Leos Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Stancoon Roofing" 4037 Leos Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 1, 2021
Publish: July 30 & August 6, 13, 20, 2021
STANCON 80201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-05676 Zitro Real Estate Services, Inc., 4829 Argyle Lane, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Zitro Real Estate, Zitro Real Estate Services" 4829 Argyle Lane, Sacramento, CA 95841. Filed with the Clerk of Sacramento County June 15, 2021
Publish: July 30 & August 6, 13, 20, 2021
ZITRO 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06472 Left Coast Poultry, Inc., 9873 Harvey Road, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Left Coast Building Contractors" 9873 Harvey Road, Galt, CA 95632. Filed with the Clerk of Sacramento County July 12, 2021
Publish: July 30 & August 6, 13, 20, 2021
LEFT 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06695 Michael Ofiah, 6901 Franela Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Glorious Care Homes" 6901 Franela Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 16, 2021
Publish: July 30 & August 6, 13, 20, 2021
GLORI 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06834 Anatolii Radiev, 7416 Watt Avenue, Apt. 103, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "AR Transportation Services" 7416 Watt Avenue, Apt. 103, North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 21, 2021
Publish: July 30 & August 6, 13, 20, 2021
ARTAN 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06831 JDV Distribution LLC, 3710 Branch Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Evergreen Memorial Hall" 5101 Lawrence Drive, Sacramento, CA 95820. Filed with the Clerk of Sacramento County July 21, 2021
Publish: July 30 & August 6, 13, 20, 2021
EVER 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06741 Neelam Rani, 2724 Yreka Avenue, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Trinetra Indian Grocery" 310 South Lexington Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 19, 2021
Publish: July 30 & August 6, 13, 20, 2021
TRINE 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06625 1084 Sound LLC, 8523 Sadie Court, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "1084 Sound" 8523 Sadie Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 14, 2021
Publish: July 30 & August 6, 13, 20, 2021
1084 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06661 Brahm Lifestyle Therapies, LLC, 3416 American River Drive, Suite E, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Bliss Lifestyle Therapies" 3924 Arden Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 15, 2021
Publish: July 30 & August 6, 13, 20, 2021
BLISS 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06725 Allison Woods, 9767 Clemenza Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Your L[IF]E Coach, YourL[IF]E Coach" 5650 Whiteoak Parkway, Suite 130, #2, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County July 16, 2021
Publish: July 30 & August 6, 13, 20, 2021
YOUR 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06620 Connor D. Towns, 1217 Knopfler Circle, Folsom, CA 95630 and Alexander J. Balog, 1600 Canyon Terrace Lane, Apt. 806, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Vibrant Lawn Care" 1217 Knopfler Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 14, 2021
Publish: July 30 & August 6, 13, 20, 2021
VIBRANT 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06468 Elena Nicotara, 4124 Pasadena Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Golden House Cleaning" 4124 Pasadena Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 12, 2021
Publish: July 30 & August 6, 13, 20, 2021
GOLDEN 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06778 Zachary Lloyd Thwila, 2559 Stansberry Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Thwila Ink" 2559 Stansberry Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 20, 2021
Publish: July 30 & August 6, 13, 20, 2021
THWILA 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06880 Semiyard Inc, 17 Rockrose Court, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Semiyard.com" 17 Rockrose Court, Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 22, 2021
Publish: July 30 & August 6, 13, 20, 2021
SEMI 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06833 Style Your Happy LLC, 9912 Business Park Drive, Suite 170, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "LIVMOSS" 9912 Business Park Drive, Suite 170, Sacramento, CA 95827. Filed with the Clerk of Sacramento County July 21, 2021
Publish: July 30 & August 6, 13, 20, 2021
LIVMOSS 180201 8-20-21

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-05964 Michelle Moore LLC, 11658 Morrison Street, Valley Village, CA 91601 is doing business under the Fictitious Business Name(s) "Mochi Dough" 6900 65th Street, Suite 2, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 22, 2021
Publish: July 30 & August 6, 13, 20, 2021
LIVMOSS 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06884 Chiller Enterprises, LLC, 4898 Kokomo Drive, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Oxi Fresh Carpet Cleaning" 4898 Kokomo Drive, Sacramento, CA 95835. Filed with the Clerk of Sacramento County July 22, 2021
Publish: July 30 & August 6, 13, 20, 2021
OXI 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06908 Amanda Weeden, 5905 Pikes Peak Way, Citrus Heights, CA 95821 is doing business under the Fictitious Business Name(s) "Weeden Enterprises" 5905 Pikes Peak Way, Citrus Heights, CA 95821. Filed with the Clerk of Sacramento County July 23, 2021
Publish: July 30 & August 6, 13, 20, 2021
WEEDEN 180201 8-20-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06480 Natamos Estates MHC GP, LLC, 3500 Mobile Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Silver Eagle MHC" 3500 Mobile Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County June 22, 2021
Publish: August 6, 13, 20 & 27, 2021
SILVER 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06965 Linda Phan Sam, 12323 El Portal Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Registration Connection" 12323 El Portal Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 27, 2021
Publish: August 6, 13, 20 & 27, 2021
REGIST 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06853 Colby Rodriguez, 4440 Wyman Drive, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "As Good As New Carpet Cleaning" 4440 Wyman Drive, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 22, 2021
Publish: August 6, 13, 20 & 27, 2021
ASGOOD 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06910 DeQuincey Acoff, 1230 N Street, Apt. 315, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Universus" 1230 N Street, Apt. 315, Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 23, 2021
Publish: August 6, 13, 20 & 27, 2021
UNIVER 80201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07011 Tynicka Jones, 1630 Bell Street, Apt. 141, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Riamor Body Sculpting" 1630 Bell Street, Apt. 141, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 6, 13, 20 & 27, 2021
RIAMOR 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06999 Lori Liles, 2546 Ganzan Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Bergebear Crafts" 2546 Ganzan Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 27, 2021
Publish: August 6, 13, 20 & 27, 2021
BERGER 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07030 5 Star Management, Inc, 5676 Kimberly Street, San Jose, CA 95129 is doing business under the Fictitious Business Name(s) "Garden Plaza Apartments" 2251 Watt Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 6, 13, 20 & 27, 2021
GARDEN 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06999 Sweet Water H2O, LLC, 1801 H Street, #1, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Sweet Water H2O" 1801 H Street, #1, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 27, 2021
Publish: August 6, 13, 20 & 27, 2021
SWEET 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06664 Adan Gonzalez, 6940 Amberwick Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Acer Trees & Stumps" 6940 Amberwick Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 15, 2021
Publish: August 6, 13, 20 & 27, 2021
ACER 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-05537 Rosalio Solis, 8963 Calvert Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Cub Scout Pack 144" 8963 Calvert Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County June 10, 2021
Publish: August 6, 13, 20 & 27, 2021
CUB 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06703 Penfield Products, 5410 Fenwood Avenue, Woodland Hills, CA 91367 is doing business under the Fictitious Business Name(s) "Prestige Plaques" 11300 Trade Center Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 16, 2021
Publish: August 6, 13, 20 & 27, 2021
PRESTIGE 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04809 ABS Financial Group Inc., 2210 Watt Avenue, Suite B, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "ABS Hotel Brokers International" 2210 Watt Avenue, Suite B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 19, 2021
Publish: August 6, 13, 20 & 27, 2021
ABS 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06691 SRB Cares LLC, 2020 Eastern Avenue, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "SRB Cares, SRB Cares LLC" 2020 Eastern Avenue, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 16, 2021
Publish: August 6, 13, 20 & 27, 2021
SRB 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06838 Monica D. Moreno Edens, 29076 Main Street, Madison, CA 95653 is doing business under the Fictitious Business Name(s) "The Prickly Comb" 4208 N Freeway Boulevard, Suite 130, Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 21, 2021
Publish: August 6, 13, 20 & 27, 2021
THEPRI 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06614 Island Alchemist Brand, LLC, 3810 Broadway, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Normad Land Company, Normad Power" 3810 Broadway, Sacramento, CA 95817. Filed with the Clerk of Sacramento County July 14, 2021
Publish: August 6, 13, 20 & 27, 2021
NOMAD 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07049 Magenta Valley LLC, 211 Lyman Circle, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Midtown Clothing, Gucciaga Clothing, Create a player clothing" 211 Lyman Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 6, 13, 20 & 27, 2021
MIDTOWN 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07017 AB Tires and Auto Repair, 5599 Hillsdale Boulevard, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "AB Tires and Auto Repair" 5599 Hillsdale Boulevard, Sacramento, CA 95842. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 6, 13, 20 & 27, 2021
ABTIRE 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07021 Hamed Hamidi, 1540 Greenhills Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Hamdan Butcher Shop" 3108 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 21, 2021
Publish: August 6, 13, 20 & 27, 2021
HAMDAN 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06699 Edward R. Marszal Enterprises, Inc., 5805 Windwill Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "California Retail Management" 5805 Windwill Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 16, 2021
Publish: August 6, 13, 20 & 27, 2021
CALIF 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07052 Rani Real Estate LLC, 4080 Truxel Road, #100, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Rani Real Estate" 4080 Truxel Road, #100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 6, 13, 20 & 27, 2021
RANI 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07072 Miller Real Estate Sales LLC, 2335 American River Drive, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Miller Real Estate Sales" 2335 American River Drive, Suite 100, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 29, 2021
Publish: August 6, 13, 20 & 27, 2021
MILLER 180201 8-27-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06700 Davis Liu, 2929 Sierra Mills Lane, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Stetho Publishing" 2929 Sierra Mills Lane, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 16, 2021
Publish: August 13, 20, 27 & September 3, 2021
STETHO 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06653 Golden Crown Real Estate, LLC, 1401 21st Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Golden Crown Real Estate", 1401 21st Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 15, 2021
Publish: August 13, 20, 27 & September 3, 2021
GOLDEN 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06713 Alex Ayrapetyan, 2609 Riesling Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Pure Window Tints" 2609 Riesling Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 16, 2021
Publish: August 13, 20, 27 & September 3, 2021
PURE 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07131 Tawfik Mazraeh, 5600 Marconi Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "TN General Trading and Brokers" 5600 Marconi Avenue, Apt. 246, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 30, 2021
Publish: August 13, 20, 27 & September 3, 2021
TNGEN 80201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07171 Doug Muraki LLC, 4755 Dovercourt Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Doug Muraki LLC International Biblical Tours" 4755 Dovercourt Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 2, 2021
Publish: August 13, 20, 27 & September 3, 2021
DOUG 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07076 AKA OM Inc., 100 Ivory Court, Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Northgate Laundreland" 3274 Northgate Boulevard, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 29, 2021
Publish: August 13, 20, 27 & September 3, 2021
NORTH 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07165 Mohammad Wafai, 2134 Butano Drive, Unit 3317, Sacramento, ca 95825 is doing business under the Fictitious Business Name(s) "Language Tarjuma Services" 3550 Watt Avenue, Suite 140, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 2, 2021
Publish: August 13, 20, 27 & September 3, 2021
LANGUAGE 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07156 Razi Zarchy, 8312 Cedar Crest Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "ASL at Home" 8312 Cedar Crest Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 2, 2021
Publish: August 13, 20, 27 & September 3, 2021
ASL 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07038 Tanieta Poon, 8550 Florin Road, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Backyard Bulliiz" 2751 Fruitridge Road, #16, Sacramento, CA 95820. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 13, 20, 27 & September 3, 2021
BACKYARD 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07166 Isaiah Samuel, 715 Gilde Avenue, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Jaxon Armory" 50 Iron Point Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 2, 2021
Publish: August 13, 20, 27 & September 3, 2021
JAXON 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07012 Juan Ali, 9950 Bruceville Road, #253, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Cali Car Zone" 8732 Fruitridge Road, Building B, #31, Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 13, 20, 27 & September 3, 2021
CALI 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07189 Kattrell Michael Walker, 9060 Virginia File Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Now That's The Kat's Meow, Get Your Life Body Transformation with Kattrell Michaels" 9060 Virginia File Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County August 3, 2021
Publish: August 13, 20, 27 & September 3, 2021
NOW 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07277 Victor Hugo Vargas, 10833 Folsom Boulevard, Apt. 204, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "PPS Professional Painting Services" 10833 Folsom Boulevard, Apt. 204, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 5, 2021
Publish: August 13, 20, 27 & September 3, 2021
PPS 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07300 Karen Dolores Hucks-Bonomi and Michael Bonomi, 16610 State Highway 88, Jackson, CA 95642 are doing business under the Fictitious Business Name(s) "Huxbo Creative Designs" 8611 Folsom Boulevard, Suite J, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 6, 2021
Publish: August 13, 20, 27 & September 3, 2021
HUXBO 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06807 Mohammad Al Omoush, 4739 Forest Parkway, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Drone Services International" 4739 Forest Parkway, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 21, 2021
Publish: August 13, 20, 27 & September 3, 2021
DRONE 180201 9-3-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07209 CHB INC., 5071 Broadwater Drive, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "CHB TRANS" 5071 Broadwater Drive, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 3, 2021
Publish: August 20, 27 & September 3, 10, 2021
CHB 180201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07379 Rodger Sargent, 5541 Oldham Lane, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Infocus Love Studios" 5541 Oldham Lane, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 10, 2021
Publish: August 20, 27 & September 3, 10, 2021
INFOCUS 180201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07044 Octarentals LLC, 3536 Heron Court, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Octarentals LLC" 3536 Heron Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 28, 2021
Publish: August 20, 27 & September 3, 10, 2021
OCTA 180201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07423 Sunee Carver, 9 Fallwind Circle, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Triple Threat 916", 9 Fallwind Circle, Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 11, 2021
Publish: August 20, 27 & September 3, 10, 2021
TRIPLE 80201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07431 Carlos Reyes, 2975 Weston Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Cordova Electric" 2975 Weston Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 12, 2021
Publish: August 20, 27 & September 3, 10, 2021
CORDOVA 180201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-06986 Qaisuddin Samandari, 7200 Gloria Drive, #18, Sacramento, CA 95831 and Ghulam Omar Bahram, 8515 Elk Grove Florin Road, #308, Elk Grove, CA 95624 are doing business under the Fictitious Business Name(s) "Gyro and Shwama Grill" 2931 Sunrise Boulevard, Unit 100, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 27, 2021
Publish: August 20, 27 & September 3, 10, 2021
GYRO 180201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07267 Shariel Dickinson, 5310 79th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Instigate Boutique", 5310 79th Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County August 5, 2021
Publish: August 20, 27 & September 3, 10, 2021
INSTIG 180201 9-10-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-07309 Roberto Campos, 3807 Balsam Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "KRB Trucking", 3807 Balsam Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 5, 2021
Publish: August 20, 27 & September 3, 10, 2021
KRB 180201 9-

Legal Advertising Hotline
916-483-2299

Legal Advertising Fax
916-773-2999

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-0029961

Tiffany Victoria Mays has filed a petition with this court for a decree changing the name(s) of Tiffany Victoria Mays to Tiffany Victoria. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 7, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 13, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 6, 13, 20 & 27, 2021
MAYS 180101 8-27-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304225

Yesnia Palomera and Atlec Snoe have filed a petition with this court for a decree changing the name(s) of Roman Cayetano Palomera to Roman Cayetano Snoe. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 9, 2021, 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: July 16, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 6, 13, 20 & 27, 2021
SNOE 180101 8-27-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304244

Javis James Blalock has filed a petition with this court for a decree changing the name(s) of Javis James Blalock to Javis James Blalock. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 9, 2021, 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: July 16, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
BLALOCK 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304955

Aaron Daniel Wayne & Jasmine Summer Wayne have filed a petition with this court for a decree changing the name(s) of Aaron Daniel Wayne to Aaron Daniel Osuna, Jasmine Summer Wayne aka Jasmine Summer Agulla to Jasmine Summer Paular-Osuna, Sebastian Daniel Wayne to Sebastian Daniel Osuna, Benjamin Michael Wayne to Benjamin Michael Osuna. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 23, 2021, 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: July 29, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
WAYNE 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304943

Chofa Moses Jose Calonge has filed a petition with this court for a decree changing the name(s) of Chofa Moses Jose Calonge to Chofa Moses Grijalva. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 22, 2021, 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: July 28, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
CALONGE 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304679

Paul Aaron Shade has filed a petition with this court for a decree changing the name(s) of Paul Aaron Shade to Aaron Paul Shade. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 21, 2021, 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: July 26, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
SHADE 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304967

Damon Lee Jones has filed a petition with this court for a decree changing the name(s) of Damon Lee Jones to Matthew John Jones. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 23, 2021, 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: July 29, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 6, 13, 20 & 27, 2021
JONES 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304144

Bibi Samieh Akbar Hashemi and Habib Gervani have filed a petition with this court for a decree changing the name(s) of Bibi Samieh Akbar Hashemi to Sarah Aia, Helaya Gervani to Hella Aia, Milad Gervani to Roma Aia. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 8, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 15, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
ARIA 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304674

Sabina Alvaz Shams has filed a petition with this court for a decree changing the name(s) of Sabina Alvaz Shams to Sabina Alvaz. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 21, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 26, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
ALVAZ 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304613

Jamie Ann Brissette has filed a petition with this court for a decree changing the name(s) of Michael Andrew Brissette to Michael Andrew Slagter. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 16, 2021, 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: July 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
BRISSETTE 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304529

Israel Rosales and Shannon Will have filed a petition with this court for a decree changing the name(s) of Hailee Nikole Will to Hailee Nikole Will-Rosales. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 15, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 22, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
WILL 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304407

Shams Ul Haq Najib & Nooria Najib have filed a petition with this court for a decree changing the name(s) of Shams Ul Haq Najib to Shams Najibi, Moneeb Ahmad Najib to Moneeb Khan Najibi, Kayenat Najib to Kayenat Najibi, Mojeeb Ahmed Najib to Mojeeb Khan Najibi, Yosef Hassan Najib to Yosef Hassan Najibi. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 15, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 21, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
NAJIB 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304898

Jannet Yip has filed a petition with this court for a decree changing the name(s) of Jayden Khamsouksay to Jayden Phaengdouang Yip, Jordan Khamsouksay to Jordan Phaengdouang Yip. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on October 7, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 28, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
YIP 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304899

Jannet Khamsouksay Yip has filed a petition with this court for a decree changing the name(s) of Jannet Khamsouksay Yip to Jannet Phaengdouang Yip. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on October 7, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 28, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
YIP 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00305038

Mary Carol Williams has filed a petition with this court for a decree changing the name(s) of Mary Carol Williams to Mary Carol Higgins. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 28, 2021, 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: July 30, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
WILLIAMS 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00304844

Isabella Bencomo has filed a petition with this court for a decree changing the name(s) of Isabella Bencomo to Isabella Gnapios. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 21, 2021, 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: July 27, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 13, 20, 27 & September 3, 2021
BENCOMO 180101 9-3-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00305533

Joel Richard Easton-True has filed a petition with this court for a decree changing the name(s) of Joel Richard Easton-True to Joel Richard True. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on October 5, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 6, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 20, 27 & September 3, 10, 2021
TRUE 180101 9-10-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00305121

Debbie Youa Cha has filed a petition with this court for a decree changing the name(s) of Thuy Jane Mai Chang Nguyen to Jane Mai Chang Thuy Yang, Valerie Canh Youa Nguyen to Valerie Youa Canh Cha. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 29, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 2, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 20, 27 & September 3, 10, 2021
CHA 180101 9-10-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00305166

Jennifer Lee Gomez has filed a petition with this court for a decree changing the name(s) of Jennifer Lee Gomez to Jennifer Lee Gomez-Haddad. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on September 29, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 3, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: August 20, 27 & September 3, 10, 2021
GOMEZ 180101 9-10-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00305273

Thomas Lee Lawrence has filed a petition with this court for a decree changing the name(s) of Thomas Lee Lawrence to Thomas Lee Ayatch. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 29, 2021, 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: August 4, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: August 20, 27 & September 3, 10, 2021
AYATCH 180101 9-10-21

SUMMONS (FAMILY LAW)
CASE NUMBER: (Numero del Caso): 19FL008900N

NOTICE TO RESPONDENT
(Name): AVISO AL DEMANDADO
(Nombre) : Donald Wesley Sears, JR
YOU HAVE BEEN SUED. Read the information below and on the next page.
PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Amber Erickson
You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelp.ca.org) or by contacting your local county bar association. NOTICE: RESTRAINING ORDERS ARE ON PAGE 2:
These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. The name and address of the court are: (El nombre y dirección de la corte es): SUPERIOR COURT OF CALIFORNIA, 325 SO. Melrose Drive Vista, CA 92081.
The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es): Patricia L. Cleary, ESQ (SBN92045) 455 South Escondido Boulevard Escondido, CA 92025
Date: 7/25/2019
Phone: 760-743-7357
By: S. Bagnai Clerk of Court
M. SHERMAN Deputy
STANDARD FAMILY LAW
RESTRRAINING ORDERS
Starting immediately, you and your spouse or domestic partner are restrained from:
1. removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court;
2. cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health automobile, and disability, held for the benefit of the parties and their minor children;
3. transferring, encumbering, hypothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and
4. creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party.
You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and

account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or pay court costs.

NOTICE-ACCESS TO AFFORDABLE HEALTH INSURANCE:-----
Do you or someone in your household need affordable health insurance? If so, you should apply for Covered California. Covered California can help reduce the cost you pay towards high quality affordable health care. For more information, visit www.coveredca.com. Or call Covered California at 1-800-300-1506

WARNING-IMPORANT INFORMATION
California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the recorded title to the property.
Publish: July 30, August 6, 13, and 20, 2021
ERICKSON 8-20-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF DAVID JONATHAN GRABIN.
CASE No. 34-2021-00304653
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of David Jonathan Grabin, deceased
A Petition for Probate has been filed by Heather Johnston, in the Superior Court of California, County of Sacramento, requesting Heather Johnston be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows December 7, 2021 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 available from the court clerk. The name, address and telephone number of the Petitioner is: Heather Johnston 111 Woodmere Road, Suite 240 Folsom, CA 95630 916-546-5023
Publish: August 6, 13 and 20, 2021
GRABIN 170622 8-20-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF ELEANOR M. RHYMES.
CASE No. 34-2021-00293322
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Eleanor M. Rhymes, deceased
A Petition for Probate has been filed by Michael Rhymes, in the Superior Court of California, County of Sacramento, requesting Michael Rhymes be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows September 14, 2021 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 available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Sarah Zwierzynski 12401 Folsom Boulevard, Suite 318, Rancho Cordova, CA 95742 916-850-0529
Publish: August 13, 20, 27, 2021
RHYMES 170622 8-27-21

NOTICE OF PETITION TO ADMINISTER ESTATE OF NICOLAS GUTIERREZ
CASE No. 34-2021-00304404
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Nicolas Gutierrez, deceased
A Petition for Probate has been filed by Hector Hugo Omeias Gutierrez, in the Superior Court of California, County of Sacramento, requesting Hector Gutierrez be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor

will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows December 15, 2021 9:00 a.m. in Dept 129. Appearance by Zoom Application or Telephone at least 5 minutes before hearing date and time using https://saccourt.zoom.us/j/dept129a or Toll Free Telephone Conference Line @ (888) 475-4499, with meeting ID #689-534-3925 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Hector Gutierrez c/o Medeiros Law Firm, Inc. 2377 Gold Meadow Way, Suite 100, Gold River, CA 95670 916-729-1307
Publish: August 20, 27 & September 3, 2021
GUTIERREZ 170622 9-3-21

TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE
Trustee Sale No.: 00000008704942 Title Order No.: DS7300-19006703 FHA/VA/PMI No.:YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 11/15/2005, 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. BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 12/20/2005 as Book No. 20051220 and Page No. 2086 of official records in the office of the County Recorder of SACRAMENTO County, State of CALIFORNIA. EXECUTED BY: DANNY A JENSEN, A MARRIED PERSON, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 09/14/2021 TIME OF SALE: 1:30 PM PLACE OF SALE: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH STREET, SACRAMENTO, CA 95814. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 2344 ZINFANDEL DR, RANCHO CORDOVA, CALIFORNIA 95670 APN#: 058-0153-010-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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 said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$34,969.29. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned

caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 833-561-0243 for information regarding the trustee's sale or visit this Internet Web site WWW.SALES.BDFGROUP.COM for information regarding the sale of this property, using the file number assigned to this case 00000008704942. 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 833-561-0243, or visit this internet website WWW.SALES.BDFGROUP.COM using the file number assigned to this case 00000008704942 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. FOR TRUSTEE SALE INFORMATION PLEASE CALL: 833-561-0246 BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP as Trustee 3990 E. Concours Street, Suite 350 Ontario, CA 91764 (866) 795-1852 Dated: 08/06/2021 A-4733337 08/13/2021, 08/20/2021, 08/27/2021

NOTICE OF PUBLIC LIEN SALE
SELF STORAGE AUCTION

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to the California Storage Act (Sections 21700-21716 of the Business & Professions Code.)
ARMOR MINI STORAGE: Property is located at 5714 Auburn Blvd., Sacramento, CA 95841. The auction will be conducted entirely online at: https://bid13.com/
Auctioneer: Bid13.com 1-844-348-2776; agent for Owner. Contents for the following lien units will be sold:
Unit #H181 LI GERYGSON, UNIT #C005 THOMAS ASKINS, UNIT #H028 KRISTINAYORK, UNIT #E104 SIMON SCOTT, UNIT #E008 PORSCHA REVELL, UNIT #B126 RANDY PETTY, UNIT #E010 JENNIFER CAMPBELL.
Pictures of the contents of the storage space can be seen online. Bids must be entered online beginning TUESDAY 8/17/21 at 9AM and ending TUESDAY 8/24/21 at 9AM PST. Payment must be made at the time of purchase. All items in the unit are sold as is and must be removed within three days of the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Carmichael Times August 13 and 20, 2021

Ford Driving Skills for Life Returns to California

California Office of Traffic Safety Press Release

SACRAMENTO REGION, CA (MPG) - The Governors Highway Safety Association (GHSA), Ford Motor Company Fund and California Office of Traffic Safety (OTS) are teaming up to provide free safe driving clinics for teens throughout August.

The hands-on Ford Driving Skills for Life (DSFL) program will launch in the Sacramento region Aug. 28-29. The program highlighting three key aspects:

Hands-on driving sessions focusing on critical factors influencing teen crashes: vehicle handling, hazard recognition, speed, space management, distraction and impairment; Ford Driving Skills for Life and the Governors Highway Safety Association have **invested more than \$1 million in 2021** to improve teen driving skills and reduce motor vehicle crashes, which are the leading cause of death for U.S. teens; During the pandemic, **traffic deaths surged reaching a 13-year high** even though there was a significant decline in driving. The Driving Skills for Life

event in Anaheim, which will include COVID-19 safety protocols, marks the first, in person hands-on training sessions since the pandemic began.

Driving Skills for Life will host 38 safe-driving training sessions as part of an eight-city tour, with other stops in Houston, Dallas, Atlanta, Nashville and Phoenix. Parents/guardians may register their teen(s) for a free training session at **drivingskillsforlife.com**.

Now in its 18th year, Ford Driving Skills for Life pairs newly licensed drivers with professional driving instructors for next-level instruction. The program addresses the critical factors responsible for most crashes, including vehicle handling, hazard recognition, speed and space management, distracted driving and impaired driving. The clinics focus on skills and information not currently offered in standard driver education courses.

“We know that motor vehicle crashes are the leading cause of death for U.S. teens,” said Jonathan Adkins, GHSA Executor Director. “Each year,

more than 2,000 teen vehicle occupant deaths occur. Speeding and inexperience are often critical factors in these accidents.”

The National Highway Traffic Safety Administration (NHTSA) reported that 38,680 people were killed on U.S. roadways in 2020, the highest number since 2007 and an increase of 7.2% from the year before. Alarming, traffic deaths surged in 2020, reaching a 13-year high even though there was a significant decline in driving during the COVID-19 pandemic. In addition, recent studies have revealed that parents are frustrated and concerned with the lack of in-car training offered to newly licensed teen drivers, especially during the pandemic.

“The lack of experience of newly licensed drivers remains a serious problem resulting in a disproportionate number of crashes for teens. We are grateful to be able to safely resume free, hands-on training that is so desperately needed,” said Jim Graham, Global Manager, Ford Driving Skills for Life.

In California, drivers ages

16-19 are nearly three times as likely to be in a serious crash compared to other drivers. **In California**, 164 teens ages 16 to 19 were killed in crashes in 2019, with 354 drivers 20 and under involved in deadly crashes across the U.S. over the same time period.

“Experience and training make for better drivers, particularly newly licensed teens,” OTS Director Barbara Rooney said. “We are thrilled to kick off this great program in California that puts parents at ease by providing teens with life-long safe driving skills.”

Around the world, Ford Driving Skills for Life trainings are being resumed in many countries throughout North America, South America, Europe, Asia, Africa and the Middle East. Since 2008, the international Ford Driving Skills for Life program has grown and provided valuable insights into addressing road safety issues worldwide.

Ford Driving Skills for Life has invested more than \$60 million to provide free, advanced driver education to more than 1 million newly licensed teen

drivers in all 50 U.S. states and 46 countries worldwide since 2003.

For more information and updates on tour locations as well as COVID-19 safety protocols, visit **drivingskillsforlife.com**.

Register at: **https://tinyurl.com/FordDSFL-CA**

Ford Driving Skills for Life was established in 2003 by Ford Motor Company Fund, the Governors Highway Safety Association, and a panel of safety experts to teach newly licensed teens and parents the necessary skills for safe driving. Now in its fifteenth year, the premise behind Ford Driving Skills for Life is to provide a step in the learning process by providing new skills and information not currently shared with newly licensed drivers in the basic driver education courses. The program has trained more than 1 million individuals in safe driving practices. It is been offered in over 46 countries, and hands-on driving clinics have been conducted in all 50 U.S. states, Puerto Rico and the District of Columbia. For more information visit www.drivingskillsforlife.com. ★

Local Classified

Announcement

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit <http://dorranceinfo.com/Cal> (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

DONATE YOUR CAR TO KIDS Fast Free Pickup – Running or Not- 24 Hour Response - Maximum Tax Donation – Help Find Missing Kids! Call 1-888-491-1453. (CalSCAN)

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

Cable/Satellite TV

DIRECTV - Watch your favorite live sports, news and entertainment anywhere. More top premium channels than DISH. Restrictions apply. Call IVS - 1-888-641-5762. (Cal-SCAN)

DIRECTV NOW. No Satellite Needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-855-404-2509

Cable/ Internet

AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-855-397-7909. (SCAN)

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Virus & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zsconfig@sbglobal.net
Bus. Lic. # 305312 • B.E.A. Reg. #B4416
www.zinskyspcrepair.com

For Rent

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"



Fitness/Yoga

Your Fitness Genie
Virtual Sessions

Age Well At Home
Avoid Assisted Living
*Keep Strength and Mobility
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916)768-5767

Financial Services
Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-844-998-1460 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)](SCAN)

Handyman

A Quality Home Maintenance
Hauling
Gutters Cleaned
Yardwork
One Time Lawn Mowing
You Name It!
Scott Lehman
Gutter Dog
(916) 613-8359

Health & Medical

“You are what you absorb.” World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at tbuckley1.renovaworldwide.com. Tim 916-370-0858

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Classified Advertising
916 773-1111

Insurance/Health

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

Classified Advertising
773-1111

RESUME
If you need a résumé, call
Dan the résumé man
(Résumés By Design in Sacramento since 1985)
(916) 974-1000

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups,
Complete Landscape Design/ Installation,
Sprinkler System Installs/Repairs, All Types Concrete Work,
Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial
American Landscape Design & Installation, Est 1987
American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

LANDSCAPING
Spring Yard clean up. Mow, weed, prune, haul, rock, bark, and gutters. Light Fence Work
916 205-9310
916 688-9310

All American Will Kits
Do-It-Yourself Legal Will

Written by an attorney

Valid in all states
Order online at www.allamericanwillkits.com

Miscellaneous

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408.

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

WE SUPPORT OUR MILITARY

Music Lessons

Guitar Lessons – Beginner to Advanced. \$15/half hour. \$25/hour. freddiebbalbert@gmail.com. 916-507-8658 (MPG 12-31-21)

Pets/Animals

DOG RESCUE
Gary
(916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU
@hotmail.com

Professional, Loving PET SITTING
*Established Reputation
*Kennel Free
*Lots of TLC
*Happy & Safe Environment
*Affordable Rate
Call Madeline
(916) 723-1608

Roofing

BERNARDINO ROOFING
Roofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated, BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817945 35 Years Experience
916.920.0100
www.bernardinoroofting.com

School

AIRLINE CAREERS Start Here – Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138. (Cal-SCAN)

HALL RENTALS

VFW Post 6158

8990 Kruithof Way,
Fair Oaks, CA
916-966-1663
vfw6158.org/rent-our-hall/
Call or come by

Classified Advertising

916 773-1111

Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
VISA / MASTER CARD
California Contractors Lic #1036031

Tax Services

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-970-2032 (CalSCAN)

Work Wanted

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References, College grad. Call Tim, 916-370-0858. (MPG 12-31-21)

Real Estate

RETIRED COUPLE \$1 Mil for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 40 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLAN.COM *Sufficient equity required - no consumer loans
CA Department of Real Estate License #01041073
Private Party loans generally have higher interest rates, points & fees than conventional loans

Wanted - AUTOS

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: porsche restoration@yahoo.com (CalSCAN)

Public Sale

Public sale Saturday Sept 4th 2021 at 2591 Village Pkwy West Sacramento California 95691 Starts at 8am. Items are from two red warehouses with furniture, lamps, art, glassware and home decor. Vintage and mid century

WANTED

Piano player for Sundays. Good pay. Fairvale Church 8660 Madison F.O. Call 530-748-6694

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/ or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

HOUSEKEEPER

3 Hours every other week. \$80, we supply all products, equip. Judi, 916 965-5674. Carmichael

Painting / Roofing

PAINTING
BAE.S Painting Service
House & Apt Interior/Exterior
Flat Roof: Water Leak Repair
Gutter Cleaning
Cell: 279 333-6660


HELP WANTED

Kp International MARKET
Many Positions are Available. Please no phone calls. Apply in person.
10971 Olson Dr.
Rancho Cordova, CA 95670

HEALTH & WEALTH

JOIN FOR FREE - NO KITS OR QUOTAS & FREE WEBSITE. CTFO (Changing The Future Outcome) has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.mycfto.com

AIRLINE CAREERS START HERE
Get trained as FAA certified Aviation Technician.
Financial aid for qualified students.
Job placement assistance.
Call Aviation Institute of Maintenance
877-205-4138



NEED HELP WITH YOUR RETIREMENT PLAN?
If you have questions about your pension, 401(k) or profit sharing plan, call the Western States Pension Assistance Project at (866) 413-4911 to get free legal advice. Funded by the U.S. Administration on Aging, WSPAP staff provides free legal assistance to anyone with a question about their retirement plan.
CALL US TODAY 1.866.413.4911

DRIVEN TO BE THE BEST
Be Your Own Boss, Choose Your Own Routes!
Looking for CDL drivers to deliver new trucks Starting in Sacramento and / or Perris, CA.
Experience helpful. Must have DOT physical and be willing to keep logs. No DUIs in the last 10 years, clean MVR.

Apply Online at www.qualitydriveaway.com or call 574-642-2023

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

MARTY MOEN
Fencing and Decks

Free Estimates

- Ornamental Iron
- Wood • Chain Link

(916) 796-1005 License # 852410

JOSE'S LANDSCAPE MAINTENANCE
Since 1985 • Bonded & Insured

- One-Time Clean Up and Maintenance
- Lawn Aerate and Dethatch
- Sprinkler Repair

(916) 991-6923
joseslandscapemaintenance@gmail.com

A-1 AFFORDABLE ROOFING

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673

Cell: (916) 206-1613
Contractor Lic. #681098

CLEAN & SOBER
LIVING
CSTL, Inc.

Helping People and the Community
with the Alcohol and Drug Problem!

Over 20 Years in Business!

Sober Living - 916.961.2691

Elverta Elderly Home Care
Over 20 Years Experience

CA Official Nursing Certificate
(916) 992-8920 License #347003280

Elana Lup – Administrator/Owner
7845 Dominion Way
Elverta, CA 95626

We take care of your loved ones. Very Low Prices.

GREENWAY TREE SERVICE
Specializing in Expert Tree Pruning,
Tree Removal & Stump Grinding

Free Estimates
Competative Prices
Licensed and Insured

(916) 224-9750

Rio Linda Eye Care

Laser Surgery • Eye Glasses • Contact Lenses
• Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444

Saturday Appointments Available
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

Natalie Miller
Independent Beauty Consultant

MARY KAY.

millernatalie29@yahoo.com
www.marykay.com/nmiller9625
916.621.0833

Contact me for a Complimentary Facial

DUDEPRESSURE
DUDE. THAT IS CLEAN!

Pressure Washing Services
License Number SPB12021-00112

Robert Beard
916-825-0999
DUDEPRESSURE@GMAIL.COM
DUDEPRESSURE.SIMDIF.COM

HOME SERVICES
DRIVEWAYS
PATIOS
SIDING
ROOF
AUTO SERVICES
CAR WASH
CARPET
SEATS
WAX
UV PROTECTANT

BILL'S MARKET
Taichi Master • Kam Tim Wong

- Cold Sodas • Cold Beer • Candy • Bread
- California Lottery • Open 10-7, 7 Days a week

2349 I Street, Rio Linda, CA 95673
(916) 991-3696

Crossword Puzzle on Page 11

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

STATEPOINT CROSSWORD • FOOTBALL

CLUES

ACROSS

- *Sports analyst, ex-wide receiver Randy
- Dashboard acronym
- *Depth of an end zone, in yards
- Fencing blade
- Weight not charged for
- Young hog
- Witnessed
- Aroma
- Nary a soul
- *Line of
- Spanish earthen pot
- Pinocchio and the like
- Bean house
- Antonym of descent
- Cycle taxi
- Greek "I"
- 50-50
- Not happening
- Newbies
- Bert Bobbey's twin
- Like a neon sign
- "Clueless" catch phrase
- Not a desktop
- Metal-bearing mineral
- "Chim Chim Cher-ee" setting
- Relating to nose
- Actors' group
- Sink hole
- Golf club handle
- *3-point score
- Make a canyon, e.g.
- Not written
- Racing sled
- *Purple People
- song, inspiration for Vikings defensive line name
- Like H. C. Andersen's duckling
- Poet Pound
- *AFC counterpart
- Dreaming stage of sleep
- Daytime entertainment

DOWN

- Hodgepodge
- Oil cartel
- Palm reader, e.g.
- Old and mentally infirm
- Weather-related Doppler tool
- Programs, for short
- Insignificant
- Hammer or sickle
- Europe's highest volcano
- Born, in bio
- Marinara fruit
- Ornamental hair net
- *Grabbing penalty
- Breath freshener
- *Pre-game encouragement
- Rose oil
- One's assertion
- Collectible in a cabinet
- *Fourth down option
- Colonoscopy tract
- Ancient assembly area
- B in IBS
- *Start of a football play
- Goo on a trunk
- *Scrimmage-related penalty
- Plant louse
- Yule firewood
- By word of mouth
- Candle shape
- English in Spanish
- Mourner's song
- Camelot, to Arthur
- Tennis great Steffi
- College officer-training prog.
- *Number of downs to get a first

Crossword Puzzle Solutions on Page 11

1	2	3	4		5	6	7		8	9	10
11				12				13	14		
15				16				17			
18				19				20			
			21					22			
23	24	25				26			27	28	29
30			31		32	33			34		
35			36		37			38			
39				40				41		42	
43			44					45	46		
			47			48	49				
	50	51			52				53	54	55
56					57			58			
59					60			61			
62					63			64			

BRING EVERYTHING YOU LOVE TOGETHER!

2-YEAR TV PRICE GUARANTEE

\$64.99 MO. for 12 Mos. Including Local Channels!

CALL TODAY - For \$100 Gift Card Press Code 159100

1-888-416-7103 Offer ends 11/1/21

© StatePoint Media

Classified Advertising

Sell Your Stuff!
Reach 1000's of Readers Every Week!

MPG

916-773-1111

Sudoku Puzzle on Page 11

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising

916-773-1111

All Legal Ads Published by Messenger Publishing **MPG**

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep 2022

promo code N7017

1-855-208-9533

SUDOKU


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

Solutions on Page 11

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

Legal Advertising Hotline 916-483-2299
Legal Advertising Fax 916-773-2999

Legal Advertising
7144 Fair Oaks Blvd #5, Carmichael, CA 95609



CITY OF CITRUS HEIGHTS
NOTICE OF PUBLIC HEARING

NOTICE is hereby given that on **September 1, 2021 at 6:00 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: The Sunrise Tomorrow Specific Plan Draft Environmental Impact Report for the Sunrise Mall site (6041 Sunrise Boulevard). The ±95.8-acre project site is composed of 7 parcels, identified as Assessor's Parcel Numbers (APNs) 243-0192-012, -013, -014, -015, -016, -017, -018 located at the southeast corner of Greenback Lane and Sunrise Boulevard..

Project Description: The Draft Environmental Impact Report examines the potentially significant effects on the environment resulting from the proposed adoption of the Sunrise Tomorrow Specific Plan. Adoption of the Specific Plan would allow for the following mix of uses:

- Residential Units – 2,200	- Office – 960,000 Square Foot (SF)
- Hotel Rooms – 480	- Community/Institutional- 450,000 SF
- Retail 320,000 SF	- Open Space -25 +/- Acres

The Project would allow for the construction of a new traffic signal on Sunrise Boulevard, a new transit center, landscaping, internal roadways and associated infrastructure as identified in the Specific Plan.

The project includes a General Plan Amendment to change the land use designation of the entire Plan Area from General Commercial to Marketplace Mixed Use and Rezone the property from Shopping Center to Special Planning Area. For more information see: <https://www.citrusheights.net/1009/Sunrise-Mall-Specific-Plan>

Environmental Determination: The Draft Environmental Impact Report (DEIR) has been prepared. The intent of the meeting is to solicit comments about the DEIR. Interested parties may view the DEIR at <https://www.citrusheights.net/1071/Sunrise-Tomorrow-Environmental-Review>

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 at the Public Zoom Webinar. **Written comments may be submitted to Casey Kempenaar, Planning Manager, City Planning Department, 6360 Fountain Square Drive, Citrus Heights, CA 95621** or ckempenaar@citrusheights.net. 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: August 10, 2021
Publish: August 20, 2021

Citrus Heights Messenger 8-20-2021

NEED STORAGE?
ARMOR
MINI STORAGE



Since 1980
Computer Gate Access
6am-8:30pm 365 Days A Year

Award Winning Customer Service
1 Year Rate Lock!
1/2 OFF FIRST 2 MONTHS!
With Coupon

Easy Drive-Up Access
Under New Management

Office Hours:
Mon - Sun 9 - 5



Conveniently Located on Auburn Blvd. Between Manzanita & Garfield



5714 Auburn Blvd., Sacramento. 95841
916.332.6455
www.armorselfstorages.com



Rare Opportunity!
Homes are available in all levels of care.



Transforming the Aging Experience

Stay Active.
Stay Social.
Stay Connected.

Eskaton Village Carmichael offers independent living, as well as assisted living services and memory care support. Experience an engaging lifestyle supported by innovative technology designed to keep you connected and active.

Discover Eskaton Village Carmichael.

Schedule your tour today!
916-860-7522
eskaton.org/EVC

Eskaton Village Carmichael
A Life Plan Community/CCRC: Independent Living with Services, Assisted Living, Memory Care, Rehabilitation and Skilled Nursing

3939 Walnut Avenue, Carmichael, CA 95608
License #340313383 | COA #202



DQ Rallies Community



Participants get ready to chow down for a chance to win free Blizzards for one whole year! Photo by Cynthia Ellering

Continued from page 1

wares and donating back to David’s fund. And, if you were driving by, you couldn’t miss seeing flags lining the parking lot and most notably the giant American flag, hoisted high in the air, thanks to Darren Lang of Easy Stumps.

“It was a beautiful display of patriotism and caring for one of our own, said County Supervisor Sue Frost, “I am so proud to be part of this special day.”

To add to the fun and festivities, Dairy Queen hosted a 2021 Blizzard Challenge, with a rematch between last year’s top contestants, Sean Palmer, of Palmer Real Estate, 2020 Blizzard Champ and NBA star Pete Chilcutt, founder of Clutch City Basketball Academy. This year, after weeks of grueling training and getting his brain freeze tolerance to a new level, Pete came back gang busters, and seized

the title from Palmer in “down to the hair” photo finish! In the kid’s competition, Santino, a local 7th grader, won free blizzards for a year!

While the home for David, currently being built by Homes for our Troops, is expected to be complete by October, additional funds were needed to cover costs of equipment needed for David who is now confined to a wheelchair.

“The goal was set for \$10K and has already surpassed that,” beamed Terri Rickett, “I can’t believe the generosity of the people of this community.”

Special thanks to everyone who came out to the big event and those who have donated throughout the month. As of this writing over, nearly \$11k has been raised! Stay tuned for David’s homecoming in the coming months when we will talk more about Home for our Troops! ★

Local Executives Named to Leadership Roles in Heart Challenge

By Liz Faris,
American Heart Association

SACRAMENTO REGION, CA (MPG) - The American Heart Association, the world’s leading nonprofit organization focused on ensuring longer, healthier lives for all, has named Eric Dvorak, Vice President of Human Resources for Centene Corporation and Health Net of California as its 2021 Heart Challenge Chair.

The American Heart Association’s Heart Challenge® is a suite of activities and initiatives designed to help companies positively impact employee overall health and well-being. The program is anchored in a series of customizable workplace events that inspires employees to be more engaged, reconnect with colleagues, get in their physical activity, support a great cause and have a lot of fun doing it.

“As one of the state’s longest serving and most experienced Medi-Cal partners, Health Net understand the importance of working with trusted voices in the community. When you support and participate in the Sacramento Heart and Stroke Walk, you are helping to ensure that more cardiovascular research is funded, more hospitals administer the highest standards of care, and that fewer people suffer and die from heart disease and stroke. With every step taken and every dollar raised, we are building a legacy that will save and improve lives,” said Dvorak.

The Sacramento Heart Challenge culminates with the 209 Heart and Stroke Walk which will be held on September 25, 2021 at two different pop-up start lines across the city located at Heart Health Park at Cal Expo, 1600 Exposition Blvd, Sacramento, CA 95815 and Dignity Health Methodist Hospital of Sacramento, 7500 Hospital Dr, Sacramento, CA 95823. The Heart and Stroke Walks is supported by local Healthy for Good cause sponsors CVC, Dignity Health, Western Health Advantage and local signature sponsors HealthNet and Pacific Coast Building Products.

The Heart and Stroke Walk unites the community in celebrating health and honoring survivors. Dvorak will be joined by other likeminded city executives working to increase physical and mental health, combat burnout and promote community engagement. The

executive committee members include:

Dr. Khuram Arif, Chief Medical Officer, Western Health Advantage; **Bob Clark**, Co-CEO, Clark Pacific; **Diane Dusseau**, Managing Director, Wells Fargo; **Dustin Vicari**, CRO, Sacramento Republic FC/ EVP, Elevate Sports Ventures; **Ryan Lucchetti**, President, PABCO; **Dr. Jeffrey Rosenburg**, Chief Medical Officer, Sierra Nevada Memorial Hospital; **Christopher Rouen**, Partner, Moss Adams; **Dr. Alan Shatzel**, Medical Director, Neurology, Mercy Medical Group; **Dan Staszak**, CEO and Founder, Staszak & Company; **Sreshta Wickramasinghe**, Managing Director, Deloitte; **Tim Wilbanks**, Purchasing Manager, Nor-Cal Beverage

Whether in the company office or home offices, employees participate in fun physical and mental challenges providing the opportunity for meaningful social connections and play breaks during the workday to help combat burnout and alleviate stress.

“Now, more than ever, it’s important to find new ways to boost physical and emotional health. The Heart and Stroke Walk is a great way to keep up healthy habits, stay socially connected, and keep up with physical activity while making an impact in your community and saving lives,” said Jessica Gordan-Lannom, Executive Director of the American Heart Association’s Sacramento Division.

The funds raised at Heart Challenge events fund the mission of the American Heart Association to be a relentless force for a world of longer, healthier lives while supporting priority issues in Sacramento. Chronic disease management has been identified by the American Heart Association’s local board of directors for 2021 to propel work to support the Association’s 2024 Health Equity Impact Goal, reducing barriers to health care access and quality.

To learn more about engaging your workforce in Heart Challenge events, or to join Eric Dvorak and other area executives, visit www.sacramentoheartwalk.org or contact Heart and Stroke Walk Directors Kitty Hoffman at Kitty.Hoffman@heart.org or Costas Johnson at Costas.Johnson@heart.org for more information. ★



Ask us
about our
summer
specials!

SUMMER FUN AT COGIR OF STOCK RANCH!

New friends, new activities, new experiences, along with 3 Chef-prepared meals, housekeeping, transportation, and so much more.

With independent and assisted living we are here for you. **Call or just stop by for a tour today — we are confident you just found your new home!**

Come join the fun at Cogir of Stock Ranch with our Cogir Summer Courtyard Concert Series. Enjoy classic hits from the past with Afterglow on Wednesday, August 18th, from 6:00 – 7:30 p.m. RSVP to Kelly at (916) 725-7418 to save your seat!



7418 Stock Ranch Road
Citrus Heights, CA 95621
License # 342700471
(707) 522-3336

- Independent Living
- Assisted Living
- Respite Care

