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Citrus Heights Messenger

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MAY 21, 2021

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Putting Poppies to Good Use

May is Poppy Month for Honoring Fallen and Living Veterans



Strong winds could not stop ALA members from handing out red poppies to raise funds for active and retired veterans. From left to right: Janet Payne, President American Legion Auxiliary Unit 383, Judy Steele, Elise Spleiss, Mark Rice, Commander American Legion Post 383, and Sandy Rice. Photo Credit: Dylan Rice

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Bright red poppies were blowing in the wind on Saturday, May 8, at the Orangevale Walmart. Members of Fair Oaks American Legion Auxiliary (ALA) Unit 383 and their families withstood near gale-force winds to get these poppies into the hands of shoppers.

Men, women and children of all ages, some with their pets in tow, stopped to accept the flowers and make a donation as part of a tradition which began in 1921. In 2017 the U.S. Congress designated the Friday before Memorial Day to be National Poppy Day, which is on May 28 this year.

For decades, during the month of May, American Legion Auxiliary

units throughout the country have been providing bright red poppies to honor our fallen warriors, and as a reminder of the sacrifices made by today's active military and their families. All funds raised from these working poppy days are used to help with the continuing needs of our active service and retired veterans.

At the poppy table on that Saturday,
Continued on page 3

Newly Retired City Manager to Serve as Interim Manager

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - On May 7, City Manager Chris Boyd announced his retirement, effective May 11. At the May 13 meeting, the City Council considered the appointment of an interim city manager to fill the role until a permanent replacement can be hired. The recommendation was to hire Boyd as a retired annuitant. The proposed employment contract has a maximum term of 12 months but would likely expire sooner, once a replacement is hired. Boyd would be paid the same hourly rate he received as manager but would not receive any benefits—saving the City \$100,000 in that 12-month period if he served the full year.

During public comment on this item, Dr. Jayna Karpinki-Costa, who served on the City Council from 2004-2012, submitted a statement suggesting former city manager Henry Tingle, who retired in 2016, should be considered for the interim position. "He led our new city on a strong and true path," wrote Karpinki-Costa, suggesting Tingle is "the best person for this job."

Forrest Allen and Thomas Scheeler also wrote in recommending Mr. Tingle for the position, with Scheeler stating, "I do not think continuing our current situation is the best for the citizens of Citrus Heights."

Others expressed support for Boyd serving as interim city manager. Bill Van Duker noted Boyd's focus on economic development and streamlining staff structure "to make it less costly and more efficient." Van Duker also pointed out that Mr. Tingle, along with everyone else involved in the City's incorporation effort, was well aware the City budget "would run into deficits toward the end of our 25-year property tax drought. ... Chris Boyd did not create the deficit. It was there all along," wrote Van Duker. "But Chris has done a great job in managing the complexities of tight money, economic

Continued on page 3

Our Shrinking State

California's population shrank in 2020, but don't call it an exodus?

**By Ben Christopher,
CALMatters.org**

The COVID-19 pandemic has done what more than a century of past plagues, recessions, crime waves, droughts and earthquakes couldn't.

It shrank California's population.

According to new data released today by the state Department of Finance, California's population declined by 182,083 people in 2020. That's the first time that annual statistic has come with a minus sign since 1900, when the department began collecting these estimates.

The new report adds a disappointing coda to what has already been a dour



See you later! According to new data released by the state Department of Finance, California's population declined by 182,083 people in 2020. MPG file photo

few weeks for California's the U.S. Census Bureau population counts showing demographers. Last week, put out its decade-long
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Putting Poppies to Good Use



Ron and Patty McDuffy of Fair Oaks pin poppies to show solidarity with veterans. Their pooch, Lily, also supports veterans. Photo by Elise Spleiss

Continued from page 1

veterans shared stories of their military experiences. Children of all ages chose bright bookmarks and one of the six colorful educational comic books explaining the Pledge of Allegiance, the Constitution, our U.S. Flag, and who our veterans are. “Bridging the Gap” a comic book story for teens and adults educates readers on how to prevent and stop bullying.

It became evident that not everyone can appreciate that “freedom is not free.” Many younger groups walked by, showing no interest. Perhaps having grown up in times of peace and not experiencing a war or conflict with a power from outside their country, they take their freedom for granted, expecting it will always be there.

Noticing this, one experienced war veteran commented, “The younger generation doesn’t realize that, if we didn’t do what we did then, you would not have what you have now.” This is why the American Legion and American

Legion Auxiliary do what they do, working hard to remember those who died for our freedom, and to serve the active military protecting us every day in all parts of the world.

The poppies are made by veterans who are disabled or live in assisted/ retirement homes like Yountville Veteran’s Home in Napa County. They receive a small allowance for making the poppies. These residents receive the basic materials - red and green crepe paper - and assemble the ‘unfluffed’ flowers. Local auxiliary members order what they need and spend hours each year at poppy parties, opening and fluffing hundreds of flowers for their unit’s fundraising programs.

The local ALA district comprised of six units, includes members from Fair Oaks, Citrus Heights, Orangevale, Folsom and Rancho Cordova. In 2020 the Fair Oaks Unit 383 spent \$1,700 on Christmas for three veteran’s families, including 14 children. They work

closely with military families at Mather Village in Rancho Cordova, providing for needs such as art supplies for the veteran’s caregiver’s program and bus passes for veteran to get to Mather for their appointments.

There are over 30 districts in California and hundreds of units, all providing services for active and retired service men and women and their families. Over \$2 million dollars is donated nationally.

To learn more about the ALA’s mission or to volunteer, donate or join, visit www.ALAforVeterans.org or meet the ladies of the Fair Oaks Unit 383 at their website: al383.org. Email: webcaptain@ALA383.org. OR

To get your poppies and other resources, American Legion Auxiliary 383 will have a poppy table at Sam’s Club in Citrus Heights on Wednesday, May 19, from 11 a.m. to 4 p.m. wind permitting!

Source: CA State American Legion Auxiliary www.calegionaux.org ★

Newly Retired City Manager to Serve as Interim Manager

Continued from page 1

downturn, and all of the other issues we have faced in the last 5 years.”

Van Duker also stressed the importance of bringing “the vision of Sunrise Tomorrow to fruition” in order to secure the financial future of Citrus Heights. He worried that another interim manger would be “a caretaker until the new permanent manager is hired and this opportunity might slip away.”

Kermit Schayltz praised Boyd’s administration for its transparency and urged the Council to appoint Boyd as interim manager. He took issue with “baseless accusations” that have attempted to blame Mr. Boyd for the current financial issues.

Mayor Steve Miller addressed the comments recommending Mr. Tingle: “If we were faced with an emergency vacancy tonight, I would have full faith in asking Henry to consider acting as our interim city manager. Fortunately, we have Mr. Boyd willing to provide continuity.” In particular, Miller cited the importance of having continuity while allocating the pending federal relief funds, which the City hopes to use to restore some funding to the police department – the department that Boyd built as the City’s first chief of police. He also echoed the concern that ongoing negotiations with Sunrise Mall ownership about the Sunrise Tomorrow plan could stall with another manager stepping in at this crucial time.

Vice Mayor Porsche Middleton made a motion to approve the resolution and contract. The motion was seconded by Councilmember Jeannie Bruins.

Councilmember Daniels made an alternate motion that Council continue the item until their next meeting and that Henry Tingle be contacted for consideration. The alternate motion was seconded by Councilmember Tim Schaefer.

Councilmember Daniels said, “This is not an easy situation. I don’t think that there’s any secret that there’s a fracture in the Council regarding the confidence in Mr. Boyd. I think if Mr. Boyd wanted

to be our city manager that he shouldn’t have retired. ... I think it’s time for a change because there are some things that need to be done differently in our city.” Councilmembers Daniels and Schaefer both said they have heard from community members who want Mr. Tingle to serve as interim city manager.

Councilmember Bruins said that while Mr. Tingle is “a wonderful man and a good friend ... he’s been out of the loop for five years.” She said it wouldn’t be prudent to leave the City without management when they have Boyd available to serve during the transition.

Bruins also said, “I have not heard from one person in the community stating dissatisfaction with Chris Boyd’s performance and his hard work as city manager” before the public comments submitted at the meeting. She guessed that “this groundswell that I’m hearing from Councilmember Daniels and Councilmember Schaefer is within their own group of people they communicate with on an ongoing basis.” Bruins has not heard similar sentiments from the community at large – rather, she has heard support and encouragement for retaining Boyd as the interim manager. For those looking for a change, Bruins said that will be coming when a permanent replacement is hired, but the City needs continuity in the interim.

Councilmember Daniel’s substitute motion failed, 2 to 3, with only Daniels and Schaefer in favor. Daniels then offered another substitute motion to change some of the contract language restricting maximum hours, clarifying Council access to timesheets, and reducing the pay rate and termination notice. This motion also failed 2 to 3.

The Council then returned to the original motion, which passed 3 to 2, with Daniels and Schaefer dissenting. Mr. Boyd’s term as interim city manager began immediately after Council approval, and he will be actively engaged in the recruitment of a permanent replacement. ★



VOTE NOW!

Vote for The Best!

The Citrus Heights Chamber of Commerce invites you to participate in the annual “**Best of Citrus Heights**”. This program celebrates the best businesses from over 40 different categories throughout the community. Eligible businesses are located in Citrus Heights or are current members of the Citrus Heights Chamber.

Best Realtor, Best Restaurant, and Best Automotive Parts & Repair are a sampling of the categories to be honored at this event. Any business in Citrus Heights is eligible, if not listed go to www.chchamber.com

Join in on the voting by visiting www.chchamber.com.
Voting ends May 31st.

This year’s Best of Citrus Heights awards will be presented in June, time and place TBD. Winners will be contacted prior to the event.

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It's time for businesses to go "lean"



Dan Casas-Murry

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Opening a new business in Citrus Heights? Refine your offering, get your first customers, and learn to pitch like a boss. Registration is open for The Lean Innovator, a 10-week business startup workshop series starting on June 1st.

"The Lean Innovator" new business incubator Zoom workshop program, hosted by Dan Casas-Murry, is a collaborative effort with the Carlsen Center for Innovation and Entrepreneurship at Sacramento State University and the Capital Region Small Business Development Center (SBDC).

The upcoming workshop is the result of discussions between the Citrus Heights Chamber of Commerce, the SBDC and Meghan Huber, the city's economic development manager, to bring Zoom-based, quality business education to new business owners and entrepreneurs who may be just starting with a business idea in Citrus Heights.

Casas-Murry joined the Capital Region Small Business Development Center (SBDC) three years ago. His "The Lean Innovator" workshop series has evolved since getting started in 2016. Casas-Murry knows Huber since she filled a similar economic development leadership role for the

city of Rancho Cordova and is support for her new role in Citrus Heights.

The opportunity to offer "The Lean Innovator" workshop program in Citrus Heights is an outgrowth of regular collaborative bi-monthly telephone calls between Casas-Murry, Meghan Huber and Diane Ebbitt-Riehle, executive director of the Citrus Heights Chamber of Commerce, all of whom are active in support of the SBDC's efforts to help new and emerging Citrus Heights businesses to thrive.

"We visualize the Citrus Heights Chamber of Commerce as a business resource and networking center," Ebbitt-Riehle said. "In this new business environment, we want to bring very real value to our membership and create an incentive for non-members to join us," she said.

Ebbitt-Riehle welcomed the offer of Casas-Murry to offer "The Lean Innovator" Zoom workshop to Citrus Heights chamber members and to the general public. "In the future, the Chamber would like to offer classes to help our local business owners with licensing, developing a business plan and achieving their marketing goals through social media," she said.

The 10-week, Zoom-based on-line program taught by Casas-Murry is facilitated by the Carlsen Center at Sacramento State University. Two Zoom video sessions each week cover a variety of topics including customer profile development, market niche research, value proposition design, light prototyping and collateral design.

"We have found that people who benefit the most from this program are folks that are just starting out with a business idea; have created

a product/service concept but haven't solidified it yet, or already have a business but need to pivot with new customers or products," Casas-Murry said.

The cohort-based course program covers customer profile development, market niche research, value proposition design, light prototyping and collateral design.

"Workshop participants will learn how to talk about their new startup in one sentence, one minute, and with 12 visual presentation slides, to make their pitch interesting," Casas-Murry said.

Participants are also encouraged to create their own accountability squad, bringing into the workshop sessions feedback from their customers and fellow business members.

Casas-Murry cited the concerns voiced by many business startups who feel they lack the necessary skills in social media marketing to succeed in today's marketplace, or who describe their anxiety in directly interviewing their customers to better determine their wants and needs.

"I hope that all who participate in "The Lean Innovator" workshop program come away both with a better understanding of the issues which might hold them back from truly being successful and become better communicators of the value their new start up has to offer the public," Casas-Murry said.

"The Lean Innovator" program is free to attend and starts on June 1st. Applications are being accepted until May 16th and will fill 12-14 seats. For further information contact Dan Casas-Murry at dancm@theleaninnovator.com or visit theleaninnovator.org/application to apply. ★



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Dare to Live Without Limits

by Bryan Golden

Declutter Your Mind



You already know the problems created by physical clutter. It takes a long time to find anything. Stuff gets lost. Efficiency drops. The mess grows on its own. Mental clutter affects you in the same way. You can't remember things, your emotional state is dragged down, and effectiveness drops.

Decluttering your mind helps you declutter your life. It's a great habit to develop. Start by letting go of all useless mental garbage. This includes negative thoughts, fears, anger, bitterness, anxiety, and stress. Release any thoughts which don't lead anywhere positive.

These destructive thoughts undermine your emotional state and inhibit your accomplishments. Your mental garbage is an anchor which drags you down. It clogs your mind by taking up valuable space which should be used for positive energy.

Stress and anxiety are always attempting to clutter your mind. Any positive steps you take to reduce stress and anxiety go a long way to decluttering your mind.

An effective decluttering action is breaking through the logjam of procrastination. Procrastination fills your mind with tasks that you can't let go of because they haven't been started or they have not been completed.

Tackle a pesky task by working on it for just 15 minutes. This gets you started, and often finished. Once a task is completed, it can be purged from your mind. This approach is an easy and effective method of quickly decluttering your mind.

Make decisions. Indecision creates stress. Make the best decisions possible based on what you know today. Putting off decisions clogs your mind because you are worrying about what you should do. Avoidance isn't an effective strategy.

Fix problems as soon as possible. Problems tend to grow over time when ignored. Small problems are easier to deal with. Unresolved problems are a constant mental burden. There is a solution for every problem. Solving a problem provides immediate mental relief. Each resolved problem is one less mental burden.

Prioritize what you need to accomplish. Eliminate non-essential activities which accomplish nothing meaningful. Create a targeted to-do list which contains just your three most important objectives. Complete your number one objective first. Maintaining a focus on what's most important purges mental clutter.

Breaking each goal into small, manageable steps helps defeat procrastination. You will more readily start something which is easy to do, versus anything you perceive to be overwhelming. Your mind becomes cluttered with incomplete tasks and expanding to-do lists.

Distinguish between productivity and activity. You are productive when working towards a specific goal. You are active when you are busy with no results to show. Productivity declutters your mind. The more you accomplish, the better you feel.

Each accomplishment motivates you to complete your next objective.

Avoid multitasking because it erodes your effectiveness and creates stress by attempting to do many things at once. Your brain can only concentrate on one thing at a time. You wouldn't want the pilot of your flight to be texting, talking, and watching a video while attempting to land the plane.

Multitasking requires you to continually switch gears as you alternate between tasks. Thoroughly completing each task before moving on to the next one is less stressful than trying to do numerous things simultaneously.

Stop worrying. Worry is draining without accomplishing anything. Replace worry with positive action. Do something to deal with the situation you are concerned about. Let go of any circumstances which are beyond your control. Each step you take to declutter your mind boosts your emotional state. Carrying around mental garbage is exhausting. Your mental clutter has been a companion for so long you consider it a normal part of life. As you start to declutter, you will experience an amazing feeling of relief.

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Pastor Ray's

Encouraging Words

3 Things to Do in A Crisis

Some counties in our state are beginning to open back up for business. But the affects, the physical affects, spiritual affects, relational, emotional, and financial affects, will last a long, long time. So how do you recover from a crisis? How to you move on? You do 3 things. Three things to do in every crisis:

Accept what cannot be changed. There are a lot of things in your life you can't control. In fact, most of the things in your life you can't control. The only way to overcome them is through acceptance. Acceptance is the key to peace. Acceptance is the key to serenity. Acceptance is the key to getting on with your life. You may have already lost a loved one. I'm sorry, but no matter how much you wish it were different, it's not going to change. Acceptance is the key to peace.

That's also, by the way, faith. Faith is not pretending that things are great when they're not. Faith is accepting the facts of life, accepting reality but not being discouraged by it. That's real faith. Accepting reality but not being discouraged by it. You say, "I believe God's still with me and He's going to help me out."

Focus on what's left, not what's lost. Make a list of the things you can be thankful for. "I'm still alive. God still loves me. Others still love me." You can make a long list. **Gratitude destroys depression.** Remember that, memorize it. *Gratitude destroys depression.* It is impossible to be grateful and depressed at the same time. When you're depressed, make a list of things you can thank God for, and you will find those dark clouds rolling away as you build the attitude of gratitude in your life. Jonah 2:7, *"When I lost all hope (he was depressed) I once again turned my thoughts to the Lord."* **You need to do that.**

Believe God will restore you. Trust Him to. Believe God will help you recover from the tragedy you've just gone through. You have to believe, you have to expect, you have to anticipate that God's going to restore you. David prayed this in Psalm 27 *"I would have despaired unless I believed that I would see the goodness of the Lord in the land of the living."* He said, "I wouldn't have recovered unless I had believed God, unless I had expected that God would help me."

I don't know what you've been through in life, all the pain. And I don't know all the pain you're experiencing right now. But I do know that God loves you and you can make it through any situation if you will trust Him. If you learn to accept what you cannot change, replace depression with gratitude and believe God will restore you. I do know that no matter what you're going through, God can heal you.

Pastor Ray
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know this because of the story of Noah and the flood to wipe out people who dishonored and sinned against God's laws. Possibly we can even realize He may be allowing a similar thing with this Virus that is now affecting the whole world He created!

If we believe and follow the Words of Scriptures in our lives, we know in spite of everything GOD IS IN CONTROL OF OUR LIVES. "Let your roots grow down into Christ and draw up nourishment from him. See that you go on growing in the Lord and become strong and vigorous in the TRUTH." (Colossians 2:7LB)

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By County Supervisor Sue Frost

Through the generosity of the *Citrus Heights Messenger*, this column serves to provide an update about matters affecting the community of Citrus Heights.

As we approach the budget cycle for the 2021/2022 fiscal year, I thought I would introduce a budget item that some may already be familiar with. In September of last year, the Board of Supervisors directed county staff to begin exploring the development of a mental health crisis response system (MHCRS). The purpose of the MHCRS is to provide urgent mental health resources to individuals in the midst of a mental health crisis. For too long in Sacramento County, and in jurisdictions throughout the country, the only response for those in crisis has been law enforcement. There seems to be a consensus, even among law enforcement, that status quo for mental health response needs to change.

One of the main issues is that in a mental health crisis, law enforcement lacks the training for a safe assessment and intervention and a trained professional can have a better impact. In Sacramento County, we have seen many successes with our Mobile Crisis Support teams (MCSTs) which are composed of a mental health professional and a law enforcement officer. However, even MCSTs are not right for all situations as the presence of law enforcement may escalate the crisis already occurring in the individual’s mind. In either scenario, the potential for harm to the person in crisis increases and any time it is possible, we want the risk to innocent lives reduced.

After several months

Citrus Heights Community Update

Alternative to 911 for Mental Health Calls

of preparation and an outstanding amount of community input, county staff came to the board with a proposal in February. While the proposal that came forward was an excellent start, my colleagues and I had some concerns. For one thing, the pilot project proposed would only run five days a week between 9:00 am and 6:00 pm. Additionally, I had concerns that while there was ample community input, law enforcement did not appear to have been adequately consulted with. While we knew that the Sheriff had been involved, I wanted the various cities with individual policy departments to provide input. Mostly, this was important because we wanted to know how these crisis calls would coexist with existing dispatch centers. We also needed to know if constituents would be able to access the MHCRS by calling a 3-digit number or a 10-digit number.

Staff returned to the board with an update and expanded proposal in March. The updated proposal addressed some of the Board’s concerns and we were able to instruct staff on how we expected to prefer to move forward when the budget comes up in June. The reason this item is being discussed with the budget is, of course, the fact that it needs funding. What was presented to the board in March had a scale of three versions of the MHCRS ranging in initial cost from \$6.2 million to \$10.7 million. Given that the Board’s preference is for a system that operates countywide, 24 hours a day and seven days a week with a stand-alone call center, the higher projected cost is what will have to be met. The \$10.7 million also includes the expansion of the mental health urgent care center to ensure that individuals contacted by the newly formed mobile response teams can be taken somewhere for safe treatment.

Fortunately, there may be some relief for the county to cover the cost. Funds the County receives from the American Rescue Plan via the Federal Government may allow the county to be reimbursed for the cost of the mobile response team composed of a mental health professional and a peer support specialist. Beyond funding, a few other specifics remain to be finalized. For instance, county staff will need to determine what phone number will connect calls to the MHCRS. Unfortunately, all the x11 (i.e. 311, 211, etc.) 3-digit numbers are in use and a 10-digit number seems too long for an emergency situation. What may happen is an initial triaging of calls through 911 dispatch centers until the county may secure the ability to use 988 for the system which is the line proposed at the federal level for these types of programs.

Sacramento County is not the first municipality to go down this path. Our county staff looked at programs like “CAHOOTS” in Eugene, Oregon and the STAR Program in Denver, Colorado. All of these programs have seen great success in reducing incarceration and other, more severe outcomes for people in crisis. What I ultimately want for this program is for our communities to be safe for those struggling with mental health issues, for the mental health professionals who sign up to respond to these calls, and for our communities as a whole. Sacramento County is on the path to achieving this and I look forward to finalizing this program during the budget process in June.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Two Officer Safety Bills Stall in the Senate

By Will Hixson, California Association of Code Enforcement Officers

SACRAMENTO, CA (MPG) - As acts of violence and threats towards code enforcement officers rise, two California Senate bills aimed at increasing safety measures have stalled after being placed on the Senate Appropriations Committee’s suspense file. At a time when violent acts against code enforcement officers are on the rise, stalling these two bills on the suspense file is particularly alarming.

Code enforcement officers risk their lives to uphold the public health, safety and general welfare standards that protect people, property values, and the environment. In many jurisdictions, code enforcement officers are now tasked with enforcement of various violations traditionally addressed by sworn police/sheriff personnel. These violations include, but are not limited to, illegal cannabis operations, illicit massage operations and homeless encampment abatement. Code enforcement officers are also the first-line enforcers of COVID-19 regulations, and do considerable enforcement against slumlords who operate in underserved communities.

Since 2015, the California Association of Code Enforcement Officers (CACEO) has received 86 reports of safety incidents including, but not limited to: nine death threats, 11 physical assaults, 10

occurrences of weapon brandishing, 17 physical threats, and six stalking incidents. Tragically, 20 code enforcement officers have given their lives over the years. Because there is no requirement to report safety incidents to CACEO, the true numbers are likely higher than the aforementioned figures indicate.

Code enforcement officers are now, more than ever, living with the fear of threats to their lives. In January, a Sacramento County inspector was stabbed outside of a strip mall. The week prior, a Tracy resident was accused of attempted homicide after he intentionally hit a code enforcement officer with his vehicle. Sadly, these are just two recent examples of the many incidents of homicide or attempted homicide on a code enforcement officer in recent years.

Earlier this year, CACEO introduced Senate Bills 101 and 296 which are aimed at increasing code enforcement officer safety. Senate Bill 101, sponsored by Senator Jim Nielsen, would close the loophole in existing law by prohibiting the disclosure of the home addresses of code enforcement officers by the Department of Motor Vehicles (DMV). This bill will add an important layer of safety that will help ensure that all code enforcement officers will have their DMV information -protected.

Senate Bill 296, sponsored by Senator Monique Limón, would require cities and counties to establish safety protocols specific to the duties and risks faced by code enforcement officers in their particular jurisdictions. Currently, many jurisdictions do not have programs to properly train and help protect code enforcement officers from threats, assaults, batteries, or worse.

Both senate bills have been placed on the Senate Appropriations Committee’s suspense file. The suspense file is where the committee pigeon holes all bills that are purported to have cost issues. This despite the fact that SB 101 includes language which provides that all costs associated with its adoption will be covered through a fee paid by the applicant for the service provided by the DMV. SB 296 also does not require new spending or costs. As written, jurisdictions will retain the control to design and implement training and safety protocols within their existing budgets based on the dynamics of their community.

CACEO is urging the Senate Appropriations Committee to remove both bills from the suspense file to allow them to proceed with the legislative process. With the rise in violence and threats towards code enforcement officers, the stakes have never been higher. It’s time for state representatives to demonstrate that code enforcement officer safety matters and that a dollar value cannot be placed on the life of a public servant. ★

Our Shrinking State

Continued from page 1

that though the state grew between 2010 and 2020, it did so at a slower rate than the rest of the country.

Hence, that other bummer of a historical first: The state is losing a congressional seat.

The new population estimate also provides more fodder for Gov. Gavin Newsom’s critics who took last week’s Census announcement as evidence that the Golden State is in decline.

State forecasters stress that the factors that contributed to this population dip are unique to this period – and therefore temporary. In 2020 roughly 51,000 Californians died of COVID-19. Travel restrictions and fear of contagion also dramatically tamped down the number of new arrivals from abroad, the main source of the state’s population growth over the last decade.

“Going forward, we anticipate that those two factors that tipped us temporarily into negative territory are going to change over the next few months,” said Department of Finance spokesperson H.D. Palmer.

But even if California reaches herd immunity, the state isn’t likely to experience a serious growth spurt anytime soon. Our pre-pandemic plodding rate of growth is thanks to a few long-term trends.

The state birth rate, which took a dip in 2020, has been on a gradual decline for years.

The number of Californians who have left the state for more affordable corners of the union has also been a drag on the state’s head count for three decades. That “net-domestic outmigration” exceeded the number of new immigrants from around the world for the first time in 2018, according to Department of Finance estimates.

Palmer went out of his way to stress that Californians packing it up for Texas and

Colorado are not the primary cause of the state’s striking population decline.

“Some people who run with statistical scissors will try to extrapolate or hyperventilate that this is evidence of some sort of ‘Mad Max’ style ‘exodus’ from California and that is not the case,” he said.

California’s conservative critics have spent the better half of this century warning that the state’s relatively steep tax rates on higher-income individuals and voluminous regulations will chase the Golden State’s job creators to less taxed and regulated states.

But a new analysis from the Public Policy Institute of California says the state remains as attractive as ever for the well-off. It’s people in the working and middle classes who are leaving, largely due to high housing and other costs. “In the past five years the flow of middle-income residents out of the state has accelerated,” wrote Hans Johnson, a demographer with the institute.

The overall numbers of Californians coming and going mask much larger changes within the state. The more dramatic “exodus” has not been from California to Florida, but from the Bay Area to the Central Valley and from Los Angeles to the Inland Empire.

According to the state’s new estimates, San Francisco’s population declined by 1.6% while Los Angeles’ population dropped by 1.3%. The beneficiary of all those work-from-anywhere emigrants lie inland. Since January 2020, the populations of Merced, Manteca and Tracy in the north San Joaquin Valley and Banning and San Jacinto in Riverside County all grew by more than 2%.

Ben covers California politics and elections. Prior to that, he was a contributing writer for CalMatters reporting on the state’s economy and budget. ★

Shooting Investigation - Update

By Lt. Michael Wells, Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - In the days following the May 8, 2021 shooting near the 7400 block of Auburn Blvd, Citrus Heights Police Detectives conducted an investigation to determine those responsible for the shooting.

During the investigation, they determined that there were actually two separate shootings which occurred the night of the incident. The first shooting occurred around 1:25 a.m. and moments later a second shooting occurred; likely in retaliation to the first incident. Both shootings were determined to be gang related and stemmed from an incident which occurred earlier in the evening.

Due to the hard work and dedication by the Detectives involved, they were able to quickly identify one of the shooters. On May 11, 2021, at approximately 7:00 pm, the Citrus Heights Police Department’s SWAT team conducted a search and arrest

warrant for 39-year-old Camilo Saenz (pictured below), a validated gang member, in connection to one of the above shootings. Saenz was located and arrested without incident.

The investigation into the other shooting suspect and additional involved parties is on-going as Detectives continue to pursue all leads. Detectives are encouraging anyone with additional information related to these shootings to come forward. We would like to thank our local businesses in the area, and the community for their support by providing additional information, and evidence of this tragic event.

“We won’t tolerate violence or gang activity in our city. We want to thank our community who we work with closely to prevent these types of crimes from occurring. Thank you to those witnesses and stakeholders who help us bring these violent criminals to justice.” – Ronald A. Lawrence, Citrus Heights Chief of Police. ★

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TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE
Trustee Sale No. 20-00154-2 and 20-00155-2 Loan No: ****3926 / ****1001/TNTF, LLC SACRAMENTO COUNTY APN'S 204-0610-047-0000, 204-0610-050-0000, 204-0610-051-0000 and 204-0610-052-0000 PLACER COUNTY APN'S: 471-050-004-000 AND 471-050-005-000 THIS DOCUMENT IS BEING RECORDED CONCURRENTLY IN SACRAMENTO AND PLACER COUNTY YOU ARE IN DEFAULT UNDER A DEED OF TRUST, ASSIGNMENT OF RENTS AND LEASES, SECURITY AGREEMENT AND FIXTURE FILING DATED APRIL 27, 2018. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On May 28, 2021, at 01:30 PM, at the East main entrance to the County Courthouse, 720 9th Street, Sacramento, CA 95814, FIDELITY NATIONAL TITLE COMPANY, as the duly appointed Trustee (the "Trustee"), under and pursuant to the power of sale contained in that certain Deed of Trust, Assignment of Rents and Leases, Security Agreement and Fixture Filing recorded on May 1, 2018, as Instrument No. 201805011317 of official records in the office of the Recorder of Sacramento County, CA and recorded on May 1, 2018, as Instrument No. 2018-0030037-00 of official records in the office of the Recorder of Placer County, CA executed by: TNTF, LLC, a Texas limited liability company, as Trustor (the "Trustor"), in favor of Citibank, N.A., in its capacity as collateral agent pursuant to the Collateral Agency Agreement for STORE Capital Acquisitions, LLC, a Delaware limited liability company, and its successors and assigns, as Beneficiary, and any modifications thereto are collectively referred to herein from time to time as the "Deed of Trust", WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AUTOMATED SALES INFORMATION PLEASE CALL 1.866.684.2727 THE LAND REFERRED TO HEREIN BELOW IS SITUATED PARTLY WITHIN THE CITY OF CITRUS HEIGHTS, COUNTY OF SACRAMENTO, AND PARTLY WITHIN THE CITY OF ROSEVILLE, COUNTY OF PLACER, IN THE STATE OF CALIFORNIA AND IS DESCRIBED AS FOLLOWS: PARCEL ONE: Parcel 1 as shown on the Parcel Map filed for record March 6, 1972 in Book 4 of Parcel Maps, Page 32, Sacramento County Records, and filed for record March 21, 1972 in Book 1 of Parcel Maps, Page 73, Placer County Records. PARCEL TWO: A non-exclusive easement for the benefit of the parcel of land described in Parcel One above, over and through the following described parcel of land (hereinafter called "Land"): (i) To install, maintain, operate, repair and replace underground conduit, cables, wires and appurtenant equipment and appliances for the transmission of electricity from the parcel of land described in Parcel One above to the pylon sign tower and signs thereon to be constructed on the parcel of land described in Parcel Three below, together with the right of access to said land, as required, over other land of Grantor not having buildings thereon, together with the right to excavate and refill said land for the purposes heretofore set forth in this subsection (i); and (ii) For a right-of-way for pedestrian and vehicular ingress and egress to

and from the parcel of land described in Parcel One above to and from Auburn Boulevard abutting the Land on the East: All that portion of the Southwest one-quarter of Section 14, Township 10 North, Range 6 East, M.D.B. and M., described as follows: Beginning at a point located on the Westerly right of way line of Auburn Boulevard, a public road 80.00 feet in width, from which the point of intersection of the centerline of said Auburn Boulevard with the North line of the Southwest one-quarter of said Section 14 bears the following (2) courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 330.96 feet; thence from said point of beginning along the Westerly right of way line of said Auburn Boulevard South 00°10' 34" East 30.00 feet; thence South 89° 29' 50" West 401.10 feet; thence North 00° 30' 10" West 30.00 feet; thence North 89° 29' 50" East 401.27 feet to the point of beginning. PARCEL THREE: An easement for the benefit of the parcel of land described in Parcel One above, over and through the parcel of land described below (hereinafter called the Land) to install, maintain, operate, repair and replace a pylon sign tower and signs thereon, together with the right to connect said pylon sign tower and signs thereon to Grantee's electric conduit, wires, cables and other appurtenant equipment, together with the right of access to said Land, as required, over other land of Grantor not having buildings thereon, together with the right to excavate and refill said Land for the purposes heretofore set forth in this paragraph: All that portion of the Southwest one-quarter of Section 14, Township 10 North, Range 6 East, M.D.B. and M., described as follows: Beginning a point located on the Westerly right of way line of Auburn Boulevard, a public road 80.00 feet in width, from which the point of intersection of the centerline of said Auburn Boulevard with the North line of the Southwest one-quarter of said Section 14 bears the following two (2) courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 330.96 feet; thence from said point of beginning South 89° 29' 50" West 19.00 feet; thence North 00° 10' 34" West 10.00 feet; thence North 89° 29' 50" East 19.00 feet to a point located on the Westerly right of way line of Auburn Boulevard; thence along said Westerly right of way line South 00° 10' 34" East 10.00 feet to the point of beginning. The pylon for the above-mentioned sign will be limited to the North five feet of the above described ten foot easement. PARCEL FOUR: A non-exclusive easement for the benefit of the land described in Parcel One above (hereinafter called "Parcel No. 1"), over and through the following described parcel of land (hereinafter called "Land"). (i) To install, maintain, operate, repair and replace underground pipelines and mains for the purpose of conveying gas through said pipelines and mains to Parcel One, together with the right of access to said Land, as required, over other land of Grantor not having buildings thereon, together with the right to excavate and refill said Land for the purposes heretofore set forth in this subsection (i); (ii) To install, maintain, operate, repair and replace underground conduit, transformers, cables, conductors, manholes, wires and other appliances for the transmission of electricity, and to place above ground upon concrete pads to be constructed at ground level on said Land, transformers, barriers and necessary appliances used or useful in connection with the furnishing of electric service to Parcel No. 1, together with the right to penetrate such concrete pads with pipes and cables connecting the transformers with Grantee's Service cables below ground, together with the right of access to said Land, as required,

over other land of Grantor not having buildings thereon, together with the right to excavate and refill said Land for the purposes heretofore set forth in this subsection (ii); and (iii) To install, maintain, operate, repair and replace lines for communications transmission to and from Parcel One, said lines to consist of wires, cables and conduit, insulators and other fixtures and attachments, together with the right of access to said land, as required, over other land of Grantor not having buildings thereon, together with the right to excavate and refill said Land for the purposes heretofore set forth in this subsection (iii): All that portion of the Southwest one-quarter of Section 14, Township 10 North, Range 6 East, M.D.B. and M., described as follows: A strip of land ten (10.00) feet in width, measured at right angles, the Southerly line of which is described as follows: Beginning at a point located in said Section 14, from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14 bears the following eight (8) courses and distances: (1) North 00° 10' 34" West 118.01 feet, (2) North 89° 29' 50" East 3.72 feet, (3) North 00° 30' 10" West 102.78 feet, (4) North 89° 29' 50" East 90.00 feet, (5) North 00° 30'10" West 212.71 feet, (6) North 89° 29' 50" East 231.69 feet; (7) North 00° 25' 40" West 326.47 feet and (8) North 89° 29' 50" East 210.00 feet; thence from said point of beginning North 89° 29' 50" East 493.22 feet to a point located on the Westerly right of way line of said Auburn Boulevard from which said point of intersection bears the following two (2) courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 759.97 feet; Together with the full power and right to grant and/or dedicate easements in gross or easement appurtenant to appropriate municipal authorities and/or public or private utilities as Grantee may deem necessary or desirable to effectuate and implement the rights hereby granted to Grantee, its heirs, successors and assigns in the last-described parcel of land. PARCEL FIVE: A non-exclusive easement for the benefit of the land described in Parcel One above, over and through the following described parcel of land (hereinafter called "Land") to install, maintain, operate, repair and replace underground pipelines, pipes, mains, and appurtenant equipment as required to afford water supply to the land described in Parcel One above, together with the right of access to said land, as required, over other land of the Grantor not having buildings thereon, together with the right to excavate and refill said Land for the purposes set forth in this paragraph: All that portion of the Southwest one-quarter of Section 14, Township 10 North, Range 6 East, M.D.B. and M., described as follows: A strip of land five (5.00) feet in width, measured at right angles, the centerline of which is described as follows: Beginning at a point located in said Section 14, from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14, bears the following three (3) courses and distances: (1) North 89° 29' 50" East 203.62 feet, (2) North 00° 25' 40" West 326.47 feet and (3) North 89° 29' 50" East 210.00 feet; thence from the said point of beginning South 00° 30'10" East 215.50 feet; thence North 89° 29' 50" East 372.00 feet to a point located on the Westerly right of way line of said Auburn Boulevard, from which said point of intersection bears the following (2) courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 541.97 feet. Together with the full power and

right to grant and/or dedicate easements in gross or easements appurtenant to the appropriate municipal authorities and/or public or private utilities as Grantee may deem necessary or desirable to effectuate and implement the rights hereby granted to Grantee, its heirs, successors, and assigns in the last described parcel of land. PARCEL SIX: A non-exclusive easement for the benefit of the land described in Parcel One above, over and through the following described parcels of Land (hereinafter called "Land") to install and maintain, operate, repair and replace underground drainage pipes and conduit and appurtenant equipment as may be required to afford drainage of water from whatever source collected or deposited, off and away from the land described in Parcel One above, together with the right of access to said Land, as required, over other land of Grantor not having buildings thereon, together with the right to excavate and refill said Land for the purpose heretofore mentioned in this paragraph: All that portion of the Southwest one-quarter of Section 14, Township 10 North, Range 6 East, M.D.B. and M., described as follows: A strip of land eight (8.00) feet in width, measured at right angles, the centerline of which is described as follows: Beginning at a point located in said Section 14, from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14, bears the following six (6) courses and distances: (1) North 00° 30' 10" West 10.03 feet, (2) North 89° 29' 50" East 90.00 feet, and (3) North 00° 30' 10" West 212.71 feet, (4) North 89° 29' 50" East 231.69 feet, (5) North 00° 25'40" West 326.47 feet (6) North 89° 29' 50" East 210.00 feet; thence from said point of beginning North 89° 29' 50" East 110.03 feet to a point designated "Point A" thence continuing North 89° 29' 50" East 331.82 feet; thence South 41° 15' 00" East 73.34 feet to a point on the West line of said Auburn Boulevard from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14 bears the following (2) courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 604.76 feet, and A strip of land eight (8.00) feet in width, measured at right angles, the centerline of which is described as follows: Beginning at a point in said Section 14 from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14 bears the following three (3) courses and distances: (1) North 89° 29' 50" East 211.67 feet, (2) North 00° 25' 40" West 326.47 feet and (3) North 89° 29' 50" East 210.00 feet; thence from said point of beginning South 00° 30'10" East 222.74 feet to the herein above point designated "Point A". Together with the full power and right to grant and/or dedicate easements in gross or easements appurtenant to the appropriate municipal authorities and/or public or private utilities as Grantee may deem necessary or desirable to effectuate and implement the rights hereby granted to Grantee, its heirs, successors, and assigns in the last described parcels of land. PARCEL SEVEN: A non-exclusive easement for the benefit of the land described in Parcel One above, over and through the following described parcels of Land (hereinafter called "Land") to install, maintain, operate, repair and replace sewer lines, pipes and appurtenant equipment as may be required to carry sewage from the land described in Parcel One above, together with the right of access to said Land, as required, over other land of Grantor not having buildings thereon, together with the right to excavate

and refill said Land for the purposes heretofore set forth in this paragraph: All that portion of the Southwest one-quarter of Section 14, Township 10 North, Range 6 East, M.D.B. and M., described as follows: A strip of land ten (10.00) feet in width, measured at right angles, the centerline of which is described as follows: Beginning at a point located in said Section 14, from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14 bears the following two (2) courses and distances: (1) North 00° 25' 40" West 291.22 feet and (2) North 89° 29' 50" East 210.00 feet; thence from said point of beginning South 30° 04' 00" East 29.61 feet; thence North 89° 29' 50" East 155.00 feet to a point of the West right of way line of Auburn Boulevard from which the point of intersection of the centerline of said Auburn Boulevard with the North line of the Southwest one-quarter of said Section 14 bears the following two (2) courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 316.97 feet, and A strip of land ten (10.00) feet in width, measured at right angles, the centerline of which is described as follows: Beginning at a point located in said Section 14, from which the point of intersection of the centerline of Auburn Boulevard, a public street, with the North line of the Southwest one-quarter of said Section 14 bears the following eight (8) courses and distances: (1) North 00° 10' 34" West 81.66 feet, (2) North 89° 29' 50" East 3.72 feet, (3) North 00° 30' 10" West 102.78 feet, (4) North 89° 29' 50" East 90.00 feet, (5) North 00° 30'10" West 212.71 feet, (6) North 89° 29' 50" East 231.69 feet, (7) North 00° 25' 40" West 326.47 feet and (8) North 89° 29' 50" East 210.00 feet; thence from said point of beginning South 65° 10' 00" East 49.89 feet; thence North 89° 29' 50" East 448.00 feet to a point on the West right of way line of said Auburn Boulevard from which the point of intersection of the centerline of said Auburn Boulevard with the North line of the Southwest one-quarter of said Section 14 bears the following two courses and distances: (1) North 89° 29' 50" East 40.00 feet and (2) North 00° 10' 34" West 744.97 feet. Together with the full power and right to grant and/or dedicate easements in gross or easements appurtenant to the appropriate municipal authorities and/or public or private utilities as Grantee may deem necessary or desirable to effectuate and implement the rights hereby granted to Grantee, its heirs, successors, and assigns in the last described parcels of land. PARCEL EIGHT: Easements for pedestrian and vehicular ingress and egress and parking, as contained in the instrument entitled "Agreement" recorded in Sacramento County on February 29, 1972, in Book 720229, Page 1617, Official Records and in Placer County on February 29, 1972, in Book 1403, Page 246, Official Records. PARCEL NINE: Easement for pedestrian and vehicular ingress and egress, as contained in the instrument entitled "Easement Deed" recorded in Sacramento County on September 14, 1995, in Book 19950914, Page 663, Official Records and in Placer County on September 14, 1995, as Instrument No. 95-048722, Official Records. 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 1.866.684.2727 or visit this Internet Website www.servicelinkasap.com. using the file number assigned to this case 20-00154-2. 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 Website. The best way to verify postponement information is to attend the scheduled sale. The real Property heretofore described is being sold "as is". The street address and other common designation, if any, of the real Property described above is purported to be: 8501 Auburn Blvd., Citrus Heights, CA 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 without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining unpaid balance of the obligations secured by and pursuant to the power of sale contained in that certain Deed of Trust (together with any modifications thereto). The total amount of the unpaid balance of the obligations secured by the Property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$8,192,791.72 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The Property offered for sale excludes all funds held on account by the Property receiver, if applicable. DATE: April 27, 2021 FIDELITY NATIONAL TITLE COMPANY, TRUSTEE 1101 Investment Blvd., Suite 170 El Dorado Hills, CA 95762 916-636-0114 Jenny Taylor, Authorized Signor SALE INFORMATION CAN BE OBTAINED ON LINE AT www.servicelinkasap.com A-4731295 05/07/2021, 05/14/2021, 05/21/2021 4731295 5-21-2021

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03814 Tammi Jean Bradley, 6636 Creekmont Way, Citrus Heights, CA 95621, is doing business under the Fictitious Business Name(s) "SDP Life" 6536 Creekmont Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 21, 2021
Publish: April 30, May 7, 14 and 21, 2021
SDP 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03857 Kelly Ann Fields, 8424 Apilte Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "The Effen Barbershop" 8424 Apilte Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 22, 2021
Publish: April 30, May 7, 14 and 21, 2021
BARBER 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03717 Joyce Glover, 2801 33rd Avenue Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Her Sanctuary Ministries, Her Sanctuary" 2801 33rd Avenue Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 19, 2021
Publish: April 30, May 7, 14 and 21, 2021
HER 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02995 Robert Anthony DeSomber, 5223 Harrison Street Linden, CA 95236, is doing business under the Fictitious Business Name(s) "Grasons of North Sacramento County" 5223 Harrison Street Linden, CA 95236. Filed with the Clerk of Sacramento County March 26, 2021
Publish: April 30, May 7, 14 and 21, 2021
GRASON 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03483 Kenneth Franklin, 8109 Golden Crest Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Franco Bandz, Kamp Franklin" 8109 Golden Crest Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 12, 2021
Publish: April 30, May 7, 14 and 21, 2021
FRANCO 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03422 Alamo Business Corporation, 30612 San Antonio Street Hayward, CA 94544 is doing business under the Fictitious Business Name(s) "Alamo Business Corporation" 30612 San Antonio Street, Hayward, CA 94544. Filed with the Clerk of Sacramento County April 9, 2021
Publish: April 30, May 7, 14 and 21, 2021
ALAMO 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03641 Fashan's Entertainment World LLC, 2740 Fulton Avenue Ste. 101, Sacramento, CA 95821, is doing business under the Fictitious Business Name(s) "Fashan's Consulting LLC" 2740 Fulton Avenue Ste. 101, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 15, 2021
Publish: April 30, May 7, 14 and 21, 2021
FASHAN 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03705 American Home Services, Inc., 10636 Basie Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "American Home Services, Inc." 10636 Basie Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 19, 2021
Publish: April 30, May 7, 14 and 21, 2021
AMERICAN 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03703 The California Center, 455 Windward Way, Sacramento, CA 95831, is doing business under the Fictitious Business Name(s) "California Center for Civic Participation" 455 Windward Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County April 19, 2021
Publish: April 30, May 7, 14 and 21, 2021
CALIF 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03700 Peace of Mind Marriage & Family Therapy, Inc., 1002 River Rock Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Peace of Mind Therapeutic Solutions, The Lafaya Way" 1002 River Rock Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County April 19, 2021
Publish: April 30, May 7, 14 and 21, 2021
PEACE 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03710 Muhammad Fiaz Ladi, 4451 Gateway Park Boulevard Apt. 330, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Star Delivery" 4451 Gateway Park Boulevard Apt. 330, Sacramento, CA 95834. Filed with the Clerk of Sacramento County April 19, 2021
Publish: April 30, May 7, 14 and 21, 2021
STAR 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03667 Chanh Hill, 1536 38th Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Mixed Fusion" 1536 38th Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County April 16, 2021
Publish: April 30, May 7, 14 and 21, 2021
MIXED 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03352 Valentyin Pitsul, 8332 Nathalie Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "United Four Logistics" 8332 Nathalie Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021
Publish: April 30, May 7, 14 and 21, 2021
UNITED 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03030 Joanna Ramirez, 879 Parklin Avenue Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Nanna's Delicacies" 879 Parklin Avenue Sacramento, CA 95831. Filed with the Clerk of Sacramento County March 29, 2021
Publish: April 30, May 7, 14 and 21, 2021
NANNA 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03891 DL Realty Partners, LLC, 2377 Gold Meadow Way #100 Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Noble Realty Solutions" 2377 Gold Meadow Way #100 Gold River, CA 95670. Filed with the Clerk of Sacramento County April 23, 2021
Publish: April 30, May 7, 14 and 21, 2021
NOBLE 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03456 Christopher Harvey, 6160 63rd Street, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Cuts by Chris" 6160 63rd Street, Apt. #150, Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 9, 2021
Publish: May 7, 14, 21 & 28, 2021
CUTS 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03963 Conduit For The World of Life, Inc., 3505 Parkview Lane, Rocklin, CA 95677, is doing business under the Fictitious Business Name(s) "Bibles for Asia" 2260 E Bidwell, Unit 1112, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 27, 2021
Publish: May 7, 14, 21 & 28, 2021
BIBLES 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03848 Demetra Sylvia Hagen, 1556 36th Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "New Illume" 1556 36th Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 22, 2021
Publish: May 7, 14, 21 & 28, 2021
NEW 180201 5-28-21

L E G A L A D V E R T I S I N G
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984
Rancho Cordova Independently 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
FBNF2021-03961 Miguel Guerra DDS, Inc., 5907 Oak Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Exceldent Dentistry" 1831 Exposition Boulevard, Suite 200, Sacramento, CA 95815. Filed with the Clerk of Sacramento County April 27, 2021
Publish: May 7, 14, 21 & 28, 2021
EXCEL 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03060 Medizen, 8698 Elk Grove Boulevard, #1-198, Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "Medizen" 1869 Arden Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County March 29, 2021
Publish: May 7, 14, 21 & 28, 2021
MEDIZEN 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03215 Potosi Brewing Company, 215 S Main Street, Potosi, WI 53820 is doing business under the Fictitious Business Name(s) "Two Pitchers Brewing Company" 215 S Main Street, Potosi, WI 53820. Filed with the Clerk of Sacramento County April 5, 2021
Publish: May 7, 14, 21 & 28, 2021
TWO 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03948 The Armory Company, LLC, 6112 Ebonywood Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "The Armory Company" 6112 Ebonywood Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 26, 2021
Publish: May 7, 14, 21 & 28, 2021
ARMORY 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03987 Skyline Motorsports, 215 Kenroy Lane, #9, Roseville, CA 95678 is doing business under the Fictitious Business Name(s) "Pizza Boys" 7829 Sunrise Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 27, 2021
Publish: May 7, 14, 21 & 28, 2021
PIZZA 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04011 Calgary Chapel Folsom/Orangevale, 7921 Kingswood Way, A4E, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Calvary Solid Ground" 7921 Kingswood Way, A4E, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 28, 2021
Publish: May 7, 14, 21 & 28, 2021
CALVARY 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04124 Markai Jeanpiere, 6001 Riverside Boulevard Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "ProCuts" 6001 Riverside Boulevard Sacramento, CA 95831. Filed with the Clerk of Sacramento County April 29, 2021
Publish: May 7, 14, 21, and 28, 2021
CUTS 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03722 Maxim Yakimchuk, 1810 G Street #4 Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Grooming with Max" 1810 G Street #4 Sacramento, CA 95811. Filed with the Clerk of Sacramento County April 20, 2021
Publish: May 7, 14, 21, and 28, 2021
GROOMING 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03691 Melody Bernedette Royal, 1466 Bismarck Lane, Brentwood, CA 94513 is doing business under the Fictitious Business Name(s) "Royal Real Estate" 180 Prominade Circle, Suite 300 Sacramento, CA 95834. Filed with the Clerk of Sacramento County April 19, 2021
Publish: May 7, 14, 21, and 28, 2021
ROYAL 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04163 Regan3, Inc, 9827 Fair Oaks Boulevard, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Horizon Properties, Horizon Properties Real Property Management" 9827 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 30, 2021
Publish: May 7, 14, 21, and 28, 2021
HORIZON 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03934 Klein House Properties LLC, 6765 Justidine Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Auto Splash Car Wash" 7320 Winding Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 26, 2021
Publish: May 7, 14, 21, and 28, 2021
AUTO 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04107 Johnson Consultation Services LLC, 4301 Brookfield Drive #233768 Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "4 A Good Notary, 4 Peace Within Services" 2000 Whitman Way Sacramento, CA 95822. Filed with the Clerk of Sacramento County April 29, 2021
Publish: May 7, 14, 21, and 28, 2021
NOTARY 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04084 Bravlio A Gramajo, 7051 Bowling Drive Apt #209 Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Capitol City Cleaning" 7051 Bowling Drive #209 Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 29, 2021
Publish: May 7, 14, 21, and 28, 2021
CLEANING 180201 5-28-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03512 Eternal Verrities Apparel LLC, 7952 Canyon Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Eternal Verrities Apparel, Eternal Verity Apparel, Eternal Verity Kids" 7952 Canyon Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 13, 2021
Publish: May 14, 21, 28 and June 4, 2021
ETERNAL 180201 5-21-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03796 PRM-CLM Services, LLC, 11811 N Tatum Boulevard, #4095, Phoenix, AZ 85028 is doing business under the Fictitious Business Name(s) "Tnyo Recreation, Sierra Recreation, Sequoia Recreation, Tahoe Recreation, Mountain Top Recreation, Outdoor Recreation Services, Outdoor Recreation" 11811 N Tatum Boulevard, #4095, Phoenix, AZ 85028. Filed with the Clerk of Sacramento County April 21, 2021
Publish: May 14, 21, 28 and June 4, 2021
RECREATION 80201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04185 Kurtis LaGrone, 3246 Lowther Way, Antelope, CA 95843, is doing business under the Fictitious Business Name(s) "Amazing Optics" 3246 Lowther Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County May 3, 2021
Publish: May 14, 21, 28 and June 4, 2021
AMAZING 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03609 Elena Zhuk, 4528 Zachary Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "EZ-Fashion" 4528 Zachary Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 14, 2021
Publish: May 14, 21, 28 and June 4, 2021
EZ 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03854 Hameedullah Naulistani, 7520 Brabham Way, Elk Grove, CA 95758, is doing business under the Fictitious Business Name(s) "King's Mini Mart" 4132 Manzanita Avenue, Suite 300, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 22, 2021
Publish: May 14, 21, 28 and June 4, 2021
KINGS 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04160 Takoa S. Woodard & Donald Woodard, 10499 Ambassador Drive, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Picture This Photo Booth" 10499 Ambassador Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 30, 2021
Publish: May 14, 21, 28 and June 4, 2021
PICTURE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04228 Parvin Sadat Banhashamie, 2500 Winsford Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Banhashamie Beauty Art" 2310 Fair Oaks Boulevard, #C, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 4, 2021
Publish: May 14, 21, 28 and June 4, 2021
BEAUTY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03683 Nima Aflatoni DDS Inc., 11230 Gold Express Drive, Suite 401, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Gold River Smiles, A Dental Practice of Nima Aflatoni DDS, Inc." 11230 Gold Express Drive, Suite 301, Gold River, CA 95670. Filed with the Clerk of Sacramento County April 19, 2021
Publish: May 14, 21, 28 and June 4, 2021
GOLD 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03260 Stefan D. Britton, 3536 Hush Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "The Party Man" 3536 Hush Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 6, 2021
Publish: May 14, 21, 28 and June 4, 2021
PARTY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04234 Adrianna Daunielee Sammons, 8523 Sadie Court, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Infinite Tulip Occasions, Infinite Tulip Designs" 8523 Sadie Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County May 4, 2021
Publish: May 14, 21, 28 and June 4, 2021
INFINITE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04304 Erick Antonio Perez-Vargas, 10833 Folsom Boulevard, Apt. 204, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "California Satisfactory Decoration Painting" 10833 Folsom Boulevard, Apt. 204, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 5, 2021
Publish: May 14, 21, 28 and June 4, 2021
CALIFORNIA 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03970 Bakshi Motors, LLC, 1592 Santa Ana Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Bakshi Motors, LLC" 1592 Santa Ana Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County April 27, 2021
Publish: May 14, 21, 28 and June 4, 2021
BAKSHI 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04182 Takoa S. Woodard, 10499 Ambassador Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Koa's Notary Signings" 10499 Ambassador Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 30, 2021
Publish: May 14, 21, 28 and June 4, 2021
KOAS 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04290 Brayann Azahel Diaz Alvarado, 7255 Hayward Drive, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "D & D Building Services" 7255 Hayward Drive, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 5, 2021
Publish: May 14, 21, 28 and June 4, 2021
D&D 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04457 Robert Brown Mearns, 3725 Wingate Drive Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Alternative Health Solutions" 3725 Wingate Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 7, 2021
Publish: May 14, 21, 28 and June 4, 2021
ALTERNATIVE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04195 Trustee of the Highlands Irrevocable Trust, 8032 Red Pine Court Citrus Heights, CA 95610, is doing business under the Fictitious Business Name(s) "Sapphire Property Management" 8032 Red Pine Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County May 3, 2021
Publish: May 14, 21, 28 and June 4, 2021
SAPPHIRE 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04339 Reena Devi Sharma, 470 Natalino Circle Sacramento, CA 95835, is doing business under the Fictitious Business Name(s) "Sari Fashion" 5757 Watt Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County May 5, 2021
Publish: May 14, 21, 28 and June 4, 2021
SARI 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04454 Erin Shelby, 2773 14th Street Sacramento, CA 95818, is doing business under the Fictitious Business Name(s) "Shelby HR Solutions" 2773 14th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 7, 2021
Publish: May 14, 21, 28 and June 4, 2021
SHELBY 180201 6-4-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04473 Paul Smith, 6513 Madison Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "All American Will Kits" 6513 Madison Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 10, 2021
Publish: May 21, 28 and June 4, 11, 2021
AMERICAN 80201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03455 Natalya Lewis, 9312 Trout Way, Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "Bear Oils" 9312 Trout Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County April 9, 2021
Publish: May 21, 28 and June 4, 11, 2021
BEAR 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04073 Inn Off Capitol Park, LLC, 1530 N Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Inn Off Capitol Park, Inn Off Capitol Park, LLC" 1530 N Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County April 29, 2021
Publish: May 21, 28 and June 4, 11, 2021
INN 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03847 Arthur H. Rivera, 3455 Wildwind Court, Sacramento, CA 95827, is doing business under the Fictitious Business Name(s) "RTC Power" 3455 Wildwind Court, Sacramento, CA 95827. Filed with the Clerk of Sacramento County April 22, 2021
Publish: May 21, 28 and June 4, 11, 2021
RTC 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04127 Petru Turcanu, 2445 Covered Wagon Circle, Elverta, CA 95626 are doing business under the Fictitious Business Name(s) "PT Residential Services" 2445 Covered Wagon Circle, Elverta, CA 95626. Filed with the Clerk of Sacramento County April 29, 2021
Publish: May 21, 28 and June 4, 11, 2021
PTRES 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04147 Advenco LLC, 13725 Metcalf Avenue, Suite 426, Overland Park, KS 66223 is doing business under the Fictitious Business Name(s) "Rocky Mountain Recreation Company" 14960 Twin Cities Road, Herald, CA 95638. Filed with the Clerk of Sacramento County April 30, 2021
Publish: May 21, 28 and June 4, 11, 2021
ROCKY 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04513 Salvador Ramirez & Demelia Ramirez, 5113 Walnut Garden Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "La Cabaña" 8475 Folsom Boulevard, Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 10, 2021
Publish: May 21, 28 and June 4, 11, 2021
CABANA 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04197 Ronald Steven Chaddock, 11116 Cikler River Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Chaddock Painting" 11116 Cikler River Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 3, 2021
Publish: May 21, 28 and June 4, 11, 2021
CHADDOCK 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04470 Ronald Steven Chaddock, 11116 Cikler River Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Nations 2 Harvest Ministries" 10388 Rockingham Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County May 7, 2021
Publish: May 21, 28 and June 4, 11, 2021
INFINITE 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04057 VA7 Carmichael Gardens, LLC, 2082 Michelson Drive, 4th Floor, Irvine, CA 92612 is doing business under the Fictitious Business Name(s) "Renew 4247" 4247 Hackberry Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 29, 2021
Publish: May 21, 28 and June 4, 11, 2021
RENEW 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03108 HAWK47 Trans Inc, 4014 Pinoche Peak Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "HAWK47" 4014 Pinoche Peak Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 1, 2021
Publish: May 21, 28 and June 4, 11, 2021
HAWK 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04577 Sap Solutions LLC, 4229 Boone Lane, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Inspired Elite Solutions" 2740 Fulton Avenue, Suite 124, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 12, 2021
Publish: May 21, 28 and June 4, 11, 2021
INSPIRED 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03656 Ferdinand Agustin, 4 Mistyvale Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Skye Dref" 4 Mistyvale Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 16, 2021
Publish: May 21, 28 and June 4, 11, 2021
SKYE 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04584 Kristopher Garcia, 1713 Burnett Way, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Physique Vacations" 1713 Burnett Way, Sacramento, CA 95818. Filed with the Clerk of Sacramento County May 12, 2021
Publish: May 21, 28 and June 4, 11, 2021
PHYSIQUE 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03783 Madam Butterfly Stores Inc., 500 Pavilions Lane, Sacramento, CA 95825, is doing business under the Fictitious Business Name(s) "Masunaga Business Development, MB Developments, MB International" 500 Pavilions Lane, Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 21, 2021
Publish: May 21, 28 and June 4, 11, 2021
MASUNAGA 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03842 Stella Vasquez, 2631 La Mesa Way, Sacramento, CA 95825, is doing business under the Fictitious Business Name(s) "Taste the Heat" 2631 La Mesa Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 22, 2021
Publish: May 21, 28 and June 4, 11, 2021
TASTE 180201 6-11-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-04010 E&C Meng LLC, 4936 Concordia Drive, El Dorado Hills, CA

Legal Advertising Hotline
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916-773-2999

LEGAL ADVERTISING
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova 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

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

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299276

Martha Nadine Baughman has filed a petition with this court for a decree changing the name(s) of Martha Nadine Baughman aka Nadine Baughman to Martha Nadine Baughman.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 15, 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: April 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021

BAUGHMAN 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299304

David Earl Gaston has filed a petition with this court for a decree changing the name(s) of David Earl Gaston aka David Earl Rogers to David Earl Gaston Rogers.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 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: April 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021

ROGERS 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299817

David Suliman has filed a petition with this court for a decree changing the name(s) of Sara Suliman to Hayat H Almalki and David Suliman to Abdulfattah A Banah.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 15, 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: April 20, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021

ALMALKI 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299600

Navpreet Singh has filed a petition with this court for a decree changing the name(s) of Navpreet Singh to Navpreet Singh Gill and Amritpal Singh to Amritpal Singh Gill.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 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: April 29, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021

SINGH 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00299823

Stacey Dayna Swimme has filed a petition with this court for a decree changing the name(s) of Stacey Dayna Swimme to Anastasia Francis Warner.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 29, 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: May 03, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021

WARNER 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00276995

Alana Rae Martinusen has filed a petition with this court for a decree changing the name(s) of Alana Rae Wong-Martinusen to Alana Rae Martinusen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 29, 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: May 4, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 14, 21, 28 and June 4, 2021

MARTINUSEN 180101 6-4-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296308

Shaun Pasquel Jones has filed a petition with this court for a decree changing the name(s) of Shaun Pasquel Jones to Shaun Pasquel Thomas.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 23, 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: May 10, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 21, 28 and June 4, 11, 2021

JONES 180101 6-11-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00300281

Celia Christine Acido-Huerta has filed a petition with this court for a decree changing the name(s) of Celia Christine Acido-Huerta to Celia Christine Acido.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on June 29, 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: May 7, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: May 21, 28 and June 4, 11, 2021

HUERTA 180101 6-11-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00300302

JC Bassett has filed a petition with this court for a decree changing the name(s) of JC Bassett to Jack Carson Kellum.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on July 20, 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: May 7, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 21, 28 and June 4, 11, 2021

BASSETT 180101 6-11-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00300096

Jan Argyle Mantz has filed a petition with this court for a decree changing the name(s) of Jan Argyle Mantz to Jan Argyle Cooper.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on July 1, 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: May 5, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 21, 28 and June 4, 11, 2021

MANTZ 180101 6-11-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00300372

Kristie Tho Nguyen has filed a petition with this court for a decree changing the name(s) of Kristie Tho Nguyen to Kintho Nguyen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on June 24, 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: May 10, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: May 21, 28 and June 4, 11, 2021

NGUYEN 180101 6-11-21

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD LESTER VAN SANT
CASE No. 34-2021-00299599

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ronald Lester Van Sant, deceased A Petition for Probate has been filed by Toby J. Van Sant, in the Superior Court of California, County of Sacramento, requesting Toby J. Van Sant be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows August 26, 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 the Petitioner is: Michael Yee 4010 S Land Park Drive Suite B Sacramento, CA 95822 916-927-9001
Publish: May 21, 28 and June 4, 2021
VAN SANT 170622 6-4-21

LEGAL ADS FOR
SACRAMENTO COUNTY?



We Can Do That!

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All Legal Ads Published in the Carmichael Times

PUBLIC NOTICE - In accordance with Sec.106 of the Programmatic Agreement, T-Mobile West, LLC plans to upgrade an existing telecommunications facility at 12525 Quicksilver Drive Rancho Cordova, CA 95742. Please direct comments to Gavin L. at 818-898-4866 regarding site SC90136M. 5/21, 5/28/21
CNS-3472019#
GRAPEVINE INDEPENDENT

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, June 7, 2021 at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing to consider the following:

RESOLUTION AMENDING AND/OR APPROVING THE ENGINEER'S REPORT AND ORDERING THE LEVY AND COLLECTION OF ASSESSMENTS WITHIN THE RANCHO CORDOVA LIGHTING DISTRICT 2012-1 FOR FISCAL YEAR 2021-2022

The purpose of this public hearing is to conduct a hearing authorizing the levy and collection of assessments in the Rancho Cordova Lighting District No. 2012-1 for Fiscal Year 2020-2021. The assessment applies to benefiting properties in the District for the purposes of providing ongoing operation, maintenance and servicing of public lighting facilities and appurtenants. There are no new impacts to existing or new residents.

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. In response to Governor's Executive Order N-29-20 and the Resolution Declaring the Existence of a Local Emergency Relating to the COVID-19 Pandemic adopted by the City of Rancho Cordova, the City Council meetings are currently Teleconference Meetings Only to align with local and federal guidelines and social distancing recommendations for the containment of COVID-19. If there is a need for training or assistance in using the teleconferencing platform, please contact the office of the City Clerk no later than 10:00 a.m. Monday, June 7, 2021 at (916) 851-8720.

Questions regarding this matter should be directed to Jeanette Cervantes, City of Rancho Cordova Public Works Department at (916) 851-8700.

NOTICE REGARDING CHALLENGES TO DECISIONS
Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

ADA COMPLIANCE STATEMENT
In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's Department at (916) 851-8720. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting.

Printed in the Grapevine Independent on **May 21, 2021 and May 28, 2021**

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, June 7, 2021 at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing to consider the following:

RESOLUTION AMENDING AND/OR APPROVING THE ENGINEER'S REPORT AND ORDERING THE LEVY AND COLLECTION OF ASSESSMENTS WITHIN THE LANDSCAPING AND LIGHTING DISTRICT 2005-1 FOR FISCAL YEAR 2021-2022

The purpose of this public hearing is to conduct a hearing authorizing the levy and collection of assessments in Landscape and Lighting District No. 2005-1 for Fiscal Year 2021-2022. The assessment applies to benefiting properties in the District for the purposes of providing landscape maintenance services. There are no new impacts to existing or new residents.

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. In response to Governor's Executive Order N-29-20 and the Resolution Declaring the Existence of a Local Emergency Relating to the COVID-19 Pandemic adopted by the City of Rancho Cordova, the City Council meetings are currently Teleconference Meetings Only to align with local and federal guidelines and social distancing recommendations for the containment of COVID-19. If there is a need for training or assistance in using the teleconferencing platform, please contact the office of the City Clerk no later than 10:00 a.m. Monday, June 7, 2021 at (916) 851-8720.

Questions regarding this matter should be directed to Jeanette Cervantes, City of Rancho Cordova Public Works Department at (916) 851-8700.

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Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

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Printed in the Grapevine Independent on **May 21, 2021 and May 28, 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 in separate storage units 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: **E124-ARLYCE M. ADKINS; E160-MANNIE ALMEIDA** Pictures of the contents of the storage space can be seen online. Bids must be entered online beginning Thursday, May 20th, 2021 at 5pm and ending Tuesday, May 25, 2021, at 9:15am, 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 May 14 and 21, 2021

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, June 7, 2021 at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing to consider the following:

RESOLUTION APPROVING PROCEEDINGS FOR THE ANNUAL LEVY AND COLLECTION OF SERVICE CHARGES FOR THE TRANSIT RELATED SERVICES BENEFIT DISTRICT ZONE NO. 1 FOR FISCAL YEAR 2021-2022

The purpose of this public hearing is to conduct a public hearing authorizing the levy of charges in the Transit Related Services Benefit District, Zone No. 1 for Fiscal Year 2021-2022. The service charges apply to residences and businesses in the Villages of Zinfandel Special Planning Area to fund a broad range of transportation services intended to benefit property in Zone 1. There are no new impacts to existing or new residents.

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. In response to Governor's Executive Order N-29-20 and the Resolution Declaring the Existence of a Local Emergency Relating to the COVID-19 Pandemic adopted by the City of Rancho Cordova, the City Council meetings are currently Teleconference Meetings Only to align with local and federal guidelines and social distancing recommendations for the containment of COVID-19. If there is a need for training or assistance in using the teleconferencing platform, please contact the office of the City Clerk no later than 10:00 a.m. Monday, June 7, 2021 at (916) 851-8720.

Questions regarding this matter should be directed to Jeanette Cervantes, City of Rancho Cordova Public Works Department at (916) 851-8700.

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Printed in the Grapevine Independent on **May 21, 2021 and May 28, 2021**

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, June 1, 2020 at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing to consider the following:

RESOLUTION APPROVING PROCEEDINGS FOR THE ANNUAL LEVY AND COLLECTION OF SERVICE CHARGES FOR THE TRANSIT RELATED SERVICES BENEFIT DISTRICT ZONE NO. 2 FOR FISCAL YEAR 2021-2022

The purpose of this public hearing is to conduct a public hearing authorizing the levy of charges in the Transit Related Services Benefit District, Zone No. 2 for Fiscal Year 2021-2022. The service charges apply to residences and businesses in the Sunridge Specific Plan Area to fund a broad range of transportation services intended to benefit property in Zone 2. There are no new impacts to existing or new residents.

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. In response to Governor's Executive Order N-29-20 and the Resolution Declaring the Existence of a Local Emergency Relating to the COVID-19 Pandemic adopted by the City of Rancho Cordova, the City Council meetings are currently Teleconference Meetings Only to align with local and federal guidelines and social distancing recommendations for the containment of COVID-19. If there is a need for training or assistance in using the teleconferencing platform, please contact the office of the City Clerk no later than 10:00 a.m. Monday, June 7, 2021 at (916) 851-8720.

Questions regarding this matter should be directed to Jeanette Cervantes, City of Rancho Cordova Public Department at (916) 851-8700.

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Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

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Printed in the Grapevine Independent on **May 21, 2021 and May 28, 2021**

Social Security Matters

When Is the Best Time to Claim Social Security?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I will be 64 in May of this year, and I'd like to know the best time to claim Social Security. **Signed: Anxious to Retire**

Dear Anxious: First, please understand that there is no one "best time" to claim your Social Security benefit, because when you should claim depends upon several factors, such as:

- Your current health
- Your life expectancy
- Your immediate financial need
- Whether you are married
- Whether you are still working

When you should claim also depends upon your personal benefit goals. For example, if you wish to maximize your monthly SS benefit amount you can best do that by simply waiting until age 70 to claim. For each full year you delay past your full retirement age (FRA), your SS benefit will grow by 8%, up to age 70 when you get the maximum you're entitled to. If you are married and die first, that will also provide your widow with a higher benefit as your survivor if your wife's own benefit is less than yours. But waiting until age 70 to maximize isn't for everyone.

If you are in poor health and don't expect to enjoy at



least average longevity (about 84 for a man your age now), then claiming earlier would be prudent. But claiming earlier also means a smaller benefit. Your full retirement age (FRA) is when you get 100% of the benefit you've earned from a lifetime of working. Your FRA is 66 ½ and if you wait longer than that you will earn Delayed Retirement Credits (DRCs) of .667% for each full month you delay. That means that if you delay until 70, your SS benefit will be 28% more than it would be at your FRA. But if you claim before you have reached your FRA, your benefit amount will be permanently reduced by .556% for each full month earlier than your FRA that you claim. If, for example, you claim your SS to start at age 64, your benefit will be cut by about 17% from what you'd get by waiting until your FRA to claim. And, if you are married, that smaller benefit is what your widow's survivor benefit would be based upon if you die first.

Anytime SS benefits are claimed before you have reached your full retirement age, you are subject to Social Security's "earnings test" which, if you are working, limits how much you can earn before SS takes back some of your benefits. For 2021, the annual earnings limit is \$18,960 and if that is exceeded, they will take back benefits equal to \$1 for every \$2 you are over

the limit. The earnings test applies until you reach your FRA, after which there is no longer a limit to how much you can earn. In your specific situation, if you were to claim for your benefits to start mid-year (e.g., in May at age 64), you would be subject to a monthly earnings limit of \$1,580 for the remaining months of 2021, and if you exceed that monthly limit in any month, you won't be entitled to any benefits for that month. Then in 2022 you'll be subject to the annual limit, which isn't yet published but will be slightly more than the 2021 limit.

Exceeding the earnings limit means that Social Security will make you repay some of your benefits and, unless you make special arrangements to do otherwise, they will withhold future benefits until they recover what you owe. That means going without benefits for some months, and if you have a spouse or other dependent(s) collecting on your record their benefits will also be suspended for that amount of time. So, as you can see there is no one simple answer to your question of when the best time is to claim Social Security. But a careful look at your personal circumstances relative to the above information should help you make that decision.

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). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



Biden's Child Care Folly

Joe Biden has a New Deal for America's kids.

He wants to spend more than \$225 billion on child care for infants and toddlers, and \$200 billion for free, universal preschool for 3- and 4-year-olds.

This is being hailed as a social revolution that will finally bring the United States in line with other advanced democracies.

In reality, it's a program that shows a pronounced class bias. And since it is heedless of the experience of other such mass programs in the United States and around the world, the Biden approach is also likely to fail to achieve its goals.

It's just not true, as the Biden program assumes, that parents of young children are eager to shuttle them off to industrialized daycare or pre-K programs.

An extensive survey for the populist thinktank American Compass found a stark class divide in how couples think about child care. The survey asked couples if they preferred to have one parent working full time while the other parent provides child care in the home, or to have both parents working and using child care full time. One parent working was the preference of strong majorities of working-class (68%) and lower-class couples (58%), with a plurality of middle-class couples

(38%) agreeing. Only a plurality of upper-class couples preferred the child care option (44%).

So, Biden is talking about using taxpayer dollars to create as a default an arrangement that most parents would rather avoid.

Then, there are outcomes. In a paper earlier this year for the Manhattan Institute, researcher Max Eden reviewed the literature.

The programs that have produced the most remarkable positive outcomes over the years tend to be small, expensive, and very difficult to replicate.

On the other side of the ledger, there's the Quebec Family Policy. The Canada province developed a crash program in the late 1990s that rapidly expanded child care with generally deleterious effects. Researchers found increased behavioral, social, and health problems for the kids, and interestingly, worse outcomes for parents, too. The results were, in the words of one authoritative study, "striking in their consistent indication of a substantial negative impact of universal child care on children in two-parent families."

The exception in Quebec, per another study, was children from single-parent families, where positive results were "particularly large for individuals at the very bottom of the distribution."

The Quebec outcomes, as Eden notes, accord with what's been found elsewhere – child care is best for disadvantaged children and worst for children from two-parent families.

As for pre-K, the largest study of Head Start, the federal program for low-income children, found

any early benefits faded by the third grade. Other research has been more encouraging. But a rigorous, randomized control study of low-income kids in an extensive pre-K program in Tennessee showed initial gains washed away and then, over time, participants had worse academic and behavioral outcomes.

The research of James Heckman, a Nobel Prize-winning economist at the University of Chicago who studied one of the most successful programs, is often cited by advocates of the Biden plan. In an interview last year, though, Heckman stipulated that he has never supported universal pre-K. He said the benefits of a loving, engaged family have never been adequately measured.

"Public preschool programs can potentially compensate for the home environments of disadvantaged children," Heckman said. "No public preschool program can provide the environments and the parental love and care of a functioning family and the lifetime benefits that ensue."

All of this would suggest taking a cautious approach focused on the least-disadvantaged kids rather than moving full-speed ahead on a massive federal expenditure to get as many kids into daycare and pre-K as possible, probably through the existing structure of public schools.

But, in a desperate rush to spend another \$4 trillion, Joe Biden wants his New Deal for kids – whether it's good for them or not.

Rich Lowry is editor of the National Review.

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PG&E Tips to Protect Against Scammers

By Paul Moreno, PG&E

SAN FRANCISCO, CA (MPG) - With utility scams on the rise during the current pandemic, it is more important than ever for customers to be vigilant and to know what steps to take to prevent themselves or their families from falling victim.

Throughout the COVID-19 pandemic, scammers have gotten deceptively creative with increased calls, texts, emails, and in-person tactics and are contacting electric and gas customers asking for immediate payment to avoid service disconnection. These impostors can be convincing and often target those who are most vulnerable, including senior citizens and low-income communities. They also aim their scams at small business owners during busy customer service hours. However, with the right information, customers can learn to detect and report these predatory scams.

As a reminder, PG&E will **never** contact a customer for the first time within one hour of a service disconnection, and will never ask customers to make payments with a pre-paid debit card, gift card, any form of cryptocurrency, or third-party digital payment mobile applications. Here are some steps customers can take to protect themselves and their families against being victimized: **Register for My Account** - PG&E reminds customers that they can visit PGE.com and register for My Account. Signing in will provide instant access to balance information, payment history and other account details and will provide a first line of defense against scam. If a customer receives a call from someone

requesting immediate payment, they can log in to My Account to confirm whether their account is in good standing. Customers can also call PG&E Customer Service at 800-743-5000 if they think that they are being targeted by a scam. **Add a Family Member to Your Account** - As an added layer of protection, customers can designate family members or another trusted individual to speak on their behalf to PG&E call center representatives. For example, an elderly parent could authorize an adult child to speak to PG&E on their behalf and make that person their first call should they receive a call threatening disconnection. The adult child could then call PG&E to confirm their account details. To designate an individual to speak to PG&E on your behalf, contact 800-743-5000.

"Scammers are constantly changing their tactics and tricks, so awareness is more important than ever to keep our customers safe," said Melisa Munoz, PG&E Contact Center Operations Director. "If an email, visit to your home or phone call doesn't feel right, don't fall for it. Delete it, shut the door or hang up. And, as a reminder, PG&E will never ask for your financial information over the phone or via email."

Signs of a potential scam - Threat to disconnect: Scammers may aggressively demand immediate payment for an alleged past due bill. If this occurs, customers should hang up the phone, delete the email, or shut the door. Customers with delinquent accounts receive an advance disconnection notification, typically by mail and included with their regular monthly bill. **Request**

for immediate payment or a prepaid card: Scammers may instruct the customer to purchase a prepaid card then call them back supposedly to make a bill payment. PG&E reminds customers that they should never purchase a prepaid card to avoid service disconnection or shutoff. PG&E does not specify how customers should make a bill payment and offers a variety of ways to pay a bill, including accepting payments online, by phone, automatic bank draft, mail or in person at an authorized PG&E neighborhood payment center.

Refund or rebate offers: Scammers may say that your utility company overbilled you and owes you a refund, or that you are entitled to a rebate. Again, customers should immediately hang up and call PG&E Customer Service to confirm details. **"Spoofing" Authentic Numbers:** Scammers are now able to create authentic-looking 800 numbers which appear on your phone display. The numbers don't lead back to PG&E if called back, however, so if you have doubts or have seen any of the above warning signs of a scam, hang up and call PG&E at 1-800-743-5000. If customers ever feel that they are in physical danger, they should call 911.

Customers who suspect that they have been victims of fraud, or who feel threatened during contact with one of these scammers, should contact local law enforcement. The Federal Trade Commission's website is also a good source of information about how to protect personal information.

For more information about scams, visit www.pge.com and www.utilities-united.org. ★



Toni King

Hello Toni:

As a certified case manager and critical care unit RN, I am advising adult children who are desperately seeking advice for their parents that are closing in on end-of-life issues. Those that have serious health care issues should be offered every option for proper planning as end-of-life care...most appropriately... hospice!

Can you explain hospice for your readers as I am sure this will help those who are seeking answers for their frail loved ones and give the caregiver some well needed rest?

Thanks in Advance...Susan from Denver
Susan:

HOSPICE ... is a subject no one wants to discuss to their elderly family member when they are ill but can seriously help a family when their loved one is terminally ill as the illness takes a toll on the caregiver and the patient.

Many people wait too long to begin hospice benefits and believe hospice is for the last days to help a person die peacefully. Many doctors and individuals wait too long to order and receive hospice.

Hospice can give hope along this journey with education, medication to manage symptoms, support to the patient and family, and counseling services for the patient, family members and care givers.

Health care professionals in the hospice system consist of physicians, nurses, social workers, spiritual counselors, certified nursing assistants and volunteers. A hospice provider comes to where the patient lives to provide the care.

In the Medicare & You handbook, it explains what hospice is in Medicare terms and what Medicare covers for hospice under Part A of Medicare. A doctor that orders hospice must certify that you are terminally ill and have 6 (six) months or less to live. When you agree to hospice care, you are agreeing to comfort care (palliative care) instead of care to cure your illness. You also must sign a statement

choosing hospice care instead of other Medicare-covered treatments for your terminal illness.

Hospice can be recertified every 6 months by a hospice medical director or hospice doctor if you are still terminally ill. Original Medicare will be billed for your hospice care.

Hospice will cover all medical care for the terminal illness and Medicare will pay for health problems that are not related to your terminal illness (co pays will apply). Medicare-certified hospice care is usually given in your home or other facility where you live, like a nursing home.

For those who are enrolled in a Medicare Advantage plan, when you are receiving hospice, the hospice benefit will be paid for by Original Medicare, not your Medicare Advantage plan. You will pay your co pay for any medical care that is not associated with the terminal illness.

Medicare costs under Hospice:

- **You pay nothing for hospice care (Medicare pays)**
- **You pay a copayment of up to \$5 per prescription for outpatient prescription drugs for pain and symptom management.**
- **You pay 5% of the Medicare-approved amount for inpatient respite care.**

You can choose to walk through this journey helpless or have control over your end-of-life plan of care. Know that hospice provides comfort, dignity, protection of your wishes, love, and support.

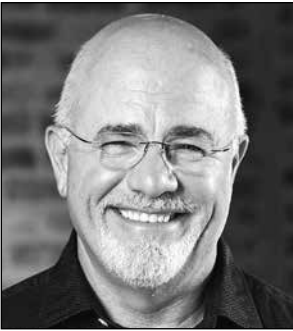
Talk with a geriatric case manager or geriatric doctor if you have some concerns or need some advice with your loved one's terminal healthcare issue.

For assistance with enrolling and personalizing your Medicare contact the Toni Says® office at 832/519-8664.

2021 Confused about Medicare and LTC Zoom webinar is Thursday, May 27th at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at www.tonisays.com. Have a Medicare question? Call 832/519-8664 or email info@tonisays.com. ★





More than any Amount of Money

Dear Dave,

My husband and I are both 29, and we have good jobs that allow us to bring home \$100,000 a year combined. Recently, we began talking about starting a family. We live on a budget, but we still have about \$15,000 in credit card debt and student loans we're working hard to pay off. Do you think couples should wait until they are debt-free to have children?

– Missy

Dear Missy

You and your husband are chipping away at your debt, and that's a good thing. It sounds like you two are determined to get it paid off and take control of your finances. You're also making pretty good money, so keep up the good work!

Dave Ramsey Says

Ok, so the truth is kids can be expensive. From medical costs and diapers, to child-care and beyond, it costs money to raise a family. But here's the thing: If you let money alone, or the perfect financial situation, determine whether you have kids or not, you may never have them. Now, would it be easier from a financial standpoint only to wait on having kids until you're debt-free and there's a huge pile of cash in the bank? Sure, it would. But children are worth more than any amount of money. If you love each other and want to be parents, and you're mature adults in every other area, don't let this debt stop you.

A child isn't going to derail your journey to financial peace. Having kids might cause you to press pause for a while on some financial matters, or slow your pace a little bit, but as long as you both stay focused and determined to manage your money wisely, chances are things will work out fine.

Just don't make the mistake lots of parents do – especially first-time parents. Many of them think they

have to run out and buy a new, "safer" car, spend a fortune on a fancy crib, or buy all things baby from some overpriced boutique. Do you get what I'm saying, Missy? Why buy a brand-new, \$400 stroller, when a friend or relative has a perfectly good, barely used one they're willing to give you?

It's easy to get carried away spending for a baby. But children will be just fine as long as they have food, clothing, shelter – and most importantly – loving, caring parents. God bless you two!

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

Governor's Actions Point to Need for Long-Term Water Investment

By Dave Kranz, California Farm Bureau

SACRAMENTO, CA (MPG) - Actions in a widened drought emergency order issued by Gov. Gavin Newsom will provide some short-term benefit through voluntary water transfers and exchanges in parts of drought-stricken California, the California Farm Bureau said, while the organization expressed concern about emergency powers granted to the state water board and re-emphasized the need for significant, long-term investments to secure future food production in the state.

The pandemic has reinforced that farming is an essential business and the drought has reinforced that water is essential to farming," California Farm Bureau President Jamie Johansson said. "We appreciate any effort the state can make to provide more water in the short term to farmers who need it. At the same time, we must not lose sight of existing water-rights priorities and the need to balance supplies for food production, fisheries and cities.

"By widening the drought emergency, the governor has recognized the reality facing much of rural California: Our future is not guaranteed," Johansson said. "By proposing to invest in canal repairs and other projects, he has shown a willingness to address part of that longer-term problem, but where are the projects the voters

invested in when they approved a water bond seven years ago?

"Following a year of economic shutdown for our communities, record wildfires, blackouts on the state's electrical grid and soaring home prices, it is apparent Californians face a quality-of-life issue. We hope this is a watershed moment in which we realize that building, not just planning, will preserve that way of life," he said.

"In addition to longer-term infrastructure needs, we also need to ensure family farms – and the people, communities and businesses that rely on them – are able to survive this year. We urge the governor to engage with family farmers, at the local level, to understand how best to ensure that our farms and the food they produce will be available to Californians for years to come," Johansson said.

"Water to farms means food for families, jobs for farm employees and much-needed help for rural economies," he said. "With predictions that climate change will lead to even less certainty about precipitation and water supplies, California must commit to a full-scale program to increase storage, enhance efficiency and create new supplies through water recycling and desalination."

The California Farm Bureau works to protect family farms and ranches on behalf of nearly 32,000 members statewide and as part of a nationwide network of nearly 5.6 million Farm Bureau members. ★

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Crossword Puzzle on Page 12

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

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CLUES

ACROSS

1. RPM gauge
5. Have a bawl
8. "Neutral" capital
12. Paella pot
13. Mend, healthwise
14. Deadly snake of south-eastern Asia
15. Multicolored horse
16. Estimator's phrase (2 words)
17. "The Addams Family" manservant
18. "Northernmost European capital"
20. One of British Isles
21. EUR, pl.
22. Ensign, for short
23. Pieces of glass, e.g.
26. Vacuum cleaner alternative
30. "___ the land of the free..."
31. Oxygenate, as in lawn
34. Insane, in Spain
35. Just harvested, e.g.
37. A in IPA
38. Church song
39. Tiny amount
40. Military marksman
42. Fake tooth
43. Devoid of liquid
45. Jet setters' vessels
47. Address abbreviation
48. Sports stadium
50. Japan's highest mountain
52. *Capital that hosts Nobel Prizes
56. Sophia ___, Italian actress
57. Genesis twin
58. Curved molding
59. Tequila source
60. Non-permanent office worker
61. Like dental surgery
62. *Capital on a fjord
63. Possesses
64. Big top

DOWN

1. Unit of pressure named after Torricelli
2. Post sun-bathing relief
3. Wallace & Gromit modeling material
4. Desire
5. Aussie gas station
6. Desert wanderer's hope
7. Alexander Alexandrovich ___, Russian poet
8. *Also the capital of European Union
9. James ___ Jones
10. Paddy grain
11. To the ___ degree
13. Like voice after a pep rally
14. "A Fish Called Wanda" actor Kevin
19. Judea, alt. sp.
22. Mama sheep
23. *Bulgarian capital and actress Vergara's given name
24. Long-necked bird
25. Rocky ridge
26. Pas
27. Hunt illegally
28. Audience's approval
29. Frolics
32. "Atlas Shrugged" author Ayn
33. Cassius Clay
36. *Balkan capital and 1984 Olympics location
38. Practical joke
40. Canine command
41. Eyeball washing vessel
44. Offer two cents
46. Collusion
48. Away from harbor (2 words)
49. Drifts
50. *London was famous for these pea soup particulars
51. Russian mountain chain
52. Comedian Rogan
53. Shrek, e.g.
54. Not fatty
55. Patty ___
56. ___ Tzu

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Sudoku Puzzle on Page 12

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

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Crossword Puzzle Solutions on Page 12

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

Solutions on Page 12

Seven Easy Ways to Boost Your Heart Health

By Andrea Sandoval,
Sacramento County News

SACRAMENTO COUNTY, CA (MPG) - Cardiovascular disease is the leading cause of death among men and women in the United States. Stress, high blood pressure, obesity, diabetes, high cholesterol levels, smoking and congenital heart defects are all major factors. Heart disease is preventable for most people if you stick to a healthy lifestyle. This May, let's get your heart in the best shape by following seven easy tips.

When you eat, make it count. A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. Start adding healthier items to your diet to create nutrient-dense, heart-healthy meals and decrease processed or “empty” calories, nutrient-poor foods and beverages. Eat a variety of nutritious foods from all the food groups. **Just the right amount.** When eating, turn off the TV, sit down and enjoy your meal. Eating while working, watching TV or on your phone can cause you to overeat. Obesity is one of the most common risk factors leading to chronic diseases such as heart disease, type 2 diabetes, stroke and high blood pressure. The good news is that each of us can take steps to reach and/or maintain a healthy weight. **Spice it up.** Ramp up the flavor of foods with herbs and spices instead of blood-pressure-boosting salt and choose foods that contain less sodium. **You are sweet enough.** Sugar-sweetened beverages are the main source of added sugars in people's diets. These beverages contribute calories, but provide no nutrients. When you're thirsty choose water or other no calories beverage such as unsweetened tea or fruit-infused water. If you do choose a sweetened beverage



Cardiovascular disease is the leading cause of death among men and women in the United States. Image by Gerd Altmann from Pixabay

make sure you read the label, added sugar is now on the nutrition facts label. Added sugars should not be more than 10% of your daily calories and children under two are recommended to not consume any added sugar. **Know your risky behaviors.** If you drink alcohol, drink in moderation. That means for women, no more than one drink per day, and for men, no more than two drinks per day. For your heart, there is no healthy side of using any tobacco or nicotine products and avoid secondhand smoke or vapor. **Find your groove.** We all have to start somewhere. The benefits of regular physical activity are undeniable and even small bouts can add up to big

benefits. Today is the day you can begin to make your heart a priority by finding your groove – take a quick walk around the block or break into a dance to a few of your favorite songs. **The head-heart connection.** Stress, depression and anxiety can influence your mood, but they could also influence the health of your heart. Be sure to talk with your health professionals because mental illness is treatable, and recovery is possible. Learn about the County's Behavioral Health Services. During the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – leading to poorer

health conditions. Sacramento County Public Health would like to remind people that hospitals are the safest place to go when you have symptoms and care should not be delayed. The COVID-19 lockdown has also led to more people engaging in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity. These behaviors can contribute to heart disease. Stress due to the pandemic may already be affecting our heart health. Stress directly activates our sympathetic nervous system that can elevate blood pressure and blood sugar. Stress can disrupt our sleep and can lead us to make unhealthy

food choices as we seek comfort foods. Stress cardiomyopathy, also called broken-heart syndrome can be triggered by the loss of a loved one, divorce or interpersonal conflict, a global pandemic like COVID-19 and natural disasters. Cases of stress cardiomyopathy have seen a significant rise during COVID-19 but fortunately, heart function typically recovers over one to two weeks. However, affected patients do have an increased risk of recurrence. Sacramento County Public Health encourages individuals and families to make healthy choices and engage in managing health conditions. A few small changes that can have a big impact on your heart over time! “Heart disease still happens even in the time of COVID-19, if you wait a year or two to see a doctor for a heart concern, things may be a lot farther along and less treatable,” said Sacramento County Public Health Officer, Dr. Kasirye. “Live a heart-healthy lifestyle by making healthier food and beverage choices, being active, reducing stress, not smoking, getting enough sleep, and meeting with your doctor on a regular basis.” County Public Health continuously works to educate the public about the importance of good nutrition and how it can affect health. A part of that work includes the Sacramento County Obesity Prevention Program, which is implemented in a variety of community settings to bring nutrition education and physical activity programs to places people live, play, learn and shop. Public Health is also part of the Design 4 Active Sacramento team, whose goal is to improve public health by shaping the built environment to support walking, biking and other healthy activities. ★

May is American Stroke Month

By Liz Faris,
American Heart Association

SACRAMENTO, CA (MPG) - The American Heart Association/American Stroke Association, the world's leading voluntary organization focused on heart and brain health, is raising awareness about strokes for American Stroke Month in May. Strokes don't discriminate. They can happen to anyone, at any age - and about one in four people worldwide will have one in their lifetime. The good news? 80 percent of first strokes may be prevented. Stroke prevention is especially important now as much of what puts you at risk for a stroke, uncontrolled high blood pressure, smoking or unhealthy weight, also increases your risk for complications due to COVID-19. High blood pressure is the leading preventable cause of stroke and up to 40% of Black adults in the U.S. have high blood pressure. Stroke recovery begins the moment you suspect a stroke. The sooner a person can be treated for stroke, the more likely they are to have a successful outcome. He advises everyone to be ready to act FAST if they suspect a stroke.

The acronym F.A.S.T. stands for: Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven? Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Time to Call 9-1-1 - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately. (Tip: Check the time so you'll know when the first symptoms appeared.) Stroke is largely beatable through high-quality rehabilitation and patient support as well as implementation of the Association's Rehabilitation Guidelines. Stroke rehabilitation can help patients build their strength, capabilities and confidence, potentially regaining skills and returning to independent living. Rehab can also help patients better manage other conditions they have, which may affect daily living or their risk for a second stroke. For more information, visit www.StrokeAssociation.org. ★



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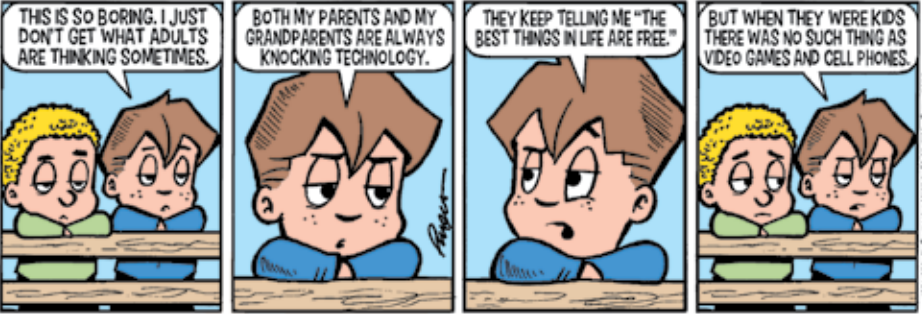


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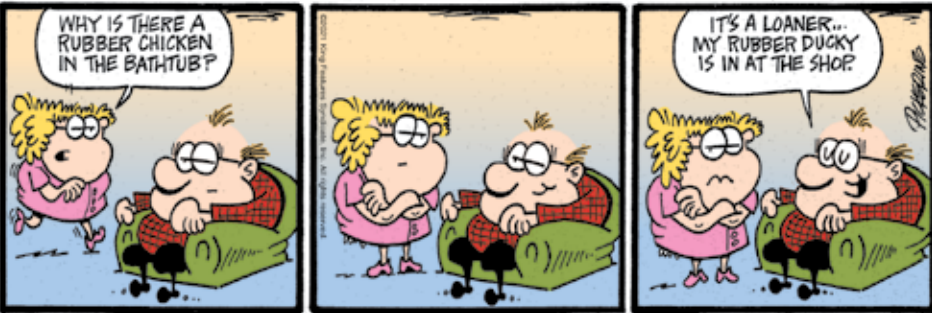
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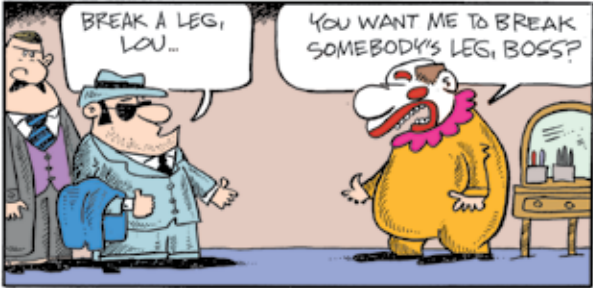
by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



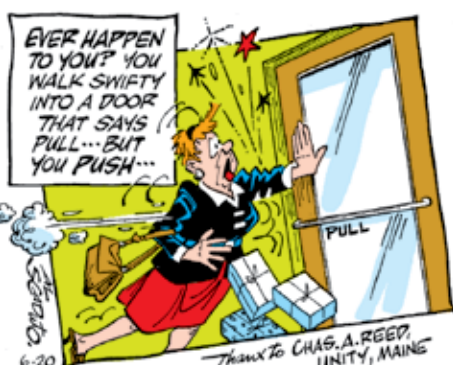
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THEY'LL DO IT EVERY TIME



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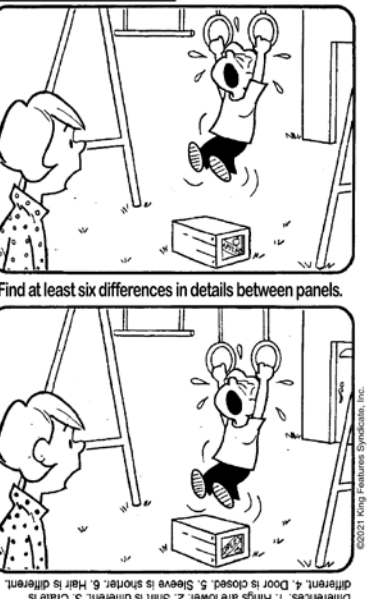
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