

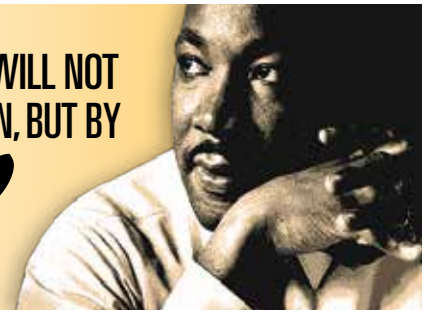


Long Night's Journey into Day

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“I LOOK TO A DAY WHEN PEOPLE WILL NOT BE JUDGED BY THE COLOR OF THEIR SKIN, BUT BY THE CONTENT OF THEIR CHARACTER.”

— FROM THE “I HAVE A DREAM” SPEECH



Citrus Heights Messenger

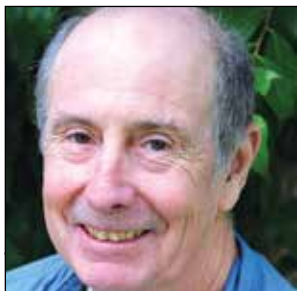
VOLUME 11 • ISSUE 3

Serving the City of Citrus Heights & Sacramento County

JANUARY 15, 2021

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INSIDE

NEW DISCOVERY
MAY LEAD TO
TREATMENT OF
ALZHEIMER'S



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IN MEMORY
OF MICHAEL
MCDOWELL



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FELONY
EDD
FRAUD
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PAGE 3



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A Blessing for the Forgotten

Mercy Holistic Ministry Showers Reaches out to Homeless



Founders of Mercy Holistic Ministry Rev. Berhanu Kumalo and Miheret Bune pose in front of Mercy Showers on its first day of service, January 7, at Advent Lutheran, Citrus Heights: From left to right: Berhanu Didanu, David Kretzmann, David Hardin and Miheret Bune. Photo by Elise Spleiss

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Pastor Berhanu Kumalo Didanu has known since he was a child what he was meant to do with his life. On January 6, 2021 he, his wife Miheret (Mercy) Bune, members of Sacramento based Mercy Holistic Ministry, and their Partners were present as the first mobile shower purchased to be used by the homeless in the Sacramento area debuted. The inaugural shower took place at Advent Lutheran Church in Citrus Heights as part of week one of the Citrus Heights Winter Warming program sponsored by Citrus Heights

Homeless Assistance Resource Team (HART). David Leon Guerrero was the first guest and came out looking refreshed and happy.

Berhanu and his wife came to Sacramento from Ethiopia in 2008 and created Mercy Holistic Ministry to serve Ethiopian and Eritrean immigrant families find housing and settle into their new country. Since then, Berhanu has been ordained as a Missionary at Large at St. Paul's Lutheran Church in Woodland, Calif. His education, natural heart for the needs of others, and experience since he was a teenager in Ethiopia makes this ministry a natural for him. The need for mobile showers was the

overwhelming concern made known by Mercy's clients to help restore their dignity and begin a change in their lives. The ministry, which relies on volunteers, also feeds and works with the homeless in the downtown Sacramento area. Until now their focus has been mainly on providing food, clothing and other necessities to their clients. With the addition of the showers their dream of serving the homeless in a much more meaningful and permanent way has finally been realized.

Their long-term goal is to be at a different location throughout the county once a week and to serve

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Health Departments and Providers to Accelerate Vaccinations

California Department of Public Health

SACRAMENTO, CA (MPG) - The state issued vaccine recommendations to local public health departments and providers focused on accelerating the pace of COVID-19 vaccine administration. The recommendations clarify the state's vaccine prioritization process and that after appropriate efforts to reach highest priority groups, health departments and providers may offer doses to lower priority groups when high-priority demand subsides, or when doses are about to expire.

“California's health care providers have done incredible work thus far in vaccinating hundreds of thousands of Californians,” said Governor Gavin Newsom. “On behalf of our state, I thank our hospitals, doctors, nurses, and others for joining us in this all-hands-on-deck commitment to safely and quickly Vaccinate All 58. When Californians join together, our spirit of resiliency and innovation always wins. By continuing to take the precautions we need to get through this surge, and by ramping up safe and equitable vaccinations, we can and we will get through this darkest part of the tunnel to the light.”

To maximize vaccine administration and reduce the potential for waste, local health departments and providers should immediately administer COVID-19 vaccines to individuals in all tiers of Phase 1a. In addition to frontline health care workers, this includes a wide range of people in health care settings such as community health care workers, public health field staff, primary care clinics, specialty clinics, laboratory workers, dental clinics and pharmacy staff.

Local health departments and providers should make special efforts to administer vaccine to vaccinators and consider partnering with others to provide vaccinations for individuals in prioritized tiers. They may also allocate doses on the assumption that immunization will be accepted by some but not all who are offered the vaccine, and then continue to offer vaccinations in progressive priority tiers. For example, if a county has maximized use of the vaccine to administer individuals in Phase 1a, they should move to Tier 1 of Phase 1b while continuing to offer vaccines to those in higher priority groups.

To view the full state recommendation visit: www.cdph.ca.gov/Programs/OPA/Pages/NR21-008.aspx ★

East Area Rapist Wreaked Havoc on his Victims, Families and the Entire Sacramento Community

By Anne Marie Schubert,
Sacramento County
District Attorney

SACRAMENTO, CA (MPG) - Joseph De Angelo-the man now convicted of three horrific crimes in the East Area Rapist. He is the Golden State Killer. Beginning August 18, 2020 and ending August 20, 2020, De Angelo heard from his victims and their families. He was then sentenced to life in prison without the possibility of parole.

With the case now closed we have not forgotten the effect the East Area Rapist/Golden State Killer had on everyone who lived through the terror of his crime spree. Everyone has their own story, including me.

I was raised in Sacramento. I was 12 years old living in the Arden area with my parents and six siblings when the East Area Rapist

started his reign of terror in 1976. In my family, my older sister was 16 and afraid to babysit for fear the “boogeyman” was coming. My mother slept with an icepick under her pillow. Years later, I learned my father bought a gun.

For those who lived here in Sacramento during this time, life as we knew it changed. For so many, the age of innocence

vanished. Doors no longer remained unlocked; children couldn't play outside after dark. Gun sales skyrocketed. Hardware stores sold out of window locks. Women took self defense classes. The impact the East Area Rapist had on the Sacramento community was overwhelming.

Understanding the magnitude of this case and the fact that the East Area Rapist became prolific

and sadistic serial rapist and killer, drove so many in the law enforcement and the public safety profession to seek the truth. It was through passion and persistence and DNA that the needle in the haystack was ultimately found.

With the arrest, prosecution and sentencing of Joseph DeAngelo complete, I wanted to give a voice to all those affected by the East Area Rapist, so I asked those who lived in Sacramento in the mid-1970's to email their stories to our office.

The response was overwhelming. We received several hundred emails from men and women who recounted their experience at different ages and stages of life during that time-as children, teenagers, young adults and parents. Every single response was read with great reverence for the time, thoughtfulness and

Continued on page 3



Anne Marie Schubert

Read More at www.CitrusHeightsMessenger.com

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Korean Crispy Mix 2 x 2.2 oz \$2 ⁴⁹ / _{ea}	Roasted Sesame Oil 10 x 1.7 oz \$2 ⁴⁹ / _{ea}	Korean Cured Rice 3 x 1.05 oz \$2 ⁴⁹ / _{ea}	Vegetable Soybean Paste 1.5 Liter \$3 ⁹⁹ / _{ea}	Buddha Vegetable & Bean Sauce 16.9 fl oz \$3 ⁹⁹ / _{ea}

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A Blessing for the Forgotten



David, the very first client of the Mercy Holistic Showers, leaves the portable shower refreshed and thankful. Photo by Elise Spleiss

Continued from page 1
30-40 guests a day. Mercy Holistic Showers is actively seeking partner churches. Hosts are asked to provide a place to park the showers and furnish electricity and a water connection. The trailer provides two individual showers with sink and toilet. Recycled water drains into the sewer. Ideally, hosts also provide clothing, food and other services such as barbers and doctors. Mercy provides each client with clean underwear, socks and toiletries and has access to an experienced counselor. This type of partnership is working well in the San Fernando Valley and Santa Barbara areas.

Funding for the shower has come from many sources, from GoFundMe accounts to major grants. Funds available following the closing of a church provided \$55,000 – enough for the purchase of a towing truck and to hire a person to keep the showers sanitized.

David Kretzmann, Mercy board member, said in an email, “We have been fortunate to receive \$75,000 in grants, \$10,000 each from Lutheran Development Society, and from Town and Country Lutheran Church’s endowment fund. We have raised approximately \$10,000 through events

and generous friends of Mercy Holistic thus far.”

Their approach is simple. In the words of Kretzmann, “It is important to all Mercy Holistic Board members to restore dignity to the homeless. By getting clean and restoring dignity a person can be encouraged and given hope for the future. Through the use of a simple refreshing shower a person can be encouraged to take new steps toward self-sufficiency. Looking for work and eventually becoming housed is the goal. Every homeless person is a mother’s child and looks for love and understanding. We at Mercy want to encourage people by sharing God’s love for all.”

The official grand opening of Mercy Holistic Showers is Thursday, January 14, 2021 at 11 a.m. at Celtic Cross Church in Citrus Heights.

For more information on events and the organization visit www.mercyholistic.org.

Churches and other organizations interested in partnering with Mercy Holistic Showers should contact Mercy Board Chairman Dave Kretzmann at 916-482-6439 or dkretzmann@gmail.com★



East Area Rapist Wreaked Havoc

Continued from page 1
courage it took for some to revisit that terrifying time,

Some examples of what was shared about how the East Area Rapist changed lives and instilled fear include: a family slept on their roof; a young mother packed her babies into the car and slept in the parking lot of her husband’s work while he worked the night shift; several people nearly shot their spouse or children who entered the house unexpectedly; a 74 year old woman with memory loss still thinks of the East Area Rapist when she “puts the stick in the window”; parents armed their kids with guns and knives; a woman practiced dialing the full police number in the dark as 911 did not exist during that time; a woman piled clean laundry on top of her bed to become invisible and hide while she slept on it; and one woman described the dear she felt battling cancer paled in comparison to her fear of the East Area Rapist. The impact of the East Area Rapist

crime spree is undeniable, affecting generations of people who lived in Sacramento.

Although the stories were all unique, consistent theme and patterns emerged. People described intense feelings of vulnerability and fear that impacted their lives. Where they lived, how they raise their children were all impacted by the pervasive fear the East Area Rapist inflicted on Sacramento County. This book provides a platform for people to share their experiences and voice their feelings. As you will see, this was a shared community experience that forever changes Sacramento and the lives of people who lived through it.

To those who lived through the horror, especially to the survivors of his crimes. I hope that his capture and conviction brings you peace. To those who shared their stories, I hope the process was cathartic. TO those who will read these stories, I hope that you remain ever vigilant to the constant struggle between good and evil. ★

Felony EDD Fraud Charges Filed

By Shelly Orio,
Office of Sacramento County District Attorney

SACRAMENTO, CA (MPG) - On January 4, 2021, nine felony counts of EDD fraud were filed against Walter Lee Dawson in Department 62 of the Sacramento Superior Court.

Dawson was arrested on December 3, 2020, when Sacramento Probation Officers and Sheriff’s Deputies conducted a probation compliance search and recovered a Glock style pistol with no serial number, multiple rounds of 9 mm ammunition, approximately \$58,000 in cash, approximately 3.8 pounds of marijuana, and packaging material consistent with marijuana sales. Dawson was arrested and charged with felon in possession of a firearm, felon in possession of ammunition, and possession of marijuana for sales charges in Sacramento Superior Court case number 20FE019364.

During the search, nine EDD debit

cards issued in different names were also recovered as were approximately 20 additional EDD documents in various people’s names. After Dawson’s arrest, a joint investigation by the District Attorney, Probation Department, Sheriff’s Office, and the California Employment Development Department Investigations Division revealed that approximately \$219,000 had been fraudulently acquired by Dawson when he obtained the nine EDD cards. Dawson, who has prior strike convictions for residential burglary and attempted residential burglary, was arraigned today on an amended felony complaint that added nine felony counts of EDD fraud. With the additional charges, Dawson faces a maximum sentence of 19 years, 4 months in state prison.

The Sacramento District Attorney will continue to investigate and prosecute EDD fraud, which cheats rightful recipients out of much needed assistance and costs Californians billions in lost tax dollars. ★



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Social Security Matters

Did My Wife Get A “Notch Baby” Benefit Increase?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty:I was born in May of 1930, and my wife was born in April 1931. My wife claims she received an increase in her Social Security benefit due to the “Notch Baby” provision. Is she correct about this? **Signed: Inquisitive Husband**

Dear Inquisitive: Allow me to clarify for you what your wife is referring to, and you can use your own judgement on how to present the information to her. So-called “notch babies” are those Social Security recipients who were born between the years 1917 and 1921. Folks born in those years were affected by a Social Security issue which had to do with how Cost of Living Adjustments (COLAs) were computed. Here’s what happened: In 1972, when the Social Security Administration switched to automatic COLA increases based on the Consumer Price Index, they made an error in the automatic COLA computation formula which wasn’t discovered for several years. During



those several years they awarded COLA increases using the incorrect formula which paid COLA at a higher level than appropriate. After discovering the error, and in an attempt to fix the issue, in the mid-1970s, Congress decided that those born before 1917 would be allowed to stay on the incorrect (more generous) formula, but COLA for those born after 1917 would use a corrected formula. However, that didn’t sit well with SS beneficiaries born after 1917 because they were receiving less COLA than their counterparts born before 1917. So, in an attempt to mollify those Social Security beneficiaries born after 1917, Congress created a special “notch” formula for those born between 1917 and 1921. And those who were born between those dates were called “notch babies.” The new “notch baby” formula was not quite as generous as the incorrect formula being enjoyed by those born before 1917, but yet a bit more generous than the corrected COLA formula which applied to anyone born after 1921 (and still exists today). Thus, “notch babies” do

enjoy a slightly better COLA formula than other Social Security beneficiaries born after 1921. Over the years, various attempts have been made to extend the notch baby end-year definition from 1921 to, for example, those born before 1927. And even as recently as 2019, a Congressional bill called the “Notch Fairness Act” attempted to provide restitution by extending the end date of the “notch” to 1926. But none of those attempts in Congress have ever succeeded in changing the definition of “notch babies” beyond the original 1970s Congressional definition to apply only to those born between 1917 and 1921. So, anyone born after 1921, including your wife, has COLA computed using the corrected formula, not the “notch baby” formula. *This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.* ★

Ask Toni

Does Medicare Pay for a Long-Term Care Need?



Toni King

I cannot find any information about Medicare paying for at-home care in the Medicare and You Handbook and have heard that she could use Medicaid or even receive help from home health agencies. Please help me understand what her options can be because she does not qualify for a long-term care policy and now her savings is being eaten up and her family is having to sell her house. ~ Thanks, Cindy from Bellaire, TX

Great question, Cindy: As you are aware Cindy the cost of long-term care has gone through the roof. Today the average cost in a nursing home nationwide is \$93,000 for a semi-private room or \$105,000 in a private room. In Texas, where I live the average cost is \$60,000 to \$77,000 depending on either a semi-private or private stay. This is what your sister is experiencing. On page 51-52 of the Medicare & You handbook, it states that “What’s not covered under Parts A and B and that you will have to pay for long-term care yourself. Also states on page 52 is that “one may be eligible for care under Medicaid or by purchasing a private long-term care insurance.” Let’s discuss a few of the myths surrounding choosing one’s long-term care insurance options which keep America confused. These myths leave someone like your sister without a long-term care insurance plan and then must pay 100% out of pocket. • Myth #1: A government program will help take care of my LTC needs when it happens. It is not easy to qualify financially for a government program for a long-term care need. Medicare, Medicaid, and certain VA programs may help to pay

for some illness needs in certain circumstances. Each program has specific rules and qualifications for that program. It is important to note that government programs are generally qualified based on financial resources. The more assets one has the less likely to qualify. • Myth #2: Don’t need LTC because I have a health policy that takes care of my medical. Medical insurance plans such as group or individual health insurance, Medicare supplement or Medicare Advantage plans only take care of your medical needs. Long-Term care plans take care of one’s activity of daily living such as bathing, dressing, continence, or moving around which are caused by chronic illnesses, accidents or advanced aging and cognitive impairments over time. • Myth #3 LTC plans are only for nursing home care. LTC benefit plans let you design how you wish to receive your help for daily care whether at home, in an assisted living facility or a skilled nursing facility. Without a LTC plan, most needs are provided at home by unskilled family members. LTC benefits can provide caregiver training, care coordination, respite care and even hospice care in end-of-life situations. • Myth #4: My family will take care of me. An individual does not realize the emotional and financial burden that taking care of an ill family member creates on the whole family whether it is the wife or husband taking care of their spouse or the family members who take care of their elderly parents. Take your time and explore what you, your spouse’s, or elderly parent’s LTC options are. Waiting too long may keep one from qualifying due to health issues. **2021 Confused about Medicare Zoom** webinars begin Thursday, January 28 th at 4:00 PM. Visit www.tonisays.com to sign up for Toni’s new event. Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book. ★

Employment Development Department

Another Name For Titanic Disaster



By Dan Walters
CALMatters

“Rearranging deck chairs on the Titanic” is an overworked cliché, but it certainly applies to California’s Employment Development Department. The name itself is a farce. There’s no evidence that EDD ever developed any jobs, other than employing thousands of bureaucrats to pay out unemployment insurance benefits — and that’s been a titanic disaster. This week, EDD suspended payments to many Californians in its latest effort to deal with massive fraud that erupted when Congress pumped many billions of dollars into the unemployment insurance system for workers who lost jobs due to COVID-19. “As part of ongoing efforts to fight fraud, EDD has suspended payment on claims considered high risk and is informing those affected that their identity will need to be verified starting this week before payments can resume,” the agency tweeted on Sunday. The suspensions were ordered a few days after EDD’s much-criticized director, Sharon Hilliard, abruptly retired – whether voluntarily or otherwise – and Gov. Gavin Newsom replaced her with veteran

apparatchik Rita Saenz. The fraud scandal is doubly embarrassing for Newsom because the agency was already on the hot seat for failing to deliver timely payments to hundreds of thousands of legitimate claimants and still has a massive backlog of unprocessed claims. The Los Angeles Times, in a lengthy examination of the fraud scandal, pointed out that EDD had failed to adopt “precautions implemented in other states, including using sophisticated software to identify suspect applications, keeping Social Security numbers out of official mail and cross-checking benefit claims against personal data on state prison inmates.” The agency had a contract with a firm, Pondera Solutions, that had successfully used publicly available data to flag potentially fraudulent claims, but cancelled it when federal funds for the fraud-prevention program expired. So EDD fell hugely behind on legitimate unemployment claims and approved billions of dollars in fraudulent claims. What else could possibly go wrong? Two years ago, state Auditor Elaine Howle advised the Legislature that EDD was exposing people to identity theft by placing Social Security numbers on mail. The volume of such mail has exploded during the pandemic but EDD ignored the warning and “has continued to place Californians at risk of identity theft,” Howle said in a recent letter to Newsom.

Finally, the surge of unemployment claims has created a gigantic debt. California borrowed more than \$10 billion from the federal government to pay benefits during the recession that began in 2007. The feds hiked taxes on California employers to pay off the debt and by the end of 2019, a year of low unemployment, the unemployment insurance fund had a \$3.3 billion balance. However, during 2020, the state paid out more than \$100 billion in benefits, about a quarter in employer-financed regular benefits and the rest in emergency federal aid. The state unemployment fund was more than \$20 billion in the red at the end of 2020 and, EDD projects, will end 2021 with a negative balance of nearly \$50 billion. When state unemployment funds dry up, benefits continue with federal loans that states must repay. California’s previous \$10 billion debt took years to repay, and it now could face a \$50 billion debt. The state may hope for loan forgiveness, but if it’s not forthcoming, employers will be saddled with new taxes that would make recovery from recession even more difficult. If there’s a political price to be paid for EDD’s seemingly endless crises, it will fall on Newsom, especially if a pending recall drive places his career on the ballot later this year. Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

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Stuck between a Virus and a Varmint

By Rev. James L. Snyder

Normally, I'm not a superstitious sort of a person. But then again there is a good case to be made that I am really not normal.

Several things happened this past week emphasizing this feeling of mine, and I am not at all convinced that it is simply coincidental.

It all started when the computer at the church was viciously attacked by a computer virus. Who do you call when your computer has a virus? And, what in the world is a virus doing inside my computer? Doesn't it have something better to do?

I do not know all that is associated with this computer business but I do know the outcome of a computer virus. I was merrily working along on my keyboard when suddenly, out of nowhere (what is cyberspace anyway) my computer screen began to disintegrate before my eyes. By the time I had closed my mouth the whole business was over.

Then I had a brilliant idea. Actually, I am not sure it was a brilliant idea because I get so few ideas they all seem brilliant. I remembered something on the computer called the "restore point."

After some finagling with the thingamajig (pardon the technical terms) I managed to find the Restore Point and in a few minutes, voilà (pardon my French), the computer was back to where it was before the virus hit it. I do not know how it works, all I know is it worked and I was elated.

I was back to my work schedule and quite pleased with myself and was riding pretty high when suddenly the lights flickered and then went out completely. There was no electricity in the church building.

It was my privilege to call our friendly energy company and request a service call. To my delight within an hour, the service truck from the electric company arrived on the scene. After a thorough investigation, the repairman discovered the trouble. I was rather worried that there was a major problem inside the church building that would cost thousands of dollars to repair.

But I was to be delighted for the second time that day when the repairman informed me of the nature of the trouble. It seems the trouble was on the outside of the building. As everyone knows, that is the responsibility of the electric company.

The problem turned out to be of the varmint kind. A nut-challenged squirrel had eaten through one of the major electric lines on the outside of the building thus cutting off all electricity from going inside the building.

"Here's your problem, Rev.," the repairman said with a big grin smeared on his face. With that, he held up a nicely fried squirrel.

With the electric back on and at my computer purring like a kitten, I thought of a verse of Scripture. "And we know that all things work together for good to them that love God, to them who are the called according to his purpose." (Romans 8:28 KJV).

Sometimes little things can frustrate us. But no person is defined by any one day or one incident. These little problems are usually temporary and serve only as a reminder that we are not in charge of anything at all.

Does anybody have a recipe for fried squirrel?

Dr. James L. Snyder, pastor of the Family of God Fellowship, lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



By Pastor Ray Dare

Usually we think that God only uses really gifted, multi-talented people. But that's not true! God uses ordinary people. God uses imperfect people. You don't have to be perfect to help other people. If that were true, nobody would get helped! You just must be headed in the right direction. If you are just one step ahead of somebody else, guess what? You're a leader! You can help that person take their next step.

If you're in recovery for one reason or another (and the truth is we all need recovery in some way), the proof of your recovery is when you begin to focus outside yourself. You're no longer self-absorbed with "my problems, my hurts, my needs," and your focus begins to shift, "How can I help other people?" The Bible says, "God comforts us in all our troubles so that we can comfort others. When others are troubled,

Pastor Ray's Encouraging Words

Hope for the New Year

we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit... we can be an encouragement to you." 2 Cor. 1:1,4 (NLT)

Your greatest contribution to the world will not be through your strengths. It will be through your pain, through your problems, the difficulties that you've gone through. People are helped when you're honest, when you're authentic about your weaknesses, problems and pain. When people see your strengths they think, "Well that's great for him! That's great for her! But I'll never be that! I could never do that!" But when you share about your weaknesses, when you say, "I went through this pain...I went through this difficulty... I had this problem...but this is how God brought me through it. This is how God helped me." People can relate to that, and they begin to think, "Maybe God can help me too? Maybe God can see me through my situation too?"

Don't waste your pain. Begin to give hope to others. Everybody needs hope, because everybody is hurting in some way. People need hope to cope. That's why God wants you to share your story. Share how God has helped you. You don't have to be a Bible genius to share your story. You don't have to have all the answers. You simply say, "This is how God is changing me...this is what God is doing in my life."

I want to encourage you to begin sharing your hope with other people, your story. People could care less about your religion. They don't want to hear about religion. What people are starving for is hope. Share your story how God has given you hope, it's that simple. As you begin to share with others you will begin to see hope rise on the inside others and God will begin helping them the same way He's helped you.

Pastor Ray
New Beginnings Church
www.NBC4u.org



By Marlys Johnsen Norris, Christian Author

After a person has accepted Jesus Christ as their Lord and Savior is born-again "The fruit of the Spirit (develops within them) is love, joy, peace, longsuffering, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law." (Galatians 5: 22-23)

God IS Love, Gentle, Kind, Thoughtful, All Knowing, Suffering Servant, Patient, Friendly, Merciful, Giving, Good, Faithful, Joyful and Peaceful. He is the Creator/Father-God of Miracles!

There most likely is no believer who is "perfect"

Qualities And Gifts Given to a True Believer

and has all of these wonderful qualities. However if they are faithful in their personal journey to know and love God with their whole heart, God promises these qualities will develop within them. The Holy Spirit of God leads Gods children in their individual walk with God to help them grow into a personal and intimate relationship with their earthly father and Heavenly Father.

Note: Earthly fathers are significantly important to the development of their children and they need to take note that they are to be a living and powerful example of these qualities in their life as well.

Once a person is aware of an area in their life that does need positive change, they will repent of the area that needs the touch of God's loving merciful

hand. They pray for His Will to be done in their life!. Then they will listen to that still small voice that gives direction and they follow by acts of obedience.

The Holy Bible records the following verse of promise: "This is the confidence we have in approaching God: that if we ask anything according to His will for our lives", He hears us. And if we know that He hears us -whatever we ask - we know that we will have all we asked of Him." (1 John 5:14-15)

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God Moves Mountains,
It Was A Miracle
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Orangevale, Ca 93556

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09024 Aleta R. Prudhomme and Jahlmal M. Prudhomme, 6312 Monvalle Court Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Carerra Travel Agency" 6312 Monvalle Court Elk Grove, CA 95757. Filed with the Clerk of Sacramento County December 15, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
CARERRA 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08422 Kathy S Padron, 5918 Caddington Way Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Blends by Kathy" 1440 Ethan Way #23 Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 18, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
BLENDS 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08880 Leannndle's Candles LLC, 9400 Fort North Way Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Leannndle's Candles" 1400 Fort Worth Way Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 9, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
LEANNNDLES 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08870 Tracee Watts, 2809 Edison Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Pure Mood Wellness" 2809 Edison Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 9, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
PURE 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08853 Kim Cray LLC, 5960 S Land Park Drive #1159 Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Kim Cr8g, Call Kim, Kim Friday" 1610 R Street 3rd Floor Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 8, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
KIM 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08854 Flex by Lexis LLC, 836 57th Street Suite 250 Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Flex by Lex" 836 57th Street Suite 250 Sacramento, CA 95819. Filed with the Clerk of Sacramento County December 8, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
FLEX 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09082 Get it Filed, 915 L Street Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Serves R Us, Get it Recorded" 717 K Street #434 Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 16, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
SERVER 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09034 Tayehs Management Co, 5311 Elgin Hills Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Nee's Daycare" 5311 Elgin Hills Way Antelope, CA 95843. Filed with the Clerk of Sacramento County December 15, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
NEE 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08821 Parminder Pabia, 5821 Blue Beech Court Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "IPH Solution" 5821 Blue Beech Court Antelope, CA 95843. Filed with the Clerk of Sacramento County December 7, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
IPH 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08496 Spectrotel of California LLC, 3535 State Highway 66 Suite 7 Neptune, NJ 07753 is doing business under the Fictitious Business Name(s) "Touch Base Communications" 3535 State Highway 66 Suite 7 Neptune, NJ 07753. Filed with the Clerk of Sacramento County November 20, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
TOUCH 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08627 James Joseph, 673 Alamos Avenue Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Good Junk" 8521 Folsom Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 30, 2020 Publish: December 25, 2020 January 1, 8, and 15, 2021
GOOD 180201 1-15-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08741 Nicholas Dimitropoulos and Monique M. Dimitropoulos, 5230 Karm Way Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "NMD Realty Group" 5230 Karm Way Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 24, 2020 Publish: January 1, 8, 15, and 22, 2021
NATURAL 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09244 Maximilian Zimin, 6909 Crosswoods Circle #153 Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "MiZaUs" 8104 Shadow Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 23, 2020 Publish: January 1, 8, 15, and 22, 2021
MIZAUS 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08622 Christian A Romero, 777 Campus Commons Road #200 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Lawise.com" 2512 Fair Oaks Boulevard #8 Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 25, 2020 Publish: January 1, 8, 15, and 22, 2021
LAWISE 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09134 Stevie Mobley, 8439 Trimmer Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Norcal Notary Services" 8439 Trimmer Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 18, 2020 Publish: January 1, 8, 15, and 22, 2021
NORCAL 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09218 Ricky Lewis, 10270 E. Taron Drive #7 Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Techie Sports Gear" 10270 E. Taron Drive #7 Elk Grove, CA 95757. Filed with the Clerk of Sacramento County December 22, 2020 Publish: January 1, 8, 15, and 22, 2021
TECHIE 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08856 Barbara Maurizi, 1344 Fitch Way Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Maurizi Associates, Morez Designs, Morez Crafts, Morez Decor" 1344 Fitch Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County December 8, 2020 Publish: January 1, 8, 15, and 22, 2021
MOREZ 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-07806 Mariam Elshahawi, 5063 Bissett Way Sacramento, CA 95835, Amr Mohamed, 4 Ahmed Algazawi Street Cairo, Egypt, and Assem Mohamed, 4 Ahmed Algazawi Street Cairo, Egypt is doing business under the Fictitious Business Name(s) "Principal Software" 5063 Bissett Way Sacramento, CA 95835. Filed with the Clerk of Sacramento County October 28, 2020 Publish: January 1, 8, 15, and 22, 2021
PRINCIPLE 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09070 Stay Safe Solutions, Inc 3140 Peacekeeper Way Suite 101A McClellan, CA 95652 is doing business under the Fictitious Business Name(s) "Stay Safe Solutions" 3140 Peacekeeper Way Suite 101A McClellan, CA 95652. Filed with the Clerk of Sacramento County December 16, 2020 Publish: January 1, 8, 15, and 22, 2021
STAY 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08832 Aznor Cherbizhev, 4950 Kappa Court North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Anemos" 3335 Watt Avenue Suite B #258 Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 8, 2020 Publish: January 1, 8, 15, and 22, 2021
ANEMOS 180201 1-22-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09230 Georgette Mayberry, 5878 Eureka Lane Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Relentlesslee Independent" 5878 Eureka Lane Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 23, 2020 Publish: January 8, 15, 22, and 29, 2021
RELENT 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09260 Parmjit Singh Khaira, 987 Sterling Cir., Folsom, CA 95630 and Rajinder Kair, 987 Sterling Cir., Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Camelia City Chevron, Singh Parmjit Gen Ptr" 4700 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 24, 2020 Publish: January 8, 15, 22, and 29, 2021
CAMELIA 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09161 Area Portable Services, Inc., 3909 Security Park Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Area Restroom Solutions" 3909 Security Park Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 21, 2020 Publish: January 8, 15, 22, and 29, 2021
AREA 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09261 Thai Vue, 2452 Starsberry Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Safe and Loving Home" 7800 Claypool Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 24, 2020 Publish: January 8, 15, 22, and 29, 2021
SAFE 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09274 Global Positioning System Installers, Inc., 11417 White Rock Road, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "GPSi, Inc." 11417 White Rock Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 28, 2020 Publish: January 8, 15, 22, and 29, 2021
GPSI 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09239 Gerald Tyrone Sims, 5052 Walnut Ave, #112, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "14ct Ent. Management" 5052 Walnut Ave, #112, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 23, 2020 Publish: January 8, 15, 22, and 29, 2021
14CT 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09198 All Inclusive Medical Services Home Health Care, Inc., 5900 Coyle Ave, Suite C2, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "AIMS Home Health" 5900 Coyle Ave, Suite C2, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 22, 2020 Publish: January 8, 15, 22, and 29, 2021
AIMS 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09240 KDTY LLC, 8672 Oldwoods Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Semper Supra Luxury" 8672 Oldwoods Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 23, 2020 Publish: January 8, 15, 22, and 29, 2021
SEMPER 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09144 The Whole Soul Counseling, A Licensed Clinical Social Worker Professional Corporation, 4125 Temescal Court, Ste. A, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "The Whole Soul Counseling" 4125 Temescal Street, Ste. A, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 18, 2020 Publish: January 8, 15, 22, and 29, 2021
WHOLE 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09281 Jasmine Kayla Samaha, 159 Arden Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Little Baby Bum Daycare" 159 Arden Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 28, 2020 Publish: January 8, 15, 22, and 29, 2021
LITTLE 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09192 Jaafar Hussain, 1655 Scarlet Ash Ave, #121, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Hussain Security Service" 1655 Scarlet Ash Ave, #121, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 22, 2020 Publish: January 8, 15, 22, and 29, 2021
HUSSAIN 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09431 Good Jo Coffee & Espresso Bar, 3538 Huntsman Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Good Jo Coffee & Espresso Bar" 3538 Huntsman Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 31, 2020 Publish: January 8, 15, 22, and 29, 2021
GOODJO 180201 1-29-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00010 Arturo Vega, 2524 Mossy Oaks Court Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Locksmith 2 U" 2524 Mossy Oaks Court Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County January 4, 2021 Publish: January 15, 22, 29 and February 5, 2021
LOCK 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09365 Ivan Somov, 4043 Bannister Road Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Superstar" 4043 Bannister Road Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 30, 2020 Publish: January 15, 22, 29 and February 5, 2021
SUPER 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09242 Velez Jaeger Mortgage Holding Inc., 5790 Oak Creek Place Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Premier Construction Lending" 5790 Oak Creek Place Granite Bay, CA 95746. Filed with the Clerk of Sacramento County December 23, 2020 Publish: January 15, 22, 29 and February 5, 2021
PREMIER 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09018 Hea Tea, LLC, 2619 W Taron Court Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Hea Tea Mobile" 2619 W Taron Court Suite 150 Elk Grove, CA 95757. Filed with the Clerk of Sacramento County December 14, 2020 Publish: January 15, 22, 29 and February 5, 2021
HEATEA 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00050 Nearyrath Chhay, 9440 W Stockton Boulevard #104, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Hawaiian & Summer Dresses" 9440 W Stockton Boulevard #104 Elk Grove, CA 95758. Filed with the Clerk of Sacramento County January 5, 2021 Publish: January 15, 22, 29 and February 5, 2021
HAWAIIAN 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00007 Jerinea Shaver, 3316 10th Avenue Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Nae's Cleaning Services" 3316 10th Avenue Sacramento, CA 95817. Filed with the Clerk of Sacramento County January 4, 2021 Publish: January 15, 22, 29 and February 5, 2021
NAES 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00056 Roikier Trading, 2406 Mabry Drive Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Carmichael Grocery Outlet" 5025 Marconi Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 5, 2021 Publish: January 15, 22, 29 and February 5, 2021
CARMICHAEL 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09371 Sandpep Singh, 8036 Linden Lime Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "JOT Logistics" 8036 Linden Lime Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 30, 2020 Publish: January 15, 22, 29 and February 5, 2021
JOT 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09159 The Sacramento Valley Symphonic Band Association, 5150 Sunrise Boulevard Suite B6 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "SVSBA/Amador County Concert Band" 5150 Sunrise Boulevard Suite B6 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 21, 2020 Publish: January 15, 22, 29 and February 5, 2021
SVSBA 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00072 Joshlyn Russel, 9553 Ballinger Drive Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Yasani Amor" 9553 Ballinger Drive Sacramento, CA 95829. Filed with the Clerk of Sacramento County January 5, 2021 Publish: January 15, 22, 29 and February 5, 2021
YASANI 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-00062 RES.CO Clean, 8257 Cordelia Circle Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Restoration Emergency Services Company" 8257 Cordelia Circle Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 5, 2021 Publish: January 15, 22, 29 and February 5, 2021
RESTOR 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00098 Krista Ramirez, 5938 Desiree Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "RC Beauty, Ramirez Customz" 5938 Desiree Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 6, 2021 Publish: January 15, 22, 29 and February 5, 2021
RCBEAUTY 180201 2-5-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2021-00119 Naweaver Firearms Instruction & Training LLC, 5909 Riverside Boulevard #19 Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "3rd Eye Watching, 3rd Eye Self Defense" 5909 Riverside Boulevard #19 Sacramento, CA 95831. Filed with the Clerk of Sacramento County January 6, 2021 Publish: January 15, 22, 29 and February 5, 2021
3RD 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09224 A One Longview Enterprises, Inc, 8416 Briggs Drive Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Good's Dispatching Services, Global Dispatching Services" 3325 Longview Drive #321 Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 22, 2020 Publish: January 15, 22, 29 and February 5, 2021
GOOD 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00145 Pax Management Inc, 8757 Auburn-Folsom #2914 Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Home for Healing" 4316 U Street Sacramento, CA 95817. Filed with the Clerk of Sacramento County January 7, 2021 Publish: January 15, 22, 29 and February 5, 2021
HOMES 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00133 Angel Blystore, 2565 Borica Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sacramento Stage Lighting" 410 N 10th Street Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 6, 2021 Publish: January 15, 22, 29 and February 5, 2021
SAC 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00112 Michele Tina Louise DiMatteo, 4061 Cactus Road Shingle Springs, CA 95682 is doing business under the Fictitious Business Name(s) "D' Miller Famous BBQ" 7305 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 6, 2021 Publish: January 15, 22, 29 and February 5, 2021
MILLER 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-08872 Case RX Pharmacy, INC, 9843 Cortine Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Pharmacy" 9550 Micron Avenue Suite D Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 9, 2020 Publish: January 15, 22, 29 and February 5, 2021
CALIFORNIA 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09320 Shawneen Allen, 9108 Birdsong Court Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Question It Services" 9108 Birdsong Court Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 30, 2020 Publish: January 15, 22, 29 and February 5, 2021
QUESTION 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09150 Sarah Hammer, 4041 McClain Way #65 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sarah's Skin" 4088 Bridges Street #8 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 21, 2020 Publish: January 15, 22, 29 and February 5, 2021
SARAH 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00193 Retail Therapy Session LLC, 10854 Arrington Drive Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Retail Therapy Session Boutique" 10854 Arrington Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County January 8, 2021 Publish: January 15, 22, 29 and February 5, 2021
RETAIL 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2020-09299 Teresa Ann Dillingham, 941 Kingswood Drive #233 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Angel Central" 7941 Kingswood Drive #233 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 29, 2020 Publish: January 15, 22, 29 and February 5, 2021
ANGEL 180201 2-5-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-00218 Sandra Marie Jackson, 8826 Clonmel Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Cheap Tee Printing" 8826 Clonmel Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County January 8, 2021 Publish: January 15, 22, 29 and February 5, 2021
CHEAP 180201 2-5-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2020-03123 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "Konfidence Clothing & Accessories" located at 5878 Eureka Lane, Sacramento, CA 95842. Georgette Mayberry, 5878 Eureka Lane, Sacramento, CA 95842. The Fictitious Business Name Statement referred to above was filed on May 13, 2020 in the County of Sacramento. Publish: January 8, 15, 22, and 29, 2021
KONFID 170707 1-29-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2019-09698 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "Prestige Management Services" located at 9130 Nolan Street #185 Elk Grove, CA 95758. Ahlaam Mohsin, 9130 Nolan Street #185 Elk Grove, CA 95758. The Fictitious Business Name Statement referred to above was filed on November 26, 2019 in the County of Sacramento. Publish: January 15, 22, 29, and February 5, 2021
PRESTIGE 170707 2-5-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2020-09137 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Cheap Tees Screenprinting" located at 8826 Clonmel Court Sacramento, CA 95828. Sandra Marie Jackson, 8826 Clonmel Court Sacramento, CA 95828. The Fictitious Business Name Statement referred to above was filed on December 18, 2020 in the County of Sacramento. Publish: January 15, 22, 29, and February 5, 2021
CHEAP 170707 2-5-21

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2019-03720 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "Sacramento Stage Lighting" located at 2508 Borica Way Sacramento, CA 95821. Angel Blystone, 2565 Borica Way Sacramento, CA 95821. The Fictitious Business Name Statement referred to above was filed on November 26, 2019 in the County of Sacramento. Publish: January 15, 22, 29, and February 5, 2021
SACRAMENTO 170707 2-5-21

ORDER TO SHOW FOR CHANGE OF NAME
#34-2020-00290593

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00290593

Frank Moore Jr. have filed a petition with this court for a decree changing the name(s) of Frank Moore Jr to Rashid Hashim Moore aka Frank Moore Jr. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30 p.m. on February 11, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 16, 2020
David I. Brown, Judge of the Superior Court
Publish: January 8, 15, 22, and 29, 2021
MOORE 180101 1-29-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00291289

Denise Reynolds-Baillergeau has filed a petition with this court for a decree changing the name(s) of Denise Reynolds-Baillergeau to Kim Reynolds-Baillergeau. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30 p.m. on February 18, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 28, 2020
David I. Brown, Judge of the Superior Court
Publish: January 15, 22, 29 and February 5, 2021
REYNOLDS 180101 2-5-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00291326

Cristal Vargas Farias has filed a petition with this court for a decree changing the name(s) of Cristal Vargas Farias to Cristal Godina Vargas. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on February 18, 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: December 29, 2020
Christopher E. Krueger, Judge of the Superior Court
Publish: January 15, 22, 29 and February 5, 2021
VARGAS 180101 2-5-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00291286

Jeffrey Scott Edwards has filed a petition with this court for a decree changing the name(s) of Jeffrey Scott Edwards to Cristal Jeffrey Scott Wade. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on February 18, 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: December 28, 2020
Christopher E. Krueger, Judge of the Superior Court
Publish: January 15, 22, 29 and February 5, 2021
EDWARDS 180101 2-5-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00291518

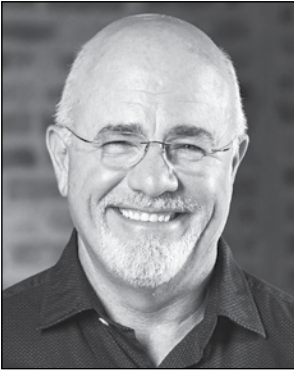
Vivian Claros Angulo has filed a petition with this court for a decree changing the name(s) of Vivian Claros Angulo to Vivian Angulo Claros. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00 a.m. on February 17, 2021, in Department 54, located at 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: December 30, 2020
Christopher E. Krueger, Judge of the Superior Court
Publish: January 15, 22, 29 and February 5, 2021
VIVIAN 180101 2-5-21

NOTICE OF PETITION TO ADMINISTER ESTATE

ESTATE OF JAMES EDWARD DELAVAN
CASE No. 34-2020-00288738
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of James Edward Delavan, deceased A Petition for Probate has been filed by Charisse L. McDonald, in the Superior Court of California, County of Sacramento, requesting Charisse L. McDonald,

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 March 4, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address, and telephone number of the attorney for petitioner is: Samuel K. Swenson
The Swanson Law Firm
8788 Greenback Lane Suite 105
Orangevale, CA 95662
916-333-0833
Publish: January 1, 8, 15, and 22, 2021
DELAVAN 170622 1-22-21

ESTATE OF SCOT ALLEN VANN
CASE No. 34-2020-00290917
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Scot , deceased A Petition for Probate has been filed by Hope Leigh Vann, in the Superior Court of California, County of Sacramento, requesting Hope Leigh Vann, 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 April 1, 2021 9:00 a.m. in Dept 129. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address, and telephone number of the attorney for petitioner is: Ingrid K. Tung
111 Woodmere Road, Suite 240
Folsom, CA 95630
916-546-5023
Publish: January 8, 15, and 22, 2021
VANN 170622 1-22-21



There Are Other Ways

Dear Dave,
I really don't have any established credit, because I've never taken out a loan or had a credit card. What will happen when I'm ready to get a mortgage loan and buy a home?

– Jillian

Dear Jillian,
There are basically two ways to be in a position to get a home loan. One is to have credit at lots of places and a huge FICO score. This is kind of dumb when you really think about it, but it will get you a mortgage loan almost instantly.

When you have no credit, a lender has to do what's called a manual underwriting. It's something lots of banks did back in the day, when they actually used common sense when it came to making loans.

Fortunately, a few places will still work with you in this manner. They take a look at your work history to see if you have a stable job and a good income.

Dave Ramsey Says

They want proof you pay your bills on time, too. This can be as simple as showing them several utility bills, rent statements, and other receipts. They're basically looking for a long history of proof that you honor your financial commitments.

Remember, buying a house with cash is always the best way to own a home. But I don't beat people up over having a mortgage, as long as it's on a 15-year, fixed rate note. Do your very best to save up for a down payment of at least 20 percent, too. That way, you'll avoid the added expense of PMI (private mortgage insurance). Great question, Jillian!

First, Define Long Term

Dear Dave,

What is your advice when it comes to investing a one-time, lump sum of \$4,000 for a long period of time? I recently received an inheritance from an uncle who passed away, and I want to make the money work for me. I'm 33 and my home is paid for, plus I have no debt and an emergency fund of six months of expenses. I am also maxing out my 401(k) at work. Thank you for your advice.

– Pat

Dear Pat,

I'm sorry to hear about

your uncle, but I'm sure he was proud of the responsible young man you've become. You've made some very mature decisions where your finances are concerned, and as a result you're at a great spot in life.

When it comes to investing, I consider a "long period of time" to be 10 years or more. If this is the case with you, I'd suggest a good mutual fund with a solid track record of between 15 and 20 years.

I know some folks like to take chances and play single stocks on a one-time investment like this, but I don't think that's a good idea. Single stocks just don't consistently generate the kinds of returns a good mutual fund will over time.

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Dave Ramsey Show, heard by more than 16 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. ★



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Sunday, January 17th | 10:00AM - 1:30PM

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SPEAKERS INCLUDE

Not all Speakers listed here

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Author of "Unleash the Supernatural"
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Judy Mikovits
Author of "Plague of Corruption"
Christo Hartman
The Constitutional Law Group
Leigh Dundas
Human Rights Attorney
Assemb. Kevin Kiley*

*Invited But Not Confirmed

Lunch and Dinner will be available to purchase on Saturday, January 16th.

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NOTICE TO CREDITORS

IN THE SUPERIOR COURT OF CALIFORNIA, FOR THE COUNTY OF SACRAMENTO

NOTICE TO CREDITORS OF MARC PHILIP BRATMAN
CASE No. 34-2020-00290926
NOTICE TO CREDITORS PROBATE DIVISION

NOTICE TO CREDITORS OF MARC PHILIP BRATMAN
Notice is hereby given to the creditors and contingent creditors of the above-named decedent, that all persons having claims against the decedent are required to file them with the Superior Court of California, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826, and deliver pursuant to Section 1215 of the California Probate Code a copy to Maureen Bratman a Trustee of the Maureen and Marc Philip Bratman Trust, dated July 23, 1999, as amended and restated, wherein the decedent, Marc Philip Bratman, deceased, was the settlor, c/o Ashely E. Felton, Esq., at 5454 W. 110th St., Overland Park, KS 66211, within the later of four (4) months after January 8th, 2020 (the date of the first publication of notice to creditors) or, if notice is mailed or personally delivered to you, sixty (60) days after the date this notice is mailed or personally delivered to you. A claim form may be obtained from the court clerk. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested. Publish: January 8, 15, and 22, 2021 1-22-21

SUMMONS

SUMMONS (CITATION JUDICIAL)
CASE NUMBER: 34-2020-00282283
NOTICE TO DEFENDANT: ESTATE OF TRAYVIS WILLIAMS; the Testate and (Intestate Successors of TRAYVIS WILLIAMS, Deceased, AND

ALL PERSONS CLAIMING BY, THROUGH OR UNDER SUCH DECEDENT; ALESHA BATES, an individual; Jolanda Williams, an individual; Meagan Son, an individual; County of Sacramento, a government entity and Does 1 through 10, inclusive. YOU ARE BEING SUED BY PLAINTIFF: CALIBER HOME LOANS, INC.

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center

(www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar

estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, County of Sacramento, 720 9th Street, Sacramento, CA 95814. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): MALCOLM CISNEROS, 2112 Business Center Drive, Irvine, CA 92612. Tel: (949) 252-9400 Date: (Fecha) 07/27/2020 Clerk (Secretario) T. Crowther, Deputy (Adjunto) January 15, 22, 29 and February 5, 2021 WILLIAMS 2-5-21

SUMMONS (FAMILY LAW)
CASE # 20FL04301
NOTICE TO RESPONDENT: Angel Chavez
You have been sued. Read the information below and on the next page. PETITIONER'S NAME IS: Patricia Chavez
You have 30 Calendar Days

after this Summons and Petition are served on you to file a typewritten Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs.

For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpca.org), or by contacting your local County Bar Association. The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Road Sacramento, CA 95826. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, are: Patricia Chavez 2966 Joerger Street Rancho Cordova, CA 95670 916-225-8410. Clerk, by J. Valdivia, Deputy Dated: October 15, 2020 Publish: January 15, 22, 29 and February 5, 2021 WILLIAMS 140830 02-05-21

NOTICE AND ORDER OF HEARING

NOTICE AND ORDER OF HEARING
Case No. 20-TP-13
STATE OF WISCONSIN, CIRCUIT COURT, GREEN COUNTY

IN THE INTEREST OF: Girl Child TO: Jeremy Grossman, Physical Description of alleged parent: Brown hair, brown eyes, facial hair (usually

goatee), thin. And any unknown parent at unknown address. Additional identifying information: Date of birth: 02-23-2016. IT IS ORDERED: This Notice be published advising you that a Petition for Termination of your parental rights to the named-above child be heard at the Green County Courthouse, Monroe, Wisconsin, Rm./Br. Address Green County Justice Center, 2841 6th St., Monroe, Wisconsin 53566, on February 15, 2021 at 3:00 p.m. IF YOU FAIL TO APPEAR, the court may hear testimony in support of the allegations in the Petition and grant the request of the petitioner to terminate your parental rights.

You have the right to have an attorney present. If you desire to contest the matter and cannot afford an attorney, the state public defender may appoint an attorney to represent you. If you fail to appear and the court terminates your parental rights, a notice of intent to pursue relief from the judgement must be signed and filed in the trial court within 30 days after the judgement is entered, in order to preserve the right to pursue such relief.

If you require reasonable accommodations due to a disability to participate in the court process, please call (608) 328-9433 prior to the scheduled court date. Please note that the court does not provide transportation. Name of Attorney: Corinne L. Frutiger, Green County District Attorney's office: 2841 6th Street Monroe, WI 53566 Telephone number: 608-328-9450 Bar Number: 1113703 GROSSMAN 1-15-21

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CLG NEWS UPDATES

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

Petition to recall Gov. Gavin Newsom attracts 1 million signatures in California – Petition needs just 500,000 more signees by mid-March deadline | 08 Jan 2021 |

A renewed push to recall California Gov. Gavin Newsom has attracted more than 1 million signatures, with 9 weeks left to collect the remaining 500,000 needed to place the measure on the ballot. Overall, the effort needs roughly 1.5 million people to sign on by mid-March, which would trigger a mid-year election. “The people are being heard loud and clear, and it is not a matter of IF we are going to reach our goal necessary that will trigger a recall election of Newsom, it is just when we cross the finish line,” Orrin Heatlie, the Lead Proponent of the official RecallGavin2020.com, said in a statement.

Ex-Capitol Police Chief Says Pelosi, McConnell's Sergeants at Arms Refused Security Measures While New Timeline Proves 'Trump Incitement' Claims Bogus | 11 Jan 2021 | The *Washington Post* has reported that the outgoing Capitol Police Chief, Steve Sund, believes his efforts to secure the premises were undermined by a lack of concern from House and Senate security officials who answer directly to Speaker Nancy Pelosi and Senate leader Mitch McConnell. The National Pulse can also report the *Washington Post's* timeline proves it was impossible for Trump speech attendees to have made it to the Capitol in time for the breach. In addition to the fact that Trump openly called for the “cheering on” of Congressman, and “peaceful” protests, the timeline as established from numerous, establishment media reports simply doesn't stack up.

IT Expert and Global Defense Contractor Testifies in Italian Court That He and Others Rigged Machines to Switch Votes to Biden in US Election | 06 Jan 2021 | An employee of one of the world largest defense contractors, Leonardo SpA, has sounded the alarm and provided a shocking deposition detailing his role in the most elaborate criminal act affecting a US election. Arturo D'elio outlined the scheme that proved successful in using Leonardo computer systems and military satellites located in Pescara, Italy. Recent reports of a hack at Leonardo now appear to have been an orchestrated cover to mitigate blowback on the corporation which is partially owned by the Italian government. A press release by Nations In Action revealed details:

Nations In Action, a government transparency organization, partnered with the Institute of Good Governance to thoroughly investigate and research the election irregularities which yielded the long awaited proof that a flawless plot to take down America was executed with extraordinary resources and global involvement. Americans and elected officials now have proof that the election was indeed stolen. This provides the mechanism for each state to recall their slate of electors immediately or face lawsuits and request all federal government agencies to lock down all internal communications, equipment and documentation from the Rome Embassy. "Make no mistake, this is a coup d'état that we will stop in the name of justice and free and fair elections," stated Maria Strollo Zack, Chairman of Nations In Action.

Rasmussen: Trump's Approval Rating Rises After DC Protests | 08 Jan 2021 | The Rasmussen poll, one of the most accurate polls of the 2020 election, finds President Trump's approval is actually rising after Wednesday's protests. As Democrats move to impeachment and some establishment Republicans call for the 25th Amendment to remove Trump, the poll finds 48% approve of the President's job performance. A source close to the polling firm tells Newsmax that the rolling survey saw Trump's approval soar to 51% on Thursday night. Trump's approval has been up overall, jumping from 45% just before Christmas.

Federal Prosecutor Opens Excessive Force Investigation Into the Death of Ashli Babbitt - Report | 09 Jan 2021 | Michael Sherwin, acting U.S. attorney for the District of Columbia, said that his office has started a federal, excessive force investigation over the shooting and killing of former U.S. Air Force veteran Ashli Babbitt in the Capitol on Jan. 6. Sherwin confirmed the investigation with CBS News. His civil rights section will lead the prosecution, which is being investigated by D.C. police and the FBI. ★

In Loving Memory of Michael McDowell

***Sacramento County Farm Bureau
Press Release***

SACRAMENTO COUNTY, CA (MPG) - Michael McDowell was a dedicated Director of the Sacramento County Farm Bureau, local Delta farmer and avid agriculturalist. He passed away unexpectedly in early December, leaving behind his wife Amber and two young children, Sierra and Logan.

Michael operated his family's farm stand, Double M Farms, focusing on Bartlett and Bosc pears and many other specialty fruits from his orchard. Michael also created and managed McDowell Hunting preserve featuring pheasants, chukar and quail.

Michael was committed to protecting and promoting Delta agriculture, and was a founding member of the Sacramento River Delta Grown farm trail. He and his wife Amber were dedicated Farm Bureau members and always looked for ways to support youth in agriculture and our local community.

To support Amber and their children, a memorial fund has been established in Michael's name. Donations can be made at any F&M Bank branch or sent to our office at the address below:

Sacramento County Farm Bureau
c/o McDowell Memorial Fund
8970 Elk Grove Blvd.
Elk Grove, CA 95624



Michael McDowell

Make checks payable to:
Michael McDowell Memorial Fund

If you have any questions regarding other ways you can help the McDowell family or about donations, please contact our office at 916-685-6958.

Our deepest condolences go out to Amber, their children, Ed & Eileen and the entire McDowell family.

Wishing you all peace, health and happiness in the New Year!

Sincerely,

Lindsey Liebig
Executive Director

Sac County Hosting Public Safety Workshop

From Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Community Corrections Partnership (CCP) will host the first Assembly Bill 109 Public Safety Realignment Community Workshop (CCP Community Workshop) in an effort to educate the public about the CCP and to encourage community participation and input. The workshop will be held from 5:30-6:30 p.m., Thursday, Jan. 21 and will be cablecast live on Metro Cable 14 on the Comcast, Consolidated Communications and AT&T U-Verse Systems and webcast live via Metro Cable 14.

This workshop is in direct response to community requests to participate in the process. The CCP Community Workshop

will be conducted virtually to adhere to local and state public health mandates and guidelines.

The CCP, chaired by Sacramento County Chief Probation Officer Lee Seale, is responsible for the development of Sacramento County's Assembly Bill 109 Public Safety Realignment Plan (AB 109 Plan). The CCP advises the Board of Supervisors on specific programming needs to implement provisions of AB 109 legislation, including rehabilitative programming and alternatives to incarceration. The CCP is committed to updating the AB 109 Plan with input from the community and local stakeholders. The updated AB 109 Plan will include findings from research, ongoing evaluation and assessment of local programs. ★

Crossword Puzzle on Page 9

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

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CLUES

Crossword Puzzle Solutions on Page 9

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19					20			21	22					
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				



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DOWN

1. Slightly wet
2. *Malone and Stockton of the _____ Jazz
3. Skirt length
4. Shrovetide dish
5. *Mary-Kate and Ashley
6. Geologists' studies
7. * _____ and cheese
8. Moved under the rug
9. "All _____, no bite"
10. Footnote word
11. *Amy Poehler's comedic partner
12. Welsh alternative to Siobhán
13. Was almost out of gas, e.g.
20. Source of indigo dye, pl.
22. " _____ Be Home For Christmas"
24. In the best possible way
25. Coffee burn, e.g.
26. *Bow and _____
27. Spherical bacteria
29. *Corona's main squeeze?
31. What willow did
32. Read-only chip
33. Greek bazaar
34. *Clark's fellow traveler
36. College party chant
38. Celestial bear
42. Dancer's beat
45. Daisy dukes, e.g.
49. "Wizard of Oz" man
51. Archimedes' exclamation
54. Furlough
56. Flower part
57. Frog delicacy
58. Wheel shaft
59. Swerve
60. European sea eagle
61. *David and Paul on the " _____ Show"
62. Italian currency, pl.
63. Maple genus
64. Negative contraction
67. *Jerry's fellow treat-maker

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Sudoku Puzzle on Page 9

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

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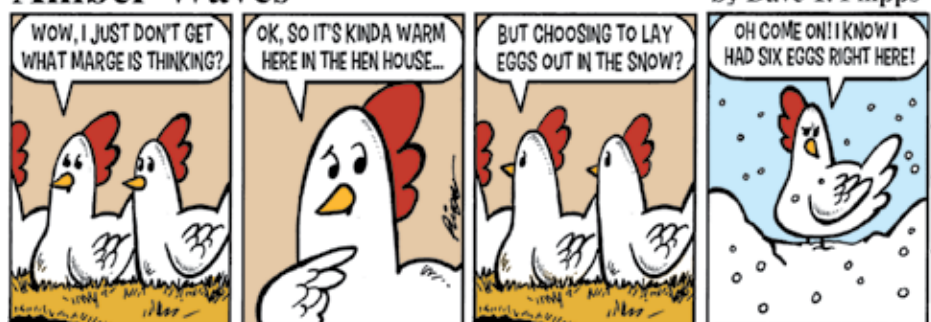
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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

WEEKLY COMICS

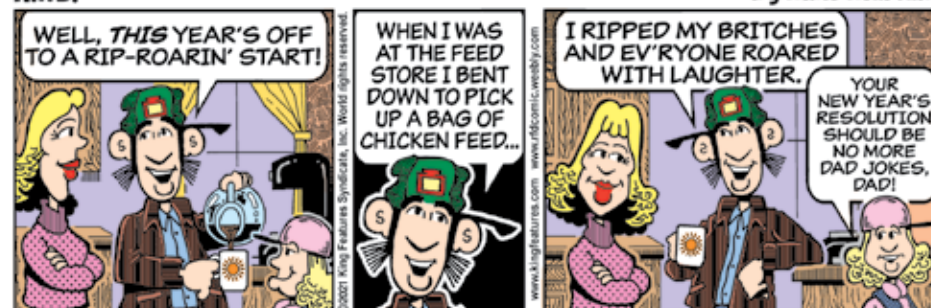
Amber Waves



Out on a Limb



R.F.D.



GRIN and BEAR IT by Wagner



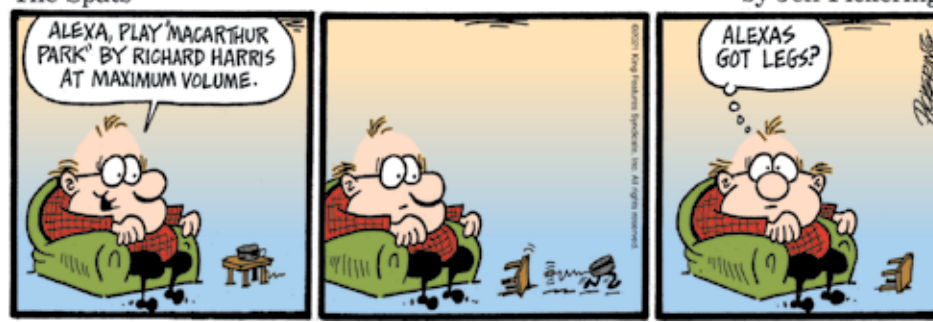
"The jury's verdict in the Michael Jackson case is noted. However, this is the Figby case."

LAFF-A-DAY

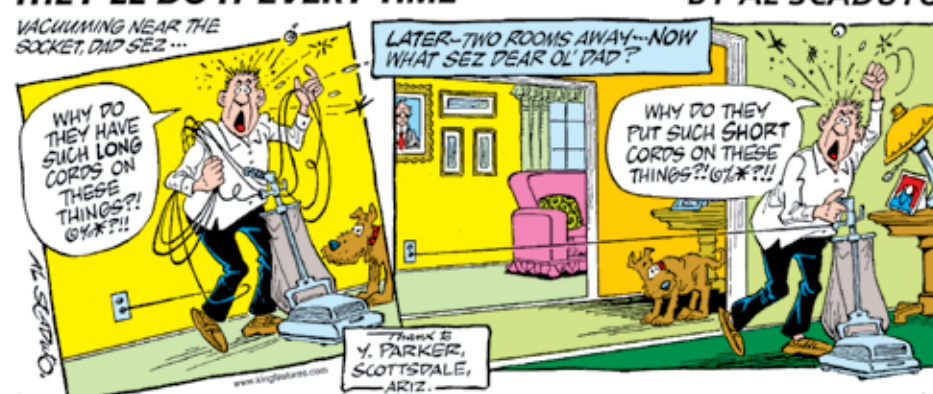


"That sure WAS a surprise party. She actually gave her right age!"

The Spats



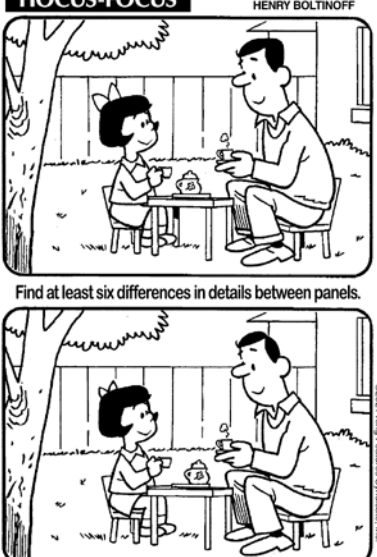
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<p>FRISKIES BUFFET CANNED CAT FOOD</p> <p>5.5 Oz All Varieties</p> <p>ON SALE Everyday</p> <p>Effective 1/13/21 - 1/19/21</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD</p> <p>Black Label Gold Label 2.8 Oz.</p> <p>ON SALE</p> <p>Limit 2 Cases Per Family</p> <p>Effective 1/13/21 - 1/19/21</p>	<p>TIDY CATS SCOOPABLE CAT LITTER</p> <p>20 Lb Jug</p> <ul style="list-style-type: none"> • Regular • Unscented <p>Limit 2 Jugs Per Family</p> <p>ON SALE Everyday</p> <p>Effective 1/13/21 - 1/19/21</p>	<p>HIGH-COUNTRY WILD BIRD SEED</p> <p>20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$6.99)</p> <p>\$6.99</p> <p>Limit 2 Bags Per Family</p> <p>Effective 1/13/21 - 1/19/21</p>

<p>IAMS DRY CAT FOOD</p> <ul style="list-style-type: none"> • Healthy Adult Chicken • Indoor/Weight Control/Hairball • Salmon & Tuna • Hairball \$18.99 16 Lb Bag <p>\$17.99</p>	<p>EVERCLEAN PREMIUM CAT LITTER</p> <ul style="list-style-type: none"> • ES Unscented • US Ever Fresh <p>25 Lb. Box Limit 2 Boxes</p> <p>\$12.99</p>	<p>MERRICK'S GOURMET CANNED DOG FOOD</p> <p>13.2 Oz All Varieties Limit 1 case</p> <p>On Sale</p>
<p>NATURAL BALANCE DRY DOG FOOD</p> <ul style="list-style-type: none"> • Ultra Fresh 24 Lb • Potato & Duck 26 Lb • Fat Dog 28 Lb • Vegetarian 28 Lb • Chicken & Brown Rice 26 Lb <p>Limit 2 bags per family</p> <p>\$3 OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>PESTELL CLUMPING CAT LITTER</p> <p>40 Lb. Bag Limit 2 Bags</p> <p>\$8.99</p>	<p>IAMS DRY DOG FOOD</p> <ul style="list-style-type: none"> • Large Breed • Lamb Meal & Rice • Weight Control <p>\$27.99</p> <p>Limit 2 Bags Per Family</p>
<p>FRESH STEP CAT LITTER</p> <p>25 Lb Bag (14 Lb Bag - \$4.99) Limit 2 Bags</p> <p>\$6.49</p>	<p>SCIENCE DIET DRY DOG FOOD</p> <ul style="list-style-type: none"> • 28.5-33 Lb Bag • Life • Active Maturity • Perfect Weight • Sensitive Stomach <p>\$47.99 \$51.99</p>	<p>SOLID GOLD CANNED CAT FOOD</p> <ul style="list-style-type: none"> Including • Perfect Pairings Cups • Holistic Delights Pouches <p>2.75 Oz • 6 Oz</p> <p>As Marked 10% OFF</p> <p>OUR REGULAR LOW PRICES</p>
<p>MEOW MIX CAT FOOD</p> <p>Market Select 2.75 Oz Cup Limit 1 Case</p> <p>53¢</p>	<p>CORE NATURAL DRY CAT FOOD</p> <ul style="list-style-type: none"> • Original • Indoor • Turkey Grain Free 11-12 Lb Bag • Wellness Grain Free Cat Food 11.5 Lb • Adult Chicken • Healthy Weight • Indoor Salmon • \$29.99 <p>Limit 2 Bags With each purchase</p> <p>\$37.99</p>	<p>OKOCAT CLUMPING WOOD LITTER</p> <ul style="list-style-type: none"> • Regular • Soft Step <p>11-13 Lb 16.7 Lb 19.8 Lb</p> <p>\$13.99 \$19.99</p>

<p>GREENIES DOG TREATS</p> <ul style="list-style-type: none"> • Chewy Texture • Easy to Digest • Regular • Grain Free 12 oz <p>Limit 2 Bags Per Family</p> <p>\$11.99</p>	<p>ROSEY'S ORGANICALLY GROWN KITTEN GRASS</p> <ul style="list-style-type: none"> • Single Tub <p>\$2.99</p>
<p>Zuke's NATURAL TREATS</p> <ul style="list-style-type: none"> • Z-Bones • Z-Fillets • Mini-Naturals • Hip Action • Crunchy Naturals • Lil Links • Superfood • Puppy Naturals • Hemp Naturals <p>All Varieties</p> <p>20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>J&W GROOMING PRODUCTS</p> <ul style="list-style-type: none"> • Brushes • Deshedding Tools • Flea Comb • Nail Clippers <p>All Varieties</p> <p>20% OFF</p> <p>OUR SUPER LOW PRICES</p>

<p>MARINELAND POWER FILTER SALE</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>MODEL</th> <th>TANK SIZE</th> <th>PRICE</th> </tr> </thead> <tbody> <tr> <td>PENGUIN 100B</td> <td>.20 Gal.</td> <td>\$17.99</td> </tr> <tr> <td>PENGUIN 150B</td> <td>.30 Gal.</td> <td>\$24.99</td> </tr> <tr> <td>PENGUIN 200B</td> <td>.50 Gal.</td> <td>\$29.99</td> </tr> <tr> <td>PENGUIN 350B</td> <td>.75 Gal.</td> <td>\$39.99</td> </tr> </tbody> </table>	MODEL	TANK SIZE	PRICE	PENGUIN 100B	.20 Gal.	\$17.99	PENGUIN 150B	.30 Gal.	\$24.99	PENGUIN 200B	.50 Gal.	\$29.99	PENGUIN 350B	.75 Gal.	\$39.99	<p>AQUEON BOXED 10 GALLON TANK</p> <p>With Economy Kit</p> <p>Just add Heater For Tropical Fish</p> <p>\$36.99</p> <p>Limit 1 Per Family</p>
MODEL	TANK SIZE	PRICE														
PENGUIN 100B	.20 Gal.	\$17.99														
PENGUIN 150B	.30 Gal.	\$24.99														
PENGUIN 200B	.50 Gal.	\$29.99														
PENGUIN 350B	.75 Gal.	\$39.99														
<p>KENT MARINE WATER SUPPLEMENTS</p> <p>20% OFF</p> <p>OUR SUPER LOW PRICES</p>	<p>MARINELAND PREMIUM FISH FOOD</p> <p>ALL VARIETIES</p> <ul style="list-style-type: none"> • Goldfish • Cichlids • Tropical • Wafers <p>20% OFF</p> <p>OUR SUPER LOW PRICES</p>															

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Limit One Coupon Per Family
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Effective 1/13/21 - 1/19/21

\$17.99

CHM PLU 365

BONUS COUPON

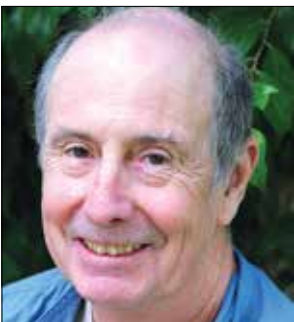
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Limit One Coupon Per Family
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\$13.99

A Discovery in the UC Davis Hammock Lab May Lead to Treatment of Alzheimer's Disease



Bruce Hammock, UC Davis distinguished professor.
Photo by Kathy Keatley Garvey

By Kathy Keatley Garvey, UC Davis

DAVIS, CA (MPG) - Inhibitors of a key regulatory enzyme in humans and experimental animals studied in the lab of UC Davis distinguished professor Bruce Hammock may lead to a role in treating people with Alzheimer's disease by reducing inflammation in the brain. "Inflammation in the brain, or neuroinflammation, is strongly implicated in Alzheimer's disease," said Hammock, co-author of a research paper, "An Epoxide Hydrolase Inhibitor Reduces Neuroinflammation in a Mouse Model of Alzheimer's Disease," published Dec. 9 in the journal *Science Translational Medicine*.

"This paper is getting worldwide attention, and I hope it stimulates research on the role of lipid mediators in brain health" said Hammock, who holds a joint appointment with the Department of Entomology and Nematology and the UC Davis Comprehensive Cancer. Some 5.8 million Americans have Alzheimer's disease, an irreversible brain disease that slowly destroys memory and thinking skills. A team of eight scientists, led by Hui Zheng of the Baylor College of Medicine, Houston, explained that the enzyme, soluble epoxide hydrolase (sEH), is elevated in the brains of patients with Alzheimer's disease (AD) and in an amyloid mouse model with AD. Blocking sEH "may replenish the natural epoxy lipids, combat neuroinflammation, and improve cognition," they said.

Hammock describes sEH as a key regulatory enzyme involved in the metabolism of fatty acids. It regulates a new class of natural chemical mediators, which in turn resolve inflammation while reducing blood pressure and pain. Hammock and his lab have been involved in research on this enzyme for more than 50 years.

"Inflammatory processes are known to be associated with the pathology and neurodegeneration asso-

ciated with Alzheimer's disease," said Dr. Charles DeCarli, director of UC Davis Health's Alzheimer's Disease Center, a National Institutes of Health-funded research center funded by the National Institutes of Health. "While the exact mechanisms remain elusive, these new data offer a unique avenue for novel therapeutic development and may be the first step in the process of finding an effective treatment for Alzheimer's disease." DeCarli, who was not involved in the Baylor-UC Davis study, is a distinguished professor of neurology in the Department of Neurology and the Center for Neuroscience. He serves as the Victor and Genevieve Orsi Chair in Alzheimer's Research and directs the Imaging of Dementia and Aging laboratory.

The team, including three researchers from the Hammock lab – Hammock, Sung Hee Hwang and Debin Wan – and five from Baylor – Zheng, Anamitra Ghosh, Michele Comerota, Fading Chen, Nicholas Propson – identified a lipid metabolic pathway regulating neuroinflammation. Further development of sEH inhibitors may lead to a potential treatment for AD, they said.

In their abstract, the scientists explained that epoxy fatty acids "are derivatives of the arachidonic acid and omega-3 fatty acid metabolism pathways and have anti-inflammatory activities. However, their beneficial efficacy is limited because of their rapid hydrolysis by the soluble epoxide hydrolase (sEH)."

Zheng, director and professor of Baylor's Huffington Center on Aging, also holds joint appointments with Baylor's Department of Molecular and Cellular Biology and the Department of Molecular and Human Genetics. Her laboratory focuses on basic and translational research on Alzheimer's disease. "Our expertise is mouse genetics, and we are known for using sophisticated mouse models and innovative approaches to probe the biology and pathophysiology of AD," she writes on her website.

Hammock added: "We have been lucky to collaborate with the scientists from Baylor and others around the world to find ways to resolve inflammation and reduce chronic diseases of aging. One of our sEH inhibitors is in human safety trials on a clinical path to treat

chronic pain, we are hopeful that the compound also can be repurposed to ameliorate symptoms of diseases in the central nervous system." Of the 5.8 million Americans who have Alzheimer's, around 5.3 million are 65 and older, according to the Alzheimer's Association. About two-thirds are women. "African-Americans are about twice as likely to have Alzheimer's disease or other forms of dementia as whites. Hispanics are about 1.5 times as likely to have Alzheimer's disease or other forms of dementia as whites."

The National Institute on Aging indicates that the prevalence of Alzheimer's disease doubles every five years beyond the age of 65. At present, someone in the U.S. develops Alzheimer's disease every 66 seconds. Worldwide, some 44 million people have Alzheimer's.

The abstract: "Neuroinflammation has been increasingly recognized to play a critical role in Alzheimer's disease (AD). The epoxy fatty acids (EpFAs) are derivatives of the arachidonic acid metabolism pathway and have anti-inflammatory activities. However, their efficacy is limited because of their rapid hydrolysis by the soluble epoxide hydrolase (sEH). We report that sEH is predominantly expressed in astrocytes and is elevated in postmortem brain tissue from patients with AD and in the 5xFAD β amyloid mouse model of AD. The amount of sEH expressed in AD mouse brains correlated with a reduction in brain EpFA concentrations. Using a specific small-molecule sEH inhibitor, 1-trifluoromethoxyphenyl-3-(1-propionylpiperidin-4-yl) urea (TPPU), we report that TPPU treatment protected wild-type mice against LPS-induced inflammation in vivo. Long-term administration of TPPU to the 5xFAD mouse model via drinking water reversed microglia and astrocyte reactivity and immune pathway dysregulation. This was associated with reduced β amyloid pathology and improved synaptic integrity and cognitive function on two behavioral tests. TPPU treatment correlated with an increase in EpFA concentrations in the brains of 5xFAD mice, demonstrating brain penetration and target engagement of this small molecule. These findings support further investigation of TPPU as a potential therapeutic agent for the treatment of AD." ★



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Meet Your New Year's Resolutions in Citrus Heights

By Julie Minchuk,
City of Citrus Heights
Communications Intern

CITRUS HEIGHTS, CA (MPG) - 2021 is here! Check out this list of ways you can fulfill your New Year's resolutions with activities right here in Citrus Heights.

GET ACTIVE

1. Arcade Creek Park Preserve

With trails, workout equipment, play structures, and a zip line, the Arcade Creek Park Preserve located at 6377 Bonham Circle has everything you need to exercise and have fun! Learn more: sunriseparks.com/arcade-creek-park-preserve

2. Rusch Park

This staple of the Citrus Heights community has gone through some upgrading! If you haven't visited Rusch park in a while, you need to check out the new play structure and plan a family-friendly outing. Learn more: sunriseparks.com/rusch-community-park

3. Madera Park

With a wonderful landscape for sports and picnics, Madera Park is located at 8046 Wonder St. This park is perfect for tennis, basketball, volleyball, and for family outings. Learn more: sunriseparks.com/madera-park

EXPLORE

4. Support the restaurants who participated in the Great Plates Program, providing meals to at-risk seniors in Citrus Heights: Beach Hut Deli: 6404 Sunrise Blvd Citrus Heights, CA 95610; Boston's Pizza: 5511 Sunrise Blvd. Citrus Heights, CA 95610; Chronic Tacos: 7550 Watson Way, Citrus Heights, CA 95610; Ciro's Pizza: 7521 Old Auburn Road, Citrus Heights, CA 95610; Dos Coyotes: 5450 Sunrise Blvd. Suite F, Citrus Heights, CA 95610; Nor Cal Subs (Subway): 6156 Sunrise



Above Top: The City of Trees offers its residents ample space for healthy exercising and developing friendships. Above: Citrus Heights parks are an excellent place to get that back to nature feel. Learn more by visiting sunriseparks.com. Above bottom: Walking is one of the healthiest activities you can engage in while you enjoy Citrus Heights scenery. Photos: City of Citrus Heights

Mall, Citrus Heights, CA 95610; R Vida Cantina: 7040 Sunrise Blvd. Citrus Heights, CA 95610

5. Download the SmaRT Ride app for Affordable Transportation

SmaRT Ride offers on demand, curb-to-curb, ride-hailing services to destinations throughout Citrus Heights. The SacRT SmaRT Ride app is easy to download. This service is similar to other ride-share apps, where customers use a smart-phone to request a ride that will pick up and drop off within service boundaries. Visit sacrt.com/apps/smart-ride/ to learn more.

6. Show us how you're supporting local businesses by participating in the #LoveLocal campaign!

When you're out shopping safely in Citrus Heights, snap a photo and send it to the City's team to be shared on social media and our Love Local

map on the City's website (CitrusHeights.net/ShopLocal). Your photo can be a shopping selfie, a photo of your food or purchases, a Love Local decal sighting, or more!

Email photos to LoveLocal@CitrusHeights.net
Follow the City's social media pages (so you can keep an eye out for your photo!)
Facebook.com/CityofCitrusHeights
Twitter.com/CityofCHEights
NextDoor.com/city-of-citrus-heights

GIVE BACK

7. Volunteer with the Citrus Heights Police Department

Citrus Heights Police Department volunteers are a crucial part of our law enforcement's success. If you're interested in helping with community meetings, special events, patrol programs, clerical work, or other duties, please visit CitrusHeights.net/345 to learn how you can help!

8. Support the local Food Bank

The Sunrise Christian Food Ministry started in 1983 to supply emergency food for residents in need. Supplies and financing are provided by the support of 25 nearby churches, and community donations. The Food Ministry supports people from Fair Oaks, Citrus Heights, and Orangevale. Since opening, the number of families served by this local food bank has increased seven-fold. This has put quite a burden on the churches and donors who support the food bank, so now more than ever they need our help! Visit sunrisechristianfoodministry.org to view a list of needed food and supplies, make a donation, and more.

9. Join the Citrus Heights Homeless Assistance Resource Team

Citrus Heights HART (Homeless Assistance Resource Team) is a volunteer-run community effort to end homelessness in

the City of Citrus Heights. Their goal is to act as a resource for those experiencing extreme poverty and chronic instability by connecting people in need with local services. The HART philosophy is rooted in the idea that resources must be accessible in order to be utilized. Because most homeless services within Sacramento County are located downtown, there exists a physical gap between services and many of the people who need them. Open communication between local government, business owners, faith-based organizations, and passionate individuals fosters an atmosphere of collaboration that we believe will lead to tangible improvements in the lives of the homeless in Citrus Heights.

Beginning January 4, 2021, the Citrus Heights HART has begun its rotating respite/warming center. To learn more about this service, visit citrusheightshart.org/winter-respite. ★

Move-in today and get 1 Month Free!*

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At Cogir of Stock Ranch, the health, safety and well being of our residents is a HUGE priority. To that end, we have partnered with CVS Pharmacy to ensure our staff and residents will be included in phase one of COVID-19 vaccinations.† If you've been considering senior living, make the move to Cogir of Stock Ranch, where we strive for enriching lifestyles, excellence in safety and encompassing service. **Prices starting at \$2,995*.**