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Cancelled Culture



In the prophetic words of Ozzy Osbourne "Paranoia will destroy ya." Photo by Richard Burlton on Unsplashd

By Paul Scholl

SACRAMENTO REGION, CA (MPG) - The Wuhan Coronavirus has been taking its toll on society, one grocery store at a time. People are panicking and raiding the shelves of most stores of basic essentials. People are loading up on toilet paper and water. Is anybody buying out all the vitamins and dietary supplements? Has there been a raid on fresh fruit and vegetables?

The virus is a serious matter to be sure, and precautions surely must be adhered to. But cancelling an entire society and giving up all control of your lives to the government?

Events started cancelling last week. Cancelled are all local events and

programs presented by chambers of commerce, arts and entertainment groups, major and minor league sports teams, little league games and all high school sports, church functions, fundraisers, you name it. Our culture gets cancelled.

The economic backlash is going to be a big one, but get ready to pay those taxes. Maybe the government can cancel this year's tax liabilities for all Americans? No, but they offer small businesses a tax credit that will never be realized before they go out of business altogether.

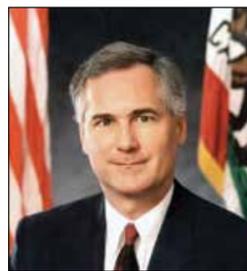
During the Black Plague (bubonic plague) in 1347, which also saw its first recorded case in China in 224 B.C.E., the primary cure was fresh water, fresh air and improved diet. Today, we are seeing

a rise in that disease in Los Angeles prior to the Wuhan Coronavirus. And no one says a thing.

In a radio interview on Coast to Coast from August 12, 2009, Dr. Sherri Tenpenny explained what was happening in the medical field surrounding the Swine Flu of 2009 and preparations from the government. She outlines what happened with the Bird Flu in 2006 and the mass planning for future virus outbreaks and the looming government control. If you listen to the entire interview, you will hear exactly what is happening today, predicted almost 11 years ago. Will the government force vaccinations for the Wuhan Virus?

What can you do? Do what your
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The Midnight Passage of H.R. 6201



By Congressman
Tom McClintock

Benjamin Franklin warned that "Passion governs, and she never governs wisely." Exhibit A is H.R. 6201, the so-called "Families First Recovery Act." The House passed this bill literally minutes after it was introduced, with no analysis, no cost estimates, virtually no debate and in a general state of political panic.

For the next few weeks, new cases of Covid-19 are expected to increase. But at some point, the infection rate will peak and decline. As it does, factories will reopen, employees will get back to work and life will return to normal.

Once the public health crisis is passed, the House bill threatens to postpone the economic recovery by guaranteeing employees up to three months of paid leave under the Family Medical Leave Act. In theory, the purpose is to self-quarantine, recuperate or care for family members who are idled or afflicted, but in reality, it opens the door for anyone who wants to game the system.

The costs – which could run into hundreds of billions of dollars – are to be fronted by businesses and ultimately borne by taxpayers, leaving a massive debt to repay. The more employees who claim extended leaves, the more productivity losses the business will suffer, potentially leaving some employees no jobs to return to.

This is anything but compassionate. Remember, government cannot give a dollar to one person that it hasn't taken from another. When the health crisis passes, our economic crisis will depend on a rapid return to normalcy – not three months of mass unemployment. The strong jobs report in February tells us the American economy is fundamentally sound and should bounce back quickly as the infection abates. This bill makes the same mistakes that needlessly prolonged the recession of 2008 and cost our country a decade of economic growth.

Idled businesses face a liquidity crisis that demands a full-out monetary response from the Federal Reserve and
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State Funding Will Help Increase Affordable Housing in Citrus Heights

Story by
Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The California Department of Housing and Community Development (HCD) is implementing the Local Early Action Planning (LEAP) Grant Program to help increase affordable housing statewide. LEAP, which is funded by a state tax on real estate transactions, will help local governments increase available housing and prepare to meet the latest Regional Housing Needs Allocation (RHNA) numbers. HCD is allocating \$119 million in LEAP funding to counties and cities that implement plans to increase housing supply, streamline housing production, and facilitate more affordable housing.

LEAP funds are non-competitive and distributed based on local population. Citrus Heights just has to meet the state's standards for eligibility and submit the application to receive \$300,000. At the March 12

meeting of the Citrus Heights City Council, staff presented an overview of the City's plans for LEAP funding and asked for Council approval to submit the application.

LEAP funds can be used to help update the City's Housing Element, which provides an analysis of the community's housing needs across all income levels and strategies to meet those needs. The Housing Element is a significant part of the General Plan and must be updated every eight years.

The City plans to use LEAP funding to promote the development of Accessory Dwelling Units (ADUs), which are housing units built in addition to the primary dwelling on a parcel. The state views ADUs, also known as in-law units, as another way to creatively address the housing crisis. Assembly Bill 68 was passed to provide flexibility in the development of ADUs and to restrict local governments from adopting ordinances hindering their creation. The City plans to streamline

the process by offering pre-approved designs for ADUs.

The City can also use LEAP funds to help meet another state mandate: Senate Bill 743, which changes the way transportation impacts are analyzed under the California Environmental Quality Act (CEQA). Under SB 743, Citrus Heights needs to streamline their traffic analysis program to take the burden off housing developers.

When the City Council approved the Sunrise Mall Specific Plan, the estimate included the cost of the Environmental Impact Report (EIR), which was a need that did not have an identified funding source at that time. LEAP funding can be used to fill that unmet need so the EIR cost doesn't have to come out of the City's general fund.

The City also plans to use LEAP funds to improve the entitlement and CEQA process so that housing developments can be approved more quickly. The

funds can also help the City with General Plan updates regarding housing densities in commercial zones.

These efforts, funded by LEAP, will increase the availability of affordable housing throughout the city, which should help Citrus Heights meet their new RHNA number of 697 units. California determines the current housing need throughout the state, and then that number is divided by region. The Sacramento Area Council of Government (SACOG) is responsible for dividing the regional number amongst the members: six counties and 28 cities. To meet their RHNA number of 697, the City of Citrus Heights doesn't have to build 697 housing units – but they are required to identify land that could accommodate those units and ensure that the City's housing code allows for those units to be built.

Meeting the RHNA numbers is a challenge. There is not a lot of vacant land in the
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Disney Plus – for Health Care?



By Sally C. Pipes

Over 10 million people have signed up for Disney Plus since it launched last year. It's easy to understand why. The service gives subscribers access to hundreds of movies and television shows for just \$7 a month – no cable plan required.

Imagine if we applied that model to health care. For a flat monthly fee, subscribers could get everything from flu shots to lab tests “on demand” – no expensive, cumbersome insurance plan required.

This model already exists. It's called direct primary care – and Americans young and old, rich and poor alike are increasingly turning to it as a means of securing affordable, high-quality health care.

Under direct primary care, a patient pays a doctor a subscription-style fee in exchange for access to an array of services. Just a decade ago, there were only a handful of direct primary care practices scattered across the country. Today, over 1,000 serve around half a million people in 49 states.

The model has flourished in part because many doctors no longer want to deal with insurance. Nearly 75 percent of physicians spend at least 10 hours each week on paperwork. Bureaucratic tasks are the largest contributor to physician burnout, which affects roughly half of all family medicine doctors.

Burnout is serious. Physicians who experience it are more likely to make medical errors.

Direct primary care can ease doctors' workload, reduce risk of burning out, and give them more time to spend with patients. Direct primary care visits often last up to an hour -- four times longer than the usual 15-minute visit offered in traditional practices.

Putting a doctor on retainer may sound like it's beyond the means of most Americans. But it costs less than the average cable bill. Direct primary care patients typically pay between \$50 and \$100 each month for a host of services. Many direct primary care providers also offer discounts on prescription drugs.

Consider Kansas City Direct Primary Care, where adults 26 and over pay \$65 a month for unlimited primary and urgent care visits and 24/7 access to a physician. Members also get home visits and access to reduced-price labs, medicines, and specialist services. For \$140 a month, two parents can get that same level of coverage for themselves and all children under 18.

For some people, that's a much better deal than traditional insurance. The average lowest-cost plan for sale on Obamacare's exchanges this year features a \$331 monthly premium. Last year, family coverage on the exchanges ran \$1,154 a month, on average.

Those high premiums don't buy much in the way of medical services. Patients may struggle to find a doctor who will take their insurance. Once they do, they still have to shell out thousands of dollars to meet their deductibles – before they receive a dime from their insurers.

In other words, direct primary care could provide a worthy alternative to the expensive Obamacare status quo. Many patients could receive better care at lower cost by pairing a direct primary care arrangement with a high-deductible, catastrophic policy that they only tapped if they sustained a medical emergency.

The subscription model has transformed how Americans watch movies, buy groceries, and more. As direct primary care shows, it can transform health care, too.

Sally C. Pipes is president, CEO, and the Thomas W. Smith fellow in healthcare policy at the Pacific Research Institute. Her latest book is *False Promise, False Promise: The Disastrous Reality of Medicare for All* (Encounter 2020). Follow her on Twitter @sallypipes. This piece originally ran in the *Orlando Sentinel*. ★

Reel Cars: The Importance of Cars in Filmmaking



The '51 Nash Rambler from *Monkey Business* starring Marilyn Monroe. Photo: California Auto Museum

By Steve LaRosa, California Automobile Museum

SACRAMENTO REGION, CA (MPG) - From the days of the Keystone Kops piling into their squad car to Steve McQueen as “Bullitt,” hair-racing through the alpine streets of San Francisco, the automobile has played an essential supporting AND starring role on the silver screen, and solidified its (parking) place in American lore.

And guess what? We got ‘em. The selection of vehicles in the Museum's new Reel Cars Exhibit was chosen to illustrate how Movieland's filming process happens, employing historically iconic vehicles. The exhibit also features 3 videos depicting the use of cars in films.

Running now through July 6, 2020, is a cast of famous cars: The 1963 Shelby Cobra Replica from the Oscar-nominated *Ford v Ferrari*, which recounts the legendary battle between the two manufacturers on the world's racing circuits, especially Le Mans;

The 1967 VW Bus driven by stoned surfer-dude, Jeff Spicoli, played by Sean Penn in *Fast Times at Ridgemont High*. To quote Spicoli, “This is US History. Totally awesome.”

A 1951 Nash Rambler Rolltop used by Marilyn Monroe to promote 1952s “Monkey Business” in that year's Miss America Pageant parade, where she served as Grand Marshal;

A Ferrari 250 Testa Rossa replica as seen in the film based on the best selling book, *The Art of Racing in the Rain*;

The 1994 Chevy Van from the film version of “The A-Team,” directed by Sacramento's own Joe Carnahan.

A 1965 Dodge Coronet taxi cab featured in *Mad Men* and countless other TV shows and films.

The exhibit also includes a number of other vehicles seen in popular movies and TV shows that already have delighted our guests who are not only car lovers but fans of these films and programs as well.

“We are privileged to have on display a representative selection of vehicles as used in the movies, from those that performed grunt work as camera cars to stars in their own right such as the Cobra replica from last year's Academy Award-winning film “*Ford vs. Ferrari*” or, from another era, a Nash Healey used in 1954's “*Sabrina*.” These and other fascinating examples illustrate that the role of the automobile in film is almost as old as the film industry itself.”

— Mark Steigerwald/Executive Director/California Automobile Museum

The California Automobile Museum, located at 2200 Front Street, Sacramento, invites one and all to explore the history and process behind the scenes of cars in Hollywood.

Since opening in 1987, the California Automobile Museum has told the story of over 130 years of automotive culture and history. Exhibiting makes and models of all kinds (including continuously changing special exhibits), the Museum strives to preserve, exhibit, teach and tell the stories of the automobile and its influence on our lives. ★

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<p>GREAT VALUE</p> <p>Beef Ribeye Steak Boneless Filete de Chuletón de Terresa \$4.99 /lb</p>	<p>Boneless & Skinless Chicken Breasts \$1.39 /lb</p>	<p>Pork Baby Back Ribs - Single Pack \$2.69 /lb</p>
<p>Smithfield Pork Butt - Bone In \$1.39 /lb</p>	<p>IBP Pork Butt - Boneless \$1.69 /lb</p>	

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For the Love of Music
 Presented by the
Rancho Cordova River City Concert Band
 Saturday, April 4th at 3:00 pm
 Koreana Plaza Food Court
 10971 Olson Drive, Rancho Cordova
FREE ADMISSION
 rconcertband.org

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

Asparagus 1.29	Jumbo Red Onions 39¢	Bone Pear 79¢	Blackberries 6 oz 1.99	Jicama New Crop 59¢	Red Delicious Apples 3 lb 1.59
Russet Potato 10 lb Bag 2.59	Enoki Mushroom 150 g 2/\$1	Sweet Tamarind 1 lb 3.99	Carrots 2 lbs/\$1	Yukon Potato 69¢	Red Leaf Lettuce 59¢

AMERICAN/HISPANIC GROCERY

Essential Everyday This Spaghetti 36 oz \$1.49	Del Monte White Kernel Corn 15.25 oz 99¢	El Compadre Charred Cilantro 7 lb Bag \$3.99	Hotly Honey Flavors 5.75 45 Count \$1.79	Softly Softly Softener 8.5 Liter \$10.99
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ASIAN GROCERY

Thai Tea Mix 16 oz \$2.99	Pho Bread \$2.29	Excellent Bread \$2.29	Crochet Beer 15.66 oz \$3.49	Three Crab Bread \$1.49	Golden Egg \$1.49	Magi Serrano \$1.49
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EUROPEAN GROCERY

Lea Biscuits \$2.99	En Fin Biscuits 1000 g \$3.99	Vietnam Curry 400 g \$4.99	Golden Curry 400 g \$3.99	Golden Curry 400 g \$4.99	Schoko Biscuits 300 g \$3.29	Bolinas Sheraz Milk 400 g \$5.49
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KOREAN/JAPANESE GROCERY

CP Onion 6 x 2.0 g 6.99	Sliced Hamster 10 Soy 5.27 oz 4.99	Hot Chicken Ramen 2.84 oz 7.99	Beef Spiced Ramen 2.84 oz 2.99	Just Crunchy Rice Balls 3.5 oz 99¢	Orion Choco Pie 15.66 oz 2.99
Terano Parsley 4.84 oz 5.99	Lunchbox Meat Pack 12 oz 2.49	Beef Ramen 4.84 oz 4.99	Golden Curry 400 g 2.99	Golden Curry 400 g 2.49	Golden Curry 400 g 3.99

HOUSEWARES

DINCHAE PREMIUM PRESSURE COOKER \$299.99	CUCKOO ELECTRIC RICE COOKER \$109.99
Electric Rice Cooker \$299.99	Electric Rice Cooker \$109.99

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HART Community Keeps Giving Back



Steve Krebs is married to his wife, Kristen. They have three children, Jackson, Brooklyn and Brayden. Photo provided by Krebs family

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) -

On March 4, while members at Messiah Lutheran Church were observing Lent with Wednesday worship, Steve Krebs was hard at work deep cleaning every floor and nook and cranny of their education building, for free.

Following nine weeks of daily use as the homeless Winter Sanctuary guest registration site, Kathilynn Carpenter, Executive Director of the Sunrise Marketplace, and Chair of the Homeless Assistance Resource Team (*HART), asked Krebs for a bid to do the work at Messiah. Krebs was already familiar with Winter Sanctuary, helping the HART team move the heavy shelter equipment from church to church every Sunday.

However, there was a previous, more personal connection with Messiah that compelled Krebs to donate his services. Before starting his own business, A-TEAM STEAM in 2015, Krebs was with SERVPRO Restoration Services. He

was the production manager who coordinated the entire emergency response, packout, demolition and drying services at Messiah following a devastating flood from a frozen sprinkler pipe in 2013. The entire 4,000+ square foot education building including kitchen, had to be cleared out, contents moved to a storage container, partially gutted, and restored. Upon hearing Messiah had been the intake church for 9 weeks, 63 days straight, Krebs decided to donate his time, equipment, and labor to clean and restore its floors

Krebs started his new business doing only carpet and tile cleaning. Last year, in 2019, Krebs earned his general contractors license to start doing the same water, mold, smoke, fire damage work he had been doing with SERVPRO. His business is doing very well.

Stan Munoz, board member of HART said of Krebs, "He loves to serve and feels very strong about giving back to his community. To show his commitment to

the HART homeless guest Winter Shelter program, he donated his services. It's a way he can testify to his Christian belief by giving service to those in need."

Krebs's pro bono work would have cost HART \$3,500. His response in an email further explains why he did it. "The money (designated) for the homeless project should be used for the homeless project."

This is one example of the many selfless acts and donations of time and, talent given by the community to help serve the Citrus Heights indigent populations.

Krebs is married to his wife, Kristen. They have three children, Jackson, Brooklyn and Brayden.

Krebs's contact info: 916-582-0388; e-mail: ateamsteam@gmail.com, He is also on Facebook and Instagram.

*HART sponsors an annual homeless Winter Sanctuary program, housing 20-25 Citrus Heights homeless residents overnight at different places of worship throughout the Citrus Heights area. ★

State Funding Will Help Increase Affordable Housing in Citrus Heights

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that is zoned for higher-density housing. And the increase in rent and property sale values over the years means that the market rate is no longer affordable for very-low income housing.

But the City does have some significant opportunities to fill the RHNA numbers. The Sunrise Mall Specific Plan offers a lot of opportunities for new housing, including high-density housing. There are also various entitled housing projects (Mitchell Farms, Sunrise Pointe, Northridge Grove, and Bearpaw

Townhomes) that could count toward this year's RHNA numbers depending on when they break ground.

Mayor Jeff Slowey said, "The simple fact of the matter is, from a low- to very-low income standpoint, no builder today is building those without additional state incentives – and there are none. ... Even if you zone for it, you can't make a developer go out and build a particular type of property where he's not going to make money on it. It's just not going to happen. So, it's a broken process, in my

personal opinion. But the good news is you just have to show it through zoning. The sad part is I don't think the state's going to come anywhere near the numbers they want because the developers aren't going to build something that costs them money. It's just that simple; land's too expensive to meet the allocation the state is saying."

The City Council voted unanimously to approve the application for LEAP funding. The application is due by July 2020; the City will have until the end 2023 to spend the funds. ★

Coronavirus (COVID-19) Message from City Manager Chris Boyd

CITRUS HEIGHTS, CA (MPG) - The COVID-19 situation is constantly evolving, and your City of Citrus Heights Staff and Officials continue to closely monitor updates from the Sacramento County Public Health Department and Office of Emergency Services. Our Staff is in constant contact with regional, state, and federal-level senior officials.

On March 9, Sacramento County Public Health announced new mitigation efforts for COVID-19 in our region, to protect those who are most vulnerable to severe illness, and allow our health care system to prepare resources to take care of severely ill patients. Those looking for the most up-to-date information on COVID-19, including the County's mitigation strategy, prevention tips, and a list of risk factors, should continue to refer to the County's website: www.SacCounty.net/COVID-19/.

This morning, Governor Gavin Newsom issued a new executive order to enhance California's ability to respond to COVID-19, and reiterated recommendations related to gatherings. At this time, the City echoes the County and State recommendations from the Centers for Disease Control and Prevention (CDC), which can be found at www.CDC.gov/COVID19.

In line with these recommendations, City Staff are postponing our own non-essential meetings, large events (with over 250 attendees), and gatherings that host high-risk populations through March. Staff are contacting those affected directly, and updating our website accordingly.



Chris Boyd, City of Citrus Heights Manager. Photo: City of Citrus Heights

We are committed to ensuring the highest well-being and safety of Citrus Heights residents and staff.

City Hall remains open and City Council meetings will proceed with small changes to agendas to postpone non-essential items in an effort to minimize risk. Our Community Center and City Hall staff are available to answer events-related questions, and we remain committed to delivering the quality services our City deserves. ★

COVID-19

Updates: www.SacCounty.net/COVID-19/

Community Center: (916) 727-5400

City Hall: (916) 725-2448

Cancelled Culture



The Coronavirus has been taking its toll on society, one grocery store at a time. People are panicking and raiding the shelves of most stores of basic essentials. Photo by Simon Ray on Unsplash

Continued from page 1

parents told you when you were growing up. Wash your hands, often. Go to bed early and get good sleep. Eat your vegetables and don't feed them to the dog under the table when your parents aren't looking. Don't eat too much sugar. Stop watching so much television. Be nice to everyone and share what you have with those who need help. Pray for those you love. Be thankful and show gratitude.

Don't be a jerk.

Support any local business that you can. Buy local. Order some take out from your local restaurants. Even a little cash flow will help some businesses weather this storm.

Human nature is obvious in every crisis, real or unreal. Rising above our basic human nature is what they call Humanity. It is time to care about each other and be fully "Human." ★

The Midnight Passage of H.R. 6201

Continued from page 1

emergency loans for small businesses. Idled employees face a liquidity crisis that demands payroll tax relief without adding to the national debt. That can be accomplished by

allowing individuals to forego payroll taxes this year in exchange for a slightly delayed retirement. Instead, H.R. 6201 actively encourages unemployment that will further damage an economy already ravaged

by the coronavirus.

If America's post-coronavirus economic recovery lags behind other countries, look no farther than the House's panicked midnight passage of H.R. 6201. ★





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Old Deals, New Wheels

Dr. James L. Snyder

A new resident has parked itself in the driveway of the parsonage. After ten years of the old resident parked outside, it is a nice change to see this new one.

For the past year, the Gracious Mistress of the Parsonage has been looking for a new vehicle. When I say looking, I really mean, "Looking." She leaves no stone unturned in her quest, especially for a new vehicle.

After a year of searching, she finally found one that met her credentials. I did not believe it at first. I know it takes something very special to really please her. For her to come home one evening and say, "I finally found the van I want," was a shocking moment for me.

When she found this particular vehicle, she was truly ecstatic. I really cannot blame her. After a year of searching, searching, and finding one and then discovering it was not what you wanted has to be a tiring experience; all the vehicles she rejected throughout the past year.

But the story is not over when she finds the vehicle she wants. It's really just beginning.

The next step, of course,

is to go to the salesman and bargain for a good price.

First, there has to be a trade-in price for her current vehicle. Trust me when I say, she knows just what it's worth and will not take a dime less. The salesman, on the other hand, thinks he can use her trade-in as a bargaining chip. Is he going to be surprised!

After the trade-in is settled comes the price for the new vehicle. According to her research, my wife knows exactly how much that vehicle is worth. I would not be surprised that she knows more about it than the salesman.

The next step is for her to drive the vehicle around to make sure everything is working. Nobody can do this better than she can. If up to me, if the engine starts, I am satisfied. If I can drive around the block, I am ecstatic.

Not so with the Gracious Mistress of the Parsonage. After her intense inspection and trial run, she will know everything about that vehicle.

My job, although not as important as hers, is to sign all the paperwork, including the bank loan.

For the past week, I heard what a great deal she got

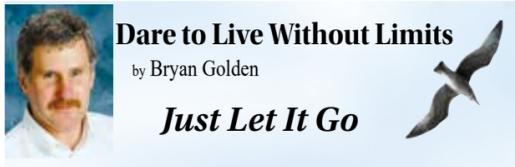
and how wonderful this new van is. And, she should know because she did all of the work.

I am certainly not complaining, because, with her expertise in this area, I do not have to try to find a van for her. As she was exploiting all the merits of this new van, I just smiled because she was happy. You know the saying about a happy wife.

As she was going on about her van, I could not help but think of what Solomon said. "Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life" (Proverbs 31:10-12).

I may not be as wise as Solomon, but like him, I made the find of a lifetime.

Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★



Are you holding onto grudges, resentment, anger, or hate? Are you upset, resentful, or bitter? Each of these emotions is a toxic poison which can cause you significant mental and physical harm.

Additionally, each of these emotions significantly diminishes your ability to make sound decisions. You can't think rationally when you are embroiled in negative emotions. Therefore, your decisions will tend to make your situations worse, not better. Your subsequent actions may even put you in a position where you cannot reverse the damage you caused.

Life is not always fair. You will find yourself in adverse situations. You will encounter people who are mean, deceitful, unethical, selfish, or malicious. There will always be negative situations you have to deal with.

Regardless of what you are dealing with, you are free to choose your response. An automatic, negative, knee jerk reaction is a conditioned reaction in many people. When in this mode, you internalize these toxic emotions.

You can recondition yourself to deal with these emotions in a positive, non-destructive manner. Your goal is to let go of any self-destructive emotions rather than clutching onto them. Although this is a simple concept, it is difficult to

implement for many people.

Reacting with these negative emotions, when confronted with adverse situations, is often a deeply engrained habit developed over years. Changing it requires a consistent, determined effort. Don't make any excuses that you can't do it. Learning to let things go takes effort, but it's well worth it.

The first step is identifying exactly how you feel and why. Here are some examples. "I'm upset because that jerk just cut me off." "I resent that I never received a thank you note for the gift I gave the newly married couple." "I'm angry at my sister for not calling." "I resent my boss for not giving me a promotion." I'm sure you have a long list of your own examples.

There's a very simple reason to just let go of your negative emotions; how you feel will not change people or circumstances. There are even some people who take pleasure in your misery. These people intentionally engage in behavior which you find upsetting.

A false premise which causes you to hang onto negative emotions is that someone else made you feel a certain way. Here are some examples of how people justify the way they feel. "Ed really makes me mad." "I really resent the way Sue treats me." "Bill makes me so upset." "I hate that Cindy

is friends with Carol."

Once you have identified how you feel and why, it's time to just let it go. The way you feel won't change any circumstances or anyone's behavior. You are only hurting yourself.

Regardless of what you are conditioned to, you can just let it go.

Other people and circumstances are what they are. All you have control over is your response. Don't allow yourself to become embroiled in someone else's actions. If you are cut off by another driver, let them go without getting angry. When another person is rude or inconsiderate, it's who they are.

You are free to make decisions in your life. You decide who you want to be friends with. You can change jobs. It's up to you how much time you spend with people who you find annoying. The businesses you patronize are your choice.

Whenever you start to hold onto any negative emotions, just let them go. Just as you would if you were holding a hot coal. The sooner you release it, the better. Take positive action if necessary. As you develop the habit of letting negative emotions go, you will feel as if a big weight has been removed.

NOW AVAILABLE: *Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden ★*



By Marlys Johnsen Norris, Christian Author

Our first Bibles were published in the early 1500's. Since then many different translations containing similar words have been published to help people read and understand more easily. The biblical truth is there regardless of the different versions of text with the same message and meanings. The most significant prophecy recorded in the Old Testament was when God told Abraham to take his son Isaac to the mountains and sacrifice him. It was a prophecy (fulfilled in the New Testament) about God's Son's (Jesus) death as *the Lamb of God to sacrifice and pay with his life blood, the sinner* for mankind given to those who will believe. We are now God's huge family all over the world!

Most people automatically do want to believe that when they die they will automatically go to

God's Holy Truth Is Recorded!

heaven. It is hard for those people to understand that scenario is not possible when they do not live by the laws, desires and guidelines of God.

Because many people listen to convincing words of others and do not read the Holy Bible, they just believe some person who seems smarter than themselves. They take on false ideas about God and heaven. Therefore, until a person really wants to know the "truth" they need to question spoken words and verify them with Scriptures!

God has lovingly had dedicated men of God write His truth for future generations. Everyone needs to be very careful what they accept as truth. They need to understand falsehoods and lies come from God's enemy and he will take them to his home in "hell" not heaven! (Read John 8:44)

They do not know to seek the truth! – Therefore when they do seek God's truth they will miraculously build a life-line between heaven and earth with obedience to God's Words. Words prophesied in the Old

Testament and happened in the New Testament scribed in the Holy Bible, people who experienced God's power and blessings living by His laws and rules.

Laws of God were first scribed on a hillside (The Ten Commandments) removed and taken down from the mountain by Moses to help people have clear guidelines how to live a happy and full life on earth obedient to God's instructions.

People living long ago who heard and knew God's voice, then recorded them for future generations to appreciate, apply and follow. Obedience to those words of Truth written in the Holy Bible do bring victory and peace to every life that faithfully abides by them. Trillions give testimony to those words! **To God Be The Glory! Jesus death and resurrection is what we celebrate at EASTER.**

Marlys Johnsen Norris Christian Author of 7 Books
Marlysjn@gmail.com
PO Box 114, Orangevale, CA 93662 ★



By Pastor Ray Dare

Have you figured out, that when you spell "life", there's a big "IF" right in the middle? You don't know what's going to happen tomorrow much less next year. Every year as we begin a new year, everybody starts making predictions about what's going to happen in the future. Of course, this year we've got a lot of extra predictions because of the Coronavirus and the world economy.

Unfortunately, there are a lot people and media that love to hype-up the latest crises, whether it's a natural disaster, a shooting, or the latest health crises. I want to warn you, you're going to hear a lot of hysteria in the weeks to come concerning our health and the economy. You may even hear some crazy things, bizarre predictions and cataclysmic end-of-the-world type predictions; it's already happening. I want to warn you: don't believe

Pastor Ray's Encouraging Words

How to Face A Crisis?

everything you hear. Even if the person claims to be a Christian, even if they have a Bible verse behind it, you need to search the Scripture yourself. Don't just automatically accept what I say or what anybody else says. You need to look at God's word.

One of the ways you can test a teacher is, does what they're teaching make me feel afraid? If it does, you're listening to the wrong person. Because the Bible says in 2 Timothy 1:7 "God has not given us the Spirit of fear, but power and love and a sound mind." If you are hearing something that's making you afraid that's not a spirit from God. That is a spirit of fear and that's not of God. God says He wants us to face life with power and love and a sound mind.

Nobody knows the future, so how should we face it? What should be our attitude? Does God want us to be afraid, worried, threatened by it? What does the Bible have to say?

First, avoid useless worrying. Jesus often taught about the futility of worry. What's the wise way to face the future? It's not

useless worrying. The wise way is to trust God daily. If you are worried about the future, you need to meditate on this next verse, Matthew 6:30-33, where God says, He cares for you and will take care of you. Don't get caught up worrying about things beyond your control.

Second, avoid arrogant assuming. These are the people who say, "Nothing's ever going to go wrong. Everything's always going to be great. Don't worry – be happy." Great song but lousy theology. Proverbs 22:3, "A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences." The Bible says instead of arrogant assuming, you ought to prepare. Take precautions. There is a lot of good articles on the Internet about how to protect yourself from catching CONVID-19. But avoid the doom and gloom.

God is in control, so we trust Him. We also foresee danger and prepare. You do both.

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Social Security Matters

"IRMAA" Provision



By Russell Gloor,
AMAC Certified Social Security Advisor



old and a 100% disabled veteran, which probably has no effect on this, but wanted to add that information. Any light you can shed on the matter will be very much appreciated.
Signed: Irritated Senior

Dear Irritated Senior: First, I want to thank you for your service to our country. Allow me to explain what I believe happened. Your net (not gross) Social Security benefit payment was probably reduced as a result of a rule known as "IRMAA" - the "Income Related Medicare Adjustment Amount." This is a supplement added to your Medicare

Part B premium as a result of higher income, and a higher Medicare premium would mean a lower net Social Security payment.

Although filing your taxes separate from your wife does mean a lower income reported to the IRS for you, it also reduces the clip levels at which the IRMAA rule kicks in. For those who file income tax as an individual, IRMAA applies if your "provisional" income from all sources, including IRA or 401(K) withdrawals and half of your SS benefits for the tax year, exceeds \$87,000. For those who file taxes jointly as a married couple, IRMAA applies if your combined income is more than \$174,000. Incomes above those clip levels result in corresponding higher IRMAA premiums, up to a maximum of \$491.60 (for

2020). So apparently your income for your filing status exceeded one of the higher IRMAA clip levels, which resulted in your monthly Medicare Part B premium going from the standard \$144.60 to an IRMAA premium about \$300 higher. Note that if your income in a subsequent year falls below the IRMAA clip levels, your Medicare premium will also go down to the level appropriate for your more recent income level.

As far as why you weren't told this in advance, neither Medicare nor the IRS (nor any other Government agency) will advise you in advance on such matters; the onus is upon you (and your tax preparer or financial advisor) to understand the implications of your income on your Medicare premium as well as your income tax obligation.

You may want to speak to your tax advisor to see if there is a tax-filing option for eliminating the IRMAA. Once again, thank you for your service to our country, and I hope the above clarifies what happened to your Social Security benefit.

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 or email us. ★

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276433
Sunny Day Stately has filed a petition with this court for a decree changing the name(s) Sunny Day Stately aka: Brenda Sue Thompson, Sunny Day Thompson, Sue Ann Thompson to Sunny Day Stately. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 22, 2020, 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: February 28, 2020 David I. Brown, Judge of the Superior Court Publish: March 6, 13, 20 and 27, 2020 STATELY 180101 3-27-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276187
Mariela Holguin has filed a petition with this court for a decree changing the name(s) Mariela Holguin to Mariela Jaksic. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 20, 2020, 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: February 26, 2020 David I. Brown, Judge of the Superior Court Publish: March 6, 13, 20 and 27, 2020 JAKSIC 180101 3-27-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276944
Henry Junior Clemmons has filed a petition with this court for a decree changing the name(s) of Henry Junior Clemmons to Henry Lee Clemmons, Jr.. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 28, 2020, 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: March 9, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 CLEMMONS 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276890
Roya Intizam has filed a petition with this court for a decree changing the name(s) of Roya Intizam to Roya Entezam. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 28, 2020, 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: March 9, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 ENTEZAM 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276440
Lynette Irene Smith has filed a petition with this court for a decree changing the name(s) of Lynette Irene Smith to Lynette Irene Logan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 2020, 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: February 28, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 LOGAN 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276192
Mya Alazzeh, Rajab Alazzeh has filed a petition with this court for a decree changing the name(s) of Hunter Marty Rajab Alazzeh to Malik Hunter Rajab Alazzeh, Nea Jane Rajab Alazzeh to Nea Vana Jane Alazzeh, and Zachary Rajab Alazzeh to Zakary Rajab Marty Alazzeh. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 20, 2020, 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: February 26, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 ALAZZEH 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276682
Wilda Rosette Hollis has filed a petition with this court for a decree changing the name(s) of Wilda Rosette Hollis to Rosey Gail Turman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 24, 2020, 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: March 4, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 TURMAN 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276749
Jeanne Fleurette Kersey has filed a petition with this court for a decree changing the name(s) of Jeanne Fleurette Kersey to Fleurette Jeanne Kersey. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 24, 2020, 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: March 5, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 KERSEY 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276836
James Clifford Dougherty has filed a petition with this court for a decree changing the name(s) of James Clifford Dougherty to James Phillip Bertolo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 27, 2020, 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: March 6, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 BERTOLO 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277092
Hettie Marie Stevenson-Brewer has filed a petition with this court for a decree changing the name(s) of Hettie Marie Stevenson-Brewer aka Hettie Marie Frazier to Hettie Marie Stevenson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 27, 2020, 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: March 6, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 STEVENSON 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276495
Michelle Elizabeth Mahrt has filed a petition with this court for a decree changing the name(s) Michelle Elizabeth Mahrt to Michelle Elizabeth Urban. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 22, 2020, 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: March 2, 2020 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 URBAN 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276112
Karnjeet Kaur and Hamanpreet Singh Gill have filed a petition with this court for a decree changing the name(s) Pavan Singh Gill to Parmveer Singh Gill. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 20, 2020, 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: February 25, 2020 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 GILL 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276619
Lois Ann Emory aka Lois Ann Wilcox has filed a petition with this court for a decree changing the name(s) Lois Ann Emory aka Lois Ann Wilcox to Lois Ann Verbeek. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 23, 2020, 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: March 3, 2020 David I. Brown, Judge of the Superior Court Publish: March 13, 20, 27, and April 3, 2020 VERBEEK 180101 4-3-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277025
Brett Richard Murray-Dietz has filed a petition with this court for a decree changing the name(s) of Brett Richard Murray-Dietz to Brett Richard Dietz. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 28, 2020, 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: March 10, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 DIETZ 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276588
Maria T. Tavera and Jesus Navarrete has filed a petition with this court for a decree changing the name(s) of Isiah Joshua Navarrete to Isiah Joshua Navarrete Cordero and Elias Jose Navarrete to Elias Jose Navarrete Cordero. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 23, 2020, 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: March 3, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 CORDERO 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276824
Karma Dussault has filed a petition with this court for a decree changing the name(s) Karma Jade Dussault-Peach to Karma Jade Dussault. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 27, 2020, 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: March 06, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 DUSSAULT 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277046
Gino Staffaroni has filed a petition with this court for a decree changing the name(s) of Gino Mario Antonio Staffaroni to Gino Mario Antonio Mengotti. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 29, 2020, 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: March 10, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 MENGOTTI 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277092
Trang Thi Minh To has filed a petition with this court for a decree changing the name(s) of Trang Thi Ming To to Jennie To. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 29, 2020, 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: March 10, 2020 Christopher E. Krueger, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 TO 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277427
Ferrari Melchor Alcantara Singh has filed a petition with this court for a decree changing the name(s) Ferrari Melchor Alcantara Singh to Melchor Josh Alcantara. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 30, 2020, 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: March 13, 2020 David I. Brown, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 SINGH 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277067
Cung My Huu Le has filed a petition with this court for a decree changing the name(s) Cung My Huu Le to My Cung Le. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 29, 2020, 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: March 10, 2020 David I. Brown, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 LE 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277113
Anthony Cardell Robinson has filed a petition with this court for a decree changing the name(s) Anthony Cardell Momon to Anthony Cardell Robinson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 29, 2020, 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: March 11, 2020 David I. Brown, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 ROBINSON 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00276957
Unity Laura Love has filed a petition with this court for a decree changing the name(s) Unity Laura Love to Unity Laura Sakamoto. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 28, 2020, 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: March 09, 2020 David I. Brown, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 SAKAMOTO 180101 4-10-20

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2020-00277165
Ann Laurie Quesada aka Laurie Ann Quesada has filed a petition with this court for a decree changing the name(s) Ann Laurie Quesada aka Laurie Ann Quesada to Laurie Quesada Vargas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 29, 2020, 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: March 11, 2020 David I. Brown, Judge of the Superior Court Publish: March 20, 27, April 3, and 10, 2020 VARGAS 180101 4-10-20

NOTICE OF PETITION TO ADMINISTER ESTATE OF JOHN CLAYTON BRYANT CASE No. 34-2020-00275804
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of John Clayton Bryant, deceased A Petition for Probate has been filed by Jason Bryant, in the Superior Court of California, County of Sacramento, requesting Jason Bryant, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 6, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with

the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner is: Samuel K. Swenson The Swenson Law Firm 8788 Greenback Lane Suite 105 Orangevale, CA 95662 916-333-0833 Publish: March 6, 13, and 20, 2020 BRYANT 170622 03-20-20

NOTICE OF PETITION TO ADMINISTER ESTATE OF ANITA LAIMA DOVYDAITIS CASE No. 34-2019-00269009
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Anita Laima Dovydaitis, deceased A Petition for Probate has been filed by Anton Dovydaitis, in the Superior Court of California, County of Sacramento, requesting Anton Dovydaitis, 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. A hearing on the petition will be held in this court as follows: March 19, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal

authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner: Anton Dovydaitis 3613 Waynart Court Carmichael, CA 95608 916-807-8792 Publish: March 6, 13, and 20, 2020 DOVYDAITIS 170622 03-20-20

NOTICE OF PETITION TO ADMINISTER ESTATE OF MIGUEL REYES GOMEZ CASE No. 34-2020-00275803
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Miguel Reyes Gomez, deceased A Petition for Probate has been filed by Josephine Luna, in the Superior Court of California, County of Sacramento, requesting Josephine Luna, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows May 5, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for petitioner is: Samuel K. Swenson The Swenson Law Firm 8788 Greenback Lane Suite 105 Orangevale, CA 95662 916-333-0833 Publish: March 13, 20, and 27, 2020 GOMEZ 170622 03-27-20

NOTICE OF PETITION TO ADMINISTER ESTATE OF SANDRA FRASER WEST CASE No. 34-2019-00267132
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Sandra Fraser West, deceased A Petition for Probate has been filed by Alexis West, in the Superior Court of California, County of Sacramento, requesting Alexis West and Brandon West, 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 May 19, 2020 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal

authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the petitioner is: Alexis West 3338 Woodside Lane San Jose, CA 95121 408-661-3808 Publish: March 20, 27, and April 3, 2020 WEST 170622 04-03-20

PROPOSED INCREASE IN SCHOOL DEVELOPMENT IMPACT FEES
NOTICE IS HEREBY GIVEN that the Governing Board of the Folsom Cordova Unified School District will consider input from the public on the proposed increase in the Statutory School Facilities Fees ("Level I") and the proposed increase in Alternative Section 65995.5 and 65995.7 School Facility Fee ("Level II") on new residential development. The proposed fee increases are necessary to fund the construction of school facilities necessary to maintain current levels of educational services in the District and to accommodate growth due to development. Members of the public are invited to comment in writing, no later than 4:00 pm on April 23, 2020, or may appear in person at the hearing on April 23, 2020, at 6:00 pm in the Board Room at the Education Services Center, 1965 Birkmont Drive, Rancho Cordova, CA 95742. Materials regarding fees are available for public review at www.fcusd.org/Page/11401. If you need additional information concerning the adoption of the increased fees, please contact the Facilities and Planning Department at jmccearth@fcusd.org or gwickham@fcusd.org. The Grapevine Independent 3-20-2020

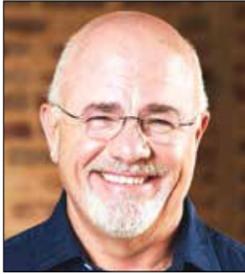
INVITATION TO BID
Rancho Cordova RCNC Roof and Mechanical Equipment Replacement
Project#151-2019
Sealed Proposals will be received at the office of the City Clerk, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova CA 95670, up to the hour of 10:00 A.M. on April 9, 2020 and will be opened and publicly read for Roof Replacement Project consisting of installation of new mechanical equipment and overlay of existing roofing material with a single-ply roofing and flashing for The City of Rancho Cordova Neighborhood Service Center (RCNC) located at 2880 Gold Tailings Ct., Rancho Cordova, CA 95670. The project Contractor shall furnish all tools, equipment, apparatus, facilities, labor and material necessary to perform and complete all work in a good and workmanlike manner, including: removal of existing mechanical units and roofing material and replacing with new units and single-ply roofing material and flashing on the 11,500 sq. ft. office and warehouse facility as specified in the bid package and contract documents. All work to be completed by licensed General-B contractor or C-39 roofing contractor. Contractors are encouraged to attend a Pre-Bid Walk and Meeting is scheduled for March 23, 2020 at 10:00 A.M. at the project site located at 2880 Gold Tailing Ct., Rancho Cordova, CA 95670. Copies of the contract documents and specifications, including bid proposal forms are available electronically between 9:00 A.M. - 4:00 P.M. at: City of Rancho Cordova 2729 Prospect Park Drive Rancho Cordova, CA Electronic Bid Packages and Plan are available upon request or online. For more information contact: Todd Humphrey thumphrey@cityofranchocordova.org (916) 851-8875 Grapevine Independent March 20 and 27, 2020

NOTICE OF PUBLIC HEARING
CORDOVA RECREATION & PARK DISTRICT DISTRICT FEE SCHEDULE AMENDMENTS
The Board of Directors of the Cordova Recreation and Park District will conduct a public hearing to revise the District Fee Schedule, per the provisions of CA Government Code 66018. The District will amend, through Resolution, user fees and fees for service based on the cost of providing the service, which will include direct, indirect, and capital costs. No fee shall exceed the costs reasonably borne by the District in providing the service (Gov. Code 61123). The Fee Schedule is needed for the performance of various District services and use of District properties. After evaluating costs to provide services, analysis of revenue generated in each program area, and use of District properties, fees may be adjusted, added or eliminated from the Fee Schedule. The proposed amendments to the Fee Schedule are on the agenda to be adopted by the Board of Directors at a Regular meeting held at 6:30 p.m. on Wednesday, April 15, 2020 at the District Meeting Chambers located at 2729 Prospect Park Drive, Rancho Cordova, California 95670. All interested persons are notified to attend and express their opinions regarding the increase, decrease, or omission of any item(s) from the Fee Schedule. Any person wishing to testify may appear and be heard and/or may file a written statement at any time during the public hearing. The Fee Schedule is available for public inspection at the District Office, 2729 Prospect Park Drive, Suite 230, Rancho Cordova, California 95670, during normal business hours: Monday through Thursday, 8:00 a.m. to 5:00 p.m., and every other Friday, through April 15, 2020. Signed, Patrick Larkin General Manager March 13, 2020 Grapevine Independent March 13 and 20, 2020

NOTICE OF INTENT
Citrus Heights Water District (CHWD) is the Lead Agency for the Highland Avenue Well Project (Project) and has prepared an Initial Study as required under the California Environmental Quality. As the Lead Agency, the CHWD has evaluated the environmental effects of the Project and concludes that the project would not have a significant impact on the environment. Therefore, an Initial Study and Mitigated Negative Declaration has been prepared and is available for inspection at the CHWD office at 6230 Sylvan Road, Citrus Heights, CA 95610-5610. Comments on the Initial Study and Mitigated Negative Declaration should be mailed or emailed to Brian Hensley at the above address bhensley@chwd.org. The review and comment period will expire on April 6, 2020. Citrus Heights Messenger 3-20-2020

PUBLIC NOTICE
NOTICE OF PUBLIC HEARING
CORDOVA RECREATION & PARK DISTRICT DISTRICT FEE SCHEDULE AMENDMENTS
The Board of Directors of the Cordova Recreation and Park District will conduct a public hearing to revise the District Fee Schedule, per the provisions of CA Government Code 66018. The District will amend, through Resolution, user fees and fees for service based on the cost of providing the service, which will include direct, indirect, and capital costs. No fee shall exceed the costs reasonably borne by the District in providing the service (Gov. Code 61123). The Fee Schedule is needed for the performance of various District services and use of District properties. After evaluating costs to provide services, analysis of revenue generated in each program area, and use of District properties, fees may be adjusted, added or eliminated from the Fee Schedule. The proposed amendments to the Fee Schedule are on the agenda to be adopted by the Board of Directors at a Regular meeting held at 6:30 p.m. on Wednesday, April 15, 2020 at the District Meeting Chambers located at 2729 Prospect Park Drive, Rancho Cordova, California 95670. All interested persons are notified to attend and express their opinions regarding the increase, decrease, or omission of any item(s) from the Fee Schedule. Any person wishing to testify may appear and be heard and/or may file a written statement at any time during the public hearing. The Fee Schedule is available for public inspection at the District Office, 2729 Prospect Park Drive, Suite 230, Rancho Cordova, California 95670, during normal business hours: Monday through Thursday, 8:00 a.m. to 5:00 p.m., and every other Friday, through April 15, 2020. Signed, Patrick Larkin General Manager March 13, 2020 Grapevine Independent March 13 and 20, 2020

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Dave Ramsey Says

liable, or that they won't bother you about it later.

The second thing to think about is a simple matter of fact: you owe the money. Regardless of what the legal system or credit report says, you morally owe the money. I'd contact the creditor, and begin negotiations to settle the debt. You might be able to reach an agreement where they'd accept less than the original amount owed. Regardless, get any type of settlement offer in writing. That way, you're truly cleaning up your life and getting rid of any financial skeletons in your closet!

—Dave

The simple thing is the right thing

Dear Dave,

I recently found out my former employer never stopped contributing to my health savings account (HSA). Apparently, this has been going on for about nine months, and they just sent me a form to sign so they can get the overpayment back. The amount totals a little over \$1,000, so should I sign the papers or is there another way to

handle this? —Ellie

Dear Ellie,

You know, if I were as incompetent as your former employer, I'd be too embarrassed to ask for the money back. But hey, the point is it's not your money. Sign the forms, and let them take the money out. Keep an eye on your HSA balance, though, and make sure they take out only amount they overpaid — not one penny more or less.

Keep it simple, Ellie. You didn't earn this money, and it wasn't expected or agreed upon. It was a mistake, so just do the right thing. Control the scenario, and stay on top of this situation until everything is resolved correctly.

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★



Woke-Era Pandemic

The coronavirus outbreak is the first pandemic of the woke era, and as such it's not surprising that there is a fierce debate over how to refer to it without offending against social justice.

Republican Rep. Paul Gosar of Arizona lost whatever sympathy he would have garnered in certain quarters over his self-quarantine when he referred to "the Wuhan virus," a perfectly appropriate name that has been deemed grotesque and unacceptable.

Wuhan is in China, a non-Western country, and people of color live there, so Q.E.D., calling the virus by the name of that city must be racist.

Luminaries across the left denounced Gosar. They even accused him of bringing what is technically the SARS-CoV-2 virus to our shores by misnaming it. Democratic Rep. Ted Lieu of California slammed the Republican's reference to the Wuhan virus as "an example of the myopia that allowed it to spread in the U.S. The virus is not

constrained by country or race."

Nonetheless, the virus first became known in Wuhan, and the locked-down city has remained the epicenter of the Chinese epidemic ever since. As of mid-February, the Wuhan area accounted for 86% of all cases in China.

Naming a virus after the location of the outbreak that first brought it to attention is not unusual.

The West Nile virus emerged in the West Nile district of Northern Uganda in the 1930s. It is similar to the St. Louis encephalitis virus, which broke out around St. Louis, Missouri, in 1933, and the Japanese encephalitis virus that began in the 1870s.

Coxsackie in New York state, Marburg in Germany and Hendra in Australia all have viruses named after them. MERS, caused by a virus first identified in 2012, stands for Middle East respiratory syndrome, or even more offensively, the camel flu.

No one had a fainting fit over any of this, but we live in a more sensitive, and absurd, time.

The WHO issued guidelines a couple of years ago warning against naming diseases after geographic locations, or animals (swine flu, bird flu, monkey pox) or membership organizations or occupations (Legionnaires' disease). With regard to the

latest outbreak, the WHO has warned that "certain words and language may have a negative meaning for people and fuel stigmatizing attitudes."

There is no doubt that a raging virus that got its start in China, has shut down all of Italy, and caused disruption and fear around the world may create negative associations around China. This would happen, though, regardless of the name.

Such international contention over the name of a virus or disease isn't new. Syphilis was the Neapolitan disease, the French disease or the Polish disease, depending on who was naming it. The 1918 influenza came to be known as "the Spanish flu," although Spaniards called it "the French flu."

There was no good reason for naming the flu after the Spanish, though. The case of China is different. Its government tried to suppress warnings about the new coronavirus and looked the other way, giving it the room to become a national and then a global crisis.

It deserves to be connected to the virus it did more than its share to loose on the world, no matter what its foreign ministry or the sensitivity police say.

Rich Lowry is editor of the National Review.

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Crime Reports

Citrus Heights Police Report

March 8th
March 12th



03/08/2020 • Time: 6:00 PM • IR Number: 12002235

Crime: **10851(A) VC: Vehicle Theft**

Location Type: Specialty Store • Public Address: 80xx Sunrise East Wy.
Agency: Citrus Heights Police Department

03/08/2020 • Time: 4:30 AM • IR Number: 2020-0083811

Crime: **PC 459: Burglary-Commercial**

Location Type: Parking Lot • Public Address: 53XX San Juan Ave, Fair Oaks
Agency: Sacramento Police Department

03/09/2020 • Time: 8:46 PM • IR Number: 12002255

Crime: **459 PC: Burglary - Commercial**

Location Type: Drug Store • Public Address: 77xx Sunrise
Agency: Citrus Heights Police Department

03/09/2020 • Time: 5:07 PM • IR Number: 12002246

Crime: **496d(a) PC: Possession of Stolen Veh**

Location Type: Street/Highway • Public Address: Oak Av Wachtel, Wy.
Agency: Citrus Heights Police Department

03/09/2020 • Time: 12:45 AM • IR Number: 2020-0084574

Crime: **PC 273.5: Inflict Crpl Inj Sp/Cohab**

Location Type: Parking Lot/Garage • Public Address: 48XX Madison Ave.
Agency: Sacramento County Sheriff's Department

03/09/2020 • Time: 5:15 AM • IR Number: 2020-0084801

Crime: **PC 487: Theft of Motor Vehicle Parts**

Location Type: Parking Lot/Garage • Public Address: 39XX Madison Ave.
Agency: Sacramento County Sheriff's Department

03/09/2020 • Time: 5:07 PM • IR Number: 12002246

Crime: **496d(a) PC: Possession of Stolen Veh**

Location Type: Street/Highway • Public Address: Oak Av Wachtel, Wy
Agency: Sacramento County Sheriff's Department

03/11/2020 • Time: 12:01 AM • IR Number: 12002291

Crime: **10851(A) VC: Vehicle Theft**

Location Type: Parking Lot • Public Address: 77xx Greenback Ln.
Agency: Citrus Heights Police Department

03/11/2020 • Time: 12:01 AM • IR Number: 2020-0088022

Crime: **PC 484: Theft from Building-Commercial**

Location Type: Restaurant/fast food • Public Address: 51XX Auburn Blvd.
Agency: Citrus Heights Police Department

03/11/2020 • Time: 12:30 AM • IR Number: 12002288

Crime: **10851(A) VC: Vehicle Theft**

Location Type: House (includes driveway) • Public Address: 70xx Rancho Mirage Ct.
Agency: Citrus Heights Police Department

03/12/2020 • Time: 11:00 PM • IR Number: 12002382

Crime: **10851(A) VC: Vehicle Theft**

Location Type: Parking Lot • Public Address: 82xx Auburn.
Agency: Citrus Heights Police Department

Find more info at citrusheights.net

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Transforming Lives

Markee Personal Training Offers Programs for Any Fitness Level

Story and photo by Shaunna Boyd

SACRAMENTO REGION, CA (MPG)

- Pam Markee has been a personal fitness trainer for over 25 years and has been working in the Sacramento area since 2006. As the owner and CEO of Markee Personal Training, she helps clients reach their individual fitness goals and transform their lives.

Her private studio (located at 5250 Date Ave., Suite B, in Sacramento) is conveniently located close to Hwy 80 and Madison Ave., offering easy access for clients throughout the Sacramento Region. Clients enjoy the individualized program at Markee Personal Training: "It's private, it's one on one, so you're not competing for time or attention from the trainer," said Markee. Private personal training sessions also allow clients to fully focus on their fitness without the worry of being judged by others.

Markee Personal Training goes beyond the typical fitness program. Markee completed a fellowship at the Gray Institute for Functional Transformation: a graduate program attended by many physical therapists, chiropractors, athletic trainers, and doctors of osteopathy. "I studied with 14 countries around the world for over five years. This opened my eyes to the possibilities of helping others transform their health," said Markee. "I love serving others in a way that encompasses mind, body, and spirit and treats the whole person — not just a symptom and a protocol. We really look at the entire person, their life and lifestyle, and custom-tailor programs specifically for them. Each program for each person is different because each and every person is biomechanically unique and different."



Pam Markee, owner and CEO of Markee Personal Training, has a passion for helping clients reach their personal fitness goals.

Using philosophies learned at the Gray Institute, "we can help those with [multiple sclerosis], Parkinson's, cardiac rehab, joint replacements, and so much more," said Markee. A major focus of her practice is post-rehabilitative medical exercise, helping patients who have completed therapy programs but aren't ready to resume regular exercise: "We bridge that gap, and we can get them the rest of the way to a functional program that is functional for their life," said Markee.

Markee said her assistant, Lanell Martinez, who also has Gray Institute training, "is a pivotal part of my practice and I really couldn't do it without her. ... We make a great team. She is kind, gentle, and very thorough in her work."

Martinez said, "It feels good to watch someone achieve their goal and gain the confidence to maintain that goal as they go forward." Using

their extensive training, Martinez said that she and Markee "are driven to find the answers to unlock the path to our client's success."

In addition to personal fitness training and individualized exercise programs, Markee Personal Training also offers soft tissue mobilization. It is similar to massage, but Markee said she treats patients while they are "moving through space — using gravity and ground reaction force and their body weight and their own mass and momentum to free up a joint." It's essentially massage-in-motion.

At Markee Personal Training, they work with clients of all fitness levels, from people who are disabled to professional athletes. Markee said, "Our clients are as old as 97 and as young as 16, so it's a big range." The studio and the equipment are wheelchair accessible, something that is especially important for elderly clients.

Markee explained that fear of injury is the number one reason the elderly don't exercise: "I think a lot of people don't know there's a safe place they can go to work out and not have their health compromised."

She said, "If you're not moving, those muscles are wasting away. So, we try to empower them and give them the skills and the tools." If a client becomes so infirm that they can no longer travel to the studio, Markee will go to them, working with them in their own home "right to the end" of their lives.

Markee Personal Training has also recently started offering a nutritional and weight-management coaching program, which is specifically targeted to clients over 300 pounds. Instead of pushing these clients into strenuous exercises that they cannot realistically accomplish at this stage, Markee offers life coaching that "meets them where they're at."

She explained that "obesity is now affecting over 40 percent of our population. Childhood obesity is on the rise, and we believe this is an educational issue as well as an epidemic." Markee helps clients figure out what factors contribute to unhealthy food choices and finds ways to replace those habits with healthier options. The program is personalized to each client to determine what will work best for them so they can implement the changes in their everyday lives.

"Our environment is nurturing, clean, and free of embarrassing and humiliating situations that keep them from going to the gym to exercise in the first place," said Markee. "To help these people have a better mindset, we really need to not just look at their physical body but what's going on in the spirit and the mind of that person."

Whatever fitness and health issues a client is facing, Markee Personal Training can tailor a program to help them reach their goals. Markee's program assesses the whole person, including their habits and the details of their daily life. She said, "Looking at the whole picture helps to meet them where they're at and transform them in a way that's functional for their life and what they want to achieve."

Markee focuses her practice where she sees the biggest need: "I'm just really trying to help people. ... I think that's where our heart is: How can we best serve the community?" Markee said, "It's about building relationships with people. Once they trust us and trust the process and trust themselves, that's golden — that's what really transforms lives."

For more information about the individualized fitness programs available at Markee Personal Training, visit www.markeepersonaltraining.com. ★

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