



Leaders of Men

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THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

DECEMBER 31, 2021

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What You Need to Know Redistricting Final Maps Approved



Trying to meet all the criteria — equal population, Voting Rights Act compliance, communities of interest and compact districts — in a state with California's diverse population and geography made the task difficult. Photo: MPG file

By Sameea Kamal,
CalMatters.org

California voters have the brand new districts they'll use to elect their members of Congress and state legislators, after the state's independent redistricting commission voted unanimously Monday (December 20, 2021) night to approve its final maps.

These districts take effect with the June 2022 primaries and continue for the next decade. Redistricting happens once every 10 years, after every census, to ensure that each district has the same amount of people. It's the second time that California's redrawing is being done by a 14-member independent commission.

But it hasn't been easy, or without contention.

In addition to balancing population numbers, the commission must comply with the federal Voting Rights Act, ensuring that no minority

group's vote is drowned out. And to create fair maps, the commission didn't consider current district lines and isn't supposed to weigh partisan politics. In some cases, it puts incumbents into the same district, or forces others to appeal to new voters to be re-elected.

Particularly on the congressional level, that could help shift the balance of power between Democrats and Republicans. In the U.S. House, three California Democrats are among the 23 Democrats nationally who have already opted not to run for re-election in 2022. Combined with redistricting done by Republican-led legislatures in other states, that could tip the House in favor of the GOP.

Some California Democrats have blasted the "unilateral disarmament" of their power, though an initial analysis by the Cook Political Report says the new congressional map helps Democrats.

The commission was under the pressure of a court-ordered deadline to submit the maps to the secretary of state by Dec. 27 despite a nearly six-month delay in the release of census data. In the last few weeks, the panel held a number of marathon sessions late into the night to hear public comment and try to incorporate competing testimony into the maps.

Commission chairperson Alicia Fernández acknowledged that there were constraints and disagreements along the way, but said she was proud of the commission's work given the rules they were under.

"There was robust discussion in terms of how these maps should be drawn. We know that not everyone will be happy, but I feel that they are fair maps for Californians," she told CalMatters.

California Common Cause — which pushed voters to create the

Continued on page 4

Open Enrollment Now Underway for Los Rios Spring Classes

Los Rios Community College Press Release

SACRAMENTO COUNTY, CA (MPG) - Open enrollment is now underway for Spring 2022 classes at the Los Rios colleges - American River College, Cosumnes River College, Folsom Lake College and Sacramento City College. The Spring 2022 semester officially begins January 15, 2022.

The class schedules for all four Los Rios colleges are available at losrios.edu/academics/search-class-schedules. While the spring has an increased number of in-person offerings, the colleges will continue to offer a robust line-up of online classes. Some students have been enrolling since late-November, but a variety of classes remain open.

New students are welcome! If anyone has never taken classes with Los Rios



The Los Rios Community College District is one of the nation's most respected learning institutions and the second-largest community college district in California, serving the greater Sacramento region. Photo, Pixabay

it's easy to get started with the free online application at <https://losrios.edu/apply>. If students need assistance in choosing classes, they can make an online appointment with an academic counselor.

Students will need to be

fully vaccinated against COVID-19 - or have an approved exemption - to be eligible to enroll in in-person classes or access on-campus services. Students who are not vaccinated or do not have an approved exemption are

welcome to enroll in online classes.

Each of the Los Rios colleges will offer a variety of resources and services during the spring to support student success.

For more information, go to losrios.edu. ★

Stay Safe as Temperatures Dip Near Freezing

Sacramento County Press Release

SACRAMENTO, CA (MPG) - Check on elderly family members, friends, or neighbors. Seniors and those with serious medical conditions are at risk. Check on community members that might be vulnerable to ensure they are safely keeping warm.

Where to get help. For information on warming centers and shelter services, call 2-1-1 or go to the 211 Sacramento website.

Sign-up for Emergency Alerts. The Sacramento Region Emergency Notification System alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.

Heat your home safely - carbon monoxide is a silent killer. It is not OK to heat the inside of your home with any kind of BBQ, propane heater, or any other fuel-fired equipment due to the risk of carbon monoxide poisoning. Only use heaters installed with your home and those designed to be used indoors. Make sure that your natural gas furnaces and other appliances are in good, clean working order.

Insulate outdoor pipes that lead into your home to prevent freezing. Seal with caulk around the pipes that lead into and out of your home. Inside your home, leave the bathroom and under-sink cabinets open to help warm the water. If your pipes freeze, leave your tap on and call a plumber. You can defrost your pipes using a hair-dryer on a low setting, working your way slowly from the faucet to where your pipe enters the wall. County residents who need to have their water turned off in order to make repairs to their lines can go to 311 Sacramento Connect or download the mobile app or call 3-1-1 (or 916-875-4311 if calling from out of the area).

Ensure proper drainage by scooping up leaves and debris. Keeping storm drains clear can prevent street flooding and black ice from forming.

When raining, reduce your vehicle speed. Wet roads increase the distance and time needed to stop your vehicle. Be extra cautious on roads, bridges, and overpasses when temperatures are 32 degrees or below due to black ice - slow down and give yourself extra spacing from vehicles in front of you.

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Leaders of Men

American River College Hosts Football Awards

By Patrick Larenas

CARMICHAEL, CA (MPG) - Beaver Athletics Football held its Annual American River College Football Banquet, honoring this year's ARC graduating sophomore Class of 2021 at Carmichael Elks Lodge. Over 350 friends, families, coaches, and players attended the evening of December 16, for athletes who participated in the football program and are now transferring to 4-year universities throughout the country with scholarships, accolades, and bright futures in athletics.

Head Football Coach for ARC, John Osterhout, said, "Our responsibility as coaches and innately, as teachers is to unlock the potential of the student-athlete, while enforcing core values that will not only enhance their athletic strengths but will continue to positively reward their life beyond the field."

Coaches and coach assistants spoke emphasizing their own experiences in their athletic careers, giving this year's athletes inspirational anecdotes to take with them as they continue to develop in the fields of education they choose to undertake.

Former ARC offensive coordinator Doug Grush told student athletes to remember their teammates as they make their way in life because in their training, they have formed a lifelong foundation and "a bond in this school that is unbreakable."

Head Coach John Osterhout said the coaches, families and faculty contributing are "Leaders of Men." He thanked them, adding, "We recognize our calling to develop young men as worthwhile and appreciate the resulting favorable reflection upon the institution and community."

ARC Football Awards Went To:

OL - Sedrick Luke - Unanimous 1st Team All Nor-Cal, Offensive MVP, 1st



Head Football Coach for ARC, John Osterhout, speaks at the American River College Football Banquet flanked by the 2021 ARC Sophomore Football Team. Photo by Patrick Larenas

Team All Region and 1st Team All-American; Tommy Medellin—Unanimous 1st Team All Nor-Cal and 1st Team All Region CA; and Andrew Cokley - 1st Team All Nor-Cal

RB - Avant Jacobs - 1st Team All Nor-Cal

WR - Sawyer Merrill—Unanimous 1st Team All Nor-Cal and 1st Team All Region CA

TE- Grayson Barnes—1st Team All Nor-Cal

DL - PJ Huff - 1st Team All Nor-Cal; Tatuo Martinson

— 1st Team All Nor-Cal; Michael Sullivan - Honorable Mention

LB - Luke Afato - Unanimous 1st Team All Nor-Cal and 1st Team All Region CA; Donovan Laban - 1st Team All Nor-Cal

Specialties

K - Zach Schreiner

PUNT RET - Savion Ponce—Unanimous 1st Team All Nor-Cal and 1st Team All Region CA

Team Awards given went to:

Robert J. Herwig (Outstanding Student / Athlete); Jacob Chaney

(3.56 GPA); Sedrick Luke (3.6 GPA) Tyler Geide (3.7 GPA); Wyatt Elmore (3.78 GPA)

Josh Harris (Respect Was Earned) Cooper Johnson

Ralph Orey (Outstanding Attitude Through Adversity) PJ Huff

Outstanding Offensive Player - Sedrick Luke

Outstanding Special Teams Player - Blayden Brown

Larry Ghilardi (Outstanding Representation of ARC Football) Tommy Medellin

The Sophomore Class of 2021 Honored Were:

Blayden Brown, Jake Chaney, Caleb Freeland, JD Ragosa, Cameryn Walker, John Toth, Chris Bush, Peyton Early, Cooper Johnson, Phillip Huff Jr., Darrius Vance, Sedrick Luke, Enrique Carillo, Tatuo Martinson, Grant Patterson, Tavion Pickett, Isiah Cotton, Terrell Littlejohn, Trey Overton, Tommy Medellin, Tyler Geide, Wyatt Elmore, Zac Welch and Patrick Valencia. ★



Lou Baiz, Football Assistant Head Coach/Defensive Coordinator, gives Offensive Lineman Sedrick Luke his award. Baiz was in charge of presenting every member of the class with their award and a big hug. Photo by Patrick Larenas



ARC Coaches from left to right: Football Assistant Head Coach/Defensive Coordinator, Lou Biaz; Offensive Line Coach, Bob Barnes; Head Football Coach for ARC John Osterhout; and Carmichael Elks Lodge President, Jim Warrick. Photo by Susan Maxwell Skinner

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Caltrans Hero Awarded State’s Highest Honor for Public Servants



Royce Hiner was awarded the State’s Highest Honor for Public Servants. Photo courtesy Caltrans

Department of Transportation Press Release

SACRAMENTO, CA (MPG) - The State of California has awarded Caltrans Highway Maintenance Leadworker Royce Hiner with a Governor’s State Employee

Medal of Valor for courage in the face of danger. Hiner received the Silver Medal of Valor for risking his life to save another. “Many honorable servants to the state of California risk danger as part of their everyday duties. But occasionally someone goes beyond the line of duty to display extraordinary courage in the face of danger,” said Caltrans Director Toks Omishakin. “Royce Hiner is one such public servant. We honor and thank him for his bravery and are proud to have him in our Caltrans family.” Hiner was traveling to a routine maintenance call on July 25, 2018, on Interstate 5 near Corning, when he encountered a van that was on fire. He stopped to help

the driver, who was frantically trying to put the fire out. Hiner advised the driver to stay clear from the van as he worked to free a dog that was still in the vehicle. He was pulling the man away from the vehicle when it suddenly burst into flames. Hiner ensured the man remained safe until first responders arrived at the scene. The State Employee Medal of Valor Award is the highest honor California bestows on its public servants. Governor Edmund G. Brown Sr. presented the first awards in 1959. Today nearly 700 state employees have earned that honor for displaying bravery, courage, and selflessness in the face of danger. ★

Career Criminal Convicted of Attempted Murder, Assault w/Firearm Against Officer

Office of DA Anne Marie Schubert

SACRAMENTO COUNTY, CA (MPG) - Jimmy Young Vang was convicted by a jury of attempted premeditated murder of a peace officer, assault with a semi-automatic firearm against multiple peace officers, felony evading, assault with a deadly weapon (motor vehicle) against peace officers and attempted carjacking. On June 8, 2017, Jimmy Vang was a passenger in a Lincoln that was pulled over by a sheriff’s deputy in south Sacramento. Two additional deputies responded to assist with the traffic stop. Vang got out of the Lincoln and

immediately began firing a semi-automatic firearm at the three deputies. Vang got back into the Lincoln and the vehicle sped away when one of the deputies returned fire. The driver of the Lincoln pulled over and Vang fled on foot. The Lincoln led police on a high-speed pursuit that ended in a crash in Yolo County. When Vang was later spotted on Florin Road, he led officers on a high-speed chase that reached 130 mph, causing numerous near collisions. During the pursuit, Vang tried to ram pursuing officers by driving into oncoming traffic. Vang lost control of his car, crashed and tried to flee on foot. During the foot pursuit,

Vang attempted to carjack a civilian before he was taken into custody. The firearm Vang used was never recovered. After Vang committed the crimes in this case, he was convicted of murder and kidnapping charges in Placer County in 2019. Vang has a criminal history spanning more than 20 years and 16 convictions, including felony burglary, ID theft, credit/debit card theft and vehicle theft. Vang faces a maximum sentence of 57 years and 2 months to life in prison. Sentencing is set for January 14, 2022, at 10:00 a.m. in Department 36 before the Honorable Stephen Acquisto. ★

Stay Safe as Temperatures Dip Near Freezing

Continued from page 1

Watch for tree limbs. As temperatures dip, trees become vulnerable to limbs snapping. For downed trees or branches in the roadway, County residents can go to 311 Sacramento Connect or download the mobile app or call 3-1-1 (or 916-875-4311 if calling from out of the area). Prepare for wind. Secure yard items that may blow around and be prepared for the possibility of loss of power. For downed power lines, stay away and call 9-1-1 immediately. Bring your pets inside when temperatures

start to dip near freezing. A dog or cat left outside in severe cold weather can die quickly from exposure. Except for exercise and walks, all dogs and cats are safer indoors during the winter. Make sure they have a warm, draft-free place indoors with a dry mat or blanket that they can lie on. For additional winter weather tips for animals, check out the Bradshaw Animal Shelter’s website. Learn more about how to stay safe on the Sacramento Ready website for Fog and Cold Weather resources and information. ★



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38th Annual Optimist High School Girls Volleyball All Star Games

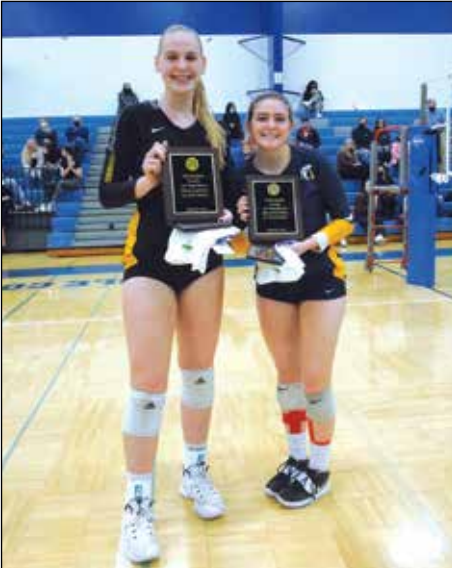


Optimist Hall of Fame inductee, Jennifer Wright, with Optimist Girls Volleyball Coordinator John Grix (Rio Americano High School) on her right, and Assistant Coordinator Matt MacDonald (Bear River High School) on her left. Photo: Evening Optimist Club of Sacramento

By John Yoshikawa, Evening Optimist Club of Sacramento

SACRAMENTO REGION, CA (MPG) - The 38th Annual Optimist High School Girls’ Volleyball All Star games were marked by long rallies and many Ooohs and Aaahs! In the first match, the scores were 25-19, 25-21, and 25-16 with the winner being the 2nd Team South. The Outstanding Player for the 2nd Team South was Emma Johnson from Vacaville High School. The Outstanding Player for the 2nd Team North was Georgia Remmers from Rocklin High School.

In the second match, the scores were 26-24, 22-25, 25-17, and 26-24 with the winner being the 1st Team North. The Outstanding Player for the 1st Team North was Morgan Colyer from Lincoln High School. The Outstanding Player for the 1st Team South was Natalie Colfescu from Oak Ridge High School. During the awards ceremony following the 1st match, Coach Jennifer Wright, retired Placer High School girls volleyball coach, was inducted into the Optimist Hall of Fame for her tremendous contribution, dedication, and commitment to the sport of volleyball. ★



Morgan Colyer (left) -Lincoln High School and Natalie Colfescu (right) -Oak Ridge High School. Photo: Evening Optimist Club of Sacramento



Outstanding Players Georgia Remmers (left) Rocklin and Emma Johnson (right) Vacaville. Photo: Evening Optimist Club of Sacramento

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Enrollment Declines Squeeze Local School Finances



By Dan Walters
CALMatters

The 1970s and 1980s were a tumultuous time for California’s public schools, to wit:

- A tidal wave of kids from the post-World War II baby boom pushed school enrollment to well over 4 million, but the end of the boom in the mid-1960s and a slowdown in overall population growth drove enrollment downward in the 1970s. Throughout the state, local school systems pared back school construction, sold off school sites and even closed some schools.
- At the time, schools were largely financed by locally imposed property taxes but in 1971 a successful lawsuit, *Serrano vs. Priest*, declared that widely varying taxable property values among the state’s school districts unfairly disadvantaged children in low wealth communities. In response, the Legislature began overhauling school finances to provide what was called “equalization.”
- Subsequently, however, in 1978, voters passed Proposition 13, which clamped tight limits on property taxes, compelling the state to assume the fundamental task of financing schools from income and sales taxes and thus shifting

wrangling over education finance to the state Capitol.

- California’s population soared in the 1980s due to high immigration and birth rates and so did school enrollment, eventually topping 6 million. In 1988, a decade after Proposition 13’s approval, the education community persuaded voters to pass Proposition 98, an extremely complex measure that dictates how schools’ share of state revenues is calculated. It has dominated the state budget process ever since.

This snippet of political history is offered because it could be repeated.

California’s once-soaring population has slowed to a trickle, or perhaps even reversed, due to sharp declines in immigration and birth rates. Also, school enrollment, which topped out at 6.2 million a decade ago and remained virtually unchanged until recently, is beginning what demographers believe will be a steady decline.

The COVID-19 pandemic is partially responsible for some recent declines but the state Department of Finance projects that underlying demographic trends will drop enrollment to 5.5 million by 2030, some 700,000 lower than the peak.

“Projected declines are greatest in Los Angeles and Ventura Counties – roughly 20% lower by 2030 – 31,” a recent study by the Public Policy Institute of California declares. “The declines in Los Angeles County are particularly noteworthy: county enrollment has already fallen over 10% in the past

decade, and enrollment in 2030 – 31 is projected to be 30% lower than it was in 2010 – 11.”

State aid to schools is largely driven by enrollment, so districts that are seeing major declines, particularly large urban systems such as Los Angeles Unified, are beginning to feel the financial pinch and confronting the unpopular task of shutting neighborhood schools.

At the moment, school finances have a respite. Gov. Gavin Newsom and legislators have decreed that state aid is temporarily based on pre-pandemic enrollment but the “hold harmless” gesture is due to expire next year. What happens after that is anyone’s guess.

Decreasing enrollment could be beneficial in the long run, because it could increase per-pupil spending. But that would depend on the willingness of state politicians to once again change the methodology of school financing, moving away from its enrollment base to some other model.

Given the tens of billions of dollars at stake, however, a major overhaul would be a tough political slog. Until and unless it occurs, the local systems seeing the most dramatic enrollment declines will have a difficult time balancing their budgets as their state aid shrinks and their fixed costs, such as pension fund contributions, continue to rise.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

Named Worst ‘Judicial Hellhole’

CALA Press Release

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

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

California has been in the Top 3 worst Judicial Hellholes® for a decade and was named an “Everlasting Judicial Hellhole” this summer.

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

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

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

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

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

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

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

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

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

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

To view the full report at JudicialHellholes.org.

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




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SOUL 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09751 Diego Garcia, 5508 Sandmount Boulevard, Oakley, CA 94561, Berta Fuentes, 1749 Tenama Drive, Woodland, CA 95695, Javier Cuellar, 7235 French Road, Apt. 16, Sacramento, CA 95828, Juan J. Chavez, 180 Odell Circle, Sacramento, CA 95835 and Gabriela Flores, 4815 Palomino Lane, North Highlands, CA 95660 are doing business under the Fictitious Business Name(s) "Nuevos Horizontes" 180 Odell Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 4, 2021 Publish: December 10, 17, 24 & 31, 2021
NUEVOS 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09921 Agustín J. Duran, 4815 Palomino Lane, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Solar Panels Clean Energy" 4815 Palomino Lane, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 10, 2021 Publish: December 10, 17, 24 & 31, 2021
SOLAR 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09844 AJ&J & Associates Inc, 10058 Newhart Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "916 Notary Public, 916 Livescan Services, 916 Apostille Services, 916 Print Services" 10058 Newhart Court, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 8, 2021 Publish: December 10, 17, 24 & 31, 2021
NOTARY 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10338 Robert W. Judah & Sandra J. Brown, 3249 Max Court, Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "Trust Production Services" 3249 Max Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 29, 2021 Publish: December 10, 17, 24 & 31, 2021
TRUST 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10467 Jesse A. Peevyhouse & Karen L. Peevyhouse, 9012 Terramore Drive, Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "K's "Old Fashion" Hot Dogs" 9012 Terramore Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 10, 17, 24 & 31, 2021
K'S 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10253 Christopher S Lenning, 4101 Wheat Street, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Top Pick Mobile Welding" 4101 Wheat Street, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 10, 17, 24 & 31, 2021
TOP 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10163 Melissa Faith Zanetta, 7921 Sunrise Boulevard, Apt. 3108, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Memories" 7921 Sunrise Boulevard, Apt. 3108, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 19, 2021 Publish: December 10, 17, 24 & 31, 2021
MEM 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09848 Werner Visage DDS Inc, 6440 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Marconi Dental Group" 6440 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 8, 2021 Publish: December 10, 17, 24 & 31, 2021
MARC 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09947 Susan Kim Dakuzaku Schlack & William Perry Schlack, 4440 Minnesota Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Xleration Services" 4440 Minnesota Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 10, 17, 24 & 31, 2021
XLER 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10494 Jesse Sonny Davis, 9670 Beachwood Drive, Orangevale, CA 95662 and Frank Thomas Gori IV, 7405 Springvale Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name(s) "Green Clean Solar Solutions" 6261 Hazel Avenue, #694, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 10, 17, 24 & 31, 2021
GREEN 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09654 Yordanos G Beyene, 8028 Telmont Parkway, Antelope, CA 95843 and Trinas G Beyene, 5332 Croxton Way, Sacramento, CA 95842 are doing business under the Fictitious Business Name(s) "Tesiadel" 4900 Madison Avenue, Suite B, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 2, 2021 Publish: December 10, 17, 24 & 31, 2021
TESI 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10328 Armando Damian, 4400 Shandwick Drive, #277, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Lifetime Services" 4400 Shandwick Drive, #277, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 29, 2021 Publish: December 10, 17, 24 & 31, 2021
LIFE 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10458 Ting Xian Griffis, 5017 Burnbrae Place, Antelope, CA 95843 and Tingui Hou, 8280 Iron Gorge Drive, Sacramento, CA 95829 are doing business under the Fictitious Business Name(s) "Lili's Massage" 8891 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 10, 17, 24 & 31, 2021
LIL 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10446 Samona Turner, 731 16th Street, #118, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "St. T. St. T Collaboratives" 731 16th Street, Suite 118, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 10, 17, 24 & 31, 2021
ST.T 180201 12-31-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10397 Robert David Vaughn, 4633 Chicago Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Wayne Nameplate Company" 4633 Chicago Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 1, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
WAYNE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10215 Edward R. Marszal Enterprises, Inc., 5805 Windmill Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Silvercreek Association Management, Silver Creek Association Management" 6080 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
JACKSON 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09987 Brandea Thomas, 3920 Ramsey Drive, North Highlands, CA 95680 is doing business under the Fictitious Business Name(s) "Exceptional Housekeeping Personnel Agency" 3920 Ramsey Drive, North Highlands, CA 95680. Filed with the Clerk of Sacramento County November 15, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
EXCEPT 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10667 Robin Martin, 9239 Winding Oak Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Two Songbirds Press" 9239 Winding Oak Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 7, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
SONG 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09803 Maurice Harper, 5520 Claudied Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "TSQ Nursing Academy" 5560 Marconi Avenue, #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 5, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
TSQ 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10582 Melesio Anthony Perez Jr., 1038 Roosevelt Avenue, Winters, CA 95694 is doing business under the Fictitious Business Name(s) "Bowtie Specialties" 7846 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
BOWTIE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10142 Joseph Sparks, 3701 California Avenue, #A, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Gold Coast Creative" 3701 California Avenue, #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 19, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
GOLD 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09206 Kristina Schumacher & Megan Schumacher, 3300 Capital Center Drive, #64, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Pretty In Faith" 3300 Capital Center Drive, #64, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 15, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
PRETTY 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10659 Blake Krekelberg, 8868 Bluff Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "On Target Promotions" 11367 ---- Pyrites Way, Suite K, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 7, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
ONTARGET 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10456 Jamaela Constance Jennings, 4230 Fell Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "J Spot Kitchen" 3173 Marysville Boulevard, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
JSPTOT 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10534 FNU Shushma Kumari, 3512 Ester Brook Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Sanja Punjabi Foods" 3512 Ester Brook Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
SANJA 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09943 No Ends Inc, 2300 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Crystal Nugs Events" 2300 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09946 Closed Door Inc, 2300 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Crystal Nugs Shop" 2300 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09945 Crystal Nugs Inc, 3109 Lea Sterling Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Crystal Nugs Delivery" 241 North 10th Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 12, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
CRYSTAL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10001 Samjhana Food Inc, 4740 Natomas Boulevard, Suite 150, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Himalaya Momo" 4740 Natomas Boulevard, Suite 150, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 15, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
HIMA 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10497 Amy Tremayne, 4080 Truxel Road, #100, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Mayne St. Properties, Mayne St. Coaching" 4080 Truxel Road, #100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
MAYNE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10540 Mohsen Razani, 5307 Marconi Avenue, #33, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Grand Central Cars" 9521 Folsom Boulevard, Suite R-1G, Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
GRAND 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10372 Reese Brother Enterprises LLC, 6060 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Silvercreek Association Management, Silver Creek Association Management" 6080 Sunrise Vista Drive, Suite 3400, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 30, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
SILVER 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10530 Aries Car Co Inc, 2620 La Mesa Way, Unit B, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Aries Car Co Inc" 2620 La Mesa Way, Unit B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
ARIES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10525 Prime Auto Registration LLC, 4865 Pasadena Avenue, Suite 17, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Prime Auto Registration LLC" 4865 Pasadena Avenue, Suite 17, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 3, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
PRIME 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10527 Creative Engineering LLC, 4330 Winding Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "AUL Painting" 4330 Winding Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
AJL 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10210 Jose Martin Barrios, 4901 Patric Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Droplet Landscaping" 4901 Patric Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 23, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
DROPLET 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10705 Elena Sokolova, 5419 Manzanita Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bes Hair Lab" 5525 Hemlock Street, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
BES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10620 Tiana Keene, 7531 Andrewsarah Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Na-Cho Snacks" 7531 Andrewsarah Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
NA-CHO 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10402 Tony Hamblin, 2248 Garfield Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Warrior Method" 6022 A Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 1, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
WARRIOR 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10682 Creamon Alston, 5005 Argo Way, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "CRE Kutting UP" 5005 Argo Way, Sacramento, CA 95820. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
CRE 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10690 Ezz ride auto sales, 3216 El Camino Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Ezz ride auto sales" 3216 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
EZZ 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10697 Kevin Pham, 7 Ingram Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Sacramento EDM Collective, Sac EDM Collective" 7 Ingram Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
SACEDM 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10698 Rory Randy Rodriguez, 7 Costa Brase Court, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Birmes ILL, Chaotic Forms" 7 Costa Brase Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 10, 2021 Publish: December 17, 24, 31, 2021 & January 7, 2022
BIMES 180201 1-7-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10599 Jonathan Hemphill, MD, 3533 Serramont Court Carmichael, CA 95608, Scott Baron, MD, 11740 Melones Circle, Gold River, CA 95670, and Bradley Stauber, DO B75 Commons Drive Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Capitol Heart Center" 6347 Coyle Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
CAPITOL 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10640 Classy Merchandise, Inc, 30616 San Antonio Street Hayward, CA 94544 are doing business under the Fictitious Business Name(s) "Tartan Sports, Precise Golf" 30616 San Antonio Street Hayward, CA 94544. Filed with the Clerk of Sacramento County December 9, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
TARTAN 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10470 Lee A. Mahla, 2016 Idaho Mine Court Gold River, CA 95670 are doing business under the Fictitious Business Name(s) "Get Order Lee, RightSize Your Move" 2016 Idaho Mine Court Gold River, CA 95670. Filed with the Clerk of Sacramento County December 2, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
GET 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10607 PAN Moving and Storage, LLC, 1401 21st Street Suite R Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Tony's Sons Moving and Storage" 2419 Mercantile Drive Suite D Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
TONY 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-09694 VA7 Park Knoll, LLC 2082 Michelson Drive 4th FL Irvine, CA 92612 are doing business under the Fictitious Business Name(s) "Renew On Coloma" 10680 Coloma Road Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 3, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
RENEW 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10542 Gary Brian Kennedy, 6816 Lonciera Drive Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Grand Bakehouse" 6816 Lonciera Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 6, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
GRAND 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10713 Antonio Armendariz Hernandez, 7348 Walnut Avenue Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "ExclusiveLuxuryDetailing" 7348 Walnut Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 13, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
EXCLUSIVE 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10873 Cristian Ruvalcaba and Cindy Martinez, 2507 Tronero Way Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Bright Finishes Painting" 2507 Tronero Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 17, 2021 Publish: December 24, 31, 2021 January 7, and 14, 2022
BRIGHT 180201 1-14-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10574 Paradise Laundry Inc, 3941 Park Drive Suite 20-284 El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Greenback Coin Wash" 7345 Greenback Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 7, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022
GREENBACK 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10887 Khriissandra Swinney, 751 Taylor Morgan Way Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Liberty Tax Service" 8820 Greenback Lane Sule C Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 20, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022
LIBERTY 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10595 Josh Sigal, 9433 Triathlon Lane Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Oasis Realty & Financial Services" 9433 Triathlon Lane Elk Grove, CA 95758. Filed with the Clerk of Sacramento County December 8, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022
OASIS 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10902 Christina Alisha Armstrong, 8725 La Rivera Drive Apt# 188 Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "OrganizingHigher" 8725 La Rivera Drive #188 Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 21, 2021 Publish: December 31, 2021 January 7, 14, and 21, 2022
ORGANIZING 180201 1-21-22

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-10481 A&A Enterprises Inc, 1160 Tara Court Suite A Rocklin CA 95765 is doing business under the Fictitious Business Name(s) "3 Monkeys Smoke Shop #8" 5323 Elkhorn Boulevard Suite B Sacramento, CA 95842. Filed with the Clerk of Sacramento

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Worship: 11:00 a.m.
Worship: 6:00 p.m.
Wednesday Bible Classes: 7:00 p.m.

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11:00 a.m., Sunday Worship and Kids Church
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WEEKLY COMICS

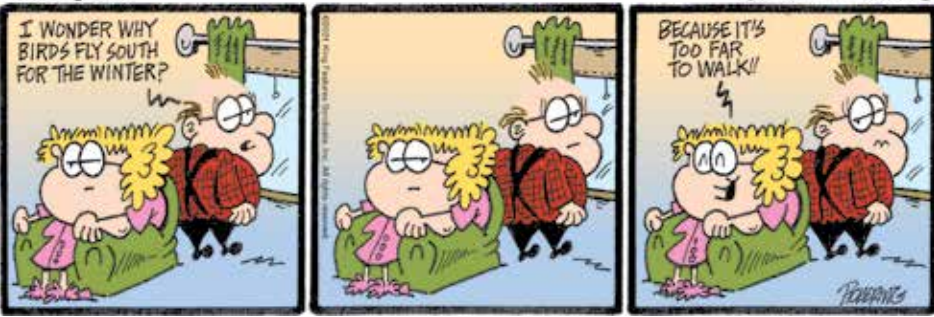
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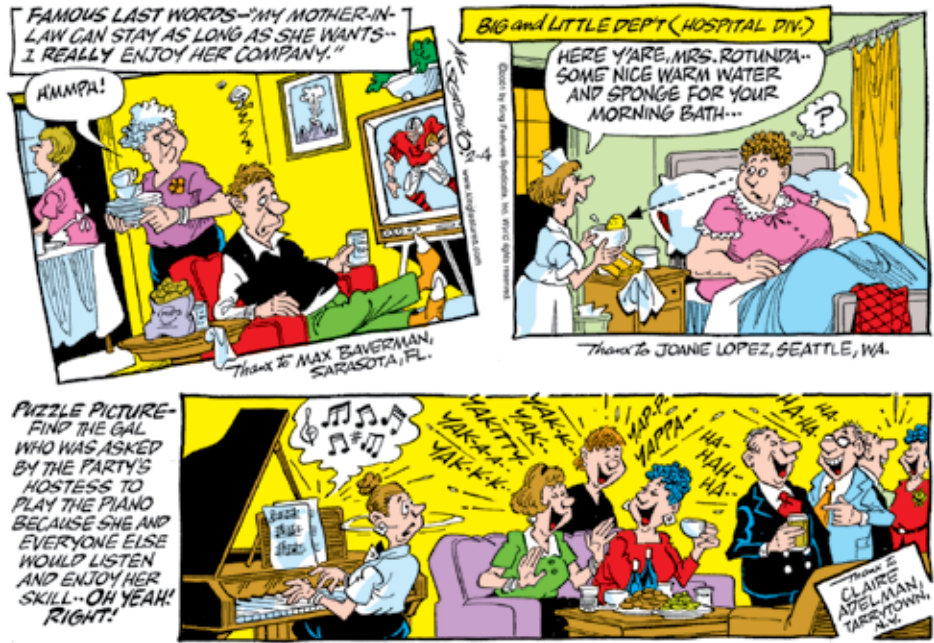
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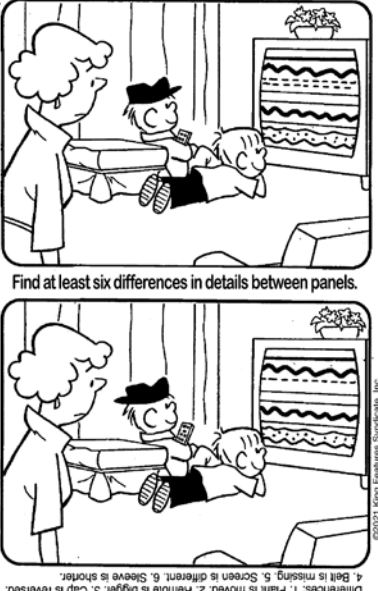
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Parkour for Seniors - More Exercise is Better as You Get Older

Commentary
by Nancy Lorentz

“Twenty-first century seniors live longer, healthier and more active lives. Sure, you’ll find some older folks who might prefer to sit out their senior years. But, for the most part, the elders among us – and there are a lot of them – choose ‘not to go gently into that good night,’ as poet Dylan Thomas put it,” says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

The Census Bureau reports that when they conducted their 2010 head count the oldest Baby Boomer – the first of whom were born in 1946 – was not even 65 years old yet. But since then, a staggering 10,000 of them have been celebrating their 65th birthdays each and every day and the “gray tsunami” will continue for yet another decade.

Today’s life expectancy is about 79 years. It was little more than 68 years in 1950 and it will continue to increase well beyond the turn of another century. Medical innovations have a lot to do with it. In 1950, there were nearly 589 deaths due to heart disease per 100,000 population; today, the death rate due to heart disease has dropped dramatically to 167 per 100,000.

But, while medical interventions certainly allow more of us to have longer life spans, another important contributing factor is modern day lifestyles. We’re taking better care of ourselves, eating better, sleeping better and getting more exercise. According to the Centers for Disease Control [CDC], “Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Older adults who sit less

and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.”

AMAC’s Weber, meanwhile, is suggesting that more exercise is better than less as you get older. Taking long walks, participating in sports, climbing stairs, lifting weights, doing push-ups and sit-ups. In fact, a growing number of seniors have gone so far as to

engage in more extreme ways to get exercise, she says, warning us to make sure we don’t overdo it.

For example, an exercise regimen known as Parkour has been growing in popularity in the U.S. in recent years. To say that it is an extreme way for senior citizens to stay fit is an understatement; it involves a lot of jumping, climbing and vaulting over and around barriers. As a matter of fact, Sean Hannah president of PK Move, told U.S. News, “You say,

‘parkour for seniors,’ and it hits the brain weird, like that’s the absolute opposite of what seniors should be doing,” PK Move bills itself as “The WORLD’S 1st and ONLY evidence-based program for seniors based on modified parkour.”

Nancy Lorentz is executive director and co-founder of PK Move. In an interview with Northern Virginia Magazine, she described parkour training as “the art of moving through

your environment in a smooth, efficient manner. This art of movement requires and builds mental and physical strength to overcome obstacles in the path you have chosen. Generally, parkour involves crawling, running, jumping, leaping, climbing, swinging or diving. There are no set routines (such as in yoga or tai chi) for practicing parkour, although proper functional form is required to train safely.” ★



More exercise is better than less as you get older and a little known training regimen called parkour is, definitely, more exercise. Photo Alessandro Biascioli, Dreamstime.com

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ADDRESS	SQ FT	LOT SIZE	SOLD PRICE
6231 24th St.	4461	3 Acres	\$1,200,000
7818 Ranch River Dr.	1291	1 Acre	\$ 589,000
848 U Street	1383	2 Acres	\$ 550,000
8125 Gold Pheasant Ct.	2240	1.16 Acres	\$ 710,000
1420 I Street	2089	.45 Acre	\$ 630,000
5923 West 2nd St.	2106	2.12 Acres	\$ 650,000
7425 26th St.	3525	1.2 Acres	\$ 725,000

Based on information from MetroList Services, Inc. for period of May 1, 2021 to August 30, 2021.
Provided properties may or may not be listed by the office/agent presenting the information.

Call me for information on these homes
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