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# THE NEWS

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## An American Aviation Hero

*Museum Hosts African Americans in Aviation*



Chauncey E. Spencer II (second left) brings his mobile museum to the Aerospace Museum of California. An image of his father (center) is central to the trailer exterior. Visiting the recent exhibit on African American achievement is Museum CEO Tom Jones (left) and Southwest Airlines pilot Tyrone Ward. Captain Ward volunteers as a Museum director. Flanking the trio are portraits of aviators Bessie Coleman and Cornelius Coffey.

**Story and photo by Susan Maxwell Skinner**

**MCCLELLAN, CA (MPG)** - An exhibition detailing contributions to aviation by African Americans touched down last week at the Aerospace Museum of California. Contained in a restored 1937 Pierce Arrow trailer, the program was viewed by more than 600 people in four days.

Trailer and curator Chauncey E. Spencer II began the educational pilgrimage in Palm Desert last year. "African Americans in Aviation" has since presented in 25 cities in 18 states. Repurposed as a mini-theater, Spencer's vintage trailer screens

a documentary on his Greatest Generation father's achievements for flight and humanity. Against all odds in the 1930s, the pilot/civil rights activist found wings. He then opened the door for other African Americans to fly. Preserving this part of Americana is a labor of love - and family pride - for the pioneer's son.

The elder Chauncey E. Spencer was raised by a poet mom and a business entrepreneur dad in Lynchburg, Virginia. Like millions of his generation, he was galvanized by the feats of aviation pioneers. When he sought flying lessons, an instructor told him: "We don't teach coloreds to fly, as they don't have the intelligence."

"Of course, that hurt my father," says the younger Spencer. "But it didn't break him." The Lynchburg family moved heaven and earth to pay for flying lessons. As US entered WWII, massive pilot-training programs were initiated - but only for white applicants. Spencer and fellow pilot Dale White began a campaign for change. They found sponsors for a 10-city flight, geared to encourage Black Universities to teach aviation. The only aircraft the pilots could rent was a battered Lincoln Page biplane. When the WWI relic failed in flight over Ohio, sheer pilot skill achieved a miraculous and safe

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## Medication Users Need To Know Summer Heat Risks

**By Samantha Mott, Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - As the weather heats back up it's important for everyone to have a plan for staying cool and hydrated. It is especially important for those who may be extra susceptible to heat and dehydration due to certain medications.

Some medications can impair the body's ability to regulate temperature. During hot and humid weather, individuals taking medications can be at increased risk of developing excessive body temperature, or hyperthermia.

"Individuals taking certain medications, including those used to treat mental illness, need to take extra precautions to ensure they have a plan for staying cool and hydrated," says Dr. Ryan Quist, Sacramento County Behavioral Health Director.

Those with chronic medical conditions are especially vulnerable, e.g. heart and pulmonary disease, diabetes and alcoholism, etc. Heat exhaustion is the most common heat-related condition, which is most likely to occur in people who are involved in physical activity outdoors during heat waves.

Keep as cool and hydrated as possible: drink plenty of water, avoid spending time outside, especially during the hottest part of the day, and limit outside activities as much as possible. Cooling down a few hours a day will allow the body to recover and tolerate the heat better for the rest of the day.

"It is important for individuals to continue taking their medications as prescribed," says Quist. "Those with questions or concerns regarding medications and heat should contact their prescribing clinician."

Don't get caught unprepared as temperatures keep reaching into the triple digits. Have a plan to stay cool, stay hydrated and be aware of the signs and symptoms of heat-related illness. ★

## You Have 30 Days to Leave Here, Part Two

**By C.L. Feser**

**RIO LINDA, CA (MPG)** - All I can say after doing this second part on the homeless being evicted, is guiltily, Thank God it is not me!!

Part one of this story was done as an over the phone interview with the very understanding Sandy McGouran. Another day she would take me to visit the camp and the residents. We had a 1pm standing appointment. Only, I thought she wanted to meet at the church and she was waiting at the entrance to the homeless camp. After a call or two we connected.. I found Sandy, her husband Tom and their daughter Stephanie Hogg, to show me around. The husband stayed by the cars, while the three of us went down a back road to find, "her 15". She has been helping this particular group for many years now.

It was one of those hot days, even a little sticky.

First person we met was a barefoot and disheveled lady named Murl. "Just



Murl, Laura, and Sandy, where Murl lives. Photo by C.L. Feser

Murl," she said, "out here we don't have last names." It was said with no sadness, just an "it is what it is" tone.

As we moved along, none of the people I met really got excited about anything. Good or bad stories were told in the same monotone voice.

We were there for about 10 minutes when a car came down that long dusty drive. Everyone looked at each other, until I said, "do we know that person?" A lady stopped, got out in a really big sun hat and 5 bottles of ice cold bottled water. Her name - Laura French, and she is currently living in the

Calvary Baptist Church's storage room.

What a story she had to tell me. "I was homeless for 8 years. I met Sandy while I was at her 'Free Store' she runs out of the church. I got to move from the outside, into a dream room."

She wanted me to say in

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# You Have 30 Days to Leave Here



So much stuff still needing to be cleaned up. Photo by C.L. Feser

Continued from page 1

this article a great big THANK YOU to all who have tried to help the homeless. She goes on saying, "Everyone thinks of us as criminals or druggies, or that we're into some kind of mischief, when all we are trying to do is live on terms we did not ask for. Often, the stigma gets her down. "We just want to be treated human-to-human, give us some dignity! We're thought of as less than a chicken or a goat."

Sandy jumped in saying, "I am always being accused of enabling them, and guess what, I am guilty!! How can you not be involved? They show up at the Free Store with no shoes, no food and NO HOPE. Some even have children, how can you NOT do something. How can you NOT feel something no matter how they got there!"

Murl started telling me how they have lived in their little piece of earth for over 12 years, and she arrived only 3 years ago.

I was looking around as she talked and they have built lives for themselves. One guy had a completely natural made fence for a backyard. He also had free-range chickens running around. Murl had a nice big tent with her belongings around the tent. Murl told me she cooks on a little stove, has a small ice chest, but other than that there is no air conditioning, no

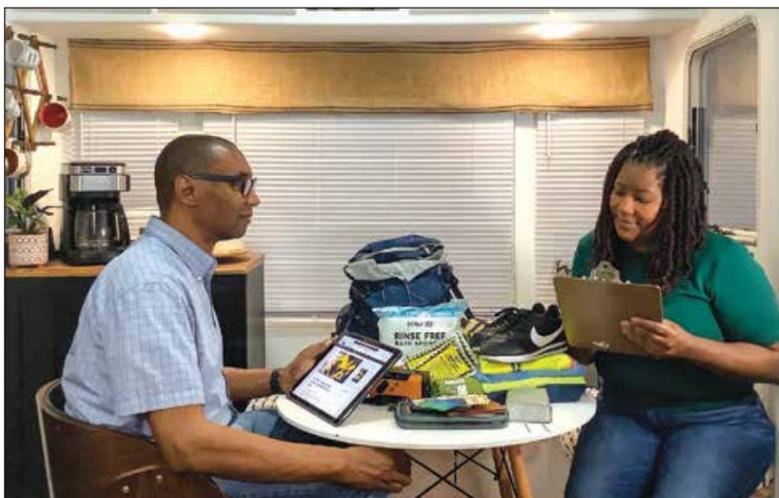
running water and no perks of living, but to her she feels blessed. Only, now we have the eviction notice and have already brought in bulldozers and trash dumpsters. I did not see any of them while I was there and to tell the truth, it looked like there was still so much stuff around where we were talking.

It was going on two hours; I was ready to get moving. I felt so guilty to leave them, but I had to get home while my emotions could still be used to write this article. So, Sandy, Stephanie and I said our goodbyes. Sandy reminded both Murl and Laura that there was going to be a potluck at the church on July 10th at 4pm and to bring her friends. Turning to me she said "of course you're invited. I smiled, we exchanged hugs, then I jumped into my air-conditioned car. I felt drained. I left them knowing they had no idea where they would be tomorrow or next week, and that, that was their life. They are definitely a group of people who learned to do with less and are just trying to stay with their possessions and live.

Sandy wanted me to say this: "Don't judge a book by its cover until you have read all the pages in between."

So please, as I always say: Be kind to others, please, as you don't know their story. ★

# Get Ready for the Unexpected with a Disaster Go Bag



The Royal household prepares to face the unexpected with their go bags. Photo: Jehova's Witnesses News Communications

By Adrian M. Barnes, *Jehova's Witnesses News*

**SACRAMENTO REGION, CA (MPG)** - Don't think you need an emergency kit? Think again, say families who needed one.

Flashlights, bottles of water, a first aid kit, and ready-to-eat meal packs line the Royal family's dining room table. The family isn't going camping—they're preparing for disaster by putting together a "go bag."

Preparing in advance with a disaster-ready kit has helped families nationwide through extreme and abnormal weather events, which experts warn are on the rise.

Having lived in California all their lives, Sacramento residents Warren and Laurie Royal know the possibility of disaster. The Royals have even seen the Sacramento Valley impacted by disasters outside of fire season. "We have had our share of surprises. In the past, floods have devastated parts of the Sacramento Valley," said

Warren. "Preparing a go bag can be somewhat daunting. Our family has found the resources regarding disaster preparedness on the website [jw.org](http://jw.org) especially helpful. Practical, common sense suggestions are available to make preparation and execution of a disaster plan much easier."

"Having a personal preparedness plan increases your chances of staying safe," according to a training program from the Columbia University's National Center for Disaster Preparedness.

Jolted awake by a neighbor's urgent knocking, Aaron and Jacqueline Pate were horrified to see the encroaching flames of the fast-moving Woolsey fire that had been miles away when they went to bed. It burned to within 100 feet of their Westlake Village home in 2018 as part of California's deadliest wildfire season on record.

"Because we had go bags, we weren't running around trying to pack things at the last minute," said Jacqueline.

"We had the time we needed to comfort our kids and get everyone safely into the car."

The Pates credited the disaster-preparedness help they received as Jehovah's Witnesses, both through periodic reminders at their congregation meetings and from tips for putting together go bags on the organization's website, [www.jw.org](http://www.jw.org).

"Life is precious, so we encourage all to heed the Bible's advice to take practical steps to protect ourselves from danger," said Robert Hendriks III, spokesman for Jehovah's Witnesses in the United States.

Go bags also have proven useful in the opposite circumstances as "stay bags."

Disaster-preparedness suggestions and tips for putting together a go bag are available from FEMA at [ready.gov](http://ready.gov) and from Jehovah's Witnesses at <https://www.jw.org/en/library/magazines/awake-no5-2017-october/disaster-steps-that-can-save-lives/>. ★

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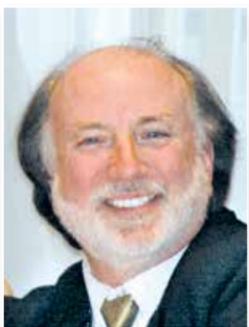
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# Safe Swimming Pool Tips for Families



Drowning is the leading injury-related cause of death for children ages 1-4, and many of those deaths occurred in backyard pools or spas. Photo courtesy Victoria Borodinova Pixabay

By **Samantha Mott**, Sacramento County News

**SACRAMENTO COUNTY, CA (MPG)** - Summertime is swimming time. As families enjoy gatherings and newly-opened swimming pools, Sacramento County Public Health reminds parents and caregivers to practice water safety tips in and around pools. Even inflatable pools can be dangerous for children.

In Sacramento County, 70 percent of drowning deaths occurred in children under the age of five, according to the Safe Kids Program of Greater Sacramento. Drowning is the leading injury-related cause of death for children ages 1-4, and many

of those deaths occurred in backyard pools or spas.

Here are a few tips to keep children safe while swimming in pools:

Watch your children at all times or designate an official Water Watcher who can swim to monitor children in or around the pool. This should be an adult who is 18 years old or older. Their ONLY job is to supervise children in the water – they should not be reading, texting or playing games on their phone; **Teach children** to stay away from drains in pools and spas; Ensure all pools and spas - both in a backyard and any public pool you may visit - have drain covers; **Keep a phone nearby** for use in

an emergency; Enroll your children in swimming and water safety lessons; **Learn infant and adult CPR; If a child is missing**, check the pool/spa first; Own a pool? Install **proper child-proof barriers**, covers and alarms on and around your pool and spa; **Cover pools and spas** when not in use; **Remove ladders** for above ground pools when not in use.

To download multi-lingual water safety posters and other useful materials, visit the Safe Kids Greater Sacramento website.

For more safety tips or to download a pool safety app, visit the U.S. Consumer Product Safety Commission's Pool Safety program website. ★

# Water Saving Can Be Beautiful When You Garden Like Nature Intended



Refreshed by winter rains, plants native to our Sacramento Valley and Sierra foothills look their best in early spring. That's how nature intended; the better to attract bees. Image by bluebudgie from Pixabay

By **Debbie Arrington**, BeWaterSmart.info

**SACRAMENTO, CA (MPG)** - Spring is the time to fall in love – with California native plants. From golden poppies to vibrant redbuds, brightening nearby hillsides as well as suburban landscapes. And these easy-care plants put on this eye-catching show even during dry years.

"Everything looks fantastic!" says landscape designer Soleil Tranquilli, owner of Tranquilli Gardens and a water-wise specialist. "This is the best time of year to see native gardens in Sacramento."

Refreshed by winter rains, plants native to our Sacramento Valley and Sierra foothills look their best in early spring. That's how nature intended; the better to attract bees. Their flowers provide needed nectar and pollen to dozens of native bee species.

Once established, these cast-iron perennials and shrubs can tolerate the driest conditions. Even in years with normal rainfall, they save water compared to traditional lawn-based landscaping because they naturally need less moisture year-round to look their best. That adaptability is a huge asset.

"Native plants and low water-use plants will be more climate change resilient in the future as well," Tranquilli says. "When you plant natives, you use way less water," Tranquilli adds. "You also spend way less time managing your garden. They are less expensive, too; there's no need for chemical fertilizers and pesticides. It makes it better for

us when we make it better for nature."

Need another reason? Rebates from your water provider may be available for lawn removal and landscape makeovers. Learn more at <https://bewatersmart.info/rebates-services/>.

You can view local examples at the Fair Oaks Horticulture in Fair Oaks Park or by visiting the WEL (Water-Efficient Landscape) Demonstration Garden created by the UC Cooperative Extension Master Gardeners of Sacramento County. The garden is open free daily, dawn to dusk. Details: [http://sacmg.ucanr.edu/Fair\\_Oaks\\_Horticulture\\_Center/Water\\_Efficient\\_Landscape\\_Garden/](http://sacmg.ucanr.edu/Fair_Oaks_Horticulture_Center/Water_Efficient_Landscape_Garden/)

Online, find extensive galleries of local landscapes featured on Gardens Gone Native garden tours. Hosted by the Sacramento Valley chapter of the California Native Plant Society, these tours showcase gardens using at least 25 percent natives. Visit: <https://www.sacvalleycnps.org/photo-gallery>.

Here are Soleil Tranquilli's top five best native shrubs or perennials to grow in Sacramento region - **Bush anemone** (*Carpenteria Californica*): Evergreen shrub with showy white flowers. Golden currant (*Ribes aureum*): Can take Sacramento's summer heat with practically no summer water. **Hummingbird sage** (*Salvia Spathacea*): Produces lots of fragrant pink and lilac flowers in dry shade. **Coffeberry** (*Frangula Californica*): Makes a great hedge or divider that bees can't resist. Cleveland Sage (*Salvia Clevelandii*): Gray-green aromatic foliage contrasts with whorls of blue flowers. ★



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# Paddington the Instagram Star



Kayla and the Instagram Star - Paddington! Photo by C.L. Feser

By C.L. Feser

**RIO LINDA, CA (MPG)** - Who doesn't fall in love with baby animals, especially a 6-week-old pot belly pig with big eyes and a soft wet nose?

Kayla Daley was one who could not resist. After researching pot belly pigs, she found, "The One." He has black spots all over his white body, and just as cuddly as a puppy. His name, Paddington, came with him and she kept it.

She got him home, started dressing him up in the cutest of cloths. Started an Instagram account, @paddington\_the\_pig!

Within months, he, was a star! Now, over 95,000 yes, thousand, followers. He is now 5 1/2 years old and still cute.

Kayla started his Twitter account, for fun. It took off. He started getting gifts sent

to him and for her—all kinds of Paddington treasures! A blanket came with his actual pictures on it. "I got a jeweled phone case, again, with his picture on the back," she said. Kayla has found lifelong friends to add in her life, because of Paddington's Instagram page.

When he was young, he was neutered so she could take him to school with her. It turns out it was a perfect match. Kayla is a Special Education Teacher, whose kids loved him. As with any baby animal, he grew up. These days he spends his time in luxury.

He lives in a waterfront home. He has a beautifully kept back yard with a wading pool to cool off in. He has a friend named 'Z' a beautiful black and white cat. They are often found curled up together. He still comes

inside, he just loves outside, swimming pool, and yard. His favorite treats are blueberries. He eats his pig chow and is very healthy. He gets physicals to help keep him in the best of health. I told her, I understand as I have a soft spot for pot bellies, having two of my own.

I was finishing up our visit and Paddington started "barking!!" Kayla's mom Kathleen started laughing. "He's a really good Guard Pig", she said. If I had not seen and heard it for myself, I might've said, "hmm". It turns out Kayla's neighbor was having backyard work done and the workers showed up. Him not knowing what was going on, raced over to the fence line, barking, the hair on his back went up. I was so glad to have been there to see it. Life is fun, look for it. ★

# An American Aviation Hero

Continued from page 1

landing. The journey eventually ended in Washington DC, where a chance meeting with Senator Harry Truman did not just change White and Spencer's lives. The encounter reshaped a nation's military future.

Truman was impressed by the two pilots and their wizardry with their outdated flying banger. He lobbied President Franklin D. Roosevelt (via his powerful wife Eleanor) to end Negro ineligibility for civil pilot training. As a result, Congress passed a program that included funding for aviation studies in Black colleges. Nearly 1000 Black airmen and thousands of support staff soon formed in segregated squadrons. Aged 30, Spencer Sr was deemed too old to deploy. He served as a race relations officer for the Army Air Corps and continued the job as a civilian after the war. His work earned a 1948 Exceptional Civilian Service Award – the highest civilian honor given by the Army – for his fight against segregation in the military. He later became a Sheriff's Deputy and was appointed Commissioner for San Bernadino Police Department. Soon after his death in 2002, Spencer's Lynchburg home was made a National Monument.

Spencer and White's serendipitous encounter with Harry Truman was critical to the formation of the famous Tuskegee Airmen, whose heroism remains part of military legend. Deployed in Italy and North Africa, the airmen earned Silver Stars, Distinguished Flying Crosses and Bronze Stars. Purple Hearts were numerous and 66 Tuskegees gave their lives. They are today honored by Tuskegee Airmen Inc Chapters all over

America. Placer Chapter spokesperson, Lanelle Roberts Brent (daughter of Tuskegee legend George "Spanky" Roberts), was among members welcoming Chauncey Spencer and his Pierce Arrow to McClellan. "His father's story is historic," says Roberts. "Without his meeting and impressing Harry Truman, we might not have achieved the integrated military that we have today."

Notes Spencer: "I'm sharing a part of our history that often gets overlooked. It's important to remember the heroes who were willing to take the first brave steps on a journey that continues today." The Palm Desert resident's own journey continues from city to city; state to state. Supported by the non-profit National Colleges Resources Foundation, his next excursion comes later this month, at the invitation of the famous air show in Oshkosh, Wisconsin. Spencer shows his 19ft monument to his father's courage – embellished with iconic Tuskegee Airmen images – behind a Chevy Colorado truck. On the road, truck and trailer are constantly saluted. "People honked and waved and gave me thumbs-up all way home from Sacramento," reports the chauffeur. "I guess they're proud the museum is giving recognition and inclusion to all Americans."

Chauncey Spencer makes himself available as a speaker, educating in history and equality. "When we stop calling each other Black or White and start calling ourselves Americans," he attests, "our country will be headed in the direction it needs to go."

Learn about Spencer and his exhibit at [www.ces-ii.com](http://www.ces-ii.com)

For information on the local Tuskegee Airmen Chapter, visit: [www.taheritage.org](http://www.taheritage.org) ★

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# California has a Segregation Problem



By Dan Walters  
CALMatters

Deeply blue California's top political figures, from the governor downward, portray the state as a model of multi-cultural integration.

In fact, however, as a new study from UC-Berkeley's Othering & Belonging Institute reveals, most California metropolitan areas have high levels of racial segregation in housing and it has become more pronounced over the last two decades. Oddly, too, California's segregation tends to be highest in areas most likely to lean to the left politically.

The Los Angeles-Long Beach-Santa Ana metropolitan area, the study found, is the nation's sixth most segregated region of 200,000 residents or more. Other California areas with high levels of segregation include San Francisco-Oakland (25th), San Diego (38th), San Jose (45th) and Sacramento (82nd).

Of the 11 California regions on the report's "high segregation" list, only two, Bakersfield (37th) and Fresno (72nd), hew to the right politically. The San Luis Obispo-Paso Robles area, which also is somewhat conservative politically, is one of only two regions in the nation deemed to be highly integrated, the other being Colorado Springs, which is a Republican bastion.

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Okay, so California is not the exemplar of integration it often pretends to be. But isn't the state trying to make its housing patterns more inclusive?

Officially, yes. State housing guidelines and recent legislation seek more integration of multi-family housing into what have been exclusively single-family neighborhoods as determined by local zoning laws. A mixture of housing types, it's argued, would create more neighborhood diversity.

Those efforts, however, have faced stiff opposition in suburban communities where single-family homes predominate, with the fiercest resistance in suburbs dominated by Democratic voters, such as Marin County.

The outcome of California's housing war remains in doubt. However, as California pursues – at least on paper – more integration in housing, it seems to be encouraging more segregation in political representation through a concept called "community of interest" or COI.

When California's Citizens Redistricting Commission, created by a statewide ballot measure, first tackled the redrawing of legislative and congressional districts in 2011, it assumed that one of its jobs was to identify COIs and make them a dominant factor in redistricting.

The commission is just beginning to do its work again, using still-to-be-released data from the 2020 census, and is putting even

more emphasis on COIs, although how to define them remains uncertain.

The current commission is staging "COI input meetings" around the state and seeking participation but admits in its latest invitation that "there are no clear rules on how to define a community of interest."

It's assumed that under federal law, redistricting plans must not inhibit the ability of ethnic and racial groups to elect representatives. To insulate the new maps from legal challenge, the commission will use data on concentrations of potential voters (over the age of 18 and citizens) to create "majority-minority" districts that, in effect, preordain the election of legislators and congressional members from the designated communities.

Although California's overall population has seen only scant growth over the last decade, whites have continued to decline proportionately while Latino and Asian populations have increased. Thus, as the state's leading redistricting expert, Paul Mitchell, has written, "it's more likely than ever that the data will tell (the commission) there are more majority-minority districts that need to be drawn than ever in light of heightened segregation within our cities and counties."

So on one hand, California officialdom says it wants to lessen segregation in housing, but on the other hand it wants to reinforce racial and ethnic segregation in legislative and congressional districts. That's California in a nutshell.

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

# Ask Toni

## What is a Retiree HRA Account?



Toni King

Hi Toni:

My husband is an oil company retiree and two weeks ago, we received a letter stating that his employer is terminating current Medicare eligible retirees group benefits with a termination date of September 30, 2021, when the plan renews.

His employer has chosen a specific HRA company to help us choose the right Medicare and Part D options and assist with administering the HRA account that pays our insurance premiums. My husband and I will want an appointment with your office to sort out what is the right option for our retiree benefits.

We do not want a major catastrophe by making the wrong decision for our future Medicare needs.

Thanks, Becky from Sugar Land area

Becky:

I have good news for you because I personally attended an Employer Retiree Educational Seminar recently. The seminar was professionally presented with the speaker making sure that all the Retirees questions were answered.

The insurance rep advised all that attended to discuss with their doctors, hospitals, and pharmacies which Medicare Advantage, Medicare Supplement and Medicare Part D plans, they accepted. She discussed how to prepare for the phone consultation and that the retiree and spouse will be assigned a specific benefits counselor not a random customer service rep that moves on to the next phone call.

From the meeting, I learned that for the remainder of 2021, the retiree and spouse who are in a Retiree plan will have a specified amount to help pay for Medicare and Prescription drug plans monthly cost.

A Health Reimbursement Arrangement (HRA) is an account that has been established for the employee (you) and funded by an employer. You can use the funds in your HRA to receive reimbursements for eligible health care expenses up to the allocated amount.

The HRA is tax-free if the retiree and/or spouse meets certain requirements to qualify for the HRA funding.

Once you have enrolled in a Medicare plan through employers which provide HRAs, one will then have access to the HRA and use the HRA to reimburse your costs for items listed below:

- All or a portion of the monthly premiums for individual Medicare Supplemental insurance, Medicare Advantage plans, Medicare Part D Prescription drug plan.
- Medicare Part B or D premiums (if any)
- Eligible medical out of pocket such as coinsurance, co-payments and deductibles
- Dental and/or vision premiums enrolled thru the HRA plan.
- Your HRA can be used to pay for all IRS Code Section 213 (d) expenses.

The speaker discussed "what is a guaranteed issue" time for the retiree who is enrolled in Medicare Part A and B with health issues which prevents one from qualifying for a Medicare Supplement medically.

With guaranteed issue rights, an insurance company must:

- Sell you a Medigap/Medicare Supplement policy. "You have the right to buy any Medigap/Medicare Supplement Plan A, B, C, F, K or L that's sold in your state by any insurance company if your Medicare Part A starts prior to January 1, 2020. Those who's Medicare Part A begins after January 1, 2020 qualify for Medicare Supplement Plan A, B, D, G K or L with plans C and F no longer available.
- Cover all your pre-existing health conditions.
- Cannot charge you more for a Medigap/Medicare Supplement policy, regardless of past or present health problems.

Have questions regarding Retiree Medicare plan changes or personal Medicare issues email the Toni Says® team at info@tonisays.com or call 832/519-8664.

2021 Confused about Medicare and LTC Zoom webinar is Thursday, July 29th at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

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

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<p>This space could belong to your Church Call Today The Rio Linda News <b>916-991-3000</b></p>	<p><b>LIFEPOINTE FAMILY OF CHURCHES</b> 7200 Rio Linda Blvd. lifepointenaz.com 916.991.4624 <b>2 SERVICES AT OUR RIO LINDA CAMPUS</b> 9AM TRADITIONAL SERVICE 10AM CONNECTION GROUPS Bible Study • 'The Family' S.W.A.G. Youth • FamilyKidz 11AM CONTEMPORARY SERVICE Nursery 0 - 3years Clubhouse Kidz 4 years - 6 grade</p>	<p><b>Church of Christ</b> Worship God's Way Minister Eric Smith 6818 4th Avenue Rio Linda, CA 95673 <b>991-2668</b> Church 10:30am</p>	<p><b>North Metro Church of Christ</b> 4191 Norwood Ave., Sacramento 95838 <b>916-923-1147</b> Minister Pete Savage SUNDAY Bible Classes: 10:00am Worship: 11:00am Worship: 6:00pm Wednesday Bible Classes: 7:00pm</p>	<p><b>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP</b> Pastor Shannon Fannin Liberty Ministries extends an invitation to come and join us for Celebration Worship Sunday 9:00am Youth Extreme and Food Closet. <b>922-6442</b> 4840 Marysville Blvd. www.libertymcf.net</p>
<p><b>First Baptist Church Elverta</b> 112 West Delano St., Elverta Pastor Peter Ceccardi 9:45am, Sunday Bible Study 11:00am, Sunday Worship and Kids Church 6pm, Sunday Night Bible Study 5:30pm Sunday Youth Program 6-7pm Dinner &amp; Wed. Worship AA meets Mon. 10-11am email: Peter@fbcelverta.org</p>	<p><b>RIO LINDA COMMUNITY UNITED METHODIST CHURCH</b> 6800 6th St. (Corner of 6th &amp; M) Rio Linda <b>991-1638</b> Pastor Carolee Cateral Sunday School: 9:30am Worship Service: 11:00am</p>	<p><b>Rio Linda Seventh Day Adventist Church</b> 7535 - 10th St. and U Rio Linda Sabbath School: 9:15am Worship Services: 11:00am</p>	<p><b>NEW LIFE CHRISTIAN CHURCH</b> 2037 Elkhorn Boulevard <b>991-3001</b> Sunday School: 9:45am Sunday: 10:45am Sunday Evening: 6:00pm Wednesday: 7:00pm Pastor James A. Duncan</p>	

## Where Oh Where Is My Hair?

**Dr. James L. Snyder**

I must confess I sometimes get so busy that certain things have slipped my mind. I don't do this intentionally, but I try to prioritize things in my life.

With so many things going on, it is tough to keep up-to-date with everything, even personal items.

This is not true with the Gracious Mistress of the Parsonage. No matter how busy her day is, she always keeps up with everything. She knows things that are happening a week before they actually happen. How she does that, I don't know, and trust me, I am not going to inquire.

I just ask her if I want to know something, and I get the latest on everything. So, why should I waste my time trying to keep up with everything?

Change is not my modus operandi. I like things to stay the way they are. I haven't even bought a pair of new pants for several decades. Why buy a new pair when the old pair works just fine? The same with shirts.

Then something happened this past week that changed my thoughts along this line.

The Gracious Mistress of the Parsonage found an old box of photographs from when we were first married.

When I saw our wedding picture, I wondered who that young couple was getting married.

My wife informed me that that was us on our wedding day.

Then I went through a bunch of other photographs, and noticed something that, in a way, alarmed me.

As I look at these pictures of myself, I noticed something strange. I had lots of hair!

I stared at one photograph for a while, and my wife said, "What are you looking at?"

Not wanting to expose my thoughts at the time, I just said, "I'm just looking at this picture."

Of course, as is always the case, she knew there was a little more than that.

"Okay," she said, "come clean with me. What are you really looking at?"

The choice was simple, either come clean with her or face this question for the rest of my life.

I nervously cleared my throat, coughed several times, blew my nose and then said, "I noticed that I had a lot of hair back in that day. Whatever happened to my hair?"

When she stopped laughing, which I did not see to be funny, she said, "You got older, and your hair couldn't

put up with you getting old."

I involuntarily chuckled, but I wasn't really serious about chuckling.

The only change I really like is the change in my pocket. Outside of that, I'm not a fan of change. Surely there comes a time when there's no more need for change.

I'm completely happy with the way things are right now. I don't want to lose any more hair. I don't want to gain any more weight. Surely, I don't need any more wrinkles.

I guess this is the cost of investing in old age.

While brooding over the subject, I ran across a verse of Scripture. "The glory of young men is their strength: and the beauty of old men is the grey head" (Proverbs 20:29).

Looking in the mirror again, I noticed my hair was indeed grey. If God thinks my grey head is beautiful, why should I think anything different?

*Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com. ★*

## Social Security Matters When Should I Claim My Survivor Benefit?



**By Russell Gloor, AMAC Certified Social Security Advisor**



depending on your personal circumstances.

**Dear Rusty:** My wife passed away in 2014. I'm 60 years old and have been retired since August 2020. I know I'm entitled to survivor benefits, but my question relates to when to file for them. To say the information online is confusing is an understatement. Some background. My wife was born in 1960 and would have turned 62 next year. I was born in 1960 and turned 60 this past April. I do not plan on taking my SS until age 67 (I could wait until age 70 if it is more beneficial). I have not remarried. When should I file for survivor benefits to maximize the benefit? Signed: **Surviving Husband**

**Dear Surviving Husband:** Survivor benefits reach maximum when you reach your full retirement age (67), but you can claim a reduced survivor benefit as early as age 60. The amount of your survivor benefit will be determined by a) the benefit your wife had earned up to the month she passed, and b) your age when you claim the survivor benefit. At age 67 you would get 100% of the amount your wife was entitled to when she passed; if you claim at age 60 you would only get 71.5% of the benefit amount your wife had earned up to her death. The reduction may, or may not be, acceptable to you

than it will be at your FRA. The above would be prudent if your age 70 (or 67) benefit amount will be higher than the survivor benefit you would be entitled to at your full retirement age.

• If your survivor benefit at your FRA would be more than your own benefit will be at age 70, then it would be wisest to maximize your survivor benefit. To maximize your survivor benefit you must wait until age 67 (your FRA) to claim it. If your full survivor benefit will be the highest you can get, then maximizing it by waiting until your FRA to claim it is your smartest move.

So, as you can see, you have a choice of when to claim your survivor benefit. If your personal benefit at age 70 would be higher, it would be wise to claim your survivor benefit first (at age 60) and collect the reduced survivor benefit until you later switch to your own higher benefit. But if your survivor benefit at maximum would be more than your age 70 benefit, then waiting until your full retirement age of 67 to claim your survivor benefit would be your best choice.

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FBNF2021-05601 Guillermo Vega Flores,  
216 A Street, Apt. C, Galt, CA 95632 is  
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Name(s) "GLD Transport" 216 A Street,  
Apt. C, Galt, CA 95632. Filed with the  
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4023 Kennet Pike, #302, Greenville,  
DE 19807 is doing business under the  
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Distributing" 1325 J Street, #1550,  
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2317 Pecan Grove Way, Rancho Cordova,  
CA 95670 is doing business under the  
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Home" 2317 Pecan Grove Way, Rancho  
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Benedicta Nwaukoni, 5209 Gavin Walk,  
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FBNF2021-05601 Zenita Renna Davis-  
Oliver, 785 Carro Drive, #3, Sacramento,  
CA 95825 is doing business under the  
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Sacramento, CA 95825. Filed with the  
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FBNF2021-05308 Lubinko Churchin &  
Nevanka R. Churchin, 6700 Hilligen Way,  
Fair Oaks, CA 95628 are doing business  
under the Fictitious Business Name(s)  
"Green Dream Team" 6700 Hilligen Way,  
Fair Oaks, CA 95628. Filed with the Clerk  
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FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05042 El Fornaio (America)  
LLC, 770 Tampais Drive, Suite 208, Corte  
Madera, CA 94925 is doing business under  
the Fictitious Business Name(s) "Fornaio"  
400 Capitol Mall, Sacramento, CA 95814. Filed  
with the Clerk of Sacramento County May 26,  
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FBNF2021-05651 JIOM'S LLC, 3205  
Jefferson Boulevard, West Sacramento, CA  
95691 is doing business under the Fictitious  
Business Name(s) "Cafe Ole" 8830 Madison  
Avenue, Fair Oaks, CA 95628. Filed with the  
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FBNF2021-04114 Manuel Paez Gonzalez,  
3108 Academy Way, Sacramento, CA  
95815 is doing business under the  
Fictitious Business Name(s) "AZ Tech  
Road Service" 3108 Academy Way,  
Sacramento, CA 95815. Filed with the  
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AZTECH 180201 7-16-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05292 Taryn Rhodes, 187  
Westbury Circle, Folsom CA 95630 is doing  
business under the Fictitious Business  
Name(s) "Core Creations" 187 Westbury  
Circle, Folsom CA 95630. Filed with the  
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866 Shoreline Drive, Sacramento, CA  
95831 is doing business under the Fictitious  
Business Name(s) "Camilleri's" 866 Shoreline  
Drive, Sacramento, CA 95831. Filed with the  
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FBNF2021-05547 Lorena Reyes  
Ventura, 6943 Sprig Drive, Sacramento,  
CA 95842 is doing business under the  
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Registration Services" 2555 Boxwood Street,  
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FBNF2021-05687 Karla Swanson Morse,  
7695 Greenridge Way, Fair Oaks, CA 95628  
is doing business under the Fictitious Business  
Name(s) "SweetPea Homes" 7695 Greenridge  
Way, Fair Oaks, CA 95628. Filed with the  
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FBNF2021-05598 Isis Esquivel Cruz, 5062  
Shell Street North Highlands, CA 95660 is  
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Name(s) "LaJefa, Sammy's Kitchen" 5062 Shell  
Street North Highlands, CA 95660. Filed with  
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FBNF2021-05641 Brian R Torres  
Gaona and Antonio R. Torres Pureco, 197  
Ambergen Drive Sacramento, CA 95823 is  
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Name(s) "Elegant Granite Tile" 197 Ambergen  
Drive Sacramento, CA 95823. Filed with the  
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ELEGANT 180201 7-16-21

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FBNF2021-05322 Innovative Tax &  
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FBNF2021-05479 Kimberly Fischer and  
Jeremy Fischer, 4111 Anatolia Drive Rancho  
Cordova, CA 95742 is doing business under  
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Sweets Bakery" 4111 Anatolia Drive  
Rancho Cordova, CA 95742. Filed with the  
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SUNRISE 180201 7-16-21

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FBNF2021-05815 Jot Enterprises LLC,  
7225 Murieta Drive Rancho Murieta CA,  
95683 is doing business under the Fictitious  
Business Name(s) "Murieta Station, Subway  
Sandwich" 7225 Murieta Drive Rancho  
Murieta CA 95683. Filed with the Clerk  
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FBNF2021-05555 Terron Dion Lewis, 5  
Period Court Sacramento, CA 95834 is  
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Name(s) "J T & T Automotive" 2555 Boxwood  
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JT 180201 7-16-21

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FBNF2021-05866 Jesselle M. Legaspi, 9995  
Autumn Sage Way Elk Grove, CA 95757 is  
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Sage Way Elk Grove, CA 95757. Filed with  
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PLUSH 180201 7-16-21

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FBNF2021-05862 The Grid Laundry, 5567  
Arrest Way, Sacramento, CA 95835 is  
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Name(s) "The Grid Laundry, Grid Laundry" 930  
T Street, Sacramento, CA 95811. Filed with  
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FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05860 AVD Builders, 7610  
Park Drive, Citrus Heights, CA 95610 is  
doing business under the Fictitious Business  
Name(s) "AVD Construction" 7610 Park  
Drive, Citrus Heights, CA 95610. Filed with  
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AVD 80201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05844 Michael Rutasos  
Aurelio, 7361 Verdugo Way, Sacramento,  
CA 95842 is doing business under the  
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Auto Detailing" 7361 Verdugo Way,  
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FRESH 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05490 Scott Pyo, DDS Inc,  
6137 Landis Avenue, Carmichael, CA  
95608 is doing business under the Fictitious  
Business Name(s) "Gold River Pediatric  
Dentistry" 11230 Gold Express Drive, Suite  
302, Gold River, CA 95670. Filed with the  
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GOLD 180201 7-23-21

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FBNF2021-05893 Gary Harrell & Shirley  
Alexander, 6720 Rancho Pico Way,  
Sacramento, CA 95828 are doing business  
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"Shower Works" 6720 Rancho Pico Way,  
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SHOWER 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05981 Pavninder Kaur, 150  
Hebron Circle, Sacramento, CA 95835 is  
doing business under the Fictitious  
Business Name(s) "Orangevale Food  
and Liquor" 8940 Greenback Lane, #100,  
Orangevale, CA 95662. Filed with the Clerk  
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ORANGE 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05875 Brian York, 7755  
Sun Hill Drive, Apt. 209, Citrus Heights,  
CA 95610 is doing business under the  
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FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05973 Carlos Jimenez, 3301  
North Park Drive, Unit 2312, Sacramento,  
CA 95835 is doing business under the  
Fictitious Business Name(s) "House of  
Jimenez Films" 3301 North Park Drive, Unit  
2312, Sacramento, CA 95835. Filed with the  
Clerk of Sacramento County June 22, 2021  
Publish: July 2, 9, 16 & 23, 2021  
HOUSE 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05956 Celia R. Coughlin-  
Surridge, 3011 Sybil Way, Carmichael,  
CA 95608 is doing business under the  
Fictitious Business Name(s) "Celia Rose  
Creative Consulting" 3011 Sybil Way,  
Carmichael, CA 95608. Filed with the Clerk  
of Sacramento County June 22, 2021  
Publish: July 2, 9, 16 & 23, 2021  
CELIA 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05674 Davis Chung, 8421  
Tragus Way, Elk Grove, CA 95624 is doing  
business under the Fictitious Business  
Name(s) "Davis Handyman" 8421 Tragus  
Way, Elk Grove, CA 95624. Filed with the  
Clerk of Sacramento County June 15, 2021  
Publish: July 2, 9, 16 & 23, 2021  
DAVIS 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06041 OC101, Inc., 6435 Florin  
Park Road, Sacramento, CA 95828 is  
doing business under the Fictitious Business  
Name(s) "Kolas 103" 6435 Florin Park Road,  
Sacramento, CA 95828. Filed with the  
Clerk of Sacramento County June 24, 2021  
Publish: July 2, 9, 16 & 23, 2021  
KOLAS103 18020 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06045 Sharp Source, 6666  
Fruitridge Road, Sacramento, CA 95820 is  
doing business under the Fictitious Business  
Name(s) "Kolas 106, THC" 6666 Fruitridge  
Road, Sacramento, CA 95820. Filed with the  
Clerk of Sacramento County June 24, 2021  
Publish: July 2, 9, 16 & 23, 2021  
KOLAS106 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06044 Doc's, Inc., 1704 Main  
Avenue, Sacramento, CA 95838 is doing  
business under the Fictitious Business Name(s)  
"Kolas 105, Doctors Orders" 1704 Main  
Avenue, Sacramento, CA 95838. Filed with  
the Clerk of Sacramento County June 24, 2021  
Publish: July 2, 9, 16 & 23, 2021  
DOCTORS 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06042 C9 Alliance, Inc., 5711  
Florin Perkins Road, Suite A, Sacramento,  
CA 95828 is doing business under the  
Fictitious Business Name(s) "Kolas 104,  
Cloud 9" 5711 Florin Perkins Road, Suite  
A, Sacramento, CA 95828. Filed with the  
Clerk of Sacramento County June 24, 2021  
Publish: July 2, 9, 16 & 23, 2021  
CLOUD 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06040 Perchta, Inc., 8848  
Fruitridge Road, Sacramento, CA 95826  
is doing business under the Fictitious  
Business Name(s) "Kolas 102, House  
of Organics" 8848 Fruitridge Road,  
Sacramento, CA 95826. Filed with the  
Clerk of Sacramento County June 24, 2021  
Publish: July 2, 9, 16 & 23, 2021  
HOUSE 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06039 Alternative Medical  
Center, Inc., 1220 Blumenfeld Drive,  
Sacramento, CA 95815 is doing business  
under the Fictitious Business Name(s)  
"Kolas 101, AMC" 1220 Blumenfeld Drive,  
Sacramento, CA 95815. Filed with the  
Clerk of Sacramento County June 24, 2021  
Publish: July 2, 9, 16 & 23, 2021  
AMC 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06065 ClearHouse Company  
LLC, 5150 Sunrise Boulevard, No F-5, Fair  
Oaks, CA 95628 is doing business under the  
Fictitious Business Name(s) "Valley Cleaning  
Service LLC" 5150 Sunrise Boulevard, No  
F-5, Fair Oaks, CA 95628. Filed with the  
Clerk of Sacramento County June 25, 2021  
Publish: July 2, 9, 16 & 23, 2021  
CLEAN 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05649 Shantae A Coffey,  
6219 Riverside Boulevard, #9, Sacramento,  
CA 95831 is doing business under the  
Fictitious Business Name(s) "Coffey Staffing  
Solutions" 6219 Riverside Boulevard, #9,  
Sacramento, CA 95831. Filed with the  
Clerk of Sacramento County June 14, 2021  
Publish: July 2, 9, 16 & 23, 2021  
COFFEY 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05839 Bitches & Trees, 5960 S  
Land Park Drive, #677, Sacramento, CA 95822  
is doing business under the Fictitious Business  
Name(s) "Bitches & Trees" 5960 S Land Park  
Drive, #677, Sacramento, CA 95822. Filed with  
the Clerk of Sacramento County June 17, 2021  
Publish: July 2, 9, 16 & 23, 2021  
TREES 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05669 Dorothy Katherine  
Williamson, 1500 La Sierra Drive, Sacramento,  
CA 95864 is doing business under the Fictitious  
Business Name(s) "O'Mally's" 1109 Second  
Street, Sacramento, CA 95814. Filed with  
the Clerk of Sacramento County June 15, 2021  
Publish: July 2, 9, 16 & 23, 2021  
O'MALLY 180201 7-23-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05348 Kimberly L George, 5015  
Madison Avenue, Apt. A7, Sacramento,  
CA 95841 is doing business under the  
Fictitious Business Name(s) "Ephesians  
Tutoring, Corinthians Tutoring" 5015  
Madison Avenue, Building A, Apt. A7,  
Sacramento, CA 95841. Filed with the  
Clerk of Sacramento County June 4, 2021  
Publish: July 9, 16, 23 & 30, 2021  
EPHES 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05353 Abdul Wali, 2009 Landon  
Lane, Apt. #2, Sacramento, CA 95825 and  
Asadullah Aslinary, 5148 El Camino  
Avenue, Apt. #15 are doing business under  
the Fictitious Business Name(s) "Tolo  
Halal Foods" 2009 Landon Lane, Apt. #2,  
Sacramento, CA 95825. Filed with the  
Clerk of Sacramento County June 4, 2021  
Publish: July 9, 16, 23 & 30, 2021  
TOLO 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05899 Joyce and Richard  
Anderson, 7511 Fairway Two Avenue, Apt.  
G, Fair Oaks, CA 95828 are doing business  
under the Fictitious Business Name(s) "Eye  
on Health Now" 7511 Fairway Two Avenue,  
Apt. G, Fair Oaks, CA 95828. Filed with the  
Clerk of Sacramento County June 21, 2021  
Publish: July 9, 16, 23 & 30, 2021  
EYE 80201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06113 Sabino Gutierrez A, 4744  
Baker Avenue, Sacramento, CA 95820 is  
doing business under the Fictitious Business  
Name(s) "Alvarado Cabinets" 8561 Thys  
Court, #B, Sacramento, CA 95828. Filed with  
the Clerk of Sacramento County June 28, 2021  
Publish: July 9, 16, 23 & 30, 2021  
ALVAR 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06112 Sergio Antonio Gutierrez,  
4308 36th Street, Sacramento, CA 95828 is  
doing business under the Fictitious Business  
Name(s) "G and A Millwork" 8561 Thys Court,  
Suite B, Sacramento, CA 95828. Filed with  
the Clerk of Sacramento County June 28, 2021  
Publish: July 9, 16, 23 & 30, 2021  
G&A 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06116 Capitol Assessment  
Management LLC, 2968 Del Paso Boulevard,  
Suite E, Sacramento, CA 95815 is doing  
business under the Fictitious Business  
Name(s) "Property Brothers Investment  
Group" 2968 Del Paso Boulevard, Suite  
E, Sacramento, CA 95815. Filed with the  
Clerk of Sacramento County June 28, 2021  
Publish: July 9, 16, 23 & 30, 2021  
PROP 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06080 Gustavo Zamora Cuna,  
3433 W River Drive, Sacramento, CA 95833  
is doing business under the Fictitious Business  
Name(s) "GZ Trucking" 3433 W River Drive,  
Sacramento, CA 95833. Filed with the  
Clerk of Sacramento County June 25, 2021  
Publish: July 9, 16, 23 & 30, 2021  
GZ 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05702 U-Haul Co of California,  
44511 Grimmer Boulevard, Fremont, CA  
94538 is doing business under the Fictitious  
Business Name(s) "U-Haul Co. of Metro  
Sacramento" 1650 El Camino Avenue,  
Sacramento, CA 95815. Filed with the  
Clerk of Sacramento County June 16, 2021  
Publish: July 9, 16, 23 & 30, 2021  
UHAIL 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05808 Jynny Babcock, 5801  
Topp Court, Carmichael, CA 95608 is doing  
business under the Fictitious Business  
Name(s) "Best Self Found" 5801 Topp  
Court, Carmichael, CA 95608. Filed with the  
Clerk of Sacramento County June 17, 2021  
Publish: July 9, 16, 23 & 30, 2021  
BEST 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05159 Tracy L. McLaughlin  
LLC, 3801 Florin Road, Suite 102,  
Sacramento, CA 95823 is doing business  
under the Fictitious Business Name(s)  
"Auto Shop" 3801 Florin Road, Suite 102,  
Sacramento, CA 95823. Filed with the  
Clerk of Sacramento County May 28, 2021  
Publish: July 9, 16, 23 & 30, 2021  
AUTO 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06184 Parisa Shoja, 136  
Tomlinson Drive, Folsom, CA 95630 is  
doing business under the Fictitious Business  
Name(s) "Young Minds Psychology"  
13405 Folsom Boulevard, Building 200,  
Folsom, CA 95630. Filed with the Clerk  
of Sacramento County June 30, 2021  
Publish: July 9, 16, 23 & 30, 2021  
YOUNG 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-05695 Select Comfort Retail  
Corporation, 1001 Third Avenue South,  
Minneapolis, MN 55404 is doing business  
under the Fictitious Business Name(s) "Sleep  
Number" 2170 Gateway Oaks Drive, Suite  
150N, Sacramento, CA 95833. Filed with the  
Clerk of Sacramento County June 15, 2021  
Publish: July 9, 16, 23 & 30, 2021  
SLEEP 18020 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06237 Madison Kimball, 4444  
Greenvale Road, Fair Oaks, CA 95628 is  
doing business under the Fictitious Business  
Name(s) "Powerlux Fitness" 11440 Sunrise  
Gold Circle, Suite 7, Rancho Cordova, CA  
95742. Filed with the Clerk of Sacramento  
County July 1, 2021 Publish: July 9, 16, 23  
& 30, 2021  
POWER 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06264 Denise Jones, 5985  
Devecochi Avenue, Apt. 274, Citrus Heights,  
CA 95621 is doing business under the  
Fictitious Business Name(s) "Unique Loving  
Hands" 5985 Devecochi Avenue, Apt. 274,  
Citrus Heights, CA 95621. Filed with the  
Clerk of Sacramento County July 2, 2021  
Publish: July 9, 16, 23 & 30, 2021  
UNIQUE 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06136 Just Some Vets LLC,  
953 King George Way, El Dorado Hills, CA  
95762 is doing business under the Fictitious  
Business Name(s) "Just Some Vets Insurance  
Agency" 4750 Natomas Boulevard, Space  
140, Natomas, CA 95835. Filed with the  
Clerk of Sacramento County June 28, 2021  
Publish: July 9, 16, 23 & 30, 2021  
JUST 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06172 Tashalida A Richardson,  
4112 39th Avenue, Sacramento, CA 95824  
is doing business under the Fictitious  
Business Name(s) "The Worx, TBS Work,  
The Black Soapbox" 2251 Florin Road, Suite  
24, Sacramento, CA 95822. Filed with the  
Clerk of Sacramento County June 30, 2021  
Publish: July 9, 16, 23 & 30, 2021  
WORX 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06071 Jerald Kristen Beasley,  
4650 Shade Tree Way, Antelope, CA  
95843 is doing business under the  
Fictitious Business Name(s) "I'm working  
On it Auto Detail" 4650 Shade Tree Way,  
Antelope, CA 95843. Filed with the Clerk  
of Sacramento County June 25, 2021  
Publish: July 9, 16, 23 & 30, 2021  
WORK 180201 7-30-21

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2021-06175 Aprille Cochran Mauldin  
and Eric Mauldin 8634 Breanna Court,  
Sacramento, CA 95828 are doing business  
under the Fictitious Business Name(s) "Majestic  
Event Rentals & Services" 8634 Breanna  
Court, Sacramento, CA 95828. Filed with the  
Clerk of Sacramento County June 30, 2021  
Publish: July 9, 16, 23 & 30, 2021  
MAJEST 180201 7-30-21

# With Summer in Full Swing, Local Museums Welcome the Community

By Traci Rockefeller Cusack, T-Rock Communications

**SACRAMENTO REGION, CA (MPG)** - As local museums continue to ramp-up, fully reopen, and welcome the community back, many favorite destinations offer plenty of must-see and must-do experiences perfect to explore this summer. In compliance with all state, city and county guidelines, most local museums have reopened in some capacity (while some have modified hours/offers, are open by appointment only, etc.).

The community is encouraged to show support for local museums by making plans to visit their favorite destinations (or discover new ones). As a starter list, a sampling of must-see and must-do experiences and activations offered by local museums this summer include the following:

**California Museum** - Developed by the California Museum in collaboration with First Partner Jennifer Siebel Newsom, the must-see exhibit "Fight for the Right: 100 Years of Women Voting" continues through August 29. The limited-time exhibition features artifacts, historic photographs and interactive activities that chronicle

the struggle for women's suffrage from the mid-19th century to the ratification of the 19th Amendment in 1920, drawing parallels to the ongoing fight for women's equality that continues today. For details, please visit [www.californiamuseum.org/fight-right](http://www.californiamuseum.org/fight-right).

**California State Capitol Museum** - Surrounding the California State Capitol is a free, must-see luxurious 40-acre park in downtown Sacramento with shady winding paths, flowers in bloom, benches, and plantings from all around the world...some of which are the largest trees of their kind in the state. And, for virtual tours inside the museum and more, please visit [www.capitolmuseum.ca.gov](http://www.capitolmuseum.ca.gov).

**California State Railroad Museum** - Presented and curated by the National Model Railroad Association (NMRA), the must-see "The Magic of Scale Model Railroading" exhibit appeals to all ages and is designed to introduce and attract a new generation of scale model railroading enthusiasts. Visitors are treated to an impressive number of model train layouts and locomotives, information panels, a Timeline of Scale Model Railroading, and much more. For more, please visit

[www.californiarailroad.museum](http://www.californiarailroad.museum).

**Crocker Art Museum** - Organized by the Richard H. Driehaus Museum and toured by International Arts & Artists, Washington, DC, Louis Comfort Tiffany: Treasures from the Driehaus Collection is a celebration of beauty. The must-see exhibition revels in Tiffany's artistry and craftsmanship, featuring 60 objects that span more than 30 years of Tiffany's prolific career. Now on view through September 12, 2021, more information is available at [www.crockerart.org/exhibitions](http://www.crockerart.org/exhibitions).

**Locke Boarding House Museum** - Located in the historic and picturesque town of Locke, one new and must-see exhibit at the museum is titled "Locke - From Its Founding to WWII." The fascinating exhibit offers a glimpse into the daily lives of the early Chinese residents and merchants of Locke. A sample of artifacts on display include an extensive collection of pre-war clothing, household items, tools, musical instruments, traditional Chinese medicines, and information placards. For more information, please visit <http://www.lockefoundation.org/locke-museums/boarding-house-museum/>.

**Sacramento History Museum**

- An absolute must-do experience is to take an interpretive Old Sacramento Underground tour (the cool underground spaces are especially nice on a hot summer day). Guests have the unique opportunity to explore what has been hidden beneath the city for more than 150 years, while uncovering the facts and legends that lie below historic buildings and sidewalks. Tour guests explore excavated foundations, enclosed pathways and interesting archaeology exhibits while hearing sounds of 1860 street life. Old Sacramento Underground Tours are offered Fridays through Sundays. For tour times and more details, please visit [www.sachistorymuseum.org](http://www.sachistorymuseum.org).

**Sutter's Fort State Historic Park** - New this summer, California State Parks is offering extended evening hours during the months of July and August. On Fridays and Saturdays, operating hours will be extended to 8 p.m. so visitors can enjoy an evening visit that often provides more shade, a nice delta breeze, and must-see sunsets during self-guided tours or the Park. For more information, visit [www.parks.ca.gov/suttersfort](http://www.parks.ca.gov/suttersfort).

**Verge Center for the Arts**

- To kick-start creativity, Clay Lab is a must-do, hands-on experience that is open to everyone (supplies and firings provided) on Tuesdays from 5 to 8 p.m. & Saturdays from 10 a.m. to 1 p.m. Those interested in "playing in the mud" can simply drop in this open lab and explore on their own or receive guidance from friendly and knowledgeable staff. For more about classes and pass options, please visit [www.vergeart.com](http://www.vergeart.com).

For more information about upcoming activities offered by Sacramento area museums visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org).

*Comprised of more than 25 greater Sacramento area museums working in partnership with Visit Sacramento, SAM's mission is to raise awareness of local museums by giving the community the opportunity to discover the region's fine art, history, science and wildlife treasures. SAM achieves its mission through implementing cooperative promotions and developing strategic marketing alliances, by encouraging sharing of knowledge and resources among its partner institutions. For more information, visit [www.SacMuseums.org](http://www.SacMuseums.org).* ★

## Local Classified

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**Crossword Puzzle on Page 10**

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

**STATEPOINT CROSSWORD • MOTTOES AND SLOGANS**

**CLUES**

**CROSS**

- 1965 march site
- Bottle top
- Dried up
- Can't see the forest for this?
- \* \_\_\_\_ You Need is Love
- \_\_\_\_-upper
- End of a poem
- Filmmaker Spike
- Like a good athlete?
- \*\*Tastes So Good, Cats Ask for It by Name
- \*\*The Quicker Picker Upper
- Duke of Cambridge to Prince of Wales
- Blood vessel
- The Jackson 5 1970 hit
- Plural of velum
- Havanese or Pekingese
- High school formal
- What the phone did
- Abrupt increase
- \_\_\_\_ John's: "Better Ingredients. Better Pizza."
- Working shoelaces
- Island east of Java
- Shockingly graphic
- Hurtful remark
- Design detail
- Canine's coat
- Law school prerequisite, acr.
- a.k.a. Tokyo
- Muscovite or biotite
- Uber alternative
- \*\*"Let's Go Places" advertiser
- \*\*"Can You Hear Me Now?" advertiser
- On the fritz
- Wharton degree
- Upholstery choice
- Bell-bottoms bottom
- Emergency responder, acr.
- Prenatal test, for short
- Medieval Northern European
- Be obliged
- Reconnaissance, for short

**DOWN**

- Part of a flute
- Marine eagle
- What malevolent and levorotary have in common
- Jellicles' cries
- Isaac of science fiction fame
- Burnt metal residue
- India pale \_\_\_\_
- Annapolis frosh
- Leo or Virgo, e.g.
- Sign above a door
- Count on
- Before, poetically
- Floras' partners
- Apathetic
- Crude fuel
- Flavoring from Madagascar
- \*\*"Think Different" advertiser
- Former Milwaukee Brewer All Star Ryan
- Dried coconut meat
- \*\*"Betcha Can't Eat Just One" advertiser
- Drinking establishments
- Blind alternative
- Checked out
- \*\*"So Easy, a Caveman Can Do It" advertiser
- Disfigure
- African migrants
- Actress turned princess of Monaco
- Lower a rank
- Ignited
- Tooth decay agent
- Tarantino in his own movie, e.g.
- Biotic community
- Story "of Two Cities"
- October stone
- Nomad's round house
- Flower holder
- Dietary mineral
- Medley
- Ne
- \*\*"It's Finger Lickin' Good"
- \*\*"The Ultimate Driving Machine"

**Crossword Puzzle Solutions on Page 10**

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

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Reach 1000's of Readers Every Week!

**MPG**

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**Sudoku Puzzle on Page 10**

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

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

Solutions on Page 10



# Rio Linda & Elverta Real Estate Specialist



Raymond Dare, Broker  
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ADDRESS	SQ FT	LOT SIZE	SOLD PRICE
6512 24TH Street	1,566	1.63 Acres	\$430,000
2119 Colonnade Way	1665	98 Acre	\$645,000
7637 El Reno Ave	2000	1 Acre	\$705,000
5923 West 2nd Street	2106	2.12 Acres	\$650,000
5647 2nd Street	2974	2.32 Acres	\$718,000
7425 26th Street	3525	1.2 Acres	\$725,000
8545 Palladay Road	2239	22.4 Acres	\$835,000
7035 Brewer Road	2226	19.6 Acres	\$950,000

Based on information from Metrolist Services Inc. for period January 11, 2021 to June 11, 2021. Provided properties may or may not be listed by the office/agent presenting the information.

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