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MARCH 26, 2021

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YIKES ... TAX TIME



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Medical Reserve Corps Help Vaccinate



Sacramento Medical Reserve Corps volunteer Laura Hess prepares a dose of a COVID-19 vaccine for injection. Photo credit Sargent Gilberto Castro

By Andrea Sandoval,
Sacramento County News

SACRAMENTO, CA (MPG) - Laura Hess, a recently retired Primary Care Nurse Practitioner has had a busy year. When the pandemic hit hard in March, Laura wanted to find a way to contribute. Inspired by the mission of the Sacramento Medical Reserve Corps (SMRC) she started to volunteer by staffing the Sacramento County Public Health COVID-19 Medical Hotline.

SMRC recruits, trains, deploys and retains volunteer health professionals, and supports volunteers who contribute their skills and expertise during an emergency.

Members of SMRC can be called upon in the event of a large-scale disaster, public health emergency, hospital surge, or to provide medical-related support to shelters. Throughout the year, the SMRC supports public health with flu clinics, participates in community disaster preparedness drills, staffs first aid stations at community events, provides health screenings at health fairs, and distributes health and emergency preparedness information at local events.

Since last June, Laura has worked weekly supporting the COVID-19 hotline answering questions from the Sacramento County community. Laura educates callers about the medical aspects of COVID-19 and helps callers access community resources and walk them through their fears and anxieties. In recent months, she also started helping with medical chart review for contact tracing. When the vaccination clinics opened, Laura started helping with administering vaccinations and monitoring patients.

"My volunteer work with the SMRC and COVID-19 has been one of the most rewarding experiences of my career. The compassion, teamwork and commitment of our local Public Health Department has inspired me to give back to our community," said Laura.

Since the pandemic began, hundreds of MRC units have deployed volunteers to help with the COVID-19 response and logged hundreds of thousands of volunteer hours.

SMRC volunteers like Laura are now supporting vaccination clinics for COVID-19. Volunteers work tirelessly to administer doses of vaccine as quickly as they can. At this

time, vaccines are prioritized for essential worker groups working in Sacramento County that fall into Phase 1a Tier 1 - 3, and the County has begun vaccinating certain groups working in Sacramento County in Phase 1b Tier 1, such as Emergency Services and Education/Child Care workers. Additionally SMRC volunteers are supporting vaccine clinics planned throughout Sacramento County for those who are at least 65 years old living in Sacramento County.

In February, Sacramento County began coordinating vaccinations at various sites for those who are living in Sacramento County and are 75 years old and older, and at other sites for those 65 years old and older. Sacramento County is also using the limited vaccine allocation to continue vaccinating Phase 1a Tier 1 - 3 priority list of workers - healthcare, first responders and congregate care setting staff as well as groups in Phase 1b Tiers 1 - 2.

View the SacCounty Coronavirus Vaccine page for the latest information on who can get the vaccine
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Poor Salmon Forecast for Fishing Season

By John McManus,
Golden State Salmon Association

SAN FRANCISCO, CA (MPG) - Officials forecast there are about 271,000 adult Sacramento Valley salmon now in the ocean off the West Coast. This compares to 473,183 forecast a year ago at this time and suggests some restrictions are likely to be enacted in the 2021 salmon fishing season. In the months ahead, officials with the Pacific Fisheries Management Council will use this forecast and other information to set times and areas open to both sport and commercial ocean salmon fishing for 2021. If restrictions are deemed necessary, we'll learn of them then.

Although 473,000 plus salmon were forecast last year, after the number caught was added to those that returned to spawn, the real number came out to be 370,000, about 22 percent fewer than forecast.

About 138,000 adult salmon returned to spawn in the Sacramento Basin during 2020, which is 105,000 fewer than the 233,000 salmon predicted to return to spawn. In addition, about 14,000 jacks, or two year old salmon, returned to spawn. The jack number in 2020 is used to forecast the number of adult salmon officials believe are now in the ocean.

One reason for the drop off in the 2021 salmon forecast is chronic over-diversion of Central Valley rivers. 2020 returns were also bolstered by added hatchery production in 2017 that contributed to the 2020 fishery. There was no additional hatchery production to aid 2021 fisheries and returns.

"It will be several more weeks before we begin to learn what kind of restrictions we might see on fishing this year, but the treatment of our salmon resource by freshwater managers as an afterthought is taking its toll," said GSSA president John McManus.

Since baby salmon are considered one year old when they leave the Central Valley in the spring, and most return as three year old adults, you can usually count on good fishing two years after lots of rain and snow. Although there was decent rain and runoff in 2019, this year's forecast is poor, in part because of the severe decline of salmon in the last drought.

"Drought could revisit us almost anytime, including this year. We need to build and fortify in the good years so we don't get wiped out again in the bad," said GSSA secretary Dick Pool. ★

Find Your Golden Retriever

By Cecilia Lee Feser

RIO LINDA, CA (MPG) - Just over the Rio Linda line is lovely Elverta. One of the many things about Elverta, besides being so near us in Rio Linda, is they are as nice as we are!

I heard about Homeward Bound Golden Retriever Rescue located at 7495 Natomas Road in Elverta. The great big Rescue facility is easy to find. Just head up Elkhorn like you're going to the airport, but turn right on to E. Levee road. It will take around 6 miles. You will see, on the left, the Homeward Bound Rescue sign in enough time so you won't pass it.

There is a gate. Just drive towards the gate and there is a button on the white post. Push the button and you're in where you will see the parking area. Lots of parking with the office off to the left. As I was getting out of my car, I was introduced to Maryann Farmar who would



Ms. Farmar, my tour guide, at Homeward Bound Golden Retriever Rescue with her own dog. Photo by Cecilia Lee Feser

be my tour guide.

I first wanted to get some background on the rescue before the tour. I asked Ms. Farmar how it all started.

21 years ago Jody Jones, now deceased, had a passion for Golden Retrievers and started this Rescue. Before she died she set up, in perpetuity for this rescue to continue on and on.

Does this rescue only rescue golden retrievers? I

asked. "No, but Golden Retrievers are the major dogs we rescue."

I then asked, "How do dogs come to you, and at what ages?"

"Believe it or not most of the turn-ins are not fixed Males around the age of one and a half to two years of age." There are as many reasons they are turned in as there are dogs. The owner has died, there is a divorce,

they have to move into an apartment from a house. The hardest reason for me is when they say, "Puppies are so small and cute, but dogs are work, we don't have the time now."

"Oh wow, how very heart breaking" I said.

"Too many people feel animals are a possession to be done with as they please,"

Continued on page 3

Thunder Valley Casino Resort Breaks Ground

By **Miranda Raulinaitis,**
Elmets Communications

LINCOLN, CA (MPG) - Thunder Valley Casino Resort is proud to announce that construction is officially underway for The Venue at Thunder Valley.

Members of the United Auburn Indian Community Tribal Council, Thunder Valley Executives and local elected officials, chambers and community groups gathered for a groundbreaking ceremony to commemorate the property’s new 150,000 square foot state-of-the art entertainment venue.

“Today marks a momentous milestone for the United Auburn Indian Community and Thunder Valley Casino Resort,” said Dawn Clayton, General Manager of Thunder Valley. “The Venue at Thunder Valley will allow us to expand our entertainment footprint in a big way as we continue to provide unparalleled experiences for our guests.”

Once completed, The Venue will have 4,500 seats and host musical acts, comedic performances and sporting events, and will provide large event space for conferences and banquets.



Members of the United Auburn Indian Community Tribal Council, Thunder Valley Executives and local elected officials, chambers and community groups gathered for a groundbreaking ceremony to commemorate the property’s new 150,000 square foot state-of-the-art entertainment venue.
Photo courtesy Elmets Communications

The Venue’s facilities have been designed with a vision that is both modern and sophisticated and will feature multi-level spaces and amenities, abundant concessions offering food, beer and wine, cutting edge sound and video systems and much more.

“The United Auburn Indian Community is proud to have the ability to continue to position Thunder Valley as Northern California’s premier entertainment destination,” said Gene Whitehouse, Chairman of the United Auburn Indian Community. “The Venue is the future of entertainment at Thunder Valley and we look forward to attracting big-name performers year-round.”

The Venue will cost \$100

million and is anticipated to be completed by early 2023. The project’s General Contractor is McCarthy Building Companies, and the Architectural Design Firm is OTJ Architects.

In total, the project will create over 200 construction jobs.

“Since opening in 2003, Thunder Valley has experienced tremendous growth and monumental success,” said Clayton. “The accomplishments of our award-winning property are a true testament to our loyal guests and the hard work and dedication of our phenomenal team members. We plan to announce our opening acts soon and cannot wait to welcome you to The Venue at Thunder Valley.” ★

Fundraiser to Benefit Joshua’s House Hospice

By **Marlene von Friederichs-Fitzwater,**
Joshua’s House

SACRAMENTO, CA (MPG) - Danny Schneider is a longtime musician and songwriter. He’s played big name clubs on the Sunset Strip in Los Angeles such as the Roxy and the Troubadour; he’s self-produced 5 CD’s and a vinyl EP; and he’s performed with his band, The Neon Flamingos, at numerous venues. His latest project, an album titled “On the Other Side of the Window,” has led Danny to delve into a new venture...fundraising for Sacramento nonprofit Joshua’s House Hospice.

Joshua’s House Hospice for the terminally ill homeless hopes to open its doors in Spring of 2021. Due to an increase in construction costs and the impact of COVID-19, the project is in need of more funding. With a building purchased at 1501 C Street in downtown Sacramento, the organization will provide shelter, care, and a variety of services to terminally ill homeless individuals – something that is desperately needed in Sacramento now as the numbers of homeless men and women increase. There is no other facility like this on the west coast and Joshua’s House is committed to providing a place of compassion and a sense of dignity to those who would otherwise be on the streets or riverbanks of Sacramento during their dying days. The project has support from Mayor Darrel Steinberg, Congresswoman Doris Matsui, Sacramento City Council member Jeff Harris, and many other local dignitaries. And sponsors such as Kaiser

Permanente, Sutter Health, UC Davis Health and Dignity Health.

After working on an album for the past year, recording 9 new songs with original lyrics and music, it became clear to Danny Schneider that there was a real purpose behind his album project. While in the process of recording the album, Danny happened to see a TV segment about Joshua’s House Hospice that gave him great inspiration. It was that exposure to the story behind Joshua’s House Hospice, named for the grandson (who had experienced homelessness) of founder Marlene von Friederichs-Fitzwater, that prompted him to come up with the idea to use his music to fundraise and support Joshua’s House. “I decided that I could press a special limited autographed vinyl edition of 100 copies of the album. Each copy will be sold for a gift donation of \$100.00. Our fundraising target would then be \$10,000 payable directly to Joshua’s House Hospice.” Needless to say, Joshua’s House is thrilled to partner with Danny in this unique event. His website, <http://dannyschneider.com/>, is dedicated to the project. There, donors can read more about his story, the Joshua’s House story, and order their copy of the LP by donating.

More information and ordering at: <http://dannyschneider.com/> \$100 donation to Joshua’s House Hospice per order. All proceeds go directly to Joshua’s House Hospice. Recent story on Danny Schneider in Family Beautiful online magazine at: <https://familybeautiful.com/danny-schneider-dignity-and-the-arts> ★

Food Literacy Center Launches Raising Kale Podcast

Jaime Wilson,
Food Literacy Center

SACRAMENTO, CA (MPG) - Food Literacy Center announced today the launch of the Raising Kale podcast in partnership with Entercom Communications. Raising Kale will be available nationwide via the RADIO.COM app and website, and everywhere else podcasts can be found beginning March 10.

Food Literacy Center seeks to serve local Sacramento families and educate students about nutrition, cooking, and gardening through active play

with the intention to improve their health, environment, and economy. The pandemic has shed light on our fractured food systems through empty grocery store shelves and families experiencing hunger amid an unstable economy. Because of this, Food Literacy Center is launching Raising Kale, a podcast on a mission to tell the stories of our food problems and the people bringing solutions.

Hosted by Amber Stott, Founder and Chief Food Genius, Food Literacy Center, and produced by Entercom Sacramento, Raising Kale is an educational call to action with

food. The podcast will welcome distinguished guests to explain the impact food has on various aspects of our lives and offer ways listeners can help in their local community.

“The Raising Kale podcast represents a long-time goal of mine for the nonprofit: to provide wider education to the public outside the walls of our elementary schools,” said Stott. “I have enjoyed building this podcast with the talented team at Entercom Sacramento. I get to speak to my peers in food thought leadership across the nation and share their powerful stories. I hope listeners

will join me to learn more and to raise kale in their own community.”

Stott added that the podcast guests – otherwise known as Kale Raisers – are involved with remarkable, action-oriented initiatives from improving school lunches to building local food economies in Haiti to ending hunger through culinary education in San Diego.

“This podcast proves that people can use food to make the world a better place,” said Stacey Kauffman, Senior Vice President and Market Manager, Entercom Sacramento. “Sacramento is America’s Farm to

Fork capital, so we see the intersects and impact first-hand that food has on our health, economy, environment and community. By sharing these powerful and engaging stories, we seek to educate and inspire our audience on how food can be a tool for good, and how they can make a difference in their own homes and communities.”

The Raising Kale podcast is available nationwide on the RADIO.COM app and everywhere else podcasts can be found. Fans can also connect with the podcast on social media via Facebook, Instagram and Twitter. ★



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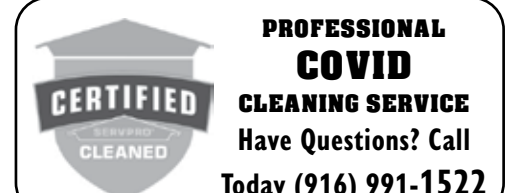


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Find Your Golden Retriever



The “dog tag” tree, shaped as a weeping willow is a touching gesture for the Golden memorial garden. Photo by Cecilia Lee Feser

Continued from page 1
Ms. Farmar whispered.

I decided it was time to change the topic.

After we toured the memorial garden, I started telling her how fascinated I was by the, “dog tag” tree, shaped as a weeping willow; How it is such an appropriate tree for their memorial garden. Then, I told her I liked the many bricks I saw with dogs’ names, pictures and details of its life. All of it just shows the depth of love we have for our animals. How stunning their flower gardens were arranged and how among all this there is a bench for visitors to sit and meditate on their lost loves. Dogs are the loves of people’s lives and often, considered to be family members. All along I am snapping pictures of the garden. Then, I mentioned, I noticed near the garden there is a swimming pool.

“Yes, it is our therapy pool. If a dog needs to strengthen his legs or back she/he will get sessions in the water. We also have the dog training, fenced area. This is where Kathryn Baines does our training. I would like to let the readers know she also offers lessons from puppy classes on up, right here, for any type of dog you want to train. There are also obedience classes, and good citizen classes. She can be reached for future details at 916-300-9415,”

said Ms. Farmar.

She went on to mention a dog is tested to see if, it likes cats, children, etc. before it is adopted out. She also said, “We want you to bring in any dog or dogs you already have living with you. Just to be sure your house stays the peaceful place it is now.”

All adoption information and phone numbers can be found on one of several Facebook sites about Homeward Bound Golden Retriever Rescue where you can find all you need to know to learn how to be a volunteer. Also, how to adopt and just be a part of such a great cause.

“I really have to compliment how clean and organized this whole place is. And, you said it is all volunteers?”

“Oh yes, we could not do all of this without them. We need all kinds of volunteers too. We need gardeners, feeders, dog walkers, also, people who are great at fundraising. We also always welcome all types of donations. Cash, of course, is the easiest to handle, but we need blankets, towels, carriers for dog transfers, bowls, leashes, dog coats, anything to benefit the dogs. You can volunteer for several hours a week or several hours a day. We will happily find a place for you. We need all the help we can get to keep all the animals well cared

for and loved on.”

“Where do the volunteers come from?” “I personally drive from Newcastle. I feel it is my “commitment of love.” Another lady, Carol Unger, drives from Eldorado Hills to help out.”

As we were wrapping up the tour and went into the office to get a brochure for me to take home to help with this news article, I noticed rows of sweat shirts, track suits, hats, and mugs.

I asked her about these and she said, “All this is for sale and 100 percent of the sales goes directly into the donation fund.”

What a fascinating place to visit, adopt a dog from, to train your dog at, and to just tour. I hope you give them a look. Even a couple of hours, once, is appreciated. Again, you can find more information about Homeward Bound Golden Retriever Rescue on their several Facebook sites. I do hope you can help them out in some way to better a dog’s life.

As I was driving back home all I could think of was, what blankets don’t I use anymore, or do I have extra dog bowls. You just feel such an energy from all the helpers there that you want to do or give something. Such a nice cause and just over the Rio Linda line. Until our next adventure, be safe and kind to each other Rio Linda. Cecilia ★

Medical Reserve Corps Help Vaccinate

Continued from page 1
and register your interest in getting a vaccination appointment.

“SMRC volunteers have been such an important part of the Sacramento County Public Health COVID-19 response, they have dedicated thousands of hours to answering phones, working at our testing sites, contact tracing, vaccination clinics and more,” said Megan Sheffield, Sacramento County Public Health Volunteer Coordinator for the COVID-19 response. “With the help of SMRC volunteers, Sacramento County Public Health has been able to serve our community during these

unprecedented times.”

“I am so thankful for our remarkable SMRC members who generously give their time and expertise to help our community and assist Sacramento County Public Health with the COVID-19 pandemic response effort. Our membership numbers have close to tripled since the start of COVID-19,” said Lynn Pesely, Coordinator, Sacramento Medical Reserve Corps.

The SMRC currently has more than 600 volunteer medical professionals and non-medical members who have served an estimated 14,000 hours for the COVID-19 response effort to date.

The SMRC has supported Sacramento County Public Health with staffing in the following roles: Vaccination and testing clinics; COVID-19 Hotline; After-hours COVID-19 phone guidance for medical facilities; Flu clinics;

Public Health Laboratory Courier; Laboratory Coordinator; Contact tracing; Case investigations.

Some members have said that volunteering for the SMRC has helped them get through this challenging year. To volunteer for the SMRC, visit the SMRC Foundation website to fill out an application online. ★

Fatal Collision of Full-Size Truck and Motorcycle on Elverta Road

By A.J. McTaggart,
California Highway Patrol

SACRAMENTO REGION, CA (MPG) - On March 3, 2021, at approximately 6:55 PM, North Sacramento CHP Area units were dispatched to a call of a collision that occurred on Elverta Road east of 16th Street. Upon arrival on scene, units discovered that a white Ford F-150 (driven by a 27-year-old male from Citrus Heights) had collided head-on with a Harley-Davidson style motorcycle (ridden by a 61-year-old male from Elverta). For reasons still under investigation, the F-150 collided head-on with the motorcyclist, causing the rider

of the motorcycle to be ejected from the vehicle. The 61-year-old rider was pronounced deceased at the scene of the collision. The 27-year-old driver of the F-150 remained at the scene of the collision and was subsequently arrested for suspicion of driving a motor vehicle under the influence of drugs.

Any persons who may have witnessed this collision or who can provide any additional information should call Officer A.J. McTaggart at the North Sacramento Area CHP office at 916-348-2300 or by cell phone at 916-798-0975. Follow us on Twitter @CHPNsac, Facebook.com/chpnorthsac, Instagram @chpnorthsac, or Nextdoor. ★




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Sacramento River Cats
Press Release

SACRAMENTO REGION, CA (MPG) - Did you hear the news? Governor Newsom said that fans would be allowed back at baseball games beginning April 1st. We can’t wait! Sutter Health Park is

located in Yolo County which is currently in the Red Tier of the Blueprint for a Safer Economy. The current guidelines would include pod-style seating spaced apart based on distance recommendations, along with mobile tickets and a few other modifications. Check out rivercats.com for up-to-date information.

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Recall Process Holds Electeds Accountable



Ted Gaines

**Commentary
by Ted Gaines**

Governor Newsom looks certain to face a recall election. Voters – even his supporters – should be thankful that California has citizen empowerment tools to check corrupt, incompetent, unresponsive or simply unpopular government officials. If you favor accountability, look kindly upon the recall effort as a means of voters being heard.

It was not always so. In the early 20th century, California state and local governments, media, and courtrooms operated as little more than subsidiaries of the mighty railroads, which abused the public faith by buying and selling influence as though it was rail stock. Republican reform Governor Hiram Johnson revolted against railroad dominance by creating a direct-democracy end run around the money-eyed Colossus that so easily and thoroughly controlled the state.

Johnson championed three major reforms: the initiative, the referendum, and, so critical now, the recall.

Each gave voters the chance to circumvent the existing and corrupted power structure that had silenced them.

Voters went from having little or no way to hold their representatives to account to having a powerful arsenal for self-determination, which they have used many times in the past century.

When runaway property taxes chased seniors out of their homes and broke family budgets, voters came together in 1978 to pass Proposition 13, the most consequential tax reform in state history. Prop. 13 has saved families billions in its four-plus decades of existence. This reform simply could not have originated in the legislature, whose appetite for more and more tax dollars is legendary, but only as an initiative from the people.

When Gray Davis short circuited during the energy crisis, voters famously used the recall to usher in Arnold Schwarzenegger as his replacement, to see if the Hollywood legend could right the ship of state.

Whether you supported Davis or Schwarzenegger or Prop. 13 is secondary to the power Governor Johnson’s reforms invested in the people. The key element of his changes is that voters were given the ability to weigh in, to be heard, in ways that purely representative democracy does not allow.

Governor Newsom’s detractors have accused him of decimating small business, failing to reopen schools, and disregarding his own restaurant-killing safety guidance. These criticisms have fueled another

grassroots effort to end his term early and find a better replacement.

Even if you support Newsom completely and think his handling of California is flawless, is it not a good thing for the Governor – and all politicians – to be haunted by the specter of accountability?

Hiram Johnson left us tools, not toys. It is not easy to place a recall on the ballot. To qualify, proponents need to submit valid signatures equal to 12-percent of the prior election’s turnout total. This year, that means roughly 1.2 million signatures were needed to put our current Governor up for a vote of (no) confidence. That threshold is a huge hurdle and ensures that recalls will not be used lightly.

But that threshold also means it now typically costs \$5 million or so to qualify a recall or initiative for the ballot. This tool of the people runs the risk of being transported into the exclusive realm of big-money special interests who can afford paid signature gatherers, advertising, mail pieces and other tools of organization and persuasion. We should not let it turn into the very thing it was intended to fight. We should make it easier to qualify initiatives, referenda, and recalls, to keep them safely within reach of authentic grassroots efforts.

Newsom may or may not fare better than Davis. But win or lose, the recall is a signal to the current Governor and all politicians that they serve at the people’s pleasure. ★



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Social Security Matters

Claiming Social Security Now to Preserve Savings



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: One of the big pieces of the Social Security puzzle that everyone seems to miss is the protection of other retirement funds. If I did not take SS, I would have to dip into my retirement savings to fund the early part of my retirement. I took SS at my full retirement age rather than wait, so I am preserving my retirement account that has historically been getting 8-9% interest over the last 30 years. Social Security will never give me anything close to those returns. **Signed: Smart Investor**

Dear Smart Investor: You are, of course, correct that preservation of retirement savings is important. It's also correct that everyone's personal financial situation is different. If your retirement nest egg has historically provided a return of 8-9% over the last 30 years and will continue to do so, then I believe you made the right choice by claiming at your full retirement age (FRA) and preserving those high-return investments. But many are not as fortunate as you and have their nest egg sitting in low interest IRAs and bank savings accounts, and those folks may have a different perspective. They may choose an option to delay claiming Social Security to get a higher monthly benefit,



initially using some of their low-return savings but allowing them to preserve their overall savings much further into their retirement because of a higher SS benefit. And most often, continuing to work provides them added ability to delay claiming Social Security to get that higher benefit.

Personally, I do not advocate withdrawing from retirement funds in lieu of claiming Social Security. But I do suggest that waiting past FRA to claim a higher benefit may be wiser than claiming earlier and investing the SS money, trying to beat the 8% yearly benefit growth realized by waiting to claim. It's an unfortunate reality that high-return/low-risk investments are very difficult to find these days, and most seniors are loathed to put their money in high-risk investments to get higher returns.

Again, everyone's situation is different, and each must choose based upon their own circumstances. Many who contact us about their Social Security options intend to continue working beyond their full retirement age. Those folks might adopt a strategy where they delay past their FRA to get a higher SS benefit for the rest of their life, made possible because they are still working and earning (rather than withdrawing from investments). If they're in good health and will achieve at least average

life expectancy, they will not only enjoy a much higher monthly benefit, but they'll also receive more in cumulative lifetime benefits by waiting longer to claim Social Security.

Finally, often lost in the argument to claim at or after FRA is that, for a married couple, a surviving spouse receives 100% of the benefit the deceased spouse was receiving at death. That surviving spouse benefit will either be a smaller FRA amount or a larger (e.g., age 70) amount, depending upon when the higher earning spouse claimed. Point is, if you are married, when you claim may also affect your spouse's survivor benefit, so life expectancy of both spouses should always be included in the decision on when to claim. In any case, from what you've written I believe that your choice to claim at your FRA in order to preserve your high-return investments was a prudent move for your personal circumstances. And I admire the careful thought you put into that decision.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



Yikes ... Tax Time

When you utter the words IRS, people shudder. But maybe it's just a matter of understanding the most powerful, but least accountable, institution in the U.S. Not only is it contemptuous of the taxpayer, it even thumbs its nose at the Congress. That from former IRS agent and whistleblower **Richard Green**. They fired him for being a whistleblower, but no pity please, Richard got a most generous settlement... TAX FREE! **Richard Green** is author of "Agents of Deceit" the story of life inside today's chaotic and yes, dysfunctional IRS. He is also an accounting professor and auditor in the private sector. So I asked Richard to give us a few tips on how to handle tax time and the IRS on my POPPOFF Radio Show.

Here are a few things to think about.

1. **Take The Full Amount Of Every Deduction You Can Reasonably Justify.** Don't be intimidated by audits. Only one-half of one percent of taxpayers are audited. If an auditor objects. You will most likely only be required to pay that deficiency. If you still disagree, inform the agent you won't sign the R.A.R. (Revenue Agent Report) and wish to appeal. www.irs.gov/appeals. No attorney is required, and Appeals often sides with the taxpayer, in whole or part, so the agent will usually become more reasonable. Negotiate. Negotiate. Negotiate!
2. **File Electronically With The Irs Free File Tool, With Direct Deposit.** www.irs.gov/filing/free-file-do-your-federal-taxes-for-free. Paper filing and paper checks will significantly lengthen the time for your refund... it's generally NOT USPS at fault.
3. **Assume Irs Knows All About All Of Your Transactions (We're Long**

- Past 1984.)** Failing to disclose all your income can lead to extremely bad outcomes and is, arguably, immoral.
4. **Report, In Detail, All Cryptocurrency Transactions.** That requires extremely detailed records. If you buy a pizza with a fractional Bitcoin, you must calculate the cost of the fraction (in dollars) and the equivalent price of the pizza (in dollars). If you made any profit, it's reportable and taxable.
 5. **Remember That Unemployment Compensation Is Reportable, Except For The First \$10,000.**
 6. **If You're A Remote Worker, Don't Deduct Home Office Expenses.** The IRA is quite suspicious of any home office deductions.
 7. **Select A Paid Preparer With Care.** IRS warns of their lack of cyber-security, and you might risk ID theft.
 8. **The \$1400 Stimulus Payment Phases Out With Higher Incomes.** If your income is higher this year, get an extension to October 15, so your payment is based on your lower income. But if it's lower this year, file immediately to get your payment.
 9. **Send All Materials To The Irs By Priority Mail That Can Be Tracked.** The IRS is notorious for losing mail, and this tax season they're expecting to be even more disorganized.
 10. **Use Your Own Personal Bank Account For Direct Deposit Of Refunds, Not Your Preparers.** During the past covid-19 relief payments, many preparers greatly delayed disbursement of stimulus funds to their clients. Want to check out more? Go to www.agentsofdeceit.com.
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How Will California Spend \$150 Billion Windfall?



By Dan Walters
CALMatters

Let’s assume that your rich Uncle Harry died and when his will was read, he had left you \$50,000.

The unexpected inheritance gives you three choices. You could put the money into a savings account or investment and have it available should you need it in the future. You could use it for a one-time purchase such as a new car, college tuition or a down payment on a house. Or you could ramp up your lifestyle by \$50K a year and hope that Harry’s brother George dies and leaves you enough money to continue the party.

Something like that is occurring now as Uncle Joe (Biden) sends out nearly \$2 trillion in “stimulus” payments both to low- and moderate-income families and state and local government entities to offset losses of income during the COVID-19 pandemic and, it’s assumed, kick-start the pandemic-ravaged economy.

California will be a case study in how the massive transfer of money that the federal government is borrowing from buyers of its bonds and treasury notes plays out.

California is expected to receive the nation’s largest single share of the pot, at least \$150 billion. Nearly half will be in the

form of cash payments to families (\$40 billion) and supplemental payments to the roughly 800,000 unemployed workers now drawing unemployment insurance benefits (\$30 billion). Most of that money, it’s assumed, will go directly into the consumer economy, plus another \$3.8 billion for direct assistance on rent, food and other necessities.

The remainder of the \$150 billion will mostly go to state and local agencies as both unrestricted revenue and money for specific purposes, such as \$15.9 billion to help schools reopen, \$5 billion for colleges, \$4 billion for mass transit services, and \$3.9 billion for child care.

Throughout California, officials in the specific government agencies that will benefit from Uncle Joe’s largesse are busily deciding how to spend it – and they face the same three choices as Uncle Harry’s beneficiaries would.

The political pressure to spend it on new commitments will be immense. Advocates of specific programs, such as those seeking universal pre-kindergarten education and child care, will want to expand their reach. Public employee unions will seek increases in salaries and benefits.

Elected political figures don’t like to say “no” to demands for immediate gratification and few have the courage to insist that one-time windfalls should be carefully husbanded rather than spent.

There’s already a mini-version of the syndrome underway in California. The state has perhaps \$15 billion in unexpected

revenues because the pandemic-induced recession had little, if any, impact on high-income taxpayers and Gov. Gavin Newsom is under pressure to spend the windfall on program expansions, even though the state faces projected budget deficits in following years.

The problem, of course, is spending windfall money on new commitments, such as salaries, benefits and program expansions, backfires when the money is gone. Those commitments morph into entitlements and their beneficiaries then demand that politicians generate new income streams to pay for them.

There’s already a debate underway in Washington over how much of the stimulus spending will become permanent and whether the federal government should continue borrowing to pay for it, or raise taxes.

Left-leaning Democrats in both Washington and Sacramento are floating new tax proposals, such as a “wealth tax” on those sitting atop the economic ladder.

Newsom simultaneously embraces, in principle, big expansions of entitlements, such as universal pre-kindergarten and single-payer health care, while warning that he won’t embrace new taxes, apparently fearing they would chase away the high-income taxpayers who supply a huge portion of the state’s revenues.

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

Be Careful What You Smile About

By Rev. James L. Snyder

I am a student of smile-ology and have been just about all my life. If you can’t smile at something, it’s not worth thinking about.

Then a certain chapter in our life opened up. We were eating supper together, and my wife said, “Do you know that my friend was locked out of Facebook?”

“No,” I said between chuckles, “what kind of nonsense did she do to deserve that?”

I responded, “Doesn’t she know that her world does not revolve around Facebook? Tell her to go and get a life.”

In the next week, I heard of several of my friends who have been locked out of their Facebook. These friends were good people, and I couldn’t figure out why in the world Facebook would lock them out. They probably did something terrible. Why else would Facebook lock them out?

After all, Facebook is always right. (Or do they lean left?) I could never figure that out.

Whenever I hear of one being locked out, I would just smile and chuckle and forget about it.

I’ve learned a lesson, don’t chuckle about something when you don’t know the whole story.

One day this past week, I

got up, got my coffee, and went to my chair to do a little reading, and then I picked up my iPad to check out my Facebook page.

As I was opening my Facebook page, a message came up that said I had been locked out of Facebook. Evidently, according to them, and they never get it wrong, there have been things put on my Facebook that did not correlate with their standards.

Somebody hacked into my account and started putting on things I had no idea about.

When I told my wife about my lockout on Facebook, she just started chuckling.

“What are you chuckling about?”

“Well,” she said between chuckles, “you must’ve done something awful for Facebook to lock you out.”

Just to pause right here; I was not chuckling!

Then she reminded me of all the friends of ours locked out of Facebook and how much we laughed and chuckled.

“Yeah,” I said mournfully, “but that had nothing to do with me. I’m locked out!”

She stared at me one of those stares of hers and just kept staring. I was getting to be a little unnerved by her staring. Then she finally said, “Your world does not revolve around Facebook.

Go get a life.”

I was disturbed by the thought that my world was beginning to revolve around Facebook. What a terrible development.

At this point, I am still locked out of Facebook. I’m not sure how long I’ll be locked out; it could be a month or more. I don’t know how these things work.

Although I thought it was a bad experience, I begin to realize that it was a good experience. Sometimes the best part of life flows out of the worst experiences we have. God delights to reveal himself in the dark shadows of our human experience.


I thought about a verse in the New Testament, “Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand.” (Philippians 4:4-5).

Every experience gives me a new opportunity to rejoice in the Lord. My joy certainly does not come from Facebook but from Christ.

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. ★



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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02280 Tayyab Mohammad Islam, 5339 Chatswood Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "ONE STOP WIRELESS" 8977 Folsom Blvd., Sacramento, CA 95826. Filed with the Clerk of Sacramento County March 10, 2021
Publish: March 26, and April 2, 9, 16, 2021
ONESTOP 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02506 Nicholas Smith, 2804 Norcade Circle, #4, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Smith Family Bail Bonds & Recovery" 4801 Rio Linda Blvd., #1, Sacramento, CA 95838. Filed with the Clerk of Sacramento County March 16, 2021
Publish: March 26, and April 2, 9, 16, 2021
SMITH 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02514 Roger Andriess, 24 Coyle Creek Circle, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Safeguard Business Systems" 2701 Cottage Way, Suite 33, Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 16, 2021
Publish: March 26, and April 2, 9, 16, 2021
SAFE 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02504 Berezina Marina, 5801 Winding Way, Apt. 31, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Marlen Fitness" 5801 Winding Way, Apt. 31, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 16, 2021
Publish: March 26, and April 2, 9, 16, 2021
MARLEN 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-01858 Waqar Malik, 245 Haggin Ave., Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "North Highlands Tire Pros and Auto Care" 5851 Watt Ave., North Highlands, CA 95660. Filed with the Clerk of Sacramento County February 26, 2021
Publish: March 26, and April 2, 9, 16, 2021
NORTH 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02196 Alejandro Esparza & Marie Esparza, 3353 Romford Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "A&M Cornwell Tools" 3353 Romford Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 8, 2021
Publish: March 26, and April 2, 9, 16, 2021
A&M 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02509 Juan Hayes, 9236 Egret Dr., Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Compound Fitness" 3325 Longview Dr., Unit 201, Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 16, 2021
Publish: March 26, and April 2, 9, 16, 2021
COMPOUND 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02239 Lom Eric Fair Jr., 6439 Denton Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Lom's Elite Security Services" 6439 Denton Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 9, 2021
Publish: March 26, and April 2, 9, 16, 2021
LORNS 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02546 Elizabeth Schoengarth & Rodney Schoengarth, 5428 Leader Ave., Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Elizabeth Salon" 4790 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 17, 2021
Publish: March 26, and April 2, 9, 16, 2021
ELIZABETH 180201 4-9-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02542 Kelun Shen, 3036 Valkyrie Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Natural Healing Spa" 7731 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 17, 2021
Publish: March 26, and April 2, 9, 16, 2021
NATURAL 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-01900 Kenneth L. Craft Jr., 6124 34th Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "BC Medical" 6124 34th Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 1, 2021
Publish: March 26, and April 2, 9, 16, 2021
BCMED 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02366 Jennifer Lemos, 3534 Becerra Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Patriot BMX" 3534 Becerra Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 11, 2021
Publish: March 26, and April 2, 9, 16, 2021
PATRIOT 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02565 Beyond Ice Cream LLC, 4330 Pinell Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Beyond Ice Cream LLC" 4330 Pinell Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County March 17, 2021
Publish: March 26, and April 2, 9, 16, 2021
BEYOND 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02131 Leslie Figueroa, 917 Bell Street, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Lifestyle and Legacy" 917 Bell Street, Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 5, 2021
Publish: March 26, and April 2, 9, 16, 2021
LIFESTYLE 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02322 Christine Hermann, 12499 Folsom Blvd., Apt. 55, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Midnight Nanny" 12499 Folsom Blvd., Apt. 55, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County March 10, 2021
Publish: March 26, and April 2, 9, 16, 2021
MIDNIGHT 180201 4-16-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02484 BD Empire LLC, 6236 Main Avenue #5 Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Better Design Experience" 6236 Main Avenue #5 Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 15, 2021
Publish: March 26, and April 2, 9, 16, 2021
BCMED 180201 4-16-21

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2019-07338 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Face Dance Entertainment" located at 1725 K Street, Apt. 803, Sacramento, CA 95811. Derrich Lamont Gullette, 1725 K Street, Apt. 803, Sacramento, CA 95811. The Fictitious Business Name Statement referred to above was filed on September 4, 2019 in the County of Sacramento. Publish: March 26, and April 2, 9, 16, 2021
FACE 170707 4-16-21

LEGAL ADVERTISING
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535-March 12, 2020

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294505

Eugene Junior Garcia, JR has filed a petition with this court for a decree changing the name(s) of Eugene Junior Garcia, JR to Eugene Geno Esparza. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 7, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 17, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
ESPARZA 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294494

Hamza Mohammad Akhtar has filed a petition with this court for a decree changing the name(s) of Hamza Mohammad Akhtar to Jackson Alexander Caine. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 7, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 17, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
CAINE 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294676

Sahakyan Arman has filed a petition with this court for a decree changing the name(s) of Sahakyan Arman to Arman Sahakyan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 13, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 19, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
ARMAN 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294368

Leslie Dawn Oakes has filed a petition with this court for a decree changing the name(s) of Leslie Dawn Oakes to Leslie Dawn Lopez. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 6, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 16, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
LOPEZ 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294397

Mariah Danielle Spurgin-Dennis has filed a petition with this court for a decree changing the name(s) of Mariah Danielle Spurgin-Dennis to Mars Danielle Spurgin-Dennis. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 7, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 16, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
DENNIS 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294374

Fallon Rene Hartin has filed a petition with this court for a decree changing the name(s) of Fallon Rene Hartin to Fallon Rene Sadler. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 6, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 16, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
SADLER 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294605

Robert Myron Chounard has filed a petition with this court for a decree changing the name(s) of Robert Myron Chounard to Robert Michael Millwee. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 8, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 18, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
MILLWEE 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294709

Felix Galvan has filed a petition with this court for a decree changing the name(s) of Felix Galvan to Michael Galvan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 13, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 19, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
GALVAN 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2020-00287703

Monisha Oshtry has filed a petition with this court for a decree changing the name(s) of Monisha Oshtry to Monisha Oshtry To. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 13, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 18, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 5, 12, 19 and 26, 2021
OSHTORY 180101 3-26-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294796

Sandeep Kumar Lingamaneni and HimaBindu Angalakurthi have filed a petition with this court for a decree changing the name(s) of Vaishu Lingamaneni to SriNidhi Lingamaneni. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 14, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 19, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
LINGAMANENI 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295022

Pila Thao has filed a petition with this court for a decree changing the name(s) of Pila Thao to NouCi Tracy Thao. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 15, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 24, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
THAO 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00294917

FNU Soria aka Soria has filed a petition with this court for a decree changing the name(s) of FNU Soria aka Soria to Soria Bigzad, FNU Hamtaa to Hamtaa Bigzad, and FNU Hasanaat to Hasanaat Bigzad. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 15, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 23, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
BIGZAD 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295270

Benjamin Valsvik and Xue Hui Wu have filed a petition with this court for a decree changing the name(s) of August Wu Elder to August Wu Valsvik. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 20, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 26, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 12, 19, 26, and April 2, 2021
ELDER 180101 4-2-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295272

Sherman Norris has filed a petition with this court for a decree changing the name(s) of Sherman Norris to Sherman David Hill, III. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 20, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 26, 2021
Shama H. Mesiwals, Judge of the Superior Court
Publish: March 19, 26, and April 2, 9, 2021
NORRIS 180101 4-9-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295573

Sarah Pace and Gloria Valle have filed a petition with this court for a decree changing the name(s) of Delilah Everleigh Pace to Delilah Everleigh Valle Pace. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 27, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 4, 2021
Shama H. Mesiwals, Judge of the Superior Court
Publish: March 19, 26, and April 2, 9, 2021
PACE 180101 4-9-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295780

Francisco Ramos has filed a petition with this court for a decree changing the name(s) of Francisco Armando Ramos Ortiz to Frank Ramos. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on April 29, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 4, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 19, 26, and April 2, 9, 2021
RAMOS 180101 4-9-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296315

M Nasiruddin has filed a petition with this court for a decree changing the name(s) of M Nasiruddin to Nasir Mohammad Nuristani, Farzana Nasir Nasir to Farzana Nasir Nuristani, Waqas Nasir Nasir to Waqas Nasir Nuristani, Maaz Nasir Nasir to Maaz Nasir Nuristani, Kobra Nasir Nasir to Mishaal Nasir Nuristani. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 6, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 15, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
NURISTANI 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296297

Jonathan Wesley Peck has filed a petition with this court for a decree changing the name(s) of Jonathan Wesley Peck to Jonathan Wesley Yarbrough. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 5, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 15, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
YARBROUGH 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295531

Jeremy J Van Winkle has filed a petition with this court for a decree changing the name(s) of Lucas Arthur Stodola to Lucas Arthur Van Winkle. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 27, 2021, in Department 53, located at 813 6th Street, Room 212, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 3, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
WINKLE 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296208

Karen Sue Dickinson and Terrance Brian Bates have filed a petition with this court for a decree changing the name(s) of Brian Allen Dickinson-Bates to Brain Allen Bates. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 5, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 12, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
BATES 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295949

Khushminder Kaur has filed a petition with this court for a decree changing the name(s) of Azeez Gill to Anhad Gill. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 4, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 9, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
GILL 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295866

Leonidas and Flora Tasakos have filed a petition with this court for a decree changing the name(s) of Ekaterini Apollonia Tasakos to Ekaterini Anastasia Apollonia Tasakos. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 29, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 9, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
TASAKOS 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296154

Tran Hanh Nguyen Nguyen vs Huy Tranh Tran have filed a petition with this court for a decree changing the name(s) of Bao Han Tran to Kylie Tran. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on May 5, 2021, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 12, 2021
Christopher E. Krueger, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
TRAN 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00296519

Kevin Edward Roberson has filed a petition with this court for a decree changing the name(s) of Kevin Edward Roberson to Kevin Edward Robinson. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on May 6, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 12, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
ROBINSON 180101 4-16-21

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2021-00295763

Michael Sean Collard has filed a petition with this court for a decree changing the name(s) of Michael Sean Collard to Sean Michael Dunne. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 1:30p.m. on April 29, 2021, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 12, 2021
Shama H. Mesiwala, Judge of the Superior Court
Publish: March 26, and April 2, 9, 16, 2021
DUNNE 180101 4-16-21

SUMMONS

SUMMONS
(CITACION JUDICIAL)
CASE NUMBER: (Numero del Caso):
20SMCV01074

NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): Joe Samuel Bailey, Laurence Grossnickle, Charles Clement Goubert, Jr, Christian Johnson, George Dass, Robert Allan Freeman, Barry Edward Mitchell, Spine Management, LP, Renew Spinal Care, Inc, Medi-Clinic, LLC, Dallas Expansion Clinic, LP Colonial Health Care Financial, Inc, Thom Marketing, LLC, Medical Expansion Houston, LLC, Virginia Miss, LP, Chartered Medical Development, LLC and DOE individuals 1-10 and ROE Corporations 1-100
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Awana: 4:30 pm
Evening Worship: 6:00 pm
Wed Bible Study: 7:00 pm

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10:30 am Praise Band Worship
OR
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Calvary Lutheran Church

5th and L Streets, Rio Linda

991-2135

Pastor Kirsten Moore

Sunday Adult Ed: 9:00am
Sunday Worship: 10:30am

Child Care during Worship
with Bible Stories and Crafts

NEW BEGINNINGS FELLOWSHIP

Pastor Deonte Walters

10th and O Streets

991-2918

Sunday School: 9:00am
Sunday Worship: 10:30am

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Rio Linda, CA 95673

991-2668

Church 10:30am

North Metro Church of Christ

4191 Norwood Ave.,
Sacramento 95838

916-923-1147

Minister Pete Savage

SUNDAY

Bible Classes: 10:00am
Worship: 11:00am
Worship: 6:00pm
Wednesday Bible Classes: 7:00pm

First Baptist Church Elverta

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 & Wed. Worship
AA meets Mon. 10-11am
email: Peter@fbcelverta.org

RIO LINDA COMMUNITY UNITED METHODIST CHURCH

6800 6th St. (Corner of 6th & M)
Rio Linda

991-1638

Pastor Carolee Caterall

Sunday School: 9:30am
Worship Service: 11:00am

Rio Linda Seventh Day Adventist Church

7535 - 10th St. and U
Rio Linda

Sabbath School:
9:15am

Worship Services:
11:00am

NEW LIFE CHRISTIAN CHURCH

2037 Elkhorn Boulevard

991-3001

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Sunday: 10:45am
Sunday Evening: 6:00pm
Wednesday: 7:00pm
Pastor James A. Duncan

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Sunday 10:00am

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Crossword Puzzle on Page 9

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

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CLUES

ACROSS
1. Great divide
6. World's oldest national broadcaster
9. Pasturelands
13. Chinese fruit
14. #9 Across, sing.
15. Clemency
16. One in advertising
17. "___ the land of the free ..."
18. Characteristic of birds
19. "Ongoing job in the garden"
21. "Without synthetic fertilizers"
23. 2nd tallest bird
24. Theatrical production
25. Curiosity killed it?
28. Additionally
30. Capital of Poland
35. Passage into a mine
37. Prefix in levorotary
39. Mid-century modern, e.g.
40. Toothy wheel
41. "Some are heirlooms
43. Make like a cat
44. Erasable programmable read only memory
46. Stanislawski's rifle, e.g.
47. Unwanted correspondence
48. Motionless
50. Catch-22
52. "Are you sure?" in a text
53. Freight horse cart
55. Opposite of don'ts
57. "6 or more hours of sunshine"
61. "Radicchio or frisée
65. On foot
66. Negative vote
68. 2020 NFL MVP
69. Morrison's "The ___"
70. Hockey great Bobby
71. Respectable and quiet
72. Sports award
73. Affirmative response
74. Infernos

DOWN
1. Old bathtub foot
2. Opposite of seek
3. Ne plus ultra
4. *Opposite of #57 Across
5. Minimum, pl.
6. Influencer's journal
7. *Stinging pollinator
8. Holiday song
9. Bulgarian money
10. Julia Roberts' Academy Award-winning role
11. Popular smoothie berry
12. Update an iPod
15. Inhabitant of Hungary
20. Nothing, pl.
22. Like sashimi
24. Lack of money
25. *Tomato supports
26. Highly skilled
27. Miss America's headdress
29. Slowly leak
31. Moves at the gym
32. Monument to Buddha
33. Orderly arrangement
34. *Wiggly plowers
36. Faster than a walk
38. *Some plants and flowers emit a good one
42. *Type of digger
45. Centers, old-fashioned
49. French vineyard
51. *Last of 3 numbers on a bag of fertilizer
54. Be a pest
56. Washington, e.g.
57. Grow dim
58. Extraterrestrials' rides
59. Pilot's stunt
60. Type of parrot
61. "Musical" constellation
62. Russian mountain chain
63. *Type of garden hose that saves space
64. Goes with "odds"
67. Am is to I as ___ is to we

Crossword Puzzle Solutions on Page 9

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



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Sudoku Puzzle on Page 9

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



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

Solutions on Page 9

Ask Toni

Social Security and IRS Scams are Growing!



Toni King

or by mail from either Social Security or the IRS claiming that they owe money, are being held liable and are being legally sued or that their Social Security check has been suspended due to COVID-19 issues.

So many are petrified that one wrong move and they can lose everything they have worked so hard for. Let's discuss what you, your friends or an elderly family member should do if you receive a call or something by mail.

Victims are receiving a telephone call from someone claiming to be from the IRS. They are told that they will be arrested if they do not make a payment immediately and asked to wire money, using Money Gram, Walmart, and other wire services. Millions of dollars have been stolen from innocent, trusting Americans.

The IRS will send you a letter not a phone call regarding your IRS account and will not send you an email, text message or reply to anything on Social Media about your personal tax information.

Below are 5 tell-tale warning signs to tip you off...is it or is not the IRS calling you?

- 1. IRS will not call you to demand immediate payment about taxes you owe without first mailing you a bill.
- 2. IRS does not demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
- 3. IRS does not require you to use a certain payment method for your taxes, such as a prepaid debit card.
- 4. IRS does not ask for credit or debit card numbers over the phone.
- 5. IRS does not threaten to bring in local police or other law-enforcement to have you arrested for not paying.

What should you do if you receive a call that you are not completely confident

Reader Alert:

Recently, I have been informed from several clients during a Toni Says® Medicare consultation that they have received either calls on their cell or home phone

whether it was the IRS?
• Immediately hang up.
• Report to the local law authorities that you have received a phone call which is a scam. Treasury agents are catching fraudsters throughout the United States who have defrauded millions from distraught Americans.

Social Security/COVID-19 SCAM:
In March 2020, local Social Security offices closed to the public due to COVID-19 concerns. However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call."

Here is what is still written on the back of the Social Security envelopes in 2021 informing the public of a scam issue "!!!!SCAM ALERT!!!! Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal actions. Do not be fooled! If you receive a suspicious call:

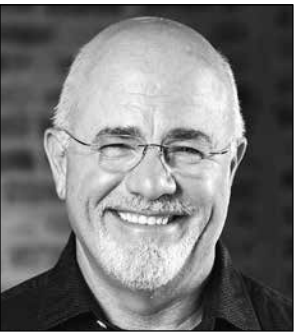
- 1. HANG UP!
- 2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION
Social Security will never:

- 1. Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- 2. Promise a benefit increase or other assistance in exchange for payment.
- 3. Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- 4. Demand secrecy from you in handling a Social Security-related problem.

For more information about IRS, Social Security or even Medicare scams, email info@tonisays.com or call 832/519-8664.

2021 Confused about Medicare Zoom webinar is Thursday, February April 1st at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

2021 Medicare Survival Guide® Advanced book is available at www.tonisays.com.



You May Already Have Some

Dear Dave,

I started listening to your radio show recently, and I heard you say people should have 10 to 12 times their yearly income in life insurance. I'm single, with no plans to get married. Plus, I don't have any children. Do I still need a big life insurance policy like that?

– Kris

Dear Kris,

I do recommend most people, if they work outside the home and are married – especially if they have kids – have 10 to 12 times their annual income in a good, level term life insurance policy. You only need life insurance to take care of things you leave behind when you die. So, when it comes to this kind of coverage, just think about anyone who might be left in a bad financial situation if you died. Your family could never replace you,

Dave Ramsey Says

but in most cases, they would need to replace your income.

Someone in your shoes might not need a traditional life insurance policy, especially if you've been smart with your money and saved up a pile of cash. A simple, inexpensive burial policy might work. There's also a good chance you already have a small amount of life insurance coverage built into an existing health insurance policy or bank account.

Good question, Kris. I'm glad you're looking for answers!

– Dave

Are You Willing To Do What It Takes?

Dear Dave,

I owe \$17,000 on my car, and it is my largest and only debt. I think I can have it paid off in two years, because I bring home about \$2,800 a month and my monthly expenses are \$2,100. I also just got a \$2,000 tax refund. Should I pay it off as fast as possible, or sell the car?

– Justice

Dear Justice,

If you think you can have the car paid off in two years or less, that's what I'd do.

The question is this: Are you willing to do what it'll take to make that happen? It's going to mean lots of discipline and hard work on your part, in addition to living on a really strict budget. But in return, you'll have that car loan off your back for good.

You don't want the debt on all your vehicles to be more than half of your annual income. If that's the case, it means you have too much money tied up in things that are going down in value. If you bring home \$2,800 a month, you probably make around \$40,000 a year. Technically, your car loan is under half in this scenario, but it's still pretty expensive. I'd get serious about getting out of debt, and pay the thing off!

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.



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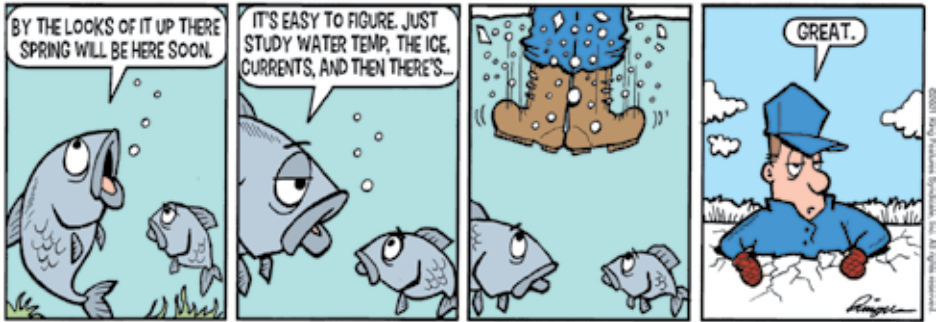
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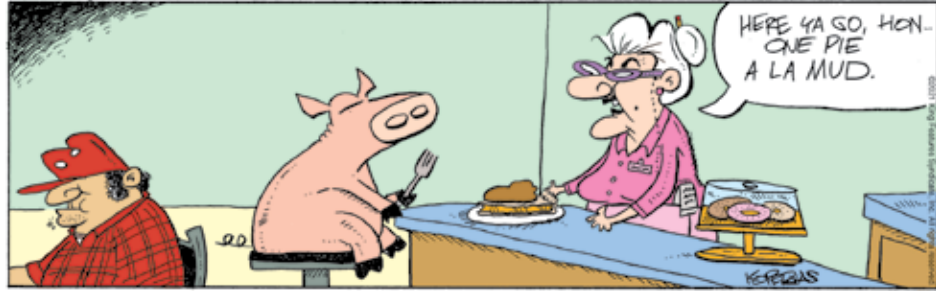


WEEKLY COMICS

Amber Waves



Out on a Limb



R.F.D.



GRIN & BEAR IT



"We've concluded our intelligence investigation and found none."

LAFF-A-DAY

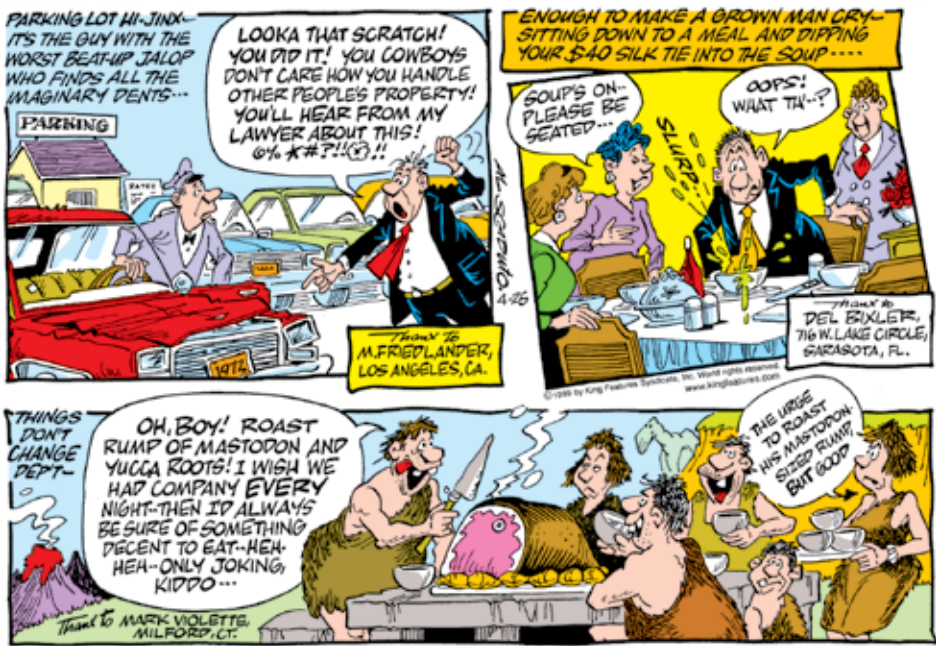


"I don't see why you have to be so old-fashioned! Other people can talk and watch TV at the same time!"

The Spats



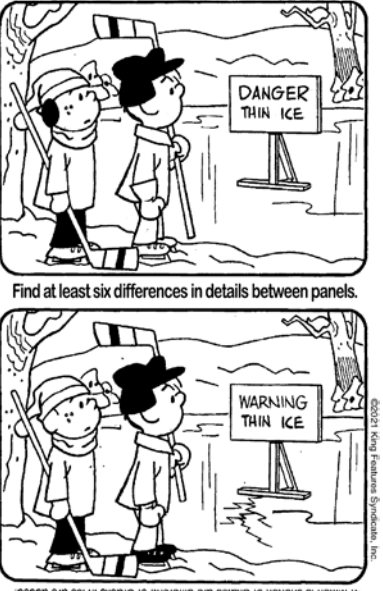
THEY'LL DO IT EVERY TIME



Just Like Cats & Dogs



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Find at least six differences in details between panels.

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Beef Rump/Bottom Round Roast - Bnls \$2.99/lb
Ground Beef \$3.49/lb
Pork Loin Roast - Bnls \$1.69/lb
Chicken Drumsticks \$0.69/lb
Pork Neck Bones \$1.29/lb
Pork Loin Chops Boneless \$1.99/lb

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM
Whole White Mushrooms 8 oz \$1.69/ea
Diced Cactus Leaf 1 lb Bag \$1.99/ea
Paila Peppers \$0.79/lb
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Mandarin 5 lb Bag \$2.99/box
Navel Oranges 10 lb Bag \$3.99/box
Russet Potato 10 lb Bag \$2.49/box
Peeled Garlic 5 lb Bag \$18.99/box
King Oyster Mushrooms \$1.99/lb
Yellow Dragon Fruit \$5.99/lb

AMERICAN/HISPANIC GROCERY
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TAX Charmin Mega Bath Tissues 6 Rolls \$1.99/roll
ACT II Butter Popcorn 3 Bags \$2.25/ea
Dave's Ghost Pepper 5 lb Bag \$4.99/box
Molina Mexican Vanilla Blend 8.3 fl oz \$1.99/box
La Florita Chile Guajillo Entero 8 oz \$3.99/box

ASIAN GROCERY
Corned Beef 12 oz \$5.99/box
San Miguel Beer \$7.99/box
Soybean Paste 12.5 fl oz \$7.99/box
Qinghai Beer 12.5 fl oz \$1.99/box
Dragonfly Brand \$1.99/box
Green Jackfruit 20 oz \$9.99/box
Pineapple Brand \$9.99/box

EUROPEAN GROCERY
Extra Virgin Olive Oil 1 L \$7.99/box
Tahini Paste 450 gr \$8.99/box
Robit Roasted Sunflower Seed 500 gr \$4.69/box
Primo Pulo Milk de Dark Chocolate Confection 32 x 35 gr \$9.99/box
Herbal Carpathian Tea 20 L \$1.99/box

KOREAN/JAPANESE GROCERY
Sushi Rice \$12.99/box
Sakana Sushi 15 lb Bag \$12.99/box
Yaki Soba 15 lb Bag \$2.99/box
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Necchur Krawenka Cooked Ham \$5.49/box
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As with All Things, Heartbreaks Strike Farm Life

By Cecilia Lee Feser

RIO LINDA, CA (MPG) - I usually write articles about happy things. Last week’s was on the needed benefits for traveling veterinarians when you live on a farm, in the article Equine ER on the Road.

My husband and I have had a mini-farm for many years. Little emergencies come up with your animals just as they do when you have children. It is just part of living with living things. Accidents happen. It is never easy and sometimes as in last night’s situation, it can be gut-twisting.

My husband heard our dogs barking in an unusual way. If you own dogs, again as in children, you can tell what is going on by the tone of their voices. Our dogs’ tone was different. He rushed outside, it was about sunset, and found our BIG dog had busted through our wooden fence, and was chasing our animals. He called him off but you just KNEW it was going to be bad as his head was wet and it looked like his mouth had blood on it. He grabbed him up as the dog was in a state of hysteria.

Dennis said he had only put the dog out 10 minutes before this. He worked hard to put metal fence and more metal fence inside that fence to keep our dog contained. We did not count on the wood fence that came with the property to be as rotted as it turned out to be and that is how they broke out.

After the dog was contained, we went out. I was so scared. We have mini pigs, alpacas, sheep, a donkey and the two mini horses. We had NO idea, but knew someone was hurt. He took off to the right and I ran off to the left.

I screamed!! He came running and we found our mini horse standing still in a pasture, with the sheep gathered into a corner, and you could see there was blood on her backside. I wanted to kill the dog!! Penelope was just still. We could not get her to move. The sun was setting and



In memory of our miniature horse Penelope, with love. Photo by Cecilia Lee Feser

we had to hurry. I left him talking to her, and ran for my phone to dial Loomis Basin Veterinarians. I babbled into the phone my address and to please, please hurry. I raced outside to help Dennis. He had managed to get her out of that smaller pasture and into a gated pen to wait for the vet.

Both Dennis and I have medical training. He was a Navy Corpsmen and spent 3 years working in a North Carolina ER, before going into computer program development for UCD Veterinarian Teaching Hospital in Davis. Both human and animal medicine treatments intertwine. He retired and we are enjoying our farm. I worked as a veterinarian tech. in a pet hospital for years and was a Hot Walker at Pimlico Race Course. I have owned many horses and livestock through the years. So, as we waited he got blankets, and tried to tourniquet the back legs. He then went up to the front gate to wave down the veterinarian into our back yard to speed up treatment.

About 10 min later, the sun had set, and it was dark; I saw that White Wonder Truck come through the side gate and over to where we were with Den right behind it. When the veterinarian got out I saw that it was Dr. Lehma. I had just met her a few days back when I traveled up to Loomis Basin Veterinarians, to write up the article about why there is a need for Traveling Veterinarians. It wasn't time for hellos and she got right to work. First thing she did was to put on her head a head lamp. It looked like what a miner might wear underground. Before I saw that, I was wondering how I might get light to the situation since we were in the middle of a pasture after dark. I even thought about getting our car facing the area and turning on the headlights if needed.

Fortunately, this whole time, Penelope was as calm as she could be. I knew not to give her ANY pain medicine until the doctor said. She needed to see the patient as is, no medicine. Dr. Lehma spoke calmly to me

as I stroked Penelope on her head and told her how sorry I felt. Dr. Lehma asked the how, when, and what happened to the horse. As I told her, I was just crying... She stayed patient with me. After the initial exam she said she would like to give her some pain medicine.

“Yes, Yes, Yes,” I cried. She went and got all the things she needed. She shaved a patch of hair to get to the vein. By now she was laying down on her side in the stall. I am so grateful Penelope stayed calm, I saw the damage. The guilt was awful. In my mind I knew it to be an accident, but seeing her on the ground, damaged as she was, the guilt was very heavy. After the quick assessment, we stepped to the side to talk while Dennis watched over the patient. She outlined all she found and said what she could do. After hearing all the damage to both her back legs, a decision had to be made. As hard as the situation was, you must think of the patient. Between her and I and Dennis we decided the damage to both

back legs was too much for her to endure.

I was on my knees crying at Penelope’s head, stroking her warm skin. She was in no pain now thanks to the initial shot Dr. Lehma administered.

After collecting all she needed and asking me again if this was our choice, she got on her knees along side of me and felt for a vein. She explained EVERYTHING before she did it. What would happen once she gave the shot to put her down (to permanent sleep) so I would not be surprised by anything. Thank goodness she did. Afterwards, the three of us just kept silent as there were no words!! I just kept stroking her head. About five minutes later, Dr. Lehma took out her stethoscope to listen for a heartbeat. Then she felt her eye and there was no blinking, Penelope was gone and out of pain.

After getting a big needed hug from Dr. Lehma, she wrapped up her truck to go back to the office. I asked her before she left about the bill and she said to us, 'not now' we will bill you... What a kindness that was as we had enough on our plate. She drove off and Dennis just held me as we cried over the loss of such a kind animal.

We covered her up as it was too late to do anything else.

In the morning, my husband had the awful task of taking her away from the property. He went by himself. I am so grateful to him and to Dr. Lehma for getting me through that night. Owning living, breathing, feeling animals can be so much fun, as they give US so much back. But, farm life has a dark downside as you can read. The only thing we can do is keep taking the best care of the animals in our hands. Accidents happen on the farm and to people. It is hard and it sucks, but it is life. Until next time Rio Linda, be safe and hug your LOVED ones, four and two legged, as much as you can. ★

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5720 West 6th St.	1,100	2.25 Acres	\$544,000
5647 2nd Street	2,974	2.32 Acres	\$718,000
5808 West 6th St.	1,660	3.14 Acres	\$770,000
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