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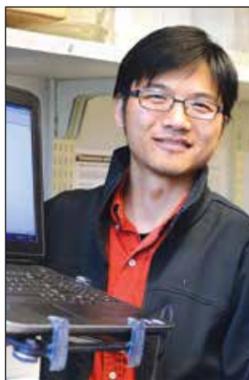
VOLUME 40 • ISSUE 17

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APRIL 23, 2021

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What Horse Park?



The park features a completely fenced, huge riding arena with outside lighting for night riding. Photos by Cecilia Lee Feser

By Cecilia Lee Feser

RIO LINDA, CA (MPG) - Up the road from my farm is Rancho Negri, owned by Renee Negri, who thrives on rescuing horses. Once she gets a new rescue, the horse gets a full look see. She checks teeth for hooks which causes horses to bite their own cheek when chewing. She gets shots done and then does all her own hoof trimming. Sometimes the horse needs a massage, or muscle release to which she is certified. She also gives the neighborhood kids rides around her property, where safety is first and everyone wears a helmet when riding!

Renee rescues cats, dogs, chickens or any animal in need of help and a friend. Her hobby sounds like something I do. She let me know on the

side, she's been working full time as a property manager for over 25 years.

"Helps pay for my hobby," she said.

I actually do understand her statement, as writing helps offset "my animal hobby".

One day while we were talking, I noticed her horse trailer, asked her where she rode around here. She mentioned a place just up the road on Elkhorn Blvd, right past the High School, then turn left into the great big horse arena. She also wished more people knew of it.

"Oh really", the writer thought, "do tell". Not only did she tell me, she

loaded up two of her horses and took me to the horse arena. What a real treat. She said she would show me a few of her training techniques, and loaded up in the truck that would be pulling our horse trailer. She grabbed "Buckles" her horse and "Rose" another of her horses. She brushed

Continued on page 3



\$200 Million of Funding for Transportation Projects

SACOG Press Release

SACRAMENTO, CA (MPG) - Transportation projects across the Sacramento region received \$198 million in funding from the Sacramento Area Council of Governments (SACOG) today. The 2021 funding round is the tenth in the 17-year history of the funding program, which has awarded more than \$1.1 billion over that time. The SACOG board also acted to recommend nearly \$12 million in funding in the regional Active Transportation Program.

The unanimous vote by the SACOG board meant 74 projects were approved to receive funding from two programs: the Regional Program and the Community Design Program. The flexible Regional Program funds cost-effective transportation projects that realize the performance benefits of the Metropolitan Transportation Plan/Sustainable Communities Strategy and the Community Design Program provides funding to local governments to build placemaking projects in their communities. Funded projects help implement SACOG Blueprint principles such as a mix of land uses, preservation of natural resources, or housing and transportation options.

"These projects have risen to the top through a rigorous, competitive process and I'm confident they will advance the transportation goals and aspirations for communities throughout the Sacramento region," said SACOG board chair Bonnie Gore, a Placer County supervisor.

Changes to this year's funding round process meant that more weight was given to the priorities submitting agencies gave to their projects. The performance-based recommendations largely ended up reflecting what the submitting counties, cities, and agencies said were most important to them as well as meeting regional priorities that will help meet our

The Regional Program comprises two key categories, Maintenance and Modernization and Transformative, intended for larger projects. An example of a Transformative project is the \$21.9 million awarded to SacRT to go toward the purchase of 16 new light rail vehicles. The new vehicles will have low-level boarding at every doorway, spacious seating design, and feature improved accessibility with wider aisles, built-in storage, and areas for bicycles.

For more information, see the full list of Funding Round awards, the Active Transportation Program recommendations, and the project review summary, which describes each project in more narrative detail. ★

Life's a Gift to Nurture

Wild Life Care Association Sends Animals on their Way

By Cecilia Lee Feser

SACRAMENTO REGION, CA (MPG) - The composition roof is on the new aviary, all the wood framing and most of the bird safe wiring. The insides will be finished by the volunteers. Meaning, all natural wood perches, getting the feeders and water bowls mounted inside. Final touch, painting. It was voted on a darker green color, to blend with their wild life theme.

The second trip to Aviary building site was to get more info on how the building is coming along. I went inside the Care center for pictures of the different kind of animals currently being cared for. First, I heard pith, pith, pith of the air hammer and the generator running hard. Then I saw Jim Brown taking off some support boards, now that the Aviary could stand on its own. I wanted to



Holding a mourning dove is nursery supervisor "Zoe Stephens" who prepares to feed some formula. Photo by Cecilia Lee Feser

know more about how he got the supplies. Jim told me a Facebook group supporting all updates on what is happening with The Wild Life Care Association, had raised the donations. Over

\$8000 dollars was raised for this project. This would go for the wood, nails, bird wire and whatever odds and ends that would be needed. So they started building. I mentioned last

week, the crew building the aviary, are volunteers from Wells Construction Company. They worked SMOOOTTHH around each other, comfortable!

Continued on page 2

Life's a Gift to Nurture

Continued from page 1

They bought the wood from 'Homewood' in Rocklin, a huge help with supplies.

Over my shoulder, I told him it was looking very good, and walked into the nursery.

There I was met by Terri Muzik who would be my escort. Before we could see the animals, she mentioned to me, all volunteers who worked around Skunks, Raccoons, Foxes and Bats, must, have a current rabies shot.

Also, stay quiet, "inside voices", to keep the animals calm. She then took me inside where I met, Zoe Stephens, the nursery supervisor, getting ready to hand feed a baby mourning dove. "Formula to feed animals, comes in a powdered form, mixed with warm water and then fed by syringe. Sometimes though, babies are so new born, the formula has to be fed through a tube that is placed down to their stomach. We get them fed one way or the other!!!" she said.

With the new animal drop offs and then when they are ready to move on you never



kicked back, the water misters going, a full bowl of feed, and water. Would you want to leave? Also, "Do you know what they call a flock of Crow's"? I shook my head no. "They are called a MURDER of crows!" Guess that's why scary movies use black crows when something chilling is about to happen.

We went to a little office where we could finally talk with adult voices. She reminded me the volunteers run the day to day. Some have been here for years but, ALWAYS, looking for more people who want the excitement of caring for the young, or sick or injured animals. If you're out there and want to work around the animals, call us at: 916-965-9453 or come by 5211 Patrol Rd. Sacramento, CA, and ask how you can help. We've received animal baby formula in cans, someone sent a whole box of the cans, some give towels, crates, water dishes, food dishes, etc. Especially, we need old newspapers for bottom of cages, and of course, everyone's favorite item: CASH!! What really shows just how much



Above top: A mourning dove is held ready to be fed. Center: A two month old opossum resides at the care center for now. Above: Jim Brown is head of Wells Construction Company. Photos by Cecilia Lee Feser



A nestling of doves. Photo by Cecilia Lee Feser

know what you will see when you come to work. A fun thing. There's many sized containers for the different sized animals. From newborns to injured animals. From birds to, a current run on opossums. I saw baby opossums that did not even have their eyes open yet, in line to be fed. I also saw a two month old opossum being held before feeding.

There is very, very little interaction between animals being cared for and the caretakers. Their very goal is to get them back in the wild, so as little touching as possible. Heading out of "baby station", Terri started telling me a funny story that goes along with keeping the animals on the wild side. She told of water misters in the outside aviary. They are hooked up and work BUT,

not unless it's really, really hot outside.

"Why"? I asked. She said, "because there are no water misters in the wild."

No, of course not.

"We try not to get the birds used to things they won't run across once released. We don't want them so happy and comfortable they decide to stay here".

I was laughing as I visualized wild birds

the community supports us, is we get fun gifts through UPS. As, I was saying good bye here comes a UPS guy with a package. She got a huge grin and said, "I just love presents!!" We shook hands and I told her, "Remember me if some extraordinary animal comes in, and I'll be back." Please be good and kind to each other, until next week. ★



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Three SmaRT Ride Zones Expanding Throughout Region



During COVID-19 SmaRT Ride continues to be a lifeline for essential workers and community member getting to essential services. Photo from Katie Lichty, SacRT

By Jessica Gonzales, Sacramento Regional Transit

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) is expanding three SmaRT Ride on-demand microtransit shuttle zones starting in April. The expansions will better serve residents of Arden, Carmichael, Folsom, Natomas and North Sacramento. With these new SmaRT Ride zone enhancements, SacRT will have eight SmaRT Ride zones, making it one of the largest microtransit services in the country operating with 45 shuttles, nine of which are electric-battery powered.

SmaRT Ride is SacRT's on-demand ride-share shuttle service where customers can use a smartphone app to request a ride that will pick up and drop them off within the service zone boundaries. The SmaRT Ride zone enhancements include:

Arden-Carmichael Zone - The Arden-Arcade zone will merge with the Carmichael zone creating the new Arden-Carmichael zone, which will add stops to Kaiser Morse and American River College.

Folsom Zone - The Folsom zone will expand to serve the developing community of Folsom Ranch, south of Highway 50.

Natomas-North Sacramento Zone - The North Sacramento zone will expand further into Natomas serving Arena Boulevard shops, Garden Highway, River Oaks, Gateway Oaks, the University Technical Institute and North Natomas Regional Park. This will become the new Natomas-North Sacramento zone.

During the COVID-19 pandemic, SmaRT Ride continues to be a lifeline for essential workers and community members getting to

essential services. SmaRT Ride has provided more than 130,000 trips since March 2020. The five other SmaRT Ride service zones include Citrus Heights-Antelope-Orangevale, Downtown-Midtown-East Sacramento, Franklin-South Sacramento, Gerber-Calvine and Rancho Cordova.

SmaRT Ride customers can download the free SacRT SmaRT Ride app, which is available at Google Play and the App Store. Rides can also be requested by calling 916-556-0100 or by going online to ondemand.sacrt.com; however, trip requests must be made on the same day.

SmaRT Ride service is only available to travel within each designated service zone. SmaRT Ride shuttles cannot travel outside the service boundaries.

As a reminder, a mask or face covering is required on transit at all times. More information on SacRT's COVID-19 safety precautions is available at sacrt.com/covid19. Visit sacrt.com/smartride for details on how to request a ride and view the new zone maps. ★

Rio Linda Community Update



By County Supervisor Sue Frost

Through the generosity of the *The Rio Linda News*, this column serves to provide an update about matters affecting the community of Rio Linda.

This summer the Sacramento County Board of Supervisors will have a big decision to make regarding whether or not to implement "Laura's Law." I want to take this opportunity in my monthly article to explain to you what this law is, why this is coming before the Board of Supervisors, and why it is such a big deal.

Laura's Law is named for 19-year-old Laura Wilcox, who was a college student working in a Nevada County mental-health clinic in 2001, when she and two others were shot and killed by a man with untreated severe mental illness. After the incident Laura's parents chose to advocate for assisted outpatient treatment (AOT) for individuals who meet strict legal criteria and who, as a result of their mental illness, are unable to voluntarily

Laura's Law in Sacramento County

access community mental health services.

Since then, California counties have the option to "opt in" to the program, and that has been done so far in most of the larger counties. To date, Sacramento County has been one of the few larger counties who has not opted in and has never held a public hearing at the Board of Supervisors regarding whether or not to implement the program.

This process changed however with the passage last year of AB 1976, which requires counties like Sacramento to hold public hearings at the Board of Supervisors about whether we will "opt in" or "opt out", and if we choose to "opt out" we have to provide specific reasons for this to the State. The deadline for Sacramento County to have this hearing and formally decide will be July 1st of this year.

Earlier this month a mentally ill homeless man assaulted a child on Freeport Blvd. in Sacramento, only to be released back into the public in less than 24 hours – and this was after he had been captured and released previously for assault and battery

of another woman. As a former emergency room nurse, I understand firsthand that there are people living in our community who cannot take care of themselves, and they desperately need help.

People like this should be able to get help before more crimes are perpetuated in our communities – it's the compassionate and safe way to move forward. I do not know how I will vote on this issue when it comes before me as I want to have an open ear to both sides as well as be able to fully comprehend the fiscal impacts, but I do know this is a growing problem and we should be handling this problem better than we are right now.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Local United Way Announces New Childhood Literacy Effort STARS

By Kristin Thebaud, Kristin Thebaud Communications

SACRAMENTO, CA (MPG) - United Way California Capital Region is launching a new literacy effort called STARS that pairs volunteers online with local kids learning to read. With the recent launch of the program, United Way California Capital Region will be raising funds for STARS on May 6, Big Day of Giving. Local residents are invited to participate by donating at various giving levels and sharing photos of themselves reading on social media.

"We know that if kids aren't reading at grade level by fourth grade, they will have a hard time keeping up across multiple subjects for years to come," said Amber Lovett, interim president and CEO, United Way California Capital Region. "Big Day of Giving is a great opportunity for community members to help local kids succeed in school and career and ultimately in life."

Though the STARS curriculum is funded by Union Pacific's Community Ties, Big Day of Giving donations will help fund other

costs of the program, including volunteer recruitment, background checks and supplies. To make a donation on Big Day of Giving or schedule a gift ahead of time starting April 22, visit YourLocalUnitedWay.org/Big-Day-Giving.

Participants also are invited to upload a photo reading a favorite book on social media using hashtags #BDOG2021 and #STARSLiteracy, and challenge friends to participate.

United Way's STARS program already has paired nearly two dozen volunteers with children at Robla School District and CHOC housing sites in Yolo County to provide online tutoring through the platform Book Nook so kids struggling with literacy can reach grade level reading. Each student has already received an average of eight hours of tutoring and reading practice. The program will continue through the rest of the school year and will include a summer curriculum for children at the housing sites. United Way plans to expand STARS to additional schools in the fall and is in need of virtual volunteers year-round. For more

information about STARS and to sign up to volunteer, visit YourLocalUnitedWay.org/STARS-0.

The local United Way has been helping children improve literacy for more than four years, most recently through its AARP Experience Corps program that paired retirees with children in schools before the pandemic hit.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation, visit YourLocalUnitedWay.org. ★

What Horse Park?

Continued from page 1

them out then saddled both. The bridle does not go on in the trailer. Just a halter until time to ride.

"Yeah", she said, "It is kind of hidden in the back of the park." Most people know it better as the BMX bike track. It is called Central Park.

What's really great is there is a completely fenced, and huge riding arena! There used to be horse shows there all the time, until Covid hit. People don't realize it has outside lighting for night riding and training. I have gone there myself at night to get a horse toned up for a show. I did barrel racing for many years, winning ribbons, belt buckles, and other kinds of awards. Loved it. Now, I train others for it. I also train

horse and rider for pleasure shows, teach riding classes and general horse care classes. I teach pole bending (where a horse and rider weave through set up poles), working a horse across a piece of heavy tarp, and making an L with wood to teach side passing. She was proudly telling me there is nothing like seeing the horse and the rider 'GET' the concept and work it perfectly together!!

Another thing that is great about the arena is once you have toned up your horse, there is a trail just outside the arena. If you go left on the trail, you can ride all the way to Discovery Park. Or you can go right on the trail, and ride right into the heart of Rio Linda.

The kids like to ride their horse through McDonald's

drive-thru and order. McDonald's would rather they not. Kids win because they are fearless. But, they are sure to clean up should their horse, well, do what horses often do and leave a brown surprise on the road way.

Listening to her almost makes me wish I had a riding horse. Nah, I will stick to the minis, less chance of serious hurt in my senior years, lol. I told her it sounds like she really, really loves her animal work and glad for her. She did say one day she would load us up and take me for a ride in the arena. I think, I will like that since it has been years since I've owned or rode a full size horse. I told her I would think about it and thanked her for her time. Until next time Rio Linda. ★

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A Crucial Link for CHP

By Sarah Richards, CHP

SACRAMENTO, CA (MPG) - Public safety dispatchers, often the first assistance people reach in an emergency, provide a crucial link between the California Highway Patrol (CHP) and the public. In recognition of their service, the CHP joins other law enforcement agencies to recognize National Public Safety Telecommunicators.

California legislation enacted in 2020 reclassified public safety dispatchers as "first responders." The new classification acknowledges their vital role in the state's

emergency response chain. "As recognized first responders in California, our CHP public safety dispatchers and operators remain resilient in times of crisis," CHP Commissioner Amanda Ray said. "They are devoted professionals who provide the timely handling of all calls for services and are the lifeline between the public and emergency services."

The CHP employs more than 700 dispatchers who provide critical services to communities throughout California. In 2020, these dispatchers who work out of one of the 24 CHP

communications centers statewide handled more than 4.9 million 9-1-1 calls from the public.

In emergency situations, dispatchers must instantly determine the correct response to ensure the safety of all parties involved. They are also in constant communication with patrol officers, looking up license plates, driver license numbers, and running criminal record checks on wanted subjects.

Those interested in a rewarding career as a CHP public safety dispatcher are encouraged to apply at www.chp.ca.gov/chp-careers. ★



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68% of California Small Businesses Confident to Stay Open for 6 Months

By Janet Fernandez, Elevate Public Affairs

The Global State of Small Business Report reveals the ongoing crisis facing small businesses, and new challenges ahead. This report surveyed 35,000 small businesses around the world and builds on six surveys over the last year to find comprehensive trends over time. For US data, Facebook partnered with the Small Business Roundtable.

As COVID vaccines are being distributed to more and more American and people across California, 68% of California small business owners say they are confident in their ability to stay open for at least six months.

The news continues to be dire for California business owners - 59% of operating small businesses are reporting lower sales, the third

highest state in the nation. Fueling that is the 31% that are expecting a lack of demand and/or no customer challenges from Golden State customers, eight points above the national average.

As of February 2021, 79% of California small businesses were operational or engaging in revenue-generating activities; 33% had reduced employment as a result of the pandemic, 6 points higher than the national average; 22% expect cash flow challenges, 2 points lower than the national average.

Comparatively, other large states saw a mixed bag of results to California, New York only had 69% of SMBs operational or engaging in revenue-generating activities 10 points lower than California. And the results were even more stark when comparing minority-owned

SMBs operational in NY was 58%, which is 16 point difference than California (74%). Texas has 83% of women-owned businesses operational, 5 points below California and only 48% reporting lower sales, 9 points below California.

To help small businesses during what are still challenging times, Facebook launched numerous initiatives aimed at supporting small businesses and helping them navigate the uncertainty of reopening including providing grants to business owners, developing innovative new tools and products, and hosting digital tool training events, such as "Boost with Facebook" events.

Here is the link to the report: <https://about.fb.com/news/2021/02/2020-was-challenging-for-small-businesses/> ★



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CHURCH DIRECTORY

<p>CALVARY BAPTIST CHURCH 6608 16th, Rio Linda 991-5870 Sunday School: 10:00 am Morning Worship: 11:00 am Awana: 4:30 pm Evening Worship: 6:00 pm Wed Bible Study: 7:00 pm</p>	<p>ZION LUTHERAN CHURCH 3644 Bolivar Ave. North Highlands, CA. (LCMS) 332-4001 www.ZionLutheranNH.org Sunday Schedule 9:00 am Traditional Worship 10:30 am Praise Band Worship OR if you prefer you can worship in your car in the parking lot Tune your radio to 88.7</p>	<p>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</p>	<p>NEW BEGINNINGS FELLOWSHIP Pastor Deonte Walters 10th and O Streets 991-2918 Sunday School: 9:00am Sunday Worship: 10:30am</p>	<p>CHURCH OF RIO LINDA <i>Home of Old Time Religion</i> 6550 Drycreek Rd. 991-6766 Rob Royer, Pastor Sunday School: 10:00am Sunday Evangelistic: 6pm Wednesday Bible Study: 7:30pm YouTube.com</p>
<p>This space could belong to your Church Call Today The Rio Linda News 916-991-3000</p>	<p> LIFEPOINTE FAMILY OF CHURCHES 7200 Rio Linda Blvd. lifepointenaz.com 916.991.4624 2 SERVICES AT OUR RIO LINDA CAMPUS 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>Church of Christ <i>Worship God's Way</i> Minister Eric Smith 6818 4th Avenue Rio Linda, CA 95673 991-2668 Church 10:30am</p>	<p>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</p>	<p>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP Pastor Shannon Fannin Liberty Ministries extends an invitation to come and join us for Celebration Worship Saturday 6:30pm Sunday 10:00am Call for info on Child Care. Preschool. Youth Extreme and Food Closet. 922-6442 4840 Marysville Blvd.</p>
<p>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</p>	<p>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</p>	<p>Rio Linda Seventh Day Adventist Church 7535 - 10th St. and U Rio Linda Sabbath School: 9:15am Worship Services: 11:00am</p>	<p>NEW LIFE CHRISTIAN CHURCH 2037 Elkhorn Boulevard 991-3001 Sunday School: 9:45am Sunday: 10:45am Sunday Evening: 6:00pm Wednesday: 7:00pm Pastor James A. Duncan</p>	<p>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP Pastor Shannon Fannin Liberty Ministries extends an invitation to come and join us for Celebration Worship Saturday 6:30pm Sunday 10:00am Call for info on Child Care. Preschool. Youth Extreme and Food Closet. 922-6442 4840 Marysville Blvd.</p>

Social Security Matters

When Can I Get Benefits from My Ex-spouse?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I know that I am able to get Social Security from my ex-husband. We were married for 16 years and I have not remarried. I will be 60 soon and he is 63. I do not know if he is retired yet, as we do not speak. Please advise when I can collect and how to go about the process. **Signed: Divorced Lady**

Dear Divorced Lady: Since you were married to your ex for more than 10 years and haven't remarried, you may be able to collect a spousal benefit from your ex-husband when you are 62 years old. Your eligibility will depend upon the amount of your own personal Social Security (SS) benefit compared to your ex's benefit amount, but you cannot collect an ex-spouse benefit before age 62. To be eligible for a benefit from your ex-spouse, you must also claim your personal SS (from your own lifetime work record), and when you claim your own benefit an ex-spouse benefit will be given, if you are entitled to one.

To be eligible for a benefit from your ex-spouse, your personal Social



Security retirement benefit at your own full retirement age (FRA) must be less than 50% of the benefit your ex-husband would get at his FRA (note that FRA amounts are used for this determination, regardless of the age at which either of you claim SS). If your FRA benefit amount is less than half of his FRA benefit amount, then you will be entitled to a "spousal boost" to bring your total payment up to your spousal entitlement. But taken at age 62, both of those amounts will be reduced.

Your full retirement age is 67, and if you claim any SS benefit before that it will be reduced. At 62, your personal SS retirement benefit will be cut by 30% and your spousal boost will also be reduced. So, at age 62, the total amount of benefit you could get (your own benefit plus your spousal boost) would be about 32.5% of your ex-husband's FRA benefit amount. Nonetheless, if you are comfortable with these benefit reductions, you can claim at age 62 (or any age thereafter) by contacting Social Security or, when the time comes, apply online at www.ssa.gov/applyforbenefits. You will need to provide SS with a copy of your

marriage certificate and your final divorce decree, and you will need to know your ex-husband's Social Security number (SSN). If you do not know his SSN, you'll need to provide his parents' names and his date and place of birth.

If you wish to find out in advance whether you're entitled to an ex-spouse benefit and how much it is estimated to be, you can contact Social Security at 1.800-772-1213, or call your local SS office (find the local office number at www.ssa.gov/locator). Please note that all Social Security offices are temporarily closed to public access due to the pandemic, so calling them is your best current option to get an estimate of your spousal benefit.

One final caution: if you claim SS before your full retirement age and you are working, you'll be subject to Social Security's "earnings test" which limits how much you can earn before they take back some of your benefits.

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). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org. ★

That's Why Doctors Call Us Patients

By Rev. James L. Snyder

For the past month I have been engaging with my eye doctor. I've had two cataracts removed which isn't a serious thing in itself. But what goes into this surgery is what baffles me.

The first time I went to the eye doctor, he scheduled me for a 9:15 appointment. No problem. The Gracious Mistress of the Parsonage got me there 15 minutes ahead of time to make sure I wouldn't be late.

An hour later, I finally got in to see the doctor. I think he is, on the side, trying to develop patience in my life.

On the first visit, I had to wear a mask, and it's no problem for me. If it makes other people feel happy, so be it. I'm just not real happy about wearing a mask.

As I was sitting waiting for my appointment, the lobby began filling up with new patients. An old guy sat next to me, and we nodded heads. I went back to what I was doing.

In a few minutes, I begin to smell something rather disgusting. I didn't want to look over to the guy next to me, but I did not smell that before he sat down, so I decided that I could not take that stench any longer.

I got up to get a drink of water prepared for us, washed my hands, and then sat at another place.

This time an older woman came in and sat two seats away. Again I nodded my head, smiled, and went back to reading.

Then I smelled that smell again. This was getting to be rather ridiculous. I can understand some old man smelling that bad, but I was a little confused as to why this woman smelled like that.

As I was thinking, a terrible thought rumbled in my head. This thought cannot be true, I said to myself.

But what if this stench is not coming from the outside but rather from the inside of my mask?

That idea was preposterous, and I wanted to throw it out as quickly as possible. But you know how it is; a thought will haunt you until you pay attention to it.

Cautiously, I pulled my mask down, took a deep smell of my breath and almost passed out. That stench was my breath.

The problem was that my mouth was in close proximity to my eyes of which the doctor was going to be working on. Something had to be done before the doctor

called me in. As I was thinking of this, the nurse walked into the room and called my name and took me into the surgical room.

I tried keeping my mouth closed as much as possible, hoping that a closed mouth and several masks would work.

The doctor finished his surgery, and just as he was going out the door, he turned and looked at me and said, "Are you sure you didn't have any breakfast? Smells like you ate garbage this morning."

My patience deflated right there.

"Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain" (James 5:7).

Patience doesn't come easy, but it does have a wonderful reward attached to it.

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 jamesnyder2@att.net. The church web site is www.whatafellowship.com. ★

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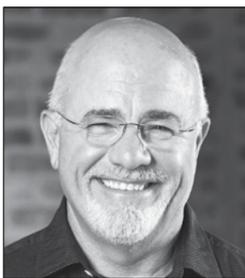
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Dave Ramsey Says

Help Her Get Back Out There

Dear Dave,

Our daughter recently moved back in with us after she lost her job and her apartment. She hasn't been able to find full-time work yet, and she had nowhere else to go. My husband and I are nearing retirement age, so we want to do the best and smartest thing to help her get back on her feet. What do you suggest?

—Joan

Dear Joan

First, you need to define what helping your daughter really means. What does it look like? In my mind, you haven't helped her if she's still living at home two or three years from now. Going to those lengths is called being an enabler. At the same time, you shouldn't just show her the door and wish her good luck. You and your husband together should

come to agreement on a forward-thinking plan that falls somewhere in the middle. I'm talking about something that allows your daughter a little time to heal and regain her dignity, but also includes a plan, expectations, and a move-out date.

If I were in your shoes, there would be requirements attached to her living at home again. One is that she would respect and abide by your household rules. If she's going to live in your home, she should be expected to respect her parents and their wishes.

Number two, she should be thinking about and working on tangible career steps every single day. I'm pretty sure she could find a part-time job out there to put a little extra money in her pocket. When she's not earning some cash, she should be focusing on long-term career goals. Sending out resumes and filling out applications for full-time employment needs to be a priority.

The last thing I'll suggest may sound a little strange, but trust me on this one. Right now, your daughter also needs some

kind of physical activity on a regular basis. Exercise stimulates the mind, and she really needs that right now. It'll also be great for her body.

This young lady has been through a stressful experience. She needs some understanding and support right now. At the same time, you don't want to let her slide into bad habits and participate in promoting negative behavior. Step in, help her get her life back on track, and get her out in the world again. All three of you will be glad you did!

—Dave

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. ★

Ask Toni

HELP!!! My Sister with Cancer Loses Medicaid!!



Toni King

Toni:

My 60-year-old sister who had no health insurance or Medicare was granted Medicaid in January last year. She was granted Medicaid because she had

stage 3 breast cancer with lymph-nodes that were removed. She just learned from her Doctor that her Medicaid had been cancelled effective May 1st. My sister has not received anything from Medicaid stating that she was cancelled, and we cannot get anyone at Medicaid to tell us what the problem is. She was being paid \$703.00 as a disability check and recently she got a raise to \$1,431 for Social Security Disability which she has recently qualified to receive effective April 1st. When she went to Social Security to apply for Social Security Disability no one said she would get an increase in her \$703 monthly Medicaid check.

Someone told me about what you do to help people who do not know where to go or what to do. This is overwhelming because my sister cannot receive her chemo treatments any more due to not qualified for Medicaid. Can you tell me what I need to do? Thanks, Gray from Jackson, MS

Oh My... Gray:

I do not get very many problems like this, but after talking with you this week, I wanted to inform my readers about this Medicaid issue. People need to know how vitally critical and important it is, when you qualify for Medicaid to be sure you stay in the monthly income and asset bracket that qualifies you for Medicaid. One dollar (\$1) too much and you can LOSE your Medicaid benefits and will have to pay 100% out of your pocket for your medical expenses.

Gray, my heart ached when you said, "you would have helped your sister with some of her expenses because of her disability check raised from \$703 to \$1,431,

but you could not pay the \$2,600 per chemotherapy treatment with 8 treatments in a cycle that totaled over \$20,800. She lost her Medicaid for only \$400.00." And that you considered the state had given your sister a "death sentence" because her doctor is not giving her chemo since the medical facility is not getting paid.

Here is what I would advise you to do to help your sister:

1. Ask how you can have her Social Security discontinued from the \$1,431 to the original amount of \$703 for Medicaid, so that she can be in the correct income bracket to qualify for Medicaid. Who knows maybe there is a loophole somewhere?
2. Talk to the cancer facility where your sister was receiving her medical care and chemo treatments. Find out if there is a non-profit fund set up for situations like your sister's. See what grants or philanthropic organizations help in this type of emergency.
3. Contact the American Cancer Society area office and explain about her serious situation and how time is slipping away with her not receiving her chemo treatments. She needs help NOW!!

My main goal in writing this week's column is to make the public aware to how important it is when you qualify for Medicaid, whether you are under 65 with no health insurance or are over 65 and have Medicare, that you must stay within the financial limits...

One dollar (\$1) too much and you lose your Medicaid benefits and must pay 100% out of your pocket for medical expenses.

2021 Confused about Medicare Zoom webinar is Thursday, April 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. Have a Medicare question? Call 832/519-8664 or email info@tonisays.com. ★

Brundage Returns as River Cats Manager for 2021 Season

By **Conner Penfold,**
River Cats Media

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats, in conjunction with the San Francisco Giants, are thrilled to welcome Dave Brundage back for his fifth season as manager as they look to build off their 2019 Triple-A National Championship.

Brundage will be accompanied by Damon Minor, who returns for his sixth season as the River Cats' hitting coach, and fundamentals coach Jolbert Cabrera, who enters his third season in Sacramento. One of three newcomers for 2021 will be pitching coach Garvin Alston, while the training staff welcomes new strength and conditioning coach Dwayne Peterson to join fourth-year athletic trainer David Getsoff. Nate Keavy rounds out the crew as the club's new bullpen catcher.

In 2019, Brundage led the River Cats to the franchise's 12th division title, fifth Pacific Coast League crown, and a record third Triple-A National Championship. An Oregon native, he joined the River Cats in 2017 and has compiled a 192-229 record in his three seasons managing Sacramento. Before coming to Sacramento, the veteran skipper spent the previous four seasons with the International League's Lehigh Valley IronPigs (Philadelphia Phillies Triple-A). By Conner Penfold, River Cats Media

Brundage, 55, made his managerial debut in 1995 with the Riverside Pilots (Seattle Mariners Class A-Advanced) but has spent most of his managerial career at the Double- and Triple-A levels. Prior to his four seasons with Lehigh Valley, Brundage helmed the Richmond/Gwinnett Braves (Atlanta Braves Triple-A) for six seasons from 2007 through 2012. He made his Triple-A debut in 2006 with the Pacific Coast League's Tacoma Rainiers (Seattle Mariners Triple-A). Brundage has a career record of 1,563-1,544 (.503) in 22 seasons as a manager including a 985-1010 (.494) mark at the Triple-A level.

Selected in the fourth round of the 1986 Amateur Draft out of Oregon State University, Brundage spent 10 seasons as a player in the minor leagues with the Phillies and Mariners organizations.

Pitching coach Garvin Alston heads to Sacramento with extensive coaching experience in professional baseball, including the Major League level. His most recent position was as the Minnesota Twins pitching coach in 2018, where he guided Twins pitchers to 1,377 team strikeouts. He spent one season each as the bullpen coach of the Arizona Diamondbacks (2016) and Oakland A's (2017) before being hired as the Twins' pitching coach in 2018.

Prior to the majors, Alston was the pitching coach for both the Kane County Cougars (Oakland A's Class-A) and Stockton Ports (Oakland A's Class-A Advanced), where he coached future River Cats Vin Mazzaro, Brad Kilby, Graham Godfrey, Trevor Cahill, and 2009 Rookie of the Year and current San Francisco Giants pitching coach Andrew Bailey.

Alston was originally a 10th-round pick by the Colorado Rockies in 1992, the franchise's inaugural draft. He pitched six games at the

Major League level, finishing with a 1-0 record and five strikeouts over six career innings. Alston is the father of 2019 White Sox draft pick Garvin Alston Jr., and the cousin of former MLB outfielder Dell Alston.

Minor, 45, returns to the River Cats for his sixth season as hitting coach. In his fourth year with the team, Minor worked closely with River Cats players Mike Yastrzemski, Jaylin Davis, and Zach Green, who would eventually go on to make their Major League debuts in 2019.

A former Giant, Minor was drafted by San Francisco in 1996 before making his Major League debut in 2000. In 136 games over parts of four seasons, Minor hit .232 with 13 home runs. He set a career-high in 2002 when he played in 83 games and slugged 10 home runs, helping the Giants claim the National League pennant. While in the Giants farm system, he compiled a .277 batting average with 179 home runs and 648 RBI across nine seasons.

Cabrera, 48, is back with the River Cats' staff as fundamentals coach following managerial stints with the Salem-Keizer Volcanoes (San Francisco Giants' Class-A Short Season) in 2017, and Augusta GreenJackets (San Francisco Giants Class-A) in 2018. 2020 will be his sixth season with the San Francisco Giants as a coach.

As a player, Cabrera signed with the Montreal Expos in 1990, and played in the Major Leagues for the Cleveland Indians (1998-2002), Los Angeles Dodgers (2002-2003), Seattle Mariners (2004), and Cincinnati Reds (2008). Cabrera also played in 1,274 minor league games over the course of his career, and even visited Sutter Health Park in 2007 as a member of the Colorado Springs Sky Sox (Colorado Rockies Triple-A).

David Getsoff returns to the River Cats as athletic trainer in his 13th season with the Giants organization, while new strength and conditioning coach Dwayne Peterson joins the River Cats after six years in the Houston Astros organization. Peterson was employed by the Astros as a minor league strength and conditioning coach, working at every minor league level from short-season to AAA.

Bullpen catcher Nate Keavy rounds out the River Cats field staff for 2021. Keavy, a native of Visalia, Calif., caught two seasons for Loyola Marymount University in Los Angeles, playing in 26 games during his second and final season with the Lions.

The River Cats will kick off the 2021 season on May 6 with road series in Las Vegas and Oklahoma City before returning home to host the Reno Aces on May 20. First pitch is set for 6:35 p.m.

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats, and proud affiliate of the three-time World Champion San Francisco Giants. Memberships, Mini-Plans, and Flex Plans can be purchased for the 2021 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Currently, the only place to guarantee official River Cats tickets is at www.rivercats.com. For information on other events at Sutter Health Park, visit www.sutterhealthpark.com. ★

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UC Davis Research: 'Missing Link' Detected in COVID-19 Patients?

By Kathy Keatley Garvey,
UC Davis

A newly published UC Davis research paper pinpoints what could be "the missing link" in why some COVID-19 patients recover and some don't.

A blood plasma biomarker discovered in hospitalized COVID-19 patients may not only predict the severity of adult respiratory distress syndrome (ARDS) but further research may lead to inhibiting the progression, a team of eight University of California researchers announced.

The UC researchers, primarily from the laboratory of UC Davis distinguished professor Bruce Hammock, found that four compounds in the blood of COVID-19 patients are highly associated with the disease. Their paper, "Plasma Linoleate Diols Are Potential Biomarkers for Severe COVID-19 Infections," is published as open access in the current edition of *Frontiers in Physiology*.

ARDS, characterized by fluid build-up in the lungs, is the second leading cause of death in COVID-19 patients, next to viral pneumonia, according to the National Center for Biotechnology Information.

"Different outcomes from COVID-19 infections are both terrifying from a human health perspective and fascinating from a research perspective," said UC Davis lead author and doctoral candidate Cindy McReynolds of the Hammock lab. "Our data provide an important clue to help determine what impacts the severity of COVID-19 outcomes. Initially, we focused on the immune response and cytokine profile as important drivers in severity, but considering what we now know from our study and others in the field, lipid mediators may be the missing link to answering questions such as why some people are asymptomatic while others die, or why

some disease resolves quickly while others suffer from long-haul COVID."

The compounds, known as leukotoxins and leukotoxin diols, originate from linoleic acid, the body's most abundant dietary fat, said Hammock, who holds a joint appointment in the Department of Entomology and Nematology and the UC Davis Comprehensive Cancer Center and directs the National Institute of Environmental Health Sciences (NIEHS) Superfund Research Program at UC Davis. "The leukotoxins (also called EpOMEs) are converted to the leukotoxin diols (also called DiHOMES) by the soluble epoxide hydrolase we work on."

"The hypothesis advanced in this paper is that because the leukotoxins have been associated with serious illness and death in humans and dogs and the symptoms are those of adult respiratory distress syndrome, these compounds are biomarkers of pulmonary involvement in COVID-19," Hammock said. "We also think that it is the conversion of leukotoxin to the toxic leukotoxin diol that causes pulmonary and perivascular edema and this could be leading to the respiratory complications."

"So the leukotoxins and leukotoxin diols," Hammock said, "are indicators of respiratory problems in COVID-19 patients as plasma biomarkers. They also present a pathway for reducing ARDS in COVID-19 if we could inhibit the soluble epoxide hydrolase, a key regulatory enzyme involved in the metabolism of immune resolving fatty acids."

Professor John Imig, director and eminent scholar of the Medical College of Wisconsin's Drug Discovery Center, who was not involved in the study, said: "The COVID-19 pandemic has demonstrated that coronaviruses can have deadly consequences. Lung distress

is a major reason for death in COVID-19 patients infected with the coronavirus (SARS-CoV-2). The findings of McReynolds et al. identified lipids called leukotoxin diols in the blood of COVID-19 patients that could act as a biomarker for lung distress. In addition, leukotoxin diols could be responsible for lung distress in COVID-19 patients. Excitingly, this suggests that therapies to lower leukotoxin diols could treat lung distress and prevent death in COVID-19 patients."

"The findings presented in this paper bring important attention to a role for oxylipin metabolites in COVID-19 infections," said Professor A. Daniel Jones of Michigan State University's Department of Biochemistry and Molecular Biology and director of the university's Research Technology Facility's Mass Spectrometry and Metabolomics Core. "Most notably, metabolites known as DiHOMES which have been previously implicated in lung inflammation show promise for their potential to predict outcomes in COVID patients and guide therapeutic, and perhaps dietary interventions beneficial to human populations." Jones, who was not involved in the study, serves as secretary of the Metabolomics Association of North America.

The UC Davis scientists used clinical data collected from six patients with laboratory-confirmed SARS-CoV-2 infection and admitted to the UC Davis Medical Center, Sacramento, and 44 healthy samples carefully chosen from the healthy control arm of a recently completed clinical study.

In the introduction, the researchers wrote: "The pandemic coronavirus disease 2019 (COVID-19), caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), initiates an aberrant immunological response resulting in a wide

range of disease severities ranging from asymptomatic cases to severe cases with rapid progression to acute respiratory distress syndrome (ARDS) and death. Patients with severe COVID-19 show evidence of hyperinflammation with increased release of inflammatory cytokines. The role of a cytokine release syndrome, or cytokine storm, in COVID-19 has drawn much attention. However, recent reports demonstrate that, although pro-inflammatory cytokine levels are elevated in severe COVID-19 patients, they are lower than levels usually observed in non-COVID ARDS, suggesting additional factors leads to severe outcomes in some patients. One of the key pathways regulating the immune response to infections is the release of regulatory lipid mediators that have dual functions of driving inflammation [e.g., prostaglandins (PGE2)] or promoting resolution of inflammation and return to homeostasis [e.g., long chain epoxy fatty acids (EpFAs)]. Recent data indicate a role of dysregulated lipid profiles in COVID-19 and identified cytochrome P450 (CYP) metabolites of polyunsaturated fatty acids (PUFA) as potential biomarkers of disease severity.

The Hammock lab's 50-year research on soluble epoxide hydrolase (sEH) and its inhibitors led the professor to find and direct EicOsis Human Health, a Davis-based company that is developing a potent soluble epoxide hydrolase inhibitor for pain relief. Epoxy fatty acids control blood pressure, fibrosis, immunity, tissue growth, depression, pain, inflammation and other processes.

But more recently, the Hammock lab has turned its attention to using sEH as a means to resolve inflammation associated with COVID-19 and the fibrosis that can follow.

Lipid metabolism researcher

Ameer Taha of the UC Davis Department of Food Science and Technology pointed out that linoleic acid is an essential fatty acid present in only small amounts in our evolutionary diets. "In addition to nutritional and structural roles of linoleate, minor linoleate metabolites including the leukotoxin diols (also known as DiHOMES) regulate a number of functions including body temperature, cardiac health and vascular permeability. This study cautions that now with dietary linoleate levels at an all-time high, in periods of high stress as with COVID-19, these regulatory functions may become detrimental."

The paper is the work of Hammock, McReynolds and Jun Yang of the Department of Entomology and Nematology and EicOsis Human Health; Irene Cortes-Puch of the Department of Entomology and Nematology, EicOsis Human Health, and the Department of Internal Medicine's Division of Pulmonary Critical Care and Sleep Medicine; Resmi Ravindran and Imran Khan of the Department of Pathology and Laboratory Medicine; Bruce G. Hammock of UC Davis Department of Veterinary Medicine, Aquatic Health; and Pei-an Betty Shih of the UC San Diego Department of Psychiatry.

"This study resulted from an exciting collaboration with Imran Khan and Angela Haczku of the UC Davis School of Medicine to identify potential biomarkers for differentiating the severity of COVID-19 diseases," said Yang, the corresponding author.

The research drew financial support from several National Institutes of Health agencies: National Institute of Environmental Health Sciences (NIEHS) Superfund Research Program and R35 grant, National Institute of General Medical Sciences (NIGMS), and the National Institute of Mental Health (NIMH). ★

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FBNF2021-02651 Petra SA Services, 10923 Progress Court #2705, Rancho Cordova, CA 95741 is doing business under the Fictitious Business Name(s) "Legacy Plumbing and Drain" 3308 Tualatin Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County March 19, 2021. Publish: April 2, 9, 16 and 23, 2021. LEGACY 180201 4-23-21

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FBNF2021-02535 Lugene Cooper, 1540 Waterwheel Drive Apt. 7, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "All Purpose Resource Center" 1540 Waterwheel Drive Apt. 7, Sacramento, CA 95833. Filed with the Clerk of Sacramento County March 17, 2021. Publish: April 2, 9, 16 and 23, 2021. ALL 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02637 Floria Thomas 2616 Gunn Road Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "AET Mortgage, Thomas & Turner Realty" 2616 Gunn Road Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 3, 2021. Publish: April 2, 9, 16 and 23, 2021. AET 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02554 Rocklin Endurance Sports LLC, 1601 Alhambra Blvd Ste 100, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Rancho Endurance Sports" 2901 Sunrise Avenue Ste 125, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County March 17, 2021. Publish: April 2, 9, 16 and 23, 2021. ENDUR 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02764 Vanessa Renee Jackson, 2405 F Street, #5, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Ms Vame Productions" 2405 F Street, #5, Sacramento, CA 95816. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 2, 9, 16 and 23, 2021. MSVAME 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02763 Jeri Gina Neves, 2405 F Street, #5, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "BCU Apparel" 2405 F Street, #5, Sacramento, CA 95816. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 2, 9, 16 and 23, 2021. BCU 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02815 Mandi Sutton, 2842 Sweet Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Happy People Projects, HPP" 2842 Sweet Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 2, 9, 16 and 23, 2021. HAPPY 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02794 California Hazara Community, 3542 A Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Masjid Nabi Islamic Center, Kateb Cultural Center" 3542 A Street North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 2, 9, 16 and 23, 2021. MASJID 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02813 Meghan Wright and Eric Asal, 6601 Grant Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Figs and Feathers Farm, Foraged Soap Co." 6601 Grant Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 2, 9, 16 and 23, 2021. FIGS 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02556 Classic Essentials LLC, 101 Parkshore Drive Suite 100 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Classic Essentials" 101 Parkshore Drive Suite 100 Folsom, CA 95630. Filed with the Clerk of Sacramento County March 17, 2021. Publish: April 2, 9, 16 and 23, 2021. CLASSIC 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02980 Taniqua Lightsy, 5105 Andrea Boulevard #127 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "The Weekend PopUp" 5105 Andrea Boulevard #127 Sacramento, CA 95842. Filed with the Clerk of Sacramento County March 26, 2021. Publish: April 2, 9, 16 and 23, 2021. WEEKEND 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02105 Tea Espresions LLC, 11925 Muldon Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Artic Fox Shaved Snow and Desserts, Artic Fox" 2340 Sunrise Boulevard Suite 15 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County March 4, 2021. Publish: April 2, 9, 16 and 23, 2021. ARTIC 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02967 Capitol Compliance Management, LLC, 701 12th Street Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "CCM, The Seed Group" 701 12th Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County March 25, 2021. Publish: April 2, 9, 16 and 23, 2021. CCM 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02768 Brenda Mosley, 2638 Ensenada Way Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Children of the World Childcare, Look to the Stars Professional Services" 2638 Ensenada Way Sacramento, CA 95815. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 2, 9, 16 and 23, 2021. CHILDREN 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02503 Tania Proo and Mighel A. Herrera, 6468 Channing Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Sacramento Remix Radio" 6468 Channing Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 16, 2021. Publish: April 2, 9, 16 and 23, 2021. SAC 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02601 Rancho Therapeutic LLC, 11925 Muldon Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Therapeutic Leaf" 5360 South Watt Avenue Suite 110G Sacramento, CA 95826. Filed with the Clerk of Sacramento County March 18, 2021. Publish: April 2, 9, 16 and 23, 2021. THERA 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02921 Sierra Motors, 2338 Gold River Road Suite Y Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Sierra Motors" 2338 Gold River Road Suite Y Gold River, CA 95670. Filed with the Clerk of Sacramento County March 25, 2021. Publish: April 2, 9, 16 and 23, 2021. SIERRA 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-01560 Pii-Dek, LLC, 150 Dascomb Road Andover, MA 01810 is doing business under the Fictitious Business Name(s) "Pii-Dek Systems" 150 Dascomb Road Andover, MA 01810. Filed with the Clerk of Sacramento County February 19, 2021. Publish: April 2, 9, 16 and 23, 2021. PII 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02667 MUVA, LLC, 2380 Watt Avenue #150 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Luchador Coffee" 2380 Watt Avenue Suite 135 Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 22, 2021. Publish: April 2, 9, 16 and 23, 2021. LUCHADOR 180201 4-23-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-01874 Dalys Wright, 505 Canyon Terrace Lane Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Trust Force" 505 Canyon Terrace Lane Folsom, CA 95630. Filed with the Clerk of Sacramento County February 26, 2021. Publish: April 9, 16, 23 and 30, 2021. TRUIST 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03033 Laurene Michelle Covert, 1021 40th Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Decorum Studio" 1021 40th Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 9, 16, 23, and 30, 2021. DECORUM 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03180 Perovan 13, INC, 8230 Beverly Boulevard Suite 23 Los Angeles, CA 90048 is doing business under the Fictitious Business Name(s) "Jack's Eyewear, House of SGP" 6728 Fair Oaks Boulevard Suite 400C Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 2, 2021. Publish: April 9, 16, 23, and 30, 2021. JACKS 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03177 John Peavy, 11725 Dionysus Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Peavy Solutions, Peavy Digital Marketing" 11725 Dionysus Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 2, 2021. Publish: April 9, 16, 23, and 30, 2021. PEAVY 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03168 Jenean C Watson, 8635 Rothenburg Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Settle in Sac Services, LYF Visions" 8635 Rothenburg Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 9, 16, 23, and 30, 2021. SETTLE 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03149 Jose Alejandro Gonzalez Huerta, 2911 Crocker Avenue Redwood City, CA 94063 is doing business under the Fictitious Business Name(s) "Guero's Taqueria" 2911 Crocker Avenue Redwood City, CA 94063. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 9, 16, 23, and 30, 2021. GUERO'S 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03156 Amanda January, 2017-17th Street #4 Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "N2travel4u" 2017-17th Street #4 Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 9, 16, 23, and 30, 2021. N2TRAVEL 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03149 Jose Alejandro Gonzalez Huerta, 2911 Crocker Avenue Redwood City, CA 94063 is doing business under the Fictitious Business Name(s) "Guero's Taqueria" 2911 Crocker Avenue Redwood City, CA 94063. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 9, 16, 23, and 30, 2021. GUERO'S 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03088 Katherine Ambers, 2533 Castrow Way #1 Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Sacramento Abodes" 1610 R Street Suite 280 Sacramento, CA 95811. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 9, 16, 23, and 30, 2021. SAC 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02646 Yielding 2 Grace, 7461 Winkley Way Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Yielding 2 His Grace, Livin N Grace, Trina's Collective" 7461 Winkley Way Sacramento, CA 95822. Filed with the Clerk of Sacramento County March 19, 2021. Publish: April 9, 16, 23, and 30, 2021. YIELDING 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03081 Stephanie Ann Urias, 3440 W Country Club Lane Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Vivus Created to Live" 3440 W Country Club Lane Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 9, 16, 23, and 30, 2021. VIVUS 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03032 Will Nunez, 27 Tillman Circle Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Xtreme Hauling" 27 Tillman Circle Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 9, 16, 23, and 30, 2021. XTREME 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02623 Maricella Padilla, 3535 16th Avenue Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Boss Ass Women of Sacramento, BAWs" 3535 16th Avenue Sacramento, CA 95820. Filed with the Clerk of Sacramento County March 18, 2021. Publish: April 9, 16, 23, and 30, 2021. BAWs 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-01386 Kiwon S Kim, 11150 Trinity River #106 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Northridge Dental" 6600 Madison Avenue Suite 4B Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 17, 2021. Publish: April 9, 16, 23, and 30, 2021. NORTHBRIDGE 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03067 Kerniko Tolon, 906 Roundtree Court Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Brown Sugar Bandages, Tolon Distribution" 906 Roundtree Court, Sacramento, CA 95831. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 9, 16, 23, and 30, 2021. BROWN 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02819 Andre Jones, 11124 Cilker River Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Eye Connoisseur, Eye Connoisseur photography, Eye Connoisseur Photography & Video" 1200 S Street Suite B Sacramento, CA 95811. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 9, 16, 23, and 30, 2021. EYE 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02975 Linh Thi Hoai Le, 7626 Brabham Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Patom Nails" 7827 Sunrise Boulevard Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 26, 2021. Publish: April 9, 16, 23, and 30, 2021. PATOM 180201 4-30-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-01643 Jim Drennan, 7341 32nd Street North Highlands, CA 95660 and Shelly Tofflemire, 3020 LeBourgeat Lane Lincoln, CA 95648, are doing business under the Fictitious Business Name(s) "Renaissance Woodworks" 7341 32nd Street Unit A North Highlands, CA 95660. Filed with the Clerk of Sacramento County February 22, 2021. Publish: April 16 23, 30, and May 7, 2021. RENAISSANCE 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03270 Michele Guzman, 7747 East Parkway Sacramento, CA 95823, is doing business under the Fictitious Business Name(s) "A Work of Heart" 7747 East Parkway Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 6, 2021. Publish: April 16 23, 30, and May 7, 2021. HEART 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02733 Michelle Mare LLC, 11658 Morrison Street Valley Village, CA 91601 is doing business under the Fictitious Business Name(s) "Mochi Doshi" 6900 65th Street Suite 2 Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. MOCHI 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03373 Christina Tyson, 4000 Innovator Drive Unit 11102 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "MS. Tina's Home Away From Home Daycare" 4000 Innovator Drive Unit 11102 Sacramento, CA 95834. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. TINAS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03407 Samuel Bazan, 9125 Redwater Drive Antelope, CA 95843, is doing business under the Fictitious Business Name(s) "Sammy's Sales" 6529 32nd Street #24 North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. SAMMYS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03399 Kishia M. Larkins, 5018 Heather Ranch Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Drum Key Investments, DKI, Say Yes to the Keys Real Estate" 5018 Heather Ranch Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. DRUM 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03226 1st Choice Sac LLC, 4201 California Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "DM Auto Group" 3667 Recycle Road Suite 3 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. DM 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03128 Ievgen Stegura, 4400 Elkhorn Boulevard Unit 110 Sacramento, CA 95842, is doing business under the Fictitious Business Name(s) "Ievgen Stegura, DBA Olenowo" 4400 Elkhorn Boulevard Unit 110 Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 1, 2021. Publish: April 16 23, 30, and May 7, 2021. LEVGEN 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02805 Oliva M. Huff, 5137 Robertson Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "MorningStar Movement & Bodywork" 5137 Robertson Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 16 23, 30, and May 7, 2021. MORNING 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03410 Great Homes and Investments, INC, 1008 W Avenue M14 Suite A-D180 Palmdale, CA 92551, is doing business under the Fictitious Business Name(s) "Great Homes and Investments, INC" 840 Gomes Court Folsom, CA 95630. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. GREAT 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03396 Kimberly Jones, 2941 Marconi Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Beunique Bling, Unique Bags" 2941 Marconi Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. BLING 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02770 Bay Tech Marketing, 500 Jenner Court Santa Rosa, CA 95404 is doing business under the Fictitious Business Name(s) "Sacramento Pergola Company" 6532 Sunview Way Rio Linda, CA 95673. Filed with the Clerk of Sacramento County March 24, 2021. Publish: April 16 23, 30, and May 7, 2021. SACRAMENTO 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03363 Shamsuddin Salehzada, 8135 Fillera Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Shams Plumbing & Repairs" 8135 Fillera Way Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. SHAMS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03395 Joy S. Fueiling, 2260 E Bidwell Unit 1112 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Bibles for Asia" 2260 E Bidwell Unit 1112 Folsom, CA 95630. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. ASIA 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03400 Kayla Harris, 8780 Fallbright Way Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "KDotz Naughty Sweets" 8780 Fallbright Way Elk Grove, CA 95624. Filed with the Clerk of Sacramento County April 8, 2021. Publish: April 16 23, 30, and May 7, 2021. NAUGHTY 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02906 Laura Conrad, 9279 Blue Oak Drive Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "MyShapers.com" 9279 Blue Oak Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 25, 2021. Publish: April 16 23, 30, and May 7, 2021. SHAPERS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03292 Rajnil Kumar, 5444 Torquay Place Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "RS Trucking" 5444 Torquay Place Antelope, CA 95843. Filed with the Clerk of Sacramento County April 7, 2021. Publish: April 16 23, 30, and May 7, 2021. TRUCKING 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02550 Protech Electronic LLC, 2941 Lake Vista Drive Lewisville, TX 75067 is doing business under the Fictitious Business Name(s) "Protech Automotive Solutions" 2341 Fulton Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 17, 2021. Publish: April 16 23, 30, and May 7, 2021. PROTECH 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02727 Edward R. Marszal Enterprises, INC, 5805 Windmill Way Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Business Park Chevron" 9680 Business Park Drive Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. BUSINESS 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02726 Edward R. Marszal Enterprises, INC, 5805 Windmill Way Carmichael, CA 95608, is doing business under the Fictitious Business Name(s) "Bond Road Chevron" 8501 Bond Road Elk Grove, CA 95624. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. BOND 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03050 Chisay Arai, 1656 Stone Canyon Drive Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Mikuni Estates" 1610 R Street Suite 280 Sacramento, CA 95811. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 16 23, 30, and May 7, 2021. MIKUNI 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03241 Metal Tech LLC, 5565 Wildwood Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Metal Tech BMD" 6000 Midway Street Suite 480 Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 5, 2021. Publish: April 16 23, 30, and May 7, 2021. METAL 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03085 Ann Mro, 5307 Marconi Avenue #79 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Self Care Salon" 8350 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 16 23, 30, and May 7, 2021. SELF 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02746 Gurrept Dhillon, 9333 Willow Pond Circle Elk Grove, CA 95624, is doing business under the Fictitious Business Name(s) "Executive Realty, Capital Real Estate" 9333 Willow Pond Circle Elk Grove, CA 95624. Filed with the Clerk of Sacramento County March 23, 2021. Publish: April 16 23, 30, and May 7, 2021. EXECUTIVE 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03036 Ashley Jackson, 9912 Business Park Drive Suite 170 Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Ashley's Cleaning Services" 9912 Business Park Drive Suite 170 Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 29, 2021. Publish: April 16 23, 30, and May 7, 2021. ASHLEY 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03083 Fedor Ryzhenkov, 5317 Poplar Boulevard North Highlands, CA 95660, is doing business under the Fictitious Business Name(s) "Ural Mountain Beehive" 5317 Poplar Boulevard North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 30, 2021. Publish: April 16 23, 30, and May 7, 2021. URAL 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-02035 Monique Windham, 2361 Covered Wagon Circle Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "Yardiebone" 2361 Covered Wagon Circle Elverta, CA 95626. Filed with the Clerk of Sacramento County March 3, 2021. Publish: April 16 23, 30, and May 7, 2021. YARDIE 180201 5-7-21

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2021-03037 Where Angels Thread LLC, 9773 Allen Ranch Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "The Spiced Avocado" 9773 Allen Ranch Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County March 29, 2

Sacramento Go Red for Women Digital Event Planned for May 7

By Liz Faris,
American Heart Association

SACRAMENTO, CA (MPG) - The American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, announced the 2021 Sacramento Go Red for Women Digital Luncheon to support the fight to end heart disease and stroke. This premier event will be held May 7, 2021 and is designed to raise awareness of the number one killer of women: cardiovascular disease. The event is chaired by Thomas Rhodes, Cardiovascular Services Administrative Director, Sutter Medical Center, Sacramento. The Sacramento Go Red for Women Digital Luncheon is sponsored nationally by CVS Health and locally by Sutter Health Heart & Vascular Institute.

With the evolving impact of coronavirus in communities across the country, many women are facing new challenges keeping them from their day-to-day activities. The Go Red for Women® Luncheons nationwide moved to a digital platform to support women where they are and continue to spotlight the lifesaving work of the Association and the Go Red for Women movement. These signature events will be held as a virtual gathering to prioritize the safety and well-being of guests and families during the COVID-19 public health crisis.

"More work is needed to close gender

and race disparity gaps when it comes to cardiovascular disease research and clinical trials participation. Of the female cardiovascular clinical trial participants globally, less than 3% represent black or African American women. Go Red for Women is working to close these gaps and I am proud to support this lifesaving movement," said 2021 Sacramento Go Red for Women Chair Thomas Rhodes, Cardiovascular Services Administrative Director, Sutter Medical Center, Sacramento.

While nearly 80 percent of cardiac events may be prevented, cardiovascular disease continues to be a woman's greatest health threat. One in three women in Sacramento live with some form of cardiovascular disease and it's on the rise in younger women. To prevent cardiovascular disease, women should understand family health history, know their numbers and make lifestyle changes like moving more, eating smart and managing their blood pressure. Risk factors that are within women's control include smoking, high cholesterol, high blood pressure, physical inactivity, poor diet, obesity/overweight and diabetes.

This year marks the 17th anniversary of the American Heart Association's launch of the Go Red for Women Movement nationwide. Go Red for Women is rooted in raising awareness among women that cardiovascular disease is the leading cause of death for women around the

world.

Heart disease is not just a problem for "older" men. Heart disease and stroke can affect a woman at any age. Research shows heart attacks are on the rise in younger women. Considerable progress has been made by the Association to increase awareness in 17 years, reaching tens of millions of women and health care professionals with lifesaving resources.

New findings from an American Heart Association special report published in September 2020 analyzing 10-year trends in women's awareness that cardiovascular disease is their greatest health threat, show critical gaps in awareness among younger women. The trend is prevalent in women ages 25-34 and Black and Hispanics of all ages. Go Red for Women is calling for more to be done. There is an urgent need for public health organizations, government, health care professionals and community organizations to join forces and provide solutions to improve awareness, especially among young women and Black and Hispanic women.

Women continue to be disproportionately affected by cardiovascular diseases and underrepresented in clinical trials which is the lifesaving research needed to better treat heart attacks and strokes. There is considerably more understanding of the biological differences between men and women including disease progression and treatment response.

While strides have been made to close gender and racial disparities in research and within the health care system, women continue to be underrepresented and overlooked in the U.S. and globally. To combat this, the American Heart Association and Verily's Project Baseline launched Research Goes Red™ to encourage women to sign up and participate in clinical trials.

The luncheon features keynote speakers, an inspiring survivor story of Zoey Swanson, a young girl born with a congenital heart defect. She has had two surgeries as an infant who underwent two heart surgeries as an infant, discussions by local health experts, and more. To learn more about the 2021 Sacramento Go Red for Women Digital Luncheon and how you can support women's cardiovascular health visit SacramentoGoRedLuncheon.heart.org.

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1 (242-8721). ★

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Crossword Puzzle on Page 10

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

STATEPOINT CROSSWORD • FICTIONAL MONSTERS

CLUES

ACROSS

- "Turkey" dance
- X minus III
- Accounting acronym
- Angel's glow
- Like list of chores
- Inside info
- "National Velvet" author
- Bagnold
- Heavy Metal band Quiet
- "Worn by monster hunters and dragonslayers"
- "Sea monster with atomic breath"
- Brooms and cauldrons to a witch, e.g.
- Subject of biographies, pl.
- ___ of Aquarius
- Saudi's southern neighbor
- Ceremonial flight
- "I" problem
- Sweet-talk
- Marine eagle
- The Revenge of the ___ 1984
- ___ you sure?
- Desires
- Russia's Romanov, e.g.
- Comfy pants
- Preceding month
- Google Maps predecessor, pl.
- Blackbird-like birds
- Crow sound
- Group of professionals
- Like a bow string
- "Witch of Russian fairytales"
- ___ con carne
- G in 1000 g., e.g.
- Loose hood
- Was rebroadcasted
- Prospector's mother?
- Bassoon cousin
- Nod up and down
- "He played Dracula and Count Dooku"
- "Like Sendak's Things

DOWN

- Up until now, 2 words
- Like luxurious sheets
- Another name for manatee, 2 words
- Not kayak
- Follow rules
- Shakespearean "you"
- What snob puts on
- Minotaur is half man, half ___
- Mongolian desert
- Deserter's acronym
- ___, The Beloved Country
- Zeppelin predecessor

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					
43					44					45		46		
					47				48	49				
					50	51				52		53	54	
55									56			57		58
59									60			61		
62									63			64		

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Sudoku Puzzle on Page 10

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

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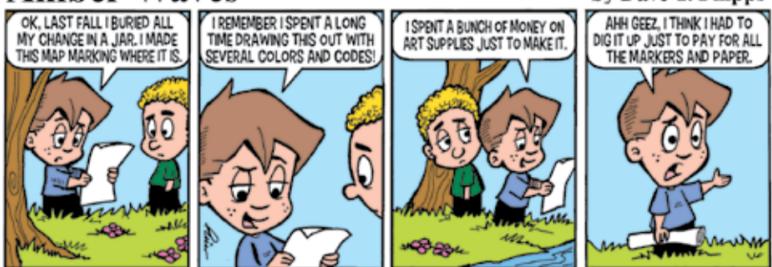
		5		4	7	1	2	
				5				3
			9					7
7	9	5			2			
	3				8			
	4				8	7	1	
6					1			
4					9			
	9	8	7	2		4		

Solutions on Page 10

WEEKLY COMICS

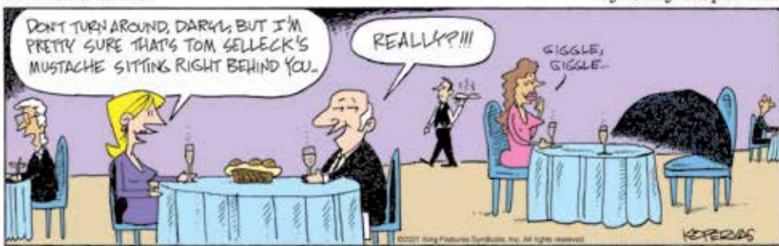
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTING



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Chicken Drumsticks 69¢/lb

Pork Loin Chops Bone In \$1.69/lb

Pork Cushion Meat - Boneless \$1.99/lb

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Mexican Papaya 89¢/lb

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King Oyster Mushrooms 1.99/ea

Green Onion 4/\$1

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Columbus Maple Syrup & Honey Turkey Breast \$8.19/ea

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DRE# 01128753

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Home or Land Valuation
(916) 992-9922

**Rio Linda & Elverta
Home prices are
STILL UP!**

**Don't Trust Computer-Generated
Home Value Estimates...**



**Dare
Real Estate, Inc.**
DRE# 02063930

**Serving
Rio Linda & Elverta
for over 30 Years**

**Call us for a
Free Market Value
of your Home or Land**

992-9922

**Coming Soon!
2 – ACRE LOT FOR SALE
READY TO BUILD**

**Call for more information,
(916) 992-9922, Broker**

Recent Area Sales

ADDRESS	SQ FT	LOT SIZE	SOLD PRICE
6512 24TH Street	1,566	1.63 Acres	\$430,000
2145 Q Street	1,201	1.12 Acres	\$449,990
6813 18th Street	2,185	1 Acre	\$480,000
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
6834 18th Street	3,550	2.16 Acres	\$910,000

Based on information from Metrolist Services Inc. for period 11/30/2020 to 2/19/2021. Provided properties may or may not be listed by the office/agent presenting the information.

**Call me for information on these homes
(916) 992-9922**

darehomesonline.com

Our promise to you...



**No rate increases for a FULL year
AND
Second Month FREE
ALWAYS**

That's right. If you ask those other guys, they'll freely admit you're going to get three and four rate increases in the first year. That means if you move in at \$125, by the end of the year you could be paying DOUBLE that, \$250, or even more!

We don't do business that way at A-1 Storage. We respect our customers and we appreciate your business. If we quote you a price, we stand behind that price for a full year.

Call us at 916-432-2790. Allow us to quote you a price on a clean and convenient storage unit, and then go talk to the other guys. No rush.

We'll be right here waiting for you!



**(916) 432-2790
www.A-1-Storage.com**

A-1 STORAGE, 1346 Q Street, Rio Linda, CA 95673

