Keeping DAD Healthy
A Father’s Day Special
BIGGEST ONE DAY SALE
OF THE SEASON!
OUR LOWEST PRICES
OF THE SEASON ON SELECTED ITEMS

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FREE SHIPPING AT MACYS.COM
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ONE DAY SALE PRICES IN EFFECT 6/14 & 6/15/2013. *Intermediate price reductions may have been taken. "Our lowest prices" refers to Macy's summer season from May 1-July 31, 2013. Prices may be lowered as part of a clearance.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO $100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of $100; application must qualify for immediate approval to receive extra savings; employees not eligible.
June is the month we celebrate those special men in our lives we call dad, and it also happens to be men’s health month, an opportunity to publicly educate men on living healthy lives and advocate for them to focus on prevention and making healthy lifestyle choices.

As a daughter, wife, mother of a son, and a woman with several very good male friends, I am surrounded by men whose health I have a personal interest in protecting. When they complain about an ache here or pain there, I am the first to suggest they visit a physician, or take a pill, but that’s another story. To be perfectly honest they are probably much better than I am at making and keeping annual physical appointments and having regular exams. Much better. Unfortunately these men are in the minority. According to the CDC, women are 100% more likely to visit the doctor for annual examinations and preventive services than men. For obvious reasons, our men would rather suffer in silence wishing their ailments away, than visit their health care provider for preventative care.

With our dads the problem is even more pervasive. So many of our fathers take the role as leader of the family to mean that they must carry all the weight, they must remain strong, they must suffer in silence and keep us protected from the dangers and stresses of life. That is a huge burden to bear, and one that can take a toll - both physical and mental - on even the strongest men. It is our job, as the people who love them, to encourage them to make healthy food choices, exercise, find intellectually stimulating hobbies and activities, stop unhealthy behaviors like smoking, and make annual wellness visits.

For the past decade I have watched my own dad deal with a progressive degenerative neuromuscular condition with optimism and faith. While his health has been compromised by the disease, instead of falling into bad mental and physical health habits he works to keep his muscles flexible, even including his grandchildren and great grandchildren in his routine; he eats only fresh vegetables, fruits, lean meats, and the occasional slice of sweet potato pie or bowl of peach cobbler (he can’t help it, he is from the south); he keeps his mind actively engaged; and his faith in God remains unwavering.

This Father’s Day instead of just giving your dad a gift that he might discard in a few months or never use at all, take the time to talk to him about his health. Invite him to shoot some hoops, play a round of golf, or jog around the track. Make sure he has scheduled his annual physical. And don’t forget to tell him how much you love him and that you want him to remain healthy and happy for many Father’s Days to come.
Having a backbone means having the courage to speak up for yourself and others, taking a position and holding it, taking risks and being trusted. Only a select few in public leadership, especially in the City of San Bernardino have the mental or spiritual backbone of courage to demonstrate it and go against the political opinion of the city attorney.

Well San Bernardino City Clerk Gigi Hanna has taken on the political opinion of City Attorney Jim Penman and the actions of the mayor and council to take over her duties as city clerk to oversee the city’s recall election of the mayor, all seven members of the council, and the city attorney.

It was the opinion of Penman that Hanna should recuse herself from her duties since she has been issued a separate recall notice not related to the original recall. Penman’s political opinion did not take into consideration that the city charter gives election responsibilities to a city elected clerk, which in this case is Hanna.

At the last council meeting, Penman went so far as to recommend an outside law firm back up his political opinion to advise the mayor and council to give this election process to the city manager and be supervised by four council members. These council members were selected by the drawing of four short straws. During my observation of this process, council member John Valdivia tried to get out of serving with Virginia Marques, Fred Shorett and Rikke Van Johnson who also drew short straws. In my opinion he did not want to serve with them because they usually vote in opposition to him.

After the meeting, Hanna decided to seek her own outside legal advice from the San Bernardino County Registrar of Voters Office, the Secretary of State’s Office, the City Clerk’s Association of California and private legal council and on June, 10th issued a statement that, she will not step aside from her duties as the municipal election official in the current efforts to recall the mayor, Common Council and City Attorney.

She went on to say, “Not only does the council not have a right to amend the Charter without a vote of the people, neither do I.” To which I agree.

I have often wished that the mayor and city council seek outside legal council against some of Penman’s long winded political opinions during council meetings. In my opinion the city would not be in its current mess if they had done so. It is often after his political opinions the council spends money they do not have or reallocates it on things that have not been properly vetted for accuracy by staff.

I want to commend Gigi Hanna for standing up for the citizens of the city against the vested interest of Penman and the inept mayor and some council members. I say some because Shorett and Van Johnson have taken on Penman and his unqualified opinions in the past, however they have not done so in the way and style of Hanna.

The city can be proud of the way Hanna is conducting herself in carrying out the responsibilities of her office. I wonder which elected official is behind the one individual who says Hanna is not doing her job and wants her recalled?

Hanna deserves our support to continue to do the job we elected her to do. We need someone who is not afraid to stand up and speak up for what is right. She does not use intimidation nor toss out false accusations about people like some at city hall.

In my opinion, Hanna deserves our support for having the courage and integrity to show us what being a watchdog for the people should do when confronted by misguided political opinions by other elected officials.
Remembering the Life of Sterline Ann Foster “Ma Bez”

The life of long time Riverside resident and faithful 7th Day Adventist member, Sterline Ann Foster, was recently celebrated during a home going ceremony.

Born on February 6, 1942 to Perry and Gladys Haynes in Charlotte, North Caroline, Foster was one of eight children. At an early age, she exhibited traits of being a high achiever by singing and becoming an accomplished pianist. She was a graduate of Oakwood College in Alabama. As time progressed, her high achievements complimented her shouts of “high praise.” She gave praise, honor, and glory to God in ever facet of her life. Affectionately being called Sterline “Thank You Jesus” Foster. When others spoke defeat in their challenging situation, Foster spoke positivity, praise, and prayer. When others gave in, she gave out the word that “You can do all things through Christ who strengthens you.”

The fact that Foster has been honorably and respectfully coined “Ma-Bez” after the praying Jabez is no mistake. For without a shadow of a doubt, Foster was a praying woman. Be it in a restaurant or in a vehicle starting out and arriving; a prayer was deemed necessary. Prayer was the core of her existence. She put her faith and trust in God by graduating from Loma Linda University to become an RN. This was no small feat due to the fact that she was a wife, mother of four children and active in church committees. Her faith in God, His loving-kindness and mercy was unshakable. Rewarding her faith. God blessed her by fulfilling her vision of forming Covenant Hills Adult Residential Facilities. One facility at a time, she created a company and a mission, to help meet the everyday needs of emotionally and physically challenged individuals. Even on her own sick bed, she always believed God would heal her. As we believe the word of God, which says, “the dead in Christ shall rise”, she shall be made whole.

To say Foster was a generous and giving person is an understatement. She gave of her precious time, as well as monetarily. Many have benefited and even been rescued from financial ruin and devastation. Due to her kindheartedness, repayment in a certain time and manner was never an issue. She knew “The Earth is the Lord’s hands”. Her impervious faith proved time and time again, God did and always provided. Her most passionate endeavor and joy, was and is “Ma-Bez’s” ministry. That is a collective of young professionals meeting several times a month for Bible study and a “Friend’s Day Dinner,” the first Sabbath of every month. Her sincere and loving phrase was, “This is not my house, it’s our house.” Hosting over 150 people at any given time for dinner proved that to be true.

If you grew up with Foster, you will truly miss her. If you formed a relationship with her along one of life’s pathways, you will cherish her memory. If you met her only once, her sweet spirit and resounding laughter made you realize there were still wonderful, Christian people in this world. One irrefutable fact is, you will never forget her.

Foster leaves to celebrate her life and legacy: brothers, Conway P Haynes and wife Alveta; Elliot H. Haynes and wife Virgie; sisters A. Rachel Pankins, Inez J. Haynes, Ernestine Penniman; daughters Candece J. Foster, Amber J. Foster, Mona Foster White and husband Charles, Andera Thomas and husband Hiram; son Kelton E. Gray and wife Melessa; grandchildren, nephews, and a host of loving cousins, extended family members and friends. Her parents Perry and Gladys Haynes, brothers Roland J. Haynes, Samuel Richard Cunningham, son Elan B. Gray and husband Troy Lee Foster preceded her death.

CA Largest Ever Health Care Rally Hits State Capitol
- Stop Cuts to Medi-Cal

Sen. Richard Roth and more than 100 Riverside residents boarded buses and joined thousands of health care providers, first responders, Medi-Cal recipients and concerned Californians from across the state as they converged in Sacramento last week for the largest health care rally in the Capitol’s history. It featured a combination of speakers — including health care leaders, health workers and lawmakers -- and entertainment including cover band IPA, San Francisco DJ David Carvahlo, the Grant Union High School Drumline, Hmong dancers and a Tai Chi demonstration.

The historic event, called “WE ARE MEDI-CAL,” was held on the West Side of the Capitol. The goal of “We Care for California” Coalition formed this year, is to expand access to quality health care for all Californians and to oppose further rate cuts to Medi-Cal.
Edison International Supports Transcendence’s Technology Day Camp

Transcendence has been awarded a $5,000 grant by Edison International, to support its 2013 edition of Limitless Technology Day Camp. Limitless is a successful program launched in 2012 to introduce youth to the power of technology and related career paths. The idea was created by Transcendence and co-developed with Technology Goddesses, an organization founded by Jacobs Engineering’s CIO, Cora Carmody.

Transcendence is a non-profit organization based in Pomona whose mission is to enable the aspirations of youth in underserved communities through collaborative partnerships. “We are extremely appreciative of the support by Edison of Limitless,” said Michael D. Lacy, Board of Directors President. “Having great corporate partnerships like we have with Edison International who is committed to investing in the community, helps us to significantly enhance our ability to impact the lives of deserving youth.”

For more than 125 years Edison International has helped build stronger communities by contributing to organizations that address the needs of a diverse population. In 2012 Edison International awarded more than $19.2 million to more than 1,300 nonprofits across Central, Coastal and Southern California.

“Edison International is pleased to support Transcendence’s Technology Day Camp,” said Tammy Tumbling, director of Philanthropy & Community Investment for Southern California Edison. “Since 2009, Edison International has given more than $34 million to education programs that help students excel in science, technology, engineering and mathematics (STEM). Our philosophy of giving is that all people should have opportunities to do well. For that reason, we are enthusiastic about our partnership with Transcendence. Together, Edison International and Transcendence hope to promote the inclusion of minority, low-income and underrepresented students in STEM fields.”

Limitless Technology Day Camp will be hosted this fall for the second time at Microsoft’s Technology Center in Irvine. Limitless will provide a unique opportunity for as many as 100 fifth through eighth graders to experience a fun and engaging day of hands on computer, technology, and engineering related activities. These workshops will serve as a powerful introduction to potential careers for many of these youth. Keith Hosea, the executive director at Transcendence commented, “It is our hope that through this event we can light a flame for the passionate pursuit of technology careers during their high school and college years. For many kids from at-risk and underserved communities, they would otherwise never have access to this level of high quality extra-curricular event”.

Tentative date for this year’s camp is Saturday, Oct. 5, 2013. More details, including how to register interested youth, will be provided later this year at www.wearetranscendence.org.
Assemblymember Brown Wins Assembly Approval for Bill to Increase CalWORKs Benefits for Veterans

Sacramento

Assemblymember Cheryl R. Brown (D-San Bernardino) recently announced that her bill, AB 1094, passed out of the Assembly with a bipartisan vote of 77 to 0. AB 1094 will expand the definition of disability-based unearned income to include veteran’s disability compensation and help California’s veterans get the assistance they need to care for their families.

“There is no reason that a veteran’s benefits should be treated differently than other federal assistance. Returning veterans are having a difficult time readjusting to life and it is our responsibility to help them in their transition,” said Assemblymember Brown.

California veterans returning home from the wars in Iraq and Afghanistan are now receiving both CalWORKs and other governmental benefits. Current law provides that $225 in disability-based unearned income is disregarded when computing the individual’s CalWORKs benefits. Unfortunately, veterans’ disability compensation is not currently eligible for the disregard due to an oversight in previous legislation. As a result, veterans enrolled in the CalWORKs program receive, on average, $200 less than other disabled recipients. AB 1094 would correct this oversight and allow veteran families to collect their full benefits.

“California is home to the largest veteran population in the country. The federal government disperses the majority of veteran’s benefits, however a massive backlog in claims has delayed many California veterans from receiving their benefits. This bill will help ease the financial burdens of veteran families in California. As a member of the Committee on Veterans Affairs, I look forward to continuing to find solutions that will help the service members in our state access the benefits they deserve,” concluded Assemblymember Brown.

The bill now moves to the Senate.

Assemblymember Cheryl R. Brown represents the 47th Assembly District, which includes Colton, Fontana, Grand Terrace, Rialto, the southwest parts of San Bernardino, and the unincorporated communities of Bloomington and Muscoy.
The State of Equality and Justice in America:
“We are Dangerously Close to Regressing”

This year marks the 50th anniversary of the great "March on Washington for Jobs and Freedom". It was there, at one of the largest rallies for human rights, that Dr. Martin Luther King Jr. delivered his famous 'I Have a Dream' speech.

On August 28, 1963, Dr. King and all those gathered in Washington, D.C., addressed the notion of greater equality and justice in America in a way which could no longer be ignored. Thanks to Dr. King’s unyielding work, and the work of countless others before and after him, laws like the Voting Rights Act of 1965 were eventually passed, and victories were achieved in the struggle for civil rights.

In the time since, we’ve watched people of color break down barriers across the board - including into the highest office of the land. Progress over the last five decades is undeniable. But now 50 years after the "March on Washington", we are dangerously close to regressing on some of the most fundamental advancements in our society.

The Supreme Court of the United States is set to rule on several key items this year that are at the core of justice and equality in America. Shelby v. Holder challenges Section 5 of the Voting Rights Act itself. A key aspect of the Act, Section 5 requires jurisdictions that have a history of discriminatory voting practices to obtain advanced approval from the federal government before they can alter election laws.

Without Section 5, the basic foundation of the Voting Rights Act would be destroyed. The floodgates of biased and disenfranchising practices like harsh new voter ID laws would open and the protection of our participation in the voting process would be eliminated. Voting rights for all American citizens was a basic principle of Dr. King and all those who sacrificed during the civil rights struggle and in subsequent years. Ironically, half a century after Dr. King’s speech, voter equality is under attack all over again.

In addition to the Voting Rights Act, one of the greatest advancements toward equality we achieved in this nation was the ability of those who were traditionally excluded from higher learning to attend our great colleges and universities. Well, in 2013, affirmative action hangs in the balance. Two cases, Fisher v. University of Texas and a Michigan law banning affirmative action in public college admissions, have reached the Supreme Court.

The outcome of these two cases will have serious ramifications for the admission practices of schools throughout the country. At a time when our educational system is severely leaving minority and poor students behind, some are attempting to eliminate laws designed to create a more even playing field. Our society is growing ever diverse, and our institutions of higher learning need to reflect that diversity. Affirmative action doesn’t mean preferential treatment; it means equalizing an imbalanced scale. The future of so many students remains in limbo as the high court weighs in this year on these crucial cases.

This year marks another milestone in this nation’s history: the 150th anniversary of the Emancipation Proclamation. In the last 150 years, we’ve witnessed momentous progress that was achieved only because of the selfless acts of many. Folks have marched, rallied, organized, boycotted, withstood beatings, bombings, water hoses, dogs and some even died for the cause of justice.

In a post-civil rights era, laws such as the Voting Rights Act and affirmative action appeared etched in stone permanently. But now the state of justice and equality in America remains to be determined because of these renewed attempts to repeal such laws. We can either continue on a path toward greater freedom for all, or regress back to the wrong side of history.

The generation of Dr. King, and the generation immediately behind him continued fighting until they got voting rights and affirmative action on the books. We must not become the generation that couldn’t sustain and maintain it.
Racists Don’t Like Being called Racists

I have always suspected that racists didn’t like being called out for their racism. Now I have proof.

When I told MSNBC’s Thomas Roberts on May 14 that the Tea Party was “the Taliban wing of American politics,” a firestorm erupted. Arguing the IRS was correct to target them for extra scrutiny, I also said “Here are a group of people who are admittedly racist, who are overtly political” and therefore worthy of IRS concern.

I was not prepared for the slew of angry emails, including two from self-identified Black people (your worst nightmare, one said) I received. Many of them suggested I leave the country, reminiscent of the “Go back to Africa” chants racist crowds of Whites shouted at Black protestors in my youth. One said my advanced age – I am 73 – meant I would not be around to make such mischief much longer, and I should prepare for that quick eventuality.

A few suggested my employer fire me, not knowing that I retired from that job a year ago. Several of the messages were badly written with misspelled words, including one from a relative by marriage – you can’t choose your in-laws – reading “Your calling folks Taliban borders on Traitorism.”

This same correspondent noted I had been “head of the most classic Racist group in our country,” referring to the NAACP, whose board I chaired for 11 years. Others characterized the NAACP, the nation’s oldest civil rights group, interracial in membership and dedicated to racial integration since 1909, in the same way.

After an exchange of messages with some of them, trying to convince them that while I opposed it, I didn’t condemn every member of the Tea Party, the interactions became more civil and less hostile. Some even wished me well. But to a person they rejected the labels “racism” and “racist,” even as I thought I had proved that the Tea Party has had racist, anti-Semitic and nativist elements from its beginning until today.

One source is a study conducted for the NAACP by the Institute for Research and Education for Human Rights. Their study, called Tea Party Nationalism, found “Tea Party ranks to be permeated with concerns about race and national identity and other so-called social issues. In these ranks, an abiding obsession with Barack Obama’s birth certificate is often a stand-in for the belief that the first black president of the United States is not a “real American.”

It says Tea Party organizations have given platforms to anti-Semites, racists and bigots and “hard-core white nationalists have been attracted” to Tea Party protests.

The link between the Tea Party and the Taliban was made by a prominent Republican office holder.

In 2008, the Washington Post reported that former chairman of the Republican Congressional Committee and present day Congressman Pete Sessions likened the GOP House minority to the Taliban, saying, “Insurgency, we understand perhaps a bit more because of the Taliban.”

Just as my arguments failed to convince my correspondents, so apparently does the actual evidence.

Not the ugly racist signs and placards displayed at Tea Party rallies, not the shouts of the “n” word aimed at members of the Congressional Black Caucus, not the spittle hurled at civil rights icon and Congressman John Lewis, not the racists expelled from the Tea Party for their venom, not the association of many members with the Council of Conservative Citizens, a lineal descendant of the White Citizen Council, not the anti-gay slurs aimed at former Congressman Barney Frank (d-Mass.), not the members whose racism, anti-Semitism and xenophobia should be an embarrassment – not all or any of this could get them to acknowledge the label “racist.”

My Black correspondents even claimed that their race prohibited them from being racists, as if skin color was a proscription against ignorance. And many of my presumably non-Black correspondents accused me of being a racist, so my race apparently offered me no protection from this evil.

What is the lesson here?

That the label “racist” has become so toxic almost everyone rejects it?

That the toxicity makes the label unacceptable but its actual practice is still tolerable for many?

Or that it is a defense against itself? As the relative-I-try-not-to-claim wrote, “I don’t know any white people who hate blacks like you advocate blacks should hate whites.”

Or only that while the United States has made much progress in race relations, we still have a long, long way to go?
Community Home Buyer Fair
June 15, 2013
Come learn about buying a home; down payment assistance, affordable homes for sale; lenders and realtors on site. You may quality for up to $27,000 in down payment assistance. Time 10:00 am – 12:30 pm. Location: City of Rialto Senior Center, 1411 South Riverside Avenue, Rialto, CA 92376.

Riverside Medical Clinic Foundation’s 4th Annual Dinner Auction “Caribbean Nights”
June 15, 2013
Time: 6:00 pm – 10:00 pm. Location: Riverside Auditorium and Events Center, 3485 Mission Inn Avenue, Riverside, 92501. 4th annual fundraiser to support the nonprofit Riverside Medical Clinic Foundation’s support groups, annual lectures, health education, pediatric obesity intervention and at-risk youth programs. Event will include Caribbean-inspired appetizers and a gourmet dinner, a silent auction, and music and dancing provided by Mark Wood and the Parrot Head Band. Cost: $95.00 per person/ $170.00 per couple/ $750.00 per table of 10. For information on available sponsorships or to reserve seats, please contact the Riverside Medical Clinic Foundation at (951) 682-2753, email info@rivfound.org, or visit the Foundation’s website at http://www.rivfound.org.

David Sanborn
June 15, 2013
Time: 7:00 pm. Location: Thorton Winery, 32575 Rancho California Road, Temecula, CA. Tel: (951) 699-0099.

HATS!
June 15, 2013
Exploding with fun, Hats! is a new musical about a 49,999 year-old woman who reluctantly faces the inevitable BIG 5-0…until she meets a group of remarkable women who show her about fun, friendship and forgetting about things that simply don’t matter anymore. HATS! features original music by a team of Grammy®, Golden Globe® and Tony® winning songwriters. It is a joyous, provocative, and hilarious evening for everyone who is 50, knows anyone who is 50 or plans to be 50. Hats! is inspired by the experiences, philosophies, and mission of the Red Hat Society. The characters represent a cross-section of who their members are. Time: 8:00 pm. Location: California Theatre of the Performing Arts, 562 W. 4th Street, San Bernardino, CA. Tel: (909) 885-5152.

San Antonio Classic Benefit Golf Tournament
June 17, 2013
Time: 8:30 am. Location: Red Hill Country Club, 8538 Red Hill Country Club, Rancho Cucamonga, CA – Tel: (909) 982-4559. Shotgun Start – 10:00a; Putting Contest: 8:30a – 9:45a. Sponsorship Opportunities Available. For more info, please call Christie Rose at (909) 920-4966 or email crosse@sach.org.

Rhythm of Riverside Summer Concert
June 19, 2013
Band: Latin Society Wednesdays, June 19-August 14 (excluding July 3), 6:00 – 9:00 pm. The City of Riverside Parks, Recreation and Community Services Department (PRCSD) presents a series of FREE family-oriented concerts at Fairmount Park. The series will include activities for the entire family, including: slot car racing, bounce houses, face painting, and a balloon artist. Come early and taste the flavor of Riverside with local food vendors. Bring a blanket or beach chair to enjoy a cool summer Wednesday evening at Fairmount Park, Riverside.

Turning Point International Ministries Presents ‘Armed and Dangerous Men’s Conference’ June 22, 2013
Join Pastor John Heary along with a host of speakers. Admission and breakfast is FREE. 9:00 am. Location: Doubletree Hotel, 222 North Vineyard Avenue, Ontario.

Riverside’s Got Talent
June 23, 2013
A fun, community evening showcasing the wonderful talent, singers, dancers, jugglers and more, of the Riverside community. VIP tickets include great food from restaurants in the area headed up by Mario’s! Location: Riverside Auditorium and Event Center, 3485 Mission Inn Avenue, Riverside, CA 92501. Contact: Kathleen Hartman, www.kiwanisuptownriverside.com, kathy@riversidepersonnel.com or call 951-788-7900.

Summer Splash 2013 – KIDS Quest
June 24-28, 2013
Join The Grove Community Church for a week of summer fun while we dig our way into games,
music & crafts and discover God’s Word in a whole new way. Follow Dakota Smith as he finds friendships, artifacts and Jesus, the true tree of life. 9:00 am. Location: The Grove Community Church, 19900 Grove Community Drive, Riverside, 92508. Cost: $40.00. For more information, contact The Grove Community Church KIDS Quest ministry at (951) 571-9090 ext. 2425 or check us out at www.thegrove.cc/SummerSplash.

Walking Shield 3rd Annual Golf Tournament June 24, 2013 Charity Golf Tournament to benefit Walking Shield’s American Indian Scholarship Program. This event is to help American Indian students who are enrolled in college and in need of financial assistance. Walking Shield established this tournament in 2011 to help students complete their educational journey. These students come from economically disadvantaged tribes. In the past two years, this golf tournament has provided 16 college scholarships. The goal for this year’s tournament is to provide 25-30 scholarships. Location: Journey at Pechanga, 45000 Pechanga Pkwy, Temecula, 92592. Tel: (949) 639-0472 or email info@walkingshield.org.

COURTESY OF INLAND EMPIRE COMMUNITY CALENDAR Vanessa Brown, Event Calendar Editor

healthy living

with Dr. Ernest Levister F.A.C.P., F.A.C.P.M.

Testosterone Rx: Proceed With Caution!

Dear Dr. Levister: I feel like a shadow of my old self. I’ve lost my appetite for romance. Should I consider testosterone replacement therapy? L.S.

Dear L.S.: Maybe you have seen the television commercials or newspaper ads promoting the cure to “Low T,” of low testosterone levels.

More and more companies are targeting older men with products for testosterone replacement that promise to help them “become young again.” Testosterone is the hormone responsible for the normal development of male sex organs and it also plays a major role in men’s sexual drive, energy levels and attitudes. As they age, men may experience a decrease in their testosterone levels, which can translate to a low libido, depression and lack of motivation, reduced muscle strength and bone density, and in some cases, memory loss.

Although testosterone replacement therapies (ttr) have been around for more than 20 years, there has been an explosion of products available and in the demand for those products.

Some studies show that 15 to 20 percent of men will experience a decrease in their testosterone levels at some point in their lives. We are seeing more and more now that as obesity rates go up the testosterone levels decrease. That is because body fat causes testosterone to metabolize faster.

While there are replacement treatments that can do the trick, they have to be done properly and under a doctor’s supervision.

Ordering testosterone supplements over the phone or on the Internet is risky and not recommended. Many of those products aren’t regulated by the Food and Drug Administration. The key is to determine that the patient has low testosterone levels to know if they need a treatment. If you are ordering something on your own, most likely you are not seeing a doctor that can tell you if you need a replacement in the first place. Low testosterone levels can be determined through blood tests.

Once the hormone deficiency has been diagnosed, treatment can be administered through an injection, patches, gels and intramuscular pellets.

Men who have prostate cancer or breast cancer should not take testosterone replacement therapy. All men considering (ttr) should undergo a thorough prostate cancer screening prior to starting this therapy with a rectal exam and PSA test.

Do you know your new health care rights?

Under Obamacare, children may now remain under their parents insurance through their 26th birthday. This new provision is changing lives for Californians like Stella Brown.

Brown, who has been on her mother’s insurance plan “for as long as I can remember,” was diagnosed with pre-hypertension three years ago and has been taking medications to treat it.

When she moved to Chicago two years ago to attend law school, she found out that she could stay on her mother’s insurance plan — on the “Away From Home” plan created by Obamacare.

Northwestern University, the school Stella is attending, requires all its students to have health insurance, with students having the option of being on a school-provided plan or buying their own insurance with financial aid from the school. For Brown, being on her mother’s health care insurance plan and not her school’s has greatly lessened the debt she will be carrying when she graduates next year.

A survey by the Commonwealth Fund, a leading source of healthcare research, shows that 13.7 million young adults between 19 and 25 stayed on or joined their parents’ health plans in the 12 months ending November 2011. This included 6.6 million who likely would not have been able to do so prior to the passage of Obamacare.

In California alone, at least 435,000 young adults have benefited from health care reform’s new young adult insurance provision.

Is your child covered? To find out more visit: www.healthcare.gov
Keeping Our Dads Healthy at Every Age
By Rebekah Ngewa, Healthy Heritage Movement

What is your vision of a healthy dad? The entire family should have a clear answer to that question. Everyone in the family has a role in investing in each other’s health, making the right decisions to ensure a future of more quality family time. Being healthy involves creating a healthy balance in life to maintain social, physical, emotional, and psychological health.

Even as children, we have to take an active role in our dad’s health. Does your dad scream and shout with enthusiasm during his favorite sporting events? It is with the same enthusiasm that we should respond when Dad comes home sharing his clean bill of health. We must celebrate dad and show our love and appreciation to him for being proactive about staying healthy.

We all want our dads to live long and healthy lives. Living a healthy life does not mean depriving them of what they love. As in every sport dad loves, we must be their coach and encourage healthy lifestyle behaviors and discourage unhealthy ones. With loving demonstrations we can teach dad how to update his favorite recipes with healthy substitutions. We can introduce new recipes to start new family traditions that include more fruits and vegetables and micronutrient foods. Tell dad often how much you love him and thank him for eliminating behaviors that put him at risk for chronic disease such as diabetes, heart disease, cancer, hypertension and obesity.

Having genuine conversations with our dads is crucial to keeping them healthy. Given the fact that fewer minority men participate in health screenings, annual wellness visits, and being proactive with their health, it is up to their children to steer them in the right direction. This is truly the best way to ensure we continue having a reason to wish them a happy father’s day. Make it a Happy Father’s Day by investing in your dad’s health TODAY, TOMORROW and FOREVER.

Gentlemen–Your Health Matters, Too! Get Insured, Get Screened, Get Healthy
By Nicole Duritz, AARP VP of Health Special to The Voice

This Father’s Day, I can’t help but think about the incredible men in my life. I have a father. He’s a terrific physician. I have a wise and talented brother. I have a wonderful husband and two amazing sons. Look, I may be a bit biased, but the one objective fact all the men in my life have in common is that they lead busy – some may say stressful – lives, compounded by the fact that they want to protect and care for their family.

I’ve noticed that these men often put other responsibilities ahead of their health and forgo doctor’s appointments. Is it any wonder, then, that men die significantly earlier than women? Given that widowhood so frequently pushes women into poverty, do you think this is the best way to protect your family? Does this hit a nerve? I have a request for my guys and for all of you men out there: Please take the time to take care of your health.

Now before you say that you are taking care of your health – because, after all, you go to the gym sometimes – agree to these two steps:

If you don’t currently have health insurance, get coverage and encourage the people in your life to do the same.

Because of the Affordable Care Act, beginning in 2014, all uninsured Americans – many of whom don’t have access to insurance through an employer – will be able to purchase insurance through health insurance marketplaces (also called exchanges). Whether you’re self-employed, between jobs or
have been denied coverage, because of the ACA you will be able to shop for insurance and compare the benefits and costs of health plans side-by-side.

Think of shopping for your health coverage like shopping for a new car. All cars have the basics: wheels, an engine, brakes. Some cars are stocked up with special features – like a navigation system and heated seats. In a similar way, all of the insurance plans in the exchanges will offer a core package of benefits such as hospital, emergency, lab services and other care. Some plans will also offer other features on top of the essential benefits. As with car-buying, you want to be sure you are getting a good deal – the right deal for you and your family.

When you shop in a health insurance marketplace, you can search for the best plan at the best price to meet your health needs, and you won’t be turned down because you have a pre-existing health condition.

In the health insurance marketplace:
You’ll be able to see what your premium, deductible and out-of-pocket costs will be before you decide to enroll.
You’ll be able to see apples-to-apples comparisons of costs and coverage between health insurance plans.
Plus, depending on your income, you may be eligible for some help – tax benefits that will lower your monthly insurance premium. Information about coverage options through the marketplace will be available beginning in October 2013. Today you can visit the Health Law Guide at www.aarp.org/healthlawguide to find more about what the health law means for you and your family.

Get screened
Men, once you have health insurance, there is no excuse to delay visits to the doctor. If you are 50 or older, it’s important to have an honest dialogue with your doctor, even if it touches on sensitive subjects such as prostate and colorectal health. Your doctor can recommend screenings that are right for you. Because of the ACA, most insurance plans, including Medicare, must now cover preventive benefits, such as immunizations like the flu shot, and screenings for diabetes and certain cancers. Be sure to check with your insurance plan about what preventive services are covered with no out of pocket cost to you. Remember: when you are getting a preventive medical test, you are not just doing it for yourself. You’re doing it for your family and loved ones.

The rest is up to you
Taking care of your health and prolonging your life is one of the best ways you can protect and care for your family. Now that you have a lead with health insurance, the rest is up to you. And don’t forget to eat your vegetables!

Gadgets for Guys
Health Law Guide: Use AARP’s online Health Law Guide at www.aarp.org/healthlawguide to learn about the benefits and protections you get through the health law and how the law will apply to you and your family. The Health Law Guide is also available in Spanish (http://www.aarp.org/guiadelaleydesalud). Bookmark this website and come back for updates as the law is phased in.

Doughnut Hole Calculator: If you have Medicare Part D, you may be at risk of falling into the coverage gap, or “doughnut hole.” Check out this four-step tool that may help you save money. In English: www.aarp.org/doughnuthole or Spanish: http://calculadoramedicare.aarp.org/.

Nicole Duritz, Vice President of Health at AARP, leads the Association’s member and consumer health education and outreach program, which includes work on issues such as Medicare, new health care law, prescription drug affordability, long-term care, prevention and wellness, and wise use of medications.
Riverside’s
Cesar E. Chavez
Memorial
UNVEILED

Riverside
Photos by Carolos Puma

Highlighting the City of Riverside’s diversity, nearly 1,000 attendees watched as the newly constructed Cesar E. Chavez Memorial Monument was recently unveiled at the Main Street downtown pedestrian mall.

Known as the Peace Walk in the pedestrian mall, Chavez’ statue joins other civil rights advocates Ahn Chang Ho, Mahatma Ghandi, Martin Luther King, Jr., Ismael Villegas, Eliza Tibbets, and the Wall of Honor.

A farm worker himself, Chavez was a labor leader and advocate for poor farm workers in the 1960s. He fought for equality, civil rights and basic human dignity for workers and co-founded the National Farm Workers Association later known as the United Farm Workers union.

The Chavez statue was designed and created by sculptor Ignacio Gomez and cost approximately $400,000, with much of the money coming from donations.

Keynote speaker, Paul F. Chavez, son of Cesar Chavez and President and Chairman of the board of the Cesar Chavez Foundation.

 Grupo Folklorico Maya

(1-r) Ofelia Valdez-Yeager, Andy Melendrez, former Riverside Mayor Ron Loveridge and Riverside Mayor Rusty Bailey

Ismael R. Villegas Memorial VFW Post 184
Ofelia Valdez-Yeager, President of the Latino Network and Cesar E. Chavez Memorial Chair.

Nearly 1,000 people were in attendance for the unveiling of the Cesar E. Chavez Memorial Monument.

The unveiling of Cesar E. Chavez memorial on the Main Street mall downtown Riverside.
Juneteenth Tradition Bridges Gaps on Different Levels

By Samuel Williams, Jr.

City of Riverside Juneteenth celebration founder Delores Armour said the 2013 Juneteenth celebration was a success and she has found attendance continues to increase yearly. But it is the attempt to quell racial tensions, among youth in the city’s streets at the turn of the new century, where the Juneteenth saga seems most useful.

By the year 2000, tensions between the city’s African-American and Latino youth had bubbled over into turf wars between gang members. Left in the wake of these conflicts were young men from both races dead on Riverside’s streets.

Armour, a history teacher by vocation, felt the necessity to add the history of Afro-Mexicans and Latinos to the Juneteenth program held annually at Bordwell Park. In effort to create some bridge for dialogue it was important that Armour help the youth realize there was history of a long and cordial relationship between people of African and Mexican descent.

During the period of enslavement in the United States, where at the time Blacks had no voice or rights, enslaved people voted with their feet by escaping to Mexico and later settled in Central America. This made Mexico and surrounding Latin countries a part of the Underground Railroad. Vincente Guerrero, an Afro-Mexican who was a product of such migrations, lead his people during the Mexican War and brought about the end of slavery in Mexico.

“Our young people and everyone else need to know this history,” Armour said. “We believe this will help to end the bloodshed and useless violence in our streets. Armed with this and much more knowledge, a new unity can be forged. The Juneteenth committee and the City of Riverside believe peace can be obtained.”

In addition, and as direct result of the committee’s efforts, a Juneteenth Museum depicting African presence in Central and South America has been created. Presentations are made and reference books and photos displayed in the museum verify the fact Blacks and Hispanics coexisted peacefully in the past.

However, Juneteenth has bridged gaps at far higher levels than just the streets of Riverside. In the state of Texas, where the holiday originated, politicians are crossing party lines to unite and achieve a single goal.

Texas House of Representative Sylvester Turner (District 139) has worked tirelessly for over two decades to keep the historical significance of the Juneteenth holiday prevalent. Thanks to Rep. Turner, and 19 of his black constituents, all members of the Texas Legislative Black Caucus (17 in House of Representatives and two state level representatives), a major element in achieving this goal will be realized in 2015.

According to Turner, a $2.5 million, five – statue monument commemorating the Juneteenth legacy will be erected in a prominent location on the capitol grounds in early 2015. The three black Republicans and 15 Democratic legislators lay any political affiliation differences aside to make this possible.

“This is truly a historic collection of black legislators engaged in this process,” Turner said. “The three Republican legislators are the most ever in the state’s political history and they as well as the Democrats in office worked as one to get the statue’s placement to this point.”

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed in Galveston, Texas with the news that war had ended and that the enslaved were now free. It must be noted that Granger’s arrival with the news came two and a half years after President Abraham Lincoln officially signed the Emancipation Proclamation on January 1, 1863. Sadly, the Emancipation Proclamation had little impact on the state of Texas due to the minimal number of Union troops entrusted to enforce the law. However, with the surrender of General Robert E. Lee in April 1865, and the arrival of General Granger’s regiment, the forces were finally strong enough to influence and overcome the state’s resistance to the executive order.

Historians throughout the years have crafted several theories as to why it took two and a half years for Texas slaves to receive the life changing news. One alleges that a messenger sent to deliver the news to Texans was murdered and his message never was shared. A second theory intimates that the news of the Emancipation Proclamation was deliberately withheld by Texas slave owners to maintain their labor force on the plantations. A third theory alleges that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the law.

Samuel Williams, Jr. is an internationally published author (Anomalous: The Adventures of Sherlock Holmes featuring Jack Johnson and Alphonse Capone) and freelance journalist based in San Bernardino, Ca.)
Juneteenth, also known in many communities across the United States as ‘Freedom Day’ or ‘Emancipation Day’ and usually observed on a weekend near June 19, is a state holiday in 42 states. The first celebration was held in Galveston Texas, June 19, 1865, weeks after the surrender of the Confederacy. The arrival of troops led by Union Army General, Gordon Grainger and his official reading of General Order #3 “That...all slaves are free...”

One hundred and forty-five years later Juneteenth is not celebrated in all African American communities. Not commonly taught in school, many Black people have never heard of Juneteenth. Delores Armour, Founder of Riverside Juneteenth and a history teacher, learned of the celebration from Rose Mayes who planned to celebrate the holiday during her visit, ‘back home’.

The 13th Annual Riverside Juneteenth was recently observed, Saturday, June 1, 2013 at Bordwell Park, Riverside as one of several events that was held in the area. Other events took place in Moreno Valley, Palm Springs, Perris, Pomona, and Santa Ana. It’s a time to gather, to relax, to greet family, make or renew friendships, to watch or perform in the program or events, and to be together as a community.

1 - All Women Are At Risk for Breast Cancer. Black women often are diagnosed younger but are more likely to die from breast cancer. Rutha Eastland (left to right) has been to Sacramento and Washington, DC advocating for cancer research. Pictured Tina Thomas; Ellen Randolph; Wilene Nelson; Dianna Garrett; DeEidra Harris; and Elnora Cowan urge support for the Southern California Witness Project’s Hat & Accessory Fashion Show fundraiser, June 22, 2013, in support of Breast Cancer Awareness Programs & Services. For more information contact Quinn Community Outreach Corp www.qcoc.net; 951.485.3734 or (Ellen) 951.259.2077. 2 - During the Heart & Soul Line Dance performance the crowd was invited to join in and have fun learning new dance routines. 3 - Retired high schoolteacher, Lovie El-Amin provided readings of poetry and essays by Nina Simone. 4 - The Bre Dancers clowning around. 5 - Burma Lee Manns (l) and Delores Armour have been principal organizers since Riverside Juneteenth's inception. Jean Turner (center) has been the voice of Juneteenth. 6 - Generations and branches of the Ball family renewed and extended their connectedness.

13th Annual Riverside Juneteenth Celebration

Story and Photos by John Coleman
No stranger to the Inland Empire, Chaplain Barry C. Black, Rear Admiral, United States Navy (retired) was the keynote speaker at Kansas Ave SDA Church 20th Annual Armed Forces Day Celebration. Chaplain Black is presently the 62nd Chaplain of the United States Senate. An eloquent orator and premier preacher, his unique and inspirational presentation profoundly impacts the large audiences that attend each year and this year was no different as 700 people came out to celebrate.

On June 27, 2003, Chaplain Black became the first African American, the first Seventh-day Adventist, and the first military chaplain to hold the office of chaplain to the United States Senate. The Senate elected its first chaplain in 1789.

1 - Welcome by Lt. Col. Bill Howe, USAF (retired), President, National Armed Forces Assn. 2 - Platform Honorees. 3 - Lt. Col. Howe, Chaplain Barry Black, MSgt. Richard Howard, and Pastor Bron Jacobs participated in presenting the Armed Forces Association Eagle Awards to: USMC Sgt. Major William Vann (posthumously), ‘Lifetime Achievement’ received by Mrs. Vann. 4 - USN Capt, Chaplain (ret.) Herman Kibble introduced the honored guest speaker USN Rear Admiral (ret.) Chief of USN Chaplains Dr. Min. PhD., Dr. Barry C. Black who has served since 2003 as the elected 62nd Chaplain to the U S Senate. Chaplain Black preached the sermon. 5 - Columbus Dennis Batiste, II, MD, received the Eagle Community Service in Medicine.
NOTICE INVITING BIDS: BID TITLE: Lighting, and Audiovisual components. NOTICE: The City of San Bernardino is soliciting proposals from qualified contractors to provide the following services: Lighting and Audiovisual components.

License Required – B and any required subcontractor licenses or permits. Contractor is being delivered using a single prime / general contractor method. Contractors must submit with their bids a range of $3,800,000 and $4,200,000 including all direct and indirect costs not to exceed the cost of the project. BID SECURITY: In accordance with California Public Contract Code section 22300, the City will permit the Contractor to deposit bond securities with the City in the amount required to ensure performance under the contract. The request for proposals (RFP) document must be submitted to the City. The City has the sole responsibility to ensure its bid(s) is timely delivered and received at the location designated as specified above. Any bid received at the designated location after the scheduled closing time on June 10th, 2013, will not be returned to the bidder unopened. Please contact Keniteh/Bray Seville, Adrian Xavier, with any questions or concerns related to the opening of bids. It is each bidder’s sole responsibility to ensure its bid(s) is timely delivered and received at the location designated as specified above.

AVAILABILITY OF BID DOCUMENTS: Bidders wishing to pick up plans and specifications must be received by the Owner on or before the date and time for receipt of bids shall be returned to the bidder unopened. Please contact the Project Manager, DW&UDIWRQ + LOOV & ROOHJH² 6DQG Aquatics Center, Room AC103 located at 114 S. Del Rosita, San Bernardino, CA 92408. Please contact the Project Manager.

BIDS must be submitted to the Owner on or before the date and time for receipt of bids shall be returned to the bidder unopened. Please contact the Project Manager, DW&UDIWRQ + LOOV & ROOHJH² 6DQG Aquatics Center, Room AC103 located at 114 S. Del Rosita, San Bernardino, CA 92408. Please contact the Project Manager.

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transact business under the fictitious name(s) listed above. I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/...Christina Rodriguez
The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 1440 et. seq. b & cp code).

Statement filed with the County of Riverside on 5/20/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: If this fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in the state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk D. PLUNKETT
FILE NO. R-2013-05198
p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as:
THESame GROUP 38136 Talavera Ct.
Murrieta, CA 92563
Riverside County
This business is conducted by:
Individual
THERE is no change in the statement.

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 1440 et. seq. b & cp code).

Statement filed with the County of Riverside on 5/09/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: If this fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk B. HARRIS
FILE NO. R-2013-05182
p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as:
CHRISTINA RODRIGUEZ & ASSOCIATES 4192 Brockton Ave., Suite 103-B
Riverside, CA 92501
This business is conducted by:
Individual

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk G. BARNES
FILE NO. R-2013-05080
p. 5/23, 5/30, 6/6, 6/13, 2013

The following person(s) is (are) doing business as:
SAMBA MOTORS 17177 Rocky Bend Ct.
Riverside, CA 92503
This business is conducted by:
Individual

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 1440 et. seq. b & cp code).

Statement filed with the County of Riverside on 5/06/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 1440 et. seq. b & cp code).

Statement filed with the County of Riverside on 5/20/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.
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Larry W. Ward, County, Clerk
Clerk S. RATUFT
FILE NO. R-2013-05400
p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as:
ATR 43850 Congress St.
Indio, CA 92201
This business is conducted by:
Individual

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk S. RATUFT
FILE NO. R-2013-05415
p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as:
JESSICA MARTINEZ TRUCKING CO. 11564 Holmes Ave.
Mira Loma, CA 91752
Riverside County
This business is conducted by:
Individual

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk S. RATUFT
FILE NO. R-2013-05422
p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as:
A PROCESS SERVICE 4129 Main St. Suite 208-B
Riverside, CA 92501
Riverside County
This business is conducted by:
Individual

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk B. HARRIS
FILE NO. R-2013-05030
p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as:
POWER ELECTRIC 8939 Pebble Brook Dr.
Moreno Valley, CA 92557
Riverside County
This business is conducted by:
Individual

I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law. (See Section 1440 et. seq. b & cp code).

Statement filed with the County of Riverside on 5/20/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.
NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that date. The filing of this statement does not itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law. (See Section 14411, Et Seq., Business and professions Code).

Larry W. Ward, County, Clerk
Clerk T. VARGAS
FILE NO. R-2013-05400
p. 5/30, 6/6, 6/13, 6/20, 2013

The following person(s) is (are) doing business as:

The following person(s) is (are) Doing Business As:
B & A TOBACCO
6675 Magnolia Ave.
Riverside, CA 92506

Riverside County
Shaheen – Saeed
6532 Cedar Creek Rd.
Corona, CA 92880

This business is conducted by: General Partnership
Registrant commenced to transact business under the fictitious business name(s) listed above on 05/22/2013.

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not itself authorize the use of the name in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).
Larry W. Ward, County Clerk, Clerk
D. FLORES
FILE NO. R-2013-05477
p. 5/30, 6/13, 6/20, 2013

The following person(s) is (are) Doing Business As:
SEQUOIA DIGITAL MARKETING
1493 Moonlight Dr., Unit 1D
Riverside, CA 92507

Riverside County
Javier Alberto Leyva
3762 Almansa Way
Peris, CA 92571

This business is conducted by: Individual
Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not itself authorize the use of the name in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).
Larry W. Ward, County Clerk
FILE NO. R-2013-05537
p. 5/30, 6/13, 6/20, 2013

The following person(s) is (are) doing business as:
MISHY’S APPLE
3050 Corona Rd.
Riverside, CA 92501

Riverside County
Michelle Lyndhgyrag
3762 Almansa Way
Peris, CA 92571

This business is conducted by: Individual
Registrant commenced to transact business under the fictitious business name(s) listed above on 06/05/2008.

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/…Michelle Lyndhgyrag

The following person(s) is (are) doing business as:
ACCESS REALTY & RED
12884 Rimmon Rd.
Corona, CA 92879
Riverside County
P.O. Box 1268
Cedar City, UT 84720

This business is conducted by: Corporation
Registrant commenced to transact business under the fictitious business name(s) listed above on 06/05/2008.

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/…Thien Tran, President

The following person(s) is (are) doing business as:
GLAMOUR NAILS
22500 Town Circle #1189
Moorpark, CA 93025
Riverside County
Nail Spa Tq, Inc.
12604 Old Dr.
Rancho Cucamonga, CA 91739

CALIFORNIA
This business is conducted by: Corporation
Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not itself authorize the use of the name in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).
Larry W. Ward, County Clerk
Clerk T. VARGAS
FILE NO. R-2013-05048
p. 6/8, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:
INFINITE FITNESS
9124 Hawthorne Ave.
Riverside, CA 92503
Riverside County
Anthony Cruz Rivera
9124 Hawthorne Ave.
Riverside, CA 92503

This business is conducted by: Individual
Registrant commenced to transact business under the fictitious business name(s) listed above on 01/2013.

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/…Anthony Cruz Rivera

The following person(s) is (are) doing business as:
BIG’S AUTO BODY SHOP
337 S.G. St., Unit D
Peris, CA 92570
Riverside County
11581 Day St.
Peris, CA 92570
Javier Alberto Leyva
1112 S.G. St., Unit D
Peris, CA 92570

This business is conducted by: Individual
Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not itself authorize the use of the name in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).
Larry W. Ward, County Clerk
Clerk B. HARRIS
FILE NO. R-2013-05516
p. 6/8, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:
GALORE NAILS
22500 Town Circle #1189
Moorpark, CA 93025
Riverside County
Nail Spa Tq, Inc.
12604 Old Dr.
Rancho Cucamonga, CA 91739

CALIFORNIA
This business is conducted by: Corporation
Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not itself authorize the use of the name in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).
Larry W. Ward, County Clerk
Clerk B. HARRIS
FILE NO. R-2013-05171
p. 6/8, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:
GALORE NAILS
22500 Town Circle #1189
Moorpark, CA 93025
Riverside County
Nail Spa Tq, Inc.
12604 Old Dr.
Rancho Cucamonga, CA 91739

CALIFORNIA
This business is conducted by: Corporation
Registrant has not yet begun to transact business under the fictitious business name(s) listed above.

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not itself authorize the use of the name in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).
Larry W. Ward, County Clerk
Clerk B. HARRIS
FILE NO. R-2013-05513
p. 6/8, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:
MISHY’S APPLE
3050 Corona Rd.
Riverside, CA 92501

Riverside County
Michelle Lyndhgyrag
3762 Almansa Way
Peris, CA 92571

This business is conducted by: Individual
Registrant commenced to transact business under the fictitious business name(s) listed above on 06/05/2008.

I declare that all the information in this statement is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/…Michelle Lyndhgyrag
name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).

Larry W. Ward, County Clerk

Clerk T. VARGAS
FILE NO. R-2013-05422
p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:

M&L BUILDING MAINTENANCE
9980 Indiana Ave.
Riverside, CA 92503

Riverside County

Superior Court

Clerk T. VARGAS
FILE NO. R-2013-05439
p. 6/6, 6/13, 6/20, 6/27, 2013

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Number of original statement: 360009

To All Interested Persons:

CARRASCO SALVADOR MORENO,

Jr. filed a petition to change names as follows:

CARRASCO SALVADOR MORENO,

Jr. to SALVADOR GUTIERREZ CARRASCO, Jr.

The Court Orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

The name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter objection is timely filed, the court may grant the petition unless there has been a hearing. Notice of Hearing: Date: 8/13 Time: 8:30 AM Dept.: 10. The address of the court is: Superior Court of California, County of Riverside, 4505 Main St., (P.O. Box 431), Riverside, CA 92502-0431. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Black Voice, 4290 Brookton Avenue, Riverside, CA 92501.

The petition for change of name is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.) s/ Martin Mendoza

The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (See 1440 et seq., Business and Professions Code).

Larry W. Ward, County Clerk

Clerk J. VALLEJO
FILE NO. R-2013-05526
p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:

CAMPUSBOOKAUCTION.COM
8391 Santiago Cir.
Riverside, CA 92579

Riverside County

Superior Court

Clerk D. FLORES
FILE NO. R-2013-05549
p. 6/6, 6/13, 6/20, 6/27, 2013

EXPLANATION OF THE NATURE AND PURPOSE OF THE BUSINESS AS TO WHICH YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for the real property described in Note No. TXA-0098981. The property is located on a state or national bank, check drawn by state or federal credit union or bank. The notice of sale will be published at least once each week in a newspaper of general circulation, printed in this county: Black Voice, 4290 Brookton Avenue, Riverside, CA 92501.

The petition for change of name is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.) s/ Alejandro Villarreal

The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).

Larry W. Ward, County Clerk

Clerk T. VARGAS
FILE NO. R-2013-05422
p. 6/6, 6/13, 6/20, 6/27, 2013

I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).

Larry W. Ward, County Clerk

Clerk T. VARGAS
FILE NO. R-2013-05422
p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:

CAMOUFLAGE COLLECTION AND ACCESSORIES
14157 Stonehurst Dr.
Moreno Valley, CA 92553

Riverside County

Superior Court

Clerk T. VARGAS
FILE NO. R-2013-05549
p. 6/6, 6/13, 6/20, 6/27, 2013

The petition for change of name is true and correct. (A registrant who declares as true, information which he or she knows to be false is guilty of a crime.) s/ Kimberly R. Banks

The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (See Section 14411, Et Seq., Business and Professions Code).

Larry W. Ward, County Clerk

Clerk T. VARGAS
FILE NO. R-2013-05422
p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:

D & J PAINTING
5917 Mitchell Ave.
Riverside, CA 92505

Riverside County

Superior Court

Clerk T. VARGAS
FILE NO. R-2013-05549
p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:

LU UV SCRUBB
23549 Suncrest Ave.
Moreno Valley, CA 92553

Riverside County

Superior Court

Clerk T. VARGAS
FILE NO. R-2013-05549
p. 6/6, 6/13, 6/20, 6/27, 2013

The following person(s) is (are) doing business as:

UNDER A DEED OF TRUST,

NOTICE TO POTENTIAL BIDDERS:

The purported property address is:

6005 MEADOWBROOK LANE,
RIVERSIDE, CA 92503

The property address is:

6005 MEADOWBROOK LANE,
RIVERSIDE, CA 92503

The property address is:

6005 MEADOWBROOK LANE,
RIVERSIDE, CA 92503

The property address is:

6005 MEADOWBROOK LANE,
RIVERSIDE, CA 92503

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RIVERSIDE, CA 92503

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RIVERSIDE, CA 92503

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6005 MEADOWBROOK LANE,
RIVERSIDE, CA 92503

The property address is:

6005 MEADOWBROOK LANE,
RIVERSIDE, CA 92503

The property address is:

6005 MEADOWBROOK LANE,
this statement is true and correct. 
(A registrant who declares as true, information which he or she knows to be false is guilty of a crime.)

s/...Jose M. Hidalgo
The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (Sec. 1440 et. seq. b & p code)
Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (Sec. 1440 et. seq. b & p code)
Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

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Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

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Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (Sec. 1440 et. seq. b & p code)
Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

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Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

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Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

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Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (Sec. 1440 et. seq. b & p code)
Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (Sec. 1440 et. seq. b & p code)
Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTE: This fictitious business name statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state, or common law (Sec. 1440 et. seq. b & p code)
Statement filed with the County of Riverside on 5/24/13
I hereby certify that this copy is a correct copy of the original statement on file in my office.
(A registrant who declares as true, information on which he or she knows to be false is guilty of a crime.)

8/...Manisa Baaque Douhard

To All Interested Persons: Petitioner: JACOB THOMAS BROOKS, JR. be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administrator of Estates Act. (This authority will allow the personal representative to take many actions without the need for court approval. Before taking certain very important actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administrator’s authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: 7/31/13 Time: 8:30 A.M. Dept.: 8, 4050 Main Street, Riverside, CA 92501. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 430.6. A Request for Special Notice form is available from the court clerk. Petitioner: 19830 REINHART AVE.

To All Interested Persons: Petitioner: MARGARET E. CANE be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administrator of Estates Act. (This authority will allow the personal representative to take many actions without the need for court approval. Before taking certain very important actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administrator’s authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: 7/31/13 Time: 8:30 A.M. Dept.: 8, 4050 Main Street, Riverside, CA 92501. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 430.6. A Request for Special Notice form is available from the court clerk. Petitioner: MARTHA CANE.

To All Interested Persons: Petitioner: FIDEL VARGAS be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administrator of Estates Act. (This authority will allow the personal representative to take many actions without the need for court approval. Before taking certain very important actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administrator’s authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: 7/31/13 Time: 8:30 A.M. Dept.: 8, 4050 Main Street, Riverside, CA 92501. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 430.6. A Request for Special Notice form is available from the court clerk. Petitioner: FIDEL VARGAS.

To All Interested Persons: Petitioner: OSCAR ANDRE LOPEZ be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administrator of Estates Act. (This authority will allow the personal representative to take many actions without the need for court approval. Before taking certain very important actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administrator’s authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: 7/31/13 Time: 8:30 A.M. Dept.: 8, 4050 Main Street, Riverside, CA 92501. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 430.6. A Request for Special Notice form is available from the court clerk. Petitioner: OSCAR ANDRE LOPEZ.

To All Interested Persons: Petitioner: SHARON WATERS be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administrator of Estates Act. (This authority will allow the personal representative to take many actions without the need for court approval. Before taking certain very important actions, however, the personal representative is required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administrator’s authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: 7/31/13 Time: 8:30 A.M. Dept.: 8, 4050 Main Street, Riverside, CA 92501. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 430.6. A Request for Special Notice form is available from the court clerk. Petitioner: SHARON WATERS.
Mark your calendar for June 27, 2013 for the Riverside County Small Business Expo! Caltrans-District 8, Riverside County Transportation Department, the Riverside County Transportation Commission and Riverside Transit Agency have partnered to increase opportunities for disadvantaged, small and veteran businesses. Learn about upcoming projects and hear from local experts. On-site resources will include disadvantaged/small business certification and registration to become a prospective bidder for future projects.

Promote your business on our street. Call 951.682.6070, for advertising opportunities.

Space is limited. Register now:
http://tinyurl.com/2013SmallBizExpo

For more event information contact Melissa Holguin of Arellano Associates at 909-627-2974 or mholguin@arellanoclassociates.com

Partner Agencies: Presenting Sponsor:
theievoice.com

Breakfast and Program Sponsors:

PARSONS

www.theievoice.com
Mike Elliott is owner of Mike’s Fitness Personal Training in Riverside. He earned his BS Degree in Kinesiology from Cal Baptist University, is a certified personal trainer, and has been training for 12 years. A CBU College Track National Champion and Hall of Fame Team Member, Mike is also a running/speed coach who has trained middle school to professional athletes in a variety of sports. He recently expanded Mike Fitness Studio and is now offering Yoga, Zumba, Body Sculpting and Pilates classes daily.

He offers these tips to dads on how to remain fit and healthy:

1. Before starting an exercise program consult with a physician and get a physical.

2. It’s always a good idea to consult a fitness expert to help you develop an exercise program.

3. Have a plan, set short-term and long-term goals, be realistic!

4. Be consistent to achieve your fitness goals.

5. There are 1,440 minutes in every day, schedule 30 of them for physical activity...make it happen!

6. When weight training, keep your weights light, shoot for more sets and higher reps to help develop lean muscle 2–3 days a week.

7. Do total body workouts...upper and lower body.

8. Walk or jog (assuming you’re able)...it is a great way to elevate your heart rate. Try walking a brisk pace then jogging for a minute or two, this will stimulate your metabolism...3-4 days a week.

9. Share your goals with your family and friends for accountability.

10. Enjoy yourself -- shoot baskets, throw the football around, find creative ways to exercise...

11. Be patient, it will take time to get significant results. You can do it!

12. Plan on exercising a minimum of 3 to 5 days a week 30 to 45 minutes in duration.

13. Eat clean and make good food choices. Making healthy choices will help fuel your body and aid in your workouts.


A final thought...
Diet and exercise are the keys to being fit. Getting in shape lowers your risk for heart disease, Type 2 Diabetes, hypertension, stroke, and some types of cancer. Lifestyle changes can make a huge impact on weight loss and overall fitness, so make a decision today to start an exercise program that will create a healthier, fitter you.

Contact Mike by calling 951-784-3303 or visiting www.mikesfit.com.
Your legacy is a conversation starter.
Where you’ve been testifies to your strength.
Where you are attests to your brilliance.
Where you’re going speaks to your ambition.
And though the conversation starts with a word, a moment, a dream,
where it ends could be even more powerful.
So when you’re ready to add your financial goals to the conversation
and learn how you can continue to build your legacy, come talk to us.
Ask us any questions you may have.
We’ll ask a few of our own.
Together we’ll find the answers you need to create that next chapter of your life.
Your legacy is a conversation starter, but it’s just a beginning.
We can help you keep it going.
Just say the word.

Call, click, or stop by to start a conversation today.
WELLSFARGO.COM | 1-800-TO-WELLS

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