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Inland Southern California's News Weekly

# VOICE

July 4, 2019 Volume 46 | Issue 50

[theievoice.com](http://theievoice.com)



## **Living with Depression and Anxiety: UCR Students Share Their Stories**

Inside:  
Farewell to Tuskegee Hero Lt. Colonel  
Robert "Bob" J. Friend





# VOICE

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Riverside, CA 92507

### SAN BERNARDINO

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2181 W. Highland Avenue  
San Bernardino, CA 92407

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San Bernardino, CA 92404

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1180 W. 9th Street  
San Bernardino, CA 92411

Cathedral of Praise  
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300 N. D Street  
San Bernardino, CA 92418

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Superintendent of Schools  
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San Bernardino, CA 92410

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San Bernardino, CA 92411  
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## EDUCATE | ENGAGE | INFORM



# VOICE

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## KEEPING IT REAL

### Suicide is Complicated and Bullying May Raise the Risk

**T**hey say there are two sides to every story but for the family and loved ones of 13-year-old Rosalie Avila there was only one—on November 28, 2017 Rosalie committed suicide by hanging after a bully told her, “You should just go kill yourself.”

Rosalie, a student at Mesa View Middle School in the Yucaipa-Calimesa Joint Unified School District (Y-CJUSD), was doggedly bullied at school and on social media by schoolmates. These students taunted her for her braces, called her ugly and made fun of her in videos posted online. Her family has filed suit against the district.

Last week we learned another family is suing Y - C J U S D for failing to protect their child who was also subjected to relentless bullying. The story came to a head last May when 15-year-old Savanna

Blakken who attended Yucaipa High School, was attacked and beaten by a fellow student.

Savanna suffered a concussion as a result of the attack while the student who beat her was subjected to very little consequence—a two-day suspension. Before the beating, Savanna had endured months of bullying at the school. Savanna’s mother had previously told school officials her daughter was being bullied and the school also knew Savanna was being treated for suicidal tendencies. Yet, the school failed to protect her.

Savanna’s beating by a fellow student was just one incident and extreme example of the relentless bullying she had endured for months at the school. Her mother believes the district was derelict in its duty and responsibility to keep her child safe.

Savanna no longer attends the high school. The family attorney said this is only one of six cases he has filed against the school district in recent years—including the Rosalie Avila case. The attorney has accused the district of not take bullying seriously. This claim appears to have merit.

Although, as mentioned above, school officials were aware of Savanna’s vulnerability and continued bullying by fellow schoolmates, there are allegations the assistant vice-principal

and other teachers just walked by when Savanna was being attacked before someone finally stepped in to stop the beating — Savanna never hit back.

“ I t [Y-CJUSD] has created a culture that promotes bullying,”

attorney Brian Claypool told KABC. “They simply do not take bullying seriously.”

School district officials responded to the criticism in a written statement. “We take incidents of this nature extremely seriously. We responded according to our policies for student discipline and have been working in cooperation with law-enforcement.”

Stories of teenaged suicides related to bullying have become too common in America. The Centers for Disease Control and Prevention (CDC) has stressed how complicated suicide-related behavior is and how it is rarely the result of a single source of trauma or stress. Yet the agency also reports, “[A]ny involvement with bullying behavior is one stressor which may significantly contribute to feelings of helplessness and hopelessness that raise the

*continued on page 17*





## MAX-40 Fitness and Personal Training Sponsorship Success

**Riverside** – On Saturday June 22, the NPC (National Physique Committee) West Coast Classic was presented by Elite Fitness Training and produced by Center Podium Productions at the Riverside Convention Center. Locally owned MAX-40 Fitness and Personal Training in Riverside sponsored one of the top Division competitions. In addition, MAX-40 owner Shanae Smith presented awards to winners in several Physiques categories during the finals held at Riverside's Fox Performing Arts Center.

The event highlighted arm wrestling, powerlifting, a variety of classes including novice, men and women's physiques and classics, bikini and even bodybuilding for competitors in their fifties and sixties.

International Federation of Body Builders (IFBB) pros present at the event included Jay Cutter, Mark Anthony, Danny Hester, and Jennifer Bourne.





# Failure to Report—City of San Bernardino Out of Compliance with Transparency Requirements

## San Bernardino

On June 25, 2019 California State Controller's Officer (SCO) met the state's legal requirement to publish information on employee pay and benefits for the approximate two million positions at more than 5,000 public employers across the state.

The purpose of the report is to assure public access to this information in order to avoid compensation abuses like those exposed in the City of Bell. In response to the corruption and abuse exposed there, in 2015 the California legislature explicitly authorized the SCO to collect compensation data and publish the information on its website under the authority of the state.

As required by law, 467 of the state's 482 cities and 54 of the state's 58 counties reported the salaries of a combined 705,003 employees; however, 15 cities in the state (and 4 counties) failed to meet the reporting requirement. Among those who did not comply by the April 30th deadline



were three cities here in the inland region—Colton, Murrieta and San Bernardino.

As reported by The IE Voice/Black Voice News in recent weeks there are already growing concerns over the out of proportion salaries paid to San Bernardino police officers for example.

Although San Bernardino's Chief of Staff Bill Essayli purportedly told a reporter for SCNG the city was not even aware it had missed the reporting deadline, calling it an "oversight," the state controller's office claimed it made several failed outreach attempts to the city to prompt it to submit the required data,

but never communicated with city officials.

With the city's history of bankruptcy, its recent challenges to avoid a budget shortfall, with the community learning how much more San Bernardino police earn compared to officers in nearby cities and now this

*continued on page 17*

## Riverside Poised to Help More Families Achieve Financial and Emotional Stability

### Riverside

When Governor Gavin Newsom signed the state's budget, for the first time in 19 years, Riverside County's Department of Child Support Services (DCSS) will receive a significant increase in funding.

The increase will provide financial and emotional stability to families, and in the process also aid the local economy. The new state budget allocates \$56 million for 21 of the state's most underfunded local child support agencies including \$5.4 million for DCSS in Riverside County.

"I hope that this budget is a sign that state legislators have realized they can no longer ignore us as the fourth most populous county in the state," said Third District Supervisor Chuck Washington, who advocated in Sacramento for

this funding. "Riverside County must receive an equitable portion of the state's budget."

The added funding will enable the county to hire 29 additional case workers. This should result in shorter processing times and increase the number of families helped each year. The greater number of families the county can assist each year will mean more money for local households to support the growth, safety and well-being of the county's children.

Currently, case workers in Riverside County manage an average of 900 cases. The goal is to reduce the average workload assignment to 188 cases per employee per year. If the county is successful in this effort it will help mitigate staggering costs

*continued on page 17*



## NEWS IN BRIEF

### Grocery Workers May Walk Out



## STRIKE?

**San Bernardino** – Contract talks stalled last week between labor leaders and grocery store owners. In response employees at Albertson's, Ralphs and Vons voted unanimously on Tuesday, June 25th to walk out. According to reports at least 96 percent of employees voted in favor of a strike unless their demands for wages, benefits and pensions are met.

Sixteen years ago, grocery workers participated in an epic strike that lasted 141 days and cost store owners more than \$1.5 billion dollars in lost revenue according to KESQ. One grocery clerk told The IE Voice/Black Voice News there is a window of ten days from the date of their vote on June 25th for the parties to get back to the negotiating table and/or for an agreement to be reached before the walk-out is scheduled to begin.



# Benefits of Children’s Summer Reading Programs

Summer reading programs began in the 1890s as a way to encourage school children, particularly those in urban areas and not needed for farm work, to read during their summer vacation, use the library and develop the habit of reading.

The benefits to readers in a summer reading program include: encouragement that reading become a lifelong habit. Reluctant readers can be drawn in by the activities. Reading over the summer helps children keep their skills up. The program can generate interest in the library and books.

Research carried out at John Hopkins University shows that students experience learning and reading loss when they are not taking part in active education. Enrolling in reading programs is an excellent way of forestalling such reading loss.

Developing reading enthusiasm is a big

problem that is facing most kids and even undergraduates today. Many students find it difficult to read when the schools are not in session. This is because they do not have the interest to read. Enrolling in reading programs will help students to develop good reading habits that will help them in life. While attending these reading programs children will have the opportunity of reading many books that interest them. By reading those books regularly they will form good reading habits without realizing it.

Comprehension is very crucial in every child’s education. At the early stage of their learning career, children internalize what they are taught. Recent research on the benefits of reading programs shows that children who enroll in these summer program learn quickly and do better in class than children who do not attend these programs. You will be helping your child greatly if you can enroll him or her in these

reading programs. It will help them to develop their ability to comprehend.

Another problem that is facing most kids in school is retaining what they are taught in school. Most children forget easily because their retentive memory has not been fully developed. Enrolling them in summer reading programs will help to develop their retentive ability.

Reading programs are also of great economic benefits to parents. Training children can be very expensive. Nowadays, there are quite a good number of public libraries that provide summer reading programs free of charge. If you do not have money to enroll your child in a private reading program, you can take advantage of these public libraries. You will not only save some money but you will also help your child to improve his or her reading skills.



# classified&publicnotices

NAME CHANGE

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NUMBER COC 1906919**  
To All Interested Persons: Petitioner: ANISSA MARIE QUIROZ filed a petition with this court for a decree changing names as follows: a. ANISSA MARIE QUIROZ to. ANISSA YRINEA MARIE AVILA b. ABRAHAM LOUIE RALPH AVILA. 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. Any person objecting to the name changes above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: 08/7/2019 Time: 8AM, DEPT: C2. The address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 505 BUENA VISTA, RM 201, CORONA, CA 92882, CORONA COURTHOUSE. 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 News, 1201 University Avenue, Suite 210, Riverside, CA 92507. Date: JUNE 03, 2019 Tamara L. Wagner, Judge of the Superior Court  
**p. 6/27, 7/4, 7/11, 7/18/2019**

SUMMONS

**SUMMONS (FAMILY LAW)**  
**CASE NUMBER FLRI 1900971**  
Notice to Respondent: WANDA M. FORD You are being sued Petitioner's name is: ERNEST JAMES GRAY III You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), at the California legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), or by contacting your local county bar association. Tiene 30 dias corridos despues de haber recibido la entrega legal de esta Citacion y Peticion para presentar una Respuesta (formulario FL-120 o FL-123) ante la corte y efectuar la entrega legal de una copia al demandante. Una carta o llamada telefonica no basta para protegerlo. Si no presenta su Respuesta a tiempo, la corte puede dar ordenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. La corte tambien le puede ordenar que pague manutencion, y honorarios y costos legales. Si no puede pagar la cuota de presentacio, pida al secretario un formulario de exencion de cuotas. Si desea obtener asesoramiento legal, pongase en contacto de inmediato con un abogado. Puede obtener

informacion para encontrar a un abogado en el Centro de Ayuda de las Cortes de California ([www.sucorte.ca.gov](http://www.sucorte.ca.gov)), en el sitio Web de los Servicios Legales de California ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)) o poniendose en contacto con el colegio de abogados de su condado. The name and address of the court is: Superior Court of California, RIVERSIDE, 4175 MAIN STREET, RIVERSIDE, CA 92501 The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: ERNEST JAMES GRAY III, 23076 WESTERN RIDGE RD, MORENO VALLEY, CA 92557 Notice to the person served: You are served as an individual. Clerk, by L. SIMMONS, Deputy DATE: FEB 08, 2019  
**p. 6/20, 6/27, 7/4, 7/11/2019**

PROBATE

CITATION

**NOTICE OF CITATION**  
Freedom From Parental Custody and Control (ABANDONMENT)  
Case Number ADRI 1803399

In the matter of the petition of: GENARO RAUL AVILA

To: NATHAN ALEXANDER ANDRE, and to all the persons claiming to be the father or mother of minor, KALLNA KUARI ANDRE

By order of the Court you are hereby cited and required to appear before the Judge presiding in Department F-502 of the Riverside Superior Court, located at 4175 Main Street, Riverside, CA 92501, on 7/12/2019 at 8:30am, and of that day, then

and there to show cause, if any you have, why said person should not be declared free from the control of his/her parents according to the petition on file herein. The petition filed herein is for the purpose of freeing the subject child for placement for adoption. You are served as an individual citee. Dated: 06-04-2019 Clerk-Superior Court, M. VALADEZ, Deputy  
**p. 6/13, 6/20, 627, 7/4/2019**

PUBLIC NOTICE

NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that sealed bids will be received in the Nutrition Services Department of the San Bernardino City Unified School District, 1257 Northpark Boulevard, San Bernardino, California, 92407, on or before 11:00 a.m., on July 16, 2019, for PRODUCE, under Bid No. NSB 2019-20-02.

Bid documents required for bidding may be secured at the above department or online at <https://sbcsdnutrition.services.org/?page=BidsandProposals>. Please call 909/881-8000 for more information.

The Board of Education reserves the right to reject any or all bids, and to waive any irregularities or informalities in any bid or in the bidding, and to accept or reject any items thereon.

SAN BERNARDINO CITY UNIFIED SCHOOL DISTRICT

By: Joanna Nord, Administrative Analyst, Nutrition Services Department 6/27, 7/4/19

CNS-3265739#

**p. 6/27, 7/4/2019**

**Fleet Supervisor**  
**San Bernardino County**  
**\$28.05 - \$38.57 Hourly**

The Department of Fleet Management is recruiting for a Fleet Supervisor who oversee skilled mechanics in the maintenance, repair, modification, and fabrication of automobiles, trucks and equipment. Four years of journey-level automotive mechanical experience, within the last six (6) years, performing all phases of maintenance, repair, and fabrication on automobiles, trucks, or heavy equipment is required. Apply By 7/12/19 5PM Apply At [www.sbcounty.gov/jobs](http://www.sbcounty.gov/jobs) (909) 387-8304 - EEO/ADA

**p. 7/4/2019**

**Motor Pool Assistant**  
**\$12.83 - \$17.67 Hourly**  
**San Bernardino County**

The Fleet Management Department is recruiting for a Motor Pool Assistant who will ensure that the County's fleet vehicles are clean and ready for customer use. Six months of experience dispatching vehicles and/or equipment, maintaining records and/or logs OR six months experience washing and fueling vehicles in a high volume fleet agency is required. Apply By 7/12/19 5PM Apply At [www.sbcounty.gov/jobs](http://www.sbcounty.gov/jobs) (909) 387-8304 - EEO/ADA

**p. 7/4/2019**

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# Farewell to Tuskegee Hero Lt. Colonel Robert “Bob” J. Friend

## Palm Springs

**T**uskegee Airman and Red Tail Combat Pilot Lt. Colonel Robert “Bob” J. Friend passed away from natural causes on Friday, June 21, 2019 as he neared his 100th birthday.

There will be a public viewing for Friend at the Palm Springs Air Museum on Saturday, July 6 from noon to 5 p.m. A memorial service is scheduled for Sunday July 7th beginning at 11:00 a.m. The Palm Springs Air Museum is located at 745 N Gene Autry Trail in Palm Springs. Both events will be held in the museum’s Miles Hanger at the museum.

Friend was among the few remaining survivors of the historic and celebrated Tuskegee Airmen—the first African American military pilots in the history of the United States Armed Forces.

The Tuskegee Airmen trained in Tuskegee, Alabama where Friend was part of the 332nd Fighter Group, nicknamed the “Red Tails” after the distinctive paint design on their planes. These men eventually became the 15th Air Force. They flew P-47s and P-51s and accompanied larger bombers as they flew



over Italy to protect them against German fighter planes.

There is little debate the Tuskegee Airmen stood out for their service in World War II. Collectively they flew more than 15,000 missions. Collectively, the Tuskegee Airmen earned three Distinguished Unit Citations, eight Purple Hearts, fourteen Bronze Stars and 96 Distinguished Flying Crosses. In addition, of the 600 Tuskegee Airmen who served in war, fewer than seventy died in combat—one of the lowest records of loss in the US military.

Friend’s personal record of service was equally distinguished. According to his official obituary, he flew in 142 combat missions World War II and served in both Korea and Vietnam. In recognition of his service to the nation Friend was the Congressional Gold Medal, the Distinguished Flying Cross, the Presidential Unit Citation, the Bronze Star with Flying Cross, 3 Distinguished Service Medals, and an Air Medal.

Following his retirement, Friend became actively involved

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## NEWS IN BRIEF

### California Re-enacts Key Provision of Obamacare



**Sacramento** – Members of the California Assembly and Senate have voted to reauthorize a key provision of Obamacare halted by the nation’s Republican led congress as part of the tax overhaul that also delivered billions of dollars in tax breaks to the nation’s wealthiest citizens as well as corporations.

On Monday, June 24th California legislators voted to bring back the tax placed on individuals who refuse to purchase health insurance originally implemented with the Affordable Care Act of 2010. Governor Newsom is expected to sign the legislation because it fulfills a proposal the governor made regarding reimplementing of the tax earlier this year. When the measure is enacted California will become the fifth state in the nation to take such action.

## A Request for Backpacks and School Supplies

### San Bernardino

**M**embers of the community are invited to help provide new backpacks full of school supplies for vulnerable children and youth. The collection effort will continue through July 12th.

Betty Chambers, Director of Programs at the Children’s Fund stated, “Our community’s children are worth the investment.” According to Chambers, by providing a new backpack full of needed school supplies to foster youth and other vulnerable children helps enforce the idea that they are valued and important.

This year there are three ways local citizens can participate in the Backpack and School Supplies Drive.

First, you may bring your backpack and school supply donations to the Children’s Fund’s office between the hours of located at 348 W.

Hospitality Lane #110, in San Bernardino—the office is open Monday through Friday 8:00 a.m. to 5:00 p.m. and closes for lunch between noon and 1:00 p.m.

As a second option, you may visit their Amazon Wish list at [www.childrensfund.org/backpacks](http://www.childrensfund.org/backpacks)

to purchase and ship backpacks and supplies directly to Children’s Fund’s office. And lastly, monetary donations by

credit card can be made securely online at [www.childrensfund.org](http://www.childrensfund.org).

The Children’s Fund is a local nonprofit that has served the children of San Bernardino

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# THE SUMMER OF SEVENS



7's Scratchers®. \$2 overall odds are 1 in 4.09. \$5 overall odds are 1 in 3.75. \$10 overall odds are 1 in 3.30. \$20 overall odds are 1 in 3.00. Problem Gambling Help Line: 1-800-GAMBLER. Must be 18 years or older to purchase, play, or claim. ©2019 California Lottery®

## IN THE NEWS Raising Their Voices



### Riverside

**L**ate last month at least 70 members of the United Domestic Workers of America/American Federation of State, County and Municipal Employees Local 3930 attended the Riverside County Board of Supervisors meeting to ask their elected officials to approve a contract to increase their benefit and pay.

This activism came on the heels of a much larger demonstration at the meeting of the San Bernardino County Board of Supervisors meeting a week earlier where hundreds of caregivers represented by SEIU Local 2015, their supporters and civil rights activists pressed the same issue.

These actions in the inland region are part of a statewide movement to increase the wages and benefits to those who provide in home services to the state's seniors and disabled. This allows vulnerable citizens to remain in their homes at a cost that is far less than it would to care for them in care facilities, hospitals, etc.

Across the inland region thousands of low-income elderly and disabled citizens depend on the support of caregivers to provide much needed services including personal care, cooking, laundry, house cleaning, grocery shopping, etc.

As the state's senior population continues to expand the need for caregivers is also expanding. Yet at a wage of only \$12.00 an hour, it is difficult for these workers to provide for their own basic needs. In addition, such low wages make it difficult to retain caregivers and to attract new ones.

Caregivers in both Riverside and San Bernardino Counties continue to labor with low wages. In Riverside County they have worked without a contract for almost four years as they seek a one dollar increase over four years while San Bernardino County caregivers have been in negotiations for 18 months seeking to increase wages to \$15 in advance of the state's mandatory date for the minimum wage to reach that goal by the year 2022. In both counties the caregivers are also fighting for expanded access to benefits.

In both instances--negotiations continue.

# Living with Depression and Anxiety:

## UCR Students Share Their Stories



*Editorial Comment: This week's Keeping it Real highlights the relationship between bullying and suicide and also shares how suicide-related behavior is rarely the result of a single source of trauma or stress. In partnership with the University of California, Riverside's Center for Healthy Communities (CHC), the following article, "Living with Depression and Anxiety" presents the stories of three UCR students who live with depression and/or anxiety. By sharing these real stories, it is the desire of the CHC and The IE Voice/Black Voice News to encourage others in the community to access available services and resources in hopes of decreasing the stigma associated with depression and anxiety. Here are their stories:*

**Mohamed Jawara**

**Contributor**

**Never Be Afraid to Ask for Help—A Close Call with Suicide**

**T**o live or not to live is a question that millions of individuals in the United States grapple with. Suicide, which is the act of intentionally causing one's own death, has become the 10th leading cause of death in America according to the Centers of Disease Control and Prevention (CDC). In 2017 alone, there were approximately 1.4 million suicide attempts of individuals 18 years of age and older according to the American Foundation for Suicide Prevention.

Several risk factors have been identified as being associated with suicide. For instance, individuals who have experienced violence, which includes sexual violence, child abuse or bullying have a higher risk of committing suicide. "Suicide attempt are more common among females however suicide does not discriminate; it affects people of every age, gender, race, and socioeconomic status," says Dr. Jeannie D. Lochhead, M.D., a UCR Health Psychiatrist and assistant clinical professor of psychiatry at the University of California, Riverside.

Other factors associated with suicide attempts may come in the form of unrealistic social, parental or academic expectations, which can create a

strong sense of rejection and can lead to psychological stresses. According to the U.S. Department of Health and Human Services, depression—which is considered a mood disorder—affects the way an individual, feels, thinks and handles daily activities, and can increase the risk of committing suicide.

The power of depressive thinking is one that should never be underestimated or go unnoticed by loved ones. Mae, a 20 years old Filipino undergraduate student at the University of California, Riverside recounted her experience with depression and her close call with suicide.

At age 13, a school therapist recommended Mae be admitted for treatment because of early signs of depression. As a result of parental supervision however, Mae never received treatment and growing up she did not get the opportunity to learn about depression.

Mae first experienced depression during her early teenage years. "When I was around 12 or 13, my parents divorced, so that caused a huge collapse in terms of my mental health," said Mae.

For the first two weeks of each month, Mae expressed having high levels of energy, however, towards the end of each month, she would go through a very deep depression and it got to a point where she preferred





to stay indoors, as a result of the drastic changes in emotion and moods she experienced. She remembers feeling dissociated, aloof, non-talkative and wanting to be alone. “Most days it was pretty difficult to just function,” Mae added.

It wasn’t until Mae started college at UCR that she was diagnosed with clinical depression. According to Mae, her depression worsened after going through a rough break up with an abusive partner. She fell into heavy drug use and was unable to keep up with a lot of extracurricular activities, like being able to get into the sorority that she wanted. “It all went spiraling down and then I couldn’t handle it, so I wanted to commit suicide in my room,” Mae shared recounting her close call with suicide.

According to Dr. Lochhead, “Some of the indicators for someone who is contemplating suicide is hopelessness...Looking out for anything that would be a source of hopelessness, and helping that individual get the appropriate treatment is important.”

At the pinnacle moment of contemplating suicide, Mae reached out to the Resident Advisor (RA) in her hall that was on duty. “I informed the RA that I was in danger of hurting myself and then I called the crisis hotline,” said Mae. The Sheriff was alerted of Mae’s attempt and she was taken to the Riverside Community Hospital Emergency Department. Mae was then transferred to another hospital where she was placed on 72 hours voluntary hold. At the hospital, Mae was provided safety plans and immediate contacts Mae could reach out to whenever she had thoughts of suicide.

After being released from the hospital, Mae was connected with the Counseling and Psychological Services at UCR. A case manager was assigned to her and she underwent multiple therapy sessions.

“In the last two years my life has significantly changed...After hospitalization and getting treatment, I have a bunch of different professors that actually check on me and the therapists here stay in contact with me. Generally, I’ve gotten much more stable,” Mae elaborated.

In addition, mindfulness and care has become a great coping mechanism for Mae as she learns methods to cope with depression and anxiety. She draws, attends Zumba classes and engages in activities that exert energy, since exerting energy is known to increase one’s happiness.

Currently, Mae is a Psychology Major, minoring in Sociology and in June of this year, she completed her sophomore year at UCR. Mae plans to pursue a masters degree in Social Work and Business, and she aspires to start her own boys and girls club in the near future.

According to Mae, a major misconception regarding depression is that a lot of people think it can be easily overcome and that it is something that is based on a person’s situation. However, most of the time, depression may have been brought about by a situation, but many times ends up becoming something of a pattern. Or, it might be related to a chemical imbalance.

Another misconception Mae expressed is the notion that suicide is unexpected. Signs such as an individual giving away their belongings or making amends with others all of a sudden can serve as signs of a person contemplating suicide.

Regarding individuals that are experiencing depression and anxiety, “It may seem the hardest thing in the world [is] to get out of bed or just function and get food, but you have to reward yourself in those moments,” shared Mae. She added, “Depression is kind of like running a marathon, you would have to run laps and laps before you can actually accomplish happiness, but it gets easier.” To better support those that are experiencing depression or having thoughts of suicide, Mae encourages their loved ones to listen. “Notice the signs and be aware of them especially for example if a person comes to you in need, do not turn them away and say, ‘Oh, I am too busy,’” Mae elaborated. Those loved ones concerned for an individual should be aware that resources do exist. They include getting professional help from a therapist or psychiatrist. Additionally, suicide prevention hotlines are accessible 24/7.

### An Adolescent Perspective

**A**dolescence, the transitional phase of growth and development between childhood and adulthood, is an exciting yet still unsettling time for individuals between the ages of 10 and 19. Besides dealing with many physical and emotional changes, adolescents also experience increasing academic, social, or family expectations.

According to Dr. Adwoa Osei, M.D., a health pediatrician at the University of California Riverside, adolescence comes with a sense of self-doubt, sharpening and understanding of abstract thought and the demands of life, which often translates, into stress. Social media, peer pressure, physical changes, societal and academic expectation all have the potential to influence the mental state of young individuals.





For some adolescents the lows in life are more than just temporary feelings—they may be prolonged, persistent, often interfere with daily functioning and sometimes creates a sense of worthlessness.

A report by the Substance Abuse and Mental Health Services Administration revealed in 2017 an estimated 3.2 million adolescents aged 12 to 17 in the United States had at least one major depressive episode. This number represents approximately 13 percent of the U.S. population aged 12 to 17.

According to the American Psychiatric Association, depression is considered a mood disorder which can affect the way an individual feels, thinks and handles daily activities, such as sleeping, eating, or working.

For Viviana Hurtado, a 19 years old Hispanic undergraduate student at the University of California Riverside, growing up in a predominantly Hispanic community in East Los Angeles, living with depression was seen as a stigma. Therefore, depression was not talked about at home and as a result, Viviana was unaware of its signs and symptoms.

Her symptoms began in middle school. “I didn’t know what was going on with me, like out of nowhere I would feel really sad or I would start crying and at first I was like, ‘Oh, it’s nothing,’” Viviana said recounting her experience.

She remembers finding it difficult to do simple things like smiling and laughing. Every day before going to school, she would practice trying to smile and there came a point where she had forgotten how to do so. She thought that she was only going through a phase, however, after the passing of a loved one, her symptoms got worse.

In high school as Viviana struggled with depression, she also developed anxiety. “I was just crying out of nowhere and it got really bad... It got to a point where my mom started noticing and she was like, ‘What’s wrong?’ And, I told her I don’t know; I just started feeling like this,” Viviana exclaimed. Her depression and anxiety started affecting her classes and Viviana was not performing in her courses as she used to.

In her sophomore year, Viviana sought help by reaching out to the counseling department at her high school. The counselor referred her to a psychologist and when she mentioned the referral to her mother, she panicked. Her mother thought perhaps she was being bullied—she didn’t fully understand that Viviana was depressed.

With the assistance of the school counselor, Viviana’s mother came to terms with her daughter’s depression and anxiety. Viviana started going to therapy sessions and during her junior year of high school, she found extracurricular activities that provided coping skills to help with her

depression. In addition, Viviana became an active member of Step-Up, which is a non-profit organization that provides mentorship for those in underserved communities that are in high school.

Step-Up also gave Viviana the opportunity to meet her idol Selena Gomez. “I remember the day that she came into the room... We were talking and she helped me realized that I am worth it and that it’s going to get better... She taught me not to give up even though it can be hard, you just have to keep moving,” Viviana shared recounting her experience with the Walt Disney Star.

Through mentorship opportunities provided by Step-Up, Viviana became more confident, career focused and college ready. As a freshman at UCR, Viviana faced another episode of depression this past winter quarter. However, she reached out to the UCR Counseling and Psychological Services (CPS) where she was provided eight therapy sessions for her depression and anxiety.

CPS provided Viviana with a “self-talk” sheet to help her identify and channel negative thoughts. She was also provided a “self-care wheel” that shows different ways to take care of herself. Viviana has been focusing on mindfulness and living in the moment. She has completed her therapy sessions and she has been focusing on her studies. Viviana is currently majoring in Psychology and in June completed her first year at UCR.

A misconception about depression that Viviana would like to dispel is the notion that being depressed is the same as being sad. “Depression is not always about feeling sad all the time... You can feel sad, you can feel anxious, you can feel tense, you can feel empty, but it’s harder to get rid of,” said Viviana.

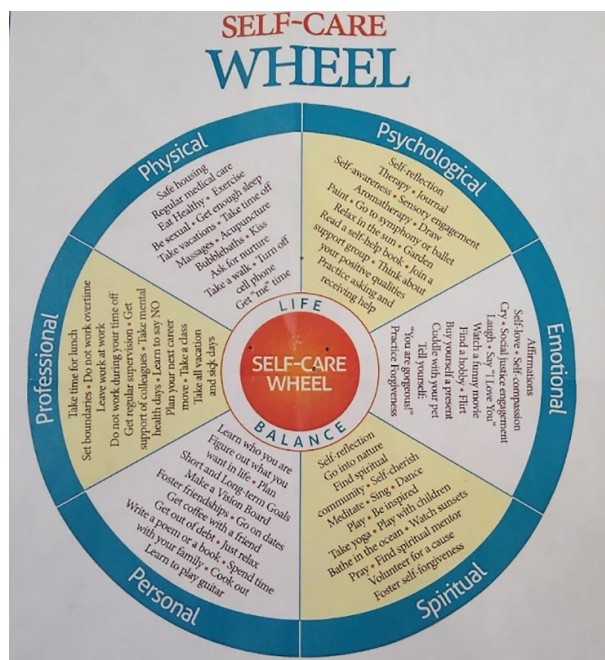
For those currently living with depression and anxiety, Viviana encourages them not to be afraid to reach out for help and not to forget that they are enough, they matter, and are loved. As a society, Viviana emphasizes that the importance of educating ourselves about mental health and being sensitive towards those that are experiencing it.

## A Medical Student’s Perspective

Every year, medical schools across the United States receive thousands of applications from studious, competitive and determined applicants that aspire to become physicians.

According to a survey conducted by the Association of American Medical Colleges, in the 2018-2019 academic year, medical schools throughout the U.S. admitted approximately 91,391 students. Admittance to medical school is considered a great achievement due to its rigorous admission process which involves attaining good grades, having community volunteer experience, participating in extracurricular activities in college, and being exposed to the medical field prior to applying to medical school.

Being accepted into medical school and eventually working in the



*continued on page 12*



# Balanced Budget Approved

## San Bernardino

In recent weeks municipalities across the region and around the state grappled with finalizing their budgets for the new fiscal year.

This year, the San Bernardino County Board of Supervisors (Board) made it look easy when they reached a consensus in June and voted unanimously to adopt a \$6.9 billion-dollar budget for the fiscal year beginning Jul 1, 2019.

According to county postings the budget fully funds increased costs to maintain current levels of public service, makes a substantial contribution to capital project needs and allocates funding to many projects and programs that support the Countywide Vision in addition to other goals and objectives determined by the supervisors.

In a written statement to the Board, the county's Chief Executive Officer Gary McBride declared, "The Board's longstanding fiscally prudent approach, coupled with continued

growth in property and sales tax revenues, has placed the county in a position to take care of immediate needs and strategically invest in the future."

Some examples of the funding recommendations considered include allocations to enhance public safety through programs like the Sheriff Department's HOPE (Homeless Outreach Proactive Enforcement) and START (Sheriff's Transitional Assistance Reentry

Team) programs; improve decision-making capabilities through the use of technology like Esri GIS licenses and support; address workload issues, particularly staffing for the District Attorney and Public Defender offices; and invest in capital projects, such as gully funding for the Valley

Dispatch Center project.

Beyond all of this, the budget also includes \$406.9 million dollars in reserves; one billion dollars for law and justice; \$2.3 billion for human services and \$721 million for the Arrowhead Regional Medical Center.



SAN BERNARDINO  
COUNTY

## FEATURE STORY

medical field is rewarding, however the journey of becoming a physician is arduous and, in some cases, depressive.

According to the Journal of the American Medical Association (AMA), almost 30 percent of medical students suffer from depression. Additionally, the AMA reports after the first two months of medical school, 26 percent of the students admitted to suffering from anxiety disorders, which is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

"In comparison to other student groups and the general population, medical students and physicians face higher levels of stress and burn-out leading to high risk of behavioral health problems such as anxiety and depression," said Dr. Lawanda Hall, DBH, Director of Academic Counseling and Student Support at the University of California Riverside School of Medicine.

Frances Tao, a 26-year-old Taiwanese medical student at the University of California,

Riverside School of Medicine shared her experience with depression and anxiety.

Growing up, Frances was never formally taught about depression, however she witnessed some of her family members being sad for weeks and sometimes months as they experienced rough patches in life. Additionally, while in college, one of Frances's friends in high school committed suicide, which came as a shock to everyone in the community because this individual was known to be very positive and high-spirited.

According to Frances, she first experienced signs and symptoms of depression and anxiety during her second year of medical school. Growing up, Frances was considered a high achiever and it was not until medical school that she started to struggle with her courses.

As she experienced bouts of depression, Frances remembers feeling fatigued and tired all the time even though routinely she'd sleep seven to eight hours a day. Moreover, she remembers keeping herself isolated and not wanting to socialize. For a very long time, Frances did not

feel happy or excited about anything in life, which felt like a constant drag.

In addition to being depressed, Frances struggled with anxiety, which caused her heart to palpitate rapidly, made it difficult for her to catch her breath. It also made it difficult for her to concentrate on her studies.

She elaborated, "I could read the same paragraph for ten minutes, over and over again and not understand anything... I would be too freaked out because of anxiety that I could not concentrate my eyes on the page that I [was] reading."

During her third year of medical school, Frances sought help for depression and anxiety at the UCR Counseling and Psychological Services. "I had to take both medication and therapy," said Frances. The psychiatrist on campus started her on a low dosage of Lexapro, which is a medication used to treat depression and anxiety.

At UCR School of Medicine, medical students who are exhibiting signs of stress, burnout,

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**Moreno Valley, CA 92553**  
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s. Richard-Quinonez  
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**p. 6/13, 6/20, 6/27, 7/4/2019**

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**Moreno Valley, CA 92553**  
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**Sergio-Armenta Jr**  
**13905 Red Mahogany Dr**  
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**Maximiliano-Abundez Toledo**

**6378 Thunder Bay Trail**  
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**Jurupa Valley, CA 92509**

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**17763 San Bernardino Ave**  
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**2865 Monroe St**  
**Riverside, CA 92504**

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s. Garrett Michael Demianew  
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Statement was filed with the County of Riverside on 05/26/2019  
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE- In accordance with subdivision (a) of section 17920, a fictitious business name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of 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). I hereby certify that this copy is a correct copy of the original statement on file in my office.  
Peter Aldana, County Clerk,  
FILE NO. 201907665  
**p. 6/13, 6/20, 6/27, 7/4/2019**

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

**1ST ON SCENE HEALTHCARE SOLUTIONS**  
**812 Autumn Mist Ln**  
**San Jacinto, CA 92582**  
**RIVERSIDE COUNTY**  
**Jabori Edward Williams**  
**812 Autumn Mist Ln**  
**San Jacinto, CA 92582**

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

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code, that the registrant knows to be false, is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1000).)  
s. Jabori Edward Williams  
The filing of this statement does not of 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 was filed with the County of Riverside on 06/03/2019

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

NOTICE- In accordance with subdivision (a) of section 17920, a fictitious business name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of 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). I hereby certify that this copy is a correct copy of the original statement on file in my office.  
Peter Aldana, County Clerk,  
FILE NO. 201907979  
**p. 6/13, 6/20, 6/27, 7/4/2019**

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

**CONSTANCE'S CLEANING CREW**  
**27695 E. Trail Ridge Way #1048**  
**Moreno Valley, CA 92555**  
**RIVERSIDE COUNTY**  
**61451 Verbena Rd Apt 11E**  
**Joshua Tree, CA 92252**  
**Constance Marlee Roach**  
**61451 Verbena Rd Apt 11E**  
**Joshua Tree, CA 92252**

**CA**  
This business is conducted by: Individual Registrant has not yet begun to transact business under the fictitious business name(s) listed above on  
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code, that the registrant knows to be false, is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1000).)  
s. Constance Marlee Roach  
The filing of this statement does not of 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 was filed with the County of Riverside on 05/16/2019  
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE- In accordance with subdivision (a) of section 17920, a fictitious business name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of 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). I hereby certify that this copy is a correct copy of the original statement on file in my office.  
Peter Aldana, County Clerk,  
FILE NO. 201907979  
**p. 6/13, 6/20, 6/27, 7/4/2019**

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

**FAIZAN-E-MADINAH**  
**2925 Argyle Cir**  
**Corona, CA 92879**  
**RIVERSIDE COUNTY**  
**Dawat-E-Islami, Inc.**  
**4110 N Freeway Blvd**  
**Sacramento, CA 95834**  
**CA**



**public**notices

I declare that all the information in this statement is true and correct. (A registrant





**public**notices

16 **VOICE** | July 4, 2019 | [theievoice.com](http://theievoice.com)

## *Failure to Report, continued from page 5*

issue of noncompliance regarding transparency, has raised added concerns over city officials' due diligence when it comes to fiscal accountability.

The city is now scrambling to comply with the law to avoid a potential \$5,000 fine and the additional charges that could result if the state controller is forced to send its own team to the city in order to mine the required data.

Although Colton and Murrieta were also listed as having failed to report, both cities had submitted their data as required; however, there were some discrepancies in the reports filed by both cities requiring clarification that remained unsolved by the April 30th deadline. As a result, the cities were considered out of compliance by the state.

Other area's that stood out in the report included annual wages for Redlands' City Manager. It totaled \$845,325 annually, making it the highest paid city manager's job in California. Moreno Valley's City Manager who earns \$588,221 annually was the third highest paid city manager in the state.

As the Inland Empire struggles—like the rest of the nation—to embrace its transition to a majority minority community where the race/ethnicity of many government officials, police, firefighters, etc. is no longer reflective of most citizens they now serve, transparency takes on an added dimension, particularly in poorer communities like San Bernardino, especially when they are locked out of opportunities and/or the salaries are out of range.

In recent weeks citizens have learned police officer salaries in San Bernardino are grossly out of proportion to other near-by cities; they also learned when the police department recently had an opportunity to appoint five new lieutenants—not a single one was Black; the city faces a looming budget deficit; and now for constituents to learn the city has failed to comply with the state's transparency requirements for government compensation have all combined to raise a red flag for many in the community.

To view this year's state compensation report in detail visit <https://publicpay.ca.gov/>.

## *Riverside Poised, continued from page 5*

to other programs, and most importantly, it can help increase the economic security for children and families in Riverside County.

## *A Request, continued from page 7*

County for nearly 33 years. The organization's mission is to give the county's most vulnerable children support, opportunity and hope by working to break the destructive cycles through community partnerships. Last year the organization provided more than 118,000 services to local children and since its founding it has facilitated over 1.5 million services to young people in the community.

To learn more about the backpack/school supply drive call (909) 379-6035 or visit <http://www.childrensfund.org/backpacks>. For more information on Children's Fund call (909) 379-0000 or visit [www.childrensfund.org](http://www.childrensfund.org).

## KEEPING IT REAL

risk of suicide." At the time Savanna was being bullied and attacked she was being treated for suicidal tendencies; and Rosalie's parents told reporters that in the period before her suicide she had become more reclusive and was in counseling.

Y-CJUSD has six lawsuits pending against it for bullying-related concerns. In the meantime, the CDC and other violence prevention experts and researchers have invested time and resources in working to understand more about the relationship between bullying and suicide—two very serious public health problems. The agency has a stated goal of using this knowledge to save lives and prevent future bullying.

If the Y-CJUSD has not done so yet, maybe it is passed time for it to move beyond taking "incidents of this nature extremely seriously" and handling them in accordance to current policies and procedures and seek a different way forward. Obviously, their current approach is failing its students—those being bullied, those who bully, as well as students who witness such incidents.

Of course, this is just my opinion—I'm keeping it real.

*For more information regarding the relationship between bullying visit the Centers for Disease Control and Prevention at <https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>.*

S.E. Williams  
Editor

anxiety, depression or other forms of behavioral health symptoms, can find support through the Office of Medical Student Support and Wellness.

"Research has found that having an office primarily focused upon behavioral health and wellness can help to reduce the stigma of seeking mental health treatment, identify at-risk students, cultivate resiliency and serve as a liaison to support services across campus and within the surrounding community," Dr. Hall elaborated. While the medical school can assist with coordinating services to Counseling and Psychological Services, Disability Services, Case Management and Title IX, medical students can also directly access these services without a referral.

Frances has been on stable doses of Lexapro for the past year. She utilizes therapy whenever she experiences a crisis, which can take the form of panic attacks or finding it difficult to study for her classes. "My most recent therapy sessions have been focused more on coping in regards to what to do in certain situations and how to handle it," said Frances.

Having adequate sleep and eating all three meals has been a main priority for Frances. She makes it a point of duty to visit her family frequently, and her significant other has been the biggest support system for Frances as she copes.

Frances is currently in Boston pursuing her master's degree in public health at Harvard University and will return to UCR this summer to finish her 4th year of medical school. During

*continued on page 18*

## *Farewell to Tuskegee, continued from page 7*

with the Palm Springs Air Museum. He even restored a P-51D to flying status. The painting on the plane matches the markings on the P-51 he flew during WWII.

To learn more visit <https://study.com/academy/lesson/tuskegee-airmen-history-facts-accomplishments.html>.

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## FEATURE STORY

4th year, Frances will continue with her clinical rotations.

“To assist with supporting 3rd and 4th year medical students, the UCR School of Medicine Office of Student Affairs offers wellness coaching, financial aid counseling, career advising, and academic success appointments on site at the community-based hospitals where students complete their clinical rotations,” according to Dr. Hall.

It is hoped that by placing a priority on holistic well being for students that anxiety and depression among medical students will be reduced and mental health treatment will be destigmatized.

Regarding misconceptions about depression and anxiety, Frances stated, “The first misconception that comes to mind is perhaps the notion that medical healthcare providers can’t get it... I know it’s kind of intuitive, but we’re all humans and we’re all definitely susceptible to a lot of the same illnesses.” She continued, “I would even argue that we’re more susceptible because we deal with human tragedy and sickness every day.”

Another misconception that Frances would like to dispel is the notion that an individual can just snap out of depression and/or anxiety.

“There are a lot of things going on psychologically and also physically and those things are really engrained and really hard to deal with,” she explained.

For individuals struggling with depression and/or anxiety, Frances encourages them to count the things that they are grateful for and to not feel alone. “As you experience depression, it feels like the world is falling apart around you and that you’re stuck in the middle of it and that you’re helpless, but there will always be better days.”

Regarding those that have friends, family and loved ones experiencing depression and/or anxiety, Frances encourages them to be accessible. “If a loved one reaches out to you, be there for them, but also do not feel scared to check-in and ask how they are doing.”

If you or someone you know is experiencing depression and/or anxiety please visit <https://up2riverside.org>, or if you are a student call the UCR Counseling and Psychological Services at 951-UCR-TALK (951-827-5531) or call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) if you or someone you know is experiencing thoughts of suicide.

Regarding all the stories in this compilation as well as the issues discussed in this week’s

Keeping it Real, it is crucial the public remains educated on mental health and begins to take mental illnesses as seriously as it takes physical illnesses. There is a stigma against reaching out for help and this can cause people to avoid the resources that are available to them. Everyone must work together to dispel the stigma surrounding mental health problems. Together, we can end the stigma surrounding Mental Health.

Members of the Riverside Community can reach out to the Riverside County Department of Mental Health at <https://www.rcdmh.org/>. Information regarding support services for residents of San Bernardino County’s Department of Behavioral Health is available at <https://www.rcdmh.org/>.

If you have questions or feedback, please feel free to email [chc@medsch.ucr.edu](mailto:chc@medsch.ucr.edu).

*Contributing Editor Mohamed Jawara is a University of California Riverside alumnus with a Bachelor of Arts Degree in Political Science and Law & Society. He is currently a Program Assistant at the UCR School of Medicine’s Center for Healthy Communities and contributes health content for the I.E. Voice Newspaper. Mr. Jawara will be pursuing a Master of Health Services-Physician Assistant Studies Degree at the University of California Davis in the Summer of 2019.*

## publicnotices

### AMENDED

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

**TIFFANEY’S TOTS FAMILY CHILD CARE**  
**24394 DUNLAVY CT**  
**MORENO VALLEY, CA 92557**  
**RIVERSIDE COUNTY**  
Tiffany Ann Thomas  
24394 Dunlavy Ct  
Moreno Valley, CA 92557

This business is conducted by: Individual  
Registrant commenced to transact business under the fictitious business name(s) listed above on March 17, 2017  
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code, that the registrant knows to be false, is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1000).)  
s. Tiffany Ann Thomas  
Statement filed with the County of Riverside on 10/23/2018

NOTICE: In accordance with subdivision (a) of section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new Fictitious

Business Name Statement must be filed before the expiration. The filing of this statement does not of 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). I hereby certify that this copy is a correct copy of the original statement on file in my office.  
Peter Aldana, County Clerk  
File # R-201814742

**p. 11/1, 11/8, 11/15, 11/22/2018**

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

**SANDY’S THREADING SALON**  
**1201 University Ave 105**  
**Riverside, CA 92507**  
**RIVERSIDE COUNTY**  
Sandeep –Kaur  
5310 Canyon Crest Dr 26  
Riverside, CA 92507  
Ankush – Toor  
5310 Canyon Crest Dr 26  
Riverside, CA 92507

This business is conducted by: Married Couple  
Registrant commenced to transact business under the fictitious business name(s) listed above on 05/15/2019  
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code, that the registrant knows to be false, is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1000).)

s. Sandeep –Kaur

The filing of this statement does of 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 was filed with the County of Riverside on 05/29/2019  
I hereby certify that this copy is a correct copy of the original statement on file in my office.

NOTICE- In accordance with subdivision (a) of section 17920, a fictitious business name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of 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). I hereby certify that this copy is a correct copy of the original statement on file in my office.  
Peter Aldana, County Clerk,  
FILE NO. 201907727  
**p. 6/6, 6/13, 6/20, 6/27/2019**

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

**RANCHO PARKWAY LEGAL GROUP**  
**REMINGTON PARKWAY LEGAL GROUP**

**HR LAW CALIFORNIA**  
**HR LAW DIGEST**  
**HRM SPECIALIST**  
**28517 Triple C Ranch Road**  
**Murrieta, CA 92563**  
**Riverside County**  
Nikki Gail Gralnick  
28517 Triple C Ranch Road  
Murrieta, CA 92563

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

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code, that the registrant knows to be false, is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1000).)  
s. Nikki Gail Gralnick,  
Statement filed with the County of Riverside on 06/01/2017

NOTICE: In accordance with subdivision (a) of section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of 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). I hereby certify that this copy is a correct copy of the original statement on file in my office.  
Peter Aldana, County Clerk  
File # R-201707585  
**p. 6/15, 6/22, 6/29, 7/6/2017**

### WITHDRAWAL

**STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME**

The following person has withdrawn as a general partner from the partnership operating under the fictitious business name of:

**File No. R-201800183**  
**ANGELA’S NAILS & SPA**  
**23940 Ironwood Ave**  
**Moreno Valley, CA 92557**  
**RIVERSIDE COUNTY**  
**Diem T Tran**  
**16324 Coolbreeze Court**  
**Riverside, CA 92503**

This business is conducted by: General Partnership  
The fictitious business name(s) referred to above was filed in Riverside County on 01/04/2018

I declare that 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. Phuong Quynh Nguyen

This statement was filed with the County Clerk of Riverside County on 06/06/2019  
Peter Aldana, County, Clerk  
FILE NO R-201800183  
**p. 6/13, 6/20, 6/27, 7/4/20**

### ABANDONMENT

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME: File No. R-201904950**  
**DAILY NUTRITION**

**40685 California Oaks Rd Suite J**  
**Murrieta, CA 92562**  
**RIVERSIDE COUNTY**  
Ashley Ann Wilch  
**42067 Karrie Ln**  
**Murrieta, CA 92562**

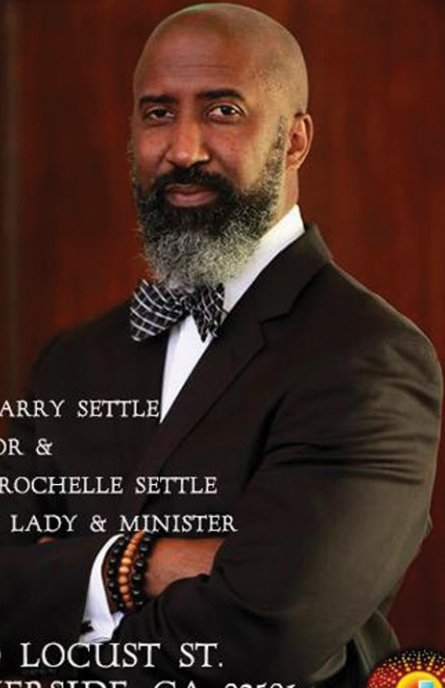
This business is conducted by: Individual  
The fictitious business name(s) referred to above was filed in Riverside County on 04/05/2019

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code, that the registrant knows to be false, is guilty of a misdemeanor is punishable by a fine not to exceed one thousand dollars (\$1000).)  
s. Ashley Ann Wilch

This statement was filed with the County Clerk of Riverside County on 06/21/2019  
Peter Aldana, County, Clerk  
FILE NO. R-201409625  
**p. 7/4, 7/11, 7/18, 7/25/2019**


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