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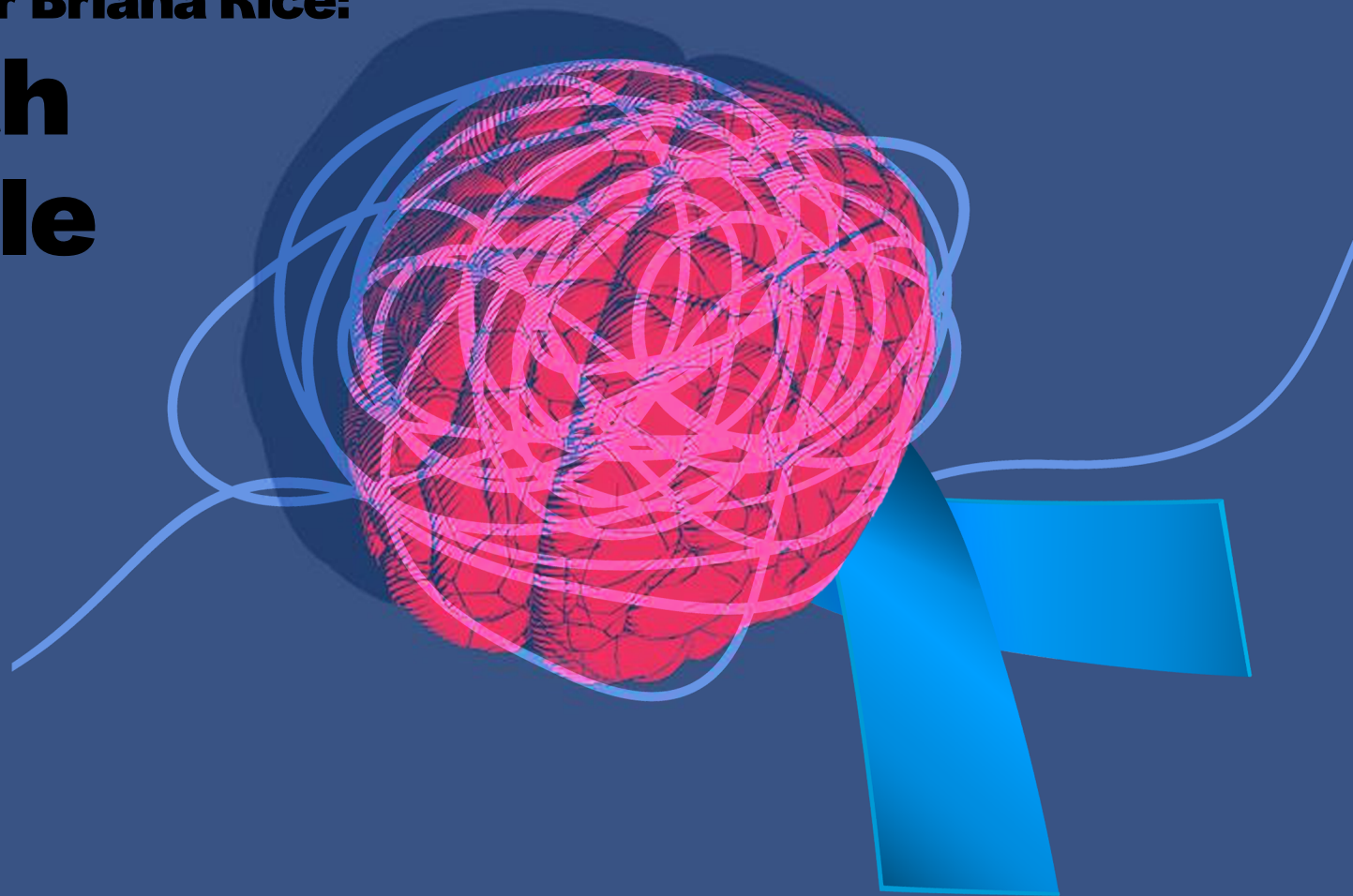
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Brain Injury Survivor Briana Rice:

Living with An Invisible Disability



3 KEEPING IT REAL
OpEd: Riverside
County Board
of Supervisors:
Incrementalism is
Not a Solution

5 IN THE NEWS
New California Black
Doula Directory
Launched by
Frontline Doulas

7 HEALTH
Care In The IE
Part 1: The Growing
Need

9 IN MY OPINION
Half-truths, Is City
Manager Charles
Montoya Creating A
Den of Smiling Face
Liars? (Part 2)

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OpEd: Riverside County Board of Supervisors: Incrementalism is Not a Solution

Last month we learned of incremental movement by the Riverside County Board of Supervisors to peel away some of the autonomy of the Riverside County Sheriff's Department led by Chad Bianco.

In the wake of an alarming rise in custody deaths in 2022, the board authorized the County Executive Office (CEO) to study the feasibility of separating the sheriff's department from the coroner's office.

Upon completion of the study, the CEO recommended outsourcing autopsies related to in-custody and officer involved deaths. Although this is an incremental step toward transparency it falls far short of the type of transparency warranted to establish trust in the department as the change only deals with the autopsies portion of the in-custody deaths investigatory process, while a critical part of the process—the coroner's review—remains unchanged. And, since Bianco also leads the coroner's office, an important part of the in-custody death investigatory process remains opaque.

The slow walk toward true transparency and accountability continues to be impeded by tepid board members who tip-toe around criticism of the sheriff and refrain from any meaningful efforts to press for more aggressive change as if their campaign coffers depend on not rocking the boat too much so they don't lose contributions from powerful police unions and other hardline supporters.

State law mandates that county boards of supervisors oversee sheriffs' offices. And in 2021, AB 1185 was established giving counties the authority to establish civilian oversight boards to assist supervisors in that role. However, the law does not require counties to create civilian boards. In other words, AB 1185 is another example of one of California's progressive laws without much teeth and a wide open escape hatch for boards that either lack the courage or the will to act.

When Black Voice News launched an investigation into the 2022 increase in in custody deaths in Riverside County Jails last year, board supervisors Chuck Washington and V. Manuel Perez were asked to share their concerns about the issue. We were told the board was briefed in a closed door session about the matter.



Riverside County Board of Supervisors lacks will to push for real change related to calls for transparency and accountability of Riverside County Sheriff's Department. (rivco.org)

Understanding Sheriff Chad Bianco is an elected official in his own right with significant latitude over how he manages the sheriff's department, the county's Board of Supervisors does however approve his billion dollar budget, thereby providing the board with some additional leverage—if they choose to use it. They have not.

Both supervisors gave dispassionate political responses to the Black Voice News inquiry. Third District Supervisor Washington shared how the supervisors were concerned about the in-custody deaths, but noted that Riverside was not alone in this regard, adding how in-custody deaths had risen in other state jurisdictions, and drugs are smuggled into jails in other counties too, he stressed. I understand he was in the midst of a campaign but in November, he told a reporter that the sheriff “is an independently elected position and I recognize his constitutional authority. Washington further assured that he will work with the department “to find solutions to incarceration challenges.”

While Fourth District Supervisor Perez on the other hand, last year would not comment on the sheriff or the in-custody deaths. Instead, he noted that to represent his constituents successfully, he has to work in good faith with people he may disagree with to effect change. “I am not interested in speaking ill or negatively about other policymakers, especially through the media or social media platforms.” We never asked him to speak negatively. We just ask for his thoughts/

continued on page 14

A Basic Income Program's Success With Black Women Adds to Growing National Interest

Participants who received an average of \$850 per month used it for paying bills, reducing debt and improving credit.



(Marketwatch.com)

Timothy Pratt | Capital & Main

In 2022, Shamarra Woods, now 31, was about to leave Atlanta, frustrated by her high rent and low pay as a logistics team trainee at a cardboard box company, a job it had taken her a year to find.

A single mother (her daughter Memri was born in March of that year), she couldn't see her way to making ends meet.

Then in late May she received a phone call with some welcome news: Someone from the Georgia Resilience and Opportunity (GRO) Fund, an Atlanta nonprofit, told her she had been chosen by lottery to participate in "In Her Hands" — a pilot program giving an average of \$850 per month for two years to 654 women, no strings attached. The GRO Fund runs the program in partnership with Give Directly, a New York-based nonprofit.

The extra money allowed Woods to pay off

debt and to afford child care, which in turn enabled her to keep a job at a company that eventually promoted her.

The Georgia program is one of 155 nationwide launched in the last few years to test the notion of unconditionally giving cash to fight poverty — called guaranteed or basic income. The idea has caught fire, with a growing number of pilot programs producing more and more data pointing to its effectiveness.

Now a group of academics has completed a report on the first year of the two-year program. "In Her Hands" has had some initial success in paving a road out of poverty. The new data, when added to the results from dozens of other studies, has supporters of guaranteed income hopeful that policymakers will see the benefits of dedicating public funds to the idea, at the federal, state or local level. One obstacle addressed by research findings, they note, is the

longstanding narrative with roots in the Reagan-era "welfare queen" trope about poor people being "undeserving" of no-strings assistance.

An advance copy of the report's findings shows 45% of participants used at least some of the money to "catch up/get ahead" on paying bills; 27% paid off debts; 16% bought "more or better food"; and 14% improved their credit scores. Nearly 30% reported having "rainy day" funds, or twice the percentage from a comparison group.

Hope Wollensack, executive director at GRO, said that about three-fourths of the women in the program have children — like Woods — and "tend to report spending a good deal [of their monthly payments] on their children's needs." Woods came to Atlanta from rural Mississippi in 2020. She was the first in her immediate family to finish college and saw her move as "the start of a pathway to living a successful life."

She lives in the Old Fourth Ward — the historic neighborhood where Martin Luther King Jr. was born, and one of the communities targeted by "In Her Hands." Three majority-Black areas are served by the program: the Old Fourth Ward, a cluster of rural counties in southwest Georgia and the Atlanta suburb of College Park.

Program participants are women earning less than 200% of the federal poverty level — \$40,880 for a family of two.

Woods' daughter Memri was only 2 months old when Woods applied to the program. Her rent, with utilities, was about \$1,700. She had a car note of \$650. It was becoming too much to afford.

She could care for her daughter at home because she was working remotely. But months later, her employer called staff back to work on-site three days a week. She described those events as "one step forward, one step back."

But the extra income from the GRO Fund allowed her to pay for child care, which allowed her to keep the job; she later got promoted and now earns \$55,000 a year.

Naomi Zewde, health policy and management professor at the University of California, Los Angeles, was one of nine authors of the report

continued on page 8

Breanna Reeves | Staff

Birthing families now have access to an additional doula directory with the launch of Frontline Doula’s California Black Doula Directory.

Frontline Doulas is a perinatal health program that provides Black families with Black doulas at no cost across Los Angeles County. Co-founded by two community-based doulas in 2019, Dr. Sayida Peprah-Wilson and Khefri Riley, Frontline Doulas offer supportive services for families and training opportunities for community doulas.

“We want to make sure that there’s equitable

“

It was really important to take our time to find something that, one, could work on a grassroots level, meaning it was affordable for us as an organization, and was also easy for families to use to be able to do a search and find a doula that’s in their area, or maybe has the same faith as them or the same cultural values.

- Khefri Riley
Frontline Doulas Co-Founder

”

access for all birthing families to find the care provider that they need and that they deserve, and that has mutual respect and cultural alignment,” Riley said. “So in order to find somebody, it has to be easy to find them.”

The team at Frontline Doulas received multiple requests and questions about how to find doulas in their communities — requests that have increased over the last few years in the wake of a worsening maternal mortality crisis.

Over the last few years as the need for doulas has grown across the nation, several doula directories have been developed by a number of local and national organizations. In 2023,

New California Black Doula Directory Launched by Frontline Doulas



Earlier this month Frontline Doulas, a Los Angeles-based perinatal health program, launched the California Black Doula Directory. (Image courtesy of Frontline Doulas)

California’s Medicaid program, Medi-Cal, added a new Doula Services Benefit that connects doulas with Medi-Cal beneficiaries. Medi-Cal created a doula directory for doulas who are contracted under Medi-Cal Managed Care Plans or Fee-for-Service.

Similarly, Frontline Doula’s California Black Doula Directory not only allows doulas to report if they are an eligible Medi-Cal provider, but also allows doulas to report otherwise. With 40% of births covered by Medi-Cal, the need for Black doulas will continue to grow as the state addresses disparate gaps in care for Black birthing people.

“It was really important to take our time to find something that, one, could work on a grassroots level, meaning it was affordable for

us as an organization, and was also easy for families to use to be able to do a search and find a doula that’s in their area, or maybe has the same faith as them or the same cultural values,” Riley explained.

Another feature of the California Black Doula Directory is that each doula’s profile includes specific tags that give details about their backgrounds and services such as cultural identities and specializations. Creating the directory was a labor of love for the Frontline Doula team who volunteered their time and received community donations to launch the directory.

As the state with the highest number of births per year — more than 400,000 births occurred

continued on page 12

Breanna Reeves | Staff

In six years, 10.8 million Californians will be over the age of 60 — accounting for 25% of the state's population. California has one of the fastest growing populations, with a projected 30% increase by the year 2060.

The population aged 60 years and over is expected to grow more than three times as fast as the total population. In Riverside County, 20% of the population was over the age of 60 in 2020. By 2060, the aging population is projected to become 32.5% of the county's population. Adults 60 and older in San Bernardino County made up 18% of the county's population in 2020 and is expected to increase to 29% by 2060.

With older Californians aging and their numbers rapidly growing in size, state officials are grappling with who will care for these older adults who need access to different care services.

“As California undergoes a significant demographic shift with the over-60 population growing rapidly and becoming more diverse, we anticipate both opportunities and challenges,” California Department of Aging (CDA) Director Susan DeMarois said in an email.

“One of the challenges is the looming shortage of paid caregivers as well as available family members, especially as our older population increases.”

As the need for home- and community-based services grows, the demand for California caregivers is at an all time high. According to AARP, the nation's largest nonprofit that provides resources to adults over 50, roughly 53 million adults in the U.S. are caregivers.

Direct care workers and family caregivers

The term caregiver is often mistakenly only defined as someone who is a healthcare professional and is paid to care for someone, and while that is true, a caregiver is also anyone who is providing support to someone else — a friend, a spouse or a relative — in their daily lives.

Carmen Estrada, executive director of the Inland Caregiver Resource Center, explained that another misconception about caregiving is that it requires 24-hour care. That's not always the case. Caregiving can be a granddaughter picking up prescriptions for a grandparent or grocery shopping for a parent.

“We've seen a lot — since the pandemic — of intergenerational families providing care for one

CARE IN THE IE

Part 1: The Growing Need

another,” Estrada said. “Sometimes people don't see themselves as caregivers, and that happens a lot with our minorities, with our Latino families, with our African American families.”

Culturally, communities of color are often raised with an understanding of taking care of their own family members, but shouldering the burden of caregiving can be hard. With these cultural norms of caring for family members and keeping the need for care within the family, many communities of color don't access support services.

The Inland Caregiver Resource Center was established in 1985 to provide support for caregivers who are specifically caring for individuals who sustained a traumatic brain injury, experienced a stroke, received an Alzheimer's diagnosis or other cognitive diagnoses after the age of 18.

The Center provides support that focuses on older adults and family caregivers or “informal caregivers,” as Estrada puts it.

“A lot of times services focus on the person needing the care and not the person taking care of them. We're different from other organizations in that our clients are the caregivers,” Estrada explained. “They're the ones that are providing the care. Our services are tailored to help them through their caregiving journey.”

There are several types of caregiving options

across the state, as well as support services for older adults who need personal care, custodial care or skilled care.

For aging adults who need care, there are several types of care and support options available that range from Community-Based Adult Services (CBAS), adult day programs and Multipurpose Senior Services Program (MSSP), among other services like food home delivery, CalFresh and Medicare counseling.

For caregivers, there are several programs administered by local nonprofit organizations and the CDA, including caregiver resources centers like the Inland Caregiver Resource Center that offers support groups, counseling, training and respite care. The CDA also offers training for caregivers across the state, both for formal and informal caregivers, through CalGROWS, a program that not only provides free training courses, but also incentive payments to caregivers who work in home and community settings.

“Meeting the needs of our aging population demands a robust and skilled caregiver workforce, and that starts with valuing direct care workers and family caregivers,” DeMarois said. “With workforce shortages, California is committed to

continued on page 14



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IN THE NEWS

In Georgia, continued from page 4

on the first year of the “In Her Hands” pilot program. She called attention to effects that can be measured: Program participants, for example, are 60% more likely than those in a comparison group to enroll in higher education programs — as well as to other impacts that can’t be measured.

“I love hearing from people affected [by guaranteed income],” she said. “Wherever they were at, they’ve been able to improve their lives.” Sean Kline, director of the Stanford University Basic Income Lab, said the growing number of guaranteed income pilot programs nationwide is also creating a growing number of reports like the one regarding “In Her Hands” — with more to come.

“Over the next 20 months, there will be a tremendous amount of data,” Kline said in February, with close to 40 programs expected to produce results in the next few years.

One effect of this, he said, is “normalizing [guaranteed income] as a policy idea.” The ongoing positive results are “challenging established ideas, showing that poverty is a systemic rather than an individual failure. They’re challenging harmful narratives about poor people, which are often racialized and gender-based.”

These narratives include “the perception that ‘those folks are looking for a handout,’” Wollensack said. “These are deeply embedded myths.”

Stephen Roll, a professor of social policy at Washington University in St. Louis, also helped evaluate the first year of “In Her Hands.” One trend he sees in the proliferating number of guaranteed income pilot programs is a focus on specific populations, such as homeless people, low-income parents and — as with the Atlanta program — Black women.

Roll hopes to see more programs make a stronger connection “between providing income and actually building wealth. Building wealth requires financial stability and savings.” A way to reach this goal may be to offer financial education, including on investing, he said.

Moving forward, Roll added, funding for guaranteed income programs needs to



Shamarra Woods and her daughter Memri at Disney World. Photo courtesy of Shamarra Woods.

shift from private philanthropy — and, with some of the pilots to date, COVID-related federal funds that are now unavailable — and toward sustained public support. Like others researching guaranteed income, Roll mentioned the powerful impact of the federal Child Tax Credits given with no strings attached during the pandemic. “Evidence produced by CTC and [guaranteed income] pilots will encourage city, state and maybe federal government agencies to build programs into their budgets,” he said.

As with others researching guaranteed income, Roll said findings continue to refute the belief that giving money to people in poverty will “allow people to not work, and stay home.” He said the studies show “the vast majority of people [receiving guaranteed income] don’t leave their jobs, and they use the money either to pursue their goals or to supply staples on the table.”

Shamarra Woods, meanwhile, said she is “very nervous” about “In Her Hands” ending. What is she going to do? Even with her pay raise, Woods struggles to keep up with the high cost of

continued on page 19

Half-truths, Is City Manager Charles Montoya Creating A Den of Smiling Face Liars? (Part 2)



Hardy Brown, Sr.
P u b l i s h e r
Emeritus

Photo by Benoit Maphettes

At the February 21, 2024 5:00 pm Special Council Meeting another incident came up since Charles Montoya became City Manager. The council was discussing agenda item 21: Downtown San Bernardino Property Based Improvement District (PBID) Feasibility Study and Formation Process (Councilmember Ted Sanchez, Ward 1) to see if they wanted to have it placed on the

Regular Council Meeting at 7:00 pm which was later that evening in the same location. This new special meeting of the Council held on the same day as the regular meeting is to limit citizen participation.

Under the Public Comments rule established by Montoya, citizens can only speak to items listed on the agenda during a special meeting. Some citizens came to the Special Council Meeting and made comments on Item 21, which caused confusion for Councilmembers Shorett, Reynoso, Calvin and Alexander because they could say anything on Item 21 and those citizens were given three minutes to speak on Item 21.

City Attorney Sonia Carvalho of Best Best & Krieger LLP (BBK) was asked to clear-up the confusion because Councilmember Calvin wanted to know how Item 21 got on the agenda in the first place. Attorney Carvalho responded; first you must remember the voters voted in a (City Charter) "City Manager" form of government that gives the City Manager control over the agenda and it is up to him what goes on agenda. (Note: it is not called a "City Manager" form of government, it is called "council-manager" form of government.)

This statement by Attorney Carvalho is partially true; it is a "Half -truth". The dictionary defines Half-truth as "a statement that mingles truth and falsehood with deliberate intent to deceive". On the street, these people are called liars.

This was what the voters voted for in the San Bernardino City Charter on November 8, 2016 and filed with the Secretary of State on January 31, 2017.



City Manager Charles Montoya and City Attorney Sonia Carvalho

The Preamble states, We, the people of the City of San Bernardino, in order to secure the benefits of home rule and a council-manager form of government, hereby adopt this Charter.

Article I Section 200 Form of Government: states, The municipal government established by this Charter is the council-manager form of government.

Article I Section 300 General Powers and Duties: states, All powers of the City shall be vested in the City Council ("Council"), and to the extent provided in this Charter, the Mayor. The Council shall provide for the exercise and performance of all duties and obligations imposed on the City by State and Federal laws. Except as otherwise required by law, the role of the Council is legislative, which includes the power to set policy, approve contracts and agreements, and undertake other obligations consistent with this Charter and the City's Municipal Code, while deferring to the discretion of management to choose the appropriate means to achieve the Council's goals.

Article I Section 309 Council Meetings: states, The Council shall establish by ordinance the time, place and the method of calling meetings, the rules of order for the conduct of proceedings by the Council, and the order of succession in the event of a vacancy in the office of Mayor.

Article VI Section 400 City Manager: states, The Mayor and Council, by a vote of the Mayor and entire Council, shall appoint a City Manager and fix the City Manager's compensation, as provided

in section 304(b) of this Charter. The City Manager may be removed by the Mayor and entire Council in the same manner.

Article VI Section 401 Powers and Duties: states, The City Manager shall be the chief executive officer of the City, responsible to the Council for the management of all City affairs placed in the City Manager's charge by or under this Charter. The City Manager will be the sole authority for managing City operations and appointing and directing City staff, except as otherwise provided in this Charter.

It is my opinion and suggestion to the Councilmembers to review the City Charter and have a copy with you at council meetings because the City Manager Montoya and Attorney Carvalho will tell you Half-truths.

Now under Municipal Code section 2.02.060 the duties of the City Manager are: (A) Determine the items and order of such items on the City Council's meeting agendas, subject to direction from the Mayor and City Council. The City Manager shall include any agenda item requested by the presiding officer of the City Council for discussion and further direction from a majority of the City Council.

It is clear to me the City Manager's authority is limited by the authority given him by the "direction of the council" not as alluded to by the statements of Montoya and Carvalho during the City Council meeting.

The Council needs to find out where Montoya got the information from to bring the Renovation of City Hall and his plan to rebuild the Downtown property. When he makes the statement to you "That's a Fact", ask for evidence because like one Councilmember said; we have seen many people come before the Council and make a lot of glowing statements and leave the city when those glowing statements turn into broken promises and leave us in debt.

Remember Montoya's resume looks good but his references from his former employers tell a different story, and the community has pointed that out to the Council during public comment so you cannot tell us you did not know. Is he is getting staff to tell Half-truths for him because you cannot communicate with staff without his permission, unless you are Councilmember Sanchez.

Brain Injury Survivor Briana Rice: Living with



Rice takes a moment of gratitude by the lakeshore on March 22, 2023. Part of her healing process includes walking and practicing meditation outdoors. Rice notices the progress in her physical strength and hopes to soon begin hiking. (Aryana Noroozi for Black Voice News / CatchLight Local)

the last few years since her accident, Briana is often confronted with people who judge her appearance or who question her behavior, not recognizing her as someone with a disability.

Living with an invisible disability

“I’m not going to sit here and say that it’s easy. I’m not going to sit here and pretend that it’s something that I love,” Briana said. “There are times that I just straight up struggle, and I want to bring more awareness to that because it is an invisible disability.”

The Invisible Disability Association describes an invisible disability as a physical, mental or neurological condition that is not visible from someone’s outward appearance, but still impacts and limits a person’s movement, senses and activities.

Roughly 96% of people with disabilities have hidden disabilities, according to Rhonda Fumia, director of Independent Living Services for the Center for Disability Rights.

“Just because a disabled person is not using a wheelchair or [doesn’t] have other visible adaptive devices doesn’t mean that they do not have a real disability,” Fumia said in an email.

Invisible disabilities are also called non-apparent or hidden disabilities and include chronic fatigue, autoimmune disorders and cognitive disorders such as attention-deficit/hyperactivity disorder (ADHD) and dyslexia.

In the last few years since recovering from the accident and navigating life with an invisible disability, Briana has found purpose in her experience: the Love and Light Movement. Initially started as a movement about travel and healing, the Love and Light Movement became a “living testament of my own journey to spiritual awakening,” which wasn’t on her bucket list, according to Briana.

While Briana’s journey has not been without difficulty, she shared that she understands God’s grace and compassion in a way she never did before.

Last year, Briana was asked to participate in a pageant hosted by Women of Achievement, an

by **Breanna Reeves**
Photos by **Ayana Noroozi**

In December 2021, Briana Rice, 38, was on her way home from work when she was rear-ended by a semi-truck. She suffered a traumatic brain injury (TBI), a spinal injury and post-traumatic stress disorder (PTSD).

Prior to her accident, Briana was a scientist, working in the field of international healthcare regulations for 14 years. She worked between eight to 10 hours a day, traveled monthly and regularly attended events on the weekends — always on the move. Around the time of the accident, Briana had been working on participating in her fourth Los Angeles Marathon and had traveled to 35 countries.

“I’m going to be perfectly honest, when it initially happened, I thought my world was over,” Briana said. “Everything I loved was gone.”

TBI is an injury that affects how the brain works and can be caused by a blow to the head or a penetrating injury such as a gunshot, according to the U.S. Centers for Disease Control and Prevention (CDC). There are three main types of TBI: mild, moderate and severe, all of which are serious injuries that can impact a person’s brain and the way they function.

It took Briana about eighteen months to regain her ability to read and write, walk without difficulty and navigate memory loss with the support of physical therapy, chiropractic care, acupuncture and behavioral therapy.

“I thank God that I don’t look like what I’ve been through, but I do lead a life of accommodations,” Briana explained. “As a brain injury survivor, there are still just certain things that [make me] know I’m not the same person. I have to lead a much slower life. I always have to have accommodations.”

With all that she has accomplished over

th An Invisible Disability



Far left: Dr. Shamus Sheridan poses for a portrait in his office at Sheridan Chiropractic, Inc. in Riverside County on March 22, 2024. Briana Rice receives treatment from Dr. Sheridan twice a week as part of her healing journey. He explained that chiropractic adjustments in conjunction with healthy living make for optimal recovery. "Thirty, forty minutes a day is huge for any type of traumatic brain injury, but you got to get oxygen to those cells — walking, exercise and diet, and the chiropractic adjustment to relieve the nerve stress," Dr. Sheridan said; Right: Briana Rice arranges a floral bouquet in her kitchen on March 22, 2024. She picked up this hobby while recovering from her injury after receiving many bouquets from her family and friends; Bottom Far left: Dr. Shamus Sheridan gives Briana Rice a chiropractic adjustment in his office at Sheridan Chiropractic Inc. in Riverside County on March 22, 2024. In December 2021, Rice, 38, was on her way home from work when she was rear-ended by a semi-truck. She suffered a traumatic brain injury (TBI), a spinal injury and post-traumatic stress disorder (PTSD); Bottom right: Dr. Sheridan holds a model of a vertebrae in his office at Sheridan Chiropractic on March 22, 2024. He explained that without oxygen flow and nerves being unable to properly receive signals from the brain, the spine faces the potential of long-term damage. (Aryana Noroozi for Black Voice News / CatchLight Local)

The road to healing

Briana's journey to healing included trusting the expertise of her doctors, trusting God and trying new and old activities that would heal her body in other ways. Briana practiced and continues to practice sound healing as a way to find internal peace. She tried an alternative psychedelic treatment and attended behavioral therapy to address her emotions and the toll it took on her body.

"I understand how to meditate to really find peace, and so many other just nice little gems in my life that I've never thought I would be open to spiritually have found me through this accident, and I love that," Briana said.

Although she suffered a setback with her spinal compression, Briana recovered with the support of her doctors and was crowned Ms. California - African American and Ms. Woman of Achievement International earlier this year.

Briana has spent the last several years sharing her story while also accomplishing new things she never considered. In 2021, Briana started the Blackberry Merlot Wine Festival in Temecula along with her business partner, Rickey D'Shon, a music producer who hosts events in Los Angeles. While Briana was recovering, D'Shon took a year off from their business, in support of Briana's recovery.

"[I was] grateful for that because in business sometimes that's unheard. People are just so driven to make money, I realized how much love I have around me," Briana said through tears. She shared that her family supported her and

continued on page 13

organization dedicated to recognizing and developing women leaders in their communities. As Briana got back into the swing of her life and began prepping for the pageant, she suffered a fainting spell as a result of swelling in her spine.

Thankfully, her doctors at Sheridan Chiropractic in Riverside County caught what was happening in her spine. When Briana was initially diagnosed, her initial prognosis was bleak and she needed surgery.

"I did some research in a very different way than I used to as a scientist," Briana said.

Her research led her to seek out less Westernized care and search for more holistic options. Briana turned to chiropractic and acupuncture care to support her in regaining her mobility. With the help of her chiropractor and acupuncturist, she was able to go from about 30% mobility to 100% mobility.

Dr. Shamus Sheridan, Briana's chiropractor, is an expert in whiplash nervous system injuries. TBI

involves the nervous system and the brain's connection to the spinal cord, where the nerves exit out and send messages from the brain, down to the spinal cord and out to the body.

When there is an injury to the spine, it can compress the spinal cord or nervous system, and block those messages, Dr. Sheridan explained.

"We did an evaluation with Briana. We found that she had a lot of pressure at the base of her brain and the spinal cord there that comes out and goes into the upper cervical vertebrae," Dr. Sheridan said. "We just removed that interference to get that flow going."

There were times Briana left the chiropractor's care in tears because she was in pain from the process, but over time the pain lessened and the exercises got easier. Briana still receives chiropractic and acupuncture care twice a week.

Fearlessness.

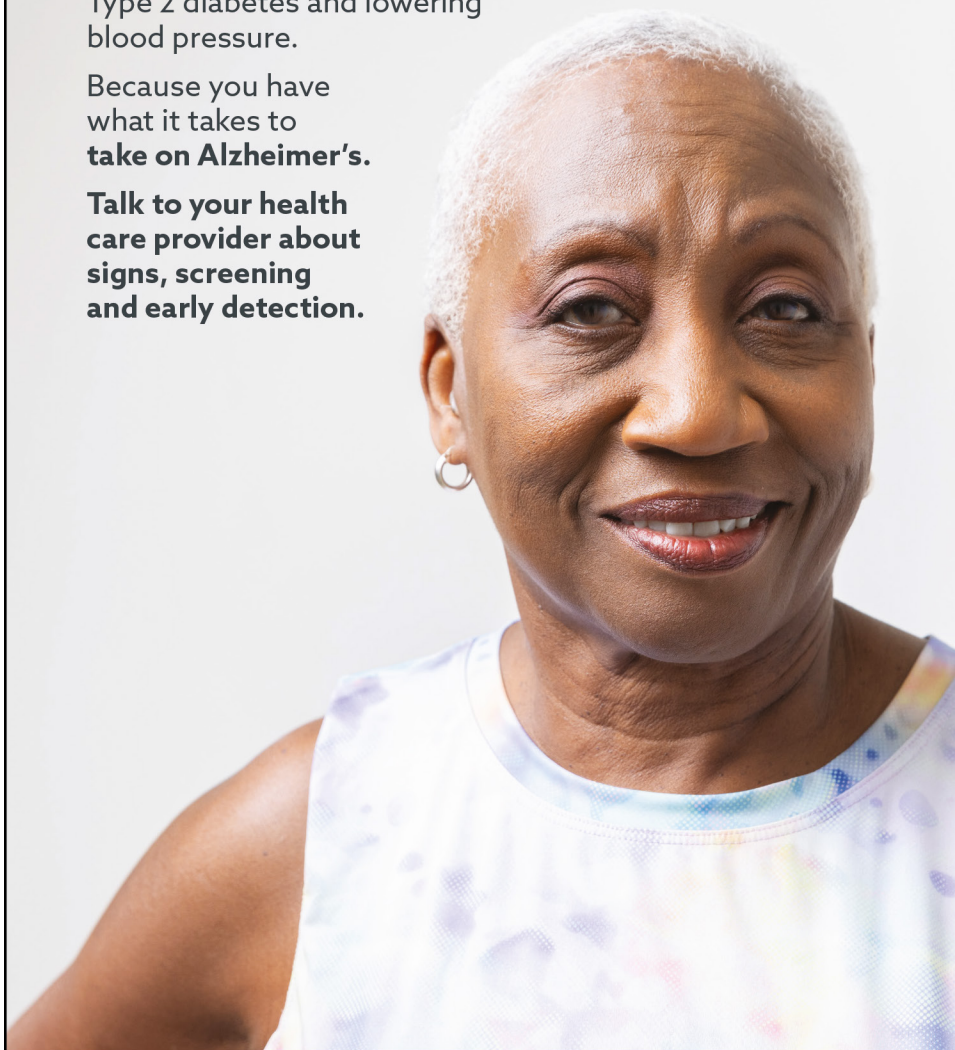
This is what it takes to take on Alzheimer's.

It's not easy to accept that memory loss that disrupts daily life could be a sign of Alzheimer's. Or that nearly two-thirds of people diagnosed are women, including Black women.

But there are steps you can take to reduce your risk, like monitoring Type 2 diabetes and lowering blood pressure.

Because you have what it takes to **take on Alzheimer's.**

Talk to your health care provider about signs, screening and early detection.

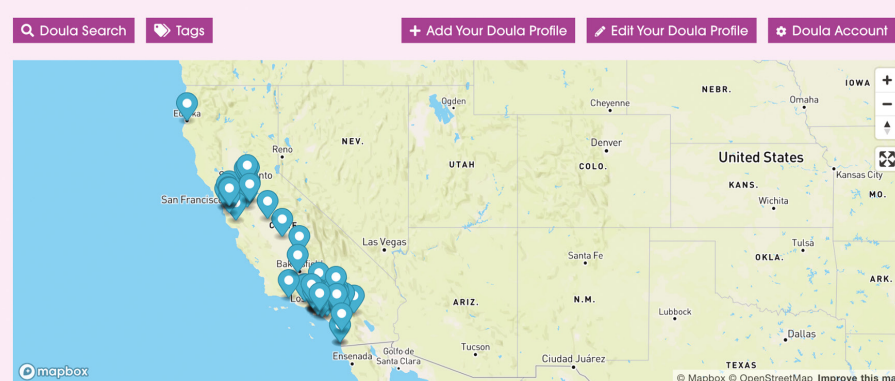


Learn more at
[TakeOnALZ.com](https://www.TakeOnALZ.com)



IN THE NEWS

Doula Directory, continued from page 5



A screenshot of the Frontline Doula's California Black Doula Directory map where families can search for doulas by location and specific tags added by doulas such as religion, cultural identity, ethnicity or specialty. (Image via Frontline Doulas)

in 2022 — the California Black Doula Directory recognizes the diverse needs of the population and welcomes doulas who identify as Black, Indigenous or as a person of color to register at no cost.

“We are diverse. We're progressive. In many instances, at least from a Black liberation standpoint, we're on the cutting edge of creating new ways to find liberation and we believe that begins at birth,” Riley explained.

This directory is also another resource for doulas who provide services, but have difficulty reaching those in the community who are in need. Jessica and Daniel Miller of Jurupa Valley Doulas are a bilingual doula group based in Riverside County.

The doula group launched in 2022 and has faced challenges navigating Medi-Cal's Doula Benefit, contracts with health insurance providers and connecting with Medi-Cal beneficiaries.

Jessica Miller said they have had to be resourceful by going out to barbershops and beauty shops to leave flyers for potential clients. Most families they work with found them by word of mouth, Instagram and local searches.

Jurupa Valley Doulas are registered on the Frontline Doulas directory in hopes of connecting with more birthing families in need, specifically those who are Medi-Cal beneficiaries. Jurupa Valley Doulas are listed as providers under Medi-Cal Managed Care Plans and Fee-for-Service.

Jessica Miller pointed out that there aren't many doulas registered yet as providers under Medi-Cal to match the need in the community. Jurupa Valley Doulas work with vulnerable families who are unhoused, asylum seekers and experiencing substance use disorder.

In addition to the directory, Frontline Doulas offers a variety of programs for doulas and birthing people such as Community Doula Champions Program, an initiative that seeks to support doula workforce development, foster community education and awareness.

“We definitely see this as a beneficial resource to the families and doulas in California. A lot of the comments and feedback that we've been

continued on page 19

Brain Injury, continued from page 11

“

I thank God that I don't look like what I've been through, but I do lead a life of accommodations... As a brain injury survivor, there are still just certain things that [make me] know I'm not the same person.

- Briana Rice

”

stepped up to care for her, almost like a child.

“My girlfriends — I call them my goddesses — almost literally held my hand, when I would try to get back in the world by wanting to travel...,” Briana shared. “I looked fine, but they would hold my hand in a dignified way or help me sit down so I can listen to music and still kind of experience [things], even though the world around me just seemed too overwhelming at times.”

According to Briana, one thing about a brain injury is that the world becomes overstimulating. But she has found a way to speak up for herself, to advocate for herself when she needs support or accommodations, which can be difficult to do.

Many misconceptions exist about visible and invisible disabilities, according to Fumia.

“For instance, some believe people with disabilities don't need accommodation, whereas the reality of accommodations is that everyone needs it regardless of visibility,” Fumia stated. “Another misconception is that a disability must be visible to be considered legitimate.”

The Americans with Disability Act (ADA) does not require a disability to be visible



Rice cooks fajitas as part of the recipe she uses to make lunch on March 22, 2024. (Aryana Noroozi for Black Voice News / CatchLight Local)

for protection against discrimination. The ADA recognizes several visible and invisible disabilities such as TBI, PTSD, epilepsy and diabetes, among others.

“Today, I'm fine. Most days, I'm fine. But if I need help or if I get emotional, if you could just be gentle with me, that would be great,” Briana said as she explained how she approaches people in her life about needing grace.

Briana's days are more gentle and much slower than they were before the car accident. Now, her days are filled with more sleep, practicing the Pomodoro technique suggested by her neuropsychologist and giving gratitude.

“I've run marathons, which seems like the longest, hardest thing to do,” Briana said. “This has been the ultimate marathon, finding grace and maintaining gratitude, and still being able to encourage others when there are days where I don't feel good.”

As March marks Brain Injury Awareness Month, observed by the Brain Injury Association of America (BIAA), Briana hopes that people

can be more mindful of those struggling with traumatic brain injuries or other invisible disabilities who need compassion. There are several resources available for those who need them through the ADA, Center for Disability Rights and Office for Civil Rights. Individuals can also take advantage of different features on iPhones and Apple watches, and several support groups online.

“I really want people to be encouraged that there is a lot of help out there. You can still lead a beautiful life,” Briana said.

October is designated as Invisible Disabilities Awareness Month and Fumia believes this can be an opportunity to learn more about hidden/invisible disabilities, and raise awareness in order to foster empathy and inclusivity.



#theievoice



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ONE PIECE
CAN RUIN
THE PICTURE.**



**Zero litter
is the goal.**

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LOS ANGELES

KEEPING IT REAL

RVSD County Board, continued from page 3

opinions regarding the loss of life in the county jails. I guess it was a matter of reading between the lines.

So, there you have it. This is a classic example of the structural and institutional incrementalism or change by degrees we've grown accustomed to in America. Incrementalism coupled with the military euphemism of acceptable loss...casualties or loss that are considered tolerable.. Is certain to move the issue of transparency in the Riverside County's Sheriff's Department forward at a pace slower than a three-toed sloth, which, believe it or not, moves slower than a snail.

You don't have to search the annals of history to understand what I mean by this. Just look to

the movement for civil rights that has dragged on incrementally since the end of the Civil War. Or the fight for women's equality that began in 1848 and today women still earn 16% less than what men earn on average. Or, the fight for gay rights that began in the 1920's and yet in 2023, a record amount of legislation, more than 520 anti-LGBTQ+ bills were introduced in state legislatures around the country.

We need supervisors who have the courage needed to take a stand and lead on this issue.

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

S.E. Williams
Executive Editor

HEALTH

Care in the IE, continued from page 7

investing in wages, training, and career ladders."

Doing God's work

According to Dr. Renita Polk, assistant director at the Office of Direct Care Workforce at CDA, California faces a projected labor shortage of 3.2 million paid direct care workers. During an Ethnic Media Services briefing, Dr. Polk emphasized the pivotal role of caregivers and home health care workers to the state's healthcare system.

While CalGROWS offers a variety of training courses, both online and in person, ranging from end-of-life care or grief, managing stress to Alzheimer's disease, the deadline to use the funding for the program is set to expire. CalGROWS will expire by September 30, 2024.

"We do recognize that this is an ongoing need. And with California's population getting older, there will be a continued need to train caregivers," Dr. Polk said during the briefing on March 7.

Among the growing need for caregivers, there are concerns regarding expanding the workforce of caregivers, which is majority women. According to the Commonwealth Fund, in 2020, of the 53 million Americans who acted as caregivers to an adult or child with disabilities, more than 60% were women.

The United Domestic Workers of America (UDW) is working to address the strain put on

caregivers who are historically underserved as a workforce and have spent decades fighting for labor and protection rights. UDW comprises more than 171,000 home care and family child care providers across California.

One of the key challenges to expanding the homecare provider workforce is a fair wage. UDW Regional Director Yvette Elam, who works with homecare providers who are union members, explained that one of the union's biggest fights is demanding better wages and attracting people to do this type of work.

"This work is God's work that [caregivers] do," Elam said. Caregivers forget to care for themselves as they deliver care to others, Elam explained. "This work is hard work. It's laboring. It's a lot, but it's very fulfilling, too, because you're able to give this person a better life."

California's increasing older adult population and growing population of adults, youth and children with disabilities will continue to put a strain on the caregiver workforce. According to the California Aging and Disability Alliance (CADA), a network of 20 organizations, in 2019, California had nearly eight million people who were either older adults or persons with mobility, sensory, intellectual/developmental, and/or mental health disabilities. CADA predicts this population will continue to grow.

Among the options for care for this growing population are long term services and supports (LTSS), rehabilitation centers, in-home supportive services, among others, but these forms of care

continued on page 19

publicnotices

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, Riverside County Clerk,
FILE NO. R-202402065
p. 3/21/24, 3/28/24, 4/04/24, 4/11/24

The following persons) is (are) doing business as:

FIELDS OF MAY TRANSPORTATION
4301 La Sierra Ave Apt 44
Riverside, CA 92505
RIVERSIDE COUNTY

Kevin – Mayfield
4301 La Sierra Ave Apt 44
Riverside, CA 92505

This business is conducted by: Individual Registrant commenced to transact business under the fictitious business name(s) listed above on 10/23/2023

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Kevin Mayfield

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 03/04/2024

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, Riverside County Clerk,
FILE NO. R-202402836
p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

EXCELSIOR CHARTER SCHOOLS
CORONA-NORCO
EXCELSIOR CORONA-NORCO
ECS C-N

1400 Fullerton Ave
Corona, CA 92879
RIVERSIDE COUNTY

15505 Civic Drive, Suite B
Victorville, California 92392
ECS Corona-Norco

This business is conducted by: Corporation

Registrant commenced to transact business under the fictitious business name(s) listed above on February 14, 2018

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Alicia Anderson, CFO

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 03/05/2024

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, Riverside County Clerk,
FILE NO. R-202402894
p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

QUICK PICK TRANSPORTATION
19416 Mt Wasatch Dr
Riverside, CA 92508
RIVERSIDE COUNTY

231 E. Alessandro Blvd, Suite 632
Riverside, CA 92508

B&D Investment Group LLC
231 E. Alessandro Blvd, Suite 632
Riverside, CA 92508
CA

This business is conducted by: Limited Liability Company 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. Belinda Addo, President

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 03/21/2024

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. R- 202403827

p. 3/28/24, 4/04/24, 4/11/24, 4/18/24, 4/25/24, 5/02/24

The following persons) is (are) doing business as:

DUSTBUSTERS CLEANING SERVICES
11173 Bridgefield Ct
Riverside, CA 92505
RIVERSIDE COUNTY
Feliz & Associates, LLC
11173 Bridgefield Ct
Riverside, CA 92505
CA

This business is conducted by: Limited Liability Company 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 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. Alejandra Feliz, Chief Executive Officer

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 02/08/2024

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, Riverside County Clerk,
FILE NO. R-202401768

p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

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

PERRY REALTY GROUP
23839 Ridge Point Court
Moreno Valley, CA 92557
RIVERSIDE COUNTY

Lawrence Perry
23839 Ridge Point Court
Moreno Valley, CA 92557

This business is conducted by: Individual Registrant commenced to transact business under the fictitious business name(s) listed above on 08/13/2015

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Lawrence James Perry Sr.

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 03/01/2024

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, Riverside County Clerk,
FILE NO. R-202402767

p. 3/28/24, 4/04/24, 4/11/24, 4/18/24

The following persons) is (are) doing business as:

EC DRYWALL & CONSTRUCTION
75 W. Nuevo Rd. Ste E PMB 132
Perris, CA 92571
RIVERSIDE COUNTY

Cesar - Lizarraga
75 W. Nuevo Rd. Ste E PMB 132
Perris, CA 92571

This business is conducted by: Individual Registrant commenced to transact business under the fictitious business

name(s) listed above on 02/13/2019 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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 Cesar Lizarraga
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 03/05/2024

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, Riverside County Clerk,
FILE NO. R-202402899

p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

SKATEBOARDS AND VIDEO GAMES
10220 Hole Ave Ste 6
RIVERSIDE, CA 92503
RIVERSIDE COUNTY

James Norman Smith
10220 Hole Ave Ste 6
RIVERSIDE, CA 92503

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. James Norman Smith

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 03/22/2024

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 (sec. 1440 et. seq. b & p code) Statement was filed with the County of Riverside on 03/06/2024

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. R- 202403855

p. 4/04/24, 4/11/24, 4/18/24, 4/25/24

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

REAL ESTATE ONE
REAL ESTATE ONE, ESCROW
DIVISION, A NON INDEPENDENT
ESCROW

3400 Central Ave, Suite 350
Riverside, California 92506
RIVERSIDE COUNTY

Ivan Mauricio Navarro
3400 Central Ave, Suite 350
Riverside, Ca 92506

Maria Luisa Navarro
3400 Central Ave, Suite 350
Riverside, Ca 92506

This business is conducted by: Married Couple

Registrant commenced to transact business under the fictitious business name(s) listed above on January 2019

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Ivan Mauricio Navarro

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 03/06/2024

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, Riverside County Clerk,
FILE NO. R-202403030

p. 3/28/24, 4/04/24, 4/11/24, 4/18/24

The following persons) is (are) doing business as:

LABAY SEASONINGS
22865 Lukens Lane
Perris, CA 92570
RIVERSIDE COUNTY

22865 Lukens Lane
Perris, California 92570

Nicole Araiza
22865 Lukens Lane
Perris, 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 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. Nicole Araiza

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, Riverside County Clerk,
FILE NO. R-202402722

p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

MIDWEST LOCKSMITH
1395 4 th St
Norco, CA 92860
RIVERSIDE COUNTY

Demetris – Kontos
1395 4th St
Norco, CA 92860

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 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. Demetris – Kontos
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

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. R- 202402956

p. 4/04/24, 4/11/24, 4/18/24, 4/25/24

The following persons) is (are) doing business as:

LAS CARRETAS TACO SHOP
40205 Washington St, Ste 3
Palm Desert, CA 92211
RIVERSIDE COUNTY

Alberto – Barajas
PO BOX 428
La Quinta, CA 92247

Susan – Barajas
PO BOX 428
La Quinta, CA 92247

This business is conducted by: Married Couple

Registrant commenced to transact business under the fictitious business name(s) listed above on 05/30/2014

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Susan Barajas

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 02/29/2024

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, Riverside County Clerk,
FILE NO. R-202402722

p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

MIDWEST LOCKSMITH
1395 4 th St
Norco, CA 92860
RIVERSIDE COUNTY

Demetris – Kontos
1395 4th St
Norco, CA 92860

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 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. Demetris – Kontos

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

public notices

County of Riverside on 03/06/2024
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, Riverside County Clerk,
FILE NO. R-202403002
p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

XTREME SERVICES
32220 Rancho Vista Rd, Ste 101
Cathedral City, CA 92234

RIVERSIDE COUNTY

Jane Karmina Velasco
16445 Avenida Rambla
Desert Hot Springs, CA 92240

This business is conducted by: Individual Registrant commenced to transact business under the fictitious business name(s) listed above on 02/02/2024

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Jane Karmina Velasco

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 02/23/2024

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, Riverside County Clerk,
FILE NO. R-202402423
p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

The following persons) is (are) doing business as:

LA SIERRA SMOKE SHOP

3820 La Sierra Ave
Riverside, CA 92505
RIVERSIDE COUNTY
Mousa Daraghma
3820 La Sierra Ave
Riverside, CA 92505

This business is conducted by: Individual Registrant commenced to transact business under the fictitious business name(s) listed above on 2010

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material 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. Mousa Daraghma

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 02/27/2024
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, Riverside County Clerk,
FILE NO. R-202402545
p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

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

THE 8 TEAM
27120 Eucalyptus Ave, Suite G339
Moreno Valley, CA 92555

RIVERSIDE COUNTY

Jarod Salas
27120 Eucalyptus Ave, Suite G339
Moreno Valley, CA 92555

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 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. Jarod Salas

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 02/09/2024

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, Riverside County Clerk,
FILE NO. R-202401835
p. 3/21/24, 3/28/24, 4/04/24, 4/11/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVMV2402291

To All Interested Persons: Petitioner: NICOLE RENEE JENKS filed a petition with this court for a decree changing names as follows: DEVIN LINCOLN JENKS to, LINCOLN MICHAEL BELTRAN. The Court orders that all persons interested in this matter appear before this court 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 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: 5/15/2024 Time: 8:00AM Dept: MV2. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 13800 HEACOCK ST, BLDG. D. MORENO VALLEY, CA 92553, MORENO VALLEY 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: MAR 28, 2024
COMMISSIONER DAVID E. GREGORY,
Judge of the Superior Court
p. 4/04/24, 4/11/24, 4/18/24, 4/25/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVCO2401539

To All Interested Persons: Petitioner: ROBERT ALEXANDER WATKINS filed a petition with this court for a decree changing names as follows: ROBERT ALEXANDER WATKINS, to ROBERT ALEXANDER ZELAYA. The Court orders that all persons interested in this matter appear before this court 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 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: 5/01/2024 Time: 8:00AM Dept: C2. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 505 S. BUENA VISTA RM 201, CORONA, CA 92282. CIVIL 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: MAR 14, 2024
TAMARA L. WAGNER, Judge of the Superior Court
p. 4/04/24, 4/11/24, 4/18/24, 4/25/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVCO2401974

To All Interested Persons: Petitioner: CARMEN SILVERIO filed a petition with this court for a decree changing names as follows: CARMEN SILVERIO to, CARMEN VELAZQUEZ - REYNA. The Court orders that all persons interested in this matter appear before this court 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 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: 5/15/2024 Time: 8:00AM Dept: C2. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 505 SOUTH BUENA VISTA AVENUE, CORONA, CA 92282. 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: 03/26/2024
TAMARA WAGNER, Judge of the

Superior Court
p. 4/04/24, 4/11/24, 4/18/24, 4/25/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVMV2401782

To All Interested Persons: Petitioner: MICHELLE MARIE ORNELAS filed a petition with this court for a decree changing names as follows: MICHELLE MARIE ORNELAS to, MICHELLE MARIE PINTO. The Court orders that all persons interested in this matter appear before this court 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 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: 4/26/2024 Time: 8:00AM Dept: MV2. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 13800 HEACOCK STREET, BLDG D #201, MORENO VALLEY, CA 92553. 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: 3/21/24
SAMRA FURBUSH, Judge of the Superior Court
p. 3/21/24, 3/28/24, 4/04/24, 4/11/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVSW2402234

To All Interested Persons: Petitioner: MARY DOLORES MARTINEZ MORENO filed a petition with this court for a decree changing names as follows: MARY DOLORES MARTINEZ MORENO to, MARIA DOLORES MORENO. The Court orders that all persons interested in this matter appear before this court 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 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: 6/27/2024 Time: 8:00AM Dept: S101. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, SOUTHWEST JUSTICE CENTER, 30755-D AULD ROAD, SUITE 1226, MURRIETA, CA 92563. 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: MARCH 12, 2024
BELINDA A. HANDY, Judge of the Superior Court
p. 3/28/24, 4/04/24, 4/11/24, 4/18/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVCO2401165

To All Interested Persons: Petitioner: BIBIANSA CORTEZ DE RAVELO filed a petition with this court for a decree changing names as follows: BIBIANA CORTEZ DE RAVELO to, BIBIANA RAVELO. The Court orders that all persons interested in this matter appear before this court 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 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: 4/24/2024 Time: 8:00AM Dept: C2. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 505 S. BUENA VISTA AVENUE # 201, CORONA, CA 92282. 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: 03/01/2024
TAMARA L. WAGNER, Judge of the Superior Court
p. 3/14/24, 3/21/24, 3/28/24, 4/04/24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER CVMV2401581

To All Interested Persons: Petitioner: ROBERTA RAMIREZ FUENTES filed a petition with this court for a decree changing names as follows: ROBERTA RAMIREZ FUENTES to, ROBERTA FUENTES. The Court orders that all persons interested in this matter appear before this court 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 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: 4/19/2024 Time: 8:00AM Dept: MV2. The address of the court is SUPERIOR COURT OF CALIFORNIA, COUNTY OF RIVERSIDE, 13800 HEACOCK STREET, BLDG D #201, MORENO VALLEY, CA 92553. MORENO VALLEY 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: MARCH 05, 2024
SAMRA FURBUSH, Judge of the Superior Court
p. 3/21/24, 3/28/24, 4/04/24, 4/11/24

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that the San Bernardino Community College District (District) of San Bernardino County, acting by and through its Governing Board is seeking bids from qualified vendors (Bidders), to provide Welding Machines (NIB# PMO #01-2324). The intent of this NIB is to select the most responsive and responsible Bidder for the District to purchase the required equipment. Bidders may obtain the NIB document at: <http://www.sbccd.org/bids> or <https://pbsystem.planetbids.com/portal/29414/portal-home> All addenda

will be posted on the same website, and Bidders are solely responsible for obtaining any and all original documents and submitting their BIDS according to the specifications within the NIB document, including all addenda. BID SUBMISSION's will be in an electronic format ONLY in one single pdf file via PlanetBids by no later than 3/25/2024 @ 2:00 PM PST. See NIB for further details. 4/4/24
CNS-3795061#
p. 4/4/2024

HOUSING AUTHORITY OF THE COUNTY OF SAN BERNARDINO

NOTICE FOR "Request for Proposal" RFP PC1377 Utility Billing Services - Rebid
HACSB CONTACT PERSON: Angie Lardapide, Procurement
Housing Authority of San Bernardino
715 E. Brier Drive, San Bernardino, CA 92408

procurement@hacsb.com
HOW TO OBTAIN BID DOCS: 1. Access www.hacsb.com

2. Click onto the "Do Business With Us" tab

3. Click on the "Planet Bids" link to download and submit a Proposal with instructions

PROPOSAL SUBMITTAL RETURN: Bids submitted through Planet Bids website. PROPOSAL SUBMISSION DATE: April 22, 2024 @ 2PM PST

4/4, 4/11/24

CNS-3796520#

p. 4/4, 4/11/2024

VEHICLE SALE

NOTICE OF SALE OF VEHICLE

Notice is hereby given, pursuant to Section 3071 of the Civil Code of the State of California.

The undersigned will sell the following vehicle(s) at lien sale at said time(s) 04/12/2024 at 10:00 AM

Make/Yr. 2014 DODGE AVENGER

Lic.: TRAKEL

Vin. # 1C3CDZAG9E1173662

Location: 15176 WHITTRAM AVE, FONTANA, CA

Said sale is for the purpose of satisfying lien of the undersigned for towing, storage, labor, materials, and lien charges, together with costs of advertising and expenses of sale.

p. 4/4/2024

NOTICE OF SALE OF VEHICLE

Notice is hereby given, pursuant to Section 3071 of the Civil Code of the State of California.

The undersigned will sell the following vehicle(s) at lien sale at said time(s) 04/12/2024 at 10:00 AM

Make/Yr. 2019 KIA OPTIMA

Lic.: 8PSC130

Vin. # 5XGXT4L32KG287751

Location: 17610 BROWN ST, PERRIS, CA

Said sale is for the purpose of satisfying lien of the undersigned for towing, storage, labor, materials, and lien charges, together with costs of advertising and expenses of sale.

p. 4/4/2024

ANNOUNCEMENTS

DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour

RETIRED COUPLE
HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING

Principal (818) 248-0000 Broker

WWW.VIPLoan.COM *Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217

Private Party loans generally have higher interest rates, points & fees than conventional discount loans

In Georgia, continued from page 8

living in Atlanta — including \$1,240 a month for child care, and rent that has increased by \$200 in the last two years.

She's hoping for another promotion, but also interviews for new jobs on her lunch breaks. Woods credits "In Her Hands" with allowing her to hold on to her dreams, which include starting a business in which she can put her marketing degree to use. The program has let her "see how it is, living in the city ... [and] seeing what kind of income you need to make a life. That's the takeaway."

This article was produced by the nonprofit journalism publication Capital & Main. It is co-published here with permission.

Doula Directory, continued from page 12

receiving is how timely this is," said Frontline Doulas Program Manager DeAnna Carpenter.

"Although there are quite a few directories out there, there's something to be said about

having something that's very specific to the area or the environment or the community, or the state that you live in."

Another unique program Frontline Doulas offers is their free Doula Hotline service where birthing and postpartum individuals can speak with a doula. Those who wish to speak with a doula through the hotline can do so by completing a short intake form and then hopping on a call with a trained hotline doula. The hotline operates Monday through Sunday, from 7 a.m. to 10 p.m. (Pacific Standard Time).

Since its launch on March 13, the Frontline Doulas California Black Doula Directory includes more than 80 doulas listed from various ethnic and racial backgrounds with a wide-range of specialties.

Care in the IE, continued from page 14

have limitations. Those in need of care often face restrictions to receiving care due to insurance restrictions, inability to afford adequate care and limited hours allotted for care depending on a

diagnosis.

This article is the first in the Black Voice News' year-long reporting series, Care in the IE - Will You Care for Me?, which explores what it means to receive and give care throughout Southern California. The series will explore a myriad of topics related to caregiving including but not limited to the impact on caregiving resources resulting from California's aging population, family caregiving, how to navigate the system for support, the costs of care, options for in-home care support versus placement in a care facility, types of care facilities, resources available to support in home care and how access them, as well as the quest for labor protections and fair wages for those working in the industry.

This series also aims to highlight how caregiving is about more than the numbers or the processes related to care, whether it is caring for a senior, a person with disabilities, or someone with a terminal illness. It is about individuals. It is about the mutual bonds forged between caregivers and those receiving care as well as the challenges each faces as part of this human experience.

public notices

Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453.

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274.

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380

GOT AN UNWANTED CAR??? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495.

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SAVE BIG ON HOME INSURANCE! Compare 20 A-rated insurances companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-844-908-0605

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Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs in half and offering a FREE safety upgrade! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24 Call 1-833-985-4766

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581

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FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE

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Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 7-Year warranty with qualifying purchase. Call 1-844-439-5645 today to schedule a free quote. It's not just a generator. It's a power move.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military

Discounts. Call 1-855-424-7581

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DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453.

GOT AN UNWANTED CAR??? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495.

Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llama ahora: 1-844-244-5441 (24/7)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-844-491-2884 today!

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included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-888-641-5762

FINANCIAL SERVICES

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274.

HEALTH/MEDICAL

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-888-892-5598

HOME IMPROVEMENT

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs in half and offering a FREE safety upgrade! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24 Call 1-833-985-4766

INSURANCE

SAVE BIG ON HOME INSURANCE! Compare 20 A-rated insurances companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central)

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