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Citrus Heights Messenger

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Serving the City of Citrus Heights & Sacramento County

APRIL 28, 2023

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It's 40 Years for Toastmasters



Getting up at 5:30 a.m. may have been difficult but members past and present of Sunrise Center Toastmasters who gathered at CH Café (formerly Denny's) were happy they did! They were there to share stories and celebrate 84 years of continuous membership of Marty Maskall (with bear) and Steve Bedee (back row, Hawaiian shirt). Image in front is of the Fair Oaks EcoHousing Project. All are invited to join in the fun! Photo by Xotchil Jimenez

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - In 1976, the United States was in the midst of celebrating its bicentennial. This was big for both the country and Citrus Heights. Major events of the time included Jimmy Carter defeating current president Gerald Ford in the presidential election, the incorporations of Apple Computer Company and Microsoft, and Star Wars hitting theaters for the first time.

Something else, however, was also having its beginning at the

time. Twenty-one years prior to cityhood, Citrus Heights was in the middle of a building boom. Sunrise Mall and Birdcage Walk were being developed. Meanwhile, just across the street from both shopping areas, Sunrise Center Toastmasters Club was born. It was chartered on April 1, 1976 at Denny's Restaurant at 6215 Greenback Lane and Sunrise Boulevard (now CH Café).

On April 13, 2023 twenty present and former members of Sunrise Center gathered at the Café to share stories and celebrate the combined 84

years of Toastmasters memberships of Marty Maskall and Steve Bedee.

Toastmasters is a nonprofit educational organization with clubs worldwide that helps members of all ages improve their speaking, communication and leadership skills. Most meet weekly with members working to hone their skills while sharing their personal knowledge and experiences in life with each other. Humor is an important part of meetings.

Marty Maskall, a longtime resident of Fair Oaks has used her training and

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Over 100 Arrested for Human Trafficking and Child Prostitution

Sacramento Sheriff's Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - In 2016, California passed SB 1322, which decriminalized the acts of prostitution for sex workers under the age of 18. Unfortunately, many traffickers use sex workers under 18 because it insulates them. This law, coupled with SB203 (2020), makes it virtually impossible for law enforcement to engage with under-aged sex workers to the point where rescue intervention is restricted.

In 2021, California passed SB 357, which repealed the law that makes it a crime to loiter with intent to commit prostitution, and applicable evidence is no longer enforceable, including dress and geographical location as a reason to investigate acts of prostitution. Law enforcement can no longer use the misdemeanor crime of loitering to investigate and enforce the crime of prostitution. Law enforcement can no longer solely use their expertise in identifying prostitutes through behaviors, even to make detentions of reasonable suspicion.

Despite these challenges, the Sacramento County Sheriff's Office conducted a large-scale operation combating human trafficking and childhood prostitution. In conjunction with allied federal, state, and local law enforcement agencies, including the FBI, HSI, ATF, CDCR Parole, the Sacramento County District Attorney's Office, and Sacramento County Probation, the 7-day operation spanning over three weeks across Sacramento County aimed to rescue victims of human trafficking and targeted sex buyers and human traffickers.

The operation yielded 102 arrests, 31 of which were male sex buyers and three felony sex traffickers. Most notably, three juveniles, ages 13, 15, and 16, were rescued as a result of these operations. For more information about this issue, please visit our social media channels on Facebook and Instagram and watch our related videos on YouTube. ★

New Rangoon Grocery Now Open

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - The Rangoon Grocery Store, located at 7601 Sunrise Boulevard, at the corner of Old Auburn and Sunrise Boulevard in Citrus Heights is now open, offering popular Asian grocery items at a reasonable price.

The new family-owned grocery, said owner PoPo Oo, reflects the cultural heritage of the largest city in Myanmar, also known as Burma, as it serves Asian groceries, noodles and popular snacks to the local neighborhood.

The brightly appointed store was home to the Citrus Heights Convenience Store which closed during the pandemic. Situated in the same plaza as a branch of the Safe Credit Union, business has been especially brisk since the store's early March opening as customers discover what Rangoon Grocery has to offer.

"We're delighted that our customers have now discovered us," said



Rangoon Grocery Store is now open daily at 7601 Sunrise Boulevard in Citrus Heights.

Shwe Ou, sister to store owner PoPo Oo. Popular items include Burmese, Vietnamese, Korean, Chinese, and other products, typically found at a larger regional international grocery store like KP Marketplace in Rancho Cordova.

"They're surprised that an Asian grocery store is now found in their neighborhood with many of their favorite food items," Ou said.

"And we're always looking to stock new items. We're always

asking our customers what their preferences are, and taking their requests as to how we can best meet their needs."

Brightly lit aisles in the store primarily feature Asian food items, including frozen fish, bulk bags of rice, but also include items seen in a typical grocery store like Gatorade, milk, laundry detergent, candy, and soda. Canned bubble tea, coffee, and an energy drink from Myanmar, are also available from a refrigerated section.

Ou said all the employees of Rangoon Grocery Store are family members. She said her family received advice from other Burmese friends and family who own other businesses in and out of state and added that she would like to expand the grocery shop to more locations.

"It's our very first family store," Ou said. "We're working hard to make it succeed."

The corner shopping plaza is also home to Dollar

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New Amphitheatre Takes Shape



Above and below: Dramatic progress is made on the new Veterans Memorial Amphitheatre, as the walls and roof trusses have gone up, allowing Village visitors to see the building take shape before their eyes. Photos by Tom Sullivan

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - After many months of laying the groundwork, the much-anticipated renovations in the Fair Oaks Village are starting to take shape. The walls are up in the new Veterans Memorial Amphitheatre, and the roof trusses are going in. "It is very exciting to see the building taking shape, and we can now see how the lobby, bathrooms, storage, community rooms, and stage are going to look," said Fair Oaks Recreation and Park District (FORPD) Administrator Mike Aho. "It helps all of our staff have a better idea about the size of the program space, and that allows us to begin planning for some of the rooms' uses and programs that could happen there."

In addition to the classic outdoor stage the amphitheatre is known for, the new design will allow for an interior Black Box theater that can be enclosed and used year-round, regardless of weather. The District is in the process of ordering the inside furnishings, as well as the risers for the 180 chairs that will be used for seating in the Black Box Theater.

Aho estimated that the amphitheatre building is about 20 percent done at this point. Once framing is completed, the roof will go on, and then they'll be working on the exterior doors and windows.

The amphitheatre site is currently undergoing the most dramatic transformation, but upgrades are also ongoing throughout the Village, as this Measure J bond-funded project also includes upgrades to the Community Clubhouse



Bobo Construction workers set the trusses for the FORPD Measure J bond-funded construction project. Photo by Tom Sullivan

and significant improvements to Village and Plaza parks. Current work at the Community Clubhouse includes electrical and duct work improvements - and lighting installation preparation, storm drain trenching and placement, electrical installation, and other utility work is happening throughout the site. When all the work is complete, the various Village amenities will be transformed into an interconnected park complex.

With the ongoing construction, visitors to the Village have had to deal with necessary parking closures. The south parking area on Temescal Street is currently closed and will not reopen until late fall since there is

extensive road grading that needs to be done in that area. And sometime this fall the District will have to close the west parking area on California Street as well as the parking area on Fair Oak Blvd.

The original estimate for construction completion was December 2023, but the severe weather events this year have caused delays. But Aho explained that Bobo Construction has worked hard to maintain forward momentum despite the storms, and they were always ready to get right back to work as soon as conditions allowed for equipment to move around the site. Aho said the current estimate is for full project completion by early February 2024. ★

Art Group Helps People Heal at Turning Point

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - A program through one of Sacramento County's Community Outreach Recovery Empowerment (CORE) centers is helping people heal through art. There is a mental health art group helping clients process their issues through art.

The CORE program provides specialty mental health services and supports eligible adults in Sacramento County. CORE offers both on-site and field-based services. The art program is one of the services offered on-site.

"It is meant to help clients self-soothe and use art as a form of coping while also getting social

interaction with other clients," said Turning Point CORE Program Director Eric Llorente.

The mental health art group started about four years ago. Clients meet on Thursdays to socialize with each other while expressing themselves through paintings and drawings.

"I have witnessed the positive impact art has on our clients. It is one of our most requested groups as it allows clients time to process utilizing something they love," added Llorente.

The mental health art group is just one of the many ways Turning Point helps patients in Sacramento County.

All CORE sites provide a 24/7 on-call crisis response system with immediate support. ★

The CORE Community Wellness Centers serve as a walk-in entry point for individuals contemplating mental health services and ongoing support for individuals transitioning from the Mental Health Plan. The Wellness Center serves as a hub for individuals seeking meaningful activities. Turning Point also provides an opportunity for those who reach their recovery goals to volunteer or seek employment with the centers. There are several CORE centers throughout Sacramento County. You can read more about who is eligible and the services provided by CORE at the Sacramento County Department of Health Services website. ★

Education Committee Approves Bill to Help Students in Underperforming Schools

Office of Assemblymember Josh Hoover

SACRAMENTO, CA (MPG) - Assemblymembers Josh Hoover (R-Folsom) and Greg Wallis (R-Palm Springs) announced March 23, 2023, the passage of Assembly Bill 237 (Wallis and Hoover), which provides more educational options for students in underperforming schools. It was approved on a 5-0 vote in the Assembly Education Committee.

"It is critically important that we increase educational options for families within

the traditional public school system," said Assemblyman Hoover. "This bill breaks down barriers for struggling students and allows parents the flexibility to find a school that better fits the needs of their child."

"Students and families are being left behind in situations that are beyond their control," said Assemblymember Wallis. "Our most vulnerable students deserve the opportunity to find a new school that will help them bridge the achievement gap and succeed with the support they need. This bill will provide that opportunity."

Specifically, the bill would prohibit a home school district from vetoing an interdistrict transfer for an underperforming student at an underperforming school. It now moves to the Assembly Appropriations Committee for consideration.

Josh Hoover represents Assembly District 7, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale, and Rosemont. ★



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It's 40 Years for Toastmasters

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experiences received from Toastmasters to achieve the three major goals she had set for herself after joining in 1983 at the age of 38. When she was invited to a meeting but heard it started at 6:30 a.m. she flinched but only for a minute. She said, "I realized if not now, when would I join?" Over time her membership helped her learn to develop the courage to take on new projects and to persevere through all obstacles.

In 1990 and 1993, Maskall assembled, self-published and sold two books of quotes, "The Attitude Treasury, 101 Inspiring Quotations," and "The Athena Treasury, 101 Inspiring Quotations by Women." To market her books she developed a speech, "Mission Possible-Five Steps to Success," which she presented to service clubs whose members eagerly purchased her books.

In 1990 Maskall tackled another project. She became involved in the long campaign to save the Fair Oaks Bluff and build the beautiful American River Donor Plaza. Formerly part of the old Riverside Park, Maskall helped to raise \$2 million to purchase private land to be donated to the American River Parkway in 2010. The bluff is accessible from Bridge Street.

Maskall then took on her third challenge which lasted 15 years. She never gave up. Beginning in 2005 she worked until 2020 to create what is now Fair Oaks Eco Housing, an old-fashioned village of 30 homes on New York Avenue. Neighbors all know and care about each other. Maskall knows she could not have accomplished all she has without what she

learned through Toastmasters.

Steve Beede began his TM membership in Boston in 1979 at the age of 29. As a member of a 150-member men's chorus, he was invited to perform at a Toastmasters District Conference. Following their performance, he was mesmerized by the speaking skills of the speakers, how they could speak from memory without getting lost. The next day he joined a club. Four years later, in 1983 he moved with his wife to Citrus Heights, joined Toastmasters in August and has been a member there ever since.

Everyone has a great story. Knowing this, Beede keeps a "Memorable Lessons from Toastmasters" notebook with a myriad of lessons he has learned from fellow members experiences in life.

The general consensus is that Toastmasters is built around encouraging people to grow and inspiring by example. It is a forum to talk about things that matter to you, which you can share while having fun.

Besides speaking, members learn leadership skills by holding office and taking on tasks at each meeting. There is an extemporaneous component where members are called on to answer a question 'off the cuff' as one would at a meeting or in other situations calling for fast thinking.

Sunrise Center will celebrate its 50th birthday in 2026. Come join us now!

Sunrise Center Toastmasters meets at the CH Café every Thursday from 6:45 to 8:00 a.m. All are invited. Guests first breakfast is free.

Sources: TM International, Wikipedia ★

Steve "Sparky" Miller

By Paul Scholl, Publisher

CITRUS HEIGHTS, CA (MPG) - Some men leave an indelible mark on the community in which they live when they pass on. Steve "Sparky" Miller is one of those men.

A Celebration of Life was held for Steve on Saturday, April 15th at the Citrus Heights Community Center.

Steve Miller had a long and notable career in local politics and business in Citrus Heights. He was forever supportive of others, often bringing humor and insight to reach new solutions.

The eulogy was presented by Travis Miller, Steve's son. It was a wonderful tribute from a son to the impact of his beloved father.

Jeannie Bruins, a long-time city council co-member with Steve, offered a Professional Eulogy, outlining so many of the causes he championed for the community of Citrus Heights and the effect he had on others in Sacramento County.

Family speakers were Nicky Chimara (daughter), Mary Miller (sister), Alicia Chimara (granddaughter), Dennis



Steve "Sparky" Miller

McKinnon (family friend) and Al Fox (family friend). Each one gave their personal insights into how Steve greatly influenced their lives and how they became better from his relationship.

In attendance were past and present City of Citrus Heights employees and elected officials, Sacramento County representatives, and many other local dignitaries all of whom wanted to pay their sincere thanks to a man and family that had given so much to better the lives of others.

A presentation of the

American Flag was offered by the Citrus Heights Police Department.

A video presentation of the life and times of "Sparky" was created by Nicky Chimara

Chaplain Lisa West of the Law Enforcement Chaplaincy was the presenter of the program.

Steve was always supportive of this community newspaper. We will be forever grateful for that support.

Please keep Nan Miller, Steve's wife, and the entire Miller family in your prayers through this time of loss. ★

New Rangoon Grocery Now Open

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N' More which opened in December, a donut shop, coffee drive-thru, wellness center, dry cleaners, and other businesses.

The Rangoon Grocery at 7601 Sunrise Boulevard in Citrus Heights is open daily, Monday through Sunday from 9 am to 8 pm. Call 916-910-9994 for more information. ★



Rangoon Grocery Store's product offerings reflect the cultural heritage of the largest city in Myanmar, serving Asian groceries, noodles and popular snacks to the local neighborhood.

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Nick the Greek looks to May Opening in Fair Oaks



Nick the Greek's Fair Oaks location at 5355 Sunrise Blvd., in the Quail Pointe shopping center.

Story and photo by Thomas J. Sullivan

FAIR OAKS, CA (MPG) - Interior construction on the new Fair Oaks location of Nick the Greek, a quick service restaurant which serves Greek street food is continuing, with an eye towards an early May opening, its owners say.

Nick the Greek's Fair Oaks location at 5355 Sunrise Blvd., in the Quail Pointe shopping center, fills a space formerly occupied by Starbucks before the coffee chain moved across the street to the Sunrise Village Shopping Center in Citrus Heights to occupy a larger space which includes a drive-thru.

Restaurant CEO Nick Tsigaris said the early May target opening for the Fair Oaks restaurant remains on track.

Nick the Greek restaurants were founded in 2014 by three cousins 'Big Nick,' 'Little Nick' and "Baby Nick" who remarkably are all named Nick Tsigaris.

"We're excited to welcome the public to our grand opening, and to bring great Greek food to Fair Oaks," Tsigaris said. News of the upcoming opening date will be publicized through social media once a date is set.

Construction of a new kitchen and service counter is largely complete, with colorful wall décor trimmed out in the traditional blue and white national colors of Greece.

Interior demolition work began late last fall. Exterior banner signage announcing the upcoming restaurant opening is visible from Sunrise Boulevard.

Popular gyros and pitas start at \$11.95 according to a recently updated online menu. Protein choices include beef/lamb, chicken souvlaki, pork, pork belly, veggie or falafel. A one-third pound Greek burger with melted feta, lettuce, tomato, spicy onions and yogurt is also offered.

The restaurant also features a souvlaki or gyro plate priced from \$16.50. Customers will also have a choice of bowls, soups and a variety of Greek salads which round out the menu. A children's menu with a choice of meat or falafel, served with fries and pita bread is also offered.

Dishes can also be paired with Nick's Fries, dressed with feta cheese, garlic, spicy yogurt, choice of protein, and topped with green onions.

A choice of desserts includes traditional Greek baklava, frozen yogurt and loukoumades, traditional Greek beignets, dressed with nuts, and house-made syrup.

In June 2021, the San Jose-based franchise chain opened its first area location on Pleasant Grove Boulevard in Roseville. A second Roseville restaurant, located at the Fountains at Roseville, opened last Sept. 20. Two additional restaurants, one in Elk Grove and another in Davis have since opened. ★

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Do You Have an Uncashed Sacramento County Check?

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Currently, the County has more than 7,600 uncashed checks, totaling more than \$3.6 million. How does this happen, and could this be your unclaimed money?

If a Sacramento County-issued check goes six months without being cashed by the rightful payee, the information becomes available in a PDF document on the Unclaimed County Warrants (checks) webpage. The data is also searchable on the County's Open Data portal.

Think you might have an uncashed check with Sacramento County? Here are quick and easy ways to find out:

Search through the Unclaimed Warrant listing PDF document (use the Find feature [Ctrl+F] to search names or other terms in the PDF);

Search through the "County Outstanding Checks" section of the Open Data Portal using either the "filter" cone-shaped icon for specific value sorting or the column headings for alpha/numeric listings to get ascending or descending sorts.

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documentation and information needed to validate that you are the rightful payee to receive the funds.

More Unclaimed Monies

The Revenue Recovery Division of the Department of Finance has unclaimed payments that are a result of not having a current address for the recipient. On the Open Data portal, under the Finance category, check out the Revenue Recovery Unclaimed Payments data and search for your name. If you locate a claim due to you, contact Revenue Recovery at (916) 875-7815, and provide the following information:

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Sacramento County makes this data easily available on its websites, Open Data Portal and other measures to ensure the information is accessible and the monies go to the rightful payees. ★



By County Supervisor Sue Frost

Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.

Last week I was the lone no vote on a Sacramento County Board Resolution recognizing "Transgender Visibility Week." The resolution describes how the transgender community has suffered disproportionately with rejection and discrimination. It acknowledges the transgender, gender nonconforming and gender diverse residents' contributions to society and the importance of them living authentically and visibly.

I unequivocally oppose discrimination and I fully recognize and appreciate the human and societal value of those who identify as transgender. But I opposed the resolution because it contributes to a political movement that is forcing gender politics on the rest of society, advocates separating children from their families, and encourages experimental medical procedures on children who are suffering from psychological problems.

I have some experience with transgender and gender dysphoria during my work as a Registered Nurse. Gender Identity Disorder (GID) is a psychiatric disorder where a person experiences distress related to their gender and/or sex characteristics at birth. The diagnosis was created to help people with gender dysphoria gain access to necessary health care and effective treatment. This diagnosis is included in the American Psychiatric Association's published Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and it focuses on Gender Dysphoria discomfort as the problem, rather than identity.

The American College of Physicians describes Gender Dysphoria as a psychological concept and sociological term, not a biological one. Their website states, "GD resolves in the vast majority of patients by late adolescence." Studies show that many children express some level of gender-dysphoria, but 80% grow out of it before they are 25. Subjecting these children to permanent changes due to adolescent confusion isn't

Citrus Heights Community Update

You are free to live however you want.

You aren't free to impose your choices on others.

supporting adolescents suffering from depression or other psychological disorders - it's pushing an agenda that actually harms children.

In September 2022, SB107 made California a sanctuary state for children seeking gender transition therapies. This violates the parent's fundamental rights to direct their child's mental and physical health care. It mandates that Doctors conceal a child's medical information from parents if it is related to "gender identity" drugs and procedures, even if that information is sought under a court-issued subpoena. This bill removed parents from their child's healthcare conversation while they are still responsible for the costs and care of the child.

On April 10, 2023, AB665 passed the Assembly (and will go to Senate) in California. This law would allow a minor 12 years or older to obtain "gender-affirming" interventions without parental knowledge or consent. And, since California is already a "gender-affirming sanctuary state," if a child runs away from home to obtain gender-affirming care, parents will not be notified and could be barred from taking custody of their own children.

Puberty is a difficult time when children experience social and hormonal changes, grapple with self-identity, and struggle with peer acceptance. Rather than encouraging supportive families and guiding children through this struggle, activists are taking advantage of children to promote their political agenda.

We have seen a wave of lawsuits from families and from children who felt pressured by school and public officials into gender transition, leading to permanent, life-altering decisions including radical surgery, often without even notifying parents.

For example, 18-year-old Chloe Cole filed a lawsuit against Kaiser Permanente for a transgender surgery performed on her when she was just 13. Similarly, Layla Jane is suing Kaiser for pressuring her to transition when she was barely a teenager. Both girls were treated chemically with puberty blockers and endured complete mastectomies while still in puberty. Both girls are now trying to de-transition and state that they felt pressured to undergo transition

while their contributing mental health problems were ignored.

Even more alarming, we're now seeing activists, school employees, and counselors encouraging pre-teens, who aren't even in puberty yet, to undergo similar radical and often irreversible gender-changing procedures.

In Salinas, CA two middle school teachers who ran the school's Equality Club were caught pressuring students to secretly transition while hiding their problems from their families. In a leaked recording the teachers were quoted discussing how they kept meetings private and "stalked" students online for recruits. One of the teachers confirmed to the San Francisco Chronicle that the quotes were accurate but claimed the stalking comment was a joke.

Two examples came to light recently. In the first, a school district employee secretly counseled an 11-year-old child through a gender transition, prompting the mother to file a lawsuit. In another district, a family has filed a lawsuit against school officials who were actively transitioning their 11-year-old daughter and 12-year-old son.

All people have a right to medical freedom and access to care, including children who are struggling with depression or gender dysphoria, however, it is dangerous to politicize a psychological condition and encourage children to undergo irreversible medical procedures.

It's even more dangerous to tear down parental rights and the family unit that has proven to be the most significant source of support for struggling children and young adults. Long after the activists have moved on, the family is there to help pick up the pieces.

In keeping with my oath, I'll continue to try to protect and uphold the rights of all people in my service to the community.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.gov. Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta ★

River City Bank Robber Still Sought

Citrus Heights PD News Release

CITRUS HEIGHTS, CA (MPG) - On Tuesday, April 11, 2023, at approximately 1:49 PM, Citrus Heights Police Officers were dispatched to a report of a robbery that just occurred at the River City Bank, located in the 5650 Sunrise Blvd. Officers arrived at the location and began searching for the suspect who was ultimately not located. Detectives arrived shortly after and are currently conducting an investigation alongside the Sacramento Office of the FBI.

The bank teller reported the unidentified male suspect entered the bank and presented a note demanding money.

The teller complied and the suspect left the bank with an undisclosed amount of money. No injuries occurred during this incident.

Citrus Heights Police Detectives are seeking information about the suspect's identity. He is described as a male, black, adult in his early 30's and approximately six feet in height.

For tips related to this case or any other crimes, please report them anonymously to the Sacramento Valley Crime Stoppers hotline at (916) 443-HELP or the Citrus Heights Police Tip Line at (916) 727-5524. A cash reward is available for tips leading to the arrest of this suspect. ★

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Citrus Heights Messenger

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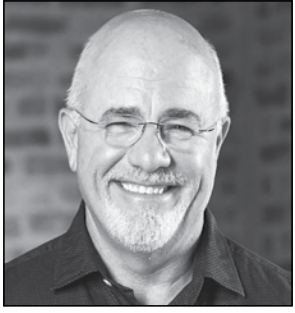
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Don't Buy A Home When You're Broke And In Debt

Dear Dave,

I'm about to start paying off debt in Baby Step 2, but there's a motorcycle loan my ex-girlfriend took out for me. I crashed the motorcycle and sustained some injuries. After two months of litigation, I received a settlement of about \$15,000 that was just enough to cover the loan. Do I use the settlement money toward my debt snowball, or should I pay

Dave Ramsey Says

her back so I can get her out of my life for good?

—Arnold

Dear Arnold,

Pay her back. Anything else would be unfair. And, on top of that, it's just the right thing to do.

The whole move of her taking out a loan to buy you a motorcycle was kind of a dumb anyway. It was dumb on her part, and it was dumb on your part. And you can see why it was now, can't you? It has left you in a lurch emotionally and relationally. We're not talking about a random chunk of cash here. This money was for the motorcycle, from the motorcycle and about the motorcycle. So, you just pay her back,

and that'll clear things up.

I'm sorry the relationship didn't work out, brother. But I'm glad you're taking steps to be in control of your finances. And I hope making things right where the bike is concerned will bring you a little peace of mind.

—Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★



By Dan Walters, CALMatters.org

Why California is what it is — a state with an immense economy but equally immense socioeconomic divisions — is the topic of perpetual academic, media and political debates.

There is one factor, both a cause and an effect, that cannot be debated: California is an enormously expensive place in which to live and work. And if anything, the relatively high inflation that has plagued the national economy in recent years has exacerbated the angst that Californians were already feeling as they struggled to make ends meet.

Gov. Gavin Newsom's crusade against gasoline refiners, accusing them of price-gouging, exploits that angst by virtue signaling to his constituents that he's sympathetic to pain in their wallets. However, the state's high fuel prices are just a tiny fragment of the state's high cost of living and its corrosive effects.

How high? Insure.com, a website that analyzes insurance costs, recently updated its comprehensive, state-by-state guide to living costs of all kinds, and revealed that it costs 46.8% more to live in California than the national average — the third highest behind Hawaii's 85.5% and 54% in the

High Living Costs Solidify California's Two-tier Economy

District of Columbia.

Its high cost of living is the single most important reason why California, despite its world class economy, has the nation's highest rate of functional poverty, as measured by the U.S. Census Bureau. Its supplemental poverty index is weighted for the cost of living and California's high costs, especially for housing, drive the state's ranking.

Moreover, when the near-quarter are added, well over a quarter of Californians are suffering from serious economic stress, according to the Public Policy Institute of California.

High living costs, again particularly for housing, are also a major factor in California's outflow of population to other states and thus its recent loss of population.

"Since 2015, California has experienced net losses of over 500,000 adults who cite housing as the primary reason, according to the Current Population Survey," PPIC fellows Hans Johnson and Eric McGhee noted in a recent report. "About half of those who leave the state buy a house in their new state, whereas only one-third of those moving to California buy a house."

California is several million housing units — the exact number is often debated — short of what it needs to house its people, even despite recent population drops. Despite much ballyhooed efforts at the state level to increase production, the gap between supply and demand remains largely unchanged, thus putting upward pressure on rents and home prices.

According to the World

Population Review, California's average rent, \$1,586 a month, is the third highest in the nation, topped only by Hawaii and the District of Columbia, and also third highest behind those two markets in median home price at \$538,500.

High home prices make ownership an impossible dream for millions of California families, thus explaining why the state has the nation's second lowest level of families living in homes that they or their families own, 54.6%. New York is the lowest at 53.6%, thanks to New York City's rental-dominated housing market.

A new study by Moneywise, a website devoted to consumer finance, reveals that first-time home buyers in California would have to cough up the nation's second highest average down payment, \$98,904, topped only by Hawaii's \$110,360.

California's extremely high housing hurdles not only explain why so many residents are fleeing to other states, but why it's so difficult for working-class families to build generational wealth via home ownership. It solidifies the state's two-tier economy — white and Asian Californian majorities in its over-class and Black and Latino Californians dominating the underclass.

Political pontificating about gas prices really misses the point.

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

Record Snowfall Anticipated to Bring High, Fast Rivers and Streams



Record snowfall anticipated to bring high, fast rivers and streams this spring. State parks, Dept. of Water Resources and Cal Fire urge the public to take extra precautions as snowmelt increases. Image courtesy of Curt Squires | Pixabay

Cal Fire Press Release

SACRAMENTO, CA (MPG)

- With this season's state-wide snowpack at 227% of average as of March 27, California State Parks' Division of Boating and Waterways (DBW), the Department of Water Resources (DWR) and the California Department of Forestry and Fire Protection (CAL FIRE) are urging the public to take extra precautions and to be aware of cold-water dangers this spring to avoid a tragedy. The series of winter storms is causing rising river and stream flow levels not seen in years. The eventual spring warm-up will bring fast flows and cold temperatures when all that snow starts to melt. All Californians are being encouraged to wait until summer to recreate in the water, when conditions are safer.

"After successive low-water drought years, it is imperative that Californians understand water safety in and around rivers, streams, lakes and Sierra reservoirs," said State Parks Director Armando Quintero. "As the temperature rises, snowmelt-fed waterways can quickly induce incapacitating cold-water shock to even the strongest swimmers. We encourage everyone to follow the advice of public safety officials and avoid entering waterways if asked to do so."

"California has one of the largest snowpacks on record," said DWR Director Karla Nemeth. "As this snowpack melts

in the coming months, the waterways will be especially cold, fast, and running higher than normal. Be aware of fluctuating water levels. We want everyone to always make safety a top priority when recreating."

"This year is very different from the last several years, in that the excessive snowpack and rain will continue to create challenges for us in the weeks and months ahead. Rising water levels in rivers and streams will be very cold, very fast and can easily overwhelm those that aren't prepared or don't heed warnings," said CAL FIRE Chief Joe Tyler. "Our teams will continue to focus on localized flooding risks, potential for major flooding, water rescues and our operational capabilities to support our communities moving into the spring and summer months."

All three departments hope to educate not only regular water enthusiasts but occasional visitors to high, fast-running waterways who may venture near the edge to test the water or take selfies. Just one slip or unwatched child can become a devastating drowning statistic.

Here are some key safety points to know before heading outdoors:

Plan Ahead

Prior to leaving home, check the status of the park unit you want to visit to find out what restrictions and guidelines are in place. Know your GPS coordinates so you can provide your location in case of emergency. Alert someone

where you are going and your expected return time. Be sure to let them know when you return safely.

Know the Water

Do not enter cold, fast-running water. It can be dangerous not only to you but also for first responders. Many unseen obstacles can be lurking below the water's surface, this is especially the case with this year's expected high runoff following low water years. Drought-stricken forests and storm-driven landslides have filled rivers with submerged trees and rocks. Swift water can make these obstacles even more treacherous. Sudden immersion in cold water can stimulate the "gasp reflex," causing an involuntary inhalation of air or water and can start the drowning process immediately. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. Never enter the water to rescue a victim. Throw something that floats and call 9-1-1.

Know your Limits

Swimming in open water is more difficult than in a swimming pool, people tire more quickly and can get into trouble. Never go on the water alone. If available, guided trips for solo or inexperienced floaters or paddlers are recommended.

Know about Life Jackets

Although life jackets are strongly recommended when recreating in or near waterways, this year's expected high runoff in rivers can be dangerous even with the use of life jackets. Conditions change quickly in open water and even the best swimmers can misjudge the water and their skills when boating or swimming. Wearing a properly fitted U.S. Coast Guard-approved life jacket can increase survival time.

Learn more about life jackets at www.BoatCalifornia.com.

Know how to Supervise

Actively supervise children in and around open bodies of water, giving them your undivided attention. Do not assume that someone is watching them. Appoint a designated "water watcher," taking turns with other adults.

Teach children that swimming in open water is not the same as swimming in a pool: they need to be aware of uneven surfaces, river currents, ocean undertow and changing weather. ★



Rock Your Midlife

Have you kept your New Year's resolutions or have they gone by the wayside by now? Let's go for some real solutions, and do away with that doom and gloom with Dr. Ellen Albertson, a psychologist, registered Dietitian, Nutritionist, and Board-Certified Health and Wellness Coach. She shared some great ideas on my POPPOFF Radio Show from her book "Rock Your Midlife." She's written for "Self," "Better Homes and Garden," and "Good Housekeeping." Now it's time for the REAL story!

1. KNOW YOURSELF. Rocking your midlife starts with becoming authentic. When you know yourself, you trust yourself and can say yes from the bottom of your heart and the top of your soul to the life you are creating. Begin by discovering your strengths (yes, you've got those), weaknesses (yes, you have those too, we all do), passions, desires, and dreams too. Stay curious.

2. LOVE YOURSELF. Partners, parents, children, friends will come and go, but you'll spend on average about thirty thousand days with yourself. Unfortunately, we're often nicer to others than ourselves. Flip the script to treat yourself like a good friend by practicing self-compassion...the "how-to" of self-love.

3. ENERGIZE YOURSELF. Riding the waves of menopause and midlife can leave you dizzy and exhausted. You can change daily habits and behaviors to feel more energized. Examine your lifestyle and ask: what changes would feel more expansive? Move more and sit less? Prioritize your sleep? Scheduling self-care? Eat more produce and less junk? Start meditation, breath work, or yoga practice? Then set SMART goals.

4. REPROGRAM YOUR BRAIN. Due to neuroplasticity, you can change

brain structure and chemistry. Here are five strategies. 1) Unplug. 2) Enjoy brain-boosting activities like reading, listening to music, or doing puzzles. 3) Exercise. 4) Be mindful. 5) Declutter mentally to reduce stress and overwhelm and enhance focus.

5. ENPOWER YOURSELF. The Oxford Dictionary defines empowerment as "authority or power given to someone to do something" and "the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights." Nourish your empowerment muscles by facing your fears and doing what's challenging. As a result, you feel more confident and in control.

6. REHAB YOUR RELATIONSHIPS. As you show up authentically, love yourself, and bust out focused, energized and empowered, not everyone will like the new you. Revisit Step 2 and follow this three-part Relationship Rehab Process: 1) Check out your good girl, 2) Set healthy boundaries, and 3) Communicate powerfully so you can use rather than lose your voice.

7. ENLIGHTEN YOURSELF. Jesuit priest, Pierre Teiland de Chardin said, "We are not human beings having a spiritual experience, we are spiritual beings having a human experience." Wherever you're at in your relationship with God or Spirit, let that relationship infuse your self-concept. You don't have to strive to be perfect or spiritual! You already are a spiritual being!

You can check out more good advice from Dr. Ellen Albertson at www.midlifewhisperer.com. So ditch those resolutions and start rocking your midlife and let joy be your guide. ★

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 LAPIS 4-28-23

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 Artisan Interiors, LLC, 9182 Crepe Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Artisan Interiors" 9182 Crepe Court, Sacramento, CA 95829. Filed with the Clerk of Sacramento County March 24, 2023
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 Daniel Marvin Jones, 8841 Nimbus Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Byte 2 Bo" 8841 Nimbus Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 17, 2023
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 Advanced Diagnostic and Automotive Services, 8838 Greenback Lane, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "ADAS Pro" 8838 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 27, 2023
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 Advanced Diagnostic and Automotive Services, Inc., 8838 Greenback Lane, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "ADAS / ADAS Advanced Diagnostic and Automotive Services" 8838 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 27, 2023
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02229
 Aleksandr Kuzmin, 2800 Walnut Avenue, #44, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "RepairPro Handyman Services," 2800 Walnut Avenue, #44, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 24, 2023
 Publish: April 7, 14, 21 & 28, 2023
 REPAIRPRO 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02354
 Block 20 Innovations, LLC, 5710 Kenneth Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Careerpreps," 5710 Kenneth Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 28, 2023
 Publish: April 7, 14, 21 & 28, 2023
 CAREER 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02254
 John Patrick Ryan, 7841 Highland Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "80 West Collective" 7841 Highland Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 27, 2023
 Publish: April 7, 14, 21 & 28, 2023
 80 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01851
 R-Cubed Solutions LLC, 26 S Sunset Drive, Lodi, CA 95240 is doing business under the Fictitious Business Name(s) "Trinity Ceramic Coating & Paint Correction" 9624 Kiefer Boulevard, Unit 2, Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 14, 2023
 Publish: April 7, 14, 21 & 28, 2023
 TRINITY 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02381
 Julius Ebanclua, 9030 Weeping Fig Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "A & J Real Estate Photo Video," 9030 Weeping Fig Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County March 29, 2023
 Publish: April 7, 14, 21 & 28, 2023
 A&J 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01834
 Sviatlana Viadzenichava, 5929 Rampart Drive 5, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "SV Studio," 5929 Rampart Drive 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 14, 2023
 Publish: April 7, 14, 21 & 28, 2023
 SV 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02395
 Lart Group, Inc., 6717 Auburn Boulevard, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "CG Photography," 6717 Auburn Boulevard, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County March 29, 2023
 Publish: April 7, 14, 21 & 28, 2023
 CG 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01657
 Harpreet Singh Atwal, 8630 Amesbury Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Two Rivers" 8630 Amesbury Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County March 7, 2023
 Publish: April 14, 21, 28, May 5, 2023
 TWO 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02241
 AGNS LLC, 1126 Azusa Street, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "PS121 Trucking" 1126 Azusa Street, Sacramento, CA 95833. Filed with the Clerk of Sacramento County March 24, 2023
 Publish: April 14, 21, 28, May 5, 2023
 PS121 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01898
 Kyle Pries and Svetlana Fomichev, 4756 Solano Way, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Hutz" 4756 Solano Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 15, 2023
 Publish: April 14, 21, 28, May 5, 2023
 HUTZ 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02355
 Iraj Keshavarz, 138 Oak Rock Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Broadway Smog" 2401 Broadway, Sacramento, CA 95818. Filed with the Clerk of Sacramento County March 28, 2023
 Publish: April 14, 21, 28, May 5, 2023
 BROADWAY 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02265
 Viktoriia A Dalton, 6126 Sylvester Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Botox & Beyond Aesthetics" 4150 Manzanita Avenue, #100A, Room4, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 27, 2023
 Publish: April 14, 21, 28, May 5, 2023
 BOTOX 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02386
 Ascent Wealth Separation LLC, 401 Ryland Street, Suite 200-A, Reno, NV 89502 is doing business under the Fictitious Business Name(s) "Junk Shot of Sacramento North, CA / Doorstep Details Of Sacramento North, CA" 2568 Buzz Aldrin Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County March 29, 2023
 Publish: April 14, 21, 28, May 5, 2023
 JUNK 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02573
 Jeaneen Gay Avery, 4912 Summit View Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Creations By Jeaneen" 4912 Summit View Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 5, 2023
 Publish: April 14, 21, 28, May 5, 2023
 CREATIONS 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02406
 Sheila Mary Bramow, 4401 Rio Tinto Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Cal West Real Estate" 4401 Rio Tinto Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 30, 2023
 Publish: April 14, 21, 28, May 5, 2023
 CAL 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01807
 Quiana M Pendleton, 818 25th Street #111, Sacramento, CA

95816 is doing business under the Fictitious Business Name(s) "OMP Consulting" 2732 Marconi Avenue, #H, Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 13, 2023
 Publish: April 14, 21, 28, May 5, 2023
 OMP 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02503
 Kathleen Prevost, 10730 Coloma Road, #20, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "KFlora Designs / Kathleen's Floral Designs" 10730 Coloma Road, #20, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 3, 2023
 Publish: April 14, 21, 28, May 5, 2023
 KFLORA 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01035
 Bryan Yabut, 9624 Emerald Park Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "J & B Vending Machine" 9146 E Stockton Boulevard, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County February 10, 2023
 Publish: April 14, 21, 28, May 5, 2023
 J&B 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02474
 Mohammad Dawod Azizi, 5600 Marconi Avenue, #215, Carmichael, CA 95608 and Jafar Rahimi, 3831 Marconi Avenue, #93, Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "Parwan General Minor Auto Repair" 6836 26th Street, #26, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County April 3, 2023
 Publish: April 14, 21, 28, May 5, 2023
 PARWAN 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01817
 Sharifa Barker, 4055 Cuny Avenue, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Digg's Mobile Notary" 901 H Street, Suite 120, Sacramento, CA 95814. Filed with the Clerk of Sacramento County March 13, 2023
 Publish: April 21, 28, May 5, 12, 2023
 DIGGS 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02510
 Jesus Rios Courier LLC, 551 Ashwick Loop, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "A-1 Rapid Live Scan and Mobile Fingerprinting" 6837 Fair Oaks Boulevard, #6, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 4, 2023
 Publish: April 21, 28, May 5, 12, 2023
 A-1 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01969
 Cotton Club Sacramento, 2331 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "The Cotton Club" 2331 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County March 17, 2023
 Publish: April 21, 28, May 5, 12, 2023
 COTTON 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02476
 Avnik K Chand, 3 Cismont Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Fijiking Graphics" 3 Cismont Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 3, 2023
 Publish: April 21, 28, May 5, 12, 2023
 FIJIKING 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02283
 Anton Alekseyenko, 4433 Gene Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "LoveVenture Films" 4433 Gene Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County March 27, 2023
 Publish: April 21, 28, May 5, 12, 2023
 LOVE 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02720
 Roman Kovalov, 5528 Auburn Boulevard, Suite 1, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "KVL" 5528 Auburn Boulevard, Suite 1, Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 11, 2023
 Publish: April 21, 28, May 5, 12, 2023
 KVL 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02157
 All Seasons All Reasons, 2135 Dale Avenue, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "All Seasons All Reasons / Seasons Catering" 2135 Dale Avenue, Sacramento, CA 95815. Filed with the Clerk of Sacramento County March 21, 2023
 Publish: April 21, 28, May 5, 12, 2023
 ALL 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02811
 Dai Q. Bui, 8804 Liscamey Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "DST Windows" 8804 Liscamey Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 12, 2023
 Publish: April 21, 28, May 5, 12, 2023
 DST 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02652
 College Oak Road Solutions, LLC, 4125 Winters Street, Sacramento, CA 95838 is doing business under the Fictitious

Business Name(s) "College Oak Towing / COT Transportation / College Oak Road Solutions" 4125 Winters Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County April 7, 2023
 Publish: April 21, 28, May 5, 12, 2023
 COLLEGE 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02477
 Maureen A Paley, 4036 42nd Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Leveling Up" 4036 42nd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 3, 2023
 Publish: April 21, 28, May 5, 12, 2023
 LEVELING 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02482
 Christopher James Mejdrich, 6056 Dublin Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "PC House Calls" 6056 Dublin Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 3, 2023
 Publish: April 21, 28, May 5, 12, 2023
 PC 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02784
 Jourdan A Moore, 7921 Kingswood Drive, A4-G, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Kingz Cuts" 7921 Kingswood Drive, A4-G, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 12, 2023
 Publish: April 21, 28, May 5, 12, 2023
 KINGZ 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02682
 Samantha Yuen, 6336 Port Gibson Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "sayukips" 6336 Port Gibson Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 10, 2023
 Publish: April 21, 28, May 5, 12, 2023
 SAY 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02813
 Earnest Leroy Adair, 7806 Galena Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Ernie's Excavating & Engineering / EEE Trucking" 7806 Galena Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 13, 2023
 Publish: April 21, 28, May 5, 12, 2023
 ERNIE'S 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02764
 Robert Martinez, 1254 Jacob Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Porter Building" 3126 O Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 11, 2023
 Publish: April 21, 28, May 5, 12, 2023
 PORTER 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01398
 Salvador Frank Romo, 5101 Whitney Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Frank's Carpentry" 5101 Whitney Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 28, 2023
 Publish: April 21, 28, May 5, 12, 2023
 FRANKS 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02555
 Rebecca Love LCSW Inc., 7940 California Avenue, Suite 11, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "The Way Through Mediation Services" 7940 California Avenue, Suite 11, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 5, 2023
 Publish: April 21, 28, May 5, 12, 2023
 WAY 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02498
 Tilford Enterprises LLC, 6601 Carrwood Street, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Japan Auto Care / Japan Auto Care of Orangevale" 9280 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 3, 2023
 Publish: April 21, 28, May 5, 12, 2023
 JAPAN 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02789
 Elkhorn Bait and Tackle, LLC, 6745 20th Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Elkhorn Bait & Tackle," 6745 20th Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County April 12, 2023
 Publish: April 21, 28, May 5, 12, 2023
 ELKHORN 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-01583
 MRM Fast Transportation, 6020 Rutland Drive, Suite 20, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "MRM Fast Transportation," 6020 Rutland Drive, Suite 20, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 3, 2023
 Publish: April 21, 28, May 5, 12, 2023
 MRM 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02791
 City Market Group, Inc., 6825 Greenback Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "City Market," 6825

Greenback Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 12, 2023
 Publish: April 21, 28, May 5, 12, 2023
 CITY 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02543
 Midway Sales LLC, 737 Parkridge Drive, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Midway Sales," 737 Parkridge Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County April 4, 2023
 Publish: April 21, 28, May 5, 12, 2023
 MIDWAY 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02671
 Thomas Kevin Pace, 4065 Quarter Dome Circle, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "AP Delivery," 4065 Quarter Dome Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 10, 2023
 Publish: April 21, 28, May 5, 12, 2023
 AP 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02931
 Amanulloh Zazal, 3022 Stockton Boulevard, Suite 4, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Safa Halal Market" 3022 Stockton Boulevard, Suite 4, Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 17, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 SAFA 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02878
 Pacific Charter Institute, 1401 El Camino Avenue, Suite 510, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "New Pacific School Rancho Cordova" 10710 Bear Hollow Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 14, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 NEW 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02650
 Garret Hicks, 5919 Garwood Court, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Goldriver Sheetmetal Fabrication" 11366 Almagam Way, Unit F, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 7, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 GOLDRIVER 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-0863
 Michael W. Coon, 2141 Tiber River Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "MasterLab Wine Blending Workshops / Michael Corkery" 2141 Tiber River Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 14, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 MASTERLAB 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02785
 Apama Ghosh, 10938 Tower Park Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Synergy Skincare" 10938 Tower Park Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 12, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 SYNERGY 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02731
 Maskell Media, Inc., 4240 China Hill Court, El Dorado, CA 95623 is doing business under the Fictitious Business Name(s) "Relove Consignment" 1300 E Bidwell Street, Suite 125, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 11, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 RELOVE 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02800
 Laurene Irons-Knox 5920 McLean Drive Elk Grove, CA 95757, and Erik Caswell, 7401 Spring Valley Road, Pollock Pines, CA 95726 is doing business under the Fictitious Business Name(s) "California Defensive Driving Solutions" 5920 McLean Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County April 12, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 CALIFORNIA 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-03042
 Juan Sebastian Salamanca and Geopredy Salamanca 8558 Raffinoto Court, Elk Grove, CA 95624 are doing business under the Fictitious Business Name(s) "G & J Auto Repair" 3282 Luyung Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 19, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 G&J 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02709
 3Chords Inc. 2041 Rosecrans Ave #245 El Segundo, CA 90245 is doing business under the Fictitious Business Name(s) "Epic Special Education Staffing" 2041 Rosecrans Ave #245 El Segundo, CA 90245. Filed with the Clerk of Sacramento County April 10, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 EPIC 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02531
 Alexander Wright 308 Canyon Terrace Lane, Folsom, 95630

is doing business under the Fictitious Business Name(s) "Trick Cards" 308 Canyon Terrace Lane, Folsom, 95630. Filed with the Clerk of Sacramento County April 4, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 TRICKY 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02774
 Yoong Tseng 9416 Dante Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Valley Meter Co" 4531 Orange Grove, Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 11, 2023
 Publish: April 28, May 5, 12 & 19, 2023
 VALLEY 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-02984
 Raymundo A Orozco 6545 Park Riviera Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Orozco Handyman Service" 6545 Park Riviera Way Sacramento, CA 9

COMICS & PUZZLES

The Spats



by Jeff Pickering



Amber Waves



by Dave T. Phipps



BY HENRY BOLTINOFF Find at least six differences in details between panels.



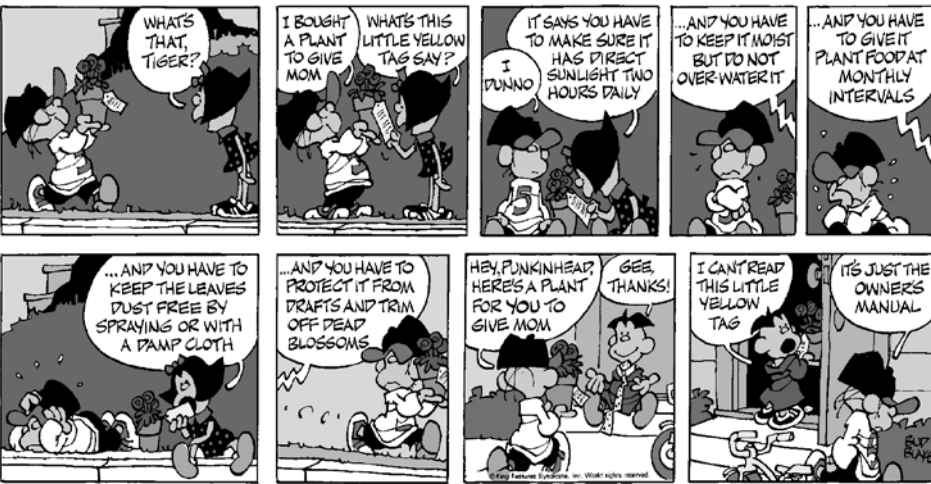
Differences: 1. Hand is shorter. 2. Curtain is missing. 3. Glasses differ. 4. Shelf is shorter. 5. Container is missing. 6. Glasses differ.

Out on a Limb



by Gary Kopervas

TIGER



by BUD BLAKE

GRIN and BEAR IT



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A	S	E	A			L	O	P			R	A	N	G			

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CLUES

- Attired
- *Alabama, for short
- Type of pit, at a concert
- "Nevada's "biggest little city in the world"
- October birthstone
- Don't do this to words?
- Elusive Himalayan
- Poet Sandburg
- Come to pass
- "Home of the Bourbon Trail"
- Not us
- Winds to a ship captain
- "Dish popular in the 50th state"
- "Largest state, by area"
- Dick ___ of "Bewitched"
- Tombstone acronym
- Spews
- Succulent medicinal plant
- Cast member
- Greek "r"
- Gibson garnish
- Evade payment
- Like certain pentameter
- Lenon's wife
- Fashionable
- Barely audible words
- Casino's pull
- Bear down under
- Sound bounce-back
- *a.k.a. Commonwealth
- Sing like Sinatra
- Not working
- Lymphatic swelling
- Flourishing
- Commotions
- Type of pitcher
- Not in port
- Chop off
- What the phone did

DOWN

- Have a bowl
- Potato's soup partner
- Initial stake
- Happenings
- Lickety-split
- Shenanigans
- Friend in war
- *State with longest freshwater shoreline
- It's enough?
- Pond gunk
- Joaquin Phoenix 2013 movie
- Relating to eye
- *"Michigan's " ___ City"
- Selfish one
- Pavlova's step
- Middle East natives
- Permissible
- In a fitting way
- Half a ticket
- Sober Ness
- Not a soul (2 words)
- Operatic voice
- "Home to Arches National Park"
- Tucker of "Modern Family"
- *State with panhandle
- Round openings
- School of thought suffix
- Google search category
- Often-missed humor
- Hide craftsman
- Little one

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

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Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

PET CLUB
FOOD AND SUPPLIES
EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short term promotions from vendors
(No Membership Fee)

2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500



COUPON \$250 OFF
ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter)
Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 331 CHM
Limit: 1 Coupon Per Family
Effective 4/26/23 - 5/2/23

COUPON FREE PURE NESS PET BOWL
Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1.
\$1.29 Value PLU 338 CHM
Limit: 1 Coupon Per Family
Effective 4/26/23 - 5/2/23

Look for Advertised Sale Items Everyweek at www.petclubstores.com

ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD
12.5 Lb & 25 Lb
•Turkey •Lamb •Trout/Salmon •Zsential •Duck •Salmon •White Fish •Venison •Pork •Catfish
ON SALE Everyday
Effective 4/26/23 - 5/2/23

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag Limit 2 Bags Per Family
•Chicken •Lamb & Rice •Beef •Large Breed •Senior •Skin & Coat (30 Lb) •Lite (30 Lb) •Lrg Breed Lamb •Ex-Athlete
\$4 OFF
Our Regular Prices!
Effective 4/26/23 - 5/2/23

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
30 Lb Bag
•Chicken, Brown Rice & Oatmeal Formula •Adult •Large Breed •Senior •Lite
Limit 2 Bags Per Family
\$59.99
Effective 4/26/23 - 5/2/23

IAMS DRY CAT FOOD
•Healthy Adult Chicken •Salmon/Tuna •Hairball
16 Lb Bag Limit 2 Bags Per Family
\$26.99
Effective 4/26/23 - 5/2/23

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
59¢
Effective 4/26/23 - 5/2/23

FUSSIE CAT PREMIUM CANNED CAT FOOD
2.8 Oz.
•Black Label •Gold Label
Limit 2 Cases Per Family
ON SALE
Effective 4/26/23 - 5/2/23

PRECIOUS CAT CLUMPING CAT LITTER
•Regular •Ultra 18 Lb Bag
Limit 2 Bags Per Family
\$6.99
Effective 4/26/23 - 5/2/23

SCOOPAWAY Unscented 25 Lb Box \$10.99
SCOOPAWAY Multi-Cat 20 Lb Box \$8.99
FRESH STEP Outstretch 19 Lb Box \$12.99
FRESH STEP SCOOP Step 25 Lb Box \$13.99
CLUMPING CAT LITTER
Limit 2 Boxes
Effective 4/26/23 - 5/2/23

WORLD'S BEST CAT LITTER
•Original •Extra Strength
15 Lb Bag Limit 2 Bags
\$15.99

PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER
40 Lb Bag (Extra Strength 25Lbs \$9.99)
Limit 2 Bags
\$11.99

CANIDAE PURE ADULT DRY DOG FOOD
Grain Free 24 Lb Bag •Selected Varieties
Limit 2 Bags
As Marked **25% OFF**
OUR SUPER LOW PRICES

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag
Limit 2 Bags Per Family
\$16.99

ORIJEN DRY DOG FOOD
All Sizes Limit 2 Bags
10% OFF
OUR REGULAR PRICES

FIRSTMATE & KASIKS DRY DOG FOOD
5 Lb Bag, 25-28.6 Lb Bag (As Marked Dog & Cat Cans 15% Disc) As Marked **\$5 OFF**
OUR REGULAR PRICES

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs
\$9.99

FRESH STEP CRYSTAL CAT LITTER
8Lb Bag Limit 2 Bags
\$17.99

JONNY CAT PREMIUM CAT LITTER
10 Lb Bag Limit 2 Bags Per Family
\$27.99

SOLID GOLD CANNED CAT FOOD
All Varieties 3 Oz Can (Blended Tuna 6 Oz) Limit 2 Cases
20% OFF
OUR SUPER LOW PRICES!

MERRICK'S CLASSIC NATURAL DRY DOG FOOD
•Chicken/Green Peas/Ancient Grains 25 Lbs Limit 2 Bags
•Beef/Green Peas/Carrots •Lamb/Green Peas/Ancient Grains
\$10 OFF
OUR REGULAR LOW PRICES

CORE NATURAL DRY CAT FOOD
•Original •Indoor •Turkey Grain Free
11-12 Lb Bag Limit 2 Bags (Wellness Grain-Free 11.5 Lb •Chicken •Healthy Weight •Salmon)
\$4 OFF
OUR REGULAR LOW PRICES

ADVANTAGE FLEA CONTROL & TREATMENT
Dog Small (Green) Dog Extra Large (Blue)
Dog Medium (Teal) Cat Small (Orange)
Dog Large (Red) Cat Large (Purple)
Limit 2 Per Family. Cannot be combined with another offer.

GRILLERZ NATURAL DOG CHEWS
•Jr. Mammals •Beef Hoock •Beef Knuckle •Beef Ribs •Knee Caps •Pork Femur All Varieties
20% OFF
OUR SUPER LOW PRICES

NATURE'S MIRACLE STAIN & ODOR REMOVER
1 Gallon
•Regular \$22.99
•Set-In Stain Destroyer \$23.99
•Advanced \$29.99

BODY GEAR MATS & PADS
All Sizes
20% OFF
OUR SUPER LOW PRICES

BOODA ROPE BONE & TUG
•White •Multi-Colors All Varieties
20% OFF
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$32.99
CASCADE 150	35 Gal.	\$42.99
CASCADE 200	50 Gal.	\$52.99
CASCADE 300	100 Gal.	\$72.99

AQUEON PRE-PRICED AQUARIUM KITS

10 GALLON	(Pre-Priced \$79.99)	\$59.99
20 GALLON	(Pre-Priced \$124.99)	\$89.99
55 GALLON	(Pre-Priced \$229.99)	\$169.99

REPTILE SUPPLY SALE
Zoo Med Reptibark 8 Qt. \$7.99
Tetra Reptomin 3.7 Oz. \$4.99
Tetra Reptomin 10.59 Oz. \$10.99

INSTANT OCEAN SEA SALT
50 Gal. Salt Mix \$17.99

BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz. All Varieties
Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/26/23 - 5/2/23
ON SALE Everyday
CHM PLU 367

BONUS COUPON FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/26/23 - 5/2/23
\$1.49
CHM PLU 573

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/26/23 - 5/2/23
\$1.89
CHM PLU 422

KP International MARKET
 FOOD COURT NOW OPEN
 26 27 28 29 30 01 02
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market - 7 Days 8am-9pm
 Food Court - 7 Days 11am-7:30pm
 Korean/Mex/Viet 7:30pm last call
 Chinese/Japanese 7:00pm last call

NOW OPEN
 ENJOY OUR FRESHLY BAKED BREAD & CAKE
 10971 OLSON DR. RANCHO CORDOVA, CA 95670

FRESH PRODUCE

White Onion 59¢/lb	Sweet Onion 3 lb \$2.49/ea	American Eggplant 99¢/ea	Green Bean \$1.19/lb
Mexican Papaya 89¢/lb	Ataulfo Mango 16 ct \$13.99/box	Yuca Root \$1.19/lb	Wood Ear Mushroom \$2.39/ea

AMERICAN/HISPANIC GROCERY

REG. \$3.99 \$3.99/ea EED All Purpose Flour 5 lbs	REG. \$3.99 \$3.99/ea Zulka Pure Cane Sugar 4 lbs	REG. \$14.99 \$14.99/ea 1.2 L Vegetable Oil Cholesterol Free 1 gal	REG. \$2.99 \$2.99/ea Las Palmas Enchilada Sauce 25 oz	REG. \$2.99 \$2.99/ea Vivita Aloe Vera Drinks 1.5 liters
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ASIAN GROCERY

REG. \$3.99 \$3.99/ea Global Deer Brand Thread in net 8 x 2 oz	REG. \$2.99 \$2.99/ea Dana Puri Soy Sauce (Kang-Innamani) 25.36 fl oz	REG. \$3.99 \$3.99/ea Thai MSG Monosodium Glutamate 500 g	REG. \$2.99 \$2.49/ea Cha Cha Roasted Sunflower Seeds 5.64 oz	REG. \$2.49 \$1.99/ea Cha Cha Coconut Milk 13.5 oz
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EUROPEAN GROCERY

REG. \$4.99 \$4.99/ea Cod Liver Oil Capsules 240	REG. \$3.49 \$3.49/ea Gilia Breakfast 900 gr	REG. \$3.49 \$3.49/ea Ekonik Granola Bread 500 gr	REG. \$2.49 \$2.49/ea Green Baked Milk Tarts Biscuits 300 gr	REG. \$2.99 \$2.99/ea White Shrimp 90 gr
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FROZEN & FISH DEPT

Red Abalone Sashimi Grade 2.2 lbs REG. \$49.99/ea \$36.99/ea	Seven Seas Seafood Mix 24 oz REG. \$9.99/ea \$6.99/ea
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WEEKLY MEAT SPECIALS

Beef London Broil & Top Round Roast Pulpa Para Hornear Roast sin Hueso \$3.99/lb	Beef Ribeye Roast - Boneless Chuletas de Ternera Asado \$6.49/lb	Beef Ribeye Steak - Boneless Filete de Chuletas de Ternera \$6.99/lb
Tyson Pork Spare Ribs (Single Pack) Costillas de Cerdo \$1.99/lb	Smithfield Country Style Pork Loin Ribs - Bnls Costillas de Lomo de Cerdo al Estilo Campesino \$2.29/lb	Pork Hocks Carne de Pierna de Cerdo \$2.29/lb

KOREAN/JAPANESE GROCERY

REG. \$6.99 \$6.99/ea Furukawa Sushi Rice 4.4 lbs	REG. \$5.99 \$5.99/ea Honey Citrus Tea 2.2 lb	REG. \$2.99 \$2.99/ea Kang Chon Kim Seasoned Soybean 12 x 6.17 oz	REG. \$2.49 \$2.49/ea Bake Cookie and Cream 150 g	REG. \$5.99 \$5.99/ea Pido Biscuits 5 x 150 g	REG. \$2.99 \$2.99/ea Premium Dried Kelp 8 oz
REG. \$6.99 \$6.99/ea Hot Pepper Paste - Sriracha 1 kg - 110 g	REG. \$3.99 \$3.99/ea Luscious Meat 350 g	REG. \$2.99 \$2.99/ea Garden of Eatin' Raw Powder 1 lb	REG. \$5.99 \$5.99/ea Organic Coconut 300 g	REG. \$15.99 \$15.99/ea Kakko Sesame Oil 56 oz	REG. \$7.99 \$7.99/ea Sole Chik In Salt But 15 lbs

HOUSEWARES

REG. \$19.99 \$19.99/ea HAIR DARKENING SHAMPOO	REG. \$39.99 \$39.99/ea ELECTRIC BBQ GRILL
REG. \$14.99 \$14.99/ea ELECTRIC RICE COOKER (4 CUPS)	REG. \$3.99 \$3.99/ea ELECTRIC RICE COOKER (10 CUPS)
REG. \$39.99 \$39.99/ea ELECTRIC RICE COOKER (10 CUPS)	REG. \$45.99 \$45.99/ea ELECTRIC RICE COOKER (10 CUPS)

FROZEN & FISH DEPT

REG. \$9.99/ea \$6.99/ea Cooked Wild Cold Water Shrimp 1.5 lbs	REG. \$12.49 \$12.49/ea Black Forest Ham	REG. \$3.09 \$3.09/ea Olive Medley	REG. \$4.09 \$4.09/ea Pitted Green Olives
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE APRIL 26 - MAY 02, 2023.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE APRIL 26 - MAY 02, 2023.



Ask About Our **\$5,000** Move in Assistance*

COME AND LISTEN TO THE MUSIC AT COGIR OF STOCK RANCH!

Join the fun at Cogir of Stock Ranch with our free Spring Concert Series. Enjoy the three-part harmonies of local favorite *Now and Then* as they perform today's hits and the best from "back in the day." Delicious refreshments will be served, and Community tours will be available.

Wednesday, May 10th, from 2:00 - 4:00 p.m.

RSVP to (916) 725-7418 or email srocha@kogir.net to save your seat!

*Limited time offer. Some exclusions apply. Contact community for details.



cogir of STOCK RANCH Senior Living

7418 Stock Ranch Road
 Citrus Heights, CA 95621
 License # 342700471

(916) 725-7418

- Independent Living
- Assisted Living
- Respite Care