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# THE NEWS

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VOLUME 42 • ISSUE 34      *Serving Rio Linda, Elverta and Sacramento County*      AUGUST 25, 2023

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## Church Playground Project Realized



Members from the Rotary Club of Foothill Highlands helped to bring a new playground for kids at LifePointe Church. Left to right: Miguel Benitez, Rotary President and his wife Tanya, Dominic Mecklenburg, Rotary Treasurer, Roland Wright, Rotary Past President, Curtiss Wright, Greater Sac Rotaract. Photo courtesy of Rotary Club of Foothill Highlands

**By Roland C. Wright**

**RIO LINDA, CA (MPG)** - LifePointe Church, located in Rio Linda, provides services to the local community, which supports youth and adult education in many areas of human interest. The church has an area for older kids to play in the back of the facility, but really lacked something safe and meaningful for the infant to

young toddler age group. This was a huge need and wish list item.

Rotary Club of Foothill Highlands, under President Roland Wright's leadership, together with the team at LifePointe Church, led by Pastor Robert Hale, began the project to build the playground about 2 years ago and finally finished earlier this year.

The goal of the joint project was to

provide a safe space outdoors for the younger children to play.

The Rotary Club of Foothill Highlands has served the Greater Sacramento Area communities of Antelope, Elverta, Foothill Farms, McClellan, North Highlands and Rio Linda since 1959. This club is proud to partner with local organizations like LifePointe Church to bring

*Continued on page 3*

**County  
Receives  
\$43 Million  
Bridge Housing  
Award**

**Sacramento County  
News Release**

**SACRAMENTO COUNTY, CA (MPG)** - The State Department of Health Care Services announced that Sacramento County Behavioral Health Services (BHS) will be awarded more than \$43 million in Behavioral Health Bridge Housing (BHBH) funds to support its continued efforts to address homelessness and improve the lives of individuals living with serious mental illness and experiencing housing instability. With the award of this State funding, County BHS is set to expand interim housing options as an important resource along the continuum to permanent supportive housing to accommodate the growing need for supportive housing and mental health services.

The BHBH award will enable Sacramento County BHS to expand interim housing by adding 110 beds across three Safe Stay communities. This County-sanctioned bridge housing will provide individuals experiencing homelessness with a safe and supportive environment to stabilize their health and safety. Additionally, the funding will facilitate the development or renovation of shovel-ready projects for another 100 beds, including renovated hotels, board and care homes, and sober living facilities. These clean and well-maintained sites will offer on-site supportive services to help individuals transition towards permanent housing.

Bridge housing funds will support individuals in the target population of the Community Assistance, Recovery, and Empowerment (CARE) Act who are experiencing homelessness, have serious mental illness, and/or substance use disorder. The range of services provided will encompass care coordination to enhance both mental and physical well-being, the development of essential life skills, the promotion of income growth, and the facilitation of vocational/educational opportunities and skills. The ultimate objective is to assist participants in transitioning to permanent housing within a nine-month timeframe.

To provide holistic care, Behavioral Health collaborates with various county agencies such as Primary Care for medical support, the Department of Human Assistance (DHA) for

*Continued on page 3*

## Prepare Students for a Mentally Strong School Year

**Sacramento County  
News Release**

**SACRAMENTO COUNTY, CA (MPG)** - As summer comes to an end, so do the routines that students picked up during the break. That means no more sleeping in late or hanging out with friends all day, but back to setting the alarms for early morning hours and getting back into the school routine.

These changes in day-to-day activities can bring on emotional changes in students such as anxiety, stress, and worry. They can make going back to school challenging for some students, especially if they are going to a new school, having a new teacher, going into a new grade, or even having to make new friends.

In addition, students may be feeling additional stress due to fears about gun violence, global conflicts, or concerns about bullying or other self-image issues. It's important for parents and adults to recognize when their student might be suffering from these new emotions and help support them through their new transition.

According to Uprise Health, here are 5 back-to-school tips to help your student have a mentally strong first day back at school:

**Get a Head Start on the New Routine.** During summer vacation, students normally have different sleeping habits and are used to sleeping longer hours, a drastic change from their normal routine that they have during the school year. Start getting your student back to a normal routine a couple of weeks before school starts to get into the habit of waking up earlier and going to bed at a regular time. This may help them feel less anxious doing it the night before school starts and feel more prepared to take on the first day!

**Check Out the School Beforehand.** Whether your student is going to a new school or not, it can be helpful to take them to campus before the first day and map out the route to their new classroom, lunchroom, library and more! Contact the school ahead of the first day and see if you can schedule a tour for your student before their first day. This can help set up the student for success before the first day of class by addressing the anxiety and worry that comes with not knowing where to go when they hear that first bell.

**Have Regular Hangouts with Friends Outside of School.** When school is back in session, it can

be harder to get together with friends outside of the classroom. This can make students feel anxious about going back to school and not knowing the next time they will be able to see their friends. Help them get ahead of those feelings and host a back-to-school get-together with new and familiar friends to help them get acclimated to the new school year!

**Establish Emotional Coping Skills.** Teaching your student to talk about their emotions and creating a safe space for them to do so can help them process the anxious, stressed, or worried feelings they might have about being back in school. Providing them with ways to process their emotions and recognize what they are feeling can help improve your student's coping skills and help them focus on the positives about the day. If you don't know where to begin the conversation, use one of our conversation starters to talk to your student about their mental health, and by doing so, you can help to reduce the stigma around mental illness in your child's school community.

**Support Your Student's Mental Health.** With youth facing more mental health challenges, it has never been so important

for parents to support and understand their students. Talking to them about how they are feeling and letting them know that it is normal to feel anxious, stressed, or worried when starting something new can make a world of difference in their mental health journey.

The stigma and fear around mental health often prevent people from reaching out for help. You can help reduce stigma by educating yourself and your students to ensure that they are equipped to have a mentally strong school year and beyond! For more information on additional resources on youth mental health visit our Transition Age Youth community page.

Everyone has the power to stop the stigma and discrimination surrounding mental illness in their communities. We encourage youth to share their stories to encourage others their age by joining the "Mental Illness: It's not always what you think" project's Stop Stigma Sacramento Speakers Bureau and promote positive attitudes about living with mental illness. For more information on how to become a speaker or how to be involved in the program, view our webpage at [www.stopstigmamasacramento.org/get-involved/speakers-bureau/](http://www.stopstigmamasacramento.org/get-involved/speakers-bureau/) ★



# California Capital Airshow Flies Back at Mather

By Tamara Warta

**SACRAMENTO REGION, CA (MPG)** - The popular California Capital Airshow is back at Mather this September, featuring the U.S. Air Force Thunderbirds as its headlining act. The airshow was founded in 1914 and, with the exception of a pause for COVID-19, has been entertaining enthusiasts annually with a variety of modern and historic planes.

This year’s airshow is happening on Saturday, September 23 and Sunday, September 24. Admission costs are \$40-\$50 per ticket, but each ticket comes with up to 6 free admissions for youth aged 15 and younger, making it a reasonable deal for entire families who want to enjoy the marvels of air travel and military planes. Tickets are valid for only one day of the airshow, with most acts performing on both days.

Unlike prior years, 2023 tickets are only available online. There will be no onsite sales, and space is limited for both general and VIP ticketing options. High-end tickets used to include a grandstand and bleacher option, but this year has been converted into a new location called The Hangar. This brand-new chalet offers both indoor and outdoor seating areas along the front line of the shows, and also includes private restroom access, beer tasting, and access to food truck purchases. Those willing to spend more can also join the Flight Line and Capital clubs, both of which provide catered food and beverages, as well as premium seating areas.

If you’re attending the show on a budget, don’t worry. While you must find your own seating, there are plenty of perks to still enjoy both on the ground and by gazing up at the sky. Ground level entertainment this year includes vintage combat aircraft and trainers including warbirds that date back to the 1930s. Beale Airforce Base will also be represented at the show, bringing a Lockheed U-2 ‘Dragon Lady’ and T-38 Talons to admire. Children and families will enjoy the opportunity to walk through a large military transport plane as well as the impressively large cargo holds of the FedEx and UPS planes parked onsite. Lastly, public safety workers and first responders will be interacting with guests, teaching young guests how planes and helicopters are used to save lives.

While there’s certainly a lot to do on the ground, the real show is overhead. The airshow features both individual plane hobbyists and professional fighter jet pilots. This year’s headliner, the United States Air Force Thunderbirds, will roar through the sky in their F-16 Fighting Falcon jets. Their close formations are captivating but new airshow attendees be warned



Above: The Thunderbirds show off in the sky during 2022’s air show. Inset: Young air show attendees learn how military planes fly. Photo courtesy of California Capital Airshow

– these planes get loud. Consider bringing noise-canceling headphones for young viewers as well as those of any age that are sensitive to sound.

The rest of the airshow lineup includes the US Air Force C-17 Globemaster III Demonstration Team, a US Navy F/A-18 Super Hornet TacDemo, a US Air Force A-10 Thunderbolt II, a 1920s-era Barnstormer, and stunt flyer Jim Peitz in a rare Beechcraft F33C Bonanza.

The California Capital Airshow is meticulously organized in order to successfully welcome thousands of guests each year but is also powered strongly by volunteers. Adults aged 18 and older are invited to join in on the fun of volunteering.


“Airshow volunteers play a vital role in supporting CCA’s mission to inspire young people using the power and magic of flight,” says Darcy Brewer, Executive Director of California Capital Airshow. “They build a great deal of community around this, all while experiencing the behind-the-scenes excitement of producing a massive event.”

Volunteers run booths, direct parking, provide information to guests, and so much more. All volunteers receive food vouchers and a commemorative airshow crew t-shirt. Both individuals and groups volunteer each year, but not always without a bit of controversy. The airshow committee actively recruits non-profit groups to raise funds for their own causes by working the parking lot on both Saturday and Sunday. The non-profits receive \$45 per day, per volunteer. The shifts are 11 hours long and no split shifts are permitted.

Tonia Clark was one to call out the airshow on social media. In responding to a recent post asking for non-profit help she said, “That’s less than \$5 hour...while it is great that you’re helping nonprofits, it appears that it is a pretty good deal for the airshow, considering minimum wage is \$15.50/hr. Are you helping nonprofits or taking advantage of them?”

The airshow has publicly responded in the past, reminding critics that they themselves are a non-profit and are doing what they can to give back to the community, including the aforementioned funds disbursement and also a scholarship program.

Overall, the California Capital Airshow is a quality outing for all ages. Consider coming out and exploring the world of aviation and air defense. But bring your sunscreen and hats, as the warm Sacramento sun will likely be in attendance, too. Tickets can be purchased at [californiacapitalairshow.com](http://californiacapitalairshow.com). ★



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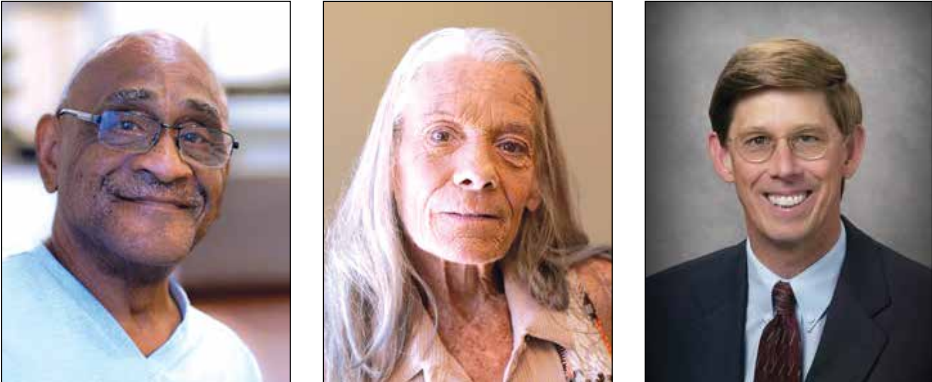
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Nottoli Place: A Safe Haven for Older Adults in Need

Church Playground Project Realized



Nottoli Place is a safe and supportive facility for older adults such as Hershel Walthall and Kimberley Hayes in need of temporary housing. Photo courtesy of Sacramento County

Former Supervisor Don Nottoli. MPG file photo

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Kimberley Hayes opens her door to show off her bedroom. It has a TV, a dresser, and a bed. There's a window providing natural light. She can also lock the door – giving herself plenty of privacy. Just outside her room, there's a common area with two couches and a couple of chairs. She sits next to Hershel Walthall. He's content and relaxed in the common area. They chat like old friends. Even though they now sit next to each other and talk, the two have very different personalities. Kimberley loves to bake. She also loves cats. She's outgoing and enjoys sharing funny stories. Hershell used to drive school buses. He's soft-spoken but opens up when you talk to him for a while. These two very different people have one big thing in common that brought them together: they are both older adults who were referred by Adult Protective Services to Nottoli Place when they became unhoused.

Nottoli Place is a safe and supportive facility for older adults in need of temporary housing. The facility is named after retired Sacramento County Supervisor Don Nottoli. With the goal of preventing homelessness and providing essential services, Nottoli Place has become a beacon of hope for older adults facing challenging circumstances. Since its grand opening in February of this year, the facility has already made a positive impact on the lives of its residents. The first client, an 86-year-old, moved into Nottoli Place in March. Nottoli Place has serviced 26 clients in just a few short months. The facility has 15 beds so it can house several clients at once.

Those staying at Nottoli Place are all vulnerable seniors who are at risk of abuse and neglect and referred to the facility by Sacramento County's Adult Protective Services. Social workers help connect clients with Nottoli Place and make sure they have a way to get to the facility. Once they arrive, they are greeted by Volunteers of America workers who staff Nottoli Place.

For Kimberley, moving into Nottoli Place took a huge burden off her shoulders. She has experienced homelessness before – years ago when she lived in San Francisco. At 63 years old, she feared she wouldn't be able to face it again. At first, she was concerned that Nottoli Place would be filled with rules and regulations, but that is not the case. While there are a few guidelines, Nottoli Place promotes independence and respects the privacy of everyone staying there. The residents are also permitted to leave. Kimberley says when she has time, she takes the bus to run errands or to catch a movie. She has a sense of relief knowing she can leave behind her belongings without having to worry.

“You've got your dignity and you've got your privacy. You can stay put and know your property and stuff is going to be safe,” says Kimberley.

Kimberley expresses immense gratitude toward her Sacramento County social worker who helped get her to Nottoli Place. She says her social worker has continued to provide her with much-needed support. Hershell, who is 74 years old, also praised his Adult Protective Services social worker for being quick to help him get into Nottoli Place. Hershell also thanks the Nottoli Place staff for all their support.

“You got good staff here that's really engaged and that really helps,” Hershell says.

Nottoli Place not only provides a safe space, but it also offers a supportive community. Clients must be 60 or older to stay in one of the rooms. Kimberley says being in the same age group allows for easy camaraderie, understanding, and shared experiences.

“We all come from the same generation, so we all get each other. We have the same sense of humor and so all our jokes, the others still laugh at them,” says Kimberley.

While everyone at Nottoli Place can relax and make new friends, they are also putting in hard work during their stay to secure permanent housing. Residents have the opportunity to participate in classes covering various topics such as renting, job applications, credit scores, and more.

Regular follow-ups by Adult Protective Services and Volunteers of America staff contribute to the success and well-being of the residents. The staff is dedicated to individualized care, and they get to know the clients so each of their individual needs are met, offering personalized assistance when necessary. As residents of Nottoli Place continue their journey toward permanent housing, they emphasize the importance of taking an active role in their own progress.

“It's a team effort. You put in the time and you can see the results. It pays off if you really put in the time because the program here really helps you out and it works,” says Herhsell.

Both Kimberley and Hershell have applied on housing waiting lists and regularly checked in to see if they are approved. They are both happy to share they are on their way to finding permanent housing. Hershell was living at Nottoli Place when he was interviewed for this story. He moved into his own apartment in Natomas at the end of July.

“It feels real good. I'm on the road to success. I've been looking for some housing and I found some, and I'm ready to move on to that next transitional part, and they're getting ready to help me transition to that next part, which I love that,” Hershell says.

Hershell and Kimberley credit the staff, their own dedication, and the resources provided by the County for their progress. Kimberley explains that on top of the Volunteers of America staff keeping an eye on her, her social worker still checks in – sometimes just to see how she's doing.

“Adult Protective Services still comes and does the follow-up. They ask me how I'm doing. Where are you at on this? So, it's really good that you've got that coming from both sides. They're taking you into consideration and there's compassion,” Kimberley says.

Nottoli Place has proven to be a lifeline for older adults like Kimberley and Hershell. By offering a safe environment, Nottoli Place serves as a place of refuge for older adults, helping them regain stability, hope, and a path to long-term housing solutions. The gratitude expressed by Kimberley and Hershell toward their social workers and the Nottoli Place staff highlights the effectiveness and impact of the collaborative efforts in supporting older adults in need.

For inquiries regarding Adult Protective Services (APS) eligibility call the APS Hotline at (916) 874-9377. For more information on APS services visit the APS website.

Visit the Volunteers of America website to learn more about the organization.

Learn more about Sacramento County's Homeless Services by visiting the Homeless Services website. ★



A heavy-duty forklift lowers the new playground set at LifePointe Church in Rio Linda. Photo courtesy of Rotary Club of Foothill Highlands

Continued from page 1

services that those in our area need and can enjoy. There were in fact multiple Rotary Clubs involved in this overall effort. Both the Foothill Highlands Club and the North Sacramento Club made use of the District Grant process to earn matching funds; we also received some wonderful assistance from the Point West Rotary Club.

This was no small project, even for a 14 member Rotary Club that considers itself small but mighty. Nevertheless, the challenge was accepted and both groups were determined to make this happen. The project spanned over multiple years to allow for a few phases. First, there was ground preparation, safety

fencing and bollards were to be installed. The next phase was ordering the playground, which in and of itself was a project with being in the middle of supply chain issues and essentially during the peak of COVID. This caused our greatest delays. Thanks to Roland and his employer, Hallsten Corporation, many essential materials were donated to assist in keeping this project moving along.

Finally, word came that the playground was shipped and was en route to our location. We immediately ordered a special rubber flooring that again keeps the focus on safety for children, protecting and preventing a potential brain injury for falls up to 6ft. We assembled the playground with a massive

amount of support from the church, our Rotary Club, a few Rotaractors and some additional fellow Rotarians from inside District 5180. With the playground in place, the flooring went in. The kids were able to immediately enjoy the new structure as did a few Rotarians. In fact, soon after the playground became active, the size of the youth group immediately expanded; this was a special added bonus according to the church pastor. How nice to see the power of the Rotary District Grant at work. Thanks to all the Rotary Clubs, grant money and Church funds over this 2 year period, we were able to complete this incredible \$30,000 project. Time to find another community need!! ★

County Receives \$43 Million Bridge Housing Award

Continued from page 1

benefits, Managed Care Providers for Enhanced Care Management (ECM), and additional linkages to enhance the provision of services. These collaborations ensure that individuals experiencing homelessness receive the necessary support and resources to improve their overall well-being.

“Through the power of compassion and investment, the \$43 million bridge housing award to Sacramento County is a significant step in transforming lives and communities,” says Sacramento County Behavioral Health Director Dr. Ryan Quist. “This funding will help behavioral health expand comprehensive bridge-housing supports for those in need.”

To address the diverse needs of individuals experiencing homelessness, a phased approach will be adopted for individuals entering the program. New participants will enter Safe Stay beds,

sober living facilities, or board and care homes to stabilize their health and safety and determine eligibility for housing programs. Once stable, they will move to other BHBH interim beds, where they will receive life skills training and housing navigation services. Finally, participants ready for permanent housing will receive intensive housing navigation services, utilizing rental assistance funds from the grant, to secure and transition into stable housing.

The \$43 million BHBH award to Sacramento County is another significant step towards addressing homelessness and providing vital support to individuals living with serious mental illness and experiencing housing instability. With expanded interim housing options and comprehensive services, this funding has the potential to transform lives and create lasting positive change within the community. ★

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# Social Security Matters

## When Should My Wife Claim Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** My wife will be 65 next year, and her full retirement age is 66 years plus 10 months. Can she collect 50% of my Social Security benefit at her full retirement age and then get her own higher personal amount at age 70? Her own amount at her full retirement age is \$1,100 per month but her age 70 amount is \$1,800. My Social Security is \$2,300. Suggestions welcome. Signed: *My Wife's Helper*

**Dear Helper:** Your wife cannot separate her spousal benefit from her personal Social Security retirement benefit – whenever she claims she will be automatically deemed to be filing for both her own benefit and her spousal entitlement. Thus, she cannot claim her spousal benefit first at her full retirement age and defer claiming her own SS retirement benefit until

she is 70. When your wife should claim is, essentially, a decision which should consider the urgency of her need for the money, her life expectancy, whether she will be eligible for a spouse benefit from you, and whether she is working.

If your wife claims before her full retirement age (FRA) and is working, she'll be subject to Social Security's "earnings test" which limits how much she can earn before some SS benefits are taken away (Social Security's earnings test goes away at FRA).

Average life expectancy for a woman your wife's age is about 87. If your current \$2,300 benefit is a result of you taking your Social Security at your full retirement age or earlier, then your wife will receive a small "spousal boost" from you. If she claims at her full retirement age, your wife's total Social Security payment will be 50% of the amount you were entitled to at your FRA and that will be her permanent amount, except for annual COLA increases. However, from what you've shared, your wife's age 70 amount is considerably more than her maximum spousal benefit so, if her life expectancy is long, that suggests she may wish to consider waiting until age 70 to claim her

own maximum benefit. By doing so, your wife will get more in cumulative lifetime benefits if she achieves average life expectancy.

The unknown factor is your life expectancy because, as your widow, your wife will be entitled to 100% of the amount you were receiving at your death, instead of the smaller amount she is receiving on her own or as your spouse. If life expectancy is long for both of you, then your wife maximizing her own benefit by waiting until age 70 to claim is a prudent choice. But if your, or your wife's, life expectancy is shorter, then your wife claiming at her full retirement age would be a better decision.

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# Gavin Newsom Channels Jerry Brown With Constitutional Amendment Proposal



By Dan Walters, CALMatters.org

When Proposition 13, California's iconic property tax limit measure, went before voters in June 1978, the state's governor, Jerry Brown, denounced it.

"It's a ripoff," Brown declared. "It's a long-term tax increase."

Two months later, after voters overwhelming endorsed the measure, Brown did a 180-degree pirouette, declaring himself a "born-again tax cutter."

"No new taxes," Brown promised. "Voters have told us they want a tax cut. They don't want a shell game."

Facing re-election to a second term later that year, Brown sponsored a state tax cut to obey, he said, the popular mandate.

Two months after winning re-election, Brown delivered his inaugural address and proposed an amendment to the U.S. Constitution requiring the federal government's budget to be balanced.

"A constitutional convention to propose an amendment to balance the budget is unprecedented, but so is the political paralysis that prevents necessary action," Brown said, blaming deficit spending for a sharp increase in inflation "as destructive to our social well-being as an invading army."

Thereupon, Brown

beseeked the state Legislature to pass a resolution supporting his call for a constitutional convention, touching off a circus-like round of legislative hearings.

It was carefully orchestrated political theater, clearly aimed at carving out a platform for Brown's second run at the presidency in 1980 by portraying incumbent President Jimmy Carter as a spendthrift out of touch with popular support for austerity and tax cuts.

Brown garnered much media attention for his newly minted cause but his 1980 presidential run was a disaster, winning exactly one delegate to the Democratic convention. Carter later lost the presidency to Brown's predecessor as governor, Ronald Reagan.

This bit of political history is offered because it seems to be repeating itself 45 years later.

Gov. Gavin Newsom, who is obviously trying to raise his national political profile for whatever reason, is now embracing his own amendment to the U.S. Constitution, adding gun control provisions emulating those in California.

It would raise the legal age for gun ownership to 21, require universal background checks, impose minimum waiting periods and institute an assault weapons ban.

"We want to go on the offense and be for something and build a movement that's bottom up, not top down," he told Politico in advance of his announcement in June.

More recently, as a resolution was drafted in the Legislature to support Newsom's crusade, he castigated the U.S. Supreme

Court's gun control decisions, much as Brown had pinned inflation on Carter 45 years earlier.

"This Supreme Court is that bad," Newsom said. "The Bruen decision was that bad. When I say code red, this is code red. California's led the nation on common sense gun safety laws."

"And we have the receipts," Newsom added. "The efficacy of those laws is demonstrable. The data bears out – California's gun death rates significantly declined since California's leadership in this space."

The cause-and-effect relationship Newsom poses is questionable, because there are many other factors affecting violent crime. Moreover, the state's gun control laws are not as bulletproof as he implies.

California's assault rifle ban is something of a joke. The targeted firearms are readily available in gun stores after undergoing a few cosmetic alterations that do nothing about their lethality. While law-abiding gun owners must go through paper hoops to buy new firearms, there's a vigorous illicit market that allows the feloniously inclined to buy all the guns they want.

Like Brown's effort, Newsom's gun crusade is just a political stunt designed to garner him more national media attention. He has zero chance of getting his gun control amendment introduced, much less adopted, and he knows it.

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

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FY 2023-24 OPERATING AND CAPITAL IMPROVEMENT BUDGETS  
FOR THE RIO LINDA / ELVERTA COMMUNITY WATER DISTRICT

NOTICE IS HEREBY GIVEN that a Public Hearing will be held by the Board of Directors of the Rio Linda/Elverta Community Water District (the "District") at its regularly scheduled meeting on

Monday, August 28, 2023 at 6:30 PM,

at Depot / Visitors Center located at 6730 Front Street, Rio Linda, California to consider the adoption of proposed Resolution No. 2023-07 Establishing Fiscal Year 2023-24 Operating and Capital Improvement Budgets ("Budgets"). The budgets will become effective immediately upon adoption of the District Board of Directors.

ALL INTERESTED PARTIES are invited to attend the August 28, 2023, public hearing to express opinions or submit evidence for or against the approval of the Budgets. At the above noted time and place, testimony from interested persons will be heard and considered by the District Board of Directors prior to taking action or making any recommendation on the Budgets. Upon request, the agenda and the documents in the hearing agenda packet can be made available to persons with a disability. In compliance with the Americans with Disabilities Act, the District encourages those with disabilities to participate fully in the public hearing process. Any person requiring special assistance to participate in the meeting should call (916) 991-1000 or email questions@rlcwd.com at least forty-eight (48) hours prior to the meeting.

Written comments are also accepted, prior to the hearing by the District, at: 730 L Street, Rio Linda, CA, 95673. Information regarding the hearing is on file and may be viewed by interested individuals by contacting the District by phone at (916) 991-1000. If a challenge to the above proposed actions is made in court, persons may be limited to raising only those issues they or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the District Board of Directors.

Copies of the proposed Budgets are available for the public by calling the District Office at (916) 991-1000 or via the District's website [www.rlcwd.com](http://www.rlcwd.com).

The Rio Linda News 8-25-2023

RIO LINDA/ELVERTA COMMUNITY WATER DISTRICT • 916-991-1000

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# Sites Reservoir on Regulatory Fast Track

## Sites Project Authority News Release

**MAXWELL, CA (MPG)** - The Sites Project Authority would like to commend and thank Governor Gavin Newsom and the California State Legislature for working together to pass a critically important infrastructure streamlining package that will allow eligible projects certified by the Governor to use a streamlined approval process to get essential infrastructure into construction and operation for the benefit of all Californians. All seven of the Proposition 1 water storage projects are eligible, including the Sites Reservoir Project.

In May, Governor Newsom introduced proposals to streamline permitting and project review for critical infrastructure projects, like Sites Reservoir, that would help meet the state’s needs to provide new, climate-resilient water supplies.

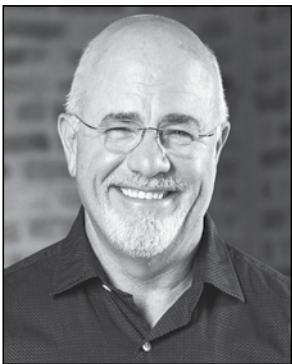
“We are grateful to Governor Newsom and the State Legislature for their leadership on such a challenging aspect of our regulatory process,” said Jerry Brown, Executive Director of the Sites Project

Authority. “Their actions to incorporate these policy changes will expedite securing our water supplies to become more resilient to a changing climate. These actions strike the right balance—time saved and costs reduced for delivery of critically important water projects like Sites, while still providing our communities and environments proper safeguards.”

The passage of these critical legislative proposals adds even more momentum to the Sites Reservoir project, which is nearing key milestones, including a consideration of a water right permit by the State Water Resources Control Board and the certification of its Final Environmental Impact Report/Statement.

Sites is an off-stream reservoir proposed north of the Sacramento-San Joaquin Delta, where it would provide unique water supply and environmental benefits during dry periods, especially during extended drought.

Additional information can be found at [www.sitesproject.org](http://www.sitesproject.org) or on Facebook and Twitter at @SitesProject. ★



### It’s a Guideline, Not a Rule

Dear Dave,

Is there any flexibility in your rule about not spending more than 25% of your take-home pay on rent or monthly mortgage payments? I live downtown in Washington, D.C., and I’m finding it’s pretty hard to do here. I make about \$90,000 a year, but I’m spending a little over \$2,000 a month in rent. Rent is my largest expense by far, and I don’t spend a lot of other money, so I’m still able to save a little and do other things. Can you give me your opinion about this approach?

– Tanner

Dear Tanner,

True, I advise people to spend no more than 25% of their take-home pay on housing. Math still works in every city and state in the country. You don’t get a pass on math just because you live in Washington, D.C., even though Congress and a lot of other people there think you do.

## Dave Ramsey Says

But there’s really nothing magical about 25%. The purpose behind it is, I don’t want you to be house poor. If you find yourself still able to save and invest because you keep other financial aspects of your lifestyle so low, then you’re okay. The problem with most people starts when they’ve got a high cost of housing, and those payments put a real squeeze on their budgets. It doesn’t leave them enough room to save up to buy the next car, so that car becomes debt. The same thing happens with Christmas and vacations and everything else. They don’t have enough extra money to save for things because a huge chunk of their income is flying out the door every month wrapped up in rent or a house payment.

Now, you’re telling me your situation works for you because you’ve made room in your budget and live a very frugal lifestyle by choice. That’s cool. I’m not mad at you about that. But here’s the thing: Whatever you spend on rent disappears. And the more money you burn, the less you’ve got on hand for other things.

I’m not exactly sure how

you adjust that in your situation. Maybe you move outside the city and commute, or perhaps you add a roommate into the equation. Or, maybe you’re fine with how things are and that’s the way you want to live. That’s okay too. But my reasoning behind the 25% figure—which is actually more of a guideline than a rule—is so you don’t become house poor. I want you to be able to save, invest and give generously. Plus, I want you to own your own home one day.

And you won’t be able to do that if everything you make is going toward big payments!

– Dave

*\*Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of “The Ramsey Show.” He has appeared on “Good Morning America,” “CBS This Morning,” “Today,” Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions.* ★

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## Sacramento County Sheriff's Dept. News Release

**RIO LINDA, CA (MPG)** - Just before 3:30 PM on Sunday, August 20, 2023, the California Highway Patrol responded to a neighborhood on I Street in Rio Linda to recover a moving van that had been reported stolen a few days earlier. Upon arrival, they discovered what they believed to be a human body in the back of the van and requested Sacramento County Sheriff's deputies respond to investigate.

Deputies arrived at the scene and confirmed a deceased adult male was in the back of the van. Based

on their initial observations, they suspected the death may have been by suspicious means and requested detectives to respond.

Homicide detectives and Crime Scene Investigators responded to the scene, interviewed witnesses, and gathered evidence. Detectives discovered the victim had been shot multiple times. The victim's identity will be made available by the Sacramento County Coroner. No further information is available at this time.

Detectives are asking anyone with information about this incident to contact the Sheriff's

Office at (916) 874-5115 or Sacramento Valley Crime Stoppers at (916) 443-HELP (4357). Tips leading to an arrest are eligible for a CASH reward of up to \$1000, and tipsters remain anonymous. Tips are paid in cash, and you are never asked for identification. Contact Sacramento Valley Crime Stoppers at (916) 443-HELP (4357), 1-800-AA-CRIME, or \*\*TIPS. Use the "P3 TIPS" app or online at [www.sacvalleycrimestoppers.com](http://www.sacvalleycrimestoppers.com).

Tip information may also be left anonymously at [www.sacsheriff.com](http://www.sacsheriff.com) or by calling (916) 874-TIPS (8477). ★

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# Traumatic Brain Injury Research Could Lead to Therapeutic Treatment

**Kathy Keatley Garvey,  
UC Davis**

**DAVIS, CA (MPG)** - Most studies of traumatic brain injuries (TBI) focus on the pathology of the injured brain, but newly published research indicates that the liver plays an important role in TBI, and a soluble epoxide hydrolase (sEH) inhibitor discovered by UC Davis distinguished professor Bruce Hammock could lead to therapeutic treatment.

The research, led by Professor Xinhong Zhu of the School of Biology and Biological Engineering, South China University of Technology, Guangzhou, and tested in the Zhu lab, appears in the Proceedings of the National Academy of Sciences (PNAS). Youngfeng Dai, PhD., is the first author.

“Using animal models, we found that the liver has a neuroprotective effect in the pathophysiology of TBI, although its role was very weak,” Zhu said. “Our data suggest that enhancement of this neuroprotective role of the liver could provide novel strategies for developing treatment of TBI.” Plans call for “moving toward a clinical study to detect whether hepatic sEH manipulation benefits patients with TBI.”

Their results highlight the neuroprotective role of the liver in TBI and suggest that targeting this neuroprotective role may represent a promising therapeutic strategy for TBI. Earlier clinical studies report that the overall mortality in patients with TBI and cirrhosis is nearly twice that in patients without cirrhosis.

In the paper, “Enhancement of the Liver’s Neuroprotective Role Ameliorates Traumatic Brain Injury Pathology,” the



**UC Davis Distinguished Professor Bruce Hammock.** Photo courtesy of UC Davis

authors describes TBI as a “pervasive problem worldwide, for which no effective treatment is currently available,” and “as a devastating injury that often results in long-term neurological deficits, including locomotor function and memory impairments.”

“Blood-brain barrier (BBB) disruption is a hallmark feature of TBI and is associated with brain edema and neuronal death,” the authors wrote. “Studies have shown that sEH inhibitors protect the BBB from brain injury. Therefore, we investigated whether deletion of hepatic Ephx2 protected the BBB following controlled cortical injury (CCI).”

In the United States alone, annual statistics show that 1.5 million people a year are diagnosed with TBI; 230,000 are hospitalized; and 52,000 die. Heavyweight champion Muhammad Ali estimated that he received 290,000

blows to the head during his 21-year professional boxing career. But more commonly, TBI results from falls, statistics show. The National Institutes of Health defines TBI as being “caused by forceful bump, blow or jolt to the head or body, or from an object that pieces the skull and enters the brain.”

“TBI leads to a breakdown of the blood brain barrier,” said co-author Hammock, a member of the National Academy of Sciences and the National Academy of Inventors and whose pioneering work on sEH inhibitors spans 50 years. “We see from cases like Muhammad Ali that repeated TBI can lead to chronic central nervous system injury, dementia and other issues.”

“In the study from the Zhu laboratory, one of the exciting basic discoveries is that mammals have a natural mechanism to partially address traumatic brain

injury,” said Hammock, who holds a joint appointment with the Department of Entomology and Nematology and the UC Davis Comprehensive Cancer Center. “By a mechanism under investigation, the injured brain communicates to the liver to down-regulate the production of an

helps protect it from harmful materials in the blood,” said Kaufer, who was not involved in the research. “TBI reduces this barrier and its reduction is associated with aging. Possibly the pathway described in this PNAS paper could be manipulated to protect the blood brain barrier and

have a low-risk compound, is it feasible that you give it to patients who might not develop long-term consequences?” Gurkoff asked. “For example, let’s say a patient comes in and based on his injury and history, we might estimate there is a 10 percent chance he has a problem. You aren’t going to schedule these patients for surgery – on the extreme – because the risk is too high given they most likely will recover. Having a low-risk compound that can be given to soldiers, athletes, etc., with mild or repeat mild – or concussion/repeat concussion – would be fantastic!”

The research drew financial support from the National Natural Science Foundation of China, Scientific and Technological Innovation, and partial support from Hammock’s grants from the National Institute of Environmental Health Sciences’ RIVER Award (Revolutionizing Innovative, Visionary Environmental Health Research) and the National Institute of Neurological Disorders and Stroke.

Hammock, who co-founded the Davis-based EicOsis LLC in 2011 to develop a drug candidate to treat chronic inflammation, sees similarities between the sEH inhibitor cited in the newly published research and the drug candidate in EicOsis that is moving through human safety clinical trials. “In fact,” Hammock said, “the same compound was selected by the National Institute of Aging for a long-term aging study in mice, in part because TBI and loss of the blood brain barrier function may lead to apparent aging of the brain.”

“This pioneering study provides clear evidence of the importance of liver-derived epoxy fatty acids (EpFAs) and reactive astrocytes from the immune system in protecting the brain from significant damage and post-traumatic dysfunction following percutaneous injury,” said William Schmidt, EicOsis vice president of clinical development. “As of now, there are no proven drug therapies that provide protective effects to the brain following single or repeated blows to the head from falls, auto accidents, or sports injuries.”

“The data from this study,” Schmidt said, “provides a pathway for developing inhibitors of sEH that, in turn, will enhance the availability of EpFAs circulating in blood to protect and restore the blood-brain barrier following TBI. I am hopeful that further preclinical studies will confirm these data and lead to a new type of drug therapy based on inhibitors of the sEH enzyme.”

“Clinical studies for TBI may still be a year or so away,” Schmidt added, “but EicOsis has an sEH inhibitor in early clinical development that may be suitable in the future for evaluation in patients with TBI.”

Hammock and colleague Sarjeet Gill co-discovered sEH in 1969 when they were researching insect developmental biology and green insecticides in the UC Berkeley lab of John Casida (1929-2018)

The enzyme is a key regulatory enzyme involved in the metabolism of fatty acids. It regulates a new class of natural chemical mediators, which in turn regulates inflammation, blood pressure and pain. The epoxy fatty acids control blood pressure, fibrosis, immunity, tissue growth, depression, pain, and inflammation, to name a few processes, Hammock said.★



**Professor Xinhong Zhu of South China University of Technology and first author Yongfeng Dai.** Photo courtesy of UC Davis

enzyme called the soluble epoxide hydrolase (sEH) that degrades natural inflammation resolving mediators. Thus, the concentration of these injury-resolving mediators also produced in the liver go up reducing deleterious inflammation throughout the injured animal. This soluble epoxide hydrolase inhibitor used as a tool in these studies is building on this natural mechanism to minimize the harmful effects of TBI.”

“Importantly, the soluble epoxide hydrolase inhibitor that the authors used here is also currently in human clinical safety trials for treating pain and inflammation,” said psychiatrist and neuroscientist Dr. Andrew Pieper, the Rebecca A. Barchas Professor in Translational Psychiatry, Case Western Reserve University, Cleveland. “The results shown here indicate that this agent, or related materials altering this same pathway, might mitigate the acute and long-term complications of TBI, or of neuroinflammatory conditions of the brain in general. Pieper, who holds both a Ph.D. and a M.D., is the Morley-Mather Chair in Neuropsychiatry, University Hospitals of Cleveland Medical Center; director of the Brain Health Medicines Center, Harrington Discovery Institute; and psychiatrist at Louis Stokes Cleveland VA Medical Center, Cleveland.

Neuroscience researcher Daniela Kaufer, associate dean of biological sciences at UC Berkeley and a professor with the Department of Integrative Biology and Helen Wills Neuroscience Institute, praised the research possibilities. “The brain has a barrier which

reduce the apparent aging of the brain caused by repeated TBI.”

“The reality is that we know moderate and severe TBI leads to significant disability in a high percentage of patients,” said neuroscience researcher Gene Gurkoff, an associate professor in the Department of Neurological Surgery, UC Davis Health, who specializes in traumatic brain injury and epilepsy.

“My understanding of how we classify milds at UC Davis right now is that these are patients that behaviorally are mild injuries, but that they have something on a CT or MRI scan that indicates that the injury is more than a concussion, said Gurkoff, who was not involved in the research. “These patients are more likely to have long-term effects than concussion alone, but a lot less likely than moderate-severe. They also don’t usually end up in the ICU. Then there are the concussions. Head injuries but no evidence of a radiological finding.”

“Add on top of that, repeat mild or repeat concussion,” Gurkoff said. “While some investigators will suggest that we have a good handle on repeat TBI – I still think it is the Wild West. It is clear that in a subset of humans, repeat TBI, even concussive, is catastrophic. Others seem to be fine. We also haven’t dissected whether repeat TBI on its own is causal –or because many of the patients are in high risk/high stress situations--and it is the combination of TBI/repeat TBI with something else.”

“What gets me excited about certain compounds – Bruce’s would be an example – is that if you



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Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969

Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020

The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988

Legal Advertising  
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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05294  
Sierra Christine Vallin, 8493 Dalton Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Lotus & Sage Beauty" 5120 J Street Suite D, Sacramento, CA 95819. Filed with the Clerk of Sacramento County July 13, 2023  
Publish: July 28, August 4, 11, 18, 2023  
LOTUS 8-18-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05484  
Saad Mahmood Alahmadi, 5124 Modoc Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "AKAR Mobile Auto Mechanic" 5124 Modoc Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 21, 2023  
Publish: August 4, 11, 18, 25, 2023  
AKAR 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05490  
Willey Enterprises Inc., 8430 Madison Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Roof Doctors" 8430 Madison Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 21, 2023  
Publish: August 4, 11, 18, 25, 2023  
WILFLEY 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05486  
Balvinder K Balaghan, 9417 Kiefer Boulevard, Sacramento, CA 95876, and Noor Kiran Kaur, 2649 Giorno Way, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "N & R Food Mart" 3907 Stockton Boulevard, Sacramento, CA 95820. Filed with the Clerk of Sacramento County July 21, 2023  
Publish: August 4, 11, 18, 25, 2023  
N&R 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05379  
Debra Diane Walker, 6510 Elza Court, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Debbie's Jams" 6510 Elza Court, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 18, 2023  
Publish: August 4, 11, 18, 25, 2023  
DEBBIES 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05217  
Jacqueline G Rios, 3636 Edison Avenue #37, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Beautified Esthetics" 2717 Cottage Way Suite #8, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 11, 2023  
Publish: August 4, 11, 18, 25, 2023  
BEAUTIFIED 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05221  
ELW3 Enterprises LLC, 1401 21<sup>st</sup> Street Suite 6157, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Significant Affairs" 1401 21<sup>st</sup> Street Suite 6157, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 12, 2023  
Publish: August 4, 11, 18, 25, 2023  
ELW3 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05369  
Truist Medical & Behavioral Health Services, Inc., 6733 Pallazzo Way, Elk Grove, CA 95755 is doing business under the Fictitious Business Name(s) "Truist PsychMD" 9245 Laguna Springs Drive Suite 200, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County July 18, 2023  
Publish: August 4, 11, 18, 25, 2023  
TRUIST 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05376  
Rentsa LLC, 10757 Bellone Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "rents4baby" 10757 Bellone Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 18, 2023  
Publish: August 4, 11, 18, 25, 2023  
RENTS 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05360  
Jessica Rahbar, 3182 L Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Epoxy Pro Services" 3182 L Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 17, 2023  
Publish: August 4, 11, 18, 25, 2023  
EPOXY 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05544  
Motorest Inc., 3401 Fulton Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Motorest" 3401 Fulton Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 25, 2023  
Publish: August 4, 11, 18, 25, 2023  
MOTOREST 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05605  
Ratko Omcik, 5624 Whitney Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Nena Flooring" 5624 Whitney Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 27, 2023  
Publish: August 4, 11, 18, 25, 2023  
NENA 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05601  
CalPlaySports LLC, 117 Miller Way, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "CalGamesWanted" 117 Miller Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 27, 2023  
Publish: August 4, 11, 18, 25, 2023  
CALGAMES 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05574  
Dan Hauck and Debbie Covey, 127 Lembi Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Premier Party Rentals" 127 Lembi Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 26, 2023  
Publish: August 4, 11, 18, 25, 2023  
PREMIER 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05535  
Timothy Joseph Coddington, 6454 Larchmont Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Tankless Tim" 6454 Larchmont Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 24, 2023  
Publish: August 4, 11, 18, 25, 2023  
TANKLESS 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05364  
Breavetona Inc., 7880 Bradshaw Road, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Arthur Murray Sacramento Dance Centers" 7880 Bradshaw Road, Sacramento, CA 95829. Filed with the Clerk of Sacramento County July 18, 2023  
Publish: August 4, 11, 18, 25, 2023  
ARTHUR 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05580  
Bader Darwish, 6637 Flaming Arrow Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Major Locksmith" 6637 Flaming Arrow Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 26, 2023  
Publish: August 4, 11, 18, 25, 2023  
MAJOR 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-04462  
Vladimir Kilyushik and Alena Kilyushik, 8309 Pinefield Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "VAK Siding and Decking" 8309 Pinefield Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County June 9, 2023  
Publish: August 4, 11, 18, 25, 2023  
VAK 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-04909  
Enayah Muhajir, 12029 Roquefort Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "New Bourne Realty Group/New Bourne Realty" 12029 Roquefort Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 27, 2023  
Publish: August 4, 11, 18, 25, 2023  
ENAYAH 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05373  
PRIMEbusiness Construction Consulting LLC, 2518 Denison Drive, Davis, CA 95618 is doing business under the Fictitious Business Name(s) "PRIMEdesign" 455 University Avenue Suite 370, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 18, 2023  
Publish: August 4, 11, 18, 25, 2023  
PRIMEDESIGN 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05358  
Haramain Inc., 646 El Camino Avenue, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Ideal Market/Ideal Halal Market" 646 El Camino Avenue, Sacramento, CA 95815. Filed with the Clerk of Sacramento County July 17, 2023  
Publish: August 4, 11, 18, 25, 2023  
IDEAL 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05563  
Permanent Investment Network LLC., 4921 Bowman Oaks Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Permanent Investment Network LLC/Global Field Inspection Services, LLC" 4921 Bowman Oaks Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 26, 2023  
Publish: August 4, 11, 18, 25, 2023  
PERMANENT 8-25-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05622  
Stroy Inc., 6133 W 4<sup>th</sup> Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Binrenter.com" 6133 W 4<sup>th</sup> Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County July 28, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
BINRENTER 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05272  
Alexander Alvarado, 14916 ¼ Inglewood Avenue, Lawndale, CA, 90260 is doing business under the Fictitious Business Name(s) "Bow's Chow Kitchen" 2108 N Street Suite #8492 CA Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 13, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
BOWS 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05646  
Norcal BSBA, Inc., 3626 Fair Oaks Boulevard Suite #100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Transworld Business Advisors Sacramento" 3626 Fair Oaks Boulevard Suite #100, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 28, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
NORCAL 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05694  
Kainat F Shaikh and Sujauddin S Saied, 42 Allard Court, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Fiat Lux Accounting" 42 Allard Court, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 1, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
FIAT 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05746  
Blessed Ones LLC, 15 Benoit Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Cienna Home Care II" 3866 Sea Forest Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
BLESSED 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05689  
Monik LLC, 7893 Walerga Road Suite 102, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Maza Halal Food" 7893 Walerga Road Suite 102, Antelope, CA 95843. Filed with the Clerk of Sacramento County August 1, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
MAZA 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05527  
Maria Colamartino, 8133 Pollard Ave, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "MJ Wholesale" 8133 Pollard Ave, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 24, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
MJ 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05729  
Jesus Rios Courier LLC, 6837 Fair Oaks Boulevard #6, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Process Server of California/CA Process Server" 6837 Fair Oaks Boulevard #7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 2, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
PROCESS 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05750  
Jose Ramon Rodriquez, 5600 Rosario Boulevard, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Jrods Tow and Transport" 5600 Rosario Boulevard, North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
JRODS 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05742  
S. Justice Enterprises, Inc., 3916 Hovnanian Drive, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Scarlett Justice Properties" 3916 Hovnanian Drive, Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
SCARLETT 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05320  
GAWFCO Enterprises, Inc., 3669 Mount Diablo Boulevard, Lafayette, CA 94549 is doing business under the Fictitious Business Name(s) "65<sup>th</sup> St Union 76" 2893 65<sup>th</sup> Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County July 14, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
GAWFCO 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05620  
Sun City Towing and Auto Care, 3408 Hunter Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sun City Towing" 3408 Hunter Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 28, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
SUN 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05646  
Barry Magee, 3529 Scorpio Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Chirpy Magee the Trivia Bird" 3529 Scorpio Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County July 28, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
CHIRPY 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05693  
Emman Tos, 1401 21<sup>st</sup> Street Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "PIE NICE" 1401 21<sup>st</sup> Street Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 1, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
PIE 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05644  
NORCAL BSBA, Inc., 3626 Fair Oaks Boulevard Suite #100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Transworld Business Advisors Sacramento" 3626 Fair Oaks Boulevard Suite #100, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 28, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
NORCAL 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05694  
Kainat F Shaikh and Sujauddin S Saied, 42 Allard Court, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Fiat Lux Accounting" 42 Allard Court, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 1, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
FIAT 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05759  
Go 4 Pizza Inc., 7195 Murieta Drive #218, Rancho Murieta, CA 95683 is doing business under the Fictitious Business Name(s) "Go 4 Pizza" 7195 Murieta Drive #218, Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
AIM 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05781  
Vehicle Accident Reporting Solutions, 3442 Whitnor Court, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Vehicle Accident Repairing Solutions/V.A.R.S." 3442 Whitnor Court, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
VEHICLE 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05754  
Nancy Fox and Matthew Fox, 9692 Kent Street, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Coppertech" 2376 Gold Meadow Way, Gold River, CA 95670. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
COPPERTECH 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05921  
Golden State Price Inc., 5825 Auburn Boulevard Suite 3, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) Sacramento Furniture Store". 5825 Auburn Boulevard Suite 3, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 9, 2023

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05744  
Eat Cake LLC, 8139 Sunset Avenue #160, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Eat Cake!" 8367 Hidden Valley Circle, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 11, 18, 25, Sept 1, 2023  
CAKE 9-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05372  
Reuben Nazareno, 2880 Sunrise Boulevard #110, Rancho Cordova, CA 95742 and Matthew Cabrera, 9153 Elk Grove Boulevard, Elk Grove, CA 95624 are doing business under the Fictitious Business Name(s) "Real Estate America Rancho Cordova/Real Estate America Team". 2880 Sunrise Boulevard #10, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 18, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
REAL 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05541  
YC ENT, 1009 10<sup>th</sup> Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Chelsea". 1009 10<sup>th</sup> Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 25, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
CHELSEA 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05853  
Illighen LLC, 8177 Dunisch Road, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Kuneh". 8177 Dunisch Road, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County August 7, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
KUNEHO 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05423  
Norma Laura Ramirez Miranda, 1901 E Constantine Avenue, Las Vegas, NV 89101 is doing business under the Fictitious Business Name(s) "All Good Things". 2900 Stewart Avenue, Las Vegas, NV 89101. Filed with the Clerk of Sacramento County July 20, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
ALL 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05651  
Aim High RE Inc, 4080 Truxel Road #100, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Aim High Coaching/AimHigh Coaching". 4080 Truxel Road #100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 28, 2023  
Publish: August 18, 25, Sept 1, 8, 2023  
AIM 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05797  
Roman Mankovskiy, 6941 Brookhaven Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Nomad Construction Supplies" 6941 Brookhaven Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 11, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
NOMAD 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06020  
Spacecell LLC, 9777 Lincoln Village Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Bukhara Restaurant and Market" 9777 Lincoln Village Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 14, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
BUKARA 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06131  
Eduardo Ceballos Perez, 7640 Auburn Boulevard #17, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Eddy's Beauty Salon" 7973 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 17, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
EDDYS 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05984  
Patrick Kuenster, 5612 Beauregard Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Luto Catering" 5612 Beauregard Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 11, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
LUTO 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05717  
Moseitta Peppers, 5123 Engle Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Speechless Moments" 5123 Engle Road, Carmichael, CA 95608. Filed with the Clerk of

Publish: August 18, 25, Sept 1, 8, 2023  
SACRAMENTO 9-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05912  
Industrial Sonlight Corp, 5824 Overhill Road, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Maxcom/Sonlight Communications" 6105 Main Avenue Suite 14, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 9, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
MAXCOM 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06106  
Himalayan Transportation Inc., 3200 Truxel Road #146, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Alac Business Services" 3200 Truxel Road #146, Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 16, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
ALAC 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05146  
Slayed By Kandy LLC, 836 57<sup>th</sup> Street, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Slayed By Kandy/SBK Boutique" 836 57<sup>th</sup> Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County July 10, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
SLAYED 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05647  
Emily Christine Productions LLC, 4803 Windsong Street, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "River City Business Services" 5445 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
RIVER 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06022  
Angelica Aiello, 8150 Monte Park Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Angelica's Auto Sales" 6385 Auburn Boulevard #B4, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 14, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
ANGELICA 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05735  
CDLEW Business Services, Inc., 5445 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "River City Business Services" 5445 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
RIVER 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05979  
Roman Mankovskiy, 6941 Brookhaven Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Nomad Construction Supplies" 6941 Brookhaven Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 11, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
NOMAD 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06020  
Spacecell LLC, 9777 Lincoln Village Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Bukhara Restaurant and Market" 9777 Lincoln Village Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 14, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
BUKARA 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06131  
Eduardo Ceballos Perez, 7640 Auburn Boulevard #17, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Eddy's Beauty Salon" 7973 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 17, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
EDDYS 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05984  
Patrick Kuenster, 5612 Beauregard Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Luto Catering" 5612 Beauregard Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 11, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
LUTO 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05717  
Moseitta Peppers, 5123 Engle Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Speechless Moments" 5123 Engle Road, Carmichael, CA 95608. Filed with the Clerk of

Sacramento County August 2, 2023

Publish: August 25, Sept 1, 8, 15, 2023  
SPEECHLESS 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05954  
Monica Solis Laje, 3500 Bodega Court, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Five Star Early Learning Family Child Care" 3500 Bodega Court, Sacramento, CA 95864. Filed with the Clerk of Sacramento County August 11, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
FIVE 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05703  
Nina Phomsouvandara, 6910 23<sup>rd</sup> Street, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Golden Auto Collision" 6910 Franklin Boulevard Suite 440, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 1, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
GOLDEN 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05849  
Suong Nang Dang, 8505 Middlesex Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Kamei Eco Nail Spa" 607 Sutter Street Suite 105, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 7, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
KAMEI 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-056108  
Zazai Family Corp, 2677 Giorno Way, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "City Wide Facility Solutions/City Wide Facility/Solutions of Sacramento" 2941 Sunrise Boulevard Suite 240, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 16, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
CITY 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05703  
Zazai Family Corp, 2677 Giorno Way, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "City Wide Facility Solutions/City Wide Facility/Solutions of Sacramento" 2941 Sunrise Boulevard Suite 240, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 16, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
CITY 9-15-23

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Zazai Family Corp, 2677 Giorno Way, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "City Wide Facility Solutions/City Wide Facility/Solutions of Sacramento" 2941 Sunrise Boulevard Suite 240, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 16, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
CITY 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05647  
Emily Christine Productions LLC, 4803 Windsong Street, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "River City Business Services" 5445 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 3, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
RIVER 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-06022  
Angelica Aiello, 8150 Monte Park Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Angelica's Auto Sales" 6385 Auburn Boulevard #B4, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 14, 2023  
Publish: August 25, Sept 1, 8, 15, 2023  
ANGELICA 9-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-05735  
CDLEW Business Services, Inc., 5445 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "River City Business Services" 5445 Madison Avenue, Sacramento, CA 9584



COMICS & PUZZLES

The Spats

GRANDPA, HAVE YOU EVER BEEN ON THE NET?

ONLY WHEN I FALL DOWN ON THE FISHING BOAT.

by Jeff Pickering

THIMBLE THEATRE PRESENTS

POPEYE

BY RANDY HILLGARD

I FOUND THIS TREASURE MAP BUT POPEYE DOESN'T HAVE TIME TO TAKE ME TO FIND IT.

VA DONT NEED POPEYE. I'VE LEARNED A THING OR TWO ABOUT TREASURE HUNTING OVER THE YEARS.

ONE SHIPWRECK LATER....

AND WHAT WAS THAT THING YOU LEARNED?

WAIT FOR POPEYE TO BE FREE.

JEEP!

JEEP JEEP!

CALM DOWN, EUGENE. WHAT IS IT?

JEEP!

JEEP!

JEEP!

JEEP!

JEEP!

Amber Waves

by Dave T. Phipps

WOW, MOM'S REALLY UPSET WITH ME. I GOTTA SMOOTH THINGS OVER.

I'M, "SORRWY" YOUR BABY BOY DIDN'T KNOW BETTER.

THAT ADORABLE ACT DOES NOT WORK ON ME MISTER!

HEY THAT'S NO ACT.

Out on a Limb

by Gary Kopervas

A COUPLE OLD FOGIES, SMOKING STOGIES, EATING HOAGIES

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Glove is different. 2. Mask is missing. 3. Bat is shorter. 4. Post is missing. 5. Number 5. Popping slab is missing.

TIGER

by BUD BLAKE

LOOK OUT!

KEEP YOUR VOICE DOWN

...WHEN YOU SAY O-U-T

GRIN and BEAR IT

"And no more 'Hi, Moms' when the TV cameras come by, Bentley!"

Just Like Cats & Dogs

by Dave T. Phipps

WOW, THIS HOTEL LOUNGE IS SO FANCY. I FEEL LIKE I SHOULD BE SITTING WITH A MOVIE STAR OR SOMEONE EXCITING.

I	D	E	A			R	I	P			E	R	A							
T	A	M	P			M	A	L	I		T	O	P	O	S					
S	N	I	P			O	B	I	T		I	R	I	S	H					
						G	R	E	E	N	B	A	Y		N	L	C	S		
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A	D	D	L	E	D						G	I	A	N	T	S				
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A	T	L	A	S			O	C	A			S	O	U	R	S				
S	K	I	T			O	U	T	W	I	T			S	E	A				
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						B	R	U	T	E		O	B	O	E		S	H	O	E
						I	O	T	A	S		S	U	P	S		T	E	R	N
						T	W	O				E	S	T			Y	A	R	D

STATEPOINT CROSSWORD • FOOTBALL

CLUES

ACROSS

1. Brainchild

5. Gravestone wish

8. Paleozoic one

11. Pressing tool

12. Senegal's neighbor

13. Literary theme

15. Scissors sound

16. Final notice

17. "Notre Dame's Fighting \_\_\_\_\_"

18. "Home of the first Super Bowl winners"

20. National League Pennant series, acr.

21. Steer clear

22. "Glee" actress \_\_\_\_\_

23. Befuddled

26. "One of 4 NFL teams sharing a home field"

29. Fish story

30. Stockings

33. "Doggone it!"

35. Rand McNally book

37. Mozart's "L'\_\_\_\_ del Cairo"

38. Whiskey drinks?

39. Comedy act

40. Be more of a fox

42. Dead or Black, e.g.

43. Obliquely

45. Roof supporter

47. High or low card

48. Employer's good news

50. Hyperbolic tangent

52. "College player not using eligibility"

55. Beastly person

56. Double-reed instrument

57. "Nike Pegasus 39"

59. Smidgeons

60. Paddleboarding acronym, pl.

61. Seaside bird

62. "Thirty-\_\_\_\_ teams in NFL"

63. "Ravens' or Lions' time, acr.

64. "Rushing unit"

DOWN

1. "\_\_\_\_ Now or Never"

2. "Shoot!"

3. Arabian bigwig

4. Fund-raising letter

5. Torah teacher

6. Homer's famous poem

7. Feel for

8. Larger-than-life

9. A Supreme singer

10. Emerald \_\_\_\_\_ borer

12. Poet's death lament

13. Fungal skin infection

14. "Home of the Citrus Bowl in Florida"

19. Not odds

22. Lily, in French

23. Unfortunately, exclamation

24. "a.k.a. Iron Mike"

25. Charcuterie stores

26. Nibble away

27. Have faith

28. Ramee's wrap

31. Lummo

32. Calendar abbr.

34. Russian autocrat

36. "Home to College Football Hall of Fame"

38. Secret supply

40. "Extra point"

41. Van Gogh flowers

44. Partners of pains

46. Spirited

48. Puzzle with pictures and letters

49. Take as one's own

50. Think, archaic

51. Grand theft target

52. "The oldest college football Bowl"

53. Actress Perlman

54. Millimeter of mercury

55. Took the bait

58. "Defensive one"

CROSSWORD

1	2	3	4		5	6	7		8	9	10
11					12				13	14	
15					16				17		
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	50	51					52			53	54
55							56			57	58
59							60			61	
62							63			64	

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

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/box

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/ea

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/lb

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Chuleton de Ternera Asado  
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Filete de Chuleton de Ternera  
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**\$6.99**  
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**WAYNE FARMS**  
**Chicken Drumsticks**  
Piernas de Pollo  
REG. \$2.99  
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/lb

**SEABOARD**  
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Trozo de Puerco con Hueso  
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**\$2.99**  
/lb

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**\$3.49**  
/lb

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 AUGUST 23 - AUGUST 29, 2023.

**FRESH PRODUCE**

**English Cucumber** 99¢/ea

**Russet Potato 10 lbs** \$3.49/box

**Green Cabbage** 39¢/lb

**Yellow Onion Jumbo** 3lbs/\$1.00

**Banana** 59¢/lb

**Mexican Mango** \$7.99/box

**Watermelon Red Seedless** 3lbs/\$1.00

**Celery** 99¢/lb

**AMERICAN/HISPANIC GROCERY**

**Tree Top 100% Apple Juice 64 Lox** REG. \$4.99 **\$2.99**/ea

**Savetel Fabric Softener 8.5 liters** REG. \$19.99 **\$15.99**/ea

**El Mexicano Ice Pops (assorted) 19.2 Lox** REG. \$1.49 **99¢**/ea

**Maggi 2 Minutes Noodles 5 x 50 oz** REG. \$4.99 **\$4.99**/ea

**Cupet Sun Fruit Drinks 10 Pouches 10 x 6 Lox** REG. \$4.99 **\$3.99**/pack

**ASIAN GROCERY**

**Dragonfly 33A Instant Rice Noodle 3.3 lbs** REG. \$10.39 **\$6.99**/ea

**DSG Sweet Soy Sauce 21.3 Lox** REG. \$4.69 **\$2.99**/ea

**ARGO Corn Starch 16 oz** REG. \$2.99 **\$2.79**/ea

**Lee Kum Kee Pure Sesame Oil 15 Lox** REG. \$9.99 **\$7.99**/ea

**Shelly Senbei Rice Crackers Seaweed Flavor 5.64 oz** REG. \$3.29 **\$2.99**/ea

**EUROPEAN GROCERY**

**Mediteranean Blend of Canola & Extra Virgin Olive Oil 1 liter** **\$5.99**/ea

**Carabao Cup Energy Drink 250 ml** **99¢**/ea

**Coco India Natural Coconut Water 250 ml** **99¢**/ea

**Lekarna Water Sheets for Cakes 90 gr** **\$2.99**/ea

**Veres Green Peas 400 gr** **\$1.79**/ea

**KOREAN/JAPANESE GROCERY**

**Product of Korea White Rice 20 lbs** REG. \$19.99 **\$19.99**/ea

**Pacific Storm Soybean Oil 400 g** REG. \$3.99 **\$3.99**/ea

**Doan Veggie Soybean Oil 4 x 3.99 oz** REG. \$2.99 **\$2.99**/ea

**Boiled Silky Yum 4.5 oz** REG. \$1.29 **\$1.29**/ea

**Soft Drink (Mojito Rice) 1.5 liters** REG. \$2.99 **\$2.99**/ea

**Korean Topkichi 3 Lox** REG. \$1.59 **\$1.59**/ea

**Tuna with Cholesterol Source 3 x 135 g** REG. \$4.99 **\$4.99**/ea

**Doan Veggie Soybean Oil 50 x 11.5 g** REG. \$5.99 **\$5.99**/ea

**Edison Coffee 50 x 11.5 g** REG. \$2.99 **\$2.99**/ea

**Meiji Ganyu 2.85 oz** REG. \$3.99 **\$3.99**/ea

**Qren Puff 2.46 oz** REG. \$1.79 **\$1.79**/ea

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