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THE NEWS

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BREAK FREE

By MaryJane Popp



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Newsom's Plan Could Strip Services



The analysis estimates spending on current programs would be reduced from \$1.34 billion to \$621 million under the plan. MPG file photo

By Kristen Hwang,
CALMatters.org

A major proposal from Gov. Gavin Newsom to overhaul the state's behavioral and mental health system is likely to take nearly \$720 million away from services provided by county governments annually, according to a new analysis from the Legislative Analyst's Office.

Although that money would be reallocated within the system, in part to house homeless individuals with severe mental illness and addiction disorders, the report authors note that Newsom and key legislators supporting the proposal have neither provided a complete justification for the changes nor have they published an analysis on how the changes may "negatively impact current services."

"Consequently, as the Legislature considers the proposal, we recommend asking the administration certain

questions to assess whether the proposal is warranted," the report states.

Newsom wants the Legislature to put his proposal before voters next year in tandem with a \$4.68 billion bond measure to add psychiatric treatment beds. It would change how the state allocates money under the Mental Health Services Act, which levies a 1% tax on income above \$1 million to fund behavioral health services.

Homelessness has become one of the most high-profile challenges plaguing California, increasing 32% in the past four years. Newsom, who promised to reduce homelessness, announced his intent during his State of the State tour to divert nearly one-third of the state's Mental Health Services Act money to help address homelessness.

Since that time, local behavioral health providers and county officials have criticized the proposal because of its potential to cut services and

pit mental health programs against homeless services. The state has spent more than \$20 billion on housing and homelessness since 2018.

Supporters, meanwhile, say reprioritizing how the money is spent is long overdue in light of the growing needs of the state's homeless population as well as the addition of new funding sources for mental health programs.

In a statement, Newsom's Deputy Communications Director Brandon Richards said "upsetting the status quo" was necessary in light of California's changing health care needs.

A recent study from UC San Francisco found that two-thirds of homeless individuals experience mental health conditions, although income loss is the driving force behind the state's homelessness crisis.

"What's more upsetting is

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Parks Department Announces Public Swim Days and Hours

RLRPD News Release

RIO LINDA/ELVERTA, CA (MPG) - The Rio Linda Recreation and Parks Department would like to remind Rio Linda and Elverta residents of the Public Swim Days and Hours at the Rio Linda High School pool, located at 6309 Dry Creek Rd., Rio Linda. Through August 13th, public swim will be open Monday, Wednesday, Friday, Saturday and Sunday from 1:30 PM – 4:30 PM. No public swim on Tuesday and Thursday.

Admission fee is \$6 for the general public. Twin Rivers students will get free admission if they show their school ID. Students MUST show their ID, or they will have to pay the admission fee. Please have fun, safely. There are no floating devices allowed. This includes those that fit on a child's arms. Coast Guard approved life jackets are the only devices allowed. Come close out the summer, cooling off with your friends. ★

Mailman Attacked by Dog

Sacramento County
Sheriff's Dept.
News Release

SACRAMENTO COUNTY, CA (MPG) - On Friday, July 21, 2023, at approximately 1:14 PM, a 73-year-old male who was employed as a mail carrier for the United States Postal Service was carrying out his duties by delivering mail to the residences on the 4400 block of Brandt Way in North Highlands. While he was at a nearby house, a pit bull attacked him. The owner of the dog intervened and attempted to halt the attack.

After witnessing the incident, a passerby promptly called 911 and tried to help the mailman. The passerby successfully brought the mail carrier to safety before the arrival of Deputies, Sacramento Metro Fire, and Medics personnel.

During the incident with the dog, the mail carrier suffered injuries to his face, feet, and arms. He was then taken to the hospital by Sacramento Fire Medics. The dog's owner was also assessed for injuries resulting from the incident. Fortunately, no one else was harmed during the incident.

According to the hospital's medical team, the injuries sustained by the mailman did not necessitate surgery. Animal control later arrived on the scene and took custody of the dog. ★

Congressman Ami Bera Has Been Busy

*Bera's Office Recovers More than \$16 Million
in Federal Benefits for Sacramento County Constituents*

Office of Congressman
Ami Bera, MD

SACRAMENTO, CA - (MPG) - U.S. Representative Ami Bera, M.D. (CA-06) today announced that his office has now surpassed \$16 million in casework dollars successfully returned to constituents in Sacramento County.

Since taking office in 2013, Bera's office has resolved more than 26,000 cases for constituents and returned over \$16.2 million dollars. These casework dollars are secured by helping retrieve constituents' backlogged veteran's benefits, stalled tax refunds, Social Security and Medicare issues, and more.

"I am proud of the work my office has done to assist the residents of Sacramento County," said Representative Ami Bera. "These casework funds represent real help for our



SBA Administrator Isabella Casillas Guzman and Congressman Ami Bera (CA-6) speak with Tecma, Inc. Owner, President, and CEO Sonja Susac. Photo courtesy of USSBA

community, whether it's resolving issues with federal agencies, securing benefits owed to individuals, or providing support during challenging times.

My office remains committed to serving the people of Sacramento County and we will continue to advocate for their needs, fight for their rights, and provide assistance wherever possible."

Constituents in need of assistance are encouraged to visit Bera's website:

Continued on page 3

DBW Accepting Grant Applications to Help Waterways

California Department of Parks and Recreation News Release

SACRAMENTO, CA (MPG) - California State Parks' Division of Boating and Waterways (DBW) is now accepting grant applications for the Clean Vessel Act (CVA) Education and Outreach Grant Program. A maximum of \$276,937 federal funding per targeted region is available to organizations for educating coastal and San Francisco Bay-Delta Estuary recreational boaters about proper vessel sewage disposal and the use of pumpout facilities and monitoring pumpout and dump stations.

In 1992, Congress passed the CVA to help reduce pollution from vessel sewage discharges into U.S. waters. The grant program serves as an important educational opportunity for all boaters on how to help keep California's waterways clean. Discharging sewage overboard creates environmental and human health problems. To reduce the negative impacts of this harmful action, all recreational boaters are encouraged to use sewage management facilities, including pumpout stations, dump stations, and mobile pumpout services. The grant program targets California counties including:



Federal funding per targeted region is available to organizations for educating coastal and San Francisco Bay-Delta Estuary recreational boaters about proper vessel sewage disposal and the use of pumpout facilities and monitoring pumpout and dump stations. image by Barry Jones from Pixabay

Alameda, Napa, San Mateo, Sonoma, Contra Costa, Sacramento, Santa Clara, Marin, San Francisco, Santa Cruz, Monterey, San Joaquin, Solano. Proposals that cover a portion of the above regions will be considered if, over time, the agency can expand program(s) to the entire region. As part of DBW's commitment to provide clean, safe, and enjoyable recreational boating in California, the division serves as the state CVA grant coordinator. DBW will fund two grants (one for

each targeted California geographic region) to develop and implement a 12-month CVA Education and Outreach Program. Each regional grant must include education and outreach efforts, and a pumpout/dump station monitoring program. Applications will be evaluated and ranked according to how each application proposal demonstrates comprehensive and proven methods for meeting grant program goals. The deadline to submit applications is by 10 a.m. on Thursday, Aug. 10, 2023. Below are some examples

of accomplishments from the CVA Education and Outreach Grant Program grantees San Francisco Estuary Partnership and The Bay Foundation from the last two grant cycles: Created and aired ten episodes of the podcast Dockside to educate the public on clean and safe boating practices; Participated in three boating events and conducted nine presentations on clean boating and sewage pollution prevention best management practices, reaching over 700 individual boaters and stakeholders; Produced a variety of

educational videos about sewage management such as "Consider a Marine Composting Toilet" video and the "Marine Sanitation Device & Y-Valve Information for Boaters"; Distributed more than 250 universal deck fitting adapter kits to boaters and marina managers. The adapter kit is a pollution prevention tool that helps boaters to pump out their boat hands-free; Continued to provide boaters with a sewage pumpout Nav App (more than 19,800 downloads since March 2018) that helps them locate nearby participating, functioning sewage pumpout stations, dump stations and floating restrooms; Monitored 152 sewage pumpouts and 15 dump stations in 19 counties eight times during the last two grant cycles. Developed the 2021 and 2022 California Clean Vessel Act Pumpout and Dump Station Performance Reports summarizing the monitoring results and efforts. Monitoring provides effective means to encourage better maintenance of and accountability for the pumpouts' condition. For detailed information on the grant program, the current grant application, requirements, and complete guidelines packet, please visit DBW's website. ★

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California Gets 101 New CHP Officers

CHP News Release

SACRAMENTO REGION, CA (MPG) - The newest members of the California Highway Patrol (CHP) were sworn in today during a graduation ceremony at the CHP Academy in West Sacramento. The 101 officers are part of the CHP’s multi-year recruiting campaign to fill 1,000 vacant officer positions by hiring qualified individuals from California’s diverse communities.

“I want to commend these men and women, not just for the hard work they put in the past several months while training at the Academy, but for their willingness to serve the public,” said CHP Commissioner Sean Duryee. “These new officers are valued members of the CHP who are committed to improving safety in California for many years to come.”

CHP Cadet Training Class I-23 is one of six cadet classes scheduled to attend



CHP Commissioner Sean Duryee swears in 101 CHP officers during a graduation ceremony at the CHP Academy in West Sacramento. Photo courtesy of the California Highway Patrol

the Academy in 2023. After completing 26 weeks of instruction at the CHP’s live-in training facility, the newly

sworn officers will report to various CHP offices throughout the state.

At the CHP Academy, cadet

training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Additionally, cadets

receive instruction on mental illness response and crisis intervention techniques. Training also covers vehicle patrol, crash investigation, first aid, and the apprehension of suspected violators, including those who drive under the influence. Cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and various codes, including the California Vehicle Code, Penal Code, and Health and Safety Code.

The “Join the CHP 1,000” campaign launched in 2022 to appeal to a wide array of prospective applicants who may not be aware of the life-changing opportunities that awaits with a CHP career. Apply today and be one of the 1,000 new CHP officers ready to make a difference.

The mission of the California Highway Patrol is to provide Safety, Service, and Security. ★

Candidate Filing Has Begun for November 7 Special General Election

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Candidate filing has begun and continues through 5:00 p.m. August 11, 2023, for the November 7, 2023, Special General Election. Positions up for election are for the following vacancies:

Board Member, Natomas Unified School District, Area 4

Board Member, San Juan Unified School District, Area 7

Candidate Filing information is found on the Candidate and Election Resources page on our website.

The Voter Registration and Elections (VRE) Office is located at 7000 65th Street, Suite A, Sacramento and is open from 8:00 a.m. to 5:00 p.m., Monday through Friday excluding holidays. For more information on candidate filing call Campaign Services at (916) 875-6276 or visit our website at www.elections.sacramento.gov. ★

Congressman Ami Bera Has Been Busy

Continued from page 1
bera.house.gov/casework or contact his office at (916) 635-0505.

Small Business Chief, Bera, Highlight Impact of Investing in America Agenda

EXCERPTED FROM USBA RELEASE

On Thursday, July 6, U.S. Small Business Administrator Isabella Casillas Guzman joined Congressman Ami Bera (CA-6) in Sacramento, California to visit with local small business owners, as part of the Biden-Harris Investing in America Tour. The stop highlighted how the Investing in America Agenda is creating jobs, rebuilding America’s infrastructure, and boosting American manufacturing while also helping to lower costs and create opportunity for small business owners.

Guzman and Bera began the day with a round table discussion featuring local entrepreneurs and nonprofit leaders, hosted by The Impact Foundry, a Sacramento-based organization that has provided strategic guidance to California nonprofits since 1989. Administrator Guzman shared how the SBA, as part of the Biden Investing in America Agenda, is committed to making it easier for nonprofits to help their communities by expanding access to capital for historically underserved entrepreneurs. Participants discussed how the SBA and the Biden-Harris Administration can continue to support the nonprofit sector by helping connect nonprofits with the resources they need to thrive.

In the afternoon, the two visited Sacramento small businesses: Tecma, Inc., a second generation-owned

aerospace parts manufacturer, and La Mini Birriera, a new mother and daughter-owned restaurant in the Natomas area. In touring these small businesses and listening to the stories of their respective owners, they saw firsthand the spectrum of successful small businesses driving Sacramento’s economy.

The U.S. Small Business Administration helps power the American dream of business ownership. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

Representative Bera also made a recent stop in North Highlands to address local constituents at the monthly “Lunch Bunch” gathering at Pancake Palace, held each first Thursday at 11:30 at 6225 Watt Avenue.

Bera had flown overnight from Washington D.C. for many local meetings during the day, with this stop being his first. He answered many questions from the locals in attendance, who didn’t hold back with their many questions about the problems facing our nation. He stayed and took even more questions are the luncheon concluded before leaving for his next event.

The next Lunch Bunch event is scheduled for August 3rd. It is a no-host lunch, with a hearty menu from which to choose. ★

Two Fatal, Fentanyl Related Overdoses Reported in North Sacramento

Sacramento County Sheriff’s Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - On Friday, July 21, 2023, the Sacramento County Sheriff’s Office responded to two assist calls for service with the Sacramento Metro Fire Department in the northern part of Sacramento County. The first incident occurred at approximately 9:10 AM, where Sheriff’s North Patrol Deputies responded near the 3600 block of Elkhorn Boulevard to assist with a 46-year-old male lying unresponsive behind a business. Fire personnel arrived on scene and conducted life-saving measures; unfortunately, he was

pronounced deceased on scene.

The second incident occurred at approximately 1:15 PM, where Deputies responded to a location near the 7400 block of Watt Avenue to assist with a 16-year-old male juvenile lying unresponsive behind a dumpster. Fire personnel arrived on scene and again conducted life-saving measures; unfortunately, he was also pronounced deceased on scene.

Both cases appear to be fentanyl overdoses. The Sacramento County Coroner’s Office will determine the cause of death in both incidents and forward its findings as prescribed by law. They will also release the names of the deceased after notification has been made to his next of kin. ★

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PROPERTY MANAGEMENT

Will WEP and GPO Affect My Wife’s Spousal Benefit?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My wife worked for the US Postal Service in New York for about 22 years, and then in the private sector for about 15 years. She began collecting her “deferred annuity” from the USPS at age 62 and she plans to collect her Social Security benefits at age 67, which is her full retirement age (FRA). Her Social Security benefit before the Windfall Elimination Provision is less than 50% of my Primary Insurance Amount, so the plan is for her to start collecting a “spousal” benefit from me at age 67. My question is: will my wife’s spousal benefit be reduced by both the Windfall Elimination Provision and the Government Pension Offset (GPO)? **Signed: Inquiring Husband**

Dear Inquiring Husband: Your wife cannot separate her personally earned Social Security retirement benefit from her Social Security spousal entitlement from you - whenever she applies for Social Security, your wife will be automatically deemed to be filing for all benefits she is entitled to when she claims.

Because your wife has a “non-covered pension” from the US Postal Service (USPS) - and assuming that pension is under the older “CSRS” (Civil Service Retirement System) - your wife’s personally earned SS retirement benefit will be reduced by the Windfall Elimination Provision (WEP). WEP reduces Social Security retirement benefits for anyone who also has a pension earned while not contributing to Social Security.

The Government Pension Offset (GPO) is different: the GPO will affect any additional amount your wife is entitled to as your spouse, which we refer to as her “spousal boost.” The “spousal boost” amount is the difference between your wife’s pre-WEP FRA entitlement and 50% of your FRA entitlement, which is your Primary Insurance Amount. Because of her USPS pension, GPO will reduce your wife’s “spousal boost” by 2/3rds of the amount of her non-covered pension, which may eliminate her potential spousal boost.

So WEP will affect your wife’s personally earned SS benefit, and the GPO will affect her spousal entitlement from you. But, depending on the amount of her USPS pension, your wife will not be entitled to an additional amount as your spouse if 2/3rds of her USPS pension amount is more than her “spousal boost” amount. And if the GPO doesn’t completely eliminate your wife’s spousal boost, it will at least

drastically reduce it.

I have previously published several articles about both WEP and GPO and how each provision works, which you are welcome to review at the AMAC Foundation’s special Social Security website – www.SocialSecurityReport.org. In particular, one such article providing more detail on how the GPO works can be found at this link: www.socialsecurityreport.org/ask-rusty-government-pension-offset-gpo/.

Social Security will make the final determination about your wife’s benefit entitlement under WEP and GPO when she applies for her Social Security benefits, but I’m afraid your wife’s entitlement may be much less than you are anticipating because of these two provisions. If you have additional questions, please feel free to contact us directly via email at ssadviser@amacfoundation.org or call us directly at 1.888.750.2622.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org. ★

California Democrats Keep Spending Money But Fail To Make Sure It’s Helping



By Dan Walters, CALMatters.org

Steve Glazer is a former political consultant who served as mayor of Orinda before being elected to the state Senate in a 2015 special election.

Glazer is a Democrat who usually votes with others in the party’s overwhelming Senate majority. However, Glazer has a rare maverick streak, not unlike that of his one-time boss, former Gov. Jerry Brown.

Glazer has most often displayed that tendency in clashes with labor unions, his party’s most important ally, but it extends to other aspects of governance.

This month, just as the Legislature began its month-long summer recess, the Los Angeles Times published an op-ed by Glazer highlighting his party’s inability to effectively use its unfettered political power on California’s knottiest issues.

Glazer cited the state’s newly enacted, \$310 billion state budget, describing it as “a reflection of our values, dedicating spending to getting homeless people off the street, supporting schools, keeping public transit afloat and treating mental illness,” but adding, “as many Californians know, we’ve already spent billions of dollars on the same problems – with very

little to show for it.

“Our failures are evidence that good intentions and lots of money are not enough to fix what ails the Golden State,” Glazer continued. “To make our progressive beliefs mean anything, the Legislature must ensure that the money we spend is actually improving the lives of the people we say we are committed to helping.”

Glazer cites the state’s chronic housing shortage and homelessness levels, mental health programs and California’s embarrassingly low public school achievement as examples of issues that have festered for years without noticeable progress.

“Democrats know that hundreds of our schools are failing and far too many kids are unable to read, write or do math at grade level,” Glazer declared. “And we know that those struggling students are disproportionately low-income children of color. But that issue gets almost no attention from Democrats in the Capitol, who have made no recent efforts to discover why schools are falling short and what can be done to improve them.”

Glazer’s overall theme is something that’s rarely mentioned in California political circles: competence, or the lack thereof. The Democrats who control virtually every lever of political power in California tend to measure achievement by how much money they spend on particular problems, rather than outcomes.

That’s very evident in California’s highest-in-the-nation level of homelessness. The state has spent upwards of \$20 billion on programs meant

to reduce the amount of unhoused Californians, but the numbers continue to climb as Gov. Gavin Newsom and local government officials squabble incessantly over who should be accountable.

The implosion of the Employment Development Department that allowed fraudsters to pocket tens of billions of dollars in unemployment insurance payments, while legitimate claims were delayed, is another stark example. So is the state’s chronic inability to design and implement technology.

Recently, CalMatters reported that California has spent \$600 million on programs meant to prevent former prisoners from committing new crimes after release but has not tracked whether they have succeeded.

“The state does not collect data on whether parolees who participate in the program have found jobs or whether they are returned to prison for another crime,” reporter Byrghonda Lyons wrote after spending a year investigating the issue. “What state data does show is that only 40% of participants completed at least one of the services they were offered.”

As shocking as that lapse sounds, we shouldn’t be surprised because, as Glazer points out, the state’s political leadership – those in his own party – is prone to spending money on a problem without accountability that ensures results.

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

Former Correctional Sergeant Found Guilty of Perjury in Cover-Up of Assault of an Inmate

U.S. Department of Justice News Release

SACRAMENTO, CA (MPG) - On July 17, 2023, a jury found a former California state correctional officer guilty of perjury in connection with a federal grand jury investigation into a conspiracy to cover up an assault of an inmate, U.S. Attorney Phillip A. Talbert announced. Following a three-day trial, Brenda Villa, 32, of North Highlands, was found guilty of one count of perjury.

According to the court records and evidence presented at trial, Villa was a correctional sergeant supervising other officers at California State Prison – Sacramento (also known as New Folsom State Prison or CSP-Sacramento) when correctional officer Arturo Pacheco unlawfully assaulted an inmate under color of law. Following the assault and the inmate’s death, the California Department of Corrections and Rehabilitation (CDCR) initiated an internal investigation. As the CDCR internal investigation proceeded, a federal grand jury began investigating federal criminal charges in conjunction with the Federal Bureau of Investigation and the U.S.

Attorney’s Office.

Villa was called to testify in front of the grand jury about her role and the actions of her fellow officers in covering up the unlawful assault. Villa lied under oath to the federal grand jury investigating the incident.

This case is the product of an investigation by the Federal Bureau of Investigation with assistance from the California Department of Corrections and Rehabilitation. Assistant U.S. Attorneys Michael D. Anderson and Rosanne L. Rust are prosecuting the case.

Former correctional officers Arturo Pacheco and Ashley Aurich pleaded guilty and were sentenced to 12½ years and 21 months in prison, respectively.

Villa’s sentencing will be scheduled in front of U.S. District Judge William B. Shubb at a future court hearing. The next hearing in the case is on Monday, July 24, 2023. Villa faces a maximum statutory penalty of five years in prison for perjury and a \$250,000 fine. The actual sentence, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables. ★

Defendant Convicted of Arden-Arcade Shooting Murder

Sacramento County DA News Release

SACRAMENTO COUNTY, CA (MPG) - On June 26, 2023, Fard Smithson was convicted by a jury of first-degree murder and felon in possession of a firearm. The jury also found true the allegation that Smithson intentionally and personally discharged a firearm causing death.

Smithson lived with the victim, Keela Cole, and had unreported instances of domestic violence. On July 19, 2021, three friends were at their residence when someone made a joke about the food the victim prepared for everyone. Smithson

then got off the couch, went into the kitchen and threw his plate of food in the sink. He rounded the corner and shot the victim in the back of the head two times while she was sitting on the couch. Smithson and the three other individuals immediately fled the scene, and only one returned to call 911. Smithson changed his clothes and returned to the scene hours later claiming he didn’t know what had happened.

Smithson faces a maximum sentence of 53 years to life in prison. Sentencing is set for August 11, 2023, at 9:00 a.m. in Department 21 before the Honorable Shelleyanne Chang. ★

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Break Free

We’ve all been through some really tough times in the last few years with Covid and job decisions and loss and I can go on and on. The stress can cause burnout. It’s a real thing. So, how do we break free from burnout? Amy Manguera wants to help you break free from that burnout from the past and be ready for the future. She put together “The Path to Break Free from Burnout.” She is recognized by the New York City Journal as a top Life Coach. Amy helps people around the world live burnout-free by bringing clarity, direction, and positive habits to their lives by filling the gap between where they are now and where they want to be. She also hosts a self-care podcast called “Life on My Terms” and she brings in thousands of listeners worldwide to help them change their lives.

Do you have these stages to burnout?

1. TAKE OVER THE WORLD...THE HONEYMOON STAGE.

Like a honeymoon phase in a marriage, this stage comes with energy and optimism.

2. WOW I’M TIRED...THE ONSET OF THE STRESS STAGE.

Eventually the honeymoon stage dwindles, and you begin to experience stress.

3. THIS JOB IS SUPER DRAINING...THE CHRONIC STRESS STAGE.

You reach a point when the stress becomes more persistent and chaotic.

4. OKAY ENOUGH IS ENOUGH...THE BURNOUT STAGE.

This stage is when you reach your limit and no longer function as you normally would.

5. I MUST MAKE A CHANGE...THE HABITUAL BURNOUT STAGE.

If left untreated, burnout can become a part of your everyday life and lead to anxiety and depression.

How about some tips to break free from burnout NOW!

1. REMOVE THE STRESS. Pay close attention to the stress triggers that cause the stress response. Then you’ll be able to start to put some boundaries in place to protect your time and energy.

2. CHANGE YOUR MINDSET. We tend to live in a victim mindset when in the midst of burnout, but the truth is, we are in control. We are choosing to take the late call or the 24 hour deadline. Ultimately, we have the power to choose and our choices tend to be the greatest cause of our burnout.

3. LEARN YO DAY NO. Set boundaries. Boundaries protect our time and energy, but they also teach others how to treat us. Use your stress triggers to help you identify where you need to put a boundary in your life.

4. RECONNECT WITH YOUR AUTHENTIC SELF. Who are you right now? What do you value? What are your passions? Who fulfills you?

5. ASSESS YOUR SELF-CARE PILLARS. What needs your attention? Self-care like sleep, nutrition, movement, energy, stress management, and spirituality are some of the areas we start to see fall out of balance when in burnout. These pillars are the key to building back stress resiliency Start by assessing which one needs the most work and then make small 1% improvements to build up new habits and routines.

**Now it’s up to you...
“The Path to Break Free from Burnout!”**

Newsom’s Plan Could Strip Services

Continued from page 1

watching people continue to suffer on the streets with ineffective interventions and inability to access much needed treatment,” Richards said. “A California behavioral health system of care that is more focused, more transparent, and more accountable for results is what all Californians deserve and what this historic reform aims to achieve.”

Roughly one-third of the county mental health infrastructure in the state is supported by the Mental Health Services Act, which was approved by voters in 2004 as a ballot initiative. Substantial changes to the act, like the ones Newsom proposed, require voter approval. Last year the tax generated about \$3.8 billion.

Critics of Newsom’s proposal say the new analysis bolsters their argument that the changes will result in significant cuts to current programs, particularly those that support children.

Newsom’s office has so far “danced around” how much money would be cut, said Adrienne Shilton, a lobbyist for the California Alliance of Children and Family Services, which represents behavioral health providers in every county. The report is the first to quantify how the proposal would impact programs statewide.

“We’re seeing in real dollars what the impact would be,” Shilton said.

The analysis estimates spending on current programs would be reduced from \$1.34 billion to \$621 million under the plan.

The report identified a number of key changes and unanswered questions for the Legislature to consider in Newsom’s plan:

- Reduced flexibility: Counties would have less flexibility to determine how money is spent. Based on current expenditures, counties would be required to increase spending on housing by \$493 million and on “full-service partnerships” by \$121 million. “Full-service partnerships” include intensive wraparound services like case management, housing and employment support as well as clinical care.
- Program cuts likely: In order to meet spending targets and caps, counties would likely need to reduce spending on current programs including “outpatient services, crisis response, prevention

services, and outreach.”

- Less independent oversight: The proposed restructuring moves much of the program implementation and oversight authority to the Department of Health Care Services. The change “significantly limits” the independent oversight of the current Mental Health Services Oversight and Accountability Commission.

Sacramento Mayor Darrell Steinberg, who helped author the original law and who has been a key supporter of the changes, said the law was always meant to prioritize “the plight of people living with serious mental illness on our streets.”

“It’s appropriate, in fact, it’s necessary to set priority status,” Steinberg said.

Steinberg and Newsom’s office also contend that the state has invested heavily in the mental health safety net in other ways, including changes to the Medi-Cal system and a \$4.4 billion one-time infusion into the Children and Youth Behavioral Health Initiative.

“It’s no longer a funding source that stands alone,” Steinberg said. “(Now), the opportunity is to weave all these pieces together so that everyone has access to care, and nobody is left out or left behind.”

Still, advocates say it is premature to assume those investments have had a positive impact and that many have not yet been implemented. In an opposition letter, Lishaun Francis, senior director for behavioral health at Children Now said the state “has yet to demonstrate that it has delivered” on its promises and that the proposal deprioritizes children and youth.

Advocates also say those funding sources, particularly Medi-Cal, won’t reimburse for the non-clinical programs like classroom interventions and family resource centers that have historically been supported by the Mental Health Services Act. Medi-Cal is the state’s health insurance program for extremely low-income Californians.

“Families need flexibility,” said Christine Stoner-Mertz, chief executive officer of the California Alliance of Child and Family Services. “We need community-designed practices, and we haven’t been successful in doing that with just Medi-Cal.” ★



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Different Personality Types Can Be a Good Thing

Dear Dave,

My husband is an entrepreneur. He has a very hard driving, energetic personality and way of doing things, while I'm more laid back and soft spoken. How can I support him best in terms of encouraging and communicating with him? I want him to know I care, that I want to help and that I'm proud of him.

– Grace

Dear Grace,

I think you've already taken a good first step toward all of that by recognizing and identifying your personality styles. If he's a hard-charging entrepreneur, there's a good chance God sent you into his life to slow him down a little, and help him keep it between the ditches. That's what my

Dave Ramsey Says

wife does for me, and I'm so thankful she does.

Once in a while, I'll get so wrapped up in a project or opportunity that I can't stop thinking about it or turn it loose—even after hours or on weekends. That's when she knows to step in and say, "Honey, did you ever think about this possibility?" Sometimes she's a little more straightforward, and I'll hear something like, "You know, you really need to just slow down and chill."

The fact that you two are wired a little differently, and that you can be thoughtful and calm when he's all over the place, is one of the most valuable benefits you bring to your relationship. Once he understands this, he'll begin to respect it more. And when it happens, you folks are going to win in your relationship and in business. It's going to make such a positive impact on your lives, because you'll be making steady progress that's more predictable and reasonable, rather than things launching into the stratosphere and being

followed by the inevitable crashes that are bound to happen from time to time.

As you grow to better understand the other's thinking, and how each is necessary for success, a great thing will be created. Your quieter, thoughtful side, and his energy and passion to pull things forward, will become the key to you two reaching heights together that you never would've achieved apart from each other.

I love these discussions about family relationships and business. Great question, Grace!

– 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. ★*



Breeding May Boost Machine Harvests for Peaches

With the rising cost of labor and a shortage of skilled workers to hand-pick fruit, California canning peach growers are looking to science for solutions. They are breeding new varieties that are firm and flavorful and could lead to greater adoption of mechanization at harvest. Thomas Gradziel, a geneticist at University of California, Davis, says new varieties are essential to make peach farming economically sustainable. For more than 30 years, growers have funded breeding by Gradziel to develop new and improved clingstone peach varieties.

Colleges Prepare Agricultural Workers for High-Tech Future

California has led the way in developing cutting edge agricultural technologies, enabling farms to do more with fewer workers and to make farm work safer and more efficient. But these advances are also creating a challenge. "We need more skilled employees to be able to run this technology," says Johnnie White of Piña Vineyard Management, which manages winegrapes in Napa Valley. College systems and public and private agencies are collaborating to teach experienced farmworkers new skills and support farm interns working with new technologies.

Federal Lands Plan Could Limit Grazing, Public Uses

Ranchers, foresters and others who use public lands have urged the Bureau of Land Management to withdraw a proposed rule they fear would radically restrict activities such as grazing and timber harvesting. The new BLM proposal emphasizes conservation as the predominant land management priority. Those who hold permits on federal lands also say they were blindsided by the proposal. A coalition including the California Farm Bureau said BLM defines conservation so broadly that it creates unnecessary conflict among users of public lands.

Despite Weather Challenges, Slight Increase Expected In Almond Crop

California almond farmers are expected to harvest a slightly larger crop this year, according to a new report from the U.S. Department of Agriculture. The 2023 California Almond Objective Measurement Report published last week estimates the crop will come in at 2.6 billion meat pounds, 1% above last year's 2.57 billion pounds. The estimate is up 4% from USDA's subjective forecast in May and comes after one of the wettest winters on record, limited bee flights because of rain and wind, and a cool spring. The slightly bigger crop comes partly because of larger nut size, USDA reported. ★

California Voters Support Parental Rights by Overwhelming Margins

Christian Newswire News Release

CHINO HILLS, CA (MPG) - In May 2023, Real Impact completed a Rasmussen Poll targeting California voters to uncover the true perspective of parents regarding public school districts' secretive habits. Educators keeping information regarding children's gender transitions from parents have exposed the reality of deception in public schools across California. Parents are beginning to realize that public schools will assume the role as parent, especially in districts where parents have been trusting or uninvolved.

According to the recent poll is a drastic revelation: 82% of respondents disagree with this statement: "A person loses their parental rights when a child enters public school." Parents are meant to work in tandem with the school district. "Public schools are certainly not meant to be a secret society for our youth to confide in and Californians agree," said Karen England, President of Capitol Resource Institute. "There is no reason teachers and administrators should hold higher authority over children's well-being or mental health. In fact, Californians do not believe educators should hold ANY authority over their children."

This leads to the next set of questions where 88% of respondents support schools notifying parents if their child has a change in mental condition, like showing symptoms of depression or suicidal thoughts. 69% of surveyors support schools notifying parents if their child identifies or requests to be identified or treated as a gender that doesn't align with their biological sex. And likewise, another question exposed that 68% of participants oppose teachers and school administrators keeping information about a child's gender identity secret from the parents. That is a huge majority. These questions

directly juxtapose educators attempting to vilify parents who have already come forward about the school district keeping gender transition secrets for their children. These polling numbers make it clear that most California parents strongly wish to be directly involved with their children's mental health and well-being during and after school hours.

Parents across California have been made aware of the lack of communication coming from educators and administrators in public school. According to this poll, a whopping 84% of surveyors support a local law that required parents to be notified of any major change in a child's physical, mental, or emotional health or academic performance. Parents have lost confidence in the safety of their children in the public-school setting and are looking to local policy changes to protect their rights as parents. The poll also finds that 64% of respondents disagree with this statement: "There is no such thing as someone else's child. Our nation's children are all our children."

"Parents are not willing to forgo parental rights over their children in any capacity," said England. "Our children do not belong to the nation. They belong to the parents and no educator or administrators should ever come before those rights."

That is why CRI has partnered with Real Impact and other pro-parental right organizations in California to affect change at the local level. The California Coalition for Parental Rights are all working together and launching a policy that will ensure schools notify a parent if their child is seeking to transition their gender while at school. Schools should not be in the business of keeping secrets from their parents.

Source: Capitol Resource Institute (CRI) ★

State Water Resources Control Board News Release

SACRAMENTO, CA (MPG) - Achieving a major milestone in the state's efforts to maximize the potential of recycled water, the State Water Resources Control Board announced on July 11, 2023, proposed regulations that would allow for water systems to add wastewater that has been treated to levels meeting or exceeding all drinking water standards to their potable supplies. The process, known as direct potable reuse, will enable systems to generate a climate-resilient water source while reducing the amount of wastewater they release to rivers and the ocean.

This development advances Gov. Newsom's all-of-the-above Water Supply Strategy, which includes the goal of recycling and reusing at least 800,000 acre-feet of water per year by 2030.

This turning point in California's history with recycled water, which began in the mid-20th century with the use of recycled water for crops, comes after an expert panel of 12 scientists and engineers evaluated work by the State Water Board's Division of Drinking Water and determined that the proposed regulations are protective of public health. The regulations are the most advanced in the nation and reinforce California's position as a leader of innovative solutions to climate challenges. They are now open for public comment and subject to revision based on that input.

"This moment has been some time in the making because we have been careful and thorough to produce regulations that ensure, down to a chemical level, that water treated to these standards will be pure and wholesome," said Darrin Polhemus, deputy director for the Division of Drinking Water. "In fact,

the extensive treatment requirements we've proposed mean that direct potable reuse processes in California will produce water of higher quality and lower risk than many traditional drinking water sources."

Direct potable reuse relies entirely on immediate, multi-barrier treatment that can recycle wastewater to drinking water standards in a matter of hours. This contrasts to the method currently being deployed in major projects launched throughout the state, called indirect potable reuse, which further improves treated wastewater over time through groundwater recharge or dilution with surface water. While no formal direct potable reuse projects can be initiated in California until the regulations are adopted, water agencies in Santa Clara, San Diego and the city of Los Angeles have launched pilot projects in recent years.

"We've seen real enthusiasm and interest from major urban water agencies, who are the ones that will take direct potable reuse forward, adding it to their water supply portfolios to increase resiliency," added Polhemus. "California has been a leader for years in water recycling, and this last step—going directly from treatment to usage as drinking water—builds on that experience and the expertise of scientists and engineers who have worked with recycled water for many years."

The board will consider adoption of the regulations before the end of the year.

The State Water Board's mission is to preserve, enhance and restore the quality of California's water resources and drinking water for the protection of the environment, public health, and all beneficial uses, and to ensure proper resource allocation and efficient use for present and future generations. ★

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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
7144 Fair Oaks Blvd #5
Carmichael, CA 95608

FICTITIOUS BUSINESS
NAME STATEMENTS

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04925
Legacy Blu Print LLC, 7007
Middlecoff Way, Sacramento,
CA 95822 is doing business
under the Fictitious Business
Name(s) “Blu Print” 7007
Middlecoff Way, Sacramento,
CA 95822. Filed with the Clerk
of Sacramento County June 27,
2023
Publish: July 7, 14, 21, 28, 2023
PRINT 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04926
Imprint Xpressions LLC, 7007
Middlecoff Way, Sacramento,
CA 95822 is doing business
under the Fictitious Business
Name(s) “Imprint” 7007
Middlecoff Way, Sacramento,
CA 95822. Filed with the Clerk
of Sacramento County June 27,
2023
Publish: July 7, 14, 21, 28, 2023
IMPRINT 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04578
Summit Funding, Inc., 2135
Butano Drive Suite 150,
Sacramento, CA 95825 is do-
ing business under the Fictitious
Business Name(s) “Connected
Home Lending Partners”
2135 Butano Drive Suite 150,
Sacramento, CA 95825. Filed
with the Clerk of Sacramento
County June 15, 2023
Publish: July 7, 14, 21, 28, 2023
SUMMIT 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04676
Wiliwili Tree LLC., 105 Brown
Duvall Lane, Folsom, CA
95630 is doing business under
the Fictitious Business
Name(s) “Restoration 1 of East
Sacramento,” 105 Brown Duvall
Lane, Folsom, CA 95630. Filed
with the Clerk of Sacramento
County June 20, 2023
Publish: July 7, 14, 21, 28, 2023
RESTORATION 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04157
Pillar Auto Group LLC., 11730
Clay Station Road, Herald, CA,
95638 is doing business under
the Fictitious Business Name(s)
“Aamco South Sacramento”
6441 Franklin Boulevard,
Sacramento, CA 95823. Filed
with the Clerk of Sacramento
County May 31, 2023
Publish: July 7, 14, 21, 28, 2023
PILLAR 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04924
Phoenix Rizing Solutions
LLC., 7007 Middlecoff Way,
Sacramento, CA 95822 is do-
ing business under the Fictitious
Business Name(s) “Phoenix
Solutions” 7007 Middlecoff Way,
Sacramento, CA 95822. Filed
with the Clerk of Sacramento
County June 27, 2023
Publish: July 7, 14, 21, 28, 2023
PHOENIX 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04731
First Colony Mortgage
Corporation, 508 W 800 N,
Orem, UT 84057 is doing
business under the Fictitious
Business Name(s) “GHMC/
GoGuaranty Home Lending” 508
W 800 N, Orem, UT 84057. Filed
with the Clerk of Sacramento
County June 21, 2023
Publish: July 7, 14, 21, 28, 2023
FIRST 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04649
AJ Fastfood Inc., 10058 Newhart
Court, Elk Grove, CA 95757
is doing business under the
Fictitious Business Name(s)
“West Coast Sourdough” 9257
Laguna Springs Drive Suite 110,
Elk Grove, CA 95758. Filed with
the Clerk of Sacramento County
June 16, 2023
Publish: July 7, 14, 21, 28, 2023
WEST 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04594
Rosa Marie Danyelyan, 9209
Henley Way, Sacramento,
CA 95826 is doing business
under the Fictitious Business
Name(s) “La Rose Fleur” 9209
Henley Way, Sacramento, CA
95826. Filed with the Clerk of
Sacramento County June 15,
2023
Publish: July 7, 14, 21, 28, 2023
ROSA 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04762
Shayne Erickson, 1808 Klamath
River Drive, Rancho Cordova,
CA 95670 is doing business
under the Fictitious Business
Name(s) “S.P.S Pilot Car
Service” 1808 Klamath River
Drive, Rancho Cordova, CA
95670. Filed with the Clerk of
Sacramento County June 21,
2023
Publish: July 7, 14, 21, 28, 2023
SHAYNE 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04853
Manuwa Lawrence, 5007 Chevrol
Court, Antelope, CA 95843 is do-
ing business under the Fictitious
Business Name(s) “AY Nursing
Staffing” 5007 Chevrol Court,
Antelope, CA 95843. Filed with
the Clerk of Sacramento County
June 27, 2023
Publish: July 7, 14, 21, 28, 2023
LAWRENCE 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04243
Brittanny Larson, 6247 Silvertown
Way, Carmichael, CA 95608
is doing business under the
Fictitious Business Name(s) “B
& K’s Cleaning with Meaning”
6247 Silvertown Way, Carmichael,
CA 95608. Filed with the Clerk
of Sacramento County June 2,
2023
Publish: July 7, 14, 21, 28, 2023
BRITTANY 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04827
Brandon Narath Muse, 7340
Single Way, Citrus Heights, CA
95610 is doing business under
the Fictitious Business Name(s)
“Dark Watch Security” 7340
Single Way, Citrus Heights, CA
95610. Filed with the Clerk of
Sacramento County June 23,
2023
Publish: July 7, 14, 21, 28, 2023
BRANDON 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04651
AB Fastfood Inc., 10058
Newhart Court, Elk Grove, CA
95757 is doing business under
the Fictitious Business Name(s)
“AB Fastfood Inc” 7600 Elk
Grove Boulevard Suite 120, Elk
Grove, CA 95758. Filed with the
Clerk of Sacramento County
June 16, 2023
Publish: July 7, 14, 21, 28, 2023
COAST 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04864
Thuyet Thi Tran, 9516 Ballinger
Drive, Sacramento, CA 95829
is doing business under the
Fictitious Business Name(s)
“Novel Nails Salon & Day Spa”
5880 Antelope Road #100,
Citrus Heights, CA 95621. Filed
with the Clerk of Sacramento
County June 26, 2023
Publish: July 7, 14, 21, 28, 2023
NOVEL 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04773
Rockybee LLC, 3804 Arborhill
Way, Sacramento, CA 95834
is doing business under the
Fictitious Business Name(s)
“Body by Raye” 3804 Arborhill
Way, Sacramento, CA
95834. Filed with the Clerk of
Sacramento County June 22,
2023
Publish: July 7, 14, 21, 28, 2023
ROCKYBEE 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04960
CIGA Enterprises Inc., 3855 Otay
Street, West Sacramento, CA
95691 is doing business under
the Fictitious Business Name(s)
“SpeedDee Oil Change & Auto
Service” 5490 Deway Drive,
Fair Oaks, CA 95628. Filed with
the Clerk of Sacramento County
June 28, 2023
Publish: July 7, 14, 21, 28, 2023
CIGA 7-28-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04512
Francois Tcha, 9706 Fall Valley
Way, Sacramento, CA 95829
is doing business under the
Fictitious Business Name(s) “GIT
Solutions” 9706 Fall Valley Way,
Sacramento, CA 95829. Filed
with the Clerk of Sacramento
County June 13, 2023
Publish: July 14, 21, 28, August 4, 2023
GIT 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04996
Sondra R. Bushey and Scott E.
Bushey, 10828 Walnutwood
Way, Rancho Cordova, CA
95670 is doing business under
the Fictitious Business
Name(s) “House of Ube” 10828
Walnutwood Way, Rancho
Cordova, CA 95670. Filed with
the Clerk of Sacramento County
June 30, 2023
Publish: July 14, 21, 28, August 4, 2023
HOUSE 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04637
Kenneth W. Bottoms, 3717
Haven Glen Place, Sacramento,
CA 95821 is doing business
under the Fictitious Business
Name(s) “Nu Edge Knife &
Tool” 3717 Haven Glen Place,
Sacramento, CA 95821. Filed
with the Clerk of Sacramento
County June 16, 2023
Publish: July 14, 21, 28, August 4, 2023
KENNETH 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05046
Henry Zheng, 7361 Tawny Port
Way, Sacramento, CA 95829
is doing business under the
Fictitious Business Name(s)
“Myokbodywork” 5620 Birdcage
Street #250, Citrus Heights, CA
95610. Filed with the Clerk of
Sacramento County July 3, 2023
Publish: July 14, 21, 28, August 4, 2023
HENRY 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04981
Sadia Naebkhel, 9832 Porto Bay
Drive, Elk Grove, CA 95757 is do-
ing business under the Fictitious
Business Name(s) “iMagic
Beauty” 9832 Porto Bay Drive,
Elk Grove, CA 95757. Filed with
the Clerk of Sacramento County
June 29, 2023
Publish: July 14, 21, 28, August 4, 2023
SADIA 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04679
Powers Bookkeeping Service,
Inc., 7210 Geowood Way, Citrus
Heights, CA 95610 is doing
business under the Fictitious
Business Name(s) “Powers
Bookeeping Service” 7210
Geowood Way, Citrus Heights,
CA 95610. Filed with the Clerk
of Sacramento County June 20,
2023
Publish: July 14, 21, 28, August 4, 2023
POWERS 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05019
USKO Realty Inc., 5299 Auburn
Boulevard, Sacramento, CA
95841 is doing business under
the Fictitious Business Name(s)
“USKO Properties/USKO
Commercial/USKO Realty/
UR” 5299 Auburn Boulevard,
Sacramento, CA 95841. Filed
with the Clerk of Sacramento
County June 30, 2023
Publish: July 14, 21, 28, August 4, 2023
USKO 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04980
Michael DeCelle, 1987
Cottonwood Court, Folsom, CA

95630 is doing business under
the Fictitious Business Name(s)
“Broadstone Construction” 1987
Cottonwood Court, Folsom, CA
95630. Filed with the Clerk of
Sacramento County June 29,
2023
Publish: July 14, 21, 28, August 4, 2023
BROADSTONE 8-4-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05274
Pro Team Sports, 1852
Casterbridge Drive, Roseville,
CA 95747 is doing business
under the Fictitious Business
Name(s) “Pro Team Sports/
Pro Image Sports” 1689 Arden
Way #2154, Sacramento, CA
95815. Filed with the Clerk of
Sacramento County July 13,
2023
Publish: July 21, 27, August 4, 11, 2023
SPORTS 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05109
Nazhrudin Rustamov, 8724
Fair Oaks Boulevard Apt 1,
Carmichael, CA 95608 is doing
business under the Fictitious
Business Name(s) “RMM
Transport” 8724 Fair Oaks
Boulevard Apt 1, Carmichael,
CA 95608. Filed with the Clerk of
Sacramento County July 6, 2023
Publish: July 21, 27, August 4, 11, 2023
RMM 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04532
Keur Moua, 5121 Kenneth
Avenue, Carmichael, CA 95608
is doing business under the
Fictitious Business Name(s) “The
Adams Family Bakery” 4535
Freeway Circle, Sacramento,
CA 95841. Filed with the Clerk
of Sacramento County June 14,
2023
Publish: July 21, 27, August 4, 11, 2023
ADAMS 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05121
Rafael Lopez, 4232 Woodwillow
Lane, Elk Grove, CA 95758
is doing business under the
Fictitious Business Name(s)
“Arsha8” 1104 Corporate Way,
Sacramento, CA 95831. Filed
with the Clerk of Sacramento
County July 7, 2023
Publish: July 21, 27, August 4, 11, 2023
ARSHA 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04950
Royal California Services
Corporation, 5660 Kenneth
Avenue #A, Carmichael, CA
95608 is doing business under
the Fictitious Business Name(s)
“Junk King Sacramento”
12181 Folsom Boulevard
Suite A, Rancho Cordova, CA
95742. Filed with the Clerk of
Sacramento County June 28,
2023
Publish: July 21, 27, August 4, 11, 2023
JUNK 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04158
Irish Iron LLC, 8210 Fair Oaks
Boulevard, Carmichael, CA
95608 is doing business under
the Fictitious Business
Name(s) “Irish Iron” 8210 Fair
Oaks Boulevard, Carmichael,
CA 95608. Filed with the Clerk
of Sacramento County May 31,
2023
Publish: July 21, 27, August 4, 11, 2023
IRISH 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05010
Michael Francis Taylor, 4516
Azure Court, Sacramento, CA
95864 is doing business under
the Fictitious Business Name(s)
“Mike’s Tree Service” 4516
Azure Court, Sacramento, CA
95864. Filed with the Clerk of
Sacramento County June 30,
2023
Publish: July 21, 27, August 4, 11, 2023
MIKES 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04777
CAQ Ventures LLC, 1401 21st
Street Suite R, Sacramento, CA
95811 is doing business under
the Fictitious Business Name(s)
“Sisterra Homes” 1401 21st
Street Suite R, Sacramento, CA
95811. Filed with the Clerk of
Sacramento County June 22,
2023
Publish: July 21, 27, August 4, 11, 2023
SISTERRA 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04289
Daniel S Funner, 2424 42nd
Street, Sacramento, CA 95817
is doing business under the
Fictitious Business Name(s)
“Catholic School Band (CSB)”
2424 42nd Street, Sacramento,
CA 95817. Filed with the Clerk
of Sacramento County June 6,
2023
Publish: July 21, 27, August 4, 11, 2023
CATHOLIC 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05216
Cristian Budean, 7429 Summer
Avenue, Citrus Heights, CA
95621 is doing business under
the Fictitious Business Name(s)
“Fine Line” 7429 Summer Avenue,
Citrus Heights, CA 95621. Filed
with the Clerk of Sacramento
County July 11, 2023
Publish: July 21, 27, August 4, 11, 2023
FINE 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05202
Roberta Littlefield, 9124
Vancouver Drive, Sacramento,
CA 95826 is doing business
under the Fictitious Business
Name(s) “Littlefields of
Imagination” 9124 Vancouver
Drive, Sacramento, CA
95826. Filed with the Clerk of
Sacramento County July 11,
2023
Publish: July 21, 27, August 4, 11, 2023
LITTLEFIELDS 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05218
P & W Karz Inc, 2140 Marconi
Avenue, Sacramento, CA
95821 is doing business under
the Fictitious Business

Name(s) “American Auto Care
& Tires” 2140 Marconi Avenue,
Sacramento, CA 95821. Filed
with the Clerk of Sacramento
County July 11, 2023
Publish: July 21, 27, August 4, 11, 2023
AMERICAN 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05130
Laura Castlemann, 8125 Otium
Way, Antelope, CA 95843
is doing business under the
Fictitious Business Name(s)
“CastleDreamer Designs” 8125
Otium Way, Antelope, CA
95843. Filed with the Clerk of
Sacramento County July 7, 2023
Publish: July 21, 27, August 4, 11, 2023
CASTLE 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04794
Carl J. Fishel, 6536 Oak Bend
Way, Citrus Heights, CA 95621
is doing business under the
Fictitious Business Name(s)
“Visionz Eye Candy Industries”
6536 Oak Bend Way, Citrus
Heights, CA 95621. Filed with
the Clerk of Sacramento County
June 22, 2023
Publish: July 21, 27, August 4, 11, 2023
VISIONZ 8-11-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05394
Demetria Marsha Adams, 7633
Wayans Way, Elk Grove, CA
95757 is doing business under
the Fictitious Business Name(s)
“Retro Realty/Retro Real Estate”
9245 Laguna Springs Drive Suite
200, Elk Grove, CA 95758. Filed
with the Clerk of Sacramento
County July 18, 2023
Publish: July 28, August 4, 11, 18, 2023
RETRO 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05404
Accelerated Auto Wholesale,
1401 21st Street Suite R,
Sacramento, CA 95829 is do-
ing business under the Fictitious
Business Name(s) “Accelerated
Auto Wholesale” 1401 21st
Street Suite R, Sacramento,
CA 95829. Filed with the Clerk
of Sacramento County July 19,
2023
Publish: July 28, August 4, 11, 18, 2023
ACCELERATED 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05249
Advancebay Inc., 5210 Excelsior
Road, Sacramento, CA 95827
is doing business under the
Fictitious Business Name(s)
“Village Venue Rentals” 5210
Excelsior Road, Sacramento,
CA 95827. Filed with the Clerk
of Sacramento County July 12,
2023
Publish: July 28, August 4, 11, 18, 2023
VILLAGE 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05355
Thuyet Thi Tran, 9516 Ballinger
Drive, Sacramento, CA 95829
is doing business under the
Fictitious Business Name(s)
“Novel Nails & Day Spa” 5880
Antelope Road, Suite 100, Citrus
Heights, CA 95621. Filed with
the Clerk of Sacramento County
July 17, 2023.
Publish: July 28, August 4, 11, 18, 2023
NOVEL 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05160
Gary Lynn Borton, 2535 La
France Drive, Carmichael, CA
95608 is doing business under
the Fictitious Business Name(s)
“Atlantis Diving & Salvage
Co” 2535 La France Drive,
Carmichael, CA 95608. Filed
with the Clerk of Sacramento
County July 11, 2023
Publish: July 28, August 4, 11, 18, 2023
ATLANTIS 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04471
Keena Martin, 4200 E
Commerce Way, Sacramento,
CA 95834 is doing business
under the Fictitious Business
Name(s) “Life Coach Unlimited”
2701 Del Paso Road Unit
#130-472, Sacramento, CA
95835. Filed with the Clerk of
Sacramento County June 9,
2023
Publish: July 28, August 4, 11, 18, 2023
LIFECOACH 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05334
Richard Anderson JR., 3577
Rainsong Circle, Rancho
Cordova, CA 95670 is doing
business under the Fictitious
Business Name(s) “AAA Imaging
Solutions” 3577 Rainsong
Circle, Rancho Cordova, CA
95670. Filed with the Clerk of
Sacramento County July 14,
2023
Publish: July 28, August 4, 11, 18, 2023
AAA 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05382
G47 Inc, 4701 El Camino
Avenue, Carmichael, CA 95608
is doing business under the
Fictitious Business Name(s)
“Garage 47” 4701 El Camino
Avenue, Carmichael, CA
95608. Filed with the Clerk of
Sacramento County July 18,
2023
Publish: July 28, August 4, 11, 18, 2023
GARAGE 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05466
Fabian Vasquez, 4828 El
Camino Avenue Apt 102,
Carmichael, CA 95608 is doing
business under the Fictitious
Business Name(s) “Tere’s
Antojitos” 4828 El Camino
Avenue Apt 102, Carmichael,
CA 95608. Filed with the Clerk
of Sacramento County July 21,
2023
Publish: July 28, August 4, 11, 18, 2023
TERES 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-04847
Mythic Media, LLC, 1401 21st
Street Suite R, Sacramento, CA
95811 is doing business under
the Fictitious Business Name(s)
“Mythic Records” 1401 21st

Street Suite R, Sacramento, CA
95811. Filed with the Clerk of
Sacramento County June 26,
2023
Publish: July 28, August 4, 11, 18, 2023
MYTHIC 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05441
Michelle DeSart Adcock, 1554
Los Molinos Way, Sacramento,
CA 95864 is doing business
under the Fictitious Business
Name(s) “Miche Niche” 1401 21st
Street Suite 8515, Sacramento,
CA 95811. Filed with the Clerk
of Sacramento County July 20,
2023
Publish: July 28, August 4, 11, 18, 2023
MICHE 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05347
Arcade Baptist Church of
Sacramento, 3927 Marconi
Avenue, Sacramento, CA
95821 is doing business under
the Fictitious Business
Name(s) “Arcade Church” 3927
Marconi Avenue, Sacramento,
CA 95821. Filed with the Clerk
of Sacramento County July 17,
2023
Publish: July 28, August 4, 11, 18, 2023
ARCADE 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05407
Outlaw2ners, 3334 Montrose
Street, Sacramento, CA 95838
is doing business under the
Fictitious Business Name(s)
“VW2ners” 3334 Montrose
Street, Sacramento, CA
95838. Filed with the Clerk of
Sacramento County July 19,
2023
Publish: July 28, August 4, 11, 18, 2023
VW2NERS 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05391
r.World. PBC, 2700 Irving
Avenue S, Minneapolis, MN,
55408 is doing business under
the Fictitious Business Name(s)
“r.Cup” 2700 Irving Avenue S,
Minneapolis, MN, 55408. Filed
with the Clerk of Sacramento
County July 18, 2023
Publish: July 28, August 4, 11, 18, 2023
RCUP 8-18-23

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2023-05294
Sierra Christine Wallin, 9493
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

ORDER TO SHOW CAUSE
CHANGE OF NAME

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV003665

Tracy Stephen Bayless has filed
a petition with this court for a de-
cree changing the name(s) of
Tracy Stephen Bayless to Tracy
Stephen Love and Nicole Marie
Pacheco to Nicole Marie Love.
IT IS ORDERED that all per-
sons interested in the above-en-
titled matter appear before this
court on September 19, 2023,
at 9:00 a.m. in Department
54, located at 813 6th Street,
Sacramento, CA 95814, and
show cause, if any, why the pe-
tition for Change of Name should
not be granted.
Dated: June 26, 2023
Christopher E. Krueger, Judge of
the Superior Court
Publish: July 21, 28, August 4, 11, 2023
TRACY 8-11-23

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV002687

Fredy Campos has filed a petition
with this court for a decree chang-
ing the name(s) of Mila Calisto
Campos to Mila Callisto Campos.
IT IS ORDERED that all per-
sons interested in the above-en-
titled matter appear before this
court on August 15, 2023, at 9:00
a.m. in Department 54, located at
813 6th Street, Sacramento, CA
95814, and show cause, if any,
why the petition for Change of
Name should not be granted.
Dated: June 5, 2023
Christopher E. Krueger, Judge of
the Superior Court
Publish: July 7, 14, 21, 28, 2023
MILA 7-28-23


SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV003715

Ji Hye Lee has filed a petition
with this court for a decree
changing the name(s) of Ji Hye
Lee to Shannon Jihye Lee.
IT IS ORDERED that all per-
sons interested in the above-en-
titled matter appear before this
court on September 12, 2023,
at 9:00 a.m. in Department
54, located at 813 6th Street,
Sacramento, CA 95814, and
show cause, if any, why the pe-
tition for Change of Name should
not be granted.
Dated: June 27, 2023
Christopher E. Krueger, Judge of
the Superior Court
Publish: July 7, 14, 21, 28, 2023
SHANNON 7-28-23

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV002345

Dane Phillip Coleai-Bergum has
filed a petition with this court for
a decree changing the name(s)
of Dane Phillip Coleai-Bergum to
Dane Phillip Coleai Bergum.

IT IS ORDERED that all per-
sons interested in the above-en-
titled matter appear before this
court on August 9, 2023, at 9:00
a.m. in Department 54, located at
813 6th Street, Sacramento, CA
9581




AS LITTLE AS

3.5% DOWN PAYMENT


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YOLO COUNTY FAIR

AUG. 16-20, 2023

DEMOLITION DERBY
WWW.YOLOCOUNTYFAIR.NET



ONLINE SALES START JULY 10TH 9 AM PST

ONLINE SALES ONLY RESERVED SEATING

ALL AGES REQUIRE A TICKET ADDITIONAL FEES APPLY

PRE-SALE CARNIVAL COUPONS
YOLO COUNTY FAIR BOX OFFICE 1125 EAST ST. WOODLAND, CA

PRE-SALE STARTS JULY 11TH 9 AM PST

COUPONS ARE EXCHANGED FOR A BOOK OF TICKETS OR **P.O.P DAYS**
PAY ONE PRICE

BOX OFFICE HOURS:
TUESDAY - SATURDAY 9 AM - 4:30 PM



PLEASE NOTE, ONLY CARNIVAL COUPONS WILL BE SOLD AT THE BOX OFFICE. VISIT WWW.YOLOCOUNTYFAIR.NET FOR DEMOLITION DERBY TICKETS.

Look for Advertised Sale Items Everyweek at

www.petclubstores.com



EVERYDAY LOW PRICES
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Short term promotions, from vendors
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Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500



We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 7/26/23 - 8/1/23

We Beat Almost All Online Prices on Premium Brand Pet Foods!
Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

BLUE BUFFALO DRY DOG FOOD
30 Lb Bag Limit 2 Bags
•Chicken (Regular & Large Breed)
•Fish & Oatmeal •Puppy (Reg & Large Breed) •Senior (Reg & Lrg Breed)
•Lamb & Rice
•Weight Control (Reg & Lrg Breed)
\$5 OFF
Our Regular Prices!
Effective 7/26/23 - 8/1/23

PRO-PLAN DRY DOG FOOD
30-35 Lb Bag
•Chicken & Rice •Beef & Rice
•Weight Control •Sensitive Skin & Stomach •Performance
\$5 OFF
OUR REGULAR PRICES!
Limit 2 Bags per Family
Effective 7/26/23 - 8/1/23

NATURAL BALANCE DRY DOG FOOD
•Potato & Duck 22 Lbs •Chicken & Brown Rice 24 Lbs •Salmon & Brown Rice 24 Lbs •Ultra Grain Free 24 Lbs
•Vegetarian 24 Lbs
\$8 OFF
Our Regular Prices
Limit 2 Bags Per Family
Effective 7/26/23 - 8/1/23

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
\$13.99
Limit 2 Bags Per Family
Effective 7/26/23 - 8/1/23

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz Selected Varieties
ON SALE Everyday
Limit 2 Cases Per Family
Effective 7/26/23 - 8/1/23

FUSSIE CAT PREMIUM CANNED CAT FOOD
2.8 Oz.
•Black Label •Gold Label
ON SALE
Limit 2 Cases Per Family
Effective 7/26/23 - 8/1/23

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular •Unscented
Limit 2 Jugs Per Family
ON SALE
Effective 7/26/23 - 8/1/23

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$10.99)
(Audubon Friends, 20 Lbs - \$9.99)
\$9.99
Limit 2 Bags Per Family
Effective 7/26/23 - 8/1/23

<p>WELLNESS CANNED CAT FOOD •Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Can Limit 1 Case 15% OFF OUR REGULAR PRICES</p>	<p>EVERCLEAN PREMIUM CAT LITTER •Extra Strength Unscented •Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes \$15.99</p>	<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases 15% OFF As Marked</p>
<p>FRESH STEP SCOOP CAT LITTER 42 Lb Bag Limit 2 Bags \$19.99</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD 22 Lb Bag •Chicken/Sweet Potato •Duck/Sweet Potato •Bison/Beef/Sweet Potato •Salmon/Sweet Potato •Texas Beef/Sweet Potato \$5 OFF OUR REGULAR PRICES</p>	<p>ORIEN Entree In Bone Broth ACANA Premium Pate 3 Oz Can Buy 5 Cans Get 1 Can FREE</p>
<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$5.49) \$7.49</p>	<p>KAL KAN CESAR DOG FOOD All Varieties 3.5 Oz Limit 1 Case \$1.29</p>	<p>IAMS DRY DOG FOOD 30 Lb Bag •Mini Chunk •Large Breed •Lamb & Rice •Weight Control 30 Lb Bag Limit 2 Bags \$43.99</p>
<p>GRAVY TRAIN DRY DOG FOOD 35 Lb Bag Limit 2 Bags \$22.99</p>	<p>ÖKOCAT CLUMPING CAT LITTER •Regular •Soft Step 11-13 Lb \$13.99</p>	<p>MILK-BONE DOG BISCUITS Large 10 Lb Box Flavor Snacks 7 Lb Box \$13.99 \$11.99</p>

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•Orthopedic Foam Beds •Snoozzy
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Made with Real
•Chicken •Peanut Butter •Sweet Potato
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All Varieties
•Mini-Naturals
•Hip Action •Puppy Naturals
20% OFF
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EARTH-RATED POOP BAGS & DOG WIPES
•Unscented •Lavender Scent •Standard •Handle
20% OFF
OUR SUPER LOW PRICES

SENTRY PETROMALT & PETRODEX PRODUCTS
All Varieties
•Tooth Care •Hairball Relief
20% OFF
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
TANK SIZE PET CLUB SALE

PENGUIN 100B	20 Gal.	\$24.99
PENGUIN 150B	30 Gal.	\$33.99
PENGUIN 200B	50 Gal.	\$40.99
PENGUIN 350B	75 Gal.	\$55.99

AQUEON PRE-PRICED AQUARIUM KITS
PET CLUB SALE

10 GALLON	(Pre-Priced \$79.99)	\$59.99
20 GALLON	(Pre-Priced \$124.99)	\$99.99
29 GALLON	(Pre-Priced \$139.99)	\$122.99
55 GALLON	(Pre-Priced \$229.99)	\$199.99

PENN PLAX PLASTIC AQUA-PLANTS
20% OFF
OUR SUPER LOW PRICES

TETRA FISH FOOD SALE
•Tetramin All Varieties
•Tetracolor
•Goldfish
20% OFF
OUR SUPER LOW PRICES

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/26/23 - 8/1/23
ON SALE Everyday

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/26/23 - 8/1/23
\$2.79

BONUS COUPON
WHISKAS TEMPTATIONS CAT TREATS
•All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 7/26/23 - 8/1/23
\$2.19