



Arcade Creek Little League Wins Again!
PAGE 9

California State Fair Much to See and Enjoy!
PAGE 2



Citrus Heights Messenger

VOLUME 14 • ISSUE 28 Serving the City of Citrus Heights & Sacramento County JULY 12, 2024

SEE INSIDE

CALIFORNIA CAPITAL AIRSHOW RETURNS



PAGE 3

MISSILE SITE CONTAMINATION ADDRESSED



PAGE 3

REJUVENATE AND SHINE

By Mary Jane Popp



PAGE 7

Dangerous Heatwave Continues



The National Weather Service forecast Extreme Heat Risk for much of the state this week. Photo courtesy of Dreamstime

Office of Governor Gavin Newsom News Release

SACRAMENTO REGION, CA (MPG) - Much of interior California entered its fourth day of temperatures reaching 110 degrees or higher on July 5 and most areas weren't expected to see relief until early next week. Governor Gavin Newsom urged Californians on July 5 to take precautions and directed an all-hands response to the heatwave by state government.

About two weeks ago, the governor directed the Office of Emergency Services (OES) to activate its State Operations Center and move into Phase II of its Extreme Temperature Response Plan. This action ensures a 24/7, coordinated, whole-of-government response to the heatwave.

Excessive heat warnings and watches were in effect for much of

California through the week. The National Weather Service forecasted an Extreme Heat Risk for many parts of the state, with hot conditions between 105 and 118 degrees, and little overnight relief.

Extreme heat kills more Americans every year than all other extreme weather, including wildfires and flooding.

"California is in the middle of a record heatwave and now is not the time to let our guard down. We must remain vigilant: stay cool, stay hydrated and check in on loved ones and neighbors," Newsom said.

What California is Doing to Protect Communities

Emergency coordination and response. California Office of Emergency Services is coordinating with local governments and emergency managers on regional needs.

Through Listos California, the

Office of Emergency Services deployed in-language preparedness messaging to California's most impacted communities and those who might be most at risk during extreme temperatures, including those 65 years of age or older; individuals with chronic illness, disabilities or who are pregnant.

The Office of Community Partnerships and Strategic Communications deployed in-language messaging to higher risk communities through Heat Ready CA, which includes a network of community organizations and outreach to ethnic media.

Through the state's Priority Populations Task Force, the Office of Emergency Services convenes more than 20 agencies to coordinate state and local resources and share information with the public, identify and

Continued on page 3

Californians Affected by Wildfire Smoke Should Take Steps to Protect Their Health

California Department of Public Health News Release

SACRAMENTO REGION, CA (MPG) - With wildfire smoke and reduced air quality affecting many California communities, the California Department of Public Health (CDPH) is urging Californians to take steps to protect themselves from air pollutants. Wildfire smoke can affect anyone's health, but some people are at higher risk, including pregnant people, children, older adults, first responders, and people with chronic conditions like asthma, COPD, diabetes, kidney disease or heart disease.

"All Californians should be aware of the risks of wildfire smoke and ash inhalation and take steps to avoid breathing in pollutants, including reducing outdoor activity and staying indoors when possible," said Dr. Tomás J. Aragón, California Department of Public Health Director and State Public Health Officer. "Wildfire smoke can make anyone sick, but it's particularly unhealthy for vulnerable individuals, including children, people who are pregnant, and those with chronic health conditions."

How Californians Can Protect Their Health

To avoid possible health problems due to wildfire smoke and poor air quality, California Department of Public Health recommends taking the following steps:

Stay informed. Check the air quality and sign up for updates. Californians can check their local air quality index (AQI) at AirNow.

Stay indoors. If the air quality is bad, stay inside as much as possible and close all windows, doors and vents.

Adjust your A/C. Change the settings on your A/C unit to re-circulate or close outdoor air intakes to avoid drawing in smoky outdoor air. Running an air purifier can also help.

Wear a mask. If you must go outside, wear a well-fitting N95 mask. This is especially important for those who must work outdoors for long periods, in areas with heavy smoke.

Continued on page 4

Bridging the Gap Through Inclusive Play

By Ormella Rossi

CITRUS HEIGHTS, CA (MPG) - MikesPlayground, a nonprofit organization dedicated to fostering inclusivity for special needs children, is gearing up to transform parks in Citrus Heights and the greater Sacramento area into havens of accessible play.

Through educational workshops, recreational activities, and support services, the organization aims to support underserved families and ensure every child can experience the joy of playing in a welcoming and supportive environment.

"We are bridging the gap between abled and disabled," said Founder and CEO Aurelia Walker. "We have to help those who can't help themselves, those who can't speak for themselves. My mission is to have California be the



Mike Sellu and his mother, Ashley Walker Benjamin, attend the Rio Americano High School prom.

first state with all-inclusive parks."

MikesPlayground collaborates closely with Sunrise Parks & Recreation to acquire parks where it

implements its inclusive, ADA compliant, playground projects. All funds raised through donations are deposited into a designated account specifically

allocated for purchasing playground equipment. This process involves bidding from local contractors, ordering, and eventually installing the equipment within selected parks.

To fund its ambitious projects, MikesPlayground is gearing up for their inaugural fundraiser on Aug. 24 at San Juan Park located at 5509 Mariposa Ave. in Citrus Heights. The event promises a vibrant lineup including raffles, guest speakers, special recognitions to the Citrus Heights Police and Fire Department, comedians, musical acts, and a variety of food vendors offering everything from carnival-style treats to healthy options and culinary delights from the Brazilian Center of Cultural Exchange of Sacramento. All proceeds will be directly supporting

Continued on page 4

California State Fair Honors the State's Agricultural Industry, with Much to See and Enjoy!

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - The 170th California State Fair offers 17 days of old-fashioned fun for the whole family, from July 12 to July 28.

Lucky for us that we don't have to drive too far; the first state fair sponsored by the California State Agricultural Society, was held in San Francisco on Oct. 4, 1854, and rotated to different cities for the next six years. In 1861, however, Sacramento became the permanent location for the extravaganza.

While today's California State Fair still honors the state's agricultural industry, there is much more to see and enjoy at the annual event.

There are plenty of activities for all ages. That

includes eating funnel cakes, waffles to sliders; listening to top musicians; riding Butler Amusements' thrilling Zipper to the classic and calmer Crown Merry Go Round; and checking out competitions and exhibits that feature our neighbors' talents and skills.

Besides the nightly concerts, entertainment is ongoing each day. For starters, there's the Tanzanite African Acrobats, the Stilt Circus and the Salsa Steel Band.



What would a fair be like without going on rides at the carnival? There are rides for the thrill-seekers as well as for those who want a tamer but just as fun experience. Photo courtesy of California State Fair



The many competitions include the Open Livestock Show with beef cattle, sheep, Boer goats, dairy cattle, dairy goats, Nigerian dwarf goats, pygmy goats, angora and fiber goats, longhorn cattle, llamas and alpaca.

And the always popular Junior Livestock competition spotlights the dedicated youth FFA members with their beef cattle, sheep, swine, goats, dairy cattle and dairy goats.

Exhibits range from a Candy Maze Selfie Exhibit, a Student Showcase & CA Crafts Exhibit, Animation

Academy to a fine art and photography exhibit.

The California State Fair is open different hours of the week.

Main Gate and Blue Gate hours are from 11 a.m. to 10 p.m. Monday through Thursday and from 10 a.m. to 10 p.m. Friday through Sunday.

Green Gate opens at 2 p.m. Monday, Wednesday, Thursday and Friday, and at 11 a.m. Tuesday, Saturday and Sunday.

Carnival and Skyride hours are from 2 to 11 p.m. Monday, Wednesday, Thursday and Friday, and from 11 a.m. to 11 p.m. Tuesday, Saturday

and Sunday.

Kids Park hours are 1 to 11 p.m. Monday, Wednesday, Thursday and Friday, and 11 a.m. to 11 p.m. Tuesday, Saturday and Sunday.

Exhibit Building hours are 11 a.m. to 10 p.m. Monday through Thursday; and from 10 a.m. to 10 p.m. Friday through Sunday.

The Monorail opens at 11 a.m. Monday through Thursday, and at 10 a.m. Friday through Sunday.

Tickets can be bought online at <https://calexpostatefair.com/tickets> or at the fair's box office. Several ticket prices and packages are offered. Daily tickets to the fair and food festival

start at \$16 for adults (\$14 in advance), \$12 (\$10 in advance) for seniors 62 and older and \$10 (\$8 in advance) for children ages 5 to 12. Fair admission is free for children 4 and under.

In addition, a Family Fun Pack is \$49.99 and includes four single-day general admissions, four ride tickets (each good for one ride in the Carnival or on the Monorail), and a parking pass.

The Toyota Concert Series is free with fair admission ticket in the area behind the General Admission seating area to the first 700 concert-goers. Seats can also be reserved, starting at \$25.

Parking is \$15 a day or three days for \$30.

There are also different prices for the carnival rides, starting at \$1 per ticket and carnival fast passes from \$10 to \$15. An Unlimited Ride Wristband bought at the Carnival is \$39 Mondays, Wednesdays and Thursdays, and \$44 Fridays, Saturdays and Sundays.

Cal Expo is at 1600 Exposition Blvd. in Sacramento, northeast of the American River.

For more information about the California State Fair, go online to calexpostatefair.com, call 916-263-3000 or email info@calexpo.com. ★

Make our communities



Make our communities bright with our Shine Awards. Nonprofits can apply for a chance to receive funding for projects that support and revitalize local communities in the Sacramento region.

We're seeking proposals that promote zero carbon workforce development, environmental justice and equity, inclusive economic development and STEM education. Shine projects align with SMUD's goal of eliminating all carbon emissions from our power supply by 2030, so all our customers will live in a Clean PowerCity®.

As your community-owned, not-for-profit electric service, we're always looking for ways to make our communities shine!

Learn more at smud.org/Shine

- Shine Awards range from \$5,000 to \$100,000.
- Applicants must be incorporated nonprofit organizations within SMUD's service area.
- Awards are competitive and funds are limited.
- Attend an informational webinar.
- Apply online by **July 31, 2024 by 11:59 p.m.**

Powering forward. Together.



meals on wheels by acc



We are Open!

Community Cafe: Crosswoods Community Center
6742 Auburn Blvd Citrus Heights, CA 95621

Enjoy a hot meal @ 11:30 am Tues/Thurs/Friday ONLY

There's no cost to eligible program participants. A voluntary contribution is welcomed to support the program.



Eligibility:
• 60 years or better
• Spouse of an eligible, enrolled participant under the age of 60

Call ahead to reserve your meal! →

(916) 801-7378

@mowsac

Visit www.mowsac.org to find other MoW Community Cafes near you

Grand Jury Addresses Missile Site Contamination

Story and photo by Carol Feineman

NORTHERN CALIFORNIA, CA (MPG) - One of the 2023-2024 Placer County Grand Jury Final Consolidated Report's 13 individual reports addressed the trichloroethylene (TCE) contamination spreading today from a Lincoln Titan I-A Missile Site that closed in 1965.

The 58 county grand juries, made up of interested community members, investigate operations of the various officers, departments and agencies of local government, according to California Courts, Judicial Council of California.

The grand jury is part of the county judicial system authorized by the California State Constitution.

What's striking about this year's report is that the grand jury took on the missile site's contamination that falls under the responsibility of a federal agency, the U.S. Army Corps of Engineers and the state's Central Valley Regional Water Quality Control Board. The Water Board oversees what corrective actions the Army Corps will finally take to eliminate the TCE.

The areas which are not within Placer County Grand Jury jurisdiction include federal agencies and state agencies.

Yet the Placer County Grand Jury addressed today's contamination spreading into a Lincoln active-adult community from the missile site because "it is important to educate the citizens of Placer County about this issue. Cleanup of former military sites contaminated with toxic chemicals such as TCE is a lengthy process. The process typically involves assessments, cleanup plans and implementation, with involvement from multiple stakeholders. It is crucial to prioritize safety and effectiveness in these cleanup efforts."

The grand jury's 18-page report, "From Missiles to Meadows: Restoring Nature's Balance," stressed



From left, Lincoln City Councilman Bill Lauritsen, Ray Birge and Anne Constantin Birge, members of the grassroots Titan 1-A Missile Site Environmental Contamination and Remediation Committee, were looking at the number of the monitoring well to see what the trichloroethylene (TCE) levels have been over the years.

that the former Lincoln missile site "poses environmental health risks due to past activities, including chemical use, chemical spills and unexploded ordnance (military supplies such as weapons, rockets, or armor). The source of contamination is trichloroethylene (TCE), a solvent which was used to clean the liquid oxygen Rocket Propellant-1 piping and was discharged into the ground..."

The grand jury found that "Cleanup efforts will require soil remediation and groundwater monitoring to mitigate environmental impacts.

To date, no remediation efforts have been completed, resulting in health and environmental concerns for the community. Without cleanup efforts, the contamination poses a risk to the surrounding environment and public health. It is essential for proper authorities to prioritize and initiate cleanup efforts to address these potentially serious hazards. This remediation project underscores the importance of monitoring and managing environmental contamination at former military sites to ensure public safety and environmental preservation."

A little history is in order. The 54 former intercontinental ballistic missile (ICBM) silo sites in California, Colorado, Wyoming and Washington

built during the Cold War in the early 1960s were designed to destroy enemy targets anywhere around the world within an hour of launch.

The two-stage missiles were stored in underground silos and raised to ground level for launch, according to the Library of Congress. Furthermore, each complex consisted of three missile silos supported by a network of underground fuel storage tanks, equipment terminal, antennas and connecting tunnels.

Beale Air Force Base 851st Strategic Missile Squadron oversaw Northern California's triangle of Titan I missile silo complexes in Lincoln, Chico and Live Oaks.

Co-founder Anne Constantin Birge of the grassroots Titan 1-A Missile Site Environmental Contamination and Remediation Committee trying to speed up the cleanup process appreciated the grand jury report.

The report accurately stated that no remediation efforts have been completed, according to Birge.

"Many thanks to the members of the Placer County Grand Jury for succinctly and clearly putting the issues on the table for all to see," Birge said. "And, for the Water Board and United States Army Corps of Engineers to know, there are others watching them." ★

Take Precautions as Dangerous Heatwave Continues, Governor Newsom Urges

Continued from page 1

address unmet needs, and ensure comprehensive preparedness and response in support of Californians at greatest risk and coordinate with local jurisdictions.

Protecting Workers

The California Division of Occupational Safety and Health (Cal/OSHA) reminded employers to protect workers from heat illness during high temperatures by providing water, rest, shade and training.

Field inspectors are conducting targeted inspections at worksites where workers are most vulnerable to heat illness, including in agriculture and construction.

Details on heat illness prevention requirements and training materials are available online at 99calor.org. Cal/OSHA's heat illness prevention standard applies to all outdoor worksites.

The Government Operations Agency has coordinated messaging to all state employees on increased temperature preparedness and worked with building managers to reiterate state efficiencies during warmer days.

Protecting Public Health and Safety

The California Department of Public Health created a Heat and Summer Safety toolkit to provide resources and communication tools that can be shared, including the difference between heat exhaustion and heat stroke.

California Department of Public Health also develops heat guidance for schools, local health jurisdictions and other community service providers to protect Californians, particularly heat-vulnerable populations such as children, students, older adults, the unhoused, outdoor workers and those with existing health conditions.

Increasing Climate Resiliency

The California Natural Resources Agency and state climate partners are addressing longer-term impacts of climate change and extreme heat events through the Extreme Heat Action Plan to Build Community Resilience.

Efforts include resources for vulnerable and underserved communities, investments in shading communities through green schoolyards and urban forestry initiatives and putting nature-based solutions to work to cool buildings and infrastructure.

How You Can Stay Safer from Extreme Heat

Go to ready.ca.gov to find resources and tips to stay safe from extreme heat and other natural disasters.

Stay cool (during the hottest times of the day). Those without air conditioning should consider going to a cooling center. Check out this list of cooling centers across the state or visit a public location such as a library or shopping mall. To find free transportation to cooling centers in certain areas, use this finder tool.

Avoid physical exertion or exercising outdoors.

Wear lightweight, light colored, loose clothing, hats, sunglasses and sunscreen.

Stay hydrated. Drink plenty of fluids, especially water, even when not thirsty; drink sports drinks (in moderation with water) to help replace electrolytes lost during exercise.

Avoid sugary, alcoholic, and very cold drinks.

Eat plenty of fruits and vegetables.

Stay connected. Monitor those at higher risk of heat-related illness including infants and young children; people 65 years of age or older; individuals with chronic illness, disabilities or who are pregnant. Determine risk at heatreadyca.com.

Californians are also encouraged to check on their neighbors – call or visit higher risk people and offer to pick up groceries, medication and other necessities. Older adults, young children and babies, people with chronic medical conditions and those who are pregnant are most at risk.

Use a buddy system when working in the heat.

As a precaution, keep all communication and medical devices charged.

Stay informed. Check for weather forecasts, extreme heat alerts and cooling centers at <https://news.caloes.ca.gov/coolingcenters/>.

Stay safe outdoors. Warm summer weather is causing continued snow melt from winter's record snowpack, resulting in colder and faster water that continues today. Remember to always be safe around the water.

Make sure you and your loved ones wear properly fitting, U.S. Coast Guard-approved life jackets. Several public and private entities make life jackets available to the public on a loan basis.

Always supervise children by appointing a designated "water watcher." Know your limits. Swimming in a lake, ocean or river is different than swimming in a pool. If someone is in distress, seek help from a lifeguard or call 9-1-1 if one is not available. ★

California Capital Airshow Returns with Dazzling Night Show



California Capital Airshow will offer four hours of non-stop aerial performances from 5:30 to 9:30 p.m. July 13 and 14. Photo courtesy of the California Capital Airshow

California Capital Airshow News Release

MATHER, CA (MPG) - The 18th annual California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, runs from 3:30 to 9:30 p.m. July 13 and 14 at Mather Airport in Sacramento.

The two-day event will feature an extraordinary lineup of performers, including the Italian jet team, Frece Tricolori, and the United States Air Force Thunderbirds, plus miles of ground attractions and the return of nighttime aerial performances concluding with a massive pyro-musical fireworks and 500-drone show.

The Airshow is part of Frece Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness its full performance. Frece Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team.

Aerial performances will run 5:30 to 9:30 p.m. both days and will begin with the United States Air Force Thunderbirds, followed by Frece Tricolori, U.S. Navy

F-18 Super Hornet, U.S. Air Force F-35 Lightning and C-17 Globemaster demo teams, and an impressive roster of highly-skilled civilian performers.

Tickets are still available for purchase at CaliforniaCapitalAirshow.com and will not be sold at the gate. Adult General Admission tickets start at \$42.50 and each ticket includes free admission for up to six youth (ages 15 and under) and free parking. A variety of upgraded tickets and experiences are also available for purchase.

California Capital Airshow gives special thanks to generous partners Sacramento County, the City of Rancho Cordova, Modern Aviation, Keurig Dr. Pepper Snapple Group, Visit Rancho Cordova, Folsom Lake Dodge, Donaghy Sales, SMUD, Thunder Valley Casino Resort, Kaiser Permanente, Atlas Disposal, Sunbelt, Teichert, Elite Power, FOX 40, iHeart Media, and UPS.

In addition, the Airshow team is grateful to its 1,000 passionate volunteers, a long list of committed community supporters, as well as the teams of law enforcement and emergency services that give their time and energy to keep everyone safe.

Tickets and more information can be found at CaliforniaCapitalAirshow.com. ★

Cal Expo to Host Military, Veteran and First Responder Appreciation Day

Cal Expo News Release

SACRAMENTO, CA (MPG) - On Wednesday, July 24, join Cal Expo for a day full of fun for the whole family in honor of our Military, Veteran & First Responder personnel, complete with special exhibits, interactive activities and entertainment. Guests will enjoy a Dinner 911 Cooking Challenge at Save Mart California's Kitchen, while representatives from military and first responder organizations will provide valuable resources and special displays.

Military, Veteran & First Responder Appreciation Day focuses on paying gratitude and celebrating the individuals and organizations that keep our country and communities safe.

For a day revolved around immense appreciation, we invite active duty, reserve and veteran personnel from all branches of the military as well as active members of law enforcement, firefighters and first responder units to enjoy free Fair admission. Active-duty military spouses and dependents are also included in free admission on this special day.

Request your free tickets through Veteran Tickets Foundation at www.vettix.org or First Tickets at www.1sttix.org. You must create a new or use an existing account.

Alternatively, veteran, military personnel and first responders may present valid military ID, proof of service, or ID showing active first responder status at the California State Fair Admission Gates. ★

LOCAL ARREST RECORDS

Find out what's happening in your local area

Arrest Logs updated daily

CITRUSHEIGHTSMESSENGER.COM

Bridging the Gap Through Inclusive Play

Californians Affected by Wildfire Smoke Should Take Steps to Protect Their Health

Continued from page 1
the organization's park retrofitting efforts.

"This is all about love, it has to do with the heart," said Vice-President Roberto Thompson. "If you have a heart for your neighbor, a heart for your community, a heart for children, you are going to want to be a part of MikesPlayground because nothing makes people smile more than watching kids have fun."

MikesPlayground is actively pursuing a critical initiative to support families with children who rely on life-sustaining medical equipment, such as oxygen concentrators. Recognizing the vulnerability of these children during power outages, especially in emergencies or natural disasters, the organization aims to provide backup generators to ensure continuous operation of essential medical devices.

"This project, still in the research stage, originated from a personal experience," said Aurelia, "witnessing the challenges faced by my grandson dependent on an oxygen machine when power was lost due to the weather." The typical oxygen concentrator consumes approximately 350 watts per hour at its highest setting, prompting MikesPlayground to explore viable backup power solutions. Options such as the GEN-420, GEN-620, and GEN-820 generators are being evaluated for their capacity to provide emergency power ranging from 12 to 28 hours on a single charge, tailored to meet varying needs.

To assess demand and refine its approach, MikesPlayground is collaborating with Sacramento State University to conduct comprehensive surveys and gather data on the number of children in the Sacramento area requiring such life-saving equipment.

Looking ahead, MikesPlayground plans to host a convention and gala later in the year, aimed at engaging businesses and decision-makers in their cause. By building partnerships and securing sponsorships, the organization hopes to raise \$300,000 to retrofit two parks, expanding their reach and impact across the region. To facilitate these gatherings, the City of Sacramento allowed the organization to host both its events at the Safe Credit Union Convention Center in downtown Sacramento, a recently

renovated city-owned venue located at 1401 K Street.

MikesPlayground goes beyond creating inclusive playgrounds by actively supporting children in developing essential life skills.

"They can do it like everyone else," Roberto said. "It might just take them longer and require a little more attention."

In the future, the organization aspires to build homes equipped with specialized amenities to meet the needs of families caring for children with medical dependencies. This visionary initiative aims to alleviate financial burdens, particularly for families facing challenges such as compromised credit scores due to substantial medical expenses. By providing a supportive environment and essential resources, MikesPlayground seeks to enhance the quality of life for both the children and their families.

In addition to advocating for inclusivity, MikesPlayground raises awareness about Dravet Syndrome, a rare and severe form of epilepsy that affects children from infancy, characterized by frequent and prolonged seizures that can be difficult to control.

Partnerships with Kiwanis, Jessica Tillery of All Quality Graphics, Dr. Michael Korpiel of Mercy San Juan Hospital, Alta Regional, Marissa Han from The Alliance, and local chambers of commerce are instrumental in helping MikesPlayground achieve its goals. Their contributions range from providing essential printed materials for events to offering healthcare expertise and community engagement support.

For those eager to get involved, MikesPlayground offers various volunteer opportunities and welcomes donations through their website. Whether assisting with events, providing administrative support or sharing specialized skills, volunteers play a crucial role in advancing the organization's mission.

"By supporting MikesPlayground, you are investing in a brighter, more inclusive future for special needs children and their families," mentioned on its website.

To learn more about MikesPlayground, volunteer or donate, visit <https://mikesplayground.org>. ★

Continued from page 1

Wildfire smoke contains fine particles which are respiratory irritants, and when inhaled deeply, can affect the lungs and the heart. Exposure to high concentrations of fine particles can cause persistent cough, runny nose, phlegm, wheezing, and difficulty breathing. Smoke from wildfires can also cause eye irritation, reduced lung function, and bronchitis. Those with asthma or another lung disease should keep at least a seven-day supply of medication on hand and call a health care provider if nearby wildfires worsen breathing issues.

In Case of Evacuation

Wildfires can also lead to emergency evacuations and it's important to follow the direction of local officials when evacuations are ordered. Current evacuation information can often be found through monitoring local news outlets

as well as official social media channels of emergency responders such as a sheriff's office, police department, and fire department.

Knowing the "Ps of Preparedness" can help you react quickly if a wildfire threatens your area:

- People (help children, older adults and people with disabilities)
- Pets
- Papers (important documents)
- Phones
- Prescriptions (and glasses)
- Pictures
- PCs (computers) (for the information stored)
- Plastic (credit cards and cash)

Additional Information

Additional resources and information can be found at the California Department of Public Health's Extreme Heat site and the California Office of Emergency Services. ★

City Council Candidate Filing Appointments Available

City of Citrus Heights News Release

CITRUS HEIGHTS, CA (MPG) - Are you interested in running for City Council?

The next General Municipal Election for the City of Citrus Heights will be held on Nov. 5 for two City Council seats, one seat in District 1 and the other seat in District 3.

Beginning July 15 through 5 p.m. Aug. 9, candidate nomination packets will be available for pick-up from the City Clerk.

All candidates are required to make an appointment with the City Clerk in order to receive the candidate nomination packet.

Visit www.citrusheights.net/2024election to make an appointment with the City

Clerk and review additional information about the candidate filing process.

For more information, email the City Clerk at CityClerk@citrusheights.net or call 916-725-2448.

Running for Office/Candidate Qualifications

If you are interested in running for public office in the City of Citrus Heights, you must meet the following requirements:

Must be at least 18 years old, a United States citizen, a California resident, and a registered voter in and a resident in the district in which you seek election at the time that the nomination papers are issued.

Interested in running for City Council but not sure what district you are in? Visit www.citrusheights.net/elections to locate your council district. ★

WE SUPPORT FIRST RESPONDERS

California
STATE★FAIR

STATE OF AWE

In California, we like our taste buds to be tantalized and our hearts to race. This is the state of enjoyment, excitement, and entertainment, and our State Fair celebrates it all.

Get Tickets Today!

JULY 12-28, 2024
CalExpoStateFair.com

Fair Oaks Theatre Festival Presents

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

June 28, 29 and July 26, 27 2024

7:30 PM Show Time

Temporary location! America River College Theatre
4700 College Oaks Drive, Sacramento

\$25 Adults
\$10 Children under 10
available at the door or online

The 25th Annual Putnam County Spelling Bee has charmed audiences across the country with its effortless wit and humor. An eclectic group of six mid-pubescent vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves a champion! At least the losers get a juice box.

Directed & Choreographed by: Natalie Quilici
Musical Directed by: Kirt Shearer
Vocal Directed by: Tamie Rogers

For Tickets and additional information scan the QR code or visit FairOaksTheatreFestival.com

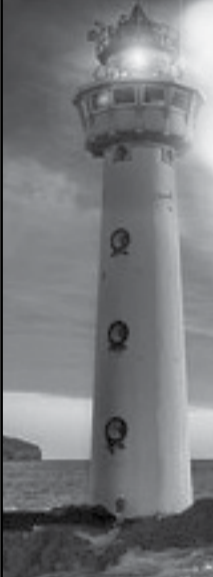
FOOD!
The cafe
will be open.



**Christmas
in July
Craft Sale**
July 13th
9am to 2pm

ALL LOCAL ARTISTS
Lakeview Village Clubhouse
6211 Summerset Lane, Citrus Heights

GRACE BAPTIST CHURCH



**Come and Experience
God's Amazing Grace**

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

- Sunday Schools (All Ages).... 9:45 am
- Sunday Worship..... 11:00 am
- Sunday Evening..... 6:00 pm
- Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

**Protect and Heal your whole family
with Affordable
Chiropractic Memberships**

All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!



- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica
- Improves mobility, maintains flexibility
- Family owned and operated
- 20+ years experience serving the community

AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362

americanriverchiropractic.com

CALL or TEXT today!



**Publisher,
Paul V. Scholl**
Citrus Heights Messenger
is a member of Messenger
Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

**Citrus Heights
Messenger**

Serving Citrus Heights and Sacramento County Since 2006

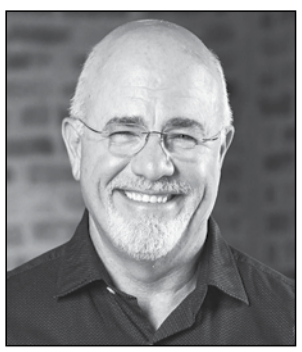
It is the intent of the Citrus Heights Messenger to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Citrus Heights Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the Citrus Heights Messenger are copyrighted. Ownership of all advertising created and/or composed by the Citrus Heights Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to:
Citrus Heights Messenger,
7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608.
Subscription rate is \$52 per year in Citrus Heights.
\$72 within Sacramento County.

Citrus Heights Messenger is published weekly.
Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.



That's Not Okay

Dave Ramsey Says

Dear Dave,

My husband and I own a small business. We've been open for 12 years, and fortunately we've been very successful. We made the decision when we first opened to run the business debt-free. Along with that, we only accept cash, checks and debit cards for payment. Recently, we've had a client become very insistent that we start accepting credit cards. Our relationship with this client is becoming a little contentious over the issue. How should we address the situation?

—Debra

Dear Debra

Like we, as entrepreneurs, don't have enough things to worry about every, single day, right?

As you might imagine, I have a bunch of people who are mad at me all the time because I don't accept credit cards. But in my case, it's not just a business decision. I teach people all the time

not to use credit cards, and why they shouldn't. So, I can't very well go around encouraging folks to just swipe their credit cards when they buy from my company.

For starters, that client is way out of bounds. It's not their place to tell you how to run your business. But you're lucky to only have one person getting pushy about the whole credit card deal. Everything about the credit industry today is out of control. But even though your case is a little different than mine, you have every right to not accept credit cards—especially if you have a moral or values-related issue with the product.

As time goes by, you'll probably have a few other people turn up their noses at the idea of not being able to pay with a credit card, but if you consistently offer great services or products at great prices, those experiences will only be a bump in the road. You don't want to be argumentative when things like this happen, so maybe you can just smile, and let them know you always appreciate input from your clients.

I'm sure you and your husband work hard to make your business the best it can

be. The fact that you're still around over a decade after opening up shop is proof of that. You've probably realized, too, that being in business for yourself isn't all sunshine and rainbows every day. Regardless, no one has the right to get in your face over how your business is structured or try to push you into doing things differently. Listening to, and evaluating, suggestions from clients only makes sense. It's a smart thing for any business owner to do. But this one client is saying you should change a long-standing operating principle based on a whim—their whim.

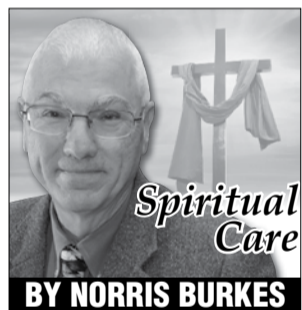
And that's not okay

—Dave

Dave Ramsey is an eight-time No. 1 national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions. ★

AMERICAN LEGION
POST 637 - CITRUS HEIGHTS, CA
Are you or a member of your family a Veteran?
We can help with any questions you may have about Veteran benefits. You can also become a member as easy as 1,2,3! - Contact us at **916-947-7150** or come to our meeting held the **3rd Tuesday of every month** at Citrus Heights City Hall starting at 6:00pm.
We look forward to serving you.

"Forced Worship Stinks in God's Nostrils"



BY NORRIS BURKES

Under a new Louisiana law, every public school from elementary to college will be required to post the Ten Commandments by the end of this year.

If Jesus were around today, and I believe he is, I think he'd find the new law reeking with hypocrisy.

He'd likely question the irony of enforcing Commandment No. 2 in a state that still carries the stench of 130 graven images of confederate "heroes."

He'd likely call "foul," as the LSU Tigers, the eighth-best team nationally, dishonor the Sabbath with Saturday games.

But worst of all, he'd ask if the state legislature planned to include the fine print of Mosaic law with 248 do-this commandments, and 365 definitely-do-not-do-this commandments.

For instance, will the posted commandments include Exodus 21:29, that says if an ox gores someone to death, both the owner and the ox must be executed?

I'm not trying to villainize the Pelican State, but I am trying to prove a point during this season of patriotism about the principle of separation of church and state.

The principle has taken some hits in recent years.

Opponents make two points. First, the separation idea is not in the constitution. Second, they say our founding fathers would have never favored such a

split because they sought to make the USA into a Christian nation.

The first argument is true. Separation of church and state is only an interpretation of the First Amendment which clearly forbids our government from establishing a religion. Additionally, it's interpreted to mean the government can't favor any single religion.

The second point is decidedly untrue.

Thomas Jefferson, the primary author of the Declaration of Independence was "not a God-fearing humanitarian but rather a slaveholding epicurean deist," says Tim Alberta in his latest book, "The Kingdom, the Power, and the Glory: American Evangelicals in an Age of Extremism."

"Jefferson was not an earnest follower of Christ but was known to mock revivalists and rarely attend church," Alberta writes.

I gained some understanding of Jefferson's view during my visit to Roger Williams National Memorial last summer. It's possible that Jefferson's understanding of the church and state issue was forged from Williams's.

Living 100 years prior to Jefferson, Williams was excommunicated from the Anglican Church for blasphemy. Banished from his home in 1636, he was forced on a most horrendous walkabout through a blizzard to present-day Rhode Island. It was there he established a Baptist community free from puritanism.

According to a National Park Service article, Roger Williams believed government-established religions were "...responsible for the death of millions of innocent souls whose only crime was having their own,

unique conscience."

Williams added with succinct clarity, "Forced worship stinks in God's nostrils."

Alberta notes that Jesus himself "physically ran and hid from the people who desired to make Him king. Jesus dismissed his critics by telling them, 'Give back to Caesar the things that are Caesar's, and to God the things that are God's.'"

Alberta concludes this thought with an interpretation from a modern-day preacher who gained fame in 1965.

"In other words, pay your taxes, forget politics, and serve God with all your heart."

That man was the late Jerry Falwell – before he successfully revived his failing college through a political arm called, "The Moral Majority."

Imagine what might happen if a different religion wanted to post their treatise.

Visualize a Baptist mom in New Orleans whose job transfer takes her family to Dearborn Michigan. Once there, she will likely enroll her Baptist son in a school belonging to the largest Muslim-populated school district in the US.

Once in class, Mom will need some assurances that her son can enjoy his religious freedom without being required to memorize the Five Pillars of Islam.

As you approach the voting booth this fall, let's keep church and state separate. But most of all, beyond November, I encourage people of faith to, "Serve God with all your heart."

Currently, the Louisiana law is being legally challenged. In the end, I suspect Louisianans will find, as did a dozen other states, that their law won't pass the "the sniff test." ★



Rejuvenate And Shine

How would you like to invigorate your mind, body and spirit? It's called whole body wellness, and Dr. Susan Smith-Jones can help us "Rejuvenate and Shine."

Dr. Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced living. I love having her on my POPPTALK Radio Show. She has authored some thirty books with the goal of making our lives better. So get ready for ten tips that can change your life.

1. REJUVENATE AND REFRESH. Make sure to build breaks into your day. From sunrise to bedtime—reset and refresh. It's okay to unplug now and then, or at least press the "reset" button.

2. EXERCISE FOR VITALITY. Everyone is different when it comes to the time of day that's best to exercise. Henry David Thoreau wrote: "An early morning walk is a blessing for the whole day."

3. JOIN THE BREAKFAST CLUB. The word "breakfast" literally means breaking the fast from the night before. It jumpstarts metabolism. Your body needs to be refueled for the tasks ahead of it.

4. UTILIZE NATURE'S HEALING POWER. Go outside to play and pray. The more time we get outdoors into nature and appreciate the beauty and blessings of God's splendor, the more compassionate, forgiving and kind we become.

5. VISUALIZE YOUR DAY AHEAD. Albert Einstein said: Your imagination is a preview of your life's coming attractions." Visualizing success and positive outcomes can help prepare us for the real thing.

6. EAT MORE FRUITS AND VEGGIES. The fiber in these foods helps

your digestive tract keep humming along the way it was designed. Eating your fruits and veggies has the added bonus of beautifying skin, boosting metabolism, and elevating mood.

7. NOURISH YOUR OVERALL WELL-BEING WITH AMPLE SLEEP. Too little sleep makes you hungry, especially for calorie-dense foods (It's harder to pass up that cupcake or order of fries) and primes your body to hold on to all the calories you eat.

8. ADJUST YOUR ATTITUDE TO INCLUDE PLENTY OF ATTITUDE. Those who catalog the positive things in their lives are healthier, happier, more motivated, less stressed, and more well-rested.

9. TAKE TIME TO PRAY, MEDITATE AND BREATHE DEEPLY. This simple, cost-free practice has been scientifically proven to heal the body, boost immunity, reverse aging, and lift your mood from negative to positive. It's a salve for the mind, body, and spirit.

10. ENJOY DAILY LAUGHTER AND TICKLE YOUR FUNNYBONE. Laughter releases endorphins into your body that act as natural stress busters. It helps relieve pain, counteracts fear, anger, and depression, all of which are linked to depression, and linked to illness and stress.

You can find these ten tips and so much more in her latest book "A Hug in a Mug." And don't forget to sign up for her free monthly newsletter. All you have to do is go to her website www.susansmithjones.com and look up in the right corner. One click on subscribe and you're in for a real treat with tons of great information and inspiration. **STAY WELL!** ★

6.75%
Initial APR

5 Year FIXED RATE
CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)

EL DORADO SAVINGS BANK
Serving our local communities for over 65 years

www.eldoradosavingsbank.com
CITRUS HEIGHTS • 7895 Lichen Drive • 916-729-1100
800-874-9779 Se Habla Español

Member FDIC NMLS ID 479256

The initial Annual Percentage Rate (APR) is currently 6.75% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for repayment period is 7.75%. The maximum APR that can apply any time during your HELOC is 15%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$200,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$300,000, have a total maximum Loan to Value (LTV) of 65% and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$525 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$85 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

DUDEPRESSURE
DUDE, THAT IS CLEAN!

CALL NOW!!!
Robert Beard 916-825-0999

WE SUPPORT FIRST RESPONDERS

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

A-1 AFFORDABLE ROOFING SERVICES, INC

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673

Cell: (916) 206-1613
Contractor Lic. #1064966

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding

Free Estimates
Competative Prices
Licensed and Insured

(916) 224-9750

Tractor Rich

Mowing, Tilling, General Dirt Work, Etc.

Licensed and Insured
916-502-7928

Patch Masters Drywall
Acoustic Removal & Drywall Textures

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation
- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited

Mike Church
Owner
CA Lic# 1004984
Bonded & Insured

(916) 847-7783
PatchMastersDrywall@yahoo.com
www.DrywallPatchMasters.com

Rio Linda Eye Care

Laser Surgery • Eye Glasses • Contact Lenses
• Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444

Saturday Appointments Available
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

THE MASON MAN
LICENSE # 810329

VISUALIZE & CUSTOMIZE MASONRY / FENCING / CONCRETE

CALL FRED FRANKLIN - THE MASON MAN

916.826.9796
VCMASONRY@ICLOUD.COM

CONTACT 916 505-4673

we come to you
We pickup in 1 hour or less
We buy other items
We pay the most!

WE PICK UP AND PAY YOU CASH ON THE SPOT

CASH for Diabetic Supplies

All American Pro Construction
Family-owned & operated.

We offer Veterans & Senior Discounts
Great Craftsmanship & Customer Service

Specializing in Kitchen & Bath Remodels, plus Much More

BIG or SMALL, We Do It All. Give Us a Call.
916-504-0188

CSLB# 1089369, Licensed, Bonded & Insured

Mr. Handyman
Home Improvement Professionals

Professional • Safe • Reliable • Fully Insured
(916) 487-8655
www.mrhandyman.com/arden-arcade

SMOOT LANDSCAPING LANDSCAPES & DESIGN

DESIGN - RENOVATION - WATER FEATURE
STONE & CONCRETE - OUTDOOR LIGHTING
IRRIGATION SYSTEM

916-454-1300
www.SmootLandscaping.com

Lic#633224; Serving Sacramento since 1982
Recognized in the Sacramento Bee,
Street of Dreams & Garden Tours of East Sacramento

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

OLSON'S WOODWORK
ESTD 2005

BRIAN OLSON
OWNER
License #982398

916-912-0293
info@olsonswoodworx.com
olsonswoodworx.com

CUSTOM CABINETS CRAFTED JUST FOR YOU!

FOLLOW US

for Local News and much more!

Messenger Publishing Group

Facebook: @MPG8dotcom

MORE TIME ON YOUR BUSINESS ...and less time managing payroll

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

Pinnacle Employee Services
916-760-7227
www.pinnaclehr.com

Arcade Creek Little League Wins Again!

Intermediate 50/70 Team Goes to NorCal State Championship

By Mike Powers

CARMICHAEL, CA (MPG) - The 50/70 team from Arcade Creek Little League is something special!

With the District 5 Championship already in hand, Arcade Creek kept their momentum going by winning the Section 4 Intermediate Championship on July 1, defeating Nevada City/Grass Valley Little League 12-9 at Capeheart field in Antelope. With the win Arcade Creek advanced to the Northern California State Championship Tournament for the first time in the history of the young league.

While Arcade Creek Little League is a relatively new name in local Little League Baseball and Softball, its history runs deep. The league was created by the 2020 merger of Eastern Little League (formerly Del Paso-Eastern Little League) and Whitney Little League. Both Eastern and Whitney trace their roots to the early days of District 5, which was one of the original 33 Little League Districts formed in California in 1958.

Not since the Whitney Majors team made the 1993 NorCal State tournament has a team from Carmichael made it this far. Now, Arcade Creek 50/70 has an opportunity to do something unprecedented in league history...win State!

What does 50/70 mean? 50/70 is shorthand for the Intermediate League Baseball division of Little League, and the numbers refer to specific distances on the playing field: 50 feet pitching distance and 70 feet basepaths. It's a larger field than the traditional Little League Majors field, which is 45 feet and 60 feet, respectively. Little League created the 50/70 Division in 2013 for players aged 11-13 as an intermediate step before making the jump to full-size fields in Juniors and high school.

Arcade Creek Little League's 50/70 team has mastered the larger field.

"Their seamless transition to the bigger field demonstrates adaptability and skill. Embracing the finer details that come with playing on a larger stage is commendable," coach Bryan Deyo said.

The team's skill was on display as they went undefeated in the Section 4 Tournament.

In their first game on June 28 Arcade Creek beat North Natomas Little League (District 6) 13-3 in 5 innings. Highlights



Arcade Creek Little League 50/70 team players and coaches pose with their latest championship banner. Photo by Mike Powers

included home runs by Rex Laird and Jathen Howard, and excellent relief pitching by Jackson Waltrip.

The next day, Arcade Creek faced off against Maidu Little League (District 54), with the winner advancing to the championship game. Maidu struck early with two runs in the bottom of the first, but the Arcade Creek bats came alive with six hits and two walks in the third and fourth innings, including a big home run by Colton Nickols. Arcade Creek led 6-3 in a close game, and then got two insurance runs in the top of the sixth. Meanwhile, Jackson Powers kept Maidu off-balance at the plate, pitching 4.1 innings of scoreless relief while his teammates played stellar defense to seal the 8-3 victory in 7 full innings.

The semifinal win earned Arcade Creek an important day to rest from the hot summer sun while they awaited their opponent for the championship game on July 1. Nevada City/Grass Valley (District 11) beat a depleted Maidu squad 17-7 on June 30 to advance to the championship.

The championship game was set, Arcade Creek versus Nevada City/Grass Valley. Throughout the tournament, both teams exhibited depth at pitching, excellent contact hitting and fun loving, never-say-die attitudes. All these traits were on display in the game. Arcade Creek's Colton Nickols threw the first pitch as the temperatures soared well over 100 degrees. 15 pitches later Nickols had struck out the side.

In the bottom of the first,

Arcade Creek took advantage of some opportunities. An error, hit-by-pitch, and dropped third strike put two runners on with one out for Nickols. He launched the first pitch that he saw for a no-doubt 3-run home run to straightaway center. A walk and then another error gave Marcos Tejada a big opportunity he wouldn't waste. He sliced a line drive single to score two more runs and Arcade Creek had an early 5-0 lead.

Nickols continued his pitching dominance with three more strikeouts in the second but Nevada City/Grass Valley scratched out a single run to get on the board. In the bottom of the second, Arcade Creek put on a fireworks display a few days early. Jackson Waltrip's single led off the inning, followed by back-to-back-to-back homers by Nathan Beebe, Tian Deyo and (once again!) Colton Nickols. Another run gave Arcade Creek a huge 10-1 run after two innings.

The two teams traded runs in the third inning and Nevada City/Grass Valley got one more, but after four innings, Arcade Creek was in control up 11-3. With their fate seemingly sealed, Nevada City/Grass Valley players got loose, sparked some joy and had some fun of their own. Taking advantage of three straight walks to open the fifth, they plated three more runs and had tilted momentum in their favor cutting the score to 11-6. Then Nevada City/Grass Valley got two more runners on and were within striking distance when Arcade Creek left fielder Marcos Tejada made the

defensive play of the game, a diving catch to save two runs from scoring.

Tian Deyo answered for Arcade Creek in the bottom of the fifth with his second solo homer of the game. In the sixth, Nevada City/Grass Valley followed with a solo shot of their own, and they weren't done yet! The plucky team from Gold Country struck it rich with two more hits and excellent base-running to cut the lead to four.

Arcade Creek went quietly in the bottom of the sixth, giving Nevada City/Grass Valley one more chance to mount the ultimate comeback, down 12-8. Relief pitcher Nathan Beebe got two quick outs in the 7th inning, but another solo home run cut the deficit to three and buoyed the spirits of the undaunted Nevada City/Grass Valley players. The next batter belted a high drive, but not deep enough as centerfielder Tian Deyo gloved the final out at the fence and Arcade Creek Little League were champions once again!

After the win, the Arcade Creek family of players, coaches and supporters talked with the Carmichael Times about what this team means to them. A common theme amongst the players was that they all love playing with their friends.

"During practice and games, it's all 100% effort. We're all here to have fun and put in the work." Colton Nickols said. "Outside of baseball, I think what separates us from other teams is we're all some of the best friends, and we all know how to work together."

Added Marcos Tejada, "We

all have good chemistry, and are good at communicating with each other. We don't really get down that much. If we do, we pick each other up and that keeps us in the game."

Arcade Creek's parents love what they're seeing from this team and from Little League in general. Brandon Laird, whose son, Rex, played a couple years of travel baseball before this season, emphasized how much happier his son is playing Little League.

"There's more of a friend-on-friend relationship with these boys, with them going to school and growing up together. Going this far really feels like more of an accomplishment than a weekend win with a travel team," Laird said.

Said mother Kim Nickols, "This is a truly special team. These boys love being together on and off the field. They support each other. They are picking each other up when they need to and they're cheering each other on constantly, and it's just a really special time for them to be together playing."

Asked about her favorite moment from the season so far, Nickols replied, "That last out of every game and seeing the boys' reactions and seeing them realize all of the hard work that they put in is paying off."

Up next for Section 4 Champion Arcade Creek 50/70 is a opportunity to bring that friendship and hard work to the Northern California State Tournament at Brooktree Park in Citrus Heights. There they will battle the six other NorCal Section Champions from July 6 to 13. When asked what they were most looking forward to at the state tournament, consensus among the players was a short, simple answer, "Winning...and having fun too."

Arcade Creek got the State Tournament off to a great start, winning their first game 5-3 against Sunnyvale Little League on July 7. Nathan Beebe pitched six strong relief innings and had two hits. Rex Laird shined at the plate with two clutch RBI singles. The whole team played good defense, turning two double plays.

Arcade Creek will try to keep the momentum going on July 10 versus Bollinger Canyon Little League, who (at press time) is 2-0 in the tournament and has not yet allowed a run. The winner of the game will earn an automatic bid to the championship game on July 13.

Good luck, Arcade Creek! ★

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984
 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 #
 7144 Fair Oaks Blvd #5
 Carmichael, CA 95608

SUMMONS

sentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is: (El nombre y direccion de la corte es): Sacramento County Superior Court, 720 9th

Street, Sacramento, CA 95814

The name, address and telephone number of plaintiffs attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Mark R. Meyer, 500 Sutter Street, Suite 201, San Francisco, CA 94102, 415-684-8885.

Date: (Fecha) April 25, 2023
 Clerk (Secretario) B Singh, Deputy (Adjunto)
 Publish: July 5, 12, 19, 26, 2024
 FIVE 7-26-24

SUMMONS (CITACION JUDICIAL)
 CASE NUMBER: STK-CV-LAT-2023-0005189

NOTICE TO DEFENDANT:
 Natalie Grace Conner, Tammy Conner; and Does 1 to 100.
 YOU ARE BEING SUED BY PLAINTIFF: Kenneth Anugwara
 NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.
 You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-

Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for settlement fees and costs on any judgement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue

una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a rec-

lamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is: (El nombre y direccion de la corte es): San Joaquin County Superior Court, 180 E. Weber Avenue, Stockton, CA 95202

The name, address and telephone number of plaintiffs attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Kelechi C. Emeziem, Esq., Emeziem & Others, 333 Hegenberger Road #503, Oakland, CA 94612, 510-628-0400.

Date: (Fecha) May 19, 2023
 Clerk (Secretario) Jessica Cayo, Deputy (Adjunto)
 Publish: July 5, 12, 19, 26, 2024
 ANUGWARA 7-26-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
 FILE NO. FBNF2020-06510

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Delta 9 Elements

Manufacturing, 108 Otto Circle, Sacramento, CA 95822.

Aurum Translucence LLC, 108 Otto Circle, Sacramento, CA 95822.

The Fictitious Business Name Statement was filed on 9/16/2020 in the County of Sacramento.
 Filed with the clerk of Sacramento County: September 16, 2020.
 Publish: June 28, July 5, 12, 19, 2024
 DELTA 7-19-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
 FILE NO. FBNF2022-08249

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Cruzcas Costume Design, 6151 Shadow Lane Apt #170, Citrus Heights, CA 95621.
 Lecy Castro, 6151 Shadow Lane Apt #170, Citrus Heights, CA 95621.

The Fictitious Business Name Statement was filed on 11/9/2022 in the County of Sacramento.
 Filed with the clerk of Sacramento County: November 9, 2022.
 Publish: June 28, July 5, 12, 19, 2024
 CRUZCAS 7-19-24

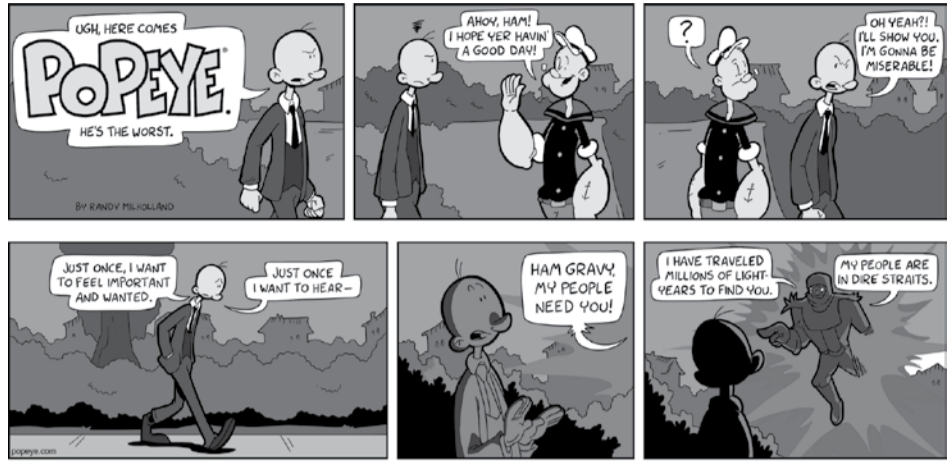


COMICS & PUZZLES

The Spats



by Jeff Pickering



Amber Waves



by Dave T. Phipps



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is different. 2. Shape of grille is different. 3. Belt is higher. 4. Arm is smaller. 5. License plate is smaller. 6. Cap is different.

Out on a Limb



by Gary Kopervas

TIGER



by BUD BLAKE

GRIN & BEAR IT



Just Like Cats & Dogs by Dave T. Phipps



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

STATEPOINT CROSSWORD • FAMOUS FIRSTS

- CLUES**
- ACROSS**
- Croat or Moravian, e.g.
 - Paid player
 - Not Miss or Ms.
 - First-rate
 - Mattress with memory?
 - Be of use
 - "It's time!" signal
 - ____-de-camp
 - Like an unhealthy dog
 - *First one to circumnavigate globe, almost
 - March Madness org.
 - Bring upon
 - Orange Lavaburst drink
 - *Rita _____, first Latina to win Academy Award
 - Winter rides, in Russia
 - Brewery order
 - Unties or unbuttons
 - Nearly
 - One born to Japanese immigrants
 - Good times
 - Rheumy
 - Tel _____, Israel
 - Bequeath
 - Once known as
 - West African country
 - *Chuck _____, first to break speed of sound
 - Genetic info carrier, acr.
 - City near Düsseldorf
 - Short for Dorothea
 - *First artificial satellite (2 words)
 - Clay and silt deposit
 - Marine eagle
 - Mercantile establishment
 - Singer Piaf
 - Concert series
 - Indian nursemaid
 - Craggy peak
 - Little troublemaker
 - Solitary
- DOWN**
- Give in to gravity
 - Weaver's apparatus
 - The "I" in "The King and I"
 - Carrots or peas, slangily
 - French soldier in WWI
 - Speed gun
 - *First horror film about Damien Thorn, with The
 - Supernatural life force
 - Capital of Latvia
 - Canny
 - Han Solo's "Millennium"
 - Prenatal test, for short
 - *The first one helped combat smallpox
 - Tedium
 - 120 mins.
 - #8 Down, pl.
 - Martini garnish
 - Pine product
 - Midterm, e.g.
 - a.k.a. Tibetan wild ass
 - Feel the same
 - Timider
 - Deadly challenge
 - Military moves
 - *Mount first conquered by Hillary and Norgay
 - 10 to 12-year-old
 - Ewe's cry
 - Half-shell delicacy
 - Grind with teeth
 - Fauna member
 - Erasable programmable read only memory
 - Break of day
 - List of chores
 - Prince of Wales to King
 - Searching for E.T. org.
 - Boxer's last blow
 - Azerbaijan's southern neighbor
 - ____ the wild rumpus begin!"
 - ____ one and only"

CROSSWORD

1	2	3	4		5	6	7		8	9	10			
11					12				13	14				
15					16				17					
	18				19				20					
					21				22					
23	24	25					26			27	28	29		
30					31		32	33			34			
35					36				37		38			
39							40			41		42		
43							44			45		46		
							47			48	49			
					50	51				52		53	54	
55									56			57		58
59									60			61		
62									63			64		

SWITCH & GET \$25

Off First Month of New Service!
USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

Classified Advertising

Sell Your Stuff!
Reach 1000's of Readers Every Week!

MPG

916.773.1111

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

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE-STEP WALK-IN TUB 1-855-576-5653

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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

WE SUPPORT FIRST RESPONDERS

MPG



Employment Opportunities

We Are Hiring

Opportunities at Messenger Publishing Group

Email your resume to Publisher@MPG8.com

Circulation Manager - We are seeking a full-time Circulation Manager to oversee our 18 local newspapers. Duties include managing the weekly reporting of distribution, preparation for weekly audits, managing and recruiting our carrier staff, preparing and reporting postal statements, customer service support, physical labor repairing and replacing newsstands, setting up new locations, and other related duties needed to run the circulation department. This position works primarily in Carmichael but will require some local travel to our other offices in the Sacramento region. The hours may vary but are flexible due to the nature of the duties.

Office Administration - We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August.

City Reporter - We are seeking a full-time City Reporter for our newspaper group. This position will be assigned to work in the Carmichael office or another area office and works directly with the Managing Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Copy Editor - We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

Delivery Driver - Weekly Hauling to Marysville- We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

Newsstand Delivery Driver/Local - We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position. Previous experience preferred.

To find out more or to apply:

Email your questions or resume to Publisher@MPG8.com

PAYROLL and HR Support \$299 a month

Only available for businesses with up to 10 employees

We specialize in small and mid-sized businesses. Offering comprehensive and intuitive payroll and HR solutions.

- DIRECT DEPOSIT
- QUARTERLY TAXES FILING
- PAYROLL TAXES PAY
- ACCURAL TRACKING
- FILING AND REPORTING
- PAYROLL APP
- HR COMPLIANCE



916-760-7227

Be a part of something important Help deliver the news to your neighborhood

We are looking for people who want to deliver newspapers in their neighborhoods.

Provide great customer service to our readers every week.

Earn money to help pay those monthly bills.



Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required. Call us today at 916-773-1111

KP International MARKET

10111213141516
10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 7 Days: 8am - 9pm
Food Court: 7 Days: 11am - 7:30pm
Korean, Mex, Viet: 7:30pm last call
Chinese, Japanese: 7:00pm last call

NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE

10971 OLSON DR RANCHO CORDOVA, CA 95670



FROZEN & FISH DEPT



Tilapia Fillets
2 lbs
REG. \$8.99/ea
\$5.99/ea



White Cockle Clams
400 gr
REG. \$12.99/ea
\$7.99/ea

WEEKLY MEAT SPECIALS

Beef Cross Rib/Shoulder Roast - Bnds \$4.99/lb
Beef T-Bone Steak \$5.99/lb
Beef Porterhouse Steak \$6.49/lb
Pork Spare Ribs (Single Pack) \$2.99/lb
Boneless/Skinless Chicken Breasts \$2.49/lb
Pork Loin Roast Boneless \$2.99/lb
Pork Loin Chops Boneless \$3.49/lb

FRESH PRODUCE

Cosmic Crisp Apple 99¢/lb
Key Lime 2 lbs \$2.79/bag
Green Grape Premium \$2.49/lb
Italian Squash Fancy 99¢/lb
Big Taro 99¢/lb
Shallot Onion \$1.19/lb
Japanese Yam \$1.49/lb
Garlic 5 pes 2 for \$3

AMERICAN/HISPANIC GROCERY

Wish-Bone Italian & Ranch Dressing 15 Loe \$2.49/ea
Tapatio Buffalo Wing Sauce 8 oz \$1.99/ea
Nestle La Lechera Original 375 g \$2.59/ea
Quaker Oats Old Fashioned & 1 Minute Oats 42 oz \$4.99/ea
Schar Baguette 12.5 oz \$1.99/ea

ASIAN GROCERY

Tiaron Fish Sauce 23 Loe \$2.49/ea
Lee Kum Kee Pure Sesame Oil 15 Loe \$7.99/ea
Tropical Farm Coconut Milk 13.5 Loe 99¢/ea
Lee's Sweetened Condensed Milk 14 oz \$3.79/ea
Rice Popping Bohn Drinks 11.5 oz 99¢/ea

EUROPEAN GROCERY

OT Martina Seed Bounded 500 gr \$6.99/ea
Hot Front Water with Baked Milk 300 gr \$2.99/ea
Lavada Sweetened Condensed Milk 350 gr \$2.99/ea
Hot Pepper Roasted Pepper 540 gr \$3.99/ea
Pepper Roasted Pepper 540 gr \$3.99/ea

KOREAN/JAPANESE GROCERY

Wang Hanwoo 15 lbs \$9.99/ea
Oh Yul Cheese Cake 12 x 30 g \$3.99/ea
CW Mini Wafers 50 g \$1.29/ea
Milky Chu Chu Bar 2.5 lbs 257 oz \$2.99/ea
Sweetened Soybean Snack 9 x 4.5 g \$2.99/ea
All Purpose Flour 2.5 lb \$4.99/ea
Korean BBQ Sauce 4 lbs \$4.99/ea
Lotus Milk 4 Flavors 6 x 250 ml \$3.99/ea
Lotus Porey Snack 5 kinds 150 g \$3.99/ea
Sukina Buns 3 lbs \$4.99/ea
Sukina Buns 24 oz \$2.99/ea
Hot Curry Sauce 3 kinds 200 g \$2.49/ea
Katoya Roasted Sesame Oil 56 Loe \$15.99/ea

HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99/ea
ELECTRIC BBQ GRILL \$39.99/ea
ELECTRIC RICE COOKER (4 CUPS) \$49.99/ea
ELECTRIC RICE COOKER (6 CUPS) \$54.99/ea
ELECTRIC RICE COOKER (10 CUPS) \$59.99/ea
WOODAMODA SHAMPOO 300 G \$29.99/ea
KAIZEN WOK PAN 30 CM \$14.99/ea
WATERMELON SLICE KNIFE \$3.99/ea

FROZEN & FISH DEPT

Breaded Imitation Crab Claws 1.5 lbs \$5.99/ea
Columbus Applewood Ham \$7.99/ea
Belmont German Ham \$5.49/lb
Piled Olives Medley \$4.99/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 JULY 10 - JULY 16, 2024.

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 JULY 10 - JULY 16, 2024.

CLUB STUDIO®

PREVIEW CENTER NOW OPEN!

Club Studio is a new cutting-edge fitness experience that brings top-of-the-line amenities, best in boutique studio classes, and wellness services together in one gym.

JOIN THE VIP LIST >
Get the best rates before opening!



**STATE-OF-THE-ART GYM / BOUTIQUE STUDIOS
BOX / CS4® / RIDE / HOT YOGA / REFORM / REBOUND
CRYOTHERAPY & RECOVERY LAB
KALOLOGIE® MEDSPA / BEAMING SUPERFOOD CAFÉ**

Visit us at our Preview Center:
CLUB STUDIO CITRUS HEIGHTS
6245 Sunrise Boulevard, Suite C
(916) 246-1101
www.clubstudiofitness.com

