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Citrus Heights Messenger

VOLUME 14 • ISSUE 33

Serving the City of Citrus Heights & Sacramento County

AUGUST 16, 2024

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Everyone was all smiles as the ribbon was cut. Photo courtesy of San Juan Unified School District

San Juan Unified School District News Release

SACRAMENTO, CA (MPG) - San Juan Unified School District Board members, transportation staff and community partners cut the ribbon to a greener future for the district on July 25.

Six new electric school buses were recently added to San Juan Unified's fleet, marking a step towards reducing diesel emissions and fuel costs. Nearly identical to its fuel-operated counterparts, these fully electric vehicles are also quieter than traditional school buses, allowing drivers to better monitor passenger



A San Juan Unified representative speaks at the July 25 ribbon cutting introducing the new buses. Photo courtesy of San Juan Unified School District

conversations and behavior during routes.

After concluding the ribbon cutting ceremony, attendees hopped onto one

of the electric school buses for a mini field trip to Arcade Middle School.

These new school buses are a long-awaited

sustainable addition to San Juan Unified's fleet. In beginning the switch to electric buses, San Juan Unified School District is taking steps towards cleaner air for everyone in the community by reducing diesel emissions.

These buses were made possible through the Volkswagen Environmental Mitigation grant, and collaboration with community partners including SMUD, Sacramento Air Quality Management District, Model 1 Bus Sales and KMM Construction. The district looks forward to continuing sustainable operations through "greener" energy sources. ★

July New Home Sales Return to Normal

**The Write Staff
Communications
News Release**

SACRAMENTO REGION, CA (MPG) - After six straight months of new home sales that were well above average, sales returned to a historically normal level in July, the North State Building Industry Association reported Aug. 7.

BIA member builders reported selling 433 homes during July, 6% above the monthly average of 409 recorded during July since 1997. Sales were down 15% from June and down 13% from July 2023.

BIA President and CEO Tim Murphy suggested the region's heat wave might have been a factor.

"Sales were noticeably lower than they have been this year during the first two weeks of the month when the Sacramento region was suffering through a historically hot heat wave," he noted. "During eight of those days, temperatures were above 105 and reached 110 or above on three days."

"Temperatures dropped off a bit during the third week of the month and were in the 70s and 80s during the last weekend of the month. It's probably no coincidence that sales climbed during the third week and that the last week of the month was the best week out of the four. Still, despite the heat, overall it was a solid month for our members."

Murphy said it was also possible that talk of the Federal Reserve finally lowering interest rates next month may be causing some people to hold off on buying, although a quarter-point drop in rates would not be substantial enough to make much difference in monthly payments.

New home communities in Rancho Cordova saw the most sales during the month (95), followed by Elk Grove (77) and perennial market leader Roseville, which recorded just 62 sales. Sacramento (excluding Natomas) was next with 48 and Folsom rounded out the top five with 42 sales.

The next five submarkets were Plumas Lake (20), Rocklin (17), Lincoln (14), Galt (13) and Natomas (12).

BIA statistics include sales by members in Amador, El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba counties. ★

Veterans Community Center to Hold Annual Hawaiian Luau Fundraiser

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The fourth annual Hawaiian Luau Fundraiser returns to the Citrus Heights Veterans Community Center on Aug. 24.

The fundraiser will be from 5 to 9 p.m. Aug. 24 at the Citrus Heights Veterans Community Center, 6921 Sylvan Road.

Music by Native Sun will be accompanied by traditional Hawaiian dancing by Ka Pa Hula Kalama O Ha'aheo Dance Troupe.

A Hawaiian barbecue buffet with side dishes, dessert and special beverages will set the tone for the event.

As is the event's custom, audience members will be invited to join in brief hula lessons.

Later that night, the tempo will pick up as a Tahitian dance element is added with heavy



Music by Native Sun brought to life the music of the islands for the event. Photo courtesy of Ryan Grant Photography

drumming and faster dancing.

A silent auction with fancy baskets and other gifts will make for early Christmas shopping.

Citrus Heights City Council members and other city employees will

attend the event.

Citrus Heights City Manager Ash Feeny said of a previous luau event: "It was great entertainment, great food, great people, great time, even greater cause. In addition to camaraderie, the

Veterans Community Center helps connect veterans with important services and benefits that they are entitled to through their service."

Hawaiian Luau Fundraiser tickets are
Continued on page 3



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Construction of New HomeGoods in Birdcage Has Begun



The new 25,020 square-foot HomeGoods store in Citrus Heights fills a space labeled "6130A" which was previously occupied by Stein Mart.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Construction of a new HomeGoods retail store in the Marketplace at Birdcage shopping center in Citrus Heights has begun.

The new 25,020 square-foot HomeGoods store in Citrus Heights fills a space labeled "6130A" which was previously occupied by Stein Mart, a discount department store which closed in early 2020, according to published leasing materials by the real estate broker, The Gerrity Company.

HomeGoods is one of three new businesses coming to the Marketplace at Birdcage shopping center. Teriyaki Madness and Flawless Fix have also been added to leasing materials by Gerrity Properties as "coming soon."

The former Stein Mart store had been leased for seasonal use in recent years, said Kathlynn Carpenter, executive director for Sunrise MarketPlace.

A Gerrity Properties representative did not respond to a request for comment concerning a likely opening date of any of the three new businesses.

The Framingham, Massachusetts-based retailer HomeGoods sells items such as furniture, rugs, bedding and storage accessories. Its nearest stores are in Folsom, Rocklin, Roseville and Arden-Arcade.

"The space will be divided into two," Carpenter said. "I don't have any additional information concerning the second space but we're excited to see HomeGoods now join Best Buy and Michael's Arts and Crafts in that portion of Birdcage."

The second separate 6,729-square-foot space, labeled "6130B" in leasing materials, situated just behind HomeGoods, next door to Cost Plus World Market where a grove of tall trees now stands, has yet to be leased.

HomeGoods will join anchor tenants Walmart Neighborhood Market, Barnes & Noble, Old Navy and Chuze Fitness among other national chains with a major retail presence at Birdcage Marketplace, Carpenter said.

A marketing representative from the Framingham, Mass., corporate office of HomeGoods did not respond to an email or phone request for comment concerning an

opening date.

America's Best Contacts & Eyeglasses, formerly doing business as Eyeglass World at 5899 Sunrise Blvd. within the MarketPlace at Birdcage, has been rebranded by its parent company National Vision Holdings, LLC, said Kara Bowers, a licensed doctor of optometry (L.D.O) and its general manager.

"Our store received new exterior signage and an interior refresh in February," she said.

Rooftop banner signage is also up at 6121 Birdcage Center next to Noodles & Company, announcing the upcoming opening of Teriyaki Madness, an Asian fast-casual restaurant chain based in Denver, Colorado, which plans to open in late 2024.

The new Teriyaki Madness will open in the former location of a Starbucks coffee shop. A newly-built interior wall separates the restaurant from its adjacent neighbor, Barnes & Noble Booksellers.

"We've seen their exterior signage but we haven't seen any recent construction activity in that space yet," said an assistant manager at Barnes & Noble when asked for comment. ★

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Veterans Community Center to Hold Annual Hawaiian Luau Fundraiser

American Legion Post 637 Hosts Battle of the Bands and BBQ



In 2022, audience members were invited up for a fun hula lesson by members of the Ka pa Hula Kalama O Ha'aheo Dance Troupe. Photo courtesy of Ryan Grant Photography

Continued from page 1
between \$50 and \$75.

This luau is the main fundraiser for the year. All proceeds go to helping provide a free "Safe Room" for all military veterans who visit. The center is run entirely by volunteers and funded solely by donations and fundraisers. One-hundred percent of the proceeds support the mission to serve all military veterans through various resources, activities, and midday meals

four times a week. These events also preserve the memory and vision of co-owner Jim Rounsavell, who with his wife Jeanne founded the Citrus Heights Veterans Community Center in 2013. Center hours are from 9 a.m. to 1 p.m. Mondays through Fridays. For more information about the fundraiser and/or the center, call 916-806-4852 or email info@veteranscommunityctr.org. ★

American Legion Post 637 News Release

CITRUS HEIGHTS, CA (MPG) - The American Legion Post 637 is inviting residents to its upcoming Battle of the Bands and BBQ's fundraiser on Sept. 14. The Battle of the Bands & BBQ is a family-friendly event at the Rusch House in Rusch Park, featuring four bands and up to eight barbecue pitmasters competing for your vote of who is the best. One hundred percent of the proceeds will provide much-needed assistance to the veterans in our community. This year, the Battle of the Bands will be Moonshine & Honey, Mojo Jones', The Rubber Band and Jared Blum Band. The Sept. 14 event also includes a beer garden, bounce house and kids' craft with Home Depot. All is included in the price of \$30.



Children aged 12 and under are free with paid adult admission. The gate will open at 10:30 a.m. and the event starts at 11 a.m. Sept. 14. A Ghost Soldier Ceremony at 11:15 a.m. will honor Marine Sgt. Nicole L. Gee, who was killed in the line of duty in Afghanistan in August 2021. American Legion Post 637 was chartered on Nov. 3, 1995, with the primary mission to help veterans in need. Many Citrus Heights veterans unfortunately are struggling to cope with rising rents, groceries, utility bills and more. American Legion Post 637 helps the veterans through a "Vets Helping Vets Fund," which is primarily funded by the fifth annual Battle of the Bands & BBQ. This fundraiser was created by former Citrus Heights Mayor and current Sacramento County Supervisor Sue Frost. ★

Ash Feeney to Speak at Membership Luncheon

Citrus Heights Chamber of Commerce News Release

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber of Commerce is inviting members to attend an informative luncheon that will provide an update from Citrus Heights City Manager Ashley Feeney on Aug. 20. The luncheon will take place from 11:30 a.m. to 1



Ash Feeney will speak at the Aug. 20 Chamber of Commerce luncheon. Photo courtesy of the City of Citrus Heights

showcase your business at the display table. Bring a prize to promote your business. The cost was \$25 per person if paid by Aug. 15 and \$30 if paid after Aug. 15. For more information, go to <https://citrusheightschamberca.growthzoneapp.com/events/Details/membership-luncheon-1153948?source-TypeId=Hub> or call 916-722-4545. ★

As the owner of the oldest business in Citrus Heights (established 1936), I have to say I am horrified and saddened, not to mention disgusted, to see workers cut down every roadside tree along the northern section of Auburn Boulevard. Haven't we, as a community, realized the value of trees? My grandparents lived on the lot where Wells Fargo now stands, from 1935 to 1970, where sycamores lined the street, along with eucalyptus in surrounding fields. The city cut a row of beautiful sycamores down about 15 years ago, then later replanted them. Now, in order to widen a sidewalk rarely used and add a bike lane, the city once again went crazy with chainsaws. Our fourth-generation, family-owned business has been in this same spot since 1936, when Auburn Boulevard was two lanes wide, with a 25-mph speed limit. Now it seems five lanes aren't enough. I tried (in vain, obviously) to reason with city engineers and City Council,

asking for a little imagination in the creation of a less-than-180°sidewalk, as can be seen all around Roseville. But no... the city engineers, as many developers, instead clear cut all trees, with absolutely no mitigation (replanting) whatsoever. Even the name "Citrus Heights" has become a misnomer, a joke. Why not rename it Cement Heights? Auburn Boulevard now looks like South Sacramento or worse, Los Angeles. Just how many times will the city take strips of our front lots (via eminent domain) to widen Auburn Boulevard? Our once two-acre parcel is now just over 1.6 acres. Aren't five lanes enough? It's common knowledge that the wider the road, the faster cars will drive, as we see out our front windows on a daily basis. Faster cars equals more accidents. Wake up and smell the, well, there's nothing left there to smell - Kathleen Harris, Harris Industrial Gases president

LETTER TO THE EDITOR

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Educating on Fentanyl and Opioid Overdose/Poisoning

Governor Newsom Orders State Agencies to Address Homeless Encampments



Said Lori Miller, Sacramento County Department of Health Services Division Manager, "It's really going to take all of us coming together, embracing solutions and strengthening our response to make a difference and save lives." Photo courtesy of CDPH

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Fentanyl poisoning has now become the leading cause of death among adults ages 18 to 45, surpassing suicide, gun violence and car accidents, according to Sacramento County officials.

In response to this critical public health and public safety crisis, the Sacramento County Department of Health Services, in collaboration with the Sacramento County Opioid Coalition, Sierra Sacramento Valley Medical Society, California State University, Sac Metro Fire and local law enforcement have joined forces to present the 2024 Fentanyl Awareness and Action Summit.

The event, scheduled for Aug. 15 after press time, aims to bring community members together to analyze data trends, discuss prevention, treatment, harm reduction and enforcement efforts, hear from those with lived experiences, provide resources and aid in the solutions for a safer community.

"To battle this crisis, we need to get the message out about both prevention and treatment. Sacramento County is dedicated to promoting widespread access to Naloxone and our amazing providers stand ready to assist individuals on their road to recovery from the devastating impacts of opioid use disorders," said Dr. Ryan Quist, Sacramento County Director of Behavioral Health.

Said Lori Miller, Sacramento County Department of Health Services Division Manager, "It's really going to take all of us coming together, embracing solutions and strengthening our response to make a difference and save lives."

Below, county leaders share ways that we can help raise awareness of this crucial issue.

Educate and Advocate: Learn and spread the word about campaigns such as

Safer Sacramento and 1 Pill can Kill.

Wear Purple on Fentanyl Prevention and Awareness Day (Aug. 21). Take this time to educate the public on the dangers of fentanyl, fake pills and other illicit drugs, while also highlighting the difference between fentanyl poisoning and overdose.

Wear Purple on International Overdose Awareness Day (Aug. 31). This globally-observed day aims to reduce the stigma associated with drug-related deaths, remember those lost and acknowledge the grief endured by their loved ones.

Attend a county event (Aug. 21 through Aug. 30): The Department of Health Services, Substance Use Prevention and Treatment Unit will host a resource table with informational handouts for the community in the lobby of 7001-A East Parkway in Sacramento from 8 a.m. to 5 p.m. Free Narcan will also be available at the event.

Join the Opioid Coalition. Meetings are quarterly from 2 to 3:30 p.m. Visit the Sacramento County Opioid Coalition website at <https://www.sacopioidcoalition.org> for the meeting schedule and more information.

Share Your Loved One's Story through an Opioid Awareness Project featuring Gone Too Soon Memorial Posters, commemorating the precious lives lost in Sacramento and surrounding counties. Those interested should contact Sacramento County Behavioral Health Division Manager, Lori Miller, at Millerlori@saccounty.gov.

Have Naloxone/Narcan available. For ways to obtain Narcan and/or training, call 916-875-2050 or visit SaferSacramento.com.

For more information and resources, call 916-874-9754 for a substance use assessment or visit Sacramento County's Department of Health Services website at <https://dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx>. ★

Office of Governor Gavin Newsom News Release

SACRAMENTO, CA (MPG) - Building on California's ongoing work and unprecedented investments to address the decades-long issue of homelessness, Governor Gavin Newsom issued an executive order on July 25 ordering state agencies and departments to adopt clear policies that urgently address homeless encampments while respecting the dignity and well-being of all Californians. With the recent U.S. Supreme Court decision in *Grants Pass v Johnson*, local governments now have the tools and authority to address dangerous encampments and help provide those residing in encampments with the resources they need.

"This executive order directs state agencies to move urgently to address dangerous encampments while supporting and assisting the individuals living in them — and provides guidance for cities and counties to do the same. The state has been hard at work to address this crisis on our streets. There are simply no more excuses. It's time for everyone to do their part," said Governor Gavin Newsom.

Governor Newsom's executive order directs state agencies and departments to adopt humane and dignified policies to urgently address encampments on state property, including by taking necessary and deliberate steps to notify and support the people inhabiting the encampment prior to removal. Governor Newsom has made record-level investments to address the housing crisis, investing over \$24 billion across multiple state agencies and departments, including billions of dollars in funding to assist local jurisdictions in providing services and wrap-around support to people living in encampments. In Fiscal Year 2022-2023, these investments helped lift more than 165,000 people out of homelessness and into interim or permanent housing.

California Blueprint

Governor Newsom's order directs state agencies and departments to adopt policies and plans consistent with the California Department of Transportation's (Caltrans) existing encampment policy. Since July 2021, California has resolved more than 11,000 encampments, and has removed 248,275 cubic yards of debris from encampments along the state right of way in preparation for Clean California projects. Prioritizing encampments that pose a threat to the life, health, and safety of the community, Caltrans provides advance notice of clearance and works with local service providers to support those experiencing

homelessness at the encampment, and stores personal property collected at the site for at least 60 days.

The order encourages local governments to emulate the state's successful model to adopt local policies and to use all available resources, including those provided by the state's historic investments in housing and intervention programs, to address encampments within their jurisdictions.

Proposition 1 Funding Available for Local Governments

Governor Newsom also encourages local governments to apply for the newly available \$3.3 billion in competitive grant funding from Proposition 1 to expand the behavioral health continuum and provide appropriate care to individuals experiencing mental health conditions and substance use disorders — with a particular focus on people who are most seriously ill, vulnerable, or homeless. Proposition 1 includes two parts: a \$6.4 billion Behavioral Health Bond for treatment settings and housing with services, and historic reform of the Behavioral Health Services Act (BHSA) to focus on people with the most serious illnesses, substance disorders, and housing needs. The state also recently released the Proposition 1 Behavioral Health Services Act: Housing Supports Primer (July 2024) for counties, which explains how to spend the projected \$950 million annual BHSA revenue on housing interventions.

Unprecedented Investments to Support Communities

Governor Newsom is tackling California's homelessness crisis head-on. Since he took office, the state has developed a Statewide Action Plan for Preventing and Ending Homelessness and the Governor has demanded unprecedented accountability from local governments to do their part to end the homelessness crisis through regionally coordinated action plans. The Governor has also pioneered nation-leading homeless and housing reforms and invested more than \$24 billion to address this crisis with state and local support, including \$4.85 billion for Homeless, Housing Assistance and Prevention Grants for local jurisdictions to prevent and reduce homelessness, \$1 billion in Encampment Resolution Funding to assist local jurisdictions in providing services and supports to people living in encampments, and \$3.3 billion for Homekey to rapidly expand housing for persons experiencing homelessness.

A copy of July 25's executive order can be found at <https://www.gov.ca.gov/wp-content/uploads/2024/07/2024-Encampments-EO-7-24.pdf> ★

As Scammers Target PG&E Customers, Here's What to Know to Not Fall Victim

PG&E News Release

NORTHERN CALIFORNIA, CA (MPG) - Utility scams have continued at an alarming rate during 2024, with Pacific Gas and Electric (PG&E) customers reporting over \$334,000 in losses to scammers. To stop this trend, PG&E is committed to helping customers recognize the signs of a scam and avoid falling victim.

A typical sign of a scam targeting a utility customer includes a caller claiming to be from PG&E and threatening disconnection if immediate payment is not made via a prepaid debit card, digital payment mobile application, or other methods of money transfer. As a reminder, PG&E will never send a single notification to a customer within one hour of a service interruption and will never ask customers to make payments with a pre-paid debit card, gift card, any form of cryptocurrency, or instant mobile payment applications, like Zelle® or Venmo.

"Scammers seek to create a sense of panic, threatening disconnection of utility services if immediate payment is not made," said Matt Foley, lead customer scam investigator for

PG&E. "If a phone call, visit to your home or email doesn't feel right, don't fall for it. Hang up, shut the door or delete it. Remember, PG&E will never ask for your financial information over the phone or via email, nor will we request payment via pre-paid debit cards or other methods of money transfer, including mobile applications."

During 2024, PG&E has received nearly 15,000 reports of scams targeting residential and business customers with customers reporting losses of over \$334,000. The average scam victim lost over \$600, and over 500 customers have reported falling victim. This number is likely just the tip of the iceberg however, as many scams go unreported.

Business customers also are not immune from scam attempts. In fact, PG&E has received 528 reports of scams targeting small and medium-sized businesses this year, and these attempts frequently occur during busy business hours when scammers hope to catch unsuspecting victims while they are distracted or stressed.

Another recent scam trend involves scammers creating

fake websites which provide a fraudulent phone number when you search services related to PGE such as "bill pay" or "start/stop" service. These sites and phone numbers often appear when a handheld device is used to search for and contact PGE. As a reminder, customers looking to contact PG&E should either call our customer service number, 800-743-5000 or by logging into your account at www.pge.com.

Scammers can be convincing and often target those who are most vulnerable, including senior citizens and low-income communities. They also aim their scams at small business owners during busy customer service hours. However, with the right information, customers can learn to detect and report these predatory scams by visiting www.pge.com/scams or by calling 1-833-500-SCAM.

Signs of a potential scam
Threat to disconnect: Scammers may aggressively demand immediate payment for an alleged past due bill.

Request for immediate payment: Scammers may instruct the customer to purchase a prepaid card, then call them back supposedly to make a bill

payment.

Request for prepaid card: When the customer calls back, the caller asks the customer for the prepaid card's number, which grants the scammer instant access to the card's funds.

Refund or rebate offers: Scammers may say that your utility company overbilled you and owes you a refund, or that you are entitled to a rebate, and ask you for your personal financial information.

Scammers Impersonating Trusted Phone Numbers: Scammers are now able to create authentic looking 800 numbers which appear on your phone display. The numbers don't lead back to PG&E if called back, however, so if you have doubts, hang up and either log into your account at pge.com to confirm your bill details or call PG&E at 1-833-500-SCAM. If customers ever feel that they are in physical danger, they should call 9-1-1.

How customers can protect themselves

Customers should never purchase a prepaid card to avoid service disconnection or shutoff. PG&E does not specify how customers should make a bill payment

and offers a variety of ways to pay a bill, including accepting payments online, by phone, automatic bank draft, mail or in person.

If a scammer threatens immediate disconnection or shutoff of service without prior notification, customers should hang up the phone, delete the email, or shut the door. Customers with delinquent accounts receive an advance disconnection notification, typically by mail and included with their regular monthly bill.

Signing up for an online account at pge.com is another safeguard. Not only can customers log in to check their balance and payment history, but they can also sign up for recurring payments, paperless billing and helpful alerts.

Customers who suspect that they have victims of fraud, or who feel threatened during contact with one of these scammers, should contact local law enforcement. The Federal Trade Commission's website is also a good source of information about how to protect personal information.

For more information about scams, visit pge.com/scams or <https://consumer.ftc.gov/scams>. ★

Texas Scores a Goal on California as Chevron Moves Headquarters to Houston



By Dan Walters, CALMatters.org

The war between Gov. Gavin Newsom and the state's once-immense oil industry entered a new phase a few days ago when Chevron, California's oldest and best known producer of gasoline and other petroleum products, announced it was moving its corporate headquarters to Texas.

Chevron, which dates its origins to the California Star Oil Works, which struck oil in the Santa Susana Mountains of Southern California in 1876, characterized the move from San Ramon to Houston as merely an ordinary managerial consolidation.

However, given its prominence, Newsom's recurrent vilification of the industry and his vow to end sales of gasoline-powered cars as a way of becoming carbon-neutral by 2045, the move's political aspects could not be ignored.

Initially, Newsom posted on social media a video denouncing oil industry "price gouging," including a melty-face emoji characterizing the industry's reaction to California's efforts to dampen gas prices.

But his office quickly took down the video and issued a statement saying Chevron's announcement "is the logical culmination of a long process that has repeatedly been foreshadowed by Chevron."

Predictably, Texas' Republican Gov. Greg

Abbott, a frequent foil for Newsom, immediately cast Chevron's move as a "snub" to California in a posting on X, formerly Twitter, calling Texas Chevron's "true home."

A more stinging rebuke came from the Bay Area Council, a business group that hews to a moderate political line and has often been supportive of Newsom.

"Chasing jobs and employers out of California is no way to run the economy," Jim Wunderman, the organization's president, said. "It's an embarrassment for California that we've lost so many global companies because of misguided policies that make it incredibly difficult to do business here. California's elected leaders need to take stock of the decisions they're making that affect millions of families and workers, impact the state budget and have grave consequences for the future economic health of this state."

Were Chevron's move an isolated event, it would be only temporarily interesting. However, California has seen a steady exodus of corporations, as the Bay Area Council noted, thus reinforcing its image of hostility to business.

Just days earlier, Elon Musk, who had already moved his Tesla corporate headquarters to Texas, announced that X and SpaceX would follow.

Chevron's announcement also comes amid a flurry of layoffs and corporate retrenchments in the Bay Area's high-tech industry, which have contributed to the state's having the nation's highest unemployment rate.

Moreover, we may not have heard the last of Chevron's moves. The company had been warning California officials that it might close its

two refineries in the state, which are major producers of the state's unique gasoline blend.

Voters in Richmond, the site of one Chevron refinery, will decide in November whether to impose a special tax on the refinery, \$1 per barrel, and the company has accused Richmond's leaders of "playing chicken" with their largest taxpayer and employer.

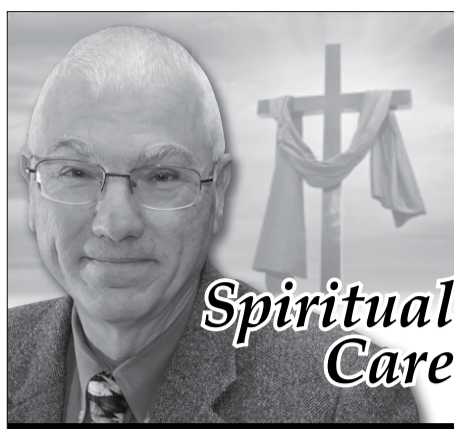
Politico reported that Andy Walz, a top Chevron executive, warned in an interview about the potential consequences of the Richmond tax measure. "I'm not going to tell you that that's the death knell, but we're getting close," he said, adding, "if I can't invest there, and I can't get a return, we will move on."

Newsom and other California politicians openly intend to eventually shut down the oil industry to reduce the state's carbon footprint. But they want a gradual reduction so many millions of gasoline-powered cars still on the road can run until phased out.

Were Chevron and other producers to decide, as Walz warns, that continuing operations in a politically hostile California no longer pencils out, the state could see an abrupt and economically devastating fuel shortage.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981. ★

Christians Could Learn from Humanists



BY NORRIS BURKLES

If you've already read most of the Bible, you might want to mix things up a bit by reading A.C. Grayling's version called "The Good Book: A Humanist Bible." Grayling, a British academic, edited an anthology of hundreds of philosophers and writers organized into chapters and verses.

Now, let me quickly assure religious readers that I haven't gone to "the dark side" by endorsing this book. I am suggesting however that religious people might have something to learn from Grayling.

I like Grayling because he doesn't follow the militant anti-religious atheism espoused by some of the louder left. Called by some the "Velvet Atheist," Grayling is more comfortable with the word "Humanist."

What's the difference, you ask, between an atheist and a humanist? Well, that's a tricky question. Most atheists, and certainly all those I know, are humanists. Atheism by itself, however, is simply the assertion that there is no God.

Humanists, like Grayling, take their beliefs beyond that negative assertion of no-god and are active in their care of people, animals and our planet. Sometimes they even sound downright spiritual when describing their views.

For instance, Grayling once told CNN reporter Jessica Ravitz that "each individual has to work out the values they live by and especially to recognize that the best of our good lives revolves around having good relationships with people."

Grayling believes that the only difference between a religious person and the humanist is that "humanist

ethics didn't claim to be derived from a deity."

Wow. Except for that last sentence, the teaching sounds much like the lessons of the Golden Rule and the Good Samaritan parable I learned as a kid in a Baptist Sunday school.

Don't get me wrong. I happen to think that looking for your moral compass inside yourself is a good way to find yourself lost in a very deep forest. Nor am I endorsing a pot-luck belief system where you are free to believe a little of this and a little of that.

Nonetheless, I think humanists are right about some things.

A lifetime ago, I took a comparative religion class at Baylor University. My professor, while decidedly Christian, believed that each religion, even humanism, has something to teach the Christian.

For instance, the humanist teachings about our planet remind me that God loves all his creation. His creation is the center of his love. When religious people forget that, they become, as the saying goes, "So heavenly minded, they are no earthly good."

But if there is one lesson I hope the humanist and Christian alike can take away from the Christian Bible, it would be the story in Mark 9:14-29 about a father who brings his crazed teen to Jesus asking Jesus to help him if he can.

In the Norris paraphrase, Jesus responds incredulously. "What do you mean by, 'if I can?' Of course I can." Or in Jesus' exact words, "Everything is possible for one who believes."

Then the boy's father immediately exclaimed, "I do believe; help me overcome my unbelief!"

Like this boy's father, we all need divine help overcoming our unbelief. Whether you are religious or atheist, we all struggle with our iAnd it's during those times of mistrust that it becomes easy to fall short of our goals and fail to do the most human thing – believe in each other.

That's why, at days end, we should be working together to make all things possible. And whether we be Christian or humanist or atheist – we can say together, "Help us all overcome our unbelief." ★

Kings Korner

By V.G. Harris

Well Kings fans, the Olympics are over, and in no time fans will be talking about the start of training camp. Yes, in less than 60 days the hometown hoopsters will be back together, with a team composed of explosive offensive talents, and some question marks on the defensive side of the ball.

With the re-signing of Malik Monk, and the heralded signing of 6-time all-star DeMar DeRozan, the Kings have an offensive nightly threat that will rival any opposing team in the NBA. Don't forget, without DeRozan, the Kings led the NBA in scoring just 2 seasons ago, and with his addition to the lineup, players like Fox, Sabonis, Murray and Monk will have better looks on a nightly basis.

Without question, DeRozan will require a lot of defensive attention, and three-point shooters like Murray and Fox will benefit greatly by his presence on the court.

The Kings continue to look for the power forward to body-up alongside Domantas Sabonis, and last week sought after Lauri Markkanen who re-signed with the Utah Jazz for a reported \$238-million contract over five years. His signing after August 6 means that he cannot be traded for at least six months, after the 2025 trade deadline, and for all intents and purposes makes Mr. Markkanen a name to no longer discuss.

Color announcer Kyle Draper jumped in last week with his own thoughts as to who might be a good fit at power forward when he expressed his enthusiasm for another Utah Jazz standout, in big man John Collins. Collins showed a lot of promise last season putting up 15.1 points per game, while securing 8.5 rebounds. This while he only garnished 28 minutes of playing time per game. Collins is only 26 years of age and stands 6'9" with a 6'11" wingspan. Nice stats for a power forward with a bright future in the NBA, so perhaps Draper is working two jobs as scout and game announcer.

I like hearing from all quarters as it relates to players that might improve the Sacramento Kings front court, and as high as I am on Domantas Sabonis, I know this talented big man needs more help on the boards.

I am high and guardedly hopeful that the

recent signing of Orlando Robinson will pay dividends this season, and I applaud Monte McNair's search for a diamond in the rough.

Every year some player surfaces to the top and surprises everyone with a breakout year, and in many circumstances this occurs because they finally found a team to give them a true opportunity to shine.

Keon Ellis made significant strides last season because coach Brown built his confidence gradually throughout the season, even making him a starter for a lengthy stretch. Keon's best basketball is still in front of him, and that is after he endured a stint in the G League where he showcased his talents and worked his way up to the big club.

I believe that same confidence would do wonders for Trey Lyles, and like Ellis I am convinced we have not yet seen the top side of Mr. Lyles.

Keep your eyes on Boogie Ellis, who like his namesake Keon looked like a man among boys in the recent summer league games. The Ellis boys could potentially play significant minutes for the Kings this season, and like Keon, I like the defensive effort Boogie brings to the floor to go along with his three-point shooting.

Not to be overlooked is our top draft choice of two years ago Keegan Murray, who had an ambitious rookie season to be followed by his sophomore year that had mixed reviews. This former NCAA Division I leading scorer (822 points, 2021-22) in the nation may very well surprise everyone this year and propel himself into an all-star year. Keegan added a mid-range game last season that will undoubtedly play well alongside newcomer DeMar DeRozan.

I remain convinced that McNair is not through tinkering with this lineup, and when the Kings break training camp this season, look for at least one more power forward to join the group we have today.

The Sacramento Kings glass is half full, and I can't wait to see the upcoming season in full splendor.

If you're not thinking 50 wins-plus, take a closer look!

All the best Kings fans! ★
Your thoughts are always welcome at vgharriskingsfan@gmail.com

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NOTICE THAT THERE ARE NOT MORE CANDIDATES THAN OFFICES TO BE ELECTED FOR DISTRICT 3 CITY COUNCIL MEMBER

NOTICE IS HEREBY GIVEN pursuant to California Elections Code § 10229 relating to the General Municipal Election in the City of Citrus Heights, California, to be held on Tuesday, November 5, 2024. As of the close of the nomination period on August 9, 2024, there are not more candidates than offices to be elected for the office of City Council Member, District 3.

- The person so nominated is: Tim Schaefer
- California Elections Code § 10229 allows one of the following courses of action to be taken by the City Council:
1. Appoint to the office the person who has been nominated.
 2. Appoint to the office any eligible voter if no one has been nominated.
 3. Hold the election if either no one or only one person has been nominated.

After the fifth day following the date of publication of this notice, the City Council may, at a regular or special meeting held before the municipal election, meet to either make the appointment or direct an election to be held. The person appointed, if any, shall qualify and take office and serve exactly as if elected at a municipal election for the office.

If, by the 75th day before the municipal election, no person has been appointed to the office pursuant to (1) or (2) above, the election shall be held.

If the City Council makes an appointment pursuant to Elections Code § 10229, the City Clerk shall not accept for filing any statement of write-in candidacy which is submitted after the appointment is made.

Dated this 9th day of August, 2024.
Amy Van
City Clerk

Citrus Heights Messenger 8-16-2024

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05202
Pakwan Curry LLC, 2989 Club Center Drive, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Desi Curry" 3290 Northgate Boulevard, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 5, 2024
Publish: July 26, August 2, 9, 16, 2024
8-16-24
DESI

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05000
Annual Holdings, Inc., 10940 White Rock Road Suite 210 2nd Floor - #4265, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Private Label Supplement/StartUp TakeOff" 10940 White Rock Road Suite 210 2nd Floor - #4265, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 28, 2024
Publish: July 26, August 2, 9, 16, 2024
PRIVATE 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05445
Avand Prime LLC, 5437 San Juan Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Avand Prime" 5437 San Juan Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 16, 2024
Publish: July 26, August 2, 9, 16, 2024
AVAND 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04931
Victor Ramirez Mirazo, 8343 Lemberger Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Green Trust Landscapes" 8343 Lemberger Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County June 27, 2024
Publish: July 26, August 2, 9, 16, 2024
GREEN 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05501
William Jackson, 5801 Sutter Avenue #215, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Drone1776/Drone1776.com" 5801 Sutter Avenue #215, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 17, 2024
Publish: July 26, August 2, 9, 16, 2024
DRONE 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04732
Aidanek Ruslanbekova, 2263 Northrop Avenue Apt 97, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Mosaic Photobooth" 2263 Northrop Avenue Apt 97, Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 18, 2024
Publish: July 26, August 2, 9, 16, 2024
MOSAIC 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05309
Michelle Denise Walker, 3832 12th Avenue, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Sharing and Caring" 4955 Marconi Avenue Suite A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 9, 2024
Publish: July 26, August 2, 9, 16, 2024
SHARING 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05363
Fyock Enterprises LLC, 4420 Pasadena Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Big Dogs & Spuds" 4420 Pasadena Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 11, 2024
Publish: July 26, August 2, 9, 16, 2024
BIG 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05284
Mignon M. McIntyre, 176 Bittercreek Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Mignonette" 176 Bittercreek Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 9, 2024
Publish: July 26, August 2, 9, 16, 2024
MIGNONETTE 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05553
Keith Lewis Poteat, 8112 Glen Creek Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Poteat Plumbing" 8112 Glen Creek Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 18, 2024
Publish: July 26, August 2, 9, 16, 2024
POTEAT 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05125
Emergy Group LLC, 1900 Point West Way Suite 268, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Complete Business Services" 1900 Point West Way Suite 268, Sacramento, CA 95815. Filed with the Clerk of Sacramento County July 2, 2024
Publish: July 26, August 2, 9, 16, 2024
COMPLETE 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05590
Sean Buchanan, 6740 Sutter Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sutterscape Designs" 6740 Sutter Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 19, 2024

Publish: July 26, August 2, 9, 16, 2024
SUTTERScape 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05452
Mark A. Delgado Inc., 86 Primrose Way, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Dara Delgado Home Loans" 86 Primrose Way, Sacramento, CA 95819. Filed with the Clerk of Sacramento County July 16, 2024
Publish: July 26, August 2, 9, 16, 2024
DARA 8-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05399
Joshua James Fitzpatrick, 5343 Moody Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "HD Window Cleaning Services" 5343 Moody Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 12, 2024
Publish: August 2, 9, 16, 23, 2024
HD 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05545
Margarito Perez Robles, 5331 Kohler Road, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Page's Fountains & Water Gardens" 5331 Kohler Road, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 18, 2024
Publish: August 2, 9, 16, 23, 2024
PAGES 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05014
Sheldon Heights Holdings, 10095 Sheldon Road, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Lucky Bubbles Laundry" 3901 Madison Avenue Suite 25, North Highlands, CA 95660. Filed with the Clerk of Sacramento County June 28, 2024
Publish: August 2, 9, 16, 23, 2024
LUCKY 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05709
Pull Up Plate, 6109 Oak Green Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Pull Up Plate Cafe/P.U.P Cafe" 2912 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 2, 9, 16, 23, 2024
PULL 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05234
Coronel's Ventures LLC, 99 S Almaden Boulevard Suite 600, San Jose, CA 95113 is doing business under the Fictitious Business Name(s) "Coronel Expedite" 2108 North Street Suite 8586, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 8, 2024
Publish: August 2, 9, 16, 23, 2024
CORONEL 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05345
Alexandra Miriam Jansen, 6330 Sunrise Boulevard #1024, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Therapy With Xandra" 6330 Sunrise Boulevard #1024, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 11, 2024
Publish: August 2, 9, 16, 23, 2024
THERAPY 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04740
John Lawson Vincent, 7732 Ziebell Court, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Nor Cal Shade" 7732 Ziebell Court, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 20, 2024
Publish: August 2, 9, 16, 23, 2024
NORCAL 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05588
Jon Schwarz, 1000 San Ramon Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "RMS Enterprises" 1000 San Ramon Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 19, 2024
Publish: August 2, 9, 16, 23, 2024
RMS 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05666
Vladimir Stepanov, 3831 Annadale Lane #4, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Smart Tech Service" 3831 Annadale Lane #4, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 23, 2024
Publish: August 2, 9, 16, 23, 2024
SMART 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05700
Nand Enterprises LLC, 4925 Mack Road Apt #176, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Clothes & Craft Co" 4925 Mack Road Apt #176, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 2, 9, 16, 23, 2024
CLOTHES 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05683
Bobby G. Kerr, 6309 Landis Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bob's Skate Supply" 6309 Landis Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 2, 9, 16, 23, 2024

BOBS 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05778
Bahiyah Muwakkil, PO Box, 13381, Sacramento, CA 95813 is doing business under the Fictitious Business Name(s) "2nd Hand Snob" 2308 Villanova Circle #7, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 26, 2024
Publish: August 9, 16, 23, 30, 2024
HAND 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05708
Lawrence Ong, MD, Inc., 1098 Hillcrest Road, Beverly Hills, CA 90210 is doing business under the Fictitious Business Name(s) "Corcentra Anesthesia" 1401 21st Street Suite 6909, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 9, 16, 23, 30, 2024
CORCENTRA 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05408
Dat Huu Pham, 5421 Verner Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Pro Laundry Services" 5421 Verner Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 15, 2024
Publish: August 9, 16, 23, 30, 2024
PRO 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05604
Florideliza Navarro, 12268 Habitat Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Orange Orchard Home" 12268 Habitat Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County July 19, 2024
Publish: August 9, 16, 23, 30, 2024
ORANGE 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05828
Kathleen Davis, PO Box 292262, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "USA Real Estate and Vacation Homes/ Kate Davis Promotions" 6025 Dias Avenue #146, Sacramento, CA 95824. Filed with the Clerk of Sacramento County July 29, 2024
Publish: August 9, 16, 23, 30, 2024
USA 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05820
HS Drinks LLC, 24988 Blue Ravine Road Suite 108, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Bobaology" 24988 Blue Ravine Road Suite 108, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 29, 2024
Publish: August 9, 16, 23, 30, 2024
BOBAOLOGY 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05853
Kyle Bruns, 5013 Berisford Place, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Brun's Equipment Rentals" 5013 Berisford Place, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 9, 16, 23, 30, 2024
BRUNS 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05424
Danny Johnson, 3104 O Street #223, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Mullins Enterprises" 3880 Stillman Park Circle #73, Sacramento, CA 95824. Filed with the Clerk of Sacramento County July 15, 2024
Publish: August 9, 16, 23, 30, 2024
MULLINS 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05862
Melissa Mercado, 50 Iron Point Circle Suite 140, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Commonwealth Customs by Mel" 50 Iron Point Circle Suite 140, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 9, 16, 23, 30, 2024
COMMONWEALTH 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05698
Alina Krasniuk, 2257 Windward Lane, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Alina Krasniuk Distribution" 2257 Windward Lane, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 9, 16, 23, 30, 2024
ALINA 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05676
Jacinto Chang and Hing Wong, 1021 E Rose Circle, Los Altos, CA 94024 are doing business under the Fictitious Business Name(s) "Folsom Home Rental" 4292 Crescent Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 23, 2024
Publish: August 9, 16, 23, 30, 2024
FOLSOM 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05470
Adriana Madrigal, 476 Fisher Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "The Backdrop Babe" 476 Fisher Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 16, 2024
Publish: August 9, 16, 23, 30, 2024
THE 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05398
Wendy McCallum, Trustee and

Rufus A. Avent, Successor Trustee, 4811 Chippendale Drive #101, Sacramento, CA 95673 is doing business under the Fictitious Business Name(s) "Rufus A. Avent Jr and Company/Rufus A. Avent Jr Estate/Rufus A. Avent Jr WHFIT/Rufus A. Avent Jr NWHFIT/Rufus A. Avent Jr Widely Held Fixed Investment Trust/Rufus A. Avent Jr Non Mortgage Widely Held Fixed Investment Trust" 4811 Chippendale Drive #101, Sacramento, CA 95673. Filed with the Clerk of Sacramento County July 12, 2024
Publish: August 9, 16, 23, 30, 2024
RUFUS 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05954
Dickson Owino, 8076 Coopers Hawk Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "OAM Economic Consulting Group" 8076 Coopers Hawk Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County August 1, 2024
Publish: August 9, 16, 23, 30, 2024
OAM 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05825
Pavel Polichshuk, 7212 Brattle Court, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Poli Building" 7212 Brattle Court, Sacramento, CA 95842. Filed with the Clerk of Sacramento County July 29, 2024
Publish: August 9, 16, 23, 30, 2024
POLI 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05827
Devin Jones, 4251 Armadale Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Elevated Self" 4251 Armadale Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 29, 2024
Publish: August 9, 16, 23, 30, 2024
ELEVATED 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05941
Solstice Marketing Inc., 2880 Sunrise Boulevard, Sacramento, CA 95742 is doing business under the Fictitious Business Name(s) "S and C Concepts" 2880 Sunrise Boulevard, Sacramento, CA 95742. Filed with the Clerk of Sacramento County July 31, 2024
Publish: August 9, 16, 23, 30, 2024
SANDC 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05407
Doering Commercial Spaces, 470 N 16th Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "DCS" 470 N 16th Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 15, 2024
Publish: August 9, 16, 23, 30, 2024
DCS 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05673
Sarah Grace Payne, 7710 Eastgate Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Moon Pearl Marketing" 7710 Eastgate Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 23, 2024
Publish: August 9, 16, 23, 30, 2024
MOON 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05948
Lilian Makama, 3284 Sunny Gate Lane, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "I Am Concepts" 3284 Sunny Gate Lane, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 26, 2024
Publish: August 9, 16, 23, 30, 2024
IAM 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05711
Tribid Consulting LLC, 1401 21st Street Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Transcend Limits Nutrition" 1401 21st Street Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 16, 23, 30 Sept 6, 2024
TRANSCEND 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05848
Mark W. Grill, Paul D. Grill and John S. Grill, 3785 Brickway Boulevard Suite 110, Santa Rosa, CA 95403 are doing business under the Fictitious Business Name(s) "Aaction Rents, LP" 3904 Winter Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 16, 23, 30 Sept 6, 2024
AACTION 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05725
Efinity Financial LLC, 1901 Central Drive Suite 612, Bedford, TX 76021 is doing business under the Fictitious Business Name(s) "Efinity Mortgage" 1409 W State Street, El Centro, CA 92243. Filed with the Clerk of Sacramento County July 25, 2024
Publish: August 16, 23, 30 Sept 6, 2024
EFINITY 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05877
Sandra Souza, 5597 Rubion Circle, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Attention To Detail/Attention To Detail California" 5597 Rubion Circle, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 30, 2024

Publish: August 16, 23, 30 Sept 6, 2024
ATTENTION 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06160
Ride4Less Auto Sales LLC, 7000 Franklin Boulevard Suite 625, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Ride4Less Auto Sales" 7000 Franklin Boulevard Suite 625, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 9, 2024
Publish: August 16, 23, 30 Sept 6, 2024
RIDE 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05887
Ellen Merriss, 7750 Envoy Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Crescent Moon Writing Co" 7750 Envoy Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 16, 23, 30 Sept 6, 2024
CRESENT 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05651
Laura Trojanowski-Howe, 4435 Andrew Alan Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Callista" 4435 Andrew Alan Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 23, 2024
Publish: August 16, 23, 30 Sept 6, 2024
CALLISTA 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05694
Link Wireless Communications Inc, 734 Grand Avenue Unit D, Ridgefield, NJ 07657 is doing business under the Fictitious Business Name(s) "Link Engineering" 734 Grand Avenue Unit D, Ridgefield, NJ 07657. Filed with the Clerk of Sacramento County July 24, 2024
Publish: August 16, 23, 30 Sept 6, 2024
LINK 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06019
Cindy M Conklin, 6381 Auburn Boulevard Suite C, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Accurately Yours Accounting Solutions" 6381 Auburn Boulevard Suite C, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 6, 2024
Publish: August 16, 23, 30 Sept 6, 2024
ACCURATELY 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05962
Fred Lee Ellis III, 2211 River Plaza Drive Apt 323, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Fred Still Hauling" 2211 River Plaza Drive Apt 323, Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 1, 2024
Publish: August 16, 23, 30 Sept 6, 2024
FRED 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06004
Irma Yolanda Lara, 3824 Morris Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Lara Cafeteria" 1120 N Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County August 5, 2024
Publish: August 16, 23, 30 Sept 6, 2024
LARA 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05648
Amy Marchant, 3216 Montclair Street, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Marchant Consulting" 3216 Montclair Street, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 23, 2024
Publish: August 16, 23, 30 Sept 6, 2024
MARCHANT 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05642
Brad's Home Repair LLC, 2891 Anderson Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Brad's Home Repair LLC" 2891 Anderson Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 23, 2024
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BRADS 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06010
Maria D. Martin, 1808 Avondale Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Well Connected Language Services" 1808 Avondale Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 5, 2024
Publish: August 16, 23, 30 Sept 6, 2024
WELL 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05766
Nestor Javier Pulido and Lizzette Corona, 9098 Salmon Falls Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Peak Performance K9 Mobile Dog Gym" 9098 Salmon Falls Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 25, 2024
Publish: August 16, 23, 30 Sept 6, 2024
PEAK 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05765
Lizzette Corona and Nestor Javier Pulido, 9098 Salmon Falls Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Xochis Pawfections" 9098 Salmon Falls Drive, Sacramento,

CA 95826. Filed with the Clerk of Sacramento County July 25, 2024

Publish: August 16, 23, 30 Sept 6, 2024
XOCHIS 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05875
CMB Export, LLC, 5910 N. Central Expressway Suite 1000, Dallas TX 75206 is doing business under the Fictitious Business Name(s) "CMB Regional Centers" 5910 N. Central Expressway Suite 1000, Dallas TX 75206. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 16, 23, 30 Sept 6, 2024
CMB 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05874
Milo S. Roe, 5017 Raleigh Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Thor's" 5017 Raleigh Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 30, 2024
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THORS 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05876
Medgracia LLC, 2108 N Street #9085, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Medgracia" 2108 N Street #9085, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 16, 23, 30 Sept 6, 2024
MEDGRACIA 9-6-24

Social Security Matters

Will My Wife Get a Spousal Benefit from Me?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I will be turning 70 (yikes) this coming November. I will begin taking my Social Security benefit at that time. My age 70 SS benefit will be approximately \$4,500 per month. My spouse (who is currently 74) began receiving her SS benefits about 10 years ago - before her FRA. She receives approximately \$1,900 per month.

My question is, based on my expected SS monthly benefit of approximately \$4,500, would my spouse be eligible for an increase in her monthly SS benefit? I've read some articles about this topic, but none of them seem to be on point - so I thought I'd reach out to you. **Signed: Seeking Answers**

Dear Seeking: Congratulations on choosing a claiming strategy

which will maximize your Social Security. Waiting until age 70 to claim guarantees you will get the most you can personally receive for the rest of your life, along with annual Cost of Living Adjustments (COLA). But the spouse benefits available to your wife when you claim are not based on your age 70 amount. Rather, spouse benefits are calculated using full retirement age (FRA) amounts. Here's what that means:

If your age 70 benefit will be about \$4,500 then your FRA amount was likely around \$3,450. If your wife claimed at, say, 64, then her FRA entitlement would probably have been around \$2,200. Your wife will only get a spousal boost if 50% of your FRA amount (not your age 70 amount) is more than her own FRA entitlement. From what you've shared, 50% of your FRA amount would be about \$1,750, which is less than your wife's FRA entitlement (and her current age 64 amount), which means that she would not be eligible for a spousal boost to her own amount from you.

Spouse benefits can be tricky, because they're based on FRA

entitlements, regardless of the age at which benefits are actually claimed. That is not so, however, for surviving spouse benefits. If you were to predecease your wife, her benefit would be your entire \$4,500 amount, instead of her own smaller current amount. Surviving spouse benefits are based on the amount each of you are currently receiving, not on your amounts at your full retirement age.

I hope this answers your question, but we're always here if you need any further assistance.

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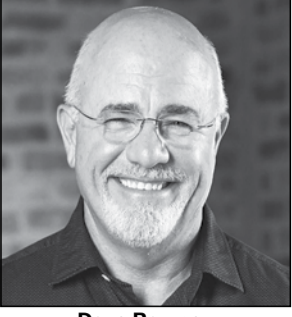
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Dave Ramsey Says When You Know Better, Do Better

The late Maya Angelou once said, "Do the best you can until you know better. Then when you know better, do better." That's the key for you, I think. Doing dumb things doesn't always mean you're a dumb person. Sometimes, we just don't have the knowledge or guidance we need to do things the right way. But once you learned a few things and saw there was a better way—a smarter way—you jumped in and made incredible things happen. You cleaned up your finances, and you changed your entire future for the better. I think that's pretty cool. And you know what else? It makes you a pretty smart lady.

I think part of your struggle may be the fact that you've spent more time making the wrong decisions with money than you've spent making the right ones. That's understandable. But time will help heal that struggle. It'll distance you emotionally from the old you until you're confident in the new you—not just in your actions, but in your heart and mind. I mean, think about it this way: If you violated trust with a friend, how would you rebuild it? First, it would take time. And second, it would take a series

of trustworthy actions.

Let's say someone had a drinking problem for a long time, but they've been dry for three months. After three months, their spouse still might not trust them with the checkbook. I totally get that. It's a good start, but it's not like they haven't had a drink in three years. That's where time comes into play. The more time they demonstrate a solid pattern of not going back to the bottle, the more evidence they create for why others should trust them.

I think you've developed a pretty good track record of being smart with your money, Brea. So cut yourself some slack. If God is willing to forgive us for the really bad things we say and do, you need to be able to extend a little grace to yourself for the dumb things in your financial past.

— Dave

Dave Ramsey is an eight-time 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. ★

Dear Dave,

I've made a lot of stupid money mistakes in the past. Even though I finally paid off six figures in debt a few years ago and am in control of my finances for the first time in my life, I'm having a hard time forgiving myself for all the dumb things I did. I have an emergency fund and other savings set aside, and I'm almost ready to buy a house. But it seems like there's still a cloud hanging over my head from all my bad decisions. How do I stop obsessing over my past financial mistakes?

— Brea

Dear Brea

If you've had enough determination to pay off six figures' worth of debt and to build savings on top of that in the last few years, you're doing a phenomenal job! Most people would just make excuses or give up, but you educated yourself, put your head down and stomped out all that debt. I'm very proud of you, hon. What you've done speaks volumes about your character and self-discipline.



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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 may 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.

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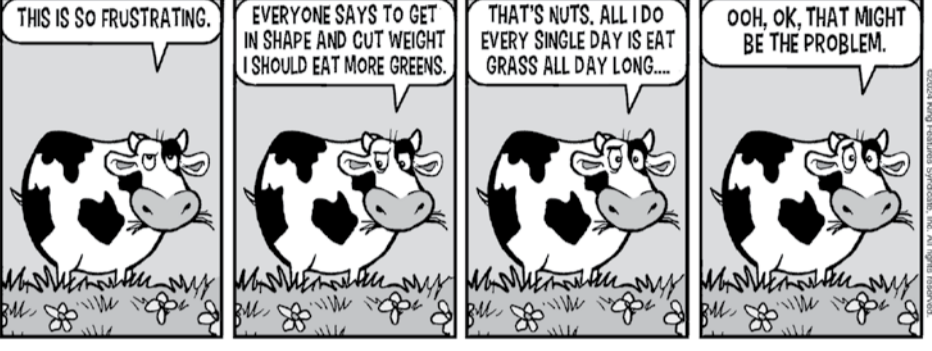
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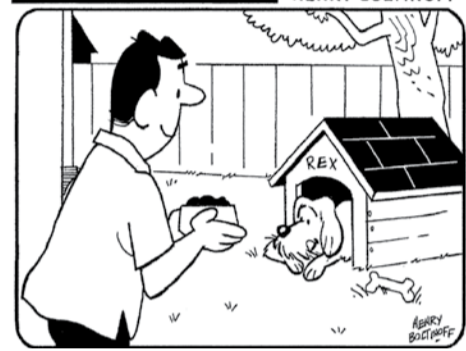
by Dave T. Phipps

Out on a Limb



by Gary Kopervas

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shingles are different. 2. Bowl is larger. 3. Doghouse opening is different. 4. Bottom of shirt is different. 5. Paw is moved. 6. Finger is moved.

TIGER



by BUD BLAKE

GRIN AND BEAR IT



Just Like Cats & Dogs by Dave T. Phipps



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STATEPOINT CROSSWORD • FOOTBALL

- CLUES**
- ACROSS**
- Command to Fido
 - Sheep not yet sheared
 - Cap and gown accessory
 - Blood line
 - Ancient Chinese dynasty
 - Ringworm
 - Driver's license notation
 - Not outs
 - Like Cheerios
 - "Piece of football equipment required since 1943
 - *Peyton or Eli
 - Napkin spot
 - Eminem's 2002 hit "Yourself"
 - Embargo
 - Feed storage cylinder
 - Like house from a kit
 - Greek god of love
 - Smokes
 - *Super Bowl I M.V.P. Bart _____
 - Taj Mahal locale
 - *Career rushing yards record holder
 - Equals squared
 - Regretting
 - *Highest college football level: _____ Division I
 - Extend credit
 - *Seventeen games in NFL
 - Somewhat (2 words)
 - *"Whatever Will Be, Will Be" singer
 - Mare's baby
 - Not a friend
 - *55 of them
 - *"Home of the NFL Hall of Fame
 - Hole-borer
 - For every
 - Color red on coat of arms
 - Birds of ill omen
 - Outrage
 - _____ shopping cart
 - Party barrels
 - Sound from one of #69 Across
- DOWN**
- Down in the dumps
 - Cry of contempt
 - Marine eagle
 - Wake Island, e.g.
 - Kizmet, pl.
 - Foolish one
 - Even, poetic
 - Useful contraption
 - Lamborghini model
 - Unfavorable prefix
 - "As _____ on TV"
 - Suspend
 - Astrigents
 - "The Iliad" and "The Odyssey," e.g.
 - Venomous Egyptian snake
 - Deducible
 - *One of 2 NFL founding teams still in league
 - Lock horns
 - Waterwheel
 - Outline
 - Et alii, abbr.
 - Got along
 - *Like indoor eight-men

| CROSSWORD | | | | | | | | | | | | | |
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Hot Jazz Jubilee 2024 to Sizzle

MPG Staff

SACRAMENTO, CA (MPG) - The ninth annual Hot Jazz Jubilee will feature four days of music and entertainment over Labor Day weekend, Aug. 30 to Sept. 2, under one roof.

Five rooms will offer music, ranging from the large Grand Ballroom to the more intimate Garden Terrace and RJ's. Dancers will want to be in the three ballrooms that offer a dance floor.

The annual extravaganza will feature more than 20 bands and guest artists.

"We are excited to offer some new featured performers, plus some bands returning by popular demand," said Hot Jazz Jubilee festival director Pat Jones. "And the variety can't be beat. We have jazz, swing, zydeco, rock 'n' roll and R & B. Something for everyone."

Performers include Brian Casserly, Todd Morgan & The Emblems, San Lyon, Katie Cavera & the Lost Boys, and many more. Some exciting special sets are "Boogie Woogie Extravaganza" on Saturday, Aug. 31 and a "Back to the Future" Old Time Rock 'n' Roll set on Sunday, Sept. 1.

In addition, Shaymus Hanlin will present his "Tribute to Frank Sinatra" and High Street Band will honor Veterans with their "Salute to the '60s" on Friday, Aug. 30. There will be two gospel sets on Sunday, Sept. 1, one set with Yve Evans and Company, and the other set with High Street Band. Special guest pianist, Nicole Pesce will perform two sets, "Two Pianos, Six Hands," with Stephanie and Paolo.



Brian Casserly is a regular featured All-Star at jazz festivals throughout the country; and a session musician for commercials, professional recordings and musicals in the U.S. and Canada. Photo courtesy of Hot Jazz Jubilee



High Street Band plays jazz, Motown, R&B, blues and funk tunes that bring their audiences to the dance floor. Photo courtesy of Hot Jazz Jubilee

For the full performance schedule, check online at hotjazzjubilee.com/venues-scheduled-events.

The family-friendly event is in air-conditioned comfort at the newly-remodeled DoubleTree by Hilton Sacramento at 2001 Point West Way. Admission is free for children 18 and under.

Sacramento Jazz Education Foundation will sponsor Youth Clinics

where young musicians can perform with the pros. Food and drink and a jazz vendor fair will also be on site.

Single-day tickets are \$65 for Aug. 30, \$85 for Aug. 31 or Sept. 1 and \$65 for Sept. 2. A four-day event pass is \$155. Tickets are available online at hotjazzjubilee.com/purchase-tickets. For special group rates, visit info@hotjazzjubilee.com. ★

Circus Vargas Returns with the Ultimate Extravaganza



Crowds will be astounded by the thrills the cast will perform. Photo courtesy of Circus Vargas

Circus Vargas News Release

SACRAMENTO REGION, CA (MPG) - Get ready to witness the most extraordinary display of talent and wonder under the Big Top. Circus Vargas is back with its all-new 2024 production, 'Jubilé! An Epic World Celebration!'

The all-new international, high-energy, action-packed entertainment extravaganza will be outside the Westfield Galleria in Roseville from Aug. 9 to Aug. 25.

The show features opera-trained Ringmaster, Johnathan Lee Iverson, who guides the audience through an experience of different cultures and nationalities, joining hand in hand, coming together through acrobatic and aerial artistry to entertain, laugh, live, love, and celebrate as one.

Iverson leads the stellar circus production as performance director. A tall, impressive figure, he acts as "Jubilé's ambassador-of-sorts, accompanying the audience through their global Circus Vargas experience. His deep, distinguished tone and melodious voice add to the entire

ambiance of the performances, elevating the production to another level.

Vargas' latest extravaganza features a large cast of international aerialists, acrobats, comedians and more. The cast represents the world's finest performers from 15 different countries.

Acts include a world-famous contortionist, award-winning trapeze artists, unicycle fleets, the wheel of death, comedians, jugglers, and more. Animals will not be involved.

Food and beverage options will be available at the show.

Remaining shows are at 7 p.m. Aug. 16; 1 p.m., 4 p.m. and 7:30 p.m. Aug. 17; 12:30 p.m., 3:30 p.m. and 7 p.m. Aug. 18; 6:30 p.m. Aug. 19; 7 p.m. Aug. 21, Aug. 22 and Aug. 23; 4 p.m. and 7 p.m. Aug. 23; 1 p.m., 4 p.m. and 7:30 p.m. Aug. 24; and 2 p.m. and 5:30 p.m. Aug. 25.

Regular ticket prices range from \$25 to \$65 depending on seating. VIP tickets are available from \$70 to \$80. Senior and military discounts are available. Get your tickets now at Circusvargas.com/tickets. ★

Ask DR. UNIVERSE

Dr. Universe: Can dogs understand what a human says? – Jonathan, 10, Illinois

Dear Jonathan,
There's no doubt that the relationship between humans and dogs is special. But does your best pupper understand everything you tell them?

I asked my friend Cassidy Cordon. She's a veterinarian at Washington State University.

She told me that dogs understand lots of human words. But dogs also pay attention to their human's tone of voice and body language to figure out what the human means.

Let say you teach your dog that "walk" means you're going to take a stroll. Your dog friend might recognize the word "walk." But they might also notice that you're picking up their leash or putting on your shoes. They might pay attention to how excited your voice sounds—and whether that matches your tone when you taught them the word "walk."

"If a different person delivers the word differently or if you say a happy thing in a different tone of voice, you may not get the same response," Cordon said.

She told me we know a lot about this because scientists trained dogs to lie down inside MRI machines. Then they watched images of the dog's brain while humans talked to them. They know that one side of a dog's brain recognizes words. The other side recognizes tone.

When the word and the tone matched—like saying "good boy" in a happy voice—both sides of the dog's brain were active. When the word and tone didn't match—like saying "no" in a happy voice—the dog might understand the tone but not the word.

A golden retriever wearing a maroon bandana

walks itself with its leash in its mouth

That's how human brains process language, too.

We also know that most dogs can learn between 90 and 165 words. That's about how many words most human toddlers know.

But there have been some exceptional dogs. The most famous might be Chaser. She was a border collie who learned more than 1,000 words. She could learn new words by inference. That's

using information you already know to figure out something you don't know.

Let's say someone added a new toy to Chaser's toy pile and asked her to retrieve it by name. She could look at all those toys and eliminate the ones she already knew. Then she could figure out the new word must mean the unfamiliar toy.

That's pretty impressive, but it's still a lot fewer words than you probably know. The average 10-year-old human knows about 20,000 words—and adds another 20 words to their vocabulary every single day.

We also know that dogs seem to understand more when listening to a human they know. Maybe that's because humans have been building close friendships with dogs for about 30,000 years.

Cordon told me that humans and dogs adapted and evolved together.

"We changed our behavior and trained ourselves as we trained them," she said. "That's why we can accomplish what we can with dogs now."

It just goes to show that anything is paw-sible when you're besties.

Sincerely,

Dr. Universe



All dogs belong to the species *Canis lupus familiaris*. But there are 360 dog breeds—like this golden retriever. ©Washington State University

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RESTAURANT ROW

Mountain Mike's of Fair Oaks Outstanding

By Janice Row

I had a great time talking to Paul Grewal, the owner of Mountain Mike's of Fair Oaks. You can tell by talking to him how much he loves his customers and his Mountain Mike's family.

Paul was an engineer with General Motors for seven years but realized that it is more profitable to be the owner of the business than the employee or management. When he moved to the United States, Paul set out to own his own business and became a restaurant owner. He opened Mountain Mikes Pizza of Fair Oaks in 1992.

He loves working with the Mountain Mike's franchise, which has been around 45 years. Paul said that Mountain Mike's "is a good and established company that listens to their franchisees and treats them very well with a great brand and high-quality products."

What sets this Mountain Mike's out over other pizza places is their customer service. When you come into Mountain Mike's of Fair Oaks, you are treated like family and welcomed in like you were entering their home. They take pride in their customer service, products and cleanliness.

Customers' favorite pizzas are The Pepperoni (a mountain of legendary crispy, curly pepperoni on the classic red sauce) and The Everest (classic combination of pepperoni, Italian sausage, salami, linguica, beef, mushrooms, black olives, bell peppers and onion on the classic red sauce).

There is much more than just pizza, though, at Mountain Mike's. Check out the classic and boneless wings, sandwiches, salads, sides and



It's hard to say no to another delicious Mountain Mike's pizza slice.



desserts. Plus, there are beverages, wine and the craft beers.

Mountain Mike's of Fair Oaks carries craft beers and rotates them regularly; their regular customers love that they get to try new beers when they visit.

From 11 a.m. to 2 p.m. An awesome buffet of pizza and a salad bar is offered Mondays through Fridays. At Mountain Mike's, their dough is made fresh every day. They use 100% whole milk mozzarella cheese and a mountain of toppings; the best quality keeps their customers coming back.

Restaurant TV's have sports or travel shows playing. Plus there is a game room for the kids to play.

Mountain Mike's caters to family and family events, parties, groups, sports teams, company meetings and more. Call and book your next party, meeting or group event. Ask about their fundraising programs. Mountain Mike's is all about supporting and making a difference in the local community. The fundraising programs help raise money for local schools, academic clubs, youth sports teams, church groups, charities and other nonprofit organizations.

Mountain Mike's is at 5267 Sunrise Blvd. (Madison and Sunrise) in the Quail Point Shopping Center, Fair Oaks and is open 11 a.m. to 9 p.m. daily for dining in, carry out or delivery. The website is www.mountainmikespizza.com/locations/fair-oaks-sunrise. The phone number is 916-961-4000. ★

Left: Mountain Mike's staff is always ready to welcome customers and treat them like family members.

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WEEKLY MEAT SPECIALS

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| Beef London Broil/Top Round Roast Pulpa Para Hornear Roast sin Hueso \$4.99/lb | Beef T-Bone Steaks Filete Chuleton de Ternera \$5.99/lb | Beef Porterhouse Steak Filete Bisel de Ternera \$6.49/lb |
| Boneless/Skinless Chicken Breasts \$2.49/lb | Pork Loin Chops Bone In \$2.99/lb | Pork Cushion Meat - Boneless \$2.99/lb |

FRESH PRODUCE

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| Italian Squash Fancy 79¢/lb | Red Grape Premium \$2.49/lb | Russet Potato 10 lbs \$1.79/bag | Mexican Papaya 99¢/lb |
| Red Seedless Watermelon \$5.99/ea | Hami Melon 2 lbs for \$1 | Ginger \$1.29/lb | Fairytale Pumpkin 99¢/lb |

AMERICAN/HISPANIC GROCERY

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|--|---|--|---|--|
| Hidden Valley Ranch Dressing 16 Loz \$4.99/ea | Bona Laundry Detergent Powder 5 lbs \$13.99/ea | Best Foods Real Mayonnaise 30 Loz \$5.99/ea | Argo 100% Pure Corn Starch 16 oz \$2.99/ea | Copps Sun Fruit Drinks 10 x 6 Loz \$2.99/ea |
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ASIAN GROCERY

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| Super Q Bihon 16 oz \$1.49/ea | Kinoko Mushroom Seasoning 17.6 oz \$5.79/ea | Kikkoman Fish Sauce 6.8 Loz \$1.99/ea | Lucia Mung Bean 14 oz \$1.59/ea | Kopiko L.A. Coffee 10 x 25 g \$2.99/ea |
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EUROPEAN GROCERY

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| Believer Cucumber Salad 900 gr \$2.69/ea | Bapchev Sweetened Condensed Milk 6.5% 360 g \$2.99/ea | Monre Pella Wafers 3 Flavors 275 g \$3.49/ea | Elje Vita Sugar Free Cookies 150 gr \$2.49/ea | Golden Paste 100% Grapeseed Oil 1 liter \$7.99/ea |
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KOREAN/JAPANESE GROCERY

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|----------------------------|---|---|--|--------------------------------|-------------------------------------|---|
| Soja Rice \$6.99/ea | Premium Sushi Rice 4.4 lbs \$7.99/ea | Hajip Apple Juice 1.5 liters \$9.99/ea | Longlife Glass Noodles 1 kg \$5.99/ea | Canned Silk Worm 99¢/ea | Wheat Flour 2.5 kg \$4.99/ea | Wang Mak Juk-Soo 5 lbs \$7.99/ea |
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HOUSEWARES

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| BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99/ea | ELECTRIC BBQ GRILL \$39.99 | ELECTRIC RICE COOKER (4 CUPS) \$49.99 | ELECTRIC RICE COOKER (6 CUPS) \$54.99 | ELECTRIC RICE COOKER (8 CUPS) \$59.99 |
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FROZEN & FISH DEPT

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| Dried Cod Fish 500 g \$12.99/ea | Columbus Pan Roasted Turkey Breast Kretschmar Ham off the Bone \$11.99/ea |
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