



**Free Playmaker  
Flag Football  
Launches**

PAGE 3

**Lou's Burgers  
Here to Stay**

PAGE 4



# Carmichael Times

VOLUME 45 • ISSUE 34 *Serving Carmichael & Sacramento County since 1981*

AUGUST 23, 2024

**SEE  
INSIDE**

**BADGES PINNED  
ON 54 NEW  
WILDLIFE OFFICERS**



PAGE 12

**TASK FORCE SEIZES  
MILLIONS IN  
ILLEGAL CANNABIS**



PAGE 3

**NATIVE  
PARTICIPATES  
IN WARFARE  
EXERCISE**



PAGE 9

## Best of the Best is Back



Last year's Best of Carmichael winners posed for a group portrait at La Sierra Community Center.

**Story and photos  
by Susan Maxwell  
Skinner**

**CARMICHAEL, CA (MPG)** - The popularity contest that decides Carmichael's top businesses kicks off in September.

Following two months of voting, the best of Carmichael's 2024 winners will celebrate on Nov. 1 at a La Sierra Center gala. Certificates, proclamations and bragging rights reward victory

Businesses in 69 fields will be 2024 contenders. Categories include professional services, non-profits, markets, restaurants, fitness centers, churches and many more entities that



An over-the-top dessert auction is a highlight of Best of Carmichael celebrations, scheduled this year for Nov. 1.

make Carmichael a commercial hub.

While new winners always emerge, several repeat champions have prevailed through previous years. The Bel Air market has repeatedly won

Best Grocery Store. Katie Pexa's Farmers agency has nailed Best Insurance Provider at every poll. Carmichael Presbyterian supporters have rallied since 2018 to make their church Best Place

of Worship. A few swing votes could change all this.

Nominations opened earlier this month, and candidates are still being accepted.

A new category solicits votes for the area's favorite teacher. Kindergarten to university level educators are on the ballot. Winner recognition includes a \$400 prize, sponsored by Nick Bloise, who is running for election to the San Juan School Board.

Expanded food and retail categories are also new this year.

"We have best bartender, best vegan menu, best date night ambiance and best tacos," explained

*Continued on page 5*

**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. ★

## Stay Safe from Rattlesnakes

**By Judy Andrews**

**SACRAMENTO REGION, CA (MPG)** - Although wildlife sightings are typically more common near rivers, creeks and open spaces, this year's extreme heat has forced the local wildlife, including many unwelcome visitors such as venomous snakes, to seek food, water and shelter in populated areas, sometimes right into our backyards.

The California Poison Control System receives hundreds of rattlesnake exposure calls every year, especially from April to October. Although rattlesnake bites are rarely fatal, they can cause severe injury or death, according to the California Department of Fish and Wildlife, and prevention is the key to human safety.

"Snakes start roaming around when they get desperate for water," said Jake Molieri, owner of SNAKEOUT, Inc.

"They can die if they become overheated, so it's not unusual to find them on



Northern Pacific Rattlesnakes are recognizable with their distinct triangular heads and dark brown blotches running down their backs. Photo courtesy of National Park Service

hot days near water sources like sprinklers, fountains, pools, pet water dishes and inside flowerpots," Molieri said.

Molieri's business provides humane snake removal services, educational resources and canine rattlesnake aversion clinics.

He's one of a handful of local snake removal companies specializing in removing rattlesnakes

from businesses and homes. Molieri sees a growing need for public education and awareness of wildlife behavior, especially as more people from other areas move into Sacramento County and the foothills.

"Rattlesnakes are important to our ecosystem. We don't need to live in fear of them. But we need to be vigilant and respect them

for their role in the environment like we do for other wildlife," Molieri explained.

Depending on the county, this region is home to between 10 and 13 different species, including the venomous Northern Pacific Rattlesnake, which is often the target of fear and misconception.

Sacramentan Michael *Continued on page 5*



Scan our QR Code for a direct link to our online edition!

PRSRD STD.  
U.S. POSTAGE  
PAID  
CARMICHAEL, CA  
PERMIT NO. 350  
OR CURRENT  
POSTAL CUSTOMER

**WE SUPPORT  
OUR  
MILITARY**

# Greater Sacramento Economic Council Hosts Delegation to South Korea



The Greater Sacramento Economic Council contingency is looking forward to connecting in-person with South Korean companies already investing in the Greater Sacramento region. Photo by Mohamed Hassan via Pixabay

## Heather Atherton, Atherton PR News Release

**SACRAMENTO, CA (MPG)** - Greater Sacramento Economic Council (GSEC) is hosting its first delegation to South Korea Aug. 16 through 26, led by the new Chair of GSEC's Board of Directors, UC Davis Chancellor Gary S. May. The regional contingency is looking forward to connecting in-person with South Korean companies already investing in the Greater Sacramento region in the semiconductor and life science industries such as Samsung, which recently opened Samsung Semiconductor in Folsom, SK hynix the parent company of Solidigm, and SK bioscience, related to AMPAC Fine Chemicals, which is headquartered in Rancho Cordova.

Last November, the Greater Sacramento Economic Council unveiled its new international initiative, 'Globalizing Greater Sacramento' to expand international business opportunities and enhance direct air services to the Greater Sacramento region. The primary objective of this trip will be to further relationships with Korean companies that have already invested in our region and share the region's advancements in semiconductors and life science with additional companies and institutions.

"The investments AMPAC Fine Chemicals, Solidigm and Samsung made in our region have been transformational for our global reputation. We are now among the most innovative markets in the U.S. for semiconductors, with nine global industry leaders operating in our region. This trip to South Korea is critical to growing our relationships with the companies that are already here and building new ones with other emerging Korean companies," explained Barry Broome, President and CEO of the Greater Sacramento Economic Council.

These meetings will also serve as an opportunity to showcase the soon-to-be-completed Aggie Square

at UC Davis, where leading-edge UC Davis research, innovative companies and startups, and talent from across our community will come together to create a thriving new Sacramento innovation district in 2025.

"Aggie Square is a collaborative knowledge community designed to support whole ecosystems in emerging areas of technology and life science," said Chancellor May. "With the ongoing expansion of the Korean life science industry, Aggie Square serves as a gateway for Korean companies to establish a strong opportunity to grow in the U.S. market and connect with UC Davis's extensive research network."

The delegation of 18 local leaders will build on existing relationships with companies already in the region and forge new ones to bring further investment and jobs into Greater Sacramento. The delegation includes several executives with UC Davis as well as executives and elected officials from SMUD, City of Rancho Cordova, Sacramento County, City of Folsom, Los Rios Community College District, Wexford Science + Technology and PRIDE Industries, as well as three leaders from the Greater Sacramento Economic Council.

This is the second international delegation trip the Greater Sacramento Economic Council has made this year. In February, it led a group of 20 local leaders to Germany and met with global leadership at Bosch, BMW, Mercedes-Benz, Siemens Mobility, SMA Solar and more.

### Key outcomes of that trip included:

Four companies are in active conversation to open operations in the region and another nine considering the region.

Progress was made toward securing a direct flight from Sacramento to Germany.

Partnerships to support Bosch in training and hiring for its new operations in Roseville, including bringing nine regional organizations

across higher education, workforce and industry to submit a grant application through CHIPS.

Act funding for a new training program.

Deepening relationships and partnerships between high education institutions that joined the trip, including Sacramento State and UC Davis.

Greater Sacramento Economic Council looks forward to another successful delegation trip, building bridges and creating opportunities for the Greater Sacramento region on the global stage.

### About the Greater Sacramento Economic Council

The Greater Sacramento Economic Council is the catalyst for innovative growth strategies in the Capital Region of California. The organization spearheads community-led direction to retain, attract, grow and scale tradable sectors, develop advanced industries and create jobs and investment throughout a six-county region. Greater Sacramento represents a collaboration between local and state governments, market leaders, influencers and stakeholders, with the sole mission of driving inclusive economic growth. The Greater Sacramento region was founded on discovery, built on leadership and fueled by innovation.

### About UC Davis Aggie Square

Aggie Square will bring together university research and teaching, industry and the community to create opportunities across the region. It will be home to research programs, private industry partners, classrooms, student housing and public-facing programs that engage local communities and entrepreneurs. It's projected to inject \$5 billion annually into the regional economy and support 25,000 jobs. The first buildings are expected to be completed in 2025. ★

# 'Team Hope Walk' Raises Needed Funds

## Weston Greene Communications News Release

**SACRAMENTO, CA (MPG)** - The Northern California Chapter of the Huntington's Disease Society of America will host the Sacramento Team Hope Walk on Sept. 21 at River Walk Park, 651 2nd St. in West Sacramento.

Team Hope is Huntington's Disease Society of America's largest national grassroots fundraising event, which takes place in more than 100 cities throughout the U.S. and has raised more than \$28 million for Huntington's Disease since its inception in 2007. Thousands of families, friends, co-workers, neighbors and communities walk together each year to support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's Disease and their families.

Huntington's disease is a fatal genetic disorder that causes the progressive breakdown of nerve cells in the brain. It deteriorates a person's physical and mental abilities during their prime working years and has no cure. Every child of a parent with Huntington's Disease has a 50/50 chance of inheriting the faulty gene. Today, there are approximately 41,000 symptomatic Americans and more than 200,000 at risk of inheriting the disease. The symptoms of Huntington's Disease are described as simultaneously having Amyotrophic Lateral Sclerosis (ALS), Parkinson's and Alzheimer's.

The Huntington's Disease Society of

America is dedicated to improving the lives of everyone affected by Huntington's Disease through community services and education to advocacy and research. Huntington's Disease Society of America was founded in 1967 by Marjorie Guthrie, the wife of legendary folk singer Woody Guthrie. The singer died from Huntington's Disease complications when he was only 55 years old but the Guthrie family legacy lives on at Huntington's Disease Society of America.

Registration starts at 9 a.m. and the event starts at 10 a.m. Sept. 21. All proceeds support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's disease and their families.

Team Hope is Huntington's Disease Society of America's largest national grassroots fundraising event and has raised more than \$28 million for Huntington's Disease since its inception in 2007. Thousands of families, friends, co-workers, neighbors and communities walk together each year to support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's Disease and their families.

For more information about the event, go to <https://northernca.hdsa.org/events/2024-team-hope-walk-sacramento> and [www.hdsa.org](http://www.hdsa.org) or call 800-345-HDSA. Huntington's Disease Society of America's Team Hope Walk Program is nationally sponsored by Neurocrine Biosciences and Teva Pharmaceuticals. ★

## CORRECTION

In the Aug. 16 issue, page 2, article, "Carmichael Resident Publishes Children's Book Trilogy," the third book is titled "The Wisdom of Boo."

3721 Whitney Avenue, Sacramento, CA 95821 | Offered at \$389,000

**DIEZ & SIGG GROUP**  
RE/MAX GOLD

This charming 3 bedroom, 1 bath fixer-upper boasts original hardwood flooring and bright, airy living spaces, offering a cozy atmosphere filled with potential. The newly remodeled bathroom features a gorgeous sink and marble tiling in the shower, blending modern comfort with classic charm. The living room, complete with an original fireplace, flows seamlessly into the kitchen/dining area. Step outside to the low-maintenance backyard, where you'll find a covered patio perfect for outdoor gatherings. While the home could use a little love, it's nestled in a great neighborhood with convenient access to Highway 80, Haggin Oaks Golf Complex, shops, and restaurants. This is a fantastic opportunity to customize a home to your tastes and enjoy all that this area has to offer!



# San Juan Unified School District Serves Free Student Meals

## San Juan Unified School District News Release

**SACRAMENTO, CA (MPG)** - San Juan Unified School District announced on Aug. 13 the sponsorship of the National School Lunch and the School Breakfast Program.

The program is available without charge to all district students. The district covers Arden-Arcade, Carmichael, Citrus Heights, Fair Oaks, Gold River and Orangevale.

San Juan Unified also sponsors all district schools and three California

Montessori Project schools (American River, Carmichael and Orangevale campuses) in participating in the Community Eligibility Program (CEP), where all students are fed at no charge.

Under California Universal Meals Program, San Juan Unified's Nutrition Services provides a free breakfast and a lunch to all enrolled students each school day.

For more information about San Juan Unified School District's meal program and to find a specific school meal calendar, visit [www.sanjuan.edu](http://www.sanjuan.edu). ★



**San Juan Unified SCHOOL DISTRICT**

**Craig Diez**  
Craig@DiezandSiggProperties.com  
CAIRE #01019930  
916.425.5884  
Realtor®/Owner **CraigDiezProperties.com**

**DIEZ & SIGG GROUP**  
RE/MAX GOLD

**BEST OF CARMICHAEL 2023**

Awarded  
2017 2020  
2018 2021  
2019 2023

The accuracy of all information contained herein regardless of source including, but not limited to square footage and lot size, is deemed reliable but is not guaranteed by RE/MAX Gold and should be independently verified by the appropriate professionals. Source: MetroList. CA DRE 01215931.

[DiezandSiggGroup.com](http://DiezandSiggGroup.com) | [f/DiezandSiggGroup](https://www.facebook.com/DiezandSiggGroup) | [i/DiezandSiggGroup](https://www.instagram.com/DiezandSiggGroup)

# Free Playmaker Flag Football Launches New Program

# California Seizes More Than \$120 Million in Illegal Cannabis



Playmakers Character and Leadership Academy events encourage all youth to participate. From mid-September through November, a free, inaugural Playmaker Flag Football will have two leagues for boys and girls: a league for youth between the ages of 6 and 14, and another league for youth with developmental differences. Photo courtesy of Playmakers Character and Leadership Academy

By Carol Feineman

**SACRAMENTO REGION, CA (MPG)**

National Football League (NFL) FLAG games give boys and girls of all abilities an opportunity to develop fundamental football skills in a positive, inclusive environment, according to the NFL FLAG organization.

And now area youth will have an opportunity to develop those skills.

That's because the non-profit Playmakers Character and Leadership Academy is launching a free, inaugural Playmaker Flag Football in Citrus Heights next month.

Children with developmental differences of any ability, desire and age, plus their families, are encouraged to attend. There will be two leagues, one for boys and girls between the ages of 6 and 14, and

another league for boys and girls with developmental differences.

Optimist Club of Country Club and Verde Design are providing the resources for The Playmakers to offer the free NFL Youth Flag Football.

All participants will receive a jersey, wristband and qualified coaching from high school and college players.

The games and practices will be held at both Mesa Verde High School and San Juan High School in Citrus Heights.

"This program is possible through the cooperation of both Mesa and San Juan High schools, working together for the community of Citrus Heights, beginning mid-September through November," said Playmakers founder Greg Roeszler. "Optimists and

Verde Design want all kids and families to have the opportunity to participate. Playmakers ensures the character/leadership component of the coaching and oversight."

The nonprofit Playmakers organization was founded by Roeszler in 2009 to build leadership and character through sports and academics. Roeszler is an Encina High School varsity football coach and a former quarterback/punter at the University of Minnesota and San Diego State, and camp quarterback with the Oakland Raiders

The Playmakers Flag Football contact/sign ups are at [Theplaymakers.org](http://Theplaymakers.org)

For more information about Playmakers Flag Football, call 916-220-1284 or email [Coachrozplaymakers@gmail.com](mailto:Coachrozplaymakers@gmail.com). ★

Office of Governor Gavin Newsom News Release

**SACRAMENTO, CA (MPG)**

In strong support of California's legal cannabis market, Governor Gavin Newsom announced that since January, California's Unified Cannabis Enforcement Task Force (UCETF) has seized more than \$120 million worth of illegal cannabis, destroyed nearly 37 tons of unlicensed cannabis, including 122,914 illegal plants. As part of these operations, state law enforcement officials have also seized 22 firearms.

"The legal cannabis market brings billions of dollars to our state's economy, helping to sustain California's position as the fifth largest economy in the world. We will not tolerate illegal operations that threaten our economy and the health and well-being of California communities," Governor Gavin Newsom said.

In recent months, the task force conducted operations in 11 California counties, including Mendocino, Tuolumne, Shasta, Orange, Kern, Alameda, Yuba, Trinity, Los Angeles, Butte and Humboldt.

"UCETF's efforts are continuing to break new ground in unlicensed cannabis enforcement by leveraging the expertise and knowledge of its diverse group of partners to disrupt the unlicensed market," said Bill Jones, Chief of the Law Enforcement Division with the Department of Cannabis Control.



Unified Cannabis Enforcement Task Force officers find illegally grown cannabis. Photo courtesy of the Office of Governor Gavin Newsom

**Taking Down Illicit Cannabis**

Governor Newsom has directed state agencies to aggressively target the organized criminal enterprises involved in the illicit cannabis market. These illegal schemes not only threaten California's legal cannabis market, but the use of illegal pesticides and unregulated practices harm California's environment and water quality. California is also focused on ending the exploitation of vulnerable workers at these sites, who are often victims of labor violations and human trafficking.

"The continued success of UCETF is a testament to the collaboration between its partner agencies. Due to the high level of engagement from each of the agencies involved, we are able to move swiftly against those who choose to continue to grow cannabis illegally," said Nathaniel Arnold, Chief of the Law Enforcement Division with the California Department of Fish and Wildlife and co-lead of the Unified Cannabis Enforcement Task Force.

"We will continue to rely on the individual and combined strengths of

these agencies to support those who are cultivating legally in a manner that is safe for the consumer, the general public, and the environment."

**A Unified Strategy Across California**

In 2022, Governor Newsom created the Unified Cannabis Enforcement Task Force to further align state efforts and increase cannabis enforcement coordination between state, local, and federal partners. The enforcement actions protect consumer and public safety, safeguard the environment, and deprive illegal cannabis operators and transnational criminal organizations of illicit revenue that harms consumers and undercuts the regulated cannabis market in California.

Since its inception, the Unified Cannabis Enforcement Task Force has seized over \$465 million in unlicensed cannabis by serving 309 search warrants. The taskforce has also eradicated 470,435 illegal cannabis plants, seized 150 illegal firearms, and arrested 38 individuals.

To learn more about the legal California cannabis market, state licenses, and laws, visit [cannabis.ca.gov](http://cannabis.ca.gov). ★



The Clean PowerCity® movement is happening. Hundreds of thousands have taken action to join the charge, drive electric, make clean power choices at home and work and save money with SMUD rebates. Together, we're creating Clean PowerCities, while we keep our promise to deliver world-class safety, reliability and some of the lowest electricity rates in California. For 99 ways to join the charge, visit [CleanPowerCity.org](http://CleanPowerCity.org) today.



RESTAURANTS ROW

# Lou's Burgers Here to Stay



By Janice Row

Most people saw in the news last October that Lou's Burgers in North Highlands was closing. It was big news that hit all the news channels. Fortunately for us, they won the battle and are here to stay.

Here's the whole story. Seven locations of Lou's Burgers opened in 1958. In 2009, Don Roberge owned the last two of these locations. He sold the one in Citrus Heights, which is now Sam's Classic Burgers. In 2010, Roberge sold the North Highlands location to his grandson. Robert and Leilan Kitchens were proud to love and own their grandfather's restaurant. The one bit of advice his grandfather gave him was "Don't change the secret sauce."

Life happens and things change. The landlord that their grandfather had passed away and a new landlord bought the building and the land. And had big plans but since they had a lease, he had to put his plans on hold. The two sides tried to work out something that worked for them both but the landlord decided to sell to someone else. The new landlord also wanted the



Lou's Burgers has been a must-visit restaurant in Rio Linda for many years. The yummy burgers include a secret sauce that keeps customers coming back all the time. Photo courtesy of Lou's Burgers

land for other things and when the lease was up, he raised the rent and the lease agreement was not in Lou's Burgers favor at all. Lou's Burgers wanted to buy the land and building but it wasn't for sale.

Now we are at October 2023. Lou's was given an eviction notice. When some customers found out, they told media. It was quite a scene; the line to get a burger was down the street. You see, the customers of Lou's Burgers grew up on these burgers. It is nostalgia.

A customer said, "It's a staple of my childhood. Sometimes it is just really nice to go back somewhere you know you got a good burger."

There are former residents who moved away

and when they come back to visit must come back for a good burger. There is a family that celebrates their dad's birthday every year by coming to Lou's. The whole community rallied around them with paying it forward, car shows and more. Robbie and Leilan appreciated the response of their customers and the love and support shown to them.

Oct. 31 was the court date and they accepted an offer from the landlord to buy the building and the land. Now Lou's Burgers is solely theirs, they get to stay with the community they so love to serve. It is a dream come true to be able to stay in this location and continue to serve their customers and community, for many more years.

Customers love nostalgia, food, amazing burgers, secret sauce and of course milkshakes. The milkshakes are handmade, delicious and there are 25 flavors or more. Come back and see the owners and staff and enjoy their awesome burgers, fries, tots sandwiches and shakes. Tell them you are glad they were able to save Lou's from eviction.

Robbie and Leilan love this place, their customers and this community. They would love to have more car shows, car washes, here and other community type events. Contact Leilan to get on their calendar at 916-271-2458.

Lou's Burgers is at 6229 Watt Ave., North Highlands. Hours are 10 a.m. to 9 p.m. seven days



Owners Robert and Leilan Kitchens love their customers. They want to help the community through car shows, car washes and more. Photo by Janice Row

a week. Also check out all that is going on through Facebook and Instagram. As their Facebook says, "We're not "fast" food

It's a drive in, not a drive through."

Contact Janice Row at [janice@restaurantsrow.com](mailto:janice@restaurantsrow.com) or at 916-292-1314. ★



This grill is where the magic happens. But don't stop with hamburgers; try one of Lou's Burgers' many milkshakes. Photo by Janice Row

Paid Advertisement

**CELEBRATING 25 YEARS!**



**Thank You Sponsors:**  
 KCRA 3/ KQCA My 58  
 KFBK News Radio 93.1  
 KISS 107.9

Sactown Magazine  
 Inside Sacramento  
 Visit Sacramento  
 Sacramento 365  
 Knight Elk Grove Subaru

Baskin Robbins  
 Hobrecht Lighting Design & Decor  
 Mansour Rugs  
 Riverview Media Photography

Bouchard Communications  
 Decker Design Solutions

Dos Coyotes  
 Panera Bread

**Saturday, August 24, 2024**  
**5K & Kids Fun Runs Free Arts Festival**  
 William Land Park  
[RacefortheArts.com](http://RacefortheArts.com)



**CONCERTS IN THE PARK**  
 Carmichael Park  
 5750 Grant Ave

**Fall Fridays**  
 6:00-8:00pm

**Sept 6:** The Wayside  
**Sept 13:** David Perez Band  
**Sept 20:** Legal Addiction  
**Sept 27:** Todd Morgan

**BUCKFAMILY AUTOMOTIVE**  
**DESMO!!!**  
 Carmichael Parks Foundation




**9th Annual**  
**END OF SUMMER**  
**HOT JAZZ JUBILEE**  
 REAL JAZZ • REAL FUN!  
**Aug 30 - Sept 2**  
**2024**  
 Doubletree by Hilton  
 Sacramento  
 Visit [HotJazzJubilee.com](http://HotJazzJubilee.com)

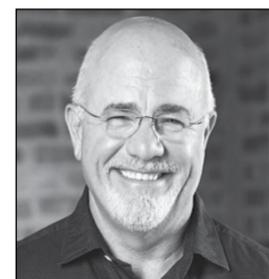


**LOCAL ARREST RECORDS**

**CRIME SCENE DO NOT CROSS**

Find out what's happening in your local area at...  
**CARMICHAELTIMES.COM**

**ARREST LOGS UPDATED DAILY**



Dave Ramsey

## Dave Ramsey Says It Gets Easier, and More Accurate, Over Time

ma—a business budget.

Next, you've got two goals to work toward with your profits. By profits, I mean after you've paid household expenses. That includes a living wage, enough to operate, keep food on the table, the lights on and that sort of thing. After basic living expenses are out of the way, your net profit in the business should be divided between retained earnings—or savings—and debt reduction. The idea is that you're going to put the lion's share toward paying off debt for now. Still, you need to have something set aside for a rainy day. In your case, that could be taken literally.

Keep in mind that in business, retained earnings are used for more than just emergencies. They're also for buying more land, equipment and anything else that'll grow your operation. But you always want a pad in there. What if you have an unusual year, and your

budget estimates are way off? It could be unexpected expenditures, or the fact you simply had a bad year. In business, that's an emergency, and you'd take that out of retained earnings.

Doing a budget, whether it's in business or personal finance, gets easier and more accurate with time and practice. You won't get everything right the first couple of tries, but with a little time and experience your budgeting skills and estimates will become more accurate.

I hope this helps, Thomas. Thanks for all your hard work!

—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. ★*

## Stay Safe from Rattlesnakes



Northern Pacific Rattlesnakes are common in this area. Photo by Judy Andrews

*Continued from page 1*

Starkey supports snake conservation worldwide through his nonprofit Save The Snakes organization.

"We haven't solved the problem by killing and removing them," Starkey said. "Rattlesnakes are simple creatures with survival needs similar to ours. They are much more afraid of you than you are of them and won't strike unless provoked."

Starkey's organization provides training courses that teach students about venomous snake behavior and how to safely handle them.

"Empowering individuals to learn about snakes helps conserve their population in the ecosystem," he said.

### Keeping your home snake-free

Rattlesnake sightings and encounters can occur at any time of year in this area but are more frequent as the snakes become active when temperatures rise above 70 degrees. Should you find one in your yard, don't panic. Follow the experts' advice to keep your property snake-free.

"Understanding their behavior and habits is the first step in safety and prevention," said Ben Nuckolls, Wildlife Capture Specialist and owner/operator of California Wildlife Encounters. With 30 years of experience, Nuckolls is trained to safely work with all types of wildlife, often including venomous snakes.

"The important thing to remember is that rodents attract snakes," Nuckolls said. "Removing a snake's food source is crucial to keeping your home snake-free."



Save The Snakes teaches students and wildlife professionals how to handle venomous snakes safely. The organization accepts donations to keep their work going. Photo courtesy of Save The Snakes

Nuckolls frequently responds to calls from livestock owners and residents in rural communities who find rattlesnakes in the loose straw where rodents burrow or near chicken coops where rodents eat the feed.

Homeowners can reduce snake encounters by keeping their yards, sheds and garages clutter-free. This involves cleaning up all birdseed from the ground, trimming weeds, grass and overgrown foliage—and conducting regular home perimeter inspections, including checking woodpiles and areas near water sources.

Snake experts also advise homeowners near open spaces and greenbelts to invest in rattlesnake fencing installed by a professional to minimize

snake entry points.

Should you encounter a rattlesnake in your yard, it's recommended that you call a professional to safely and humanely remove it. Don't try to remove it yourself or kill it unless you've been trained in handling venomous snakes. A scared, provoked snake will try to defend itself.

Experts recommend having a plan in place and keeping the phone numbers of local snake removal companies or your local county Animal Control handy in case you need them at any time. Check with your nearest hospital or emergency facility to ensure they carry the antivenom. A rattlesnake bite is a medical emergency for humans and pets. ★



## Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS

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

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



### AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362 • [americanriverchiropractic.com](http://americanriverchiropractic.com)

CALL or TEXT today!



Congratulations to Kings standout De'Aaron Fox and his wife Recee! Their young family has recently added a baby girl, and on behalf of all Kings fans I want to say a hearty congratulations to you both.

Many Kings fans have enjoyed watching Recee and baby Reign the past season, as they sit courtside and root on De'Aaron and the Kings nightly.

As an NBA veteran and former all-star, I fully expect De'Aaron to have another all-star season this year, and with the added presence of DeMar DeRozan, Fox could potentially have his best year yet.

Many believe with De'Aaron's improved three-point shooting, and his dynamic drives to the hoop, DeRozan's stellar midrange game may give Fox even better looks at the basket.

The same can be said for Keegan Murray, whose three-point shooting fell off a bit after having an eye-popping rookie season.

Teams tightened up the D on Keegan in his sophomore campaign, and the open looks he enjoyed in his rookie season were harder to find last year.

Look for DeRozan to help Keegan get back on track, and I believe every Kings fan is firmly convinced that Keegan's best basketball is still in front of him.

I have listened to NBA pundits that have downgraded the Kings to a 44-win prospect in the coming season, and this writer wonders what these supposed experts are looking at.

I see a 50-plus win team hitting the hardwood for Sacramento this year, and that is without Monte McNair making any further improvements to the roster. McNair has done a yeoman's job as a young GM, and is already developing a reputation as a GM not to be taken lightly.

Not since the Geoff Petrie days have we seen someone in the front office with the acumen that our own Monte McNair has demonstrated. So, take heart Kings fans, because I believe McNair is here for the long haul, and his 13-year stint with the Houston Rockets has proven invaluable to the Kings, as he continues to make prudent moves that are consistently

improving this team.

Many fans criticized choosing another guard in acquiring Devin Carter, but I firmly believe that utilizing the philosophy of choosing the best possible talent, regardless of position, was the correct prescription for the Kings, and just like choosing Keegan Murray two years ago, I believe that young Carter will prove his value in the 2nd half of the 2024/2025 season.

Many believe that the only reason he wasn't taken in the top 10 was due to impending shoulder surgery that has already taken place. Carter's availability looks to be sometime in late January, so his rookie campaign will consist of only half a season. I'm convinced that McNair chose wisely, so working him into the lineup in the all-important drive to the finish could make Devin Carter another fan favorite.

The continued talk is that the Kings still need a power forward to match up with stalwart big man Donatas Sabonis, and there still remains quality players that are on the open market.

One name I haven't heard mentioned is Indiana Pacers small forward Doug McDermott, who may yet be a sleeper that just needs more time on the hardwood.

A playoff team last year and a good one, the Pacers gave McDermott only 14 minutes per game while adding 5.5 points per game each night. McDermott was the 11th pick overall in the 2014 draft, and at 32 years of age could bring a veteran presence to a young Kings roster.

Tobias Harris is more of a household name, and while scoring 17.2 points per game for the 76ers last season, has scored 20 or more for the season twice in his 9-year career, and would also fit nicely into the Sacramento lineup.

Stay tuned Kings fans, because the roster for the upcoming season is not yet cast in stone, and just one more move could propel this playoff bound team to a place deep in the playoffs!

All the best, and please send your comments to [vgarrisingsfan@gmail.com](mailto:vgarrisingsfan@gmail.com). ★

Your thoughts are always welcome at [vgarrisingsfan@gmail.com](mailto:vgarrisingsfan@gmail.com)

## Best of the Best is Back

*Continued from page 1*

Carmichael chamber of Commerce President Rosie Buck. "With so many restaurants here, we want more opportunity to highlight great kitchens. Carmichael's also an entertainment hub, so we decided to make "best concert-in-the-park band" a category this year. We hope bands will get their fans voting."

The poll has garnered much excitement over the 10 years since the Carmichael Times and Chamber of Commerce joined forces to stage the event. Nominees must be located in Carmichael or have Chamber membership. But anyone from anywhere can vote.

A "kick-off picnic" will be part of the Sept. 5 food truck night in Carmichael Park.

Results will be revealed at a Hollywood-themed gala in La Sierra Center on Nov. 1.

"We'll encourage attendees to strut their red-carpet glam," said Rosie Buck. "The spotlight will be 100 per cent on Carmichael. With our expanded categories, we hope for more voters and a big gala turnout. It's always a great night for businesspeople to let their hair down."

Electors can peruse candidates at [www.bestofcarmichael.com](http://www.bestofcarmichael.com) after Sept. 10. The Nov. 1 awards dinner cost is \$60 for chamber members and \$65 for non-members. For information, go to [www.carmichaelchamber.com](http://www.carmichaelchamber.com).

Gala sponsors include Buck Family Automotive, Supervisor Rich Desmond and Carmichael Improvement District. ★

## Brighten a Senior's Day

### Volunteer with Meals on Wheels Sacramento County

We need compassionate volunteers to deliver meals, support our community cafes, or help with clerical tasks. Your kindness helps our elderly neighbors maintain independence and dignity through improved nutrition.

For more information and to sign up, visit [mowsac.org](http://mowsac.org) or call (916) 444-9533.

Be the reason someone smiles today.

Volunteer with us and make a heartfelt difference.





# Free Heart Screening for Youth Scheduled for Oct. 6

## Election Stress Relief

Are you stressed out about the upcoming election? Are you anxious or depressed? **Dr. Greg Hammer** says you can cope with it. He is a former Stanford School of Medicine Professor, physician and mindfulness expert. He authored **"Gain Without Pain"** and shared ten ways to deal with stress from politics on my POPPTALK Radio Show on FM-104.5 & AM-950 KAHI. By the way, you can hear POPPTALK 24/7 at [www.KAHI.com](http://www.KAHI.com). Just click on LISTEN. So, here's the G-A-I-N Method.

**1. GRATITUDE.** When feeling stress focus on that for which you are grateful. Being alive today, you're in relatively good health (it could be worse), living in a relatively safe place with electricity and running water (many others around the world do not have these simple amenities), have friends and family, your loving pet, and not being broke! **2. ACCEPTANCE.** Of things that bother you. Discern between what you can change and what you cannot change. Focus on accepting the latter. Pain is an intrinsic part of life. Suffering can be managed. **3. INTENTION.** Remember to be purposeful about how you spend your time and even your thoughts. Our brains are wired for survival, not happiness. The good news is that we have neuroplasticity. It means we can rewire our brains to be more positive and present rather than default to our negativity bias and distraction with the past and future. The combination leads to shame and depression (past) and anxiety (future). **4. NONJUDGMENT.** We are wired to be judgmental and make mostly negative judgments. We CAN learn to drop the constant judgments through

mindfulness meditation practice. So take care of yourself...enhance your physical well-being. It can reduce your stress level. **5. OPTIMIZE YOUR SLEEP HYGIENE.** Sleep is underrated and essential to our well-being. Go to bed and awaken at the same time every day, even weekends. Darken the bedroom or wear eye shades. Keep the bedroom cool if possible. Avoid caffeine after noon and alcohol after 7 PM. Put screen away at least an hour before bed. **6. GET REGULAR EXERCISE. IDEALLY AT LEAST 4-5 TIMES A WEEK.** Cardio for 45 minutes 3X a week, resistance training 2-3X a week, core and balance training 2X a week (may combine the above). Even a brisk walk around the block is better than nothing. **7. FOCUS ON YOUR NUTRITION.** Transition to a more plant-based diet, minimize sugary and refined foods. **8. TRY TO REDUCE YOUR WORKLOAD SOMEWHAT.** Here's the best. Substitute fun activities. **9. LIMIT TIME WATCHING NEWS ON TV AND LISTENING TO NEWS ON RADIO AND PODCASTS.** The media needs to fill their 24/7...365days news cycle. And bad and exaggerated news sells. **10. AGGRAVATION.** When you hear the "other side" express political views and you disagree, delay reactivity by taking 4 or 5 slow, deep deliberate breaths. This activates the parasympathetic nervous system and turns down the "fight or flight" sympathetic nervous system. During the slow in-breath through the nose, remember **GRATITUDE, ACCEPTANCE, INTENTION AND NONJUDGMENT.** Find **Dr. Hammer** at [www.greghammermd.com](http://www.greghammermd.com). And **RELAX!** ★



A free youth heart screening in Davis this fall will help identify young people who may be in that group. The event is sponsored by the Kyle J. Taylor Foundation (KJTF), in collaboration with UC Davis Health and Project ADAM Sacramento. Image by Gerd Altmann from Pixabay

### UC Davis Health News Release

**DAVIS, CA (MPG)** - One in 300 youth has an undiagnosed heart condition that puts them at risk for sudden cardiac arrest. A free youth heart screening in Davis this fall will help identify young people who may be in that group. The event is sponsored by the Kyle J. Taylor Foundation (KJTF), in collaboration with UC Davis Health and Project ADAM Sacramento.

The free event will be held on Sunday, Oct. 6, from 10 a.m. to 4 p.m. at the Harper Junior High School in Davis. The event is for those ages 12 to 25.

The screening takes about 40 minutes to complete. It includes a cardiac risk assessment, an electrocardiogram (EKG) and a physician review. Echocardiograms will also be available upon request by the physician.

The EKG is a simple and painless test that records the heart's electrical activity using small sticky electrode patches attached to the skin of the chest. Structural and electrical heart issues which can cause sudden cardiac arrest in young people can often be seen in an EKG or echocardiogram.

The event aims to prevent sudden cardiac arrest risk in children and young adults. Annual physical examinations and sports pre-participation physical exams can miss about 85 to 90% of issues that can cause sudden cardiac arrest in youth.

More than 1,500 young people have been screened at four Sacramento area free youth heart events hosted by Kyle J. Taylor Foundation with UC Davis Health and Project ADAM Sacramento. Twenty-seven people have been identified with

undiagnosed heart conditions.

Register to get your heart screened at <https://kylejtaylor.app.neoncrm.com/np/clients/kylejtaylor/eventRegistration.jsp?event=277&>.

### About Kyle J. Taylor Foundation

The Kyle J. Taylor Foundation was started in 2018 in honor of Kyle Taylor, who passed away in February of 2018 from sudden cardiac arrest at the age of 18. Kyle was always a loving, kind, spirited, healthy young man with no known heart issues. His family wanted to honor Kyle's legacy by bringing awareness to sudden cardiac arrest in youth, the steps to prevent it, and how to respond to it. By doing this important work, the foundation's mission is to help in preventing another family from losing their child or loved one to sudden cardiac arrest. To learn more about the foundation, visit the website at <https://www.kylejtaylor.org>.

### About Project ADAM Sacramento

Project ADAM is committed to saving lives by preventing sudden cardiac death where young people learn and play. It is not enough to simply have an automated external defibrillator (AED) in the building - having a documented plan, a designated and prepared response team, and a regularly practiced emergency response drill are critical to success. Project ADAM provides the foundation for schools and community organizations to develop their program by providing resources, education and training. Project ADAM can help your school or organization become Heart Safe. Visit the website for more information at <https://health.ucdavis.edu/children/services/project-adam>. ★

**LEGAL ADS FOR SACRAMENTO COUNTY?**  
**We Can Do That!**  
**MPG 916-773-1111**  
 All Legal Ads Published by Messenger Publishing Group

# 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](mailto: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**

**RETIRED COUPLE**  
 HAS \$1MIL TO LEND ON CA. REAL ESTATE\*  
**V.I.P. TRUST DEED COMPANY**  
 Buys T.D.s and Buys/Lends on Partial Interests  
**OVER 40 YEARS OF FAST FUNDING**  
 Principal **(818) 248-0000** Broker  
**WWW.VIPLoan.com** \*Sufficient equity required - no consumer loans  
 Real Estate License #01041073 CA Department of Real Estate, NMLS #339217  
 Private Party loans generally have higher interest rates, points & fees than conventional discount loans

**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](http://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**

**BRIAN OLSON**  
 OWNER  
 License #982398  
 ESTD 2005  
 916-912-0293  
[info@olsonswoodworx.com](mailto:info@olsonswoodworx.com)  
[olsonswoodworx.com](http://olsonswoodworx.com)  
**CUSTOM CABINETS CRAFTED JUST FOR YOU!**

**SENIOR DISCOUNTS!**  
**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](http://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**



# Employment Opportunities

## We Are Hiring

### Opportunities at Messenger Publishing Group

Email your resume to [Publisher@MPG8.com](mailto: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](mailto:Publisher@MPG8.com)

# Newsweek Names UC Davis Children's Hospital One of America's Best

## UC Davis Health News Release

SACRAMENTO, CA (MPG) - UC Davis Children's Hospital has been named one of America's Best Children's Hospitals 2024 by Newsweek magazine and Statista, a global market research and consumer data firm. The hospital was ranked in three pediatric specialties: neonatology, neurology and cardiology.

UC Davis Children's Hospital is the only hospital in Sacramento to be recognized.

"We are privileged to provide world-class care every day to children and families here in the Sacramento region and beyond," said Brenda Chagolla, associate chief nursing officer at UC Davis Health. "On behalf of our whole team, we are honored to receive this recognition."

The rankings, announced this month, honored 175 leading hospitals in eight specialties: cardiology and cardiac surgery, endocrinology, gastroenterology and gastrointestinal surgery, neonatology, neurology and neurosurgery, oncology and hematology, pulmonology and thoracic

surgery, and orthopedics. The list was compiled from four data sources:

A nationwide online survey: Health care professionals and hospital managers with knowledge about pediatric care, such as general and specialized pediatricians and nurses, were asked to recommend leading children's hospitals in the U.S. The survey was also promoted on newsweek.com.

Hospital quality metrics with a focus on indicators from the American Hospital Association's Annual Survey of Hospitals Database. This includes data provided by more than 6,200 hospitals and 400 health care systems.

Results from patient experience surveys, which included data from the Hospital Consumer Assessment of Healthcare Providers and Systems.

Statista Patient-Reported Outcome Measures implementation survey, which are standardized, validated questionnaires completed by patients.

The full list of recipients appears in Newsweek online at <https://www.newsweek.com/rankings/american-best-childrens-hospitals-2024>. ★



## Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.



Call us today at 916-773-1111

# Local Classifieds

Advertise in your local community newspaper  
Call 916-773-1111

### Announcement

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

### Autos Wanted

DONATE YOUR VEHICLE to fund the SEARCH FOR MISSING CHILDREN. FAST FREE PICKUP. 24 hour response. Running or not. Maximum Tax Deduction and No Emission Test Required! Call 24/7: 1-877-434-6852 (Cal-SCAN)

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS! Free free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-855-408-6546 (Cal-SCAN)

Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llame ahora: 1-855-408-6546 (Cal-SCAN)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-844-491-2884 today! (Cal-SCAN)

Buy and Shop Local!

### Computer Service

**Zinsky's**  
PC Configurations  
"Don't replace it - REPAIR IT!"  
Custom Desktop Computer Configurations  
• PC Repair • Home Wireless Networking  
• Installations • Virus & Spyware Eradication  
Alan Zinsky  
Phone: 916-622-2269  
Zconfig@zsbglobal.net  
Bus. Lic. # 305512 • B. E. A. E. Reg. #84414  
[www.zinskyspcrepair.com](http://www.zinskyspcrepair.com)

### Cellular Plans

Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-844-908-0605 (Cal-SCAN)

### Elder Care

Hardworking, tender-hearted, Christian woman available for full-time Elder Care. References. Maria 916-283-1427 (8/30/24)

GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$1 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-855-476-0033 (Cal-SCAN)

### Financial

Struggling with debt? If you have over \$10,000 in debt we help you be debt free in as little as 24-48 months. Pay nothing to enroll. Call Now: 1-877-435-4860 (Cal-SCAN)



### For Sale

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 leave message. (TFN)

### Hall Rentals

**VFW Post 6158**  
  
8990 Kruithof Way,  
Fair Oaks, CA  
916-966-1663  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)

### Health/Wellness

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-888-256-9155 (Cal-SCAN)

JOIN FOR FREE - NO KITS OR QUOTES - FREE WEBSITE. CTFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: [canderson.myctfo.com](http://canderson.myctfo.com) (TFN)

### Help Wanted

**Kp International MARKET**  
Many Positions are Available. Please no phone calls. Apply in person.  
10971 Olson Dr.  
Rancho Cordova,  
CA 95670

### Insurance/Health

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844-203-2677 [www.dental50plus.com/](http://www.dental50plus.com/) calnews #6258 (Cal-SCAN)

## MPG8.COM

### Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 8/25/24.) Call 1-855-419-8241 (Cal-SCAN)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1888-989-5749 (Cal-SCAN)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-252-9868 (Cal-SCAN)

### Need Help?

**Hire A Pro!**

### Home Repair

**WATER DAMAGE CLEANUP & RESTORATION:** A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-248-0815. Have zip code of service location ready when you call! (Cal-SCAN)

### Home Warranty

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-855-411-1731 (Cal-SCAN)

### Landscaping

**CREATE YOUR PARADISE**  
  
Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design & Installation, Est 1987 American Construction & Property Maintenance Company  
WE ACCEPT VISA & MASTER CARD  
**(916)612-0776**  
Lic#690968

### Miscellaneous

**DID YOU KNOW** Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email [cecilia@cnpa.com](mailto:cecilia@cnpa.com) (Cal-SCAN)

The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or [cecilia@cnpa.com](mailto:cecilia@cnpa.com)

### Music Lessons

**Guitar Lessons** Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, [freddiebalbert@gmail.com](mailto:freddiebalbert@gmail.com) (12/31/2024)

### Pet Sitting

Established reputation, lots of TLC, kennel free, happy and safe environment, affordable rates. Call Madeline 916-723-1608 (Date)

Visit: [mpg8.com](http://mpg8.com)

### Real Estate

**RETIRED COUPLE** \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company [www.viploan.com](http://www.viploan.com) Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

### Roofing

**BERNARDINO ROOFING**  
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
\*\*\*FREE ESTIMATES\*\*\*  
SENIOR DISCOUNTS  
Lic.#817945 43 Years Experience  
**916.920.0100**  
[www.bernardinoroofing.com](http://www.bernardinoroofing.com)

### Tree Service

**BP TREE SERVICES LLC.**  
  
TREE & STUMP REMOVAL  
TREE TRIMMING/ SHAPING  
FREE ESTIMATE  
10% OFF WITH THIS AD  
Insured. Workman's comp. Arborist  
**916-722-6321**  
BPTreeServices.com  
VISA / MASTR CARD  
California Contractors Lic #1036031

### RETIRED COUPLE

HAS \$1MIL TO LEND ON CA. REAL ESTATE\*

### V.I.P. TRUST DEED COMPANY

Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING

Principal (818) 248-0000 Broker  
[WWW.VIPLoan.COM](http://WWW.VIPLoan.COM) \*Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217  
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

**To ADVERTISE  
CALL 916.773.1111**

**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 Hotline  
 916-483-2299  
 Legal Advertising Fax  
 916-773-2999

Legal Advertising  
 7144 Fair Oaks Blvd #5  
 Carmichael, CA 95608

**FICTITIOUS BUSINESS NAME STATEMENTS**

**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 FBNF2024-05454**  
 Margarito Perez Robles, 5331 Kohler Road, 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 FBNF2024-05014**  
 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 Café/P.U.P Café" 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 Muwwakkil, 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**  
 Flordeliza 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) "Bruns 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 Meli" 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 NMMWHFIT/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  
 ELEVATED 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  
 ACTION 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  
 Publish: August 16, 23, 30 Sept 6, 2024  
 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  
 Publish: August 16, 23, 30 Sept 6, 2024  
 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

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06052**  
 Absolute Massage LLC, 9372 Madison Avenue Suite 5B, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Absolute Massage" 9372 Madison Avenue Suite 5B, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 7, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 ABSOLUTE 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05880**  
 Vladyslav Guzevaty, 10600 Averell Court, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Prime Construction" 10600 Averell Court, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 30, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 PRIME 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06031**  
 Kepos Enterprises, Inc., 835 University Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Fleet Flower/Nu Cannabis" 241 N 10th Street #7J, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 6, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 PRIME 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06034**  
 Eva M. Segal, 11406 Forty Niner Circle, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Salon Aprima" 5200 Sunrise Boulevard Suite 1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 6, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 FLEET 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05988**  
 Ryan Hatcher, 4800 Moddison Avenue, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Porter Street Strategies" 4800 Moddison Avenue, Sacramento, CA 95819. Filed with the Clerk of Sacramento County August 2, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 PORTER 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06093**  
 Troopathon, 3105 Fite Circle Suite 108, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "America's Care Packages for the Troops" 3105 Fite Circle Suite 108, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 8, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 AMERICAS 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05861**  
 Charlotte Tillman, 8226 La Sombra Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Char Stamps/Char's Travel" 8226 La Sombra Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 30, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 CHAR 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06119**  
 Lart Group Inc, 6232 Greenback Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Minuteman Press" 6232 Greenback Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 8, 2024  
 Publish: August 16, 23, 30 Sept 6, 2024  
 CHAR 9-6-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05843**  
 Packerz LLC, 2108 N Street N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Chai Master" 2108 N Street N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 31, 2024  
 Publish: August 23, 30, Sept 6, 13, 2024  
 CONCRETE 9-13-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05612**  
 Victor Sepulveda, 6729 26th Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Fidelina Tire Shop" 6729 26th Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County July 22, 2024  
 Publish: August 23, 30, Sept 6, 13, 2024  
 BUTTERFLY 9-13-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05884**  
 SND Foods, Inc., 5109 Gibbons Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Star Liquor" 4110 De La Vina Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 30, 2024  
 Publish: August 23, 30, Sept 6, 13, 2024  
 STAR 9-13-24

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05905**  
 Evangelina Bravo, 2451 Casa Linda Drive, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "A and E Cleaning Services 2451 Casa Linda Drive, Sacramento, CA 95822. Filed with the Clerk of Sacramento County July 31, 2024  
 Publish: August 23, 30, Sept 6, 13, 2024  
 CLEANING 9-13

# Native Participates in International Maritime Warfare Exercise

**By Mass Communication Specialist 2nd Class Jerome Fjeld, Navy Office of Community Outreach**

**PEARL HARBOR, HI (MPG)** - Seaman Apprentice Rocio Zavala-Ramirez, a native of Sacramento, California, serves aboard USS Carl Vinson, a U.S. Navy warship operating out of San Diego, California, and participating in the biennial Rim of the Pacific (RIMPAC) exercise in and around the Hawaiian Islands.

Zavala-Ramirez graduated from Grant Union High School in 2021.

The skills and values needed to succeed in the Navy are similar to those found in Sacramento.

"While in my hometown, my dad, a hard worker, taught me the value of diligence, and my mom taught me empathy, communication, and networking. These lessons have been instrumental in my job," said Zavala-Ramirez. "My hometown also taught me that it is okay to fail because failure is an opportunity to learn, as my teachers taught me."

Zavala-Ramirez joined the Navy one year ago. Today, Zavala-Ramirez serves as a mass communication specialist.

"I joined the Navy because I

wanted more direction for my career and a clearer life purpose," said Zavala-Ramirez. "I was working at Costco and realized I didn't want to do that for the rest of my life. I wanted to pursue something bigger than myself, so I decided to join the Navy."

As the world's largest international maritime exercise, approximately 29 nations, 40 surface ships, three submarines, 14 national land forces, over 150 aircraft and more than 25,000 personnel will participate in RIMPAC 2024. This exercise provides a unique training opportunity that helps participants foster and sustain cooperative relationships that are critical to ensuring safety at sea and security on the world's oceans. RIMPAC 2024 marks the 29th exercise in a series that began in 1971.

The theme of RIMPAC 2024 is "Partners: Integrated and Prepared." The participating nations and forces exercise a wide range of capabilities and demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster relief and maritime security operations to sea control and complex warfighting. The relevant, realistic training program includes



**Rocio Zavala-Ramirez hails from Sacramento.** Photo by Mass Communication Specialist 2nd Class Isaiah Williams

gunnery, missile, anti-submarine and air defense exercises, as well as amphibious, counter-piracy, mine clearance operations, explosive ordnance disposal and diving and salvage operations.

Zavala-Ramirez plays an important role in the exercise.

"During RIMPAC, my role is to document and display the significance of our international partnerships," said Zavala-Ramirez. "I think it's beneficial to hold exercises and events with other nations. I covered a sports competition between the U.S. and New Zealand. I felt it helped connect people from these nations personally, building bonds

and strengthening our alliances."

Zavala-Ramirez serves a Navy that operates far forward, around the world and around the clock, promoting the nation's prosperity and security.

"Being in the Navy makes me proud to serve my country. Playing a role in something as significant as this gives me a sense of purpose," said Zavala-Ramirez. "Every job has its importance, and what I do and who I serve has provided me with valuable learning experiences that I am grateful for."

Zavala-Ramirez is grateful to others for helping make a Navy career possible.

"I would like to thank my recruiter, Terence Litton. As a first-generation military member with no one in my family familiar with what I was signing up for, he provided me with a lot of information about the jobs and coached me well on what to study and ex," said Zavala-Ramirez. "I also want to thank my family for supporting me in my journey. Although they were worried at first, their calls and letters helped me a lot in adjusting to a new environment. Additionally, I would like to thank my fiancé for his unwavering support and reassurance. His experience in the Navy and supportive

words and advice helped me get through hard times."

Zavala-Ramirez offered words of advice for those considering joining the military.

"If you're going to join, be 100% sure of it. Do it because you want to, not because someone else told you to," added Zavala-Ramirez. "It has to be your decision. Prepare for all tests diligently."

Hosted by Commander, U.S. Pacific Fleet, RIMPAC 2024 will be led by Commander, U.S. 3rd Fleet, Vice Adm. John Wade, who will serve as Combined Task Force (CTF) commander. For the first time in RIMPAC history, a member of the Chilean Navy, Commodore Alberto Guerrero, will serve as deputy commander of the CTF. Rear Adm. Kazushi Yokota of the Japan Maritime Self-Defense Force will serve as vice commander. Other key leaders of the multinational force will include Commodore Kristjan Monaghan of Canada, who will command the maritime component, and Air Commodore Louise Desjardins of Australia, who will command the air component.

More information about RIMPAC is available at <https://www.cpf.navy.mil/RIMPAC/>. ★

Legal Advertising Hotline  
916-483-2299  
Legal Advertising Fax  
916-773-2999

## 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

### FICTITIOUS BUSINESS NAME STATEMENTS

Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Journey to Freedom" 1104 Corporate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 2, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
JOURNEY 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06209  
Selena McQuilkin, 3425 El Camino Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "El Camino Psychic and Spiritual Healer" 3425 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 13, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
PSYCHIC 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06229  
Oleksandra Borodych, 10324 Mills Station Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Sabó Design" 10324 Mills Station Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 14, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
SABO 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06244  
CB Electric LLC, 8121 Dart Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Bybee Electric Services" 8121 Dart Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 14, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
BYBEE 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06195  
Hastings Health Physician Assistant Inc., 8881 Katama Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Radiant Studio by Tati Hastings" 3160 Arden Way Suite #114, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 12, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
RADIANT 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06250  
Jamie Perez, 7109 Rob River Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Beyond Words Productions" 7109 Rob River Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 15, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
BEYOND 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06109  
Kirbee Brooks-Gomez, 4335 Shingle Oak Lane, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "BusyPro Virtual Assistant Agency" 4335 Shingle Oak Lane, Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 8, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
BUSYPRO 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06143  
Sarah Torres, 9235 Madison Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Little b Photo/Sarah Beth Photography" 9235 Madison Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 9,

2024  
Publish: August 23, 30, Sept 6, 13, 2024  
LITTLE 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05640  
Res.Co Clean, 8328 Myrtus Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Restoration Emergency Services Company/RESCO" 9418 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County July 23, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
RESTORATION 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06206  
SAHM Enterprises Inc, 9785 Summer Glen Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Dieselers" 5900 Warehouse Way #110, #130, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 13, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
DIESELEERS 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06278  
Granite Financial Solutions, Inc., 5321 Luce Avenue, McClellan, CA 95652 is doing business under the Fictitious Business Name(s) "Secure Workspaces Distribution" 5321 Luce Avenue, McClellan, CA 95652. Filed with the Clerk of Sacramento County August 15, 2024  
Publish: August 23, 30, Sept 6, 13, 2024  
SECURE 9-13-24

### ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV014932

Josselyn P. Nelson has filed a petition with this court for a decree changing the name(s) of Alondra Monserrath Perdono to Alondra Monserrath Nelson.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 30, 2024, at 8:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: July 26, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 2, 9, 16, 23, 2024  
NELSON 8-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#34-2019-00252673-PR-GP-FRC

Raitavea Casey has filed a petition with this court for a decree changing the name(s) of Za'ryah Marie Jael McDaniel to Za'ryah Marie Casey.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 30, 2024, at 9:00 a.m. in Department 129, located at 3341 Power Inn Road, Sacramento, CA 95826, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: June 27, 2024  
James E. McFetridge, Judge of the Superior Court  
Publish: August 2, 9, 16, 23, 2024  
CASEY 8-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV014388

Mae Joy Castaneda has filed a petition with this court for a decree changing the name(s) of Heaven Reese Manipon Obille to Heaven Reese Obille Castaneda.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 10, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: July 19, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 2, 9, 16, 23, 2024  
Castaneda 8-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV005370

Brittney Roberts has filed a petition with this court for a decree changing the name(s) of Arriana Harper Abbott to Arriana Levi Roberts.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 24, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: June 18, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 9, 16, 23, 2024  
ROBERTS 8-30-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015391

Sarah Jane Dalley-Lincoln has filed a petition with this court for a decree changing the name(s) of Sarah Jane Dalley-Lincoln to Sarah Jane Lincoln.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 5, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 1, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 16, 23, 30, Sept 6, 2024  
LINCOLN 9-6-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015789

Sydney Jeanette Barnes has filed a petition with this court for a decree changing the name(s) of Sydney Jeanette Barnes to Sydney Jeanette Vox.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 11, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 8, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 16, 23, 30, Sept 6, 2024  
BARNES 9-6-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV014548

Tahmina Khushrawi has filed a petition with this court for a decree changing the name(s) of Tahmina Khushrawi to Tahmina Khusravi.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 23, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: July 22, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 9, 16, 23, 30, 2024  
KHUSHRAWI 8-30-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV008467

Brittney Roberts has filed a petition with this court for a decree changing the name(s) of Aubrie Leyla Parker to Aubrie Leyla McLaughlin-Roberts.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 3, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: May 1, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 9, 16, 23, 30, 2024  
ROBERTS 8-30-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015314

Yousuf Jan Hussain Zahiri has filed a petition with this court for a decree changing the name(s) of Yousuf Jan Hussain Zahiri to Yousuf Aryoubi and Farida Mahmood to Farida Aryoubi and

Gulsoom Yousuf to Gulsoom Aryoubi and Mohammad Yousuf to Mohammad Aryoubi and Aisha Yousuf to Aisha Aryoubi.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 10, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: July 19, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 2, 9, 16, 23, 2024  
Castaneda 8-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015391

Sarah Jane Dalley-Lincoln has filed a petition with this court for a decree changing the name(s) of Sarah Jane Dalley-Lincoln to Sarah Jane Lincoln.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 5, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 1, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 16, 23, 30, Sept 6, 2024  
LINCOLN 9-6-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015789

Sydney Jeanette Barnes has filed a petition with this court for a decree changing the name(s) of Sydney Jeanette Barnes to Sydney Jeanette Vox.  
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 11, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 8, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 16, 23, 30, Sept 6, 2024  
BARNES 9-6-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015541

Nhan Tam Quyen Tran and Thi Van Phan has filed a petition with this court for a decree changing the name(s) of Nhan Tam Dung Tran to Laura Tran.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 10, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 5, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 23, 30, Sept 6, 13, 2024  
TRAN 9-13-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015897

Steliany Jon Dariotis has filed a petition with this court for a decree changing the name(s) of Steliany Jon Dariotis to Stella John Dariotis.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 17, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 9, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 23, 30, Sept 6, 13, 2024  
DARIOTIS 9-13-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015296

Elizabeth Shae Birkes, has filed a petition with this court for a decree changing the name(s) of Elizabeth Shae Birkes to Oliver Shae Birkes.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 7, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: July 30, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: August 23, 30, Sept 6, 13, 2024  
BIRKES 9-13-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV014118

Mohammad Reza Hatami has filed a petition with this court for a decree changing the name(s) of Mohammad Reza Hatami to Reza Hatami.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 14, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: July 16, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 23, 30, Sept 6, 13, 2024  
HATAMI 9-13-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015541

Nhan Tam Quyen Tran and Thi Van Phan has filed a petition with this court for a decree changing the name(s) of Nhan Tam Dung Tran to Laura Tran.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 10, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 5, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 23, 30, Sept 6, 13, 2024  
TRAN 9-13-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV015897

Steliany Jon Dariotis has filed a petition with this court for a decree changing the name(s) of Steliany Jon Dariotis to Stella John Dariotis.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 17, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: August 9, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: August 23, 30, Sept 6, 13, 2024  
DARIOTIS 9-13-24

### NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF ABRAHAM TAVANA  
CASE NO. 24PR002129

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Abraham Tavana.

A Petition for Probate has been filed by Neda Taviana Chopan, in

the Superior Court of California, County of Sacramento, requesting Neda Taviana Chopan be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows August 28, 2024, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Neda Taviana Chopan, 7703 Wintergreen Drive, Citrus Heights, CA 95610; 408-469-1750  
Publish: 8/9, 8/16, 8/23, 2024  
TAVANA 8-23-24

### STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2023-02337  
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Natomas Ace Hardware and North Natomas Ace Hardware. 2020 Club Center Drive Suite 100, Sacramento, CA 95835. Natomas Hardware, Inc., 2020 Club Center Drive Suite 100, Sacramento, CA 95835. The Fictitious Business Name Statement was filed on 3/28/2023 in the County of Sacramento. Filed with the clerk of Sacramento County: 7/22/2024. Publish: August 2, 9, 16, 23, 2024  
NATOMAS 8-23-24



# California Commissioner Faces Criticism as He Tries to Solve Crisis in Home Insurance Coverage



By Dan Walters, CALMatters.org

“Father Knows Best” was a popular radio show in the post-World War era that morphed into an even more popular television series starring actor Robert Young. Young’s character, Jim Anderson, was an insurance company executive — probably the only time American mass media have positively portrayed such a figure. Young later played a much more sympathetic role, a doctor who made house calls, in “Marcus Welby, MD.”

Insurance to indemnify us for liabilities and damages to our homes, cars and businesses is a modern necessity, but consciously or subconsciously we often resent paying for coverage that is seldom invoked.

Politicians tend to play on that resentment by promising, if elected, to protect voters from rapacious insurers.

In California, that attitude took the form of a 1998 ballot measure sponsored by a self-designated consumer protection group, that made the state insurance commissioner an elected official with new authority to regulate insurers.

The sponsoring group, Consumer Watchdog, has since been paid millions of dollars in “intervenor fees” for inserting itself into insurance rate cases pending in the Department of Insurance, but it claims to have saved Californians \$6 billion.

Ever since he launched

his 2018 campaign for insurance commissioner, former state Sen. Ricardo Lara has faced sharp criticism from Consumer Watchdog, which denounced him as a tool of the insurance industry.

However Lara has had to contend with an unprecedented crisis in California’s insurance market. The disastrous wildfires that have swept through California in the last half-decade prompted many insurers to curtail their exposure, some to the point of abandoning the state altogether.

California’s insurance regulatory system, they said, made it impossible to accurately project potential losses and adjust their premiums accordingly.

As tens of thousands of policies were canceled or not renewed, property owners scrambled to find new coverage, and many turned to the state’s insurer of last resort, the FAIR program, that offers only limited reimbursement for losses at high cost.

Furthermore, because mortgage lenders require borrowers to maintain insurance coverage on their property, the insurance crisis has contributed to California’s housing crisis.

Lara, backed by Gov. Gavin Newsom, has proposed systemic changes in how insurance is priced. He agreed with insurers that their rate proposals should be processed more rapidly, that they should be allowed to include potential losses from wildfires and other catastrophes in their rates, and that the costs of reinsurance — to spread the financial burden of losses — should be folded into premiums.

“We do not have the luxury of time,” Lara said in a press release last week as he announced the adoption

of new rules to speed up rate cases.

Consumer Watchdog is still nipping at Lara’s heels, saying “we remain concerned that the new procedures announced by the commissioner will short-circuit public participation and rates will be rubber-stamped.”

“Consumer Watchdog will analyze this action to determine if it is an illegal underground regulation or otherwise violates Proposition 103 by shutting consumers out of the process,” it added.

Anticipating the criticism, Lara’s announcement last week said, “Any intervenor groups engaged on certain rate filings must provide a ‘substantial contribution’ to the rate review process and not duplicate the work of the department’s rate review experts to be eligible for compensation.”

Would Lara’s proposed regulatory changes likely make insurance coverage more expensive in fire-prone regions? Yes, but there are no free lunches and it’s better to have costlier coverage than none.

If nothing else, Lara deserves credit for actually doing something about a severe crisis, rather than passing the buck — a contrast with how California officials are dealing with another crisis, homelessness.

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. ★

# Social Security Matters

## Does Some of my Social Security Payment Include Repayment of my Contributions?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I have a question about my Social Security benefits. Would I be correct to assume that part of the monthly Social Security income I get is a repayment of what I contributed to the fund while I was working? If so, how much of my monthly benefit payment is my own money coming back to me? **Signed: Curious Beneficiary**

**Dear Curious:** I’m afraid that is not how Social Security works. The money you contribute to Social Security during your working years does not go into a special account to be repaid to you. Rather, the Social Security taxes you pay while working are used to pay benefits to all those currently receiving Social Security benefits. The system is, in effect, a “pay as you go” program where all those currently contributing help pay benefits for all those now receiving. What your contributions do, however, is earn you “quarter credits” and, when you have enough credits, you become eligible for Social Security retirement benefits for life. Generally, someone

must have about 40 quarters (about 10 years) contributing to Social Security to be eligible for SS retirement benefits.

How much you receive monthly is determined not by how much you contributed but, rather, by how much your work earnings were over your lifetime. You will get a percentage of your average pre-retirement work income as your monthly Social Security payment, but that is also affected by your age when you claim benefits. It is your average lifetime earnings (adjusted for inflation) which determines your “Primary Insurance Amount” (or “PIA”). Your PIA is what you get at your Social Security full retirement age (FRA), but your age when you claim benefits determines if you get more or less than your PIA. Claiming SS before your FRA means a smaller monthly benefit, while waiting longer than your FRA means a benefit higher than your PIA. (SS benefits reach maximum at age 70). FYI, each person’s FRA is different based on the year they were born, but full retirement age today is between age 66 and 67. When you claim benefits relative to your FRA determines how much of your PIA you will receive each month.

So, your contributions to Social Security aren’t used to determine your monthly benefit amount, but your average lifetime work earnings and age when you claim are. Nevertheless, you may be interested to

know that most people get back everything they have personally contributed to Social Security within about 3 to 5 years of collecting their benefits. In that sense, Social Security is an exceptionally good deal, since most Americans now collect benefits for about two decades. And therein lies much of Social Security’s financial dilemma — people are now collecting benefits for many more years than the current program is designed to support. And that is what Congress needs to fix as soon as possible. The Social Security trust funds (which now provide supplemental money to pay benefits) are projected to be depleted around 2033, which will mean a cut in everyone’s monthly Social Security payment, unless Congress acts soon to reform the program and restore it to fiscal solvency.

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

**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.

**MPG**

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**

# 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

# Carmichael Times

*Serving Carmichael and Sacramento County since 1981*

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

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

The *Carmichael Times* is published weekly. Call (916) 773-1111 for more information.

*We are proud members of these newspaper associations.*

**Publisher, Paul V. Scholl**

*Carmichael Times* 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.

# The Chamber is

## commitment.

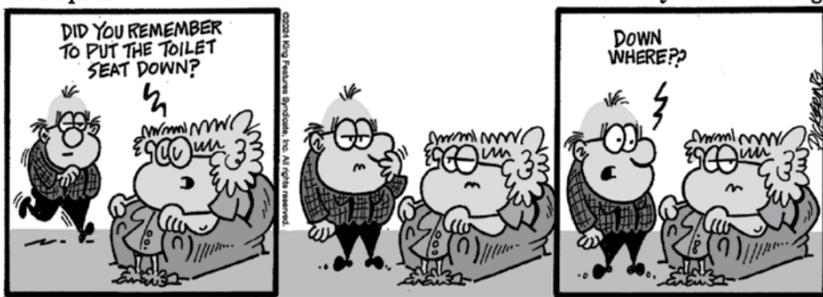
When the going gets tough, we don’t sit on the sidelines. We are working tirelessly, seeking out solutions for the challenges we’re all facing.

We’re always there for you at [www.CarmichaelChamber.com](http://www.CarmichaelChamber.com)

# COMICS & PUZZLES

## The Spats

by Jeff Pickering



## Amber Waves

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.



## TIGER

by BUD BLAKE



## GRIN AND BEAR IT



## Just Like Cats & Dogs

by Dave T. Phipps



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

## STATEPOINT CROSSWORD • MUSIC 101

### CLUES

- CROSSWORD**
- ACROSS
- Meat chunks
  - Calendar square
  - \* signature, or notation that describes #34 Down
  - Hiya or howdy
  - Down Under runner
  - West Point student
  - At full speed
  - Big Apple
  - Flounder's domain
  - \*Complementary notes sung simultaneously
  - \*Not sonata
  - Debate position
  - Painter Chagall
  - Munchhausen's story
  - Casino chip
  - \*R in R&B
  - Spanish earthen pot
  - Lobed organs
  - Nest for an eagle
  - Bona fide
  - \*Adagio or moderato, e.g.
  - What a willow did?
  - \*Type of piano technician
  - Flock member description
  - Fill beyond full
  - Masters of ceremonies, colloquially speaking
  - Jon Krakauer's book "the Wild"
  - High craggy hill
  - Church congregation
  - Hole punching tool
  - \*A \_\_\_\_, or without accompaniment
  - \*Fast
  - Not asleep
  - 2000 lbs.
  - Acquisition through marriage
  - Rubber tree product
  - Director's cry
  - \*Five lines
  - Potassium hydroxide solution, pl.
  - 168 in 1 week
  - Housed
- DOWN
- Mohammad Reza Pahlavi's title
  - Dharma teacher
  - Resembling wings
  - Good Year balloon, e.g.
  - Mexico City state
  - Say it isn't so
  - Winehouse or Schumer
  - New Mexico's state flower
  - Diplomat's asset
  - It comes to mind
  - Not in Impossible Burger
  - European erupter
  - Shell-like anatomical structure
  - \*Nine instruments, e.g.
  - Bobby of hockey
  - Halle Bailey's 2023 role
  - \*Loud or strong
  - Part of small intestine
  - Sometimes follows sauvignon
  - 1.3 ounces, in Asia
  - Coniferous trees
  - October 31 event
  - On top of trends (2 words)
  - \*Strong-weak-strong-

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	
65						66	67			68				
69						70				71				
72						73				74				

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

© StatePoint Media

- weak, e.g.
- Sheltered, nautically speaking
  - \*"Wheel of Fortune" move
  - Based on number 8
  - Automatic reaction
  - \*Fa follower
  - Solemn and wise?
  - Gate holder
  - \*Slow
  - Pay a visit
  - Not home
  - Goose liver dish
  - Augments, usually with effort
  - Social insects
  - Air of allure, slangily
  - Five-star review
  - Was in the hole
  - Possessive pronoun

SUDOKU

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

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

With purchase of one Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last and while stock lasts. See product or dealer for details. ©2023 Safe Step. ©2023 StatePoint Media.

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

© StatePoint Media  
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.

## Classified Advertising

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

MPG

916.773.1111

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

WE SUPPORT FIRST RESPONDERS

MPG

# Ballot Initiatives Become Pawns in Democrat Schemes



Commentary by Ted Gaines

The shocking national political events have rightfully dominated the news of the past few weeks. But in relative obscurity, governments everywhere are still working, and the California political establishment has been busy waging a war of deception and disempowerment against our citizens. This time, they're targeting the ballot initiative process, an important form of direct democracy.

First is the death of the Taxpayer Protection and Government Accountability Act (TPGAA), a voter-rights initiative aimed at putting the brakes on runaway taxes and fees plaguing our famously expensive state.

The Taxpayer Protection and

Government Accountability Act would have put the tax- and fee-increase reins in voter hands, as summarized by the Wall Street Journal: "The initiative would require a majority of voters to approve taxes adopted by the Legislature. Both the Legislature and voters would have to approve regulatory action that increases state revenue. Charges for specific government services or products like fishing licenses would have to reflect the actual cost of providing the service or product. The initiative would also raise the threshold for localities to pass all special taxes to two-thirds."

When the initiative qualified to be placed on the ballot this November, what did Governor Newsom, the man who supposedly represents all 40 million Californians, do? He sued to get it removed from the ballot, and a hyper-partisan California court sided with the Governor and removed the measure. The Governor and Legislature can't let anything disrupt their endless taxing and spending. The people won't even have a chance to

tighten the reins on government growth. So much for democracy.

Next up are two cynical, pro-crime smokescreens floated by the Legislature and Governor Newsom to cloud the result of an actual tough-on-crime initiative on the November ballot.

The initiative, Prop. 36, would undo some of the infamous Prop. 47, which essentially legalized shoplifting under \$950 and gave blessing to open-air drug markets, turning California into a criminals' paradise and pushing retailers to the brink.

Prop. 36 will put some teeth back into the criminal justice system, protect businesses and families, punish criminals for a change, and mend the social fabric weakened by rampant crime and drug-den takeovers of our public spaces.

But the California Legislature is sadly and shockingly pro-criminal. To them, "the system" is always the problem, never the people who are filling up shopping carts and walking out of stores in broad daylight, with no fear of punishment.

So, they sprang into action by

drafting a package of bills that sounded tough-on-crime but included "poison pills," meaning the bills would be voided if Prop. 36 passed. Voters reading the ballot summary for Prop. 36 could have been confused, thinking they were weakening law enforcement by voting for the measure.

Thankfully, this shameful deceit eventually collapsed under a massive outcry by law enforcement and a public weary of crime.

After the bills failed, Governor Newsom floated another initiative to compete with Prop. 36, again to soften and undermine the commonsense changes found in the people's initiative. That last-minute effort cratered as well because even legislative Democrats refused to support a competing proposition to Prop. 36, leaving the people with an honest chance to change the course of the state this coming November.

Sacramento Democrats also understand that having Prop. 36 on the ballot hurts their chances in November. Their efforts to thwart the reforms in the initiative are as much political as they are

philosophical.

Instead of obsessive politicking, the Democrats should look at their own policies and try to understand why a measure that punishes criminals, creates safe neighborhoods and businesses, and closes drug markets is considered an electoral threat to them.

The capitol is the people's building, not a walled fortress to protect incumbents and special interests, and voters are not an inconvenience to be shooed away by the courts or by trickery.

Despite the worst efforts of Sacramento Democrats, the people still have a chance to support Prop. 36 in November and build a brighter future for our state.

Senator Ted Gaines (Ret.) was elected to represent the Board of Equalization's First District. He is a leading taxpayer advocate, defender of Prop. 13, and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 34 counties of northern, eastern, and southern California. For more information, visit [www.boe.ca.gov/Gaines](http://www.boe.ca.gov/Gaines). ★

# Wildlife Officer Academy Graduates Largest Class in History

## California Department of Fish and Wildlife News Release

**SACRAMENTO REGION, CA (MPG)** - The California Department of Fish and Wildlife (CDFW) Wildlife Officer Academy graduated and pinned badges on 54 new officers Aug. 1 in Paradise, Butte County. This group represents the largest academy graduating class in the California Department of Fish and Wildlife history.

The academy is California Peace Officer Standards and Training (POST) certified and

offers training consistent with every law enforcement agency in California. In 2008, the California Department of Fish and Wildlife partnered with Butte College to provide peace officer academy training for prospective wildlife officers. The college provides the California Department of Fish and Wildlife with a state-of-the-art Peace Officer Standards and Training-certified academy facility with nearly 50 years of police training history.

"One of the best days of the year for us is adding a graduating class of wildlife



On Aug. 1, 54 new wildlife officers graduated from the Wildlife Officer Academy. Photo courtesy of the California Department of Fish and Wildlife

officers to CDFW's Law Enforcement Division," said Nathaniel Arnold, California Department of Fish and Wildlife Deputy

Director and Chief of Law Enforcement. "It is a pleasure to see 54 eager new officers ready to support our mission to

protect California's natural resources and provide public safety through effective and responsive law enforcement."

The newly sworn peace officers will soon begin a Field Training Program where they will apply their academy training under the immediate supervision of seasoned field training officers (FTO). Field training with experienced field training officers is also mandated by Peace Officer Standards and Training to ensure new wildlife officers can apply the skills they learned during the academy to real life circumstances.

Field training officers is the final stage of formal training. Upon successful completion, these officers will begin patrolling California to protect the natural resources of the state.

The wildlife officers will be deployed across the Law Enforcement Division's programs: regular patrol, marine enforcement, investigation of petroleum spills and response, and cannabis enforcement, to name a few.

The Law Enforcement Division is hiring. For more information about becoming a wildlife officer, visit [wildlife.ca.gov/Enforcement](http://wildlife.ca.gov/Enforcement). ★

**5th**  
**DINNER**  
*in the Park*

A Music Filled Gourmet Dinner, Auction and Fund A Need For Youth Scholarships and Park Beautification

**Join us for Carmichael's Premier Event!**

Jensen Botanical Garden  
Saturday, September 7th / 5pm

\$150 per person  
Table Sponsorship for 8 / \$1,500  
Includes Business Promotion

Start With a Wine and Beer Reception At Sutter Community Garden with the Henry Robinett Trio.

Stroll The Tree-lined Trail To The Charles Jensen Botanical Garden and Enjoy 3 Additional Musical Groups along the way.

Gourmet Meal Prepared By Hawks Served On Elaborately Dressed Dining Tables In The Botanical Garden.

Dancing Under The Stars To Todd Morgan And The Emblems.

SCAN TO PURCHASE TICKETS AND FOR MORE INFORMATION!

Or go to: [CarmichaelParksFoundation.org](http://CarmichaelParksFoundation.org)

**TICKET SALES END AUGUST 25TH**

**2021 California Nonprofit of the Year**

Carmichael Parks Foundation  
Carmichael Parks Foundation Public Charity  
501(c)(3) - Tax ID 28-4274059

**meals on wheels**  
by acc

**MEALS ON WHEELS**  
SACRAMENTO COUNTY

**We are Open!**

Community Cafe: Sierra Sunrise Apts  
4525 Manzanita Carmichael CA, 95608

Enjoy a hot meal @ 11:30 am Mon/ Wed/ 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) 481-9494

Visit [www.mowsac.org](http://www.mowsac.org) to find other MoW Community Cafes near you

@mowsac

# Man Arrested for Violent Attacks in Sacramento After Freeway Standoff

**Sacramento County Sheriff's Office News Release**

**SACRAMENTO, CA (MPG)** - At approximately 10:30 p.m. on Aug. 14, Sacramento County Sheriff's North Patrol Deputies responded to a domestic violence report call that occurred at a residence in the Arden-Arcade area. The victim reported having been choked out multiple times by her boyfriend, later identified as 34-year-old Robert Zimbelman. The victim

had since been transported to the hospital, and Deputies began their investigation and attempted to locate Zimbelman. Just after midnight (Aug. 15), North Patrol Deputies responded to a gas station on the 3400 block of Fair Oaks Boulevard regarding an adult male who was just stabbed. Deputies arrived moments later, where they discovered the victim suffering from severe injuries after having been stabbed in the stomach and the face. The victim was

transported to the hospital and is expected to survive. Based on their investigation, Deputies and Crime Scene Investigators learned that the suspect allegedly rammed his vehicle into the victim's vehicle, after which he stabbed the victim multiple times. The suspect then fled the scene in a blue car. Deputies on scene were able to determine that Zimbelman was, in fact, also the suspect in the stabbing. Deputies began searching the area for Zimbelman and alerted

neighboring law enforcement agencies of these incidents and his vehicle description. At approximately 4 a.m., Officers from the Fairfield Police Department located Zimbelman in his vehicle. Zimbelman led them and the California Highway Patrol (CHP) on a vehicle pursuit before crashing near Jefferson Boulevard and Highway 50 in Yolo County. Zimbelman fled on foot before going on the Jefferson Boulevard overpass, threatening to jump and kill himself.

CHP Crisis Negotiators convinced Zimbelman to surrender peacefully when he was taken into custody without further incident. Sacramento County Sheriff's Deputies transported Zimbelman to a local hospital, where he was medically cleared for incarceration. He was subsequently transported to the Sacramento County Main Jail, where he was booked on multiple felonies and is being held on \$150,000 bail. He is scheduled to appear in court on Aug. 19 after press time. ★

**NORTHBRIDGE DENTAL**

**DENTAL IMPLANTS - THE BEST OPTIONS FOR MISSING TEETH**

— ALL TREATMENT PERFORMED IN ONE LOCATION FROM START TO FINISH —

- SNAP ON** Removable
- DENTURE TO IMPLANT** Fixed or Removable
- SINGLE IMPLANT** Fixed
- ALL ON FOUR** Fixed
- BRIDGE** Fixed

Please call for **Free Consultation with an Xray**

**916-944-1197**  
6600 Madison Ave. Ste. 4b, Carmichael, CA 95608

**THERE'S ART & SCIENCE TO LASTING VITALITY.**

Imagine waking each morning, ready for a new day of stimulating encounters and opportunities to thrive. Ready to greet the day with true vitality. This is how life unfolds at River's Edge—an ideal setting for your very own kind of invigorating and fulfilling adventures. Book a tour and see all that River's Edge has to offer.

**FALL OPEN HOUSE**  
SATURDAY, SEPT. 28th • 1-4PM

Savor delicious seasonal appetizers & zesty cocktails, take part in an invigorating Tai Chi demonstration and mingle with our wonderful residents! Call 916-970-3992 to RSVP.

**River's Edge**  
CARF-ACCREDITED INDEPENDENT & ASSISTED LIVING AND MEMORY CARE RESIDENCES

601 Feature Drive, Sacramento • 916.970.3992 • RiversEdgeRetirementLiving.com

AN SRG COMMUNITY

# Governor Newsom Urges Schools to Restrict Cell Phones in the Classroom

Office of Governor Gavin Newsom News Release

**SACRAMENTO, CA (MPG)** - In a letter to California schools on Aug. 13, Governor Gavin Newsom called on every school district to restrict smartphone use in classrooms as the new academic year begins. In his letter, the Governor applauds districts that have already implemented cell phone restrictions, like Los Angeles Unified, and reminded education leaders of the mental health, scholastic, and social risks of cell phone use in classrooms.

In 2019, Governor Newsom signed AB 272 (Muratsuchi) into law, which grants school districts the authority to regulate the use of smartphones during school hours. Building on that legislation, he is currently working with the California Legislature to further limit student smartphone use on campuses. In June, the Governor announced efforts to restrict the use of smartphones during the school day.

A copy of the letter can be found below:

Dear School Leaders,  
As we strive to create the best learning environment for all students this new academic year, I write today to raise an urgent issue that affects their well-being: the pervasive use of smartphones in schools.

Excessive smartphone use among youth is linked to increased anxiety, depression, and other mental health issues. A recent Pew Research Center survey found that 72% of high school and 33% of middle school teachers report



Excessive smartphone use among youth is linked to increased anxiety, depression, and other mental health issues. Photo by RDNE Stock project via Pexels.com

cell phone distractions as a major problem. Common Sense Media found that 97% of students use their phones during the school day for a median of 43 minutes. Combined with the U.S. Surgeon General's warning about the risks of social media, it is urgent to provide reasonable guardrails for smartphone use in schools.

As I work with the Legislature to further limit student smartphone use on campus, there is no reason for schools to wait. In 2019, I signed AB 272 (Muratsuchi) into law, which grants school districts the authority to regulate the use of smartphones during school hours. This legislation was a crucial step in our efforts to minimize distractions and foster a more conducive environment for our students to learn. It is imperative that school districts take full advantage of this law to address the growing concerns surrounding student well-being and academic performance.

Leveraging the tools of this law, I urge every school district to act now to restrict smartphone use on campus as we begin the

new academic year. The evidence is clear: reducing phone use in class leads to improved concentration, better academic outcomes, and enhanced social interactions. Schools and districts, including Santa Barbara Unified and Bullard High in Fresno, have seen positive impacts of limiting smartphones on campus, with some reporting higher test scores, grades, and student engagement, and less bullying and damage to school facilities. I applaud these districts, and others like LA Unified, for their leadership.

Every classroom should be a place of focus, learning, and growth. Working together, educators, administrators, and parents can create an environment where students are fully engaged in their education, free from the distractions of the phones and pressures of social media.

Thank you for your continued dedication to our students and support in making our schools the best they can be.

Sincerely,  
Governor Gavin Newsom

# Senior Health Fair

Resources for The Golden Years

INFORMATION & ENTERTAINMENT

FOR SENIORS, THEIR FAMILIES AND FRIENDS

Saturday, September 21, 2024

10 am to 3 pm

FREE Parking

FREE Admission

Wyndham Sacramento Hotel  
Northeast 5321 Date Avenue  
Off of Highway 80 at Madison,  
Sacramento, CA 95841

- FREE EXHIBITS! • FREE ENTERTAINMENT!
- HEALTH SCREENINGS! • SAMPLES & PRIZES!

Rock-n-Roll Concert and Classic Car Displays!



- Senior Care
- Nutrition & Health Foods
- Home & Garden
- Sports & Fitness
- Anti-aging Programs
- Mental Health
- Veterans Information
- Chiropractors and Massage
- Natural Healing
- Health & Other Insurance
- Investment and Retirement
- And Much More!

Great Entertainment & Live Music

Hear old time rock n' roll, cruising songs, surfer songs. It's the music you grew up with!

sponsored by



www.SeniorHealthFair.org To Exhibit: 916.910.9499 or info@recoveryforall.net

**KP International MARKET**  
FOOD COURT NOW OPEN  
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

**Frozen Wild Yellow Corvina** 28.22 oz  
REG. \$11.99/ea  
**\$6.99/ea**

**Cooked Baby Clam Meat** 340 g  
REG. \$5.99/ea  
**\$3.99/ea**

## WEEKLY MEAT SPECIALS

**Beef Cross Rib/Shoulder Roast - Bnds** \$4.99/lb

**Beef New York Roast - Boneless** \$5.99/lb

**Beef New York Steak - Boneless** \$6.99/lb

**Pork St. Louis Ribs - Single Pack** \$3.99/lb

**Chicken Drumsticks** 79¢/lb

**Pork Loin Roast Boneless** \$2.99/lb

**Pork Loin Chops Boneless** \$3.49/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 21 - AUGUST 27, 2024.

## FRESH PRODUCE

**English Cucumber** \$1.29/ea

**Grape Tomato** 10.5 oz \$2.19/ea

**Black Grape** \$2.29/lb

**Nopales Cleaned** 1 lb \$2.29/ea

**Raw Peanut** \$1.59/lb

**Granny Smith Apple** 79¢/ea

**White Nectarine** \$1.29/lb

**Hami Melon** 2 lbs for \$1

## AMERICAN/HISPANIC GROCERY

**Acetaminophen** \$7.99/ea

**Art II Butter Flavored Popcorn** \$1.69/ea

**Newman's Own Fig Newmans Low Fat** \$1.59/ea

**Gasman Cream Waters** \$1.99/ea

**Swiffer Dry + Wet Sweeping Kit** \$9.99/ea

## ASIAN GROCERY

**Lee Kum Kee Black Bean Garlic Sauce** \$3.49/ea

**Thai MSG** \$3.99/ea

**Pure Foods Corned Beef** \$6.99/ea

**Chaohua Nata de Coco** \$2.49/ea

**Hawaii's Famous Hot-Hot Sauce** \$8.99/ea

## EUROPEAN GROCERY

**Sabah Avocado Oil** \$16.99/ea

**Rabe Rose Water** \$3.99/ea

**RABBIT Sunflower Seeds** \$5.99/ea

**ETI Tea Biscuits** \$1.99/ea

**Vincci Salada Greek Salad** \$2.79/ea

## KOREAN/JAPANESE GROCERY

**Sekka White Rice** \$6.99/ea

**Rabbit Apple Juice** \$3.99/ea

**Q Food Luncheon Meat** \$2.99/ea

**Sakina Buckwheat Noodle** \$4.99/ea

**Chicken Stir w/ Garlic** \$10.99/ea

**Korean Fish Sauce** \$5.99/ea

**Kabuto Red Bean** \$1.99/ea

**Korean Red Ginseng Drink** \$15.99/ea

**Lotus So-Sue Drink & Gemp** \$9.99/ea

**Hot Pepper Powder** \$6.99/ea

**Nishio Kanihachi** \$8.99/ea

**Shinkita Yum Noodle** \$1.49/ea

**Korepse Marinade** \$4.99/ea

## HOUSEWARES

**BIGEN SPEEDY HAIR COLOR** \$5.99/ea

**ELECTRIC BBQ GRILL** \$39.99/ea

**ELECTRIC RICE COOKER** \$14.99/ea

**ELECTRIC RICE COOKER** \$19.99/ea

**ELECTRIC RICE COOKER** \$15.99/ea

## FROZEN & FISH DEPT

**Beef Curry & Beef Soy Gyu Don** 12 oz REG. \$9.99/ea  
**\$5.99/ea**

**Columbus Roast Beef** \$13.19/ea

**Columbus Black Forest Ham** \$7.99/ea

**Greek Black Olives** \$4.99/ea

**Pitted Green Olives** \$4.99/ea

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 21 - AUGUST 27, 2024.