



**Tuleyome Tale
- Safe Summer
Hiking**
PAGE 11

**SMF Breaks
Ground on
Pedestrian
Walkway**
PAGE 12



Citrus Heights Messenger

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**SEE
INSIDE**

**LUNCHEON
HIGHLIGHTS CITY
PROGRESS**



PAGE 2

**SAC COUNTY
AWARDED WITH
WIC AWARD**



PAGE 2

**WHAT'S BEST
FOR ME?**
By Dave Ramsey



PAGE 9



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Fundraiser Unites Community



MikesPlayground honored the Citrus Heights Police Department for its dedication to keeping the community safe.

**Story and photos
by Ornella Rossi**

CITRUS HEIGHTS, CA (MPG) - MikesPlayground, a nonprofit organization dedicated to creating accessible playgrounds for children with special needs, held its inaugural fundraiser on Aug. 24 at San Juan Park, 5509 Mariposa Ave. The event supported the organization's efforts to kickstart the San Juan Park Project, which will be the area's first inclusive playground.

The day was filled with vibrant activities, including live music, food vendors, comedy shows, games and various fun activities



Ashley Walker Benjamin and Mike Sellu were at the MikesPlayground San Juan Park fundraiser, with residents in attendance.

for children. Highlights included Bubblemania and Company, which

created artwork to be auctioned off at a gala event next January to further raise funds.

The fundraiser was more than just a day of fun; it was a community effort with several vendors and organizations coming together to contribute to the cause. Some of these included Parker Candy Co., and Stormy Dawn Candle Co., Citrus Heights Community Engagement, Produce Oaks Youth Services, All Quality Graphics, The Swiss Project and Republic Services.

All Quality Graphics made a significant impact
Continued on page 3

Rezoning Aims to Boost Affordable Housing



Rezones will take effect on Sept. 19. Photo courtesy of Sacramento County

**Sacramento County
News Release**

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted Aug. 20 to adopt a series of resolutions and ordinances to rezone sites throughout the county, a move aimed at addressing the shortfall of 2,884 units in the county's Regional Housing Needs Allocation (RHNA) for the lower-income category (households with incomes less than 80 percent of area median income; income levels less than \$69,050).

The plan will rezone 74 infill sites across the county to allow for the construction of housing units for a range of income levels. By rezoning these parcels, the county hopes to encourage developers to build more multi-family units and subsidized housing projects.

"This rezone project is a significant step toward addressing the critical housing shortage in Sacramento County and we have certain sites that already have developer interest," said Todd Smith, Sacramento County planning director.

"By prioritizing the development of lower-income housing units, we are not only meeting our immediate obligations but also laying the groundwork for a more inclusive, equitable and green future," Smith said. "These rezones will create opportunities for families and individuals who need it most, ensuring that our communities remain vibrant and diverse while also reducing vehicle miles traveled, meaning lower greenhouse gas emissions."

The 74 rezoned sites are located within 10 community planning areas: Antelope, Arden-Arcade, Carmichael/Old Foothill Farms, Cordova, Fair Oaks, North Highlands, Orangevale, Rio Linda/Elverta, South Sacramento and Vineyard.

These rezones will take effect on Sept. 19.

While the Regional Housing Needs Allocation obligations have now been met, the county remains committed to increasing residential capacity in furtherance of section A1 of the County's Housing Element with a goal of rezoning additional sites in 2025. ★

Veteran Paints a Canvas of Healing

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Artist John Nesbitt, 80, a Citrus Heights resident, shared an exhibition of his oil paintings at ArtBeat, a music, arts and cultural event in the MarketPlace at Birdcage this past spring.

"Painting brings me great joy and has helped me heal on a much deeper level," he explained.

Over coffee, Nesbitt said he wants to connect and engage with a wide variety of community and veteran's groups in the local area, including representatives of the Sunrise Adult School, the San Juan Unified School District and the Sunrise Recreation and Parks Department, in settings where young and old can pick up their brushes and put paint to canvas to express their creativity.

It's in the field of art therapy where Nesbitt said he has especially felt a personal calling and wants to actively share its value



John Nesbitt shared an exhibition of his oil paintings at ArtBeat earlier this year. Photo by Thomas J. Sullivan

with others. "The arts are a means of self-expression and provide a release of tension, which produce positive social behavior," he said.

In conversation, Nesbitt is happy to describe his own classical surrealist

painting style as well as his wartime Vietnam combat service from August 1966 to October 1968 as a U.S. Army Green Beret with all whom may ask.

Nesbitt's personal journey from the gritty streets of Harlem in New York

City is reflected in a professional resume proving 40 years of service to the community in roles ranging from a Tae Kwon Do master with 7th Dan certification, a professional educator, an art therapist
Continued on page 4

Luncheon Highlights City Progress and Future Plans



Citrus Heights City Manager Ashley Feeney's work has delivered results in economic development, community growth and government efficiency. Photo courtesy of City of Citrus Heights

By Omella Rossi

CITRUS HEIGHTS, CA (MPG)- During the Citrus Heights Chamber of Commerce's monthly luncheon on Aug. 20, keynote speaker Citrus Heights City Manager Ashley Feeney highlighted the community's recent achievements and outlined plans for further development.

Feeney, introduced by Shelly Martin as a

"municipal leader with extensive expertise in strategic planning and executive management," spoke about the city's commitment to enhancing services and fostering economic vibrancy.

"The people that make up our city are what make it special," Feeney said when referring to the importance of teamwork in the city. "Nothing happened in the city without a team and that team includes our city staff, our police department, metro fire and all the other districts we have that help deliver services to the community."

Feeney outlined the city's mission to provide high-quality, responsive services and its vision to be the city of choice for residents and businesses. He discussed core values such as diversity, integrity and innovation, and the importance of strategic planning in achieving

the city's goals.

The city's three-year goals focus on maintaining fiscal stability, enhancing public infrastructure, diversifying the economy, preserving public safety and increasing community vibrancy. Feeney mentioned several success stories, including the approval of an incentive grant for Darkheart Brewery and the upcoming arrival of HomeGoods and Bearpaw Outlet.

"Fostering and nurturing our existing businesses while also looking at new businesses we can bring into our city is essential," Feeney said. "Getting businesses to open here maintains and enhances fiscal stability and a vibrant community. Those things are like rocks in a pond. They come in, hit, cause ripples and has impacts on adjacent properties."

Feeney also touched on the city's approach

to business attraction and public safety. He praised recent efforts to combat organized retail theft, including securing a \$2.7-million state grant. Additionally, improvements in street maintenance and infrastructure were highlighted, with an increase from two to 52 lane miles of street resurfacing per year.

Feeney's presentation also highlighted community beautification efforts, including the work of the Beautification Crew, which collaborates with the Police Department to clean up unlawful camps, address illegal dumping, and remove trash and litter. He also spotlighted the Citrus Heights Cares campaign, an initiative that invites community members to participate and engage in community beautification together by proactively reporting issues, maintaining residential and commercial

properties, and chipping in to make the community better.

"We strive to be a community of facilitators versus regulators," Feeney assured attendees. "If you have an issue that you are struggling with, please reach out to us."

Citrus Heights communications officer Marisa Brown also outlined some of the city's strategies to support businesses in the community. Emphasizing the city's commitment to fostering business growth, Brown highlighted the role of social media in promoting local enterprises.

"Social media highlights of businesses are shared with the city's 8,500 followers across Instagram, Twitter and Facebook, helping to connect businesses with the community," Brown said. "If you want your business to be highlighted, business highlight interest

forms are available and we would love to share it with the community."

Additionally, the city provides a monthly economic development business bulletin, offering valuable resources and updates from the city. Brown encouraged businesses to participate in city events, where they can showcase their services and engage with residents. The city also offers grants and incentives programs for local businesses and Brown highlighted the Volunteer Hub; an online platform designed to help businesses source volunteers.

The next Citrus Heights Chamber of Commerce luncheon will be held from 11:30 a.m. to 1 p.m. Sept. 17 at the Citrus Heights Community Center, 6300 Fountain Square Drive. The event will feature Police Chief Alex Turcotte as the guest speaker. ★

Sac County Awarded with WIC Breastfeeding Award

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Women, Infants, and Children (WIC) Program has been recognized with the 2024 Women, Infants, and Children Breastfeeding Award of Excellence Program Premiere Award by the U.S. Department of Agriculture Food and Nutrition Services. The award highlights the County's exceptional commitment to promoting and supporting breastfeeding among Women,

Infants, and Children program participants.

The award, which is valid for four years, celebrates the Sacramento County Women, Infants, and Children Program's excellent breastfeeding support and collaboration through its Breastfeeding Peer Counseling Program. This recognition places the Sacramento County Women, Infants, and Children Program among an elite group of agencies dedicated to improving maternal and infant health outcomes through breastfeeding support.

Visit the Sacramento County Women, Infants, and Children program page at <https://dhs.sacounty.gov/pub/wic/Pages/Women-Infants-and-Children-Home.aspx> to learn more about free and healthy foods, referrals to community services and information and support for breastfeeding.

Learn more about Sacramento County's award-winning breastfeeding program through first-hand experiences from local parents by watching their video at <https://www.youtube.com/watch?v=2Due2d7lnks>. ★



Sacramento County's Women, Infants, and Children Program has been recognized with an award of excellence. Photo courtesy of Sacramento County

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MikesPlayground Fundraiser Unites Community

Continued from page 1

at the fundraiser through its partnership with MikesPlayground. Jessica Tillery, the founder of All Quality Graphics, emphasized the company's commitment to community support.

"It's a way to give back to the community using our resources as a merchandising company," Tillery said.

She highlighted their project, The Love Unstoppable Movement (L.U.M.), a quarterly T-shirt subscription dedicated to promoting love and faith.

"We donated our proceeds from the second quarter to MikesPlayground and were officially their first donation," she added.

The Citrus Heights Police Department and the Sacramento Metropolitan Fire District were recognized and honored with plaques from MikesPlayground during the event.

"I want to thank the boys in blue. You save lives and I want MikesPlayground to recognize how important you are to me, my grandson, my family, my friends and the community," said Aurelia Walker, founder of MikesPlayground.

Lt. Shaun Gualco added, "This is often a thankless job, but when the community comes together like this, it makes it all worth it."

Mike Sellu is Walker's grandson, a 16-year-old boy who struggles with Dravet Syndrome, a rare and severe form of epilepsy. His unique needs and the challenges he faces were pivotal in inspiring Walker to launch MikesPlayground.

Station 21 of the Sacramento Metropolitan Fire District was particularly honored for their critical role in assisting the family during emergencies, including saving Mike's life.

"Station 21 has a special place in our hearts because this particular engine has come as a first responder to help save Mike's life," said Roberto Thompson



Children enjoyed playing with bubbles, courtesy of Bubblemania and Company, at the San Juan Park fundraiser on Aug. 24.

II, MikesPlayground president. "They are on the job and when they are needed, they show up."

Said Battalion Chief Jason Vestel, "It's because of events like this that this job is not thankless. We acknowledge that you guys appreciate us; it is not lost on us."

The event, which drew local organizations, businesses, and residents together, portrayed the collective effort to advance MikesPlayground's mission. By generating essential funds for the park's retrofitting project, the fundraiser not only marked a significant step toward creating a playground accessible to all children but also demonstrated the community's dedication to fostering an environment where everyone belongs.

"Being able to see my work come alive is all I ask. We need to be part of the community and MikesPlayground is the community," Walker said. "I can't thank everyone that has supported the project enough."

To learn more about



Children had the opportunity to create paintings during the Aug. 24 event, which will be auctioned off to raise additional funds for the park refurbishment project.

MikesPlayground, future events, volunteering or donating, visit mikesplayground.org.

'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 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. ★



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Veteran Paints a Canvas of Healing

Continued from page 1

and as a professional fine artist. He is also a father of two.

Art therapy is a mental health profession that enriches the lives of individuals, families and communities through active art making within a psychotherapeutic relationship.

"I'm greatly influenced and fond of the work of Salvador Dali," Nesbitt said.

Like Dali, the content of many of Nesbitt's paintings reflect a combination of both awake experiences with landscape and dream state experiences.

Nesbitt has taught classical drawing techniques from the European Impressionist era. He noticed when he picked up his art brushes to resume and finish his undergraduate fine arts degree following the intensity of combat in Vietnam, that his painting style had changed, as had his color choices.

Each successive painting he created helped him move away from the post-traumatic stress experiences of combat towards healing, he said.

"In the spring of 1966, I was just one semester short of graduating with a bachelor's degree in fine arts," Nesbitt said. "A romantic relationship which I was in had just ended and I happened to walk by a U.S. Army recruiting station. The first U.S. troops were just deploying to Vietnam but the Selective Service draft hadn't started yet."

Nesbitt enlisted in the U.S. Army in January 1966 and was deployed to Vietnam on Aug. 18. There, he was recruited by the Special Forces and sent to Project Delta for reconnaissance training.

"Project Delta was the first of the four Special Reconnaissance (SR) units with a Greek letter formed by the U.S. Military Assistance Command, Vietnam (MAC-V) during the Vietnam War to collect operational



John Nesbitt was the first African American advisor for the Military Assistance Command, Vietnam Recondo School. Photo courtesy of John Nesbitt

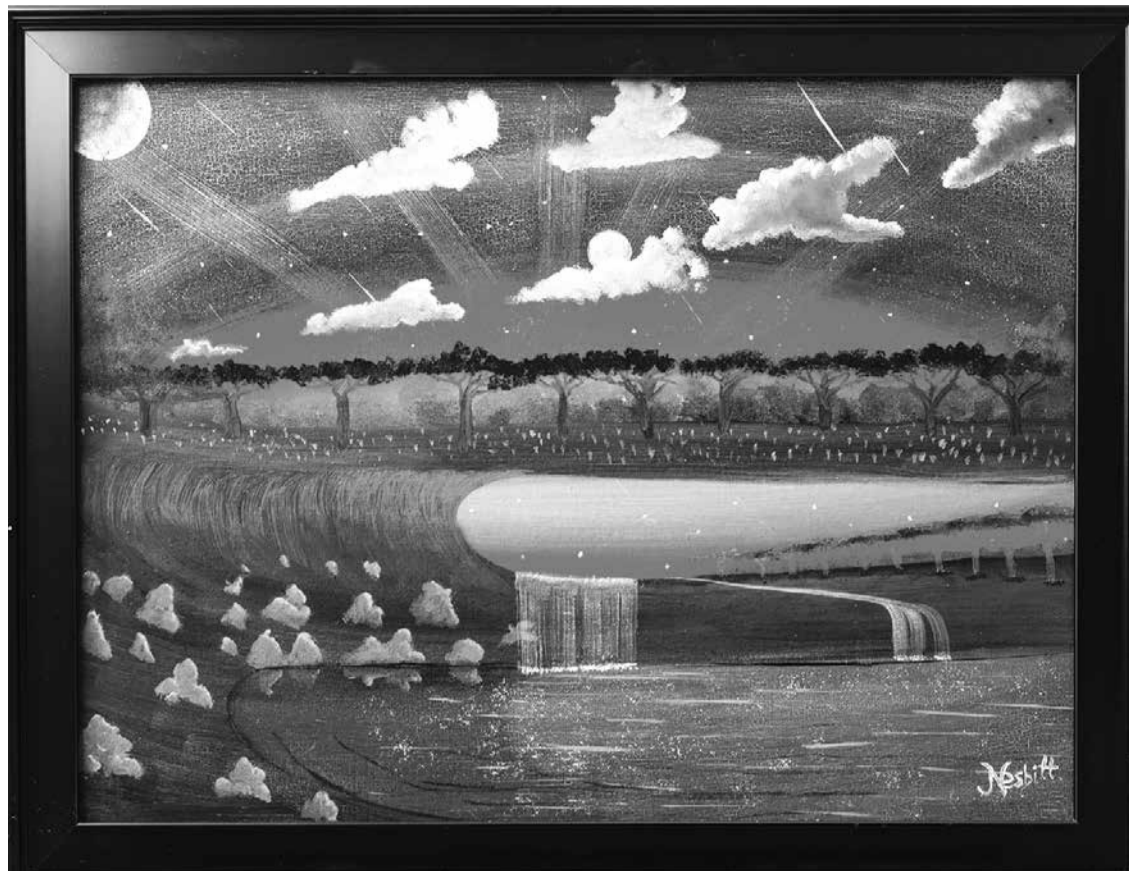


John Nesbitt enlisted in the U.S. Army in January 1966. Photo courtesy of John Nesbitt

intelligence in remote areas of South Vietnam," Nesbitt said.

He completed two assignments with the unit and became the first African American advisor for the Military Assistance Command, Vietnam Recondo School, where he completed 14 missions.

Upon his discharge in 1968, Nesbitt resumed his art education, earning a B.S. in secondary art education where he majored in drawing and oil painting and later



Pictured here is "Sunset" by John Nesbitt. Photo courtesy of John Nesbitt



John Nesbitt captures the deep blue sea in his painting titled "Neptune." Photo courtesy of John Nesbitt

a Master of Fine Arts (MFA) from University of California, Davis.

In 1969, Nesbitt joined the Oak Park Sacramento Urban League and became a teacher in the Grant Union High School District at Norte Del Rio High School in Del Paso Heights.



John Nesbitt takes inspiration from Salvador Dali, as seen here in his painting, "The Holy Land." Photo courtesy of John Nesbitt

and Hampton Institute, College of Arts and Letters, in Hampton, Virginia. As a case manager for the Mather Community Campus in Sacramento, John initiated a resident council and community garden.

In recent years, Nesbitt has been involved with the Retired Senior Volunteer Program (RSVP), the Neighborhood Emergency Training (NET) and the Veterans History Project (VHP).

Nesbitt has also created J. Nesbitt and Associates, which has qualified as a disabled veterans business enterprise (DVBE) to provide services for staff training and curriculum and professional

development to social service and community agencies in the state of California.

"I've had a very satisfying career," Nesbitt said. "I'm continuing to enjoy painting and sharing in exhibits the paintings I have created."

"It's also important to encourage others who are going through PTSD in all its forms to pick up brushes for the very first time to learn what art therapy programs can offer them," Nesbitt said.

Nesbitt said he welcomes those interested in starting an art therapy program to email him at nex3605@gmail.com. Examples of his oil paintings can be seen at jnesbittandassociates.com. ★

Social Security Matters Retiree Asks About His Social Security?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I retired with a (gross) \$4600 per month Civil Service Retirement System (CSRS) annuity from the US Postal Service in December 2022. I am 66 and will attain full retirement age in November of this year. I know at that point I will not be subject to Social Security's "earnings test," but I will be affected by the dreaded "government offset." I HAVE earned enough quarters and will be eligible for a small social security benefit. First question: will my Social Security benefit just be reduced, or will it be eliminated? Second: will it make a difference if I apply in November or when I turn 70? I am currently working part-time and paying Social Security FICA taxes. Third: if my SS is being eliminated, do I even have to apply? Fourth and last: I am married, filing jointly and my wife is currently receiving SS benefits (only). Could I also be affected by the "windfall" provision if my wife predeceased me?

Thank you in advance for your service as a Social Security Advisor
Signed: Upset to Offset and

Downfall to Windfall

Dear Upset: You are correct that when you reach your full retirement age (FRA) in November you will no longer be subject to Social Security's "earnings test," which limits how much you can earn while collecting early benefits. But if you apply for your Social Security to start in November, your SS benefits will be affected by the Windfall Elimination Provision (WEP) due to your non-covered CSRS pension (because you didn't pay into SS while earning your CSRS pension). As you may know, only those federal employees who retired under CSRS (Civil Service Retirement System) are affected by WEP; newer Federal employees who retire under the more recent FERS (Federal Employee Retirement Program) program are not affected.

Because of your CSRS pension, your Social Security benefit will be reduced, but not eliminated. The amount of reduction will be based on the number of years of non-government employment you had (where you paid into Social Security). Usually, those who have spent a lifetime earning a pension without contributing to SS, but who have a separately earned SS pension, will see their SS benefit cut approximately in half.

To answer your second question, your benefit will, indeed, continue to grow if you wait until you are age 70 to claim Social Security. Benefits taken after one's full retirement age earn

"delayed retirement credits" (DRCs), which add to your final benefit amount. Your benefit will still be reduced by WEP, but your final amount will be more because you waited longer to claim.

Re your third question, your SS benefit will only be reduced (not eliminated), so it's always worthwhile to apply. Otherwise, you are forfeiting Social Security money you are entitled to.

And lastly, if your wife dies before you, your CSRS pension will also cause another provision called the Government Pension Offset (GPO) provision to apply. The GPO will reduce your surviving spouse benefits by 2/3rds of the amount of your government CSRS pension, which will likely eliminate any spousal benefit you are entitled to (except the so-called "death benefit" – which is a one-time lump sum \$255 benefit paid to a surviving spouse).

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-advisors) or email us at ssadvisor@amacfoundation.org. ★

"The experience as a classroom teacher was very rewarding," Nesbitt said.

Through the years, Nesbitt also taught at several schools outside of California, including Grant Union High School

Sac County Awarded \$15 Million for Bridge Housing

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Behavioral Health Services (BHS) was notified of a conditional award of \$15 million as part of the latest round of funding from the California Department of Health Care Services' (DHCS) Behavioral Health Bridge Housing (BHH) Program. This award is part of a broader initiative by the State which awarded nearly \$133 million to 10 County behavioral health agencies to provide temporary, safe housing and essential support for people transitioning from homelessness to permanent housing.

This new funding builds on the success of the first round of Behavioral Health Bridge Housing funding, in which Sacramento County received \$43 million. With the initial funding, the County developed two main strategies to address behavioral health and housing challenges. First, the County invested in 100 Safe Stay beds dedicated to individuals experiencing both homelessness and behavioral health issues. Currently, 80 Behavioral Health Services dedicated beds are open. There are 56 beds at the East Parkway campus, and 24 beds are located at the Florin Safe Stay campus. There are currently 20

Behavioral Health Services Safe Stay beds under construction at the Stockton Safe Stay campus.

The second strategy involves collaborating with community-based organizations in Sacramento County to generate innovative ideas for transitional housing. On July 9, the County approved adding approximately 135 beds for individuals with behavioral health challenges, including sober living programs. These beds are in various phases of construction.

With this additional round of funding awarded to Sacramento County, Behavioral Health Services will support the construction of 66 new Safe Stay beds for the Watt Safe Stay Campus. In total, with all funding, Behavioral Health Bridge Housing will support the addition of 301 beds for individuals experiencing homelessness with behavioral health conditions.

"As you all know, each dollar received translates into meaningful change, offering hope, support and a pathway to treatment for those in need," said Sacramento County Behavioral Health Director, Dr. Ryan Quist. "I'd like to thank the State for believing in our mission and empowering Sacramento County to continue the important bridge housing work. Together, we are making a profound difference in the lives of so many." ★

CORRECTION

In the Aug. 23 Citrus Heights Messenger's story, "Fire Damaged Former Fuqua Physical Therapy Faces Uncertain Future," on page 2, it should have said that the fire occurred Sept. 16, 2023.

California Sued Twice After Enacting a Corporate Tax Law with Billions at Stake



By Dan Walters, CALMatters.org

During Jerry Brown's first stint as governor of California, he became enmeshed in a very complicated dispute over how the state should tax the incomes of multinational corporations.

More than four decades later, the issue has resurfaced in a corporate tax case involving Microsoft, one of the nation's largest corporations, a legislative bill that was semi-secretly attached to the state budget in June, and two subsequent lawsuits.

The outcome could reopen tax returns from past years and potentially force companies to pay billions of dollars in retroactive taxes, or alternatively could eliminate a windfall of corporate taxes that Gov. Gavin Newsom is counting on to help close the state's budget deficit.

The issue that Brown faced in the 1970s was whether corporations should report their global incomes to California and have a calculated percentage subjected to state taxes, or could confine their taxable income reports to actual activities within the state.

At the time, the first methodology, called "unitary taxation," was used by the Franchise Tax Board, which is California's

version of the Internal Revenue Service. However, foreign corporations, particularly those based in Japan and Great Britain, were adamantly opposed and sought the alternative, dubbed "water's edge."

Brown initially supported the tax board but after visiting Japan did a 180-degree flip, while accusing the board's executive officer, Martin Huff, of giving him "flaky data." Huff responded by essentially accusing Brown of lying, which led to Brown and legislative leaders quickly changing a unique state law that had protected the tax board's executive from political interference.

Huff had also alienated legislators by publicly suggesting that their "per diem" expense payments be subject to income taxes. After the law was changed to make it easier for Huff to be fired, he resigned.

The infighting over corporate taxation continued. At one point it even became an issue in a tax treaty that the U.S. government was negotiating with the British government. Eventually, in the 1980s, corporations were given the option of using either the unitary or water's edge method. Microsoft adopted the latter for its 2017-18 tax return, but found itself in a dispute with the tax board over how dividends from foreign subsidiaries should be treated.

The dispute jelled when Microsoft sought a \$90.9 million refund, the tax board rejected the claim and the company appealed to the Office of Tax Appeals, which is essentially a tax court. Last year, after extensive trial-like hearings, a three-member

appellate panel unanimously ruled in favor of Microsoft.

It could have forced the state to refund \$1.3 billion immediately and perhaps more as the decision trickled through the state's corporate tax process. But the tax board did not concede defeat and instead turned to Newsom and the Legislature for a rescue.

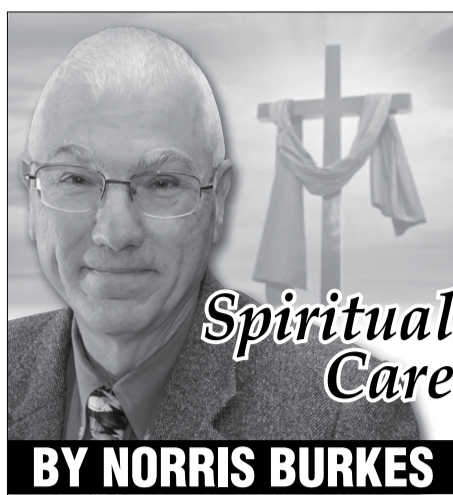
It came in the form of Senate Bill 167, one of the dozens of "trailer bills" attached to the state budget. It declares that the Franchise Tax Board's position on the dividend issue is state law, regardless of how the appellate panel ruled.

This month, two lawsuits were filed to challenge the constitutional validity of SB 167, one by the California Taxpayers Association in Fresno, the other by the National Taxpayers Union in Sacramento.

"This legislation imposes a retroactive tax hike that would reach back several decades, allowing California's tax collectors to go after companies that already paid every cent of the taxes owed under the laws that were in place at the time," CalTax president Robert Gutierrez said. "This egregious violation of taxpayers' rights cannot go unchallenged."

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. ★

Characters Real and Imaginary



BY NORRIS BURKES

Back when flip phones were on the cutting edge, I was a police reporter, photographer and religion-page editor for The Cañon City Daily Record newspaper in Colorado. Life was never boring.

But I wanted to be a novelist.

Writing feature stories assuaged my longing to push a more creative pen, and my newspaper's Back in Time section often had me mining treasures at the local history museum for all sorts of fascinating facts.

Like the account of Utes in the 1860s who made off with a settler's child. Mom quickly retrieved her son, trading him for a pan of freshly baked biscuits. Another settler camping along the Arkansas River dropped his sidearm on a rock in his firepit and shot himself to death.

Who needs fiction?

Evidently, I did, because all those stories from the 1800s primed the pump of my author's heart. I began incubating the historical-fiction series, The Cañon City Chronicles.

Gold was never found in Cañon City, but the fertile fields and orchards fed miners at Cripple Creek, Leadville and elsewhere. And the gold that mattered most trickled down mountain ravines in yellow aspen and shone in the character of hearty souls who peopled the town.

Such background details made it into my first book in the series, "Loving the Horseman." So did the bit about the guy who shot himself.

Over time, the fictional Hutton family

developed against the backdrop of actual local events like the Royal Gorge Wars and the Bone Wars. One book mentions Old Mose, a famous rogue grizzly, and focuses on moving pictures, or flickers, filmed in the area in the early 1900s.

Most of the characters in these books are people I've cooked up on my own. But others sneak up on me when I'm not looking, leaving me with the sense that I've met them before and just can't remember when or where.

One such character fits the latter category—a little cowboy named Kip.

He's the youngest of three brothers, the tag-along. The one who gets left out more often than not.

Recently, I realized where I'd met Kip, though that wasn't his real name. He was a student from my other life as a sixth-grade teacher—my Dandelion Cowboy.

Each morning he'd line up in front of my classroom with the rest of the first-period students. Except he wasn't much like the rest of the students.

In his Wranglers and scuffed cowboy boots, he didn't dress like the others.

A towhead among dark-haired children, he quietly stuck out in spite of how much he tried not to.

But in the spring when the dandelions sprouted, he was often at the front of the line with a short-stemmed bouquet and a shy smile.

The little cowboy was a loner. A throwback, perhaps, from a long line of those who prefer the company of their horse and a good view of the herd.

I didn't realize he was Kip until after the fact. After he'd become a favorite secondary character in books 4, 5 and 6 of my series.

Today when I see a patch of what most people call weeds, I wonder about my Dandelion Cowboy, if he stuck to his ways in spite of the crowd.

I like to think he embodies a verse from the New Testament that says, "Obviously, I'm not trying to win the approval of people, but of God" (Galatians 1:10 NLT).

And maybe there's a little bit of me in Grace Hutton, the main character from Book 6, when she says of her favorite nephew Kip, "That boy could smile the sun right out of the sky." ★



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Kings Korner

By V.G. Harris

Monday morning as I was writing this column, I tuned into a local sports talk radio station that will go nameless, and listened to the two hosts as they discussed the top 40 Sacramento Kings players of all time.

What was most interesting, as I listened to their personal choices, was who they put in the top 10 since the Kings came to Sacramento.

Conspicuously missing from that list from both hosts were the names Domantas Sabonis and De'Aaron Fox. Neither could make their top 10 list.

Bench players Doug Christie and Brad Miller made the list, but not the rebounding champ for the past two seasons, or the fastest man in the NBA in our own De'Aaron Fox.

Call me a homer, and I'll be proud to wear the title, but I will tell you without a shadow of a doubt, Domantas Sabonis and De'Aaron Fox have already acquitted themselves honorably to make the top ten list of all time for the Sacramento Kings.

Argue where you place Chris Webber, Vlade Divac, or even Demarcus Cousins, but please show some small modicum of basketball acumen and place Mr. Sabonis and Mr. Fox on the list of the top 10!

Did I get a little fired up? You bet I did.

I enjoy talking about the stalwarts of the past as much as the next Kings fan, but I am all about the team as represented today!

Let's spend our time on whether Keegan Murray can elevate to the next level, and garner talk as an all-star candidate someday. Or perhaps whether the Kings will have multiple players with a 20-plus scoring average this season.

Maybe we should discuss how many former Kings have ever led the NBA in rebounding. Names like Wilt Chamberlain, Kareem Abdul-Jabbar, Charles Barkley, Elvin Hayes, and yes, Sacramento's own Chris Webber have worn that title, but surprisingly none of the aforementioned ever did it two years in a row.

Oh, did I mention a candidate for the triple-double title? Perhaps because it never happened before Domantas Sabonis

did it last season, along with the double-double title as well.

OK, I got that off my chest, but I hope you are coming away with the impression that I am high as a kite on the existing squad as represented today. I'll go into the 2024-25 season and stare at a team that will challenge 50 wins and then some.

Newcomer DeMar DeRozan was recently quoted as saying, "I want to be one of the guys that hits the beam."

Domantas Sabonis said, "DeRozan makes us much harder to guard."

I could not agree more, and I will tell you without a doubt that if you get an invite to a Kings game this season, take it, and take it quick. Seats at Golden 1 are going to be scarcer than hen's teeth, and if it's pure entertainment you're looking for, just hang with the Kings this season.

One of the compelling things about the Kings that continues to bring me back again and again is the obvious delight they have playing together.

When a King hits the hardwood on their back, it's a mad scramble to see who will get there first to help the player to his feet.

I hear no acrimony from the bench as it relates to playing time, which is somewhat uncommon.

I'm particularly proud of the way Malik Monk has conducted himself coming off the bench for the past two seasons, when this talented player could easily be starting for any other team. Regardless of whether Malik remains the Kings' sixth man, or breaks into the starting lineup, he has my never-ending support.

Truly, this team has so much talent up and down the lineup, I could poll 10 season ticket holders, and get five to 10 different names as to who is their favorite.

Acquisition discussions have been quiet, but it's always quiet before the storm. Know that Monte McNair is showing up to work each day, and much is happening behind the scenes.

I hope you're looking forward to the upcoming season as much as I am, and especially opening night! ★

Your thoughts are always welcome at vgharriskingsfan@gmail.com

**Publisher,
Paul V. Scholl**

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Citrus Heights Messenger

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HAND 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05708
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CORCENTRA 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05408
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PRO 8-30-24

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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
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BOBAOLOGY 8-30-24

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

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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
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MULLINS 8-30-24

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

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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
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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
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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
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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 W/HFIT/Rufus A. Avent Jr NMWHFIT/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
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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
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SANDC 8-30-24

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

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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
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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
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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
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AACTION 9-6-24

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

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

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

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

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

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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
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SALON 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
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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
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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
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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
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MINUTEMAN 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 30, 2024
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CHAI 9-6-24

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Diana Williamson, 4110 De La Vina Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Butterfly Effect" 4110 De La Vina Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 29, 2024
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BUTTERFLY 9-13-24

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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
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STAR 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05905
Evangalina 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
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CLEANING 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05957
First Baptist Church of Rio Linda, California 7008 10th Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "New Beginnings Fellowship of Rio Linda" 7008 10th Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 1, 2024
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NEW 9-13-24

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Jennifer Meagher, 1027 O Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Expressions" 1027 O Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 14, 2024
Publish: August 23, 30, Sept 6, 13, 2024
EXPRESSIONS 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05935
Sportman Products LLC, 208 15th Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Stencil Stop" 208 15th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 31, 2024
Publish: August 23, 30, Sept 6, 13, 2024
STENCIL 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05846
Sand's Muthyala LLC, 5497 Mossy Stone Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Mathnasium of Fair Oaks" 5450 Sunrise Boulevard Suite D, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 30, 2024
Publish: August 23, 30, Sept 6, 13, 2024
MATHNASIUM 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06179
Mohammad Dawod Aziza, 7248 30th Street Suite B, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "M A General Minor Auto Repair" 7248 30th Street Suite B, North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 12, 2024
Publish: August 23, 30, Sept 6, 13, 2024
GENERAL 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06180
Melinda Martrano, 3700 Bayou Road, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Mehndi by Melinda" 3700 Bayou Road, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 12, 2024
Publish: August 23, 30, Sept 6, 13, 2024
MEHNDI 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06190
Mortaza Hussaini, 3915 Power Inn Road Suite E, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Elite Car Zone" 3915 Power Inn Road Suite E, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 12, 2024
Publish: August 23, 30, Sept 6, 13, 2024
ELITE 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05775
Joanna Brotnei, 7900 Bellingrath Drive, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "Harmony Home Care" 7900 Bellingrath Drive, Elverta, CA 95626. Filed with the Clerk of Sacramento County July 25, 2024
Publish: August 23, 30, Sept 6, 13, 2024
HARMONY 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05891
Concrete Crafters, Inc, 7328 Sylvan Grove Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Concrete Crafters, Inc./Concrete Crafters" 7328 Sylvan Grove Way, Citrus Heights, CA 95610. 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
FIDELINA 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05985
Victoria Lose, 1104 Corporate 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) "Sabo 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

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05675
Rai Petroleum Inc., 6337 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fair Oaks AmPm" 6337 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 23, 2024
Publish: August 30, Sept 6, 13, 20, 2024
FAIR 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06222
Balaboy Group LLC, 6016 Sunrise Vista Drive Apt 41, Citrus Heights, CA, 95610 is doing business under the Fictitious Business Name(s) "BALA Express" 6016 Sunrise Vista Drive Apt 41, Citrus Heights, CA, 95610. Filed with the Clerk of Sacramento County August 14, 2024
Publish: August 30, Sept 6, 13, 20, 2024
BALA 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06134
Thompson Kane & Company, Inc., 8040 Excelsior Drive Suite 100, Madison WI, 53717 is doing business under the Fictitious Business Name(s) "Thompson Kane Mortgage Loans" 8040 Excelsior Drive Suite 100, Madison WI, 53717. Filed with the Clerk of Sacramento County August 9, 2024
Publish: August 30, Sept 6, 13, 20, 2024
THOMPSON 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05790
Angela Whitney, 3631 Quinn Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Angie's Tax & Professional Services" 3631 Quinn Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 26, 2024
Publish: August 30, Sept 6, 13, 20, 2024
ANGIES 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05981
KBL Group LLC, 6510 Franklin Boulevard, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Pacific Auto Repair" 6510 Franklin Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 2, 2024
Publish: August 30, Sept 6, 13, 20, 2024
PACIFIC 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06184
Western Pacific Depot, 2001 K Street, Sacramento, CA, 95811 is doing business under the Fictitious Business Name(s) "Marilyn's Pizza Slice" 2011 J Street Suite A, Sacramento, CA, 95811. Filed with the Clerk of Sacramento County August 12, 2024
Publish: August 30, Sept 6, 13, 20, 2024
MARILYNS 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06210
Lee's Superior Insurance Services, 4709 Florin Road Suite 1A, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Golden Elite Notary Services" 4709 Florin Road Suite 1A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 13, 2024
Publish: August 30, Sept 6, 13, 20, 2024

GOLDEN 9-20-24
FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06239
Nathan Wright, 460 Appaloosa Court, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "NeuroDev Assessment" 101 Parkshore Drive #122, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 14, 2024
Publish: August 30, Sept 6, 13, 20, 2024
NEURODEV 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05581
H.O.L.Y. ILS Services LLC, 4611 Freepoint Boulevard Suite 6, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "H.O.L.Y./H.O.L.Y. ILS" 4611 Freepoint Boulevard Suite 6, Sacramento, CA 95822. Filed with the Clerk of Sacramento County July 19, 2024
Publish: August 30, Sept 6, 13, 20, 2024
HOLY 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06344
TAG Transports Inc., 1401 21st Street Suite 7188, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Murga 365 Protective Solutions Inc." 1401 21st Street Suite 7188, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 19, 2024
Publish: August 30, Sept 6, 13, 20, 2024
MURGA 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06155
Tres Babes LLC, 4741 Isabella Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Kaia Fit Fair Oaks/Kaia Fit Orangevale" 8525 Madison Avenue #140, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 9, 2024
Publish: August 30, Sept 6, 13, 20, 2024
KALIA 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06095
Jeffrey Kusiak, 6717 Landis Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Devosia Designs" 6717 Landis Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 8, 2024
Publish: August 30, Sept 6, 13, 20, 2024
DEVOSIA 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06202
Claudia Camelia Juravle, 9009 Plum Blossom Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Friendly Care Home II" 9009 Plum Blossom Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 13, 2024
Publish: August 30, Sept 6, 13, 20, 2024
FRIENDLY 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06035
Kimbae Warr, 4860 Idaho Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Purpose Support Living Services" 4860 Idaho Drive, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 6, 2024
Publish: August 30, Sept 6, 13, 20, 2024
PURPOSE 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06154
Tres Babes LLC, 4741 Isabella Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Kaia Fit Natomas" 1435 North Market Boulevard, Suite #3,

Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 9, 2024
Publish: August 30, Sept 6, 13, 20, 2024
TRES 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06388
Tarek Ahmad Rashid Sr., 721 North B Street, Suite 17, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Aegis Automotive Sales" 721 North B Street, Suite 17, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 20, 2024
Publish: August 30, Sept 6, 13, 20, 2024
AEGIS 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06410
Christopher Smith, 6829 Blue Duck Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Kuroheim Item Shop" 6829 Blue Duck Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 21, 2024
Publish: August 30, Sept 6, 13, 20, 2024
KUROHEIM 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06411
999 Thai Inc, 3609 Don Julio Boulevard, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Yummy Thai Sushi/MooMii Fish N Chip" 1501 N C Street, Sacramento, CA 95891. Filed with the Clerk of Sacramento County August 21, 2024
Publish: August 30, Sept 6, 13, 20, 2024
YUMMY 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06480
Nicholas Reed, 7009 Trabert Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Chain Lighter" 7009 Trabert Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 22, 2024
Publish: August 30, Sept 6, 13, 20, 2024
CHAIN 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05928
Jyotsna Sundar DMD A Medical Corporation, 7628 Auburn Boulevard, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Auburn Endodontics" 7628 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 31, 2024
Publish: August 30, Sept 6, 13, 20, 2024
AUBURN 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06488
John Michael Gonzales, 3745 Viola Drive, North Highlands, CA 96660 is doing business under the Fictitious Business Name(s) "Gonzales Fitness" 3745 Viola Drive, North Highlands, CA 96660. Filed with the Clerk of Sacramento County August 22, 2024
Publish: August 30, Sept 6, 13, 20, 2024
GONZALES 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06460
Joseph Stanley Jones, 9537 Hollingsworth Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Surrogate Grandfather" 9537 Hollingsworth Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 22, 2024
Publish: August 30, Sept 6, 13, 20, 2024
SURROGATE 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06189
Melissa Mercado, PO Box 511, Rancho Cordova, CA 95741

is doing business under the Fictitious Business Name(s) "Commonwealth Customs By Mel" 50 Iron Point Circle, Suite 140, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 12, 2024
Publish: August 30, Sept 6, 13, 20, 2024
COMMONWEALTH 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06481
Jasmine Pinon-McCulloch, 2301 Vehicle Drive, Suite G, Rancho Cordova 95670 is doing business under the Fictitious Business Name(s) "JP's Auto Care" 2301 Vehicle Drive, Suite G, Rancho Cordova 95670. Filed with the Clerk of Sacramento County August 22, 2024
Publish: August 30, Sept 6, 13, 20, 2024
JPS 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06507
Artrice Stewart, 10730 Coloma Road, #5, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Artrice Soulful BBQ" 10730 Coloma Road, #5, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 23, 2024
Publish: August 30, Sept 6, 13, 20, 2024
ARTRICE 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06507
Artrice Stewart, 10730 Coloma Road, #5, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Artrice Soulful BBQ" 10730 Coloma Road, #5, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 23, 2024
Publish: August 30, Sept 6, 13, 20, 2024
ARTRICE 9-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06507
Artrice Stewart, 10730 Coloma Road, #5, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Artrice Soulful BBQ" 10730 Coloma Road, #5, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 23, 2024
Publish: August 30, Sept 6, 13, 20, 2024
ARTRICE 9-20-24

ORDER TO SHOW CAUSE CHANGE OF NAME

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, 30, 2024
ROBERTS 8-30-24

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 Khushrawi.

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 Zahirri has filed a petition with this court for a decree changing the name(s) of Yousuf Jan Hussain Zahirri

to Yousuf Aryoubi and Farida Mahmood to Farida Aryoubi and Gulsom Yousuf to Gulsom 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 December 4, 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 9, 16, 23, 30, 2024
ZAHIRI 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
#24CV016269

Dianna T Nguyen has filed a petition with this court for a decree changing the name(s) of Dianna T Nguyen to Nho Xuan The Nguyen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 20, 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: August 9, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: August 23, 30, Sept 6, 13, 2024
NGUYEN 9-13-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#24CV016269

Anandi Sushant Shirodkar has filed a petition with this court for a decree changing the name(s) of Anandi Sushant Shirodkar to Anandi Shirodkar.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 27, 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: August 19, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: August 30, Sept 6, 13, 20, 2024
SHIRODKAR 9-20-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#24CV016383

Dylan Douglas Nester-Carlson has filed a petition with this court for a decree changing the name(s) of Dylan Douglas Nester-Carlson to Dylan Douglas Nester.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 3, 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: August 20, 2024

CITY OF CITRUS HEIGHTS

NOTICE TO PROPOSERS

PROPOSALS will be received at the office of the City Clerk, City Hall, 6360 Fountain Square Drive, Citrus Heights, California, until the hour of **2:00 p.m. on THURSDAY, SEPTEMBER 19, 2024** for the **EXTERIOR PAINTING OF THE CITRUS HEIGHTS COMMUNITY CENTER & SYLVAN COMMUNITY PROJECT**, City of Citrus Heights, California.

Qualified contractors submitting bid proposals (and for the duration of the contract) shall possess a **valid State of California C-33 (Painting and Decorating)**. All licenses must be in good standing without any official unresolved record of complaints registered or filed with the Board or California Department of Consumer Affairs.

The work to be performed generally consists of public-facing sound wall power washing, repainting and application of anti-graffiti coating, and all other works as described in the request for proposals document.

Proposals are required for the entire work described herein and must include completed proposal forms and supplemental information. An electronic copy of the Proposal Documents, Draft Contract Agreement and other project documents is available on the City's website at no cost.

It is the proposer's responsibility to check the City's website for any updated information at least 24 hours prior to the scheduled bid opening.

A MANDATORY pre-proposal conference is scheduled to be held **TUESDAY, September 10, 2024 at 10:00 AM beginning at the City of Citrus Heights Community Center, located at 6300 Fountain Square Drive, and then proceeding to the Sylvan Community Center located at 7521 Community Drive.**

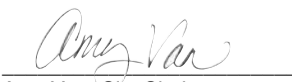
In accordance with the provisions of Section 1770 of the Labor Code of the State of California, the Director of the Department of Industrial Relations has ascertained the general prevailing rate of wages applicable to the work to be done in accordance with the standards set forth in Section 1773 and which is filed in the office of the City Clerk. Contractor is responsible for confirming applicable minimum wage rates for this project are set forth in Special Provisions. Attention is directed to the City's insurance requirements, referenced in the RFP documents.

The City of Citrus Heights, in accordance with Title VI of the Civil Rights Act of 1964, (78 Stat. 252), and the regulations of the Department of Commerce (15 C.F.R., Part 8) issued pursuant to such Act, hereby notifies all proposers that it will affirmatively insure that the contract entered into will be awarded to the lowest, responsive responsible proposer without discrimination on the ground of race, sex, color or national origin.

Each proposer, and any subcontractor listed in a bid proposal pursuant to Public Contract Code Section 4104, must be currently registered with the Department of Industrial Relations and qualified to perform public work consistent with Labor Code section 1725.5, except in limited circumstances as referenced in Labor Code section 1771.1(a).

The City of Citrus Heights reserves the right to reject any or all proposals or portions thereof, to accept a proposal or portion thereof and to waive any minor informality or irregularity.

Proposal protests must be submitted in writing to the attention of the City Clerk before 4:00 pm of the 7th calendar day following the proposal opening.


Amy Van, City Clerk

Date: 08/23/2024

Citrus Heights Messenger 8-30-2024

CITY OF CITRUS HEIGHTS

NOTICE OF PUBLIC HEARING

NOTICE is hereby given that on **September 11, 2024, at 6:00 p.m.**, or as soon thereafter as the matter may be heard, the **City Council** of the City of Citrus Heights will hold a Public Hearing at the **Citrus Heights Council Chambers located at 6360 Fountain Square Drive, Citrus Heights, CA**, for the consideration of the following:

Citrus Heights Zoning Code Update

The Citrus Heights City Council will be considering a variety of updates to the city's Zoning Code. The updates include revisions to sections pertaining to recycling, alcoholic beverage sales, accessory dwelling units, and a variety of other amendments. A complete list of changes can be obtained from the Planning Division. The Planning Commission considered the changes on August 13, 2024 and is recommending the City Council approve the changes, except for the amendments proposed for the recycling portion. The project is Categorical Exempt from CEQA under Section 15061(b)(3) of the Guidelines. Project Planner: Steffane Lui

Following the Public Hearing, the **City Council** may take such action on the project as it deems appropriate. Interested persons are invited to submit written comments prior to and may testify at the Public Hearing. **Written comments may be submitted to Amy Van, City Clerk, 6360 Fountain Square Drive, Citrus Heights, CA 95621.** If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

If you challenge the action of the **City Council** on this matter in court, you may be limited to raising only those issues you or someone else raised at the Public Hearing described in this notice, or in written correspondence delivered to the Planning Division at, or prior to the Public Hearing.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact Amy Van, City Clerk at 916-725-2448. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.
Dated: August 21, 2024
Citrus Heights Messenger 8-30-2024

Non-Medical Grade Silicone Injection Homicide Suspect Arrested in 2013 Case

Citrus Heights Police Department News Release

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Detectives have announced the arrest of 49-year-old Alejandra Aguilera-Ortega for homicide in connection with the fatal non-medical grade silicone injection that led to the death of 22-year-old Diego Lopez in May 2013.

Detectives conducted an extensive investigation in

2013, collecting multiple items of evidence and interviewing numerous parties. On Aug. 19, Aguilera-Ortega was taken into custody by Citrus Heights Police Detectives following new information that Aguilera-Ortega had returned to Citrus Heights after fleeing to Mexico. Aguilera-Ortega was booked into the Sacramento County Main Jail on homicide charges.

On April 30, 2013, Diego Lopez was transported to Mercy

San Juan hospital due to difficulty breathing and coughing up blood. The treating physician discovered that Lopez had received non-medical grade silicone injections in the buttocks area, which led to multiple organ failures, cardiac arrest and ultimately death on May 7, 2013.

During the investigation, detectives learned that Alejandra and Diego were friends. Detectives also discovered evidence suggesting

Alejandra provided the silicone and super-glue substance injections to Diego and others for a fee, despite not being licensed as a medical practitioner.

Detectives secured a homicide arrest warrant for Alejandra, who had already fled to an unknown location in Mexico. Detectives discovered Alejandra had recently returned to Citrus Heights and was subsequently located and apprehended at a local apartment complex.

Anyone with information about this crime or who may have suffered medical complications from a similar procedure by Aguilera-Ortega is encouraged to contact the Citrus Heights Police Department Crime Tip Line at 916-727-5524.

If you would like to remain anonymous, you can contact the Sacramento Valley Crime Stoppers tip hotline at (916) 443-HELP. ★

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

ORDER TO SHOW CAUSE CHANGE OF NAME

Christopher E. Krueger, Judge of the Superior Court
 Publish: August 30, Sept 6, 13, 20, 2024
 NESTER 9-20-24

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #24CV016508

Antonio Mendoza has filed a petition with this court for a decree changing the name(s) of Noah Gael Mata Juarez to Noah Gael Mendoza.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 4, 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: August 21, 2024
 Christopher E. Krueger, Judge of the Superior Court
 Publish: August 30, Sept 6, 13, 20, 2024
 MENDOZA 9-20-24

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #24CV016372

Viacheslav Zinevych has filed a petition with this court for a decree changing the name(s) of Viacheslav Zinevych to Slava Zinevych.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 3, 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: August 20, 2024
 Christopher E. Krueger, Judge of the Superior Court
 Publish: August 30, Sept 6, 13, 20, 2024
 ZINEVYCH 9-20-24

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #24CV016379

Mahjabin Parwani has filed a petition with this court for a decree changing the name(s) of Mahjabin Parwani to Maryam Haidari.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 31, 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 20, 2024
 Richard K. Sueyoshi, Judge of the Superior Court
 Publish: August 30, Sept 6, 13, 20, 2024
 PARWANI 9-20-24

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LELIA AMANDA GUERRERO CASE NO. 24PR001541

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

A Petition for Probate has been filed by Nakaiya Guerrero, in the Superior Court of California,

County of Sacramento, requesting Nakaiya Guerrero 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 September 25, 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: Nakaiya Guerrero, 3741 Floral Drive, North Highlands, CA 95660; 279-209-1514
 Publish: August 30, Sept 6, 13, 2024
 GUERRERO 9-13-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF GLEN ROY VAN DEN BROEK CASE NO. 24PR002339

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Glen Roy Van Den Broek.

A Petition for Probate has been filed by Kiana Courtney, in the Superior Court of California, County of Sacramento, requesting Kiana Courtney 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 September 24, 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: Kiana Courtney, 5945 Ehrhardt Avenue, Sacramento, CA 95823; 916-877-1386
 Publish: August 30, Sept 6, 13, 2024
 BROEK 9-13-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2021-00008

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: JMR Concrete Construction, 7213 Kari Ann Circle, Sacramento, CA 95824. Jesus Morones Romo, 7213 Kari Ann Circle, Sacramento, CA 95824.

The Fictitious Business Name Statement was filed on 1/4/2021 in the County of Sacramento. Filed with the clerk of Sacramento County: 8/12/2024.
 Publish: August 30, Sept 6, 13, 20, 2024
 JMR 9-20-24



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Dave Ramsey Says What's Best for Me?

simple will is all you need to establish a solid estate plan that protects your family if something happens to you.

Trusts tend to be geared toward people with more assets and unique or complex estate issues. They also come in lots of different forms like, living trusts, revocable and irrevocable trusts and special needs trusts, just to name a few. In my mind, if you have less than \$1 million in assets—and your financial world is pretty simple and straightforward—a will gets the job done just fine.

One of the most important differences between wills and trusts is the ability to name a guardian for your minor children. You *can* name a legal guardian in your will, but you *can't* in a trust. So, even if you have a trust, you'll still need a will to make sure your kids are taken care of after you die.

Another important distinction between the two is that a trust lets you skip probate court—a will doesn't. Probate court cases can drag on forever. Plus, they can be expensive. If your estate gets mixed up in probate court because someone challenges the will, it could mean your family has to spend months in court while grieving. No one wants to go through that.

While we're on the subject of probate court, let's talk about another sticky subject.

There's a little bit of crazy in every family. You probably know who they are in your family, but if you don't, it might be you. Seriously, though, we all know some families that seem to have more than their fair share of crazy and drama, and wills are best for families that struggle with these issues and tension between family members. Probate court can resolve those problems. On the other hand, families who can handle healthy conflict, and who trust each other, are better off with a trust, since they don't need a probate court to babysit them.

And if you're wondering if you can have both a trust and a will, the answer is yes. In fact, most people who have a trust have a will, too.

I hope this little bit helps
— Dave
Dave Ramsey is a national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions. ★

Dear Dave,

I was talking to some friends the other day about wills and trusts. They seemed to have a variety of opinions, so can you straighten things out for me? I don't have a will or a trust, and my financial situation is pretty simple. I just want to make sure I do the right thing.

— William

Dear William,

This is a great question. I'm sure your friends are smart folks, but I'm glad you're looking for more answers. I'm not a lawyer, so I'm just going to give you a few simple things to think about. Also, I'd strongly suggest you talk to an experienced will and trust lawyer, one with the heart of a teacher, who will give you all the facts and put your best interests first.

Basically, a will is a legal document that explains what you want to happen with your stuff when you die and puts it all in writing. There are many different types of wills, but for most people a



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

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

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

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

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

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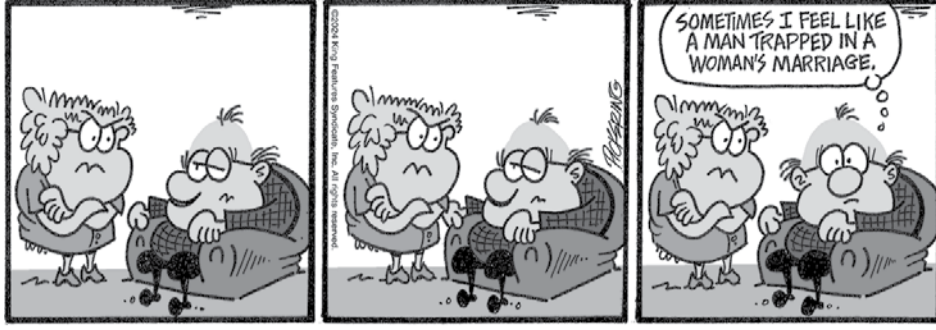
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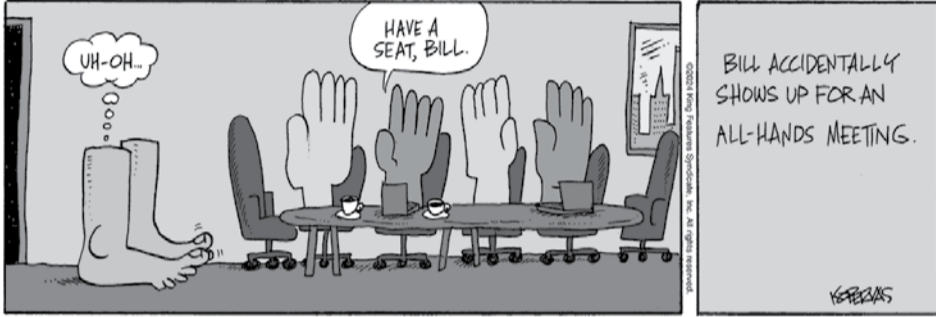
Amber Waves

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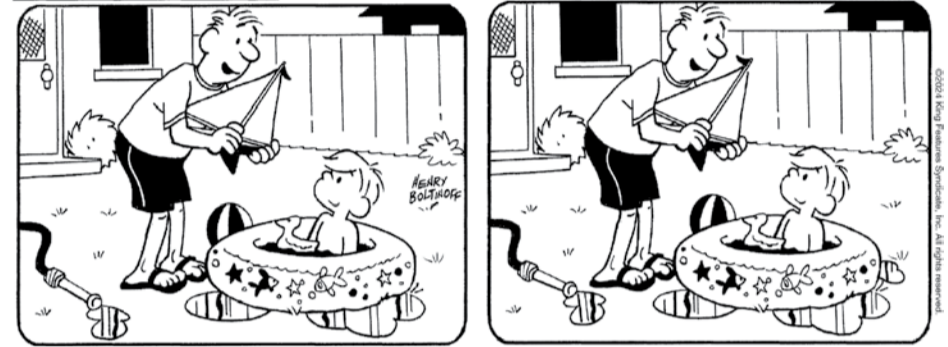
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GRIN and BEAR IT

Just Like Cats & Dogs by Dave T. Phipps



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STATEPOINT CROSSWORD • THE 1930s

CLUES

ACROSS

- Doorframe part
- *The Swing Era or ___ Band Era
- T-cell killer, acr.
- Arabian chieftain
- Actress Sorvino
- Excessively fat
- Chore list
- Second word in fairytale?
- Doled out cards
- *1933 movie monster (2 words)
- Eyeball
- Golf aid
- French vineyard
- *Larry or Curly or Moe
- Between delta and zeta
- ___ B vaccine
- Ciphering machine
- Kind
- Black and white cookies
- ___ chi
- Fender bender consequences
- Light beige
- *First white chocolate manufacturer
- Grasp
- Elbow room, to a ship (2 words)
- Teenagers' emotions
- Belly
- East Indian pepper
- Buzzing pest
- *Prairie crisis (2 words)
- Change, as in U.S. Constitution
- "If all ___ fails..."
- Solomon-like
- Boatload
- Lab gel
- Enthusiasm
- Finale
- Grazing land
- Blood vessel network

DOWN

- Blue Angel
- In a frenzy
- Calf-length skirt
- Ford option
- Two-footed mortar support
- Shoemaker without shoes, e.g.
- *Al Capone's Chicago Outfit, e.g.
- Mend, healthwise
- Small island
- Doctor Dolittle, e.g.
- *Shenyang (China) in 1931
- O in B.O., pl.
- *Cole Porter's "Begin the ___"
- Dashboard windows
- Accounting title
- Oxfords and loafers
- 9 a.m. prayer
- *George Gershwin's "Porgy and Bess"
- Discharge
- Ding-a-___, pl.
- Eightsome
- Egg holders
- Big-ticket ___
- Tank filler
- *a.k.a. The Little Rascals (2 words)
- Brightest star in Cygnus
- 1990s negotiation

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WE SUPPORT FIRST RESPONDERS

MPG

Tuleyome Tale - Safe Summer Hiking



Light colors and loose-fitting clothes help keep hikers cool even in areas with little shade. Photo by Nate Lillge

By Kristie Ehrhardt

WOODLAND, CA (MPG) - Technology and fast-paced living are part of our everyday world, but spending time in nature can help neutralize the tension and flurry that has become commonplace for us. Heading outdoors, even during the heat of summer, is not only possible but with a little preparation it can be safe, enjoyable, and fulfilling. Although the summer is ending, temperatures can still be high. Here are some tips to stay safe while hiking in high temperatures.

Keep an eye on the weather.

We are all painfully aware that our region gets HOT during the summer months and although the forecast doesn't really change all that much, in certain areas it

can fluctuate more than at your house so keeping an eye on the weather where you're headed is important.

Head out early to take full advantage of the cooler morning hours. Being at the trailhead at sunrise not only avoids some of the heat of the day, but it will likely also avoid crowded parking situations and traffic jams on the trail.

Some areas in our region may experience more wind than others and when the wind is from the north it is typically hot and dry which can rapidly increase the risk of dehydration while hiking. Along with the gusty north winds come "fire weather" which is often indicated by a Red Flag Warning, meaning that there is an increased risk for fire danger because of high temperatures, low humidity and strong winds. If you smell smoke while you're hiking, it's always best to immediately evacuate the area. Failing to leave not only puts you at risk, but it also puts emergency personnel that may have to come to your aid at risk as well.

Stay hydrated and fuel up. Carry and drink plenty of water during your hike, in fact, bring more than you think you'll need. A good rule of thumb is to drink a half to a full liter of water every hour depending on the temperature and your level of exertion. Be sure to drink often, sipping water helps you maintain hydration much better than chugging a bunch of water once or twice during your hike. You'll feel a lot better too. If you get distracted by the scenery and forget to sip, set a timer

to remind you to take a drink about every 20 minutes. If it's really hot or you'll be working really hard, pre-hydrate. Drink about 16 ounces of water two hours before you hit the trail.

Remember to bring some snacks even if you're not planning on being out on the trail all

extra sodium and potassium can also help keep you happy and feeling well. A quick way to replenish electrolytes is to drink a sports or recovery drink.

Know your limits. Pay attention to your body and any aches and pains you may be experiencing. Consider fatigue,

like poison oak and ticks and keep in mind that snakes may also be out enjoying the day. If you encounter one, please just allow it to pass, it doesn't want to engage with you either. Wear sunglasses and a wide brimmed hat or get a backpack umbrella to attach to your pack to ensure

that you'll always have shade. Sunscreen is an absolute must and should be reapplied often, especially after swimming or excessive sweating.

Getting a sunburn is not only miserable and risky, but it can also add to the risk of dehydration. Some essential items to pack include a headlamp or flashlight, a knife or multipurpose tool, and a first aid kit that includes duct tape and super glue. Bonus points for taking a first aid course before hiking season, especially if you like to hike alone. If you're hiking with your canine pal, please be sure to take notice of their physical ability and demeanor. Dogs heat up and cool down differently than people and outdoor activity during the heat of the day can be extremely uncomfortable or even dangerous for them. Heatstroke can be life threatening to a dog and breaks with extra water and shade are essential for them; don't base their health level on how you're feeling.

Hiking can be done safely in our region any time of year. Some forethought and precautions can help avoid unnecessary calls to our first responders and help you enjoy the outdoors.

And as always - if you pack it in, pack it out!

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Wide brimmed hats can help prevent sunburn - wear sunscreen. Photo by Nate Lillge

day. Finding the perfect spot to sit and journal or sketch for a while, unexpected difficult terrain or even possibly an injury or getting lost can keep you out on the trail longer than expected and having extra food with you not only keeps your energy up but also your morale. Perspiring causes your body to lose not only water but also electrolytes so packing snacks with a little

strained muscles, a cranky ankle or even blisters and how those will make you feel if you continue hiking. The trek out may be downhill, but it'll be hotter than when you started. Turn back or head out before your water supply is half gone and don't hike beyond your ability.

Hiking is more fun with company. Having others with you to share the joy and experiences of the day is fabulous but having friends with you also lets you check on one another and, if necessary, help with important decisions should there be an injury or a need to call for help. Tuleyome, the Sierra Club and other "meet up" groups often offer group hikes where you can learn the terrain and meet fellow hikers.

Make a Plan and Be Prepared. Check the weather forecast and trail conditions before you go and bring appropriate clothing. Be sure to let someone know where you are heading and about how long you expect to be gone, especially if you are hiking alone. There's a good possibility that your cell phone may not have service on the trail so attaching a whistle to your pack should you need to call for help is a smart idea. Stay on the trail to help avoid things

that you'll always have shade. Sunscreen is an absolute must and should be reapplied often, especially after swimming or excessive sweating.

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And as always - if you pack it in, pack it out!



Hydration and frequent breaks are important when hiking, especially when temperatures soar. Photo by Nate Lillge

SMF Breaks Ground on Pedestrian Walkway



The new walkway will connect Terminal B to Concourse B. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento International Airport (SMF) has broken ground for its new Pedestrian Walkway, a key project in the SMF Forward program. The Pedestrian Walkway will connect Terminal B to Concourse B via a skybridge with moving sidewalks, escalators and elevators along a panoramic corridor. The walkway project is vital to supporting passenger growth well into the future.

The \$140 million walkway will enhance passenger convenience and connectivity, offering travelers the ability to walk or ride the existing Automated People Mover. The project will feature three major pieces of art that represent a \$2.5 million investment in public art.

"This is the first project of our \$1.3 billion SMF Forward program and the

culmination of years of planning and creativity," said Cindy Nichol, Director of Sacramento County Department of Airports.

"By transforming how people experience travel, we're enhancing our community's connection to the region and the world, boosting our economy and improving our quality of life."

The project is funded by \$33 million in grant funds through the Bipartisan Infrastructure Law (BIL), as well as a low-interest federal loan through the Transportation Infrastructure Finance and Innovation Act (TIFIA) and airport revenue bonds. Zero local tax dollars will be used to fund this important project.

The Airport has been breaking passenger records month after month, ending fiscal year 2024 with 13.2 million passengers served.

"With passenger numbers on track to

break records again this year, this project is essential to meeting the demands of today and tomorrow," said District 2 Supervisor and Board Chair, Patrick Kennedy.

"By expanding our airport's capacity and enhancing the passenger journey, Sacramento County's Department of Airports is ensuring our region remains a top choice for travelers and businesses alike."

"This walkway, with two sky bridges and a hub, is built with the future in mind," said District 1 Supervisor, Phil Serna.

"They will provide SMF's passengers a flexible portal that can connect to a future concourse to meet our growing region's need for air travel for decades to come."

Following a competitive selection process, Balfour Beatty was chosen to serve as the project's Construction Manager at Risk (CMAR), a first for a major project in

Sacramento County.

The Construction Manager at Risk delivery method is beneficial because it allows for early collaboration between the Department, the project designer and the construction manager, leading to better project design and cost control. The project will be delivered through multiple progressive guaranteed maximum price (PGMP) which reduces financial risk for the Department. The Construction Manager at Risk delivery method enhances project quality and efficiency through integrated project design and delivery and proactive risk management.

The Pedestrian Walkway is just the first step in a \$1.3 billion plan to leverage transformative partnerships, lead the way in creative financing solutions and deliver the future of SMF. Throughout the program's projected duration, 800 jobs will be created in the first four years alone. ★

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Garlic 5 pcs \$1.59 ^{ea}	Kabocha 99 [¢] ^{lb}	Honey Crisp Apple 79 [¢] ^{lb}	Seafood Mushroom 150 g 3 for \$2

AMERICAN/HISPANIC GROCERY

Swirl Fabric Softener 8.5 liters \$16.99 ^{ea}	Mexican Pepal 355 ml \$1.99 ^{ea}	Pringles 6 flavors 5.5 oz \$2.99 ^{ea}	9 Elements Liquid Dish Soap 15 Ltr \$2.99 ^{ea}	Soft & Strong Bath Tissue 12 rolls \$5.99 ^{ea}
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FROZEN & FISH DEPT

Red Bean Dorayaki 5 pcs / 300 g REG. \$5.99/ea \$3.99 /ea	Crispy Seaweed Roll 1.1 lb / 500 g REG. \$5.99/ea \$3.99 /ea
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ASIAN GROCERY

Excellent Canton 16 oz \$3.99 ^{ea}	Jans Crackers 5.64 & 6.7 oz \$1.89 ^{ea}	Butterfly Pure Honey Comb 350 g \$1.99 ^{ea}	Chabe Samul Chae-Suwe 10.9 Ltr \$1.29 ^{ea}	Savory Coconut Cream 13.5 Ltr \$2.29 ^{ea}
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WEEKLY MEAT SPECIALS

Beef London Broil Top Round Roast Pulpa Para Hornar' Boud sin Hueso \$4.99 ^{lb}	Beef T-Bone Steak Filet Chateau de Termera \$5.99 ^{lb}	Beef Porterhouse Steak Filet Biste de Termera \$6.49 ^{lb}
Chicken Breast Tenders 2.5 lbs Bag \$8.99	Pork Butts Boneless Colitas de Cerdo sin Hueso \$2.99 ^{lb}	Pork Baby Back Ribs Costillas de Cerdo \$3.99 ^{lb}
Chicken Leg Quarters Piernas y Muslo de Pollo 99 [¢] ^{lb}	Lamb Loin Chops Chuletas de Lomo de Cordeiro \$9.99 ^{lb}	Pork Tenderloin Lomo de Cerdo \$7.99 ^{lb}

EUROPEAN GROCERY

Zenon Double Cream White Cheese 800 gr \$10.99 ^{ea}	Kuru Sele Olives 800 gr \$8.99 ^{ea}	Pyramid Pure Honey Comb 350 g \$8.99 ^{ea}	Tarah Vermicelli 450 gr \$1.69 ^{ea}	Ahmad Tea English Tea Number 1 100 t/b \$7.99 ^{ea}
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<h3 style="text-align: center;">KOREAN/JAPANESE GROCERY</h3> <table border="0" style="width: 100%;"> <tr> <td>Sekki White Rice 4.4 lbs \$6.99^{ea}</td> <td>Korean Drink 2 kinds 1.5 liters \$3.99^{ea}</td> <td>Turkey Chips Choco Chocros 49 g \$1.29^{ea}</td> <td>Baljak Hot Sauce Carbonara 200 g \$2.99^{ea}</td> <td>Chicken Stew w/ Gingseng 800 g \$10.99^{ea}</td> <td>Korean Fish Sauce 830 ml \$5.99^{ea}</td> </tr> <tr> <td>Bonjak Misoine & Vegetable 300 g \$7.99^{ea}</td> <td>Evening Red Ginseng Drink 20 x 50 ml \$15.99^{ea}</td> <td>Korean Fried Chicken Saach 300 g \$8.99^{ea}</td> <td>Haitai Shredded Chipe 100g \$2.99^{ea}</td> <td>Usad Saach Sauce 11.8 oz \$2.99^{ea}</td> <td>Shirataki Yum Noodle 8.82 oz \$1.49^{ea}</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Kenjiye Mayonnaise 500 g \$4.99^{ea}</td> </tr> </table>	Sekki White Rice 4.4 lbs \$6.99 ^{ea}	Korean Drink 2 kinds 1.5 liters \$3.99 ^{ea}	Turkey Chips Choco Chocros 49 g \$1.29 ^{ea}	Baljak Hot Sauce Carbonara 200 g \$2.99 ^{ea}	Chicken Stew w/ Gingseng 800 g \$10.99 ^{ea}	Korean Fish Sauce 830 ml \$5.99 ^{ea}	Bonjak Misoine & Vegetable 300 g \$7.99 ^{ea}	Evening Red Ginseng Drink 20 x 50 ml \$15.99 ^{ea}	Korean Fried Chicken Saach 300 g \$8.99 ^{ea}	Haitai Shredded Chipe 100g \$2.99 ^{ea}	Usad Saach Sauce 11.8 oz \$2.99 ^{ea}	Shirataki Yum Noodle 8.82 oz \$1.49 ^{ea}						Kenjiye Mayonnaise 500 g \$4.99 ^{ea}	<h3 style="text-align: center;">HOUSEWARES</h3> <table border="0" style="width: 100%;"> <tr> <td>BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99^{ea}</td> <td>MODAMODA SHAMPOO 300 G \$2.99^{ea}</td> </tr> <tr> <td>ELECTRIC BBQ GRILL \$39.99^{ea}</td> <td>KAIZEN WOK PAN 22 CM \$14.99^{ea}</td> </tr> <tr> <td>ELECTRIC RICE COOKER (4 CUPS) \$49.99^{ea}</td> <td>ELECTRIC RICE COOKER (10 CUPS) \$54.99^{ea}</td> </tr> <tr> <td>ELECTRIC RICE COOKER (10 CUPS) \$59.99^{ea}</td> <td></td> </tr> </table>	BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99 ^{ea}	MODAMODA SHAMPOO 300 G \$2.99 ^{ea}	ELECTRIC BBQ GRILL \$39.99 ^{ea}	KAIZEN WOK PAN 22 CM \$14.99 ^{ea}	ELECTRIC RICE COOKER (4 CUPS) \$49.99 ^{ea}	ELECTRIC RICE COOKER (10 CUPS) \$54.99 ^{ea}	ELECTRIC RICE COOKER (10 CUPS) \$59.99 ^{ea}	
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