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THE NEWS

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SEPTEMBER 13, 2024

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Fire Chief Shares Successes



From left, Battalion Chief Scott Perryman, Metro Fire Department Director Cindy Saylor and Metro Fire Chief Adam House attended the Sept. 5 Lunch Bunch.

Story and photos by Annie Kerr

SACRAMENTO REGION, CA (MPG) - It's not every day that you get to eat lunch with a fire chief.

On Sept. 5, the Tri-Communities Lunch Bunch of North Highlands, Rio Linda and the Sacramento area hosted Sacramento Metro Fire Chief Adam House and Battalion Chief Scott Perryman as its guest speakers at Brookfield's Restaurant on Madison Avenue.

Meeting once a month for nearly 50 years, the Lunch Bunch is a wide

group of community members who are interested in networking, meeting new acquaintances and hearing a variety of prominent guest speakers, all while enjoying a delicious lunch.

House was introduced by Edward Jones Financial Advisor and Lunch Bunch host Patrick Magnani, who gave a brief background on both House and Perryman's careers.

According to Magnani, House is a Sacramento native and graduated from Cordova High School in 1987. He has a 36-year tenure in public service, including four years in

the Army serving as a firefighter. In 2000, he joined Sacramento Metro Fire and was named fire chief in August 2023.

House began his speech by saying, "I couldn't be more proud to say I am a Sacramento native." Calling Metro Fire a "fine organization," he provided a background of the fire department, the work they do and the advancements they are making toward providing 24/7 safety for all Sacramento residents.

According to House, Sacramento

Continued on page 3

Presidential General Election Update

Ballot Drop Box and Vote Center Locations Posted

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Voter Registration and Elections (VRE) has posted the list of Ballot Drop Box and Vote Center locations for the Nov. 5 Presidential General Election on the VRE website at elections.saccounty.gov.

Vote by Mail ballots will be mailed to voters beginning Monday, Oct. 7. Ballot Drop Boxes will begin opening Monday, Oct. 7, and Vote Centers will begin opening Saturday, Oct. 26. A complete list of Ballot Drop Box and Vote Center locations, and days and hours of operation can be found at: https://elections.saccounty.gov/votecenters/pages/locations.aspx

For more information, contact VRE at (916) 875-6451, email voterinfo@saccounty.gov, or by using the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone).

Key Election Dates

Monday, Oct. 7: Mailing of ballots to all registered voters begins

Monday, Oct. 7: Voted ballots may be returned in any of the Ballot Drop Boxes located throughout the County

Monday, Oct. 21: Close of voter registration for this election. Voter registration forms must be postmarked by this date or delivered to the VRE Office at 7000 65th Street, Suite A, Sacramento 95823 by 5 p.m. Online voter registration must be completed before midnight on this date at www.register-tovote.ca.gov

Tuesday, Oct. 22: Conditional Voter Registration (CVR) begins

Saturday, Oct. 26: 11 Day Vote Centers open

Tuesday, Oct. 29: Last day a Vote by Mail (VBM) ballot can be mailed to you. After this date, VBM ballots are only available at the VRE Office or a Vote Center.

Saturday, Nov. 2: All Vote Centers open throughout the County

Tuesday, Nov. 5: Election Day ★

Communities of Meadowview and North Highlands Invited to Meet SMUD

Resources For Residents, Job Seekers and Small Businesses

SMUD News Release

NORTH HIGHLANDS, CA (MPG) - On Sept. 24 and 26, SMUD will host two "Meet SMUD" events at the Florin Square Community Development Corporation and the North Highlands Recreation & Park District.

Attendees of the Meet SMUD events will learn about SMUD's Residential Assistance programs and energy-saving opportunities, including the Energy Assistance Program Rate (EAPR), Medical Equipment Discount and Energy Saver Bundles. Resource tables will provide information on careers in clean energy and zero carbon sectors, small business opportunities through SMUD's SEED program and ways to participate in the CleanPowerCity® movement.

The first Meet SMUD event will be from 4 to 7 p.m. Sept. 24 at Florin Square Community Development Corporation, 2251 Florin Rd in Meadowview. The SMUD representatives will feature



In June, SMUD hosted the Connecting our Communities Resource Expo, a welcoming event format enables in-person engagement with SMUD experts and partners for discussions about solutions that align with individual needs. Photo courtesy of SMUD

SMUD Director Dave Tamayo and other SMUD staff.

The second Meet SMUD event takes place from 5:30 to 7:30 p.m. Sept. 26 at North Highlands Recreation & Park District, 6040 Watt Ave., North Highlands. Guests will meet SMUD Director Heidi Sanborn and other SMUD staff.

Registration information for the Meadowview event is available at https://web.event.com/event/11a42cbd-3753-

491f-ae33-36d4e3c34e4e/summary.

To register for the North Highlands event, visit https://web.event.com/event/fb2bd330-7e7b-44ca-8452-dec1d4d2aa7e/summary.

"SMUD is committed to meeting people where they are, providing access to a wide range of resources and support from across our community," said SMUD Chief Executive Officer and General Manager Paul Lau. "As we charge forward toward a zero-carbon

future, we want everyone in our community to feel empowered to participate in this clean energy transition and benefit from the opportunities it brings. Together, we can build a more sustainable and inclusive future for all."

Attendees can enjoy an induction cooking demonstration by a local chef, explore community support services and sign up for SMUD programs onsite. The first 100 attendees will receive food and swag bags. ★

WE SUPPORT OUR MILITARY

Eagle Rescue Heroes Saluted

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Two professional tree climbers have been recognized for their heroism in rescuing a fallen bald eaglet last April.

Sacramento County Supervisor Rich Desmond recently presented resolutions to Placerville residents Kiover Lara and Gabriel Cuevas. The ceremony also saluted the career of Fair Oaks-based wildlife rescue specialist Ben Nuckolls, who supervised the mission that saved the three-week-old eaglet.

"It's just great that people like Kiover and Gabriel used their skills and courage to save our national bird from a situation that seemed like mission impossible," Desmond said. "And Ben Nuckolls is an incredible asset to the safety of wildlife on our American River Parkway."

Co-operating in the perilous rescue that made national news, the heroes gained brief celebrity. The foothills arborist company that employs Cuevas and Lara got a welcome business boost.

On April 27, climber Lara, 45, and 'ground man' partner Cuevas, 42, were enjoying a quiet Saturday off. Their boss, Mauro Rios, was doing godfather duties at a Quinceañera party. A nephew relayed a desperate call from a nest site observer: a bald eaglet known as Diecinueve (Spanish for 19) was dangling 100 feet up. The nest tree topped a ravine and firefighters deemed the terrain too steep and dangerous for ladders.

Sierra Pacific Tree Care owner Rios told his best climbers that an eagle needed rescuing.

"Kiover never says no," reported the boss. "He does anything we ask of him."

Rios OKed the use of company equipment and help was quickly dispatched.

Baby Diecinueve had alternated between frantic flapping and exhaustion for at least 10 hours

before the rescue. Supervising efforts, Nuckolls warned the climbers that they would be unpaid and must work at their own risk.

Lara responded that he had retrieved plenty of cats from trees but, he conceded, "Eagles, no."

He and Cuevas scrambled downhill to the tree base. Above, circling eagle parents shouted outrage.

"The lean on that tree worried us," Lara said. "We were also concerned the mother eagle might come at us. We said a prayer and figured it would be all right."

With Cuevas manning safety ropes, up Lara scrambled. Hearts thumped below.

"We were all scared," admitted an onlooker. "Not just that Kiover might fall; the higher he climbed, the closer the baby's mama circled."

Lara quickly reached and untangled the three-pound bundle of feathers.

"He was bigger than I thought," he recalled. "He felt soft and fluffy, like a stuffed toy. He looked at me bravely. I told him: you'll be OK, baby."

With precious cargo, descent was slower. When climbers and a cage appeared over the canyon ridge, firefighters cheered. Volunteers blinked back tears.

In minutes, Nuckolls and fellow rescuer Leslie Ackerman spirited the dehydrated eaglet to Gold Country Wildlife Rescue in Auburn. This facility operates in conjunction with the Lincoln-based Bird of Prey Health Group.

Diecinueve was given fluids and anti-inflammatory medication. Otherwise undamaged, Diecinueve was later moved for rehab at Lake Tahoe Wildlife Care in South Lake Tahoe. When fully grown, his release would be managed by this agency.

"My family and I love eagles. We were relieved the little guy was safe and would one day fly free. Supervisor Desmond's award makes us proud," said



The heroes are joined by Sierra Tree Care co-workers, family members, fire fighters and volunteers who assisted the bald eaglet rescue. Supervisor Rich Desmond (back row right) commended the group.



Safe in a dog carrier, the 3-week-old eaglet reaches safety after its rescue.



The nesting tree tilts over an American River canyon. With ropes, harnesses and spikes, Kiover Lara made the perilous climb last April.

climber Lara.

"I'm thankful that Kiover and Gabriel and other volunteers were on hand and we could all work together. Rescuing wildlife has always been my passion. Because this nest site is close to my home, I had an extra interest in the situation. Like many people, I'd watched this beautiful family for years. I felt a special responsibility

to help them," added rescue specialist Nuckolls.

For the safety of the eagles, the American River nest location is not included in this report. Learn about Sierra Pacific Tree Care company services at www.sierra-pacifictree.com

Learn more about Gold Country Wildlife Rescue at www.gold-countrywildliferescue.org. ★

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Fire Chief Shares Successes

Continued from page 1

Metro Fire is the seventh largest fire department in the state of California.

“In the last 10 years, our call volume has doubled,” he said.

In fact, House stated that in 2023, the fire department received more than 100,000 calls to 911. The department is expecting 110,000 calls by the end of 2024.

“So, we have to look at doing other things, having other capabilities and providing additional services because today’s population demands that,” House said. “We have to evolve. We have to have a higher degree of capability.”

House emphasized that Sacramento Metro Fire must adapt to the growing demand of its services, predominantly concerning the fentanyl, mental health and homelessness crises. Those issues must now be addressed.

“I’ve made it a priority to get involved with every single player in Sacramento County and ask, ‘How do we think outside the box and get our resources together so we’re not working on islands?’” House said. “We’re collaborating like never before, and with the help of Supervisors Rich Desmond and Sue Frost, we’ve been able to exercise outside the normal funds of the fire department to get additional funding to incorporate help into the sensitive areas of today’s communities,” he said.

The result: Mobile Integrated Health, which is the first of its kind in the nation.

The premise behind the program is to make the emergency process easier, quicker and more affordable for all parties involved. Or, in House’s

words, “Getting the right resource to the right call to have the right outcome to get them (the caller) to the right place.”

“You should be proud of your fire department,” House concluded.

The fire chief then introduced Battalion Chief Perryman to elaborate on the program, saying, “As firefighters, we need to be good human beings first. This (Perryman) is a good human being all the way around.”

Perryman began his career in 2002 as an EMT (Emergency Medical Technician) and paramedic before joining Metro Fire in 2006 as a firefighter, according to Magnani. He was promoted to captain in 2013 and then battalion chief in 2022.

Perryman spoke further about the Mobile Integrated Health program, which was his creation.

“I’m really passionate about this project I’ve been working on because it affects so much,” Perryman said.

First, not every medical issue calls for a trip to the ER, according to Perryman. By utilizing Mobile Integrated Health, an on-scene nurse practitioner/physician’s assistant can treat, diagnose, write medications and communicate with the patient’s primary care provider, therefore saving both the first responder and the patient a lengthy (and oftentimes unnecessary) ER visit. This also allows officers to spend more time patrolling the streets rather than waiting in the ER with someone, which they do any time they use a taser on someone.

Perryman shared several stories of 911 callers that were repeatedly sent to the ER but found no solutions for their issues until the Mobile Integrated Health professionals were

able to “go in and dig and find out what’s going on.”

“The person’s care is elevated,” Perryman said about Mobile Integrated Health.

“Think of the bills,” Perryman said, referring to the price of an ambulance, an ER visit, medications and more. Mobile Integrated Health is shared not only patients’, but insurance companies’ money, as well.

According to Perryman, the program is currently funded by the Sacramento County Board of Supervisors and grant money, with funds to open another unit in South Sacramento. The existing one is located in North Sacramento.

The next step for Mobile Integrated Health would be the signing of SB1180, a bill awaiting Governor Newsom’s signature that would allow Mobile Integrated Health to bill for its services. According to Perryman, Mobile Integrated Health can currently only charge for the equivalent of a physician’s visit, which ranges from \$100 to \$150. Perryman emphasized that Mobile Integrated Health is “not here to make money” and they just want to “cover their costs.”

House joined Perryman to reiterate a few final points, and ended by saying, “We have to be adaptable visionaries that just can’t sit around on our heels and say all we do is fight fires. We have to be better than that.”

The Lunch Bunch meets the first Thursday of each month and welcomes anyone who is interested. The next meeting will be at 11:30 a.m. Oct. 3 at Brookfield’s on Madison Avenue.

For more information about Sacramento Metro Fire, visit <https://metrofire.ca.gov>. ★



Metro Fire Chief Adam House shares the recent accomplishments of the Sacramento Metro Fire Department.



Battalion Chief Scott Perryman speaks to the Lunch Bunch on Sept. 5.

Free Heart Screening for Youth Scheduled for Oct. 6

UC Davis Health News Release

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

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

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

available upon request by the physician.

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

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

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

people have been identified with undiagnosed heart conditions.

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

About Kyle J. Taylor Foundation

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



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

arrest. To learn more about the foundation, visit the website at <https://www.kylejtaylor.org>.

About Project ADAM Sacramento

Project ADAM is committed to saving lives by preventing sudden cardiac death where young people learn and play. It is not enough to simply have an automated external defibrillator (AED) in the building - having a documented plan, a designated and prepared

response team, and a regularly practiced emergency response drill are critical to success. Project ADAM provides the foundation for schools and community organizations to develop their program by providing resources, education and training. Project ADAM can help your school or organization become Heart Safe. Visit the website for more information at <https://health.ucdavis.edu/children/services/project-adam>. ★

Election Information

November 5, 2024 – Presidential General Election

Vote Early and Vote by Mail.

	<p>Oct 7 Ballots begin to arrive by mail. Ballot Drop Boxes are now open.</p>
	<p>Oct 21 Close of registration. Register today!</p>
	<p>Oct 26 11-Day Vote Centers open through Election Day.</p>
	<p>Nov 2 All Vote Centers open through Election Day.</p>
	<p>Nov 5 Election Day! Last day to turn in your ballot.</p>

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Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage is necessary.

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Vote Early! Vote by Mail.

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Dare to Live Without Limits

by Bryan Golden

S.N.I.O.P.



Are you a S.N.I.O.P.? A S.N.I.O.P. is a person who is susceptible to the negative influences of other people. This is a common syndrome. We all desire approval from others. Everyone has grown up being conditioned to be concerned about what others think.

Many people tend to be negative, finding problems rather than solutions. So, it's to be expected that the influence of other people is mostly negative. It's only when you pay attention to these negative people that a problem arises.

When you pay attention to those who are negative, a number of things will happen. First, you will alter your path to accommodate the negative input you receive. The result will be the lowering of your ambitions or the abandon of your goals altogether.

Next, you will get frustrated because you'll be adjusting your life to fit someone else's expectations. Even though you may get approval for your accommodations, any feeling of satisfaction on your part will be short lived at best. It's virtually impossible to be happy when you give up control of your life in order to meet another's expectations.

Thirdly, you will begin to doubt yourself. Since any dreams you have are bound to be criticized, the only way to avoid negative comments is to not pursue them. Yet, there are things you want to accomplish. A question you might yourself will be, "If everyone finds flaws with my ideas, is there something wrong with me?"

Once you lose your confidence, your aspirations will seem to become unattainable. Rather than reaching for what you truly desire, you will start making excuses to justify the abandonment of your goals.

If you are a S.N.I.O.P., it's imperative to change your thinking. In order to be in control of your life and destiny, you must tune out the negative influences of other people. The path you

chose doesn't require anyone's approval. What's important is for you to be happy with how you are living.

Accept the fact that everyone will have an opinion about your life. The bigger your dreams, the more criticism you will attract. People will offer their thoughts whether you ask or not. However, if you do ask, you invite a flood of input. You can minimize criticism by being very selective when sharing your ideas.

When negative opinions are offered, it is OK for you to ignore them. You never have to explain your actions or justify your plans. Just because someone may challenge your reasoning, there is no need to justify yourself.

Ironically, the family and friends who are closest to you will offer the harshest criticism. These are the same people who know you well enough to really get under your skin. They understand exactly what buttons to push to get you to react.

It will take a lot of self-control to let people's opinions roll off your back. But you have to do it. Engaging others will drain you of energy better spent on making good things happen. You don't have to fight with or insult anyone. Just thank them for their concern and change the subject. Remember, it takes two people to have an argument.

As you consistently refuse to become snared by other's opinions, they will stop offering them. It may take a while, but you will get to this point. Keep reminding yourself that the objective is reaching your goal, not paying attention to the negative influences of other people.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. ©2024 Bryan Golden ★

Kings Korner

By V.G. Harris



Football season has begun, but make no mistake about it, basketball fans are eagerly anticipating the upcoming camp and preseason for the Sacramento Kings.

This year's team will take on a decidedly offensive look, as they have added a perennial 20 points per game with DeMar DeRozan to their already potent offense.

Last season with the Bulls, DeRozan averaged 24 points per game, but he has exceeded 27 points per game twice in his already legendary career. This bodes well for the hometown team, as three-point shooters like Keegan Murray, Malik Monk, and De'Aaron Fox will undoubtedly get better looks, as defenders try to control the frenetic mid-range game of DeMar DeRozan.

The Kings can actually put 5 scorers on the court at the same time, and although Keon Ellis is known for his ferocious defense, his offensive game has come to life as well. We saw a man among boys in the NBA summer league, as Keon did pretty much what he wanted as he scored at will against the newcomers and younger players in the league.

Keon's experience from last year, particularly as a starter, will in all likelihood lead to a standout year in the upcoming campaign.

Starters for the Kings that we can already pencil in include Domantas Sabonis, De'Aaron Fox, Keegan Murray, and of course the standout offseason acquisition of DeMar DeRozan. That leaves one spot to be filled, and everyone seems to be coming up with their own personal favorite. The leading candidates are Malik Monk, Keon Ellis, and Kevin Huerter who is returning from a shoulder injury that cut short his 2023/2024 season.

Huerter and Ellis are accustomed to starting, but Malik Monk has made it known that he would like to transition from the 6th man position to the starting lineup.

The unknown quotient is coach Mike Brown who has a difficult decision to make. Hopefully he will give each of the three an opportunity to start in preseason games, but the preseason is short, and the body of work will be minimal to make a decision.

There are those for whom it's not who starts but who finishes, but I respond by

saying, starting is a place of pride, and I've yet to meet the player that would rather come off the bench than start a game.

Trey Lyles has never gotten the love from coach Brown that Keon Ellis receives, and I contend that Trey has acquitted himself well, and to the point that his name should be in the conversation. When Trey plays alongside Sabonis the Kings present a much more formidable front line, and Lyles could be the missing ingredient the Kings need to give Domantas the wingman he needs to help clean the boards.

The truth is, whether Huerter, Monk, Ellis, or Lyles, all four of these players represent quality NBA talent, and Brown has some notable ballers to make his final selection.

All that said, the bench will be strong this year, and if Alex Len can take just one more step, I believe this 1st round draft choice from 2013 could finally live up to the potential that so many pundits believed that he had when originally drafted.

I like Len's game, and his effort is unquestionable. He acquits himself well when Sabonis needs a breather, and if he can take that next step, I can see moments when he and Sabonis are on the court together.

If I haven't yet mentioned your favorite player, dark horses like Colby Jones, Jordan McLaughlin, Boogie Ellis, or newcomers Orlando Robinson and Isaiah Crawford are waiting in the wings to make their presence known.

Just as Keon Ellis emerged last season, one of these players is waiting to show the Sacramento Kings fans that they deserve some accolades, and it will surprise me if I'm not surprised by one the aforementioned candidates.

Let's not forget that we haven't even mentioned Kings' top draft choice Devin Carter, and although he is scheduled to miss the first half of the upcoming season, Devin no doubt will be eagerly awaiting his opportunity to show the Sacramento fans why this 22-year-old was drafted #13 overall.

Get ready Kings fans, for a season that will rival any you've seen so far, and as always if you have comments, please send them to vgarrisingsfan@gmail.com.

All the best!



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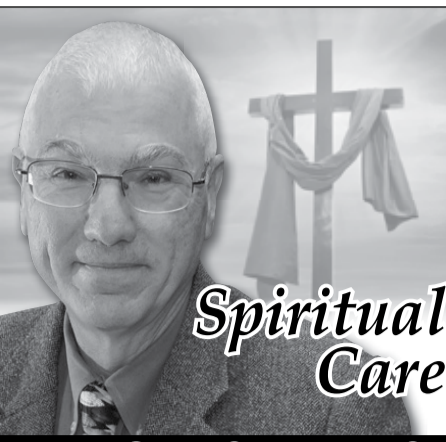
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Don't Tell it to the Chaplain



BY NORRIS BURKES

Last year I wrote a book called, "Tell It to the Chaplain." If you've seen it, then you're likely wondering why this headline makes the opposite request.

My title refers to certain phrases people use that cause me to jokingly reply, "Don't ever say that to a chaplain."

When they cock their head in search of an explanation, I tell them that I'm a retired healthcare chaplain and I may inject a totally different meaning into common sayings.

For instance, I once asked my photojournalism professor if he could stay after class to explain my new camera.

"I really can't," he said, "I'm on my way out."

"Please don't say that to a chaplain," I replied. "'On the way out' means you're going to meet God."

"No – no. I have a faculty meeting," he said. "And God's not often there."

On another day, I ran breathlessly to an airline gate, only to be told by the agent, "They've already departed."

Ouch. Don't say that to a chaplain.

"Departed" describes someone who has taken flight to their celestial destination. At some point, chaplains call these folks the "dearly departed."

On a different occasion, my neighbors described how they moved out of the city into our forested lake community in the California foothills.

"It just feels like we're in a better place now," the husband blurted.

I winced at "a better place" since the phrase most often describes the afterlife.

In another example, I was walking with my friend, Roger, through a sports stadium when he abruptly stopped at a concession stand to buy a Pepsi.

"Keep walking," he said, "Meet me on

the other side."

Of course, I knew he was simply asking me to meet him at our seats on the other side of the stadium.

But as a chaplain, he should have known that I'd make a heavenly inference that we'd not meet again until we got to the "Other Side."

Finally, I once stood on the banks of the Jordan River as our Israeli tour guide pointed toward the land "just beyond the river."

I nudged my wife and said, "I wish he wouldn't say that."

I started humming the refrain to Fanny Crosby's hymn, "Near the Cross."

In the cross, in the cross,
Be my glory ever;
Till my raptured soul shall find
Rest beyond the river."

Becky groaned, recognizing this as one of my favorite fragments.

I jest with these phrases because I love puns, but I also appreciate them as a comforting way to remember the three people I've lost in the past four years.

My brother, the one I called "Brotherman," died of COVID in Dec. 2020. He was so full of conspiracy theories that he wasn't contented in this world, so I really do feel a sense of comfort knowing he's very much "in a better place."

And, as you know, I lost my mother last month. I thank all of you who sent me numerous messages and cards.

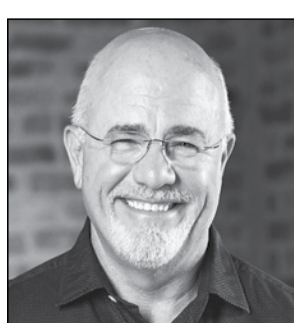
But most reassuring is how I still hear the notes of her operatic voice singing those Crosby hymns. "Near the Cross" was among her favorites, and I take consolation believing she's found her "rest beyond the river."

However, my most difficult loss came four years ago this month, when I lost my life-long best friend, Roger Williams. On the last day I saw him, we sat on his couch, shoulder to shoulder, the same way we'd stood for 45 years.

As we said our temporary goodbyes, I held his cooling hand and laid my head on his shoulder. Then, in between my sobs, I told him that I'd see him "on the other side."

"That's OK, Norris," he said. "It'll be all right." Soon he was asleep. Four days later, Roger died at 63 years of age.

So, sometimes all I have left to say is "See you, Mom. See you, Roger. See ya, Brotherman. I'll meet you all "in a better place," "on the other side" just "beyond the river." ★



Dave Ramsey

Dave Ramsey Says Time to Make Something Happen!

Dear Dave,

My husband lost his job four months ago, and we're close to losing our home. I'm working three jobs trying to keep our heads above water, while he's "waiting for the right opportunity." I understand his feelings, but at the same time I've been encouraging him to find a job like delivering pizzas to help out. Should we continue this way, or should I quit my really hard job, and just let him take responsibility? I love my husband, and I hate the idea of losing the house, but this is driving me crazy.

– Janet

Dear Janet,

Many guys are task-oriented, and if they're not careful, they can start defining themselves by what they do rather than who they are. So, when a guy, in particular, loses a job it can be a huge deal in his life and a massive blow to his ego.

When I went broke a few decades ago, I had to re-think who I was in my own mind. I'd lost my business, and in many ways, I looked at that company as who I was. My identity was suddenly gone, and lots of guys go through that very same thing with a job loss.

If he's not willing to listen to you, I think you two need to sit down with a good, objective marriage counselor, because he's confused as to why he works. There are two reasons we work. One is to provide for our families. That's our primary job. The second reason is to exercise our calling—the reason we were put on this planet. But you can't accomplish the second one when you're not doing the first one. You've got to make sure your family has a place to live and food on the table.

Four months of a guy sitting on his butt like this is unacceptable. I don't want to hear about being over-qualified, or anything about a career path. Get a job and take care of your family! I don't care if it's cutting grass, shoveling snow or delivering

pizza. In situations like this, you have to stand up, be a man and take care of your responsibilities.

I'm sorry if that sounds harsh, but it's the truth. Believe me, I get it. Sometimes people go through problems, and they need a break of some kind to work through the pain. I did a little of that when I went broke. But at the end of the day, we didn't lose our home because I was sitting around doing nothing. Even when I'd lost all my self-confidence, I still went out and tried to get things started again.

It's time for your husband to stand up, brush himself off and make something happen!

– 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. ★

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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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05905
Evangelina Bravo, 2451 Casa Linda Drive, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "A and E Cleaning Services 2451 Casa Linda Drive, Sacramento, CA 95822. Filed with the Clerk of Sacramento County July 31, 2024

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06224
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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05846
SandS Muthyalu 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06143
Sarah Torres, 9235 Madison Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Little b Photo/Sarah Beth Photography" 9235 Madison Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 9, 2024

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06278
Granite Financial Solutions, Inc., 5321 Luce Avenue, McClellan, CA 95652 is doing business under the Fictitious Business Name(s) "Concrete Crafters, Inc./Concrete Crafters" 7328 Sylvan Grove Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 31, 2024

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06222
Balabovs 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

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

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

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

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05581
H.O.L.Y. ILS Services LLC, 4611 Freeport 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 Freeport Boulevard Suite 6, Sacramento, CA 95822. Filed with the Clerk of Sacramento County July 19, 2024

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

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06095
Jeffrey Kusiak, 6717 Landis Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "JP's Auto

Sacramento County August 8, 2024
Publish: August 30, Sept 6, 13, 20, 2024
DEVOSIA 9-20-24
FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06202
Claudia Camella 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

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

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

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

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

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

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

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

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

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

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

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
JP'S 9-20-24
FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06436
Artrice Stewart, 10730 Coloma Road, #5, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Artrice Souful BBQ" 10730 Coloma Road, #5, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 23, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06673
Eduardo Elias, 10501 Croetto Way, #84, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Navarro Skin" 11082 Coloma Road, #3, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06623
Ghulam Sakhi Akbarzai, 4141 Palm Way, Apartment 471, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Dreamy Media Group" 4141 Palm Way, Apartment 471, Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06466
Sabra Fern Connelley, 2119 Colonnade Way, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "Style Coaching with Sabra" 2119 Colonnade Way, Elverta, CA 95626. Filed with the Clerk of Sacramento County August 22, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06389
Ayanna McClendon, 3821 Annadale Lane, #19, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Bu Fashion Boutique" 3821 Annadale Lane, #19, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06424
Sage View Realty & Lending, 8795 Folsom Boulevard, Suite 205, Sacramento, 95826 is doing business under the Fictitious Business Name(s) "Sage View" 8795 Folsom Boulevard, Suite 205, Sacramento, 95826. Filed with the Clerk of Sacramento County August 21, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06413
Andrey Khmyz, 6236 Casita Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Silver Star Transportation Service" 6236 Casita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 21, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06408
Jesus Zamora, 5817 Nonnie Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Spartans Lawn & Maintenance" 5817 Nonnie Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 21, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06000
Tonie C Arroyo, 2121 Mission Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Tonie's Dog Grooming" 2121 Mission Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 5, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06429
Samuel White and Jennifer White, 2185 Eden River Court, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Great White Services/S4M Solutions/GWS Windows/General Ideas" 2185 Eden River

Court, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 21, 2024
Publish: September 6, 13, 20, 27, 2024
GREAT 9-27-24
FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-05804
Briana Niswonger and Abrielle Warren, 1000 Riverwalk Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "24-SBRA-2" 1000 Riverwalk Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 29, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06470
LRC Jewelry Inc, 5805 Watt Avenue, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Joyeria Los Angeles" 5805 Watt Avenue, North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 22, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06621
Monica Cristina Figuerosa, 12411 Wheat Ridge Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Wheat Ridge Baking Company/Wheat Ridge Baking Co." 12411 Wheat Ridge Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06395
Gabee LLC, 100 Woodsmoke Way, Folsom, CA 95695 is doing business under the Fictitious Business Name(s) "ADU Annex" 100 Woodsmoke Way, Folsom, CA 95695. Filed with the Clerk of Sacramento County August 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06619
Angie Gomez-Alvarez, 21377 Gilbert Drive, Redding, CA 96002 is doing business under the Fictitious Business Name(s) "Angela's Transportation" 9049 Alderson Avenue, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06686
Always Green Clean LLC, 3073 Kilgore Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "AGC" 3073 Kilgore Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 22, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06537
Fyock Enterprises, 4420 Pasadena Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Fat Dogs & Spuds" 4420 Pasadena Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 23, 2024

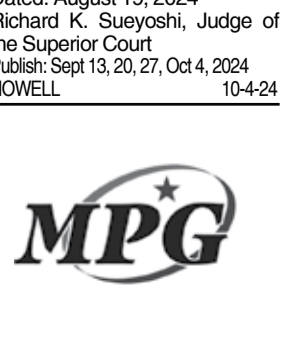
FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06719
Bertha Vang, 3420 Leatha Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Thread Tradition" 3420 Leatha Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 30, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06439
Charles Mollard and Crystal Standley, PO Box 2212, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "The Glass Specialist" 6209 West 2nd Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 22, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06439
Charles Mollard and Crystal Standley, PO Box 2212, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "The Glass Specialist" 6209 West 2nd Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 22, 2024

ORDER TO SHOW CAUSE CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV016275
Sara Jean Howell has filed a petition with this court for a decree changing the name(s) of Sara Jean Howell to Sara Jean Navarro.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 19, 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 19, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Sept 13, 20, 27, Oct 4, 2024
HOWELL 10-4-24



COMICS & PUZZLES

The Spats

by Jeff Pickering



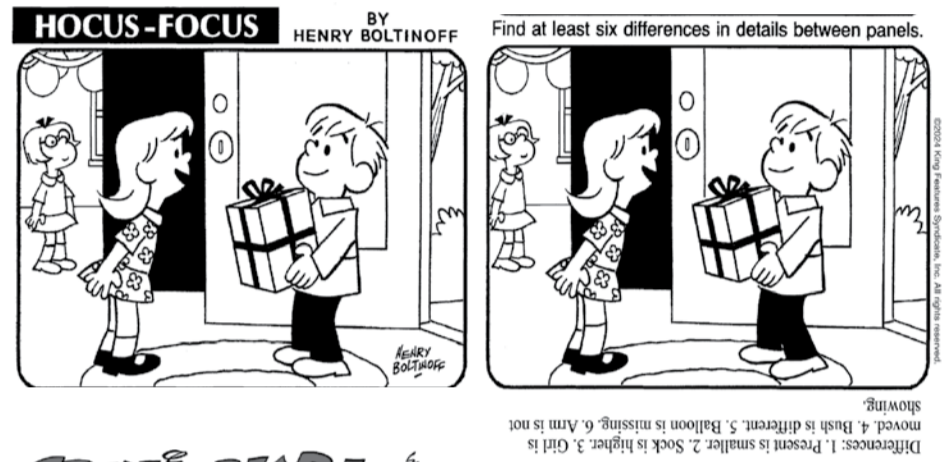
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



TIGER

by Bud Blake



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CLUES

ACROSS

- Furry bamboo consumer
- Cuban dance syllable
- 100-meter race, e.g.
- S-shaped moldings
- Excessively theatrical actor
- Chap
- Will alternative
- Sailor's affirmative
- At full speed
- *Cause for fall celebration
- *Apple-related game
- European Union, acr.
- Hawaiian tuber
- Pen on a farm
- Color of a bruise
- *Pumpkins and squash, e.g.
- *"Give me your tired, your _____"
- *"Free," movie about lions
- Disdain
- Caribbean color
- Shiny suit
- Spaghetti aglio and
- Peevish
- Half a round, in golf
- ____-do-well
- Battles royale
- Change for a twenty
- Banned insecticide, acr.
- *Back-to-School event
- Hermey the Dentist
- *Apple sauce
- *_____ weather
- Cell phone bill item
- Bar association
- Wombs
- Begin, began, _____
- Cut grass
- Romanov rulers
- Command with "at"
- Stiff grass bristle
- *"Hobby" animal

DOWN

- Beckham of "Spice Girls"
- Turkish honorific
- Not far
- Look into
- In the Land of Nod
- Online conversation
- *Cushion for certain seasonal ride
- Naked protozoa
- Obtuse, as in person
- _____ bowl, frozen dish
- Largest human organ
- Precedes Kong
- Hindi courtesy title, pl.
- Modern-day aqua-lung, acr.
- Domain
- Wood-eating house hazard
- Involuntary contraction
- Chef's headgear
- Phil Collins' "_____ Be in My Heart"
- *Maze plant
- Upward and onto
- Wide-_____ notebook
- *Like leaves in fall
- Stall call
- *Much-used fall garden tool
- Not any
- Extend subscription
- Unquestioning ones
- Fraternity house

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WE SUPPORT FIRST RESPONDERS

MPG

California Has Spent Billions on Homelessness but Lacks Hard Data on Outcomes



By Dan Walters, CALMatters.org

California has allocated more than \$20 billion to alleviate the state's homelessness crisis since Gavin Newsom became governor in 2019, but there's precious little data on how the money was spent and what effect it's had, other than the number of unhoused people has continued to climb.

Despite the absence of hard information, Newsom has been highly critical of what he characterizes as the shortcomings of local governments and has threatened to withhold funds from those deemed to be laggards. Local officials, in turn, say they cannot construct comprehensive, long-term strategies unless Newsom is willing to make multi-year commitments of financial support.

Earlier this year, state Auditor Grant Parks issued a harshly worded audit of the California Interagency Council on Homelessness, the Newsom administration's tool for coordinating homelessness programs.

"The state lacks current information on the ongoing costs and outcomes of its homelessness programs, because (the council) has not consistently tracked and evaluated the state's efforts to prevent and end homelessness," Parks wrote, adding that its most recent data is three years old.

Moreover, Parks said, the

council "has also not aligned its action plan to end homelessness with its statutory goals to collect financial information and ensure accountability and results. Thus, it lacks assurance that the actions it takes will effectively enable it to achieve those goals."

It's rather cheeky for Newsom to blame local officials if his own agency has been so laggard in gathering information about where billions of dollars have been spent and how effective those expenditures have been.

The footdragging on data, however, is not confined to the state.

Since 2020, David O. Carter, a federal judge in Los Angeles, has been presiding over a lawsuit filed by the LA Alliance for Human Rights, a coalition of persons from businesses, neighborhoods and homeless groups demanding to know how officials in Los Angeles County have spent homelessness funds. He's angry about a lack of response from the Los Angeles Homeless Services Authority.

"If there isn't documentation of the work being done, it's not being done. That can be our only conclusion," Carter said during a recent hearing, telling agency officials, "You're not working on your time frame now. You're working on mine."

Matthew Umhofer, an attorney for the LA Alliance for Human Rights, said, "The city and the county have been saying for decades they're trying really hard on homelessness, but we have to see results."

"An audit like this is a tool that helps us try and figure this out, but at the end of the day we need more beds," Umhofer added. "We

need more services. If the city and county don't know where the documentation is that shows beds and services are being provided, we've got a massive problem."

Umhofer said that if the situation doesn't improve, Judge Carter can impose sanctions on the city and county, appoint a receiver or even assume control of homelessness services.

Meanwhile, back in Sacramento, the quest for hard information on homelessness has taken a baby step forward.

Before adjourning its 2024 session, the Legislature approved a bill that would direct state agencies that administer homelessness programs to annually file reports on spending and outcomes to Newsom's interagency council, which then would be required to make the information available to the public.

Assemblyman Josh Hoover, a Folsom Republican, carried Assembly Bill 2903, which implements one of the Parks audit's recommendations.

"Improving accountability over the dollars we are spending is the first step toward real reform," Hoover said in a statement. "Spending billions of taxpayer dollars only to make the crisis worse is the definition of failure."

That should be obvious. Now we'll see if Newsom signs the bill.

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. ★



It's Ok to be Old

Do you feel old? What is old anyway? I've spoken with people who are in their 40s and 50s and they sure act old already. On the other hand I've had people on my show who are in the 80s even 90s and they are still living life to the fullest. Unfortunately, our American view is that old is not useful. Patricia Greenberg wants to change that point of view in her new book "It's OK to be Old." She challenges our societal views on aging. When she was on POPPTALK with me, she shared her thoughts on what aging is all about. Patricia is a best-selling author, and she drew from her extensive research and personal experiences to create this comprehensive guide. "The inspiration for her book came from observing the widespread misconceptions about aging" she said, "I wanted to provide a resource that not only challenges these beliefs but also equips individuals with the tools to age with confidence, purpose and joy." She is also a wellness coach, and so she shared these ten tips for aging well.

- 1) Stop caring what people think of you, and embrace each day as it comes on your own terms.
- 2) Tackle each day by taking on the hard things first. It will make your evenings easier and your sleep peaceful.
- 3) Instead of aggressively chasing your dreams, take a step back and carefully think through each step you are taking. Slowdown is not a negative. It's prudent.
- 4) Approach your nutrition with positivity. Eat what you love, just make sure it's the healthiest version you can find.

Good food, wine and chocolate make life wonderful.

5) As we age, fitness is more about staving off decline than competing. Stay upright in all you do. Walk, run, yoga, bike, and weight train. All of it is good. You choose.

6) Socialize on a regular basis. Interactions with other people will keep your brain engaged and your emotions intact.

7) Relationships should bring you joy and a sense of well-being. Seek out those who make you feel good about yourself.

8) Enjoy nature and embrace the beauty of the world around you.

9) Hold yourself accountable with goals. It gives you hope for the future and always gives you something to look forward to.

10) Give back to the world around you. Having purpose by helping others is still the most rewarding gift you can give yourself.

"It's OK to be Old" combines cutting-edge research on aging with practical, actionable advice. Her book is a unique approach which bridges the gap between academic insights and daily life, making it an invaluable resource to redefine what it means to grow older in today's world. You can check out more of what Patricia has discovered at www.patriciagreenberg.com. Let's keep an open mind with strategies for maintaining mental and physical vitality at any age. I'm up there in age, and you bet I won't be going quietly into the night. Why? Because "It's OK to be Old." WOO HOO! ★

Comprehensive Strategy to Address Livability



Downtown Sacramento Partnership has released a strategy to improve livability in the area. Photo courtesy of Downtown Sacramento Partnership

Traci Rockefeller Cusack, T-Rock Communications News Release

SACRAMENTO, CA (MPG) - Downtown Sacramento Partnership has published a document titled "Downtown Sacramento Livability Strategy."

The 40-page document is composed of three sections, starting with an explanation of what a neighborhood needs from the community viewpoint as well as from the perspective of developers, listing out critical items that need attention and prevent progress. The document then outlines a list of six urgent priorities that require immediate attention to create a livable, lovable downtown, before concluding with a call-to-action for elected and community leaders to take action on the items listed.

"The Downtown Sacramento Livability Strategy reinforces the significant progress being made at the local level and serves as a call to action for additional measures to address both the supply and demand sides of the urban neighborhood continuum," said Scott Ford, Deputy Director with Downtown Sacramento Partnership.

"It challenges all of us to think differently about the future of downtown, to double down on the production of housing at all levels of affordability, and to achieve livable amenities which support a highly desirable and sustainable mixed-use neighborhood in the heart of California's capital region."

A timely release, the Downtown Sacramento Livability Strategy is

published following a slew of headlines and comments over the last year on housing and building conversions. U.C. Berkley's Terner Center for Housing Innovation recently published a research and policy piece on construction defect liability law and slowing California condo development.

"Amongst the many successes downtown Sacramento must be, it must also be a great urban neighborhood with a lot more housing," said Brent Toderian, co-author of the Downtown Sacramento Livability Strategy and previous State of Downtown speaker.

"This strategy won't sit on a shelf collecting dust, because Sacramento leaders and downtown champions can't let it. It's been crafted to tackle the toughest challenges with unusual bluntness, to ensure it provides the most important guidance in any future conversation about the downtown's future. It's specifically designed to be game-changing."

Unlike similarly published documents, the Downtown Sacramento Livability Strategy is not meant to be a report. Rather, this document is intended to serve as a strategy for leaders, and shift mindsets to change the way people think about urban living. "The sole intent is to be a transformational turning point for downtown. Anything less should be considered a failure," added Toderian.

The published report is available at <https://www.downtownsac.org/about/reports-publications/downtown-sacramento-livability-strategy>. ★

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by acc

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California's Water Workforce Is Aging, Promoting The Next Generation of Workers Is Essential

Commentary
by Travis Hinkle
CALMatters.org

A career building and maintaining California's water and wastewater treatment systems may be unglamorous, failing to spring to mind — at least it did for me — when young people contemplate their future careers.

However, the state faces a looming shortage of workers in these critical roles. It is imperative to support local, state and federal policies that help fill them.

Some 17 million workers will be retiring from infrastructure jobs during the next 10 years, taking their skills and institutional knowledge with them, as the workforce ages. According to a US Water Alliance report, approximately one-third of water utility operators are eligible to retire during the next decade. In 2018, Brookings projected that water utilities must fill 9,200 water treatment positions annually.

While President Biden and Congress agreed to spend \$1 trillion on thousands of infrastructure projects, including \$50 billion alone on water resilience projects in the West, California needs

to ensure that there are enough workers equipped with the know-how and sweat equity to build and operate these projects.

These are jobs that get your hands dirty. It's work that makes a difference. It typically requires less formal education than many other jobs, but can offer a lifelong career, good pay and solid opportunities for advancement.

Infrastructure work pays 30% more to lower-income workers and those just starting their careers, relative to all jobs nationally.

I got my own start after high school by joining my brother's remodeling business — kitchens, bathrooms and the like — in San Jose, where I grew up. But a friend in Sacramento stumbled into wastewater collections for Sacramento County and encouraged me to visit his plant. There I discovered the range of jobs available: electricians, control technicians and treatment and distribution operators.

Even though I pursued online specialty courses, it took a few years for my first job in the water industry to come together.

My work requires lots of on-the-job training, but all of



Environmental scientist Mackenzie Miner, from the California Department of Water Resources Division of Integrated Science and Engineering Aquatic Ecology and Estuarine Science and Synthesis teams, performs routine water sampling on the Sacramento River in Yolo County on June 18. Photo by Andrew Nixon, California Department of Water Resources

it is teachable and learnable. Once hired, workers can bid through labor unions for other available positions they're qualified for. Even if they decide to go elsewhere, they'll leave the department knowing how a water distribution system works.

I have noticed that more attention is being paid these days to proactively recruit water industry workers, helping them understand the training and skills needed to grow in the industry.

Last fall, I even told my story to a joint session of the California Public Utilities Commission and the California Workforce Development Board, as the state seeks to widen doors to infrastructure jobs, especially for disadvantaged workers.

When I entered this field, serendipity was my guide. Today, there are resources such as the EPA report "Making Water a Career of Choice," with case studies of utility-worker pathways to encourage

more people to consider working in water systems. In the years ahead, tens of thousands more workers will be needed to meet California's water delivery and other infrastructure needs, and more effort required to attract new talent into this crucial industry.

While work in the water industry may seem obscure, it is rewarding, meaningful and essential for the wellbeing of communities throughout our state. Promoting community college, state university, private sector and state and federal programs designed to inspire and train the next generation of water infrastructure leaders is vital for California's future.

Encouraging more young people to enter this career field will not only help California meet its mushrooming needs, but will provide important, well-paying work for those who don't mind rolling up their sleeves to keep California's water pipelines flowing.

Financial support for this story was provided by the Smidt Foundation and The James Irvine Foundation. Travis Hinkle is a distribution system supervisor for San Jose Water. He has worked in the water industry for 13 years. ★

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

UC Davis Health News Release

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

is the only hospital in Sacramento to be recognized.

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

The rankings, announced this month, honored 175 leading hospitals in eight specialties:

cardiology and cardiac surgery, endocrinology, gastroenterology and gastrointestinal surgery, neonatology, neurology and neurosurgery, oncology and hematology, pulmonology and thoracic surgery, and orthopedics.

The list was compiled from four data sources:

A nationwide online survey: Health care professionals and hospital managers with knowledge about pediatric care, such as general and specialized

pediatricians and nurses, were asked to recommend leading children's hospitals in the U.S. The survey was also promoted on newsweek.com.

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

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

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

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

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FROZEN & FISH DEPT

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