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THE NEWS

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OCTOBER 18, 2024

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Rio Pub to Raise Funds to Fight Cancer

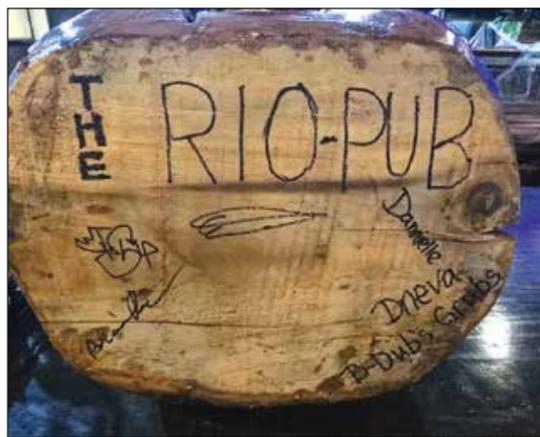


Thanks to JT's Chainsaw Carvings, fundraiser attendees can get creative with their carvings. Photo courtesy of Edwin Balli

By Annie Kerr

RIO LINDA, CA (MPG) - Supporting local businesses, raising money for a good cause and having a memorable time are all parts of the fundraiser that the Rio Pub is hosting to support a local Sacramento cancer center.

The Rio Pub, a popular spot in town for live music, food and drinks, is partnering with JT's Chainsaw Carvings and the Mercy Cancer Center of Sacramento to raise funds to fight cancer, which helpfully falls during October, Breast Cancer Awareness Month.



Using a Sharpie, attendees will be able to write any name or message of their liking and have it engraved into the table for a \$20 donation fee. Photo courtesy of Edwin Balli

From 3 to 6 p.m. Saturday, Oct. 26, the community is invited to participate in the event, which is being held at the Rio Pub, 6750 Front St.,

Rio Linda. Additionally, Oct. 11 marked one year since the Rio Pub was bought by its new owners, so the fundraiser will also be a celebration of the anniversary and the direction the pub is going in, according to Edwin Balli, owner of the Rio Pub. "We have been very vocal about giving back to the community," Balli said. At the fundraiser, there will be an opportunity to carve a name or message into one of the newly commissioned tables at the pub. "We've commissioned
Continued on page 3

Coaching Updates and New Beginnings in Twin Rivers USD Athletics

Twin Rivers Unified School District News Release

SACRAMENTO, CA (MPG) - Twin Rivers Unified is pleased to announce the promotion of two high school coaches at Highlands High School and the hiring of two new coaches at Foothill High School. We are confident their expertise will greatly benefit our student-athletes and strengthen our programs.

Jeff Champ will be taking the reigns as the head golf coach at Foothill High School. Champ is a Foothill High School graduate, class of 1985 (he was also a 40-year resident in the North Highlands and Foothill Farms communities). Champ played baseball at American River College and San Diego State University. He was drafted by the Baltimore Orioles in 1988 and played for two years in the minor leagues. As a co-founder of the Cameron Champ Foundation, Champ is dedicated to creating opportunities for underserved youth, ensuring they have access to the resources necessary for success. Champ's son, Cameron, is a three-time winner on the PGA tour.

Also at Foothill High School, Mike Heller has been named as head baseball coach. A graduate of Garden City Collegiate High School in Winnipeg, Canada, Heller has coached both high school and championship youth baseball teams. He has also had a long career as an amateur and professional umpire.

At Highlands High School, Malik Reed will take over as the head coach for girls' varsity basketball. Reed grew up in a military family in the Sacramento/North Highlands area. He's the former junior varsity girls head basketball coach at Highlands. Malik has been coaching basketball for the past 15 years, including with Amateur Athletic Union (AAU).

Lastly, Jimmy Mersal has been named as the new head coach for boys' varsity soccer at Highlands High School. As the former interim varsity boys head soccer coach at Highlands, Mersal brings a wealth of experience to the field. He has the distinction of being a former member of the Junior
Continued on page 2

CHP Swears in Largest Class of New Officers in Over Two Years

California Highway Patrol Special News Release

SACRAMENTO, CA (MPG) - On Sept. 13, 119 new officers took their oath to serve and protect the people of California during a graduation ceremony at the California Highway Patrol (CHP) Academy in West Sacramento.

This latest class represents a significant step forward in the CHP's ongoing effort to hire 1,000 officers as part of a statewide recruitment initiative to attract diverse and qualified candidates.

"I am grateful to these officers for their service and commitment to protecting Californians and our neighborhoods. As this class advances to posts throughout the Golden State, they should do so with pride, knowing that they represent the best of California as public servants dedicated to making a positive



CHP welcomed 119 new officers at the Sept. 13 ceremony in West Sacramento. Photo courtesy of CHP

difference in their communities," said Governor Gavin Newsom.

"These individuals have chosen a path of public service and have undergone months of intense training to prepare," said CHP Commissioner Sean Duryee. "This career is one of the biggest challenges they will ever undertake, but it is by far the most rewarding.

We are honored to welcome them into the CHP family."

The swearing-in ceremony marks the conclusion of a rigorous 26-week training program at the CHP Academy. The new officers will soon begin their assignments at one of California's 102 CHP Area offices, serving communities throughout the state.

Training at the CHP Academy is comprehensive, beginning with a foundation in nobility in policing, leadership, ethics, and cultural diversity. Cadets also receive specialized instruction in responding to mental health crises, vehicle patrol, crash investigation, first aid, and apprehending impaired drivers.
Continued on page 10

October Harvest Events Announced

Office of District 3 Supervisor Desmond News Release

SACRAMENTO COUNTY, CA (MPG) - With Halloween right around the corner, I wanted to share some of the fun activities for kids and adults going on this month throughout District 3. I have also included some friendly reminders to help keep your kids safe this year. Have a safe and Happy Halloween!



There are October Harvest events for all ages. Photo by Jill Wellington via Pixabay

Fall District 3 Events

- Oct. 25 – Trunk or Treat**
Time: 5 to 7 p.m.
Location: Arden Park, 1000 La Sierra Drive, Sacramento
Host: Arden Park Recreation & Park District
- Oct. 26 – Halloween in the Park**
Time: 4 to 7 p.m.
Location: Deterding Park, 1415 Rushden Drive, Sacramento
Host: Arden Manor Recreation & Park District
- Oct. 26 – Pumpkins and Planes**
Time: 10 a.m. to 2 p.m.
Location: Aerospace Museum of California, 3200 Freedom Park Drive, McClellan
Host: Aerospace Museum of California
- Oct. 26 – Howe Park's Frightfully Fun Carnival**
Time: 1 to 4 p.m.
Location: Howe Park, 2201 Cottage Way, Sacramento
Host: Fulton-El Camino Recreation and Park District
- Oct. 29 – Halloween Dance**
Time: 1:15 to 3:45 p.m.
Location: Gibbons Community Center, 4701 Gibbons Drive, Carmichael
Host: Mission Oaks Recreation & Park District
- Make Every Halloween A Treat, Not A Trick**
Inspect – All treats for tampering.
Be Alert – While driving or Trick-or-Treating.
See and Be Seen – Use reflective tape and flashlights.
Keep Pets Safe – Bring them indoors with I.D. collar and current license tags. ★

Coaching Updates and New Beginnings in Twin Rivers USD Athletics



Jeff Champ will be the new head golf coach at Foothill High School. Photo courtesy of Twin Rivers Unified School District



Jimmy Mersal is set to be the new head coach of Highlands High School's boys' varsity soccer team. Photo courtesy of Twin Rivers Unified School District



Malik Reed has been coaching basketball for the past 15 years and is the new head coach of Highlands High School's girls' varsity basketball. Photo courtesy of Twin Rivers Unified School District



Mike Heller, who graduated high school in Canada, will be the new head baseball coach for Foothill High School. Photo courtesy of Twin Rivers Unified School District

Continued from page 1

National Team, further enriching his soccer expertise and understanding of the game at a competitive level.

We look forward to the positive changes the coaches will bring to our programs and the lasting impact they will have on our student-athletes. ★

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I can't figure this out	I will direct you
I'm not enough	You are more than enough
I can't keep going	I will carry you
I'm not strong enough	I am
I'm too tired	I will give you rest
I can't forgive myself	I forgive you
I hate myself	I love you

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Beyond the Call: A Dedicated IHSS Social Worker

Rio Pub to Raise Funds to Fight Cancer

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Being a social worker involves dedication, patience and the ability to quickly assess situations. This month, Sacramento County's Department of Child, Family and Adult Services (DCFAS) is highlighting In-Home Supportive Services (IHSS) Social Worker Michael Petty as part of the Beyond the Call series.

Michael has devoted 17 years of his career to the In-Home Supportive Services program in Sacramento County.

"My clients, they've all left an imprint on me, every single one of them. So, it's been an adventure, and it's helped mold me into the person I am," Michael said.

Part of Michael's job is to ensure older and disabled adults receive the care they need to stay in their homes. Michael's role involves conducting home visit field assessments to determine the level of care his clients require.

"We're out in the field almost every day, visiting multiple homes, assessing their functional limitations to determine how many hours of care we can provide to keep them in their own home," Michael explained.

Each assessment is thorough and tailored to the individual's unique circumstances.

"Everybody has a story and wants to talk about themselves, and that's a valuable part of the social work component," said Michael.

Michael also connects clients with various resources, such as Public Health Nurses and Adult Protective Services when necessary.

Michael graduated from UC Davis with a degree in psychology. Michael believes his background in psychology gives him a unique perspective on social work.

"As a psychology major, I try to get to the heart of the matter with clients. I ask open-ended questions to help them open up and look at the whole person without judgment," he said.



Social Worker Michael has been recognized by Sacramento County for the impact he's made.
Photo courtesy of Sacramento County

Michael finds his job incredibly rewarding and encourages others to consider a career in social work.

"It's never boring. Everybody has a different background. So, if you're the type of person that likes to hear about people's history and their dreams and hopes, this is the right type of job," Michael said.

At the end of the day, Michael says what he loves the most about his job is being able to help people and sometimes cheer them up.

"It's rewarding to help people, to see a smile on somebody's face."

Throughout the year, the County will continue to explore different roles within Sacramento County's Department of Child, Family and Adult Services, share how workers use their personal experience to better serve those in need, and teach people about the ongoing efforts employees make to better serve Sacramento County.

Watch Michael's Beyond the Call Video Feature at <https://www.youtube.com/watch?v=KIYMWt5Ccdw>. ★

Continued from page 1
three new communal tables for The Rio Pub and will be asking for \$20 donations for the opportunity to have your name/message carved into the table and sealed so that it's forever preserved and seen at The Rio Pub," the Rio Pub stated in a Facebook post.

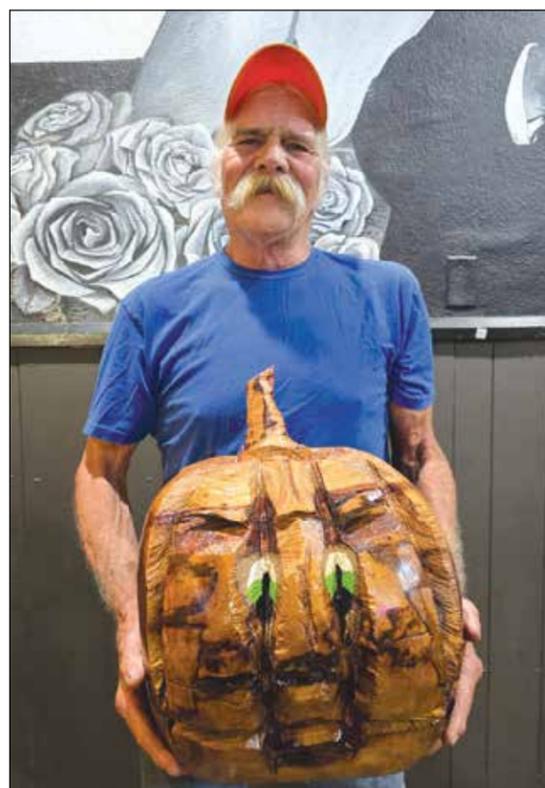
According to Balli, attendees will write what they want to carve in Sharpie, and JT's Chainsaw Carvings will do the woodwork. JT's Chainsaw Carvings, Balli said, has dedicated lots of time and artwork to Mercy Cancer Center, which inspired the pub and the carving company to partner up to raise funds.

Mercy Cancer Center, located at 3301 C St., Suite 550, Sacramento, is a "healthcare facility dedicated to providing comprehensive cancer care services to patients in the local community," according to its website.

Cancer statistics are sobering.

According to American Cancer Society, 611,720 people are expected to die from cancer in 2024, which is about 1,680 deaths per day. Breast cancer is the most common diagnosis for women, and prostate cancer is the most common in men.

Additionally, an estimated 9,620 children will be diagnosed with cancer in 2024. The list only continues, proving why continuing to fight for a



Carve your name or message into one of the wood tables and be a part of a good cause at the Oct. 26 fundraiser at the Rio Pub. Photo courtesy of Edwin Balli

care is crucial.

"This will be the first event of its kind for us at The Rio Pub and are very excited for the good it can bring to the community and to the fight against cancer," said Balli.

According to Balli, following the fundraiser, there will be music featuring an outdoor DJ and an indoor karaoke jockey.

All proceeds earned at the event will be given to the Mercy Cancer Center in its fight against cancer, including research, testing and care.

"We are proud to partner

with JT's Carving to bring the community together for a great cause that everyone can get behind - fighting cancer in our community. 100% of donations will go to Mercy Foundation to support Dignity Health patients experiencing cancer in our community," Balli said.

For more information about Mercy Cancer Center of Sacramento, visit <https://www.dignity-health.org/dhmf/locations/sacramento-cancer-clinic>.

To contact the Rio Pub, visit theriopub.com or call 916-238-4033. ★



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County Clarifies Facts on Homeless Housing Plan

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors approved, at its Sept. 10 meeting, the staff recommendation to spend \$19.4 million on two new, innovative projects designed to shelter and house people exiting homelessness directly off the American River Parkway.

The Department of Homeless Services and Housing originally announced the plans for the \$25 million granted by the state of California last Thursday, and since the announcement, there has been misleading information circulated by an opinion writer and a city council member about the projects, the process and how the money is being used. Consequently, the County must take action to correct the record and misinformation.

Is the County spending \$19.4 million on 82 beds?

No, this is an oversimplification that is misleading and reflects the opinion writer's confusion about the differences between shelter and housing. The County is using \$19.4 million to invest in both affordable housing, as well as subsidize rent for 10 years and increase shelter beds through the county's scattered site shelter model by 50 beds.

\$8 million to help in the capital cost to purchase 32 beds of the 176 beds at the Residence Inn for Supportive Housing, \$5.9 million in capitalized operating reserve (COSR) for 32 units, ensuring affordability at 30% area median income and \$5.5 million to expand 50 new beds of scattered site shelter, dedicated to Parkway efforts. Focus on housing assessment and readiness.

Did the County "sit" on this money for 2 1/2 years?

The County has been diligently working on a meaningful plan for this funding since

it was awarded. The County was thoughtful in its decisions about this important project. We heard from the community, including the unsheltered community, that more shelter beds and more affordable housing were a priority. These new projects directly address both these needs.

While the state granted these funds in April of 2022, the County received the money in April 2023. During that time, the County pursued land acquisition adjacent to the American River Parkway. After months of negotiations, the seller sold the land to another buyer.

The County then released a Request for Qualifications for an outside entity to stand up a Safe Stay Community. The County received three responses, none of which were determined to be viable to move forward with the money available and the parameters outlined by the submitters.

Is the County spending this money on units that are only 80% of the Area Median Income (AMI) – serving people that probably aren't even homeless?

No. While the totality of the Residence Inn project that Sutter Capital is investing in does include "workforce housing" that caps rent at 80% of Area Median Income, those units are being funded through the private funding and debt equity brought by Sutter Capital Group.

The \$8 million the County is providing is funding the 32 units that will have rent capped at 30% Area Median Income and are utilized exclusively for exiting homelessness.

Why didn't the County use SHRA for this project?

While the County has many important projects with the Sacramento Housing and Redevelopment Agency (SHRA), the funding and projects they support are driven by

competitive public funding. This is a market-driven project, primarily using private dollars and seeking a small contribution from the County to buy down a portion of the units.

This is a different kind of development housing project than the Sacramento Housing and Redevelopment Agency does and doesn't take away from the work they do. Rather, it adds housing to the market without using \$32 million in public dollars. Sutter Capital Group is a locally owned and run group with a long history of successful housing development projects in the Sacramento area.

Doesn't this project cost more "per bed" than other affordable housing projects?

No, building affordable housing from scratch can cost up to \$500-\$600,000 per unit, particularly for units that require supportive services and rented to tenants who make no more than 30% Area Median Income. By leveraging an existing hotel that has bedrooms, bathrooms and kitchens in unit, Sutter Capital Group can transform these units for far less - at less than \$250k per unit.

Is it true that once people move into the 32 units, they'll stay there "forever"?

While it's possible that some of the residents moving into the permanent supportive housing (PSH) units may need rental subsidies in this housing option in the future, there is an average 15 percent turnover rate in permanent supportive housing. At that rate, over 10 years, these units will serve far more than 32 households. The overall goal is to graduate households out of the supportive units, into workforce units at higher rates than traditional permanent supportive housing units.

Did the County sweep all of the people off the Parkway in the last two years?

No. The County of Sacramento Department of Homeless Services and Housing and the Department of Regional Parks have

partnerships that include 10 dedicated community health workers (CoHeWo) that provide outreach and rehousing services and case management to people living unsheltered along the parkway. Rangers often alert community health workers staff to encampments that need support.

If there is imminent danger threatening encampments, such as fire or floods, campers are relocated out of harm's way, often at the encouragement or direction of local first responders such as the City of Sacramento Fire Department.

Should the County have consulted with the City of Sacramento before moving forward with this project?

The State legislature granted \$25 million to the County of Sacramento, specifically to support people coming off the American River Parkway, a jurisdiction managed by the County of Sacramento Regional Parks. The American River Parkway is a valuable natural resource, and this funding not only supports efforts to help individuals transition out of homelessness, but also safeguards the environment by reducing the impact of homelessness on the parkway. The Residence Inn project is in the unincorporated county.

How is the County going to use the unspent \$5.6 million?

County staff will come to the Board with a plan for the remaining \$5.6 million. The County welcomes creative and innovative partnerships that bring solutions and additional resources to the table to stretch existing resources, while still addressing the purpose of the funding – supporting folks exiting homelessness on the American River Parkway.

Accuracy is important, and words matter. The County of Sacramento appreciates the majority of local news outlets and jurisdictional partners who invest time in understanding and conveying the facts as they are, without resorting to misleading claims or omitting key information. ★

SacRT Launches Survey to Enhance Rider Safety and Address Harassment

Sacramento Regional Transit News Release

SACRAMENTO, CA (MPG) - As part of a statewide initiative to improve public transit safety, the Sacramento Regional Transit District (SacRT) is launching a comprehensive customer survey to better understand and address the safety concerns of transit riders. This

effort is part of California's commitment to creating safer and more inclusive public transportation systems.

The survey, developed by the Mineta Transportation Institute at San Jose State University, was mandated by California Senate Bill 1161 (2022) to gather detailed information on the prevalence, locations,

and characteristics of street harassment faced by public transit passengers. In addition, California Senate Bill 434 (2023) requires the state's 10 largest transit agencies, including SacRT, to use this tool to specifically engage riders from underrepresented communities, whose experiences may have been historically overlooked, and collect

their insights on transit safety.

"Understanding the rider experience is essential to ensuring that all SacRT passengers feel safe when using public transportation," said Henry Li, SacRT General Manager/CEO. "This survey will help us take action where it matters most to improve the overall transit experience for

everyone."

The survey will focus on various aspects of transit safety, such as the types and frequency of street harassment, how perceptions of safety influence riders' decisions to use transit, and other related topics. The collected data will help SacRT and other transit agencies develop strategies and implementation measures to create a

safer environment across the entire transit network.

SacRT will conduct the survey throughout October 2024, with outreach at stations, on buses and light rail trains and via an online survey platform. All transit riders are encouraged to participate.

As an incentive, riders who complete the survey will receive a \$10 credit applied to their Connect Card or ZipPass account.

To learn more, visit sacrt.com/ridersurvey. ★

Stop Criminals, Drugs, Theft

By John McGinness

California voters will have several very important decisions to make as they complete their November 2024 ballots. One that has the potential to reverse a decade of deterioration of the state's criminal justice system is Proposition 36.

To adequately analyze the merits of Proposition 36, a quick review of history is in order. Ten years ago, voters approved Proposition 47 based upon assurance that it would improve public safety. The voters were deceived – Proposition 47 eliminated compounding consequences for several theft and possession and use of dangerous drugs. Many crimes were reduced from felonies to misdemeanors, eliminating the deterrent value of discipline.

The results have been devastating for the state of California. Urban, suburban, and even rural areas once used for recreation have been taken over by critically addicted people living like walking zombies. Retail businesses have become so frequently victimized by "smash and grab" thieves that merchants have been forced to lock up much of their merchandise out of reach, inconveniencing legitimate customers and staff. Fentanyl poisoning has become the leading cause of death for Americans 18-45-years-of-age. On average, over 200 deaths by fentanyl poisoning occur in the United States every day. Consider the tolerance

society would have in an environment in which 200 people were killed in a commercial airline crash every day – public outcry would be extreme and warranted; change would be mandated by an outraged public. Yet persons in positions of leadership seem oblivious or apathetic to the plight of our youth.

Proposition 36 will restore the ability of the criminal justice system to impose compounding consequences on chronic habitual offenders for the sake of discouraging unacceptable behavior. Specifically,

offenders convicted not once, but twice of possession of hard and dangerous drugs will be eligible for felony prosecution or completion of a court-supervised treatment for addiction. This course of action was common before the passage of Proposition 47, when drug court was a viable option for those first charged with felony drug possession. The impetus for treatment is now gone by virtue of chronic drug offenders suffering through addiction and only being cited for misdemeanor violations of law. That means no time in custody in California, and no incentive to participate

in court supervised treatment. Those cited typically ignore their citations, fail to appear in court and continue to live their destructive lifestyle, wreaking havoc on the streets, parks and public facilities throughout the state. Proposition

36 will give incentive to those who badly need treatment. Those who complete the treatment and graduate from the program will have the opportunity to have their record expunged and avoid incarceration, liberating them to live rich full lives. Proposition 36 will also reclassify fentanyl as a hard drug, and provide enhanced penalties on those who possess fentanyl while armed with a firearm. As of thieves, Proposition 36 will impose the potential for felony consequences for persons twice convicted of petty theft and charged with a subsequent theft case. It simply demands that

consequences be brought against those who habitually violate the law for the sake of discouraging habitual lawlessness.

Critics have asserted that Proposition 36 represents a reversion to days of mass incarceration. It does not!

Proposition 36 is a bipartisan concept created by elected attorneys of diverse political and philosophical affiliation, supported by big city mayors from California's diverse communities, to provide incentive for treatment for those chronically addicted to dangerous drugs, as well as common sense solutions to those who habitually break the law and diminish the quality of life for law abiding Californians.

If concern for law abiding citizens and those seeking to safely pursue their dreams in this state is insufficient to motivate voters to support this thoughtful proposition, consider the wellbeing of the people directly adversely impacted by the results of the horrific current state of law. Since 2014, when Proposition 47 passed, the number of chronically addicted people living on the streets of California has exploded. Failing to recognize the wellbeing of those

lost to drugs on the streets represents an apathetic disregard for our fellow human beings. Swift, lawful action taken to put these lost souls on the path to a vastly better existence is the compassionate and appropriate action to be taken by the electorate of this state.

Ten years ago, the political leadership of the state of California misled the voters, assuring them that Proposition 47 would enhance public safety, that eliminating thoughtful punitive consequences for lawlessness would somehow make the schools and neighborhoods safer. Many of those same people are again describing Proposition as something vastly different than what it is. Proposition 36 is a plan to reduce homelessness, drug addiction, and theft in California. Law-abiding taxpayers deserve better, future generations of Californians deserve better and those in the grip of addiction need our help. Please do not be fooled by the same people who misled the voters to pass Proposition 47.

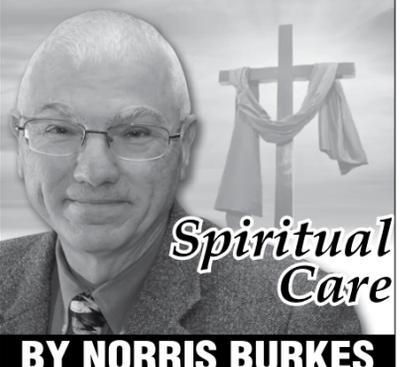
Please help save California. Vote "Yes" on Prop.36.

John McGinness, MS, is the retired sheriff of Sacramento County, an adjunct professor of criminal justice and host of the John McGinness Show on KFBK. He can be reached at 916-924-3901

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What Would You Do If You Weren't Afraid?



BY NORRIS BURKLES

Earlier this month, I celebrated my 67th birthday with a couple of pieces of German chocolate cake.

Fortunately, experience told me not to go for a third.

That's because I still remember my seventh birthday when I sneaked a half-dozen cupcakes from my mom's cake carrier, devoured them and threw up just prior to the party.

But still, that birthday wasn't the worst.

My worst birthday was my 45th when my Air Force chaplain supervisor came into my office at Patrick Air Force Base, Florida, wearing a strained expression.

"I'm sorry to have to tell you this," he said, "but your name didn't appear on the Air Force promotion list to major."

I was unsure how to interpret the news. The pessimist in me said I'd just been fired.

And if my optimist was saying anything, I couldn't hear it because the pessimist was choking him out.

The military doesn't keep officers who don't make the rank of major. This meant I had only six months to find a new job before I would be unemployed and stranded 3,000 miles from my California home.

The only reaction I offered my supervisor was, "And this is my birthday."

It was about that time that a colleague presented me with a helpful book titled, "Who Moved My Cheese?" by authors Spencer Johnson, M.D. and Ken Blanchard. Johnson and Blanchard seemed to be proclaiming that change was the only certainty in life, so deal with it.

The book uses a parable format to depict talking lab mice that work to outsmart the scientists who are constantly

moving their cheese into an unfamiliar part of their maze.

Somebody had indeed moved my cheese, and the military maze I'd known for eight years became an unfriendly place, so I spent the next hour hunting for help.

About halfway through the book, I stopped, taken aback by a particularly evocative question that the mouse characters found written inside their maze. "What would you do if you weren't afraid?"

I looked away, paraphrasing the conundrum aloud in a slow and thoughtful repetition. "What would I do if I weren't so afraid of change?"

It was abundantly clear what I normally did when I felt afraid. I got upset, I fretted and then became a generally rude person toward those who loved me.

But the authors were insisting that I answer a different question: "What would I do if I weren't afraid?"

I went to the copy machine where I enlarged the quote into a mini poster which I placed above my desk.

A few weeks later, as fear melted from the equation, I came to know exactly what I would do.

I would return to my California home and to the most rewarding ministry of my life — I determined to resume my career in hospital chaplaincy.

No, the cheese question didn't work magic. It didn't totally suspend my fears.

I was still scared, but I was determined to keep fear from obscuring my goal. I printed my resumé, scheduled hospital interviews and kept pressing toward the goal.

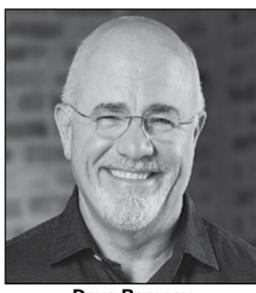
Three months later, I had six job offers for hospital chaplaincies and I returned to part-time military life as an Air National Guard chaplain.

Twenty-three years have passed since that harsh announcement. But that day continues to remind me that whenever I'm uncertain, fearful or just plain indecisive, I can reach into my resiliency repertoire for the refrain of that birthday question.

When I think about it long enough, the answer usually floats to the top.

You may ask, "Does that always work for you, Norris?"

No, not always. Sometimes I default to eating a half dozen cupcakes. ★



Dave Ramsey

Dave Ramsey Says

Be Gentle, But Don't Fund Financial Irresponsibility

Dear Dave,

My wife and I are debt-free, and we live on a budget. My mother-in-law, on the other hand, uses credit cards for practically every purchase. Several times she has gone too far and run up balances she couldn't pay off. We bail her out when she does this, but often the extra purchases are frivolous things she doesn't need. We love her, of course, and we feel obligated to help because my wife is her only child. But her behavior with credit cards is beginning to put a strain on our finances. What should we do?

— Charles

Dear Charles,

This is a tough situation, one that's made even tougher by the fact that involves a close, loved family member. A very blunt, but caring, discussion is in order. But it needs to be initiated by your wife—not you. This is important, because if you try to step

in and take the lead on things, you'll immediately become the mean son-in-law in her eyes.

You and your wife need to be completely on the same page about this situation, but she's the one who needs to approach her mom and talk things out. She needs to sit down with her mom, and very gently let her know you two have talked, and you've decided together that you won't be picking up the pieces where her overspending is concerned anymore. Your wife also needs to tell her the two of you are willing to help her work on handling money a little better, and walk her through making and living on a monthly budget. Your wife could even explain that's what you guys do, and it's one of the reasons you're in such good financial shape.

Here's what it comes down to. You wouldn't buy her more drugs if you found out she was an addict, right? Along the same lines, you're not helping this lady by bailing her out every time she creates a money mess. You're enabling her when you do this, and that's the same as telling her it's okay.

Work with her, Charles. Teach her, both of you, and love on her. Let her know you're there to help. If things get really bad, you can pay her light bill, or even buy her some groceries if the pantry gets a little bare. Hopefully, it won't come to anything that serious.

But one thing needs to be clear. You folks are not bailing her out anymore when she misbehaves with money.

— 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. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions. ★

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<p>Church of Christ Worship God's Way</p> <p>Minister Eric Smith</p> <p>6818 4th Avenue Rio Linda, CA 95673 (916) 991-2668</p> <p>Church 10:30 a.m.</p>	<p>HARVEST MISSIONARY CHURCH</p> <p>6715 18TH STREET RIO LINDA, CA 95673</p> <p>PASTOR VALERIY BAYKO</p> <p>SUNDAY SCHOOL 10.00 AM SUNDAY SERVICE 10.30 AM COFFEE & FELLOWSHIP 12.30 AM</p> <p>(916) 915-4611 WWW.HARVESTMC.ORG</p>	<p>NEW BEGINNINGS FELLOWSHIP</p> <p>Pastor Deonte Walters</p> <p>10th and O Streets</p> <p>(916) 991-2918</p> <p>Sunday School 9 a.m.</p> <p>Sunday Worship 10:30 a.m.</p>
<p>Rio Linda Seventh Day Adventist Church</p> <p>7535 - 10th St. and U Rio Linda</p> <p>Sabbath School 9:15 a.m.</p> <p>Worship Services 11 a.m.</p>	<p>North Metro Church of Christ</p> <p>4191 Norwood Ave., Sacramento 95838 (916) 923-1147</p> <p>Minister Pete Savage</p> <p>SUNDAY Bible Classes: 10 a.m. Worship: 11 a.m. Worship: 6 p.m. Wed. Bible Classes: 7 p.m.</p>	<p>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP</p> <p>Pastor Shannon Fannin</p> <p>Liberty Ministries extends an invitation to come and join us for Celebration Worship Sunday 9 a.m.</p> <p>Youth Extreme & Food Closet</p> <p>(916) 922-6442 4840 Marysville Blvd. www.libertymcf.net</p>
	<p>NEW LIFE CHRISTIAN CHURCH</p> <p>2037 Elkhorn Boulevard</p> <p>(916) 991-3001</p> <p>Adult Sunday School: 9 a.m. Sunday: 10 a.m. Sunday Evening: 6 p.m. Wednesday: 6 p.m.</p> <p>Pastor Jeff Duncan</p>	

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06829
Jose V. Juarez, D.D.S. Inc., 2340 Sunrise Boulevard, Suite 25, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Smile Kingdom Dental" 2340 Sunrise Boulevard, Suite 25, Gold River, CA 95670. Filed with the Clerk of Sacramento County September 5, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
SMILE 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07165
Murga365 Protective Solutions Inc., 1401 21st Street, Suite 7188, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "River City Protective Solutions" 1401 21st Street, Suite 7188, Sacramento, CA 95811. Filed with the Clerk of Sacramento County September 18, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
RIVER 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07181
Alexander Phillips, 6829 San Tomas Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Web Eko Marketing" 6829 San Tomas Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 18, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
WEB 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07164
Daniel Cortez, 5820 North Haven Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Grizzly Timber Fencing Co." 5820 North Haven Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 18, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
GRIZZLY 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06620
Zollege Healthcare Career School - California, 715 Discovery Boulevard, Suite 412, Cedar Park, TX 78613 is doing business under the Fictitious Business Name(s) "Fair Oaks Dental Assistant School" 8128 Madison Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 27, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
FAIR 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06745
Smart Fleet Funding Corp., 2098 Constance Drive, Oakville, Ontario L6J5X6 is doing business under the Fictitious Business Name(s) "Smart Fleet Funding" 2098 Constance Drive, Oakville, Ontario L6J5X6. Filed with the Clerk of Sacramento County August 30, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
SMART 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07128
Flow Between Interests LLC, 7561 Cripple Creek Road, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Busy Being" 7561 Cripple Creek Road, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 16, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
BUSY 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06806
MTC Restaurant Group, LLC, 910 Campisi Way, Suite 1E, Campbell, CA 95008 is doing business under the Fictitious Business Name(s) "Togogs" 4100 Manzanita Avenue, Suite A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 4, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
TOGOS 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07075
A&E HVAC Inc., 8186 Grandstaff Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Kings Heating And Air" 8186 Grandstaff Drive, Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 13, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
KINGS 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07031
Gore Mikayelanyan, 7606 Folsom Boulevard, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "GM Properties" 7606 Folsom Boulevard, Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 12, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
PROPERTIES 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07033
Wahaj Alnagoma, 1812 Woolley Way, Suite B, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "A & A Automotive Detailing" 1812 Woolley Way, Suite B, Sacramento, CA 95815. Filed with the Clerk of Sacramento County September 12, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
A&A 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07071
Tamara Al Qaisi, 7509 Auspicious Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "TumTum Coffee" 7509 Auspicious Way, Sacramento, CA 95842. Filed with the Clerk of

Sacramento County September 13, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
TUMTUM 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07205
Getting Hitched Design & Rentals LLC, 7728 Magnolia Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Magnolia Moments/Magnolia Avenue Events/Magnolia Avenue Events" 7728 Magnolia Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 19, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
MAGNOLIA 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06582
Blue Sunrise Productions LLC, 8540 Hans Engel Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Blue Sunrise Productions/BSP" 8540 Hans Engel Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 26, 2024
Publish: Sept 27, Oct 4, 11, 18, 2024
BLUE 10-18-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07298
Andrew Cooper, 3331 M Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Solstice Computing" 3331 M Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 23, 2024
Publish: October 4, 11, 18, 25, 2024
COMPUTING 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07219
MVV Media LLC, 1517 H Street, Apt 222, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "BLDR Media/Whirlybird Video" 1517 H Street, Apt 222, Sacramento, CA 95814. Filed with the Clerk of Sacramento County September 19, 2024
Publish: October 4, 11, 18, 25, 2024
BILDR 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06902
Connected International Inc., 2421 17th Street, Unit 102, Sacramento, 95818 is doing business under the Fictitious Business Name(s) "Connected California" 2421 17th Street, Unit 102, Sacramento, 95818. Filed with the Clerk of Sacramento County September 10, 2024
Publish: October 4, 11, 18, 25, 2024
CONNECTED 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06791
Solstice Marketing Inc., 2880 Sunrise Boulevard, Suite 108, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Sonic Performance" 2880 Sunrise Boulevard, Suite 108, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 3, 2024
Publish: October 4, 11, 18, 25, 2024
SONIC 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07254
Sandra Hertkorn, 3705 Wrigley Circle, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Medical Information Systems/ Outreach Connect" 3705 Wrigley Circle, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 20, 2024
Publish: October 4, 11, 18, 25, 2024
MEDICAL 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07246
Crystal R. Velazquez, 6251 Jacinto Avenue, Apt 106, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "AdvancEd Equity Design Solutions" 6251 Jacinto Avenue, Apt 106, Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 20, 2024
Publish: October 4, 11, 18, 25, 2024
ADVANCED 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07170
William R. Moser, 4058 Farmer Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Randy's AMD Services" 3451 I Street, #107, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 18, 2024
Publish: October 4, 11, 18, 25, 2024
RANDYS 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07114
Darlene Long and Brian Long, 913 Chaffin Court, Folsom CA 95630 are doing business under the Fictitious Business Name(s) "Artfully Crafted Studio" 913 Chaffin Court, Folsom CA 95630. Filed with the Clerk of Sacramento County September 16, 2024
Publish: October 4, 11, 18, 25, 2024
ARTFULLY 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07194
Lyon Referral Network, Inc., 3640 American River Drive, #100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Windermere Signature Referral Network" 3640 American River Drive, #100, Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 18, 2024
Publish: October 4, 11, 18, 25, 2024
WINDERMERE 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07196
William L. Lyon & Associates, Inc., 3640 American River Drive, #100, Sacramento, CA

95864 is doing business under the Fictitious Business Name(s) "Windermere Real Estate/Windermere Signature Properties" 3640 American River Drive, #100, Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 18, 2024
Publish: October 4, 11, 18, 25, 2024
ESTATE 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07084
Asparagus Meadows LLC, PO Box 119, Placida, FL 33946 is doing business under the Fictitious Business Name(s) "Aspen Grove Mobile Home and RV Park" 10299 McCracken Drive, Rancho Cordova, 95670. Filed with the Clerk of Sacramento County September 13, 2024
Publish: October 4, 11, 18, 25, 2024
ASPEN 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07088
Xpert Trucking School LLC, 6337 32nd Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Xpert Trucking School" 6337 32nd Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 13, 2024
Publish: October 4, 11, 18, 25, 2024
XPERT 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07244
D&S Cabinets Inc, 7245 32nd Street, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "All Things Wood, Inc" 7245 32nd Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 20, 2024
Publish: October 4, 11, 18, 25, 2024
WOOD 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06775
Jyotsna Sundar DMD A Medical Corporation, 7628 Auburn Boulevard, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Citrus Heights Endodontics" 7628 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 3, 2024
Publish: October 4, 11, 18, 25, 2024
ENDODONTICS 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07132
Indira Amara, 3516 35th Street, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Aethelwine Apothecary" 3516 35th Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County September 16, 2024
Publish: October 4, 11, 18, 25, 2024
AETHELWINE 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07332
Elias Hernandez Arellano, 10157 Ellenwood Avenue, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "El Mentado Lino Hernandez/El Mentado Lino Hernandez/El Mentado" 10157 Ellenwood Avenue, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 25, 2024
Publish: October 4, 11, 18, 25, 2024
MENTADO 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07314
Blanco Studios LLC, 811 San Juan Road, Apt #187, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Blanco/ Blanco Studios", 811 San Juan Road, Apt #187, Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 24, 2024
Publish: October 4, 11, 18, 25, 2024
BLANCO 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07129
Blanco Studios LLC, 811 San Juan Road, Apt #187, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Blanco Create", 811 San Juan Road, Apt #187, Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 16, 2024
Publish: October 4, 11, 18, 25, 2024
CREATE 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07130
Ruslan Gavryush, 337 Senator Avenue, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Russ Films", 337 Senator Avenue, Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 16, 2024
Publish: October 4, 11, 18, 25, 2024
RUSS 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07355
Colleen Clark, LCSW, PO Box 1431, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Lotus Warrior Wellness Center", 6330 Sunrise Boulevard, #1032, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 25, 2024
Publish: October 4, 11, 18, 25, 2024
LOTUS 10-25-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07352
Joshua Aguilar, 9825 Winterwood Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Eagle Locksmith", 9825 Winterwood Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 25, 2024
Publish: October 4, 11, 18, 25, 2024
EAGLE 10-25-24

ing business under the Fictitious Business Name(s) "Yaah Man A Taste Of The Caribbean/ Shawns Kitchen A Taste Of The Caribbean" 5800 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 13, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
YAAH 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07572
Borhany LLC, 3720 Marconi Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Eggshell/Eggshellc" 3720 Marconi Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 2, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
EGGSHELL 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07235
Insignia RC Management, Inc., 401 Tradewinds Boulevard, Midland, TX 79706 is doing business under the Fictitious Business Name(s) "TownePlace Suites Sacramento Rancho Cordova" 11212 Point East Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 20, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
TOWNE 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07576
Randy B Watanabe Jr, 9924 Meteor Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Accurate Builder Construction" 9924 Meteor Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County October 2, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
ACCURATE 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07336
Mr Habibi Corp, 8061 Florin Road, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Fastrip Food Stores 8895" 8051 Florin Road, Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 25, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
FASTRIP 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07209
Khalid Lemri Quadri and Bouchar Rachid, 4932 Dewey Drive, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Bushra's Yummy Bites" 4932 Dewey Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 19, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
BUSHRAS 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07573
Enereida Mendoza Duque, 7560 Cook Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Tacos El Mirador" 7560 Cook Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 2, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
TACOS 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07543
Unfold and Thrive, Inc., 7921 Kingswood Drive, Suite A2-C, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Unfold and Thrive" 7921 Kingswood Drive, Suite A2-C, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 2, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
UNFOLD 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07498
Cedric Dewayne Word, 1218 Evelyn Lane, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "First Word Security" 1218 Evelyn Lane, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 1, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
FIRST 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07447
Women Economic Empowerment Initiative, 11 Carver Court, Sacramento CA 95835 is doing business under the Fictitious Business Name(s) "WEEI" 11 Carver Court, Sacramento CA 95835. Filed with the Clerk of Sacramento County September 27, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
WEEI 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07376
Rachel K. Baranski, 4925 El Camino Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Scarlett Blume" 4925 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 26, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
SCARLETT 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07373
MyCityLender LLC, 2250 East Germann Road, Suite 12, Chandler, AZ 85286 is doing business under the Fictitious Business Name(s) "MyCityLender" 2250 East Germann Road, Suite 12, Chandler, AZ 85286. Filed with the Clerk of Sacramento County September 26, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
MYCITYLENDER 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07499
Leana Splettsstoesser, 10201 Rockingham Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Rewired to Read" 10201 Rockingham Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County October 1, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
REWIRED 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07529
D.R.I.V.E., 2391 Mossy Bank Drive, Suite #3, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "D.R.I.V.E." 2391 Mossy Bank Drive, Suite #3, Sacramento, CA 95833. Filed with the Clerk of Sacramento County October 1, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
DRIVE 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07528
Maria C Lagunas Mercado, 1200 Pebblewood Avenue, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "DENTALAB" 2628 El Camino Avenue, Suite A-7, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 1, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
DENTALAB 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07301
YNY Group LLC, 7932 Sunset Avenue, Suite A, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Twins Massage" 7932 Sunset Avenue, Suite A, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 24, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
TWINS 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07508
Big River Provisions LLC, 4500 Wellesley Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Big River Provisions/Pasta Therapy/Communion Supper Club/Ravioli Gothic" 4500 Wellesley Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 1, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
BIG 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07389
Fast Auto Inc, 2938 Muttonbird Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Fast Auto Repair" 3100 23rd Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County September 26, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
FAST 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07241
Atunaisa M Latu, 10273 Countryside Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Ateasa Concrete" 10273 Countryside Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 20, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
ATEASA 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07280
Marisa Minasian, 4520 Live Oak Street, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Calamity Jean/Calamity Jean Customs" 4520 Live Oak Street, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 23, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
CALAMITY 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07436
Nazar Yakovchuk, 6623 Creekmont Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "United Home Renovation" 6623 Creekmont Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 27, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
UNITED 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07402
Francisco Jr Spaden, 8341 Sutter Buttes Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Tri Connections International/Red Eggs Entertainment" 8341 Sutter Buttes Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 26, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
TRI 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07108
Sandhi Veeraswamy LLC, 1350 Broadstone Parkway, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Royal Biryani's" 8525 Madison Avenue, Suite #127, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 16, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
ROYAL 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06402
Starkey Holding Company, 901 H Street, Suite 120, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Exclusive Rents" 901 H Street, Suite 120, Sacramento, CA 95814. Filed with the Clerk of Sacramento County August 20, 2024

Publish: Oct 11, 18, 25, Nov 1, 2024
EXCLUSIVE 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07448
Christopher N. Wiggins, 3263 Monier Circle, Unit F, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Rancho Sheds" 3263 Monier Circle, Unit F, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 27, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
RANCHO 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07407
Kevin Engstrand, 212 Rugosa Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Engstrand Construction" 212 Rugosa Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 27, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
ENGSTRAND 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06626
Highway 160, LLC, 8301 Kiawah Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Courtland Market/Riverview Market" 11711 River Road, Courtland, CA 95615. Filed with the Clerk of Sacramento County August 27, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
COURTLAND 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07591
3D Technology Services, Inc., 11365 Sunrise Gold Circle, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "3D Datacom, Inc." 11365 Sunrise Gold Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 3, 2024
Publish: Oct 11, 18, 25, Nov 1, 2024
3D 11-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07483
AHCS Specialty Care Sacramento, LLC, 1820 Tribute Road, Suite G, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "AHCS Specialty Care Sacramento LTC" 1820 Tribute Road, Suite G, Sacramento, CA 95815. Filed with the Clerk of Sacramento County September 30, 2024
Publish: Oct 18, 25, Nov 1, 8, 2024
AHCS 11-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07412
Jacquelyn Hasty, 116 Simmons Way, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Aesthetics by Nurse Jackie" 116 Simmons Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 27, 2024
Publish: Oct 18, 25, Nov 1, 8, 2024
AESTHETICS 11-8-24

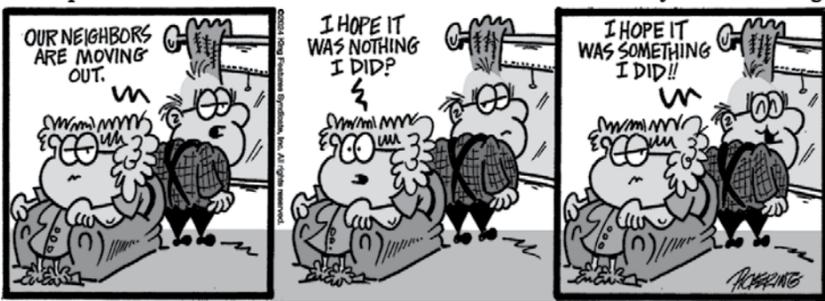
FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06398
South Bay Gunite, Inc., 4986 Parrish Court, San Jose, CA 95111 is doing business under the Fictitious Business Name(s) "Geremia Pools and Spas" 1508 Howe Avenue, Suite #200, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 20, 2024
Publish: Oct 18, 25, Nov 1, 8, 2024
GEREMIA 11-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07445
Ecoflow LLC, 2360 Mendocino Avenue, Suite #A2 294, Santa Rosa, CA 95403 is doing business under the Fictitious Business Name(s) "Greenback Smog" 6225 Binet Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 27, 2024
Publish: Oct 18, 25, Nov 1, 8, 2024
GREENBACK 11-8-24

COMICS & PUZZLES

The Spats

by Jeff Pickering



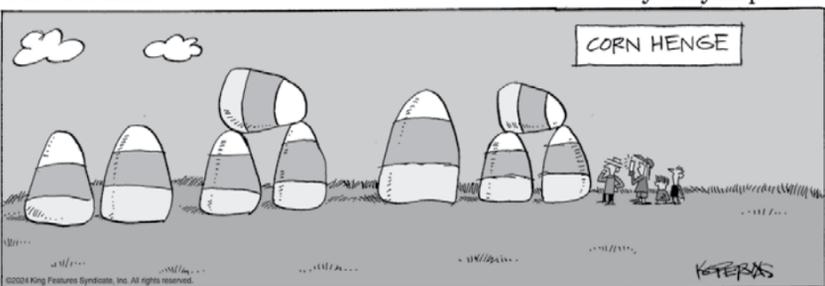
Amber Waves

by Dave T. Phipps



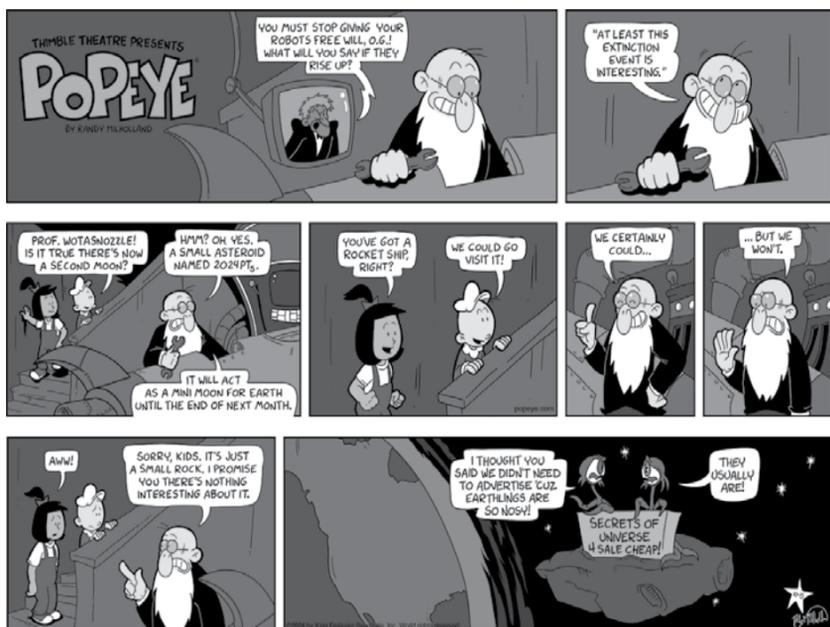
Out on a Limb

by Gary Kopervas



TIGER

by BUD BLAKE



HOCUS-FOCUS

BY HENRY BOLTINOFF

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GRIN & BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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Social Security Matters

About Retroactive Social Security Benefits



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Both my wife and I are 67 1/2, i.e., past our full retirement age of 66 years and 6 months. Neither of us have yet filed for SS retirement benefits. My wife is entitled to about \$1,000/month based on her work history, and I plan to wait until age 70 to file. I was entitled to \$3,700 at my full retirement age date and am eligible to receive \$4,800 at age 70. Thus, my wife's spousal benefit, which she can get when I start taking my SS, is another \$850 (a total of \$1,850), which is 50% of my full retirement age amount. We just recently became aware that my wife should have claimed her own smaller benefit earlier and taken her higher spousal benefit later when I claim. But has she lost Social Security benefits because she waited until now to claim? **Signed: Trying Hard to Understand**

Dear Trying: Yes, I am afraid your wife has lost some of her SS retirement benefit by waiting too long to

claim. In your specific circumstances (where your wife is eligible for a higher monthly amount as your spouse) it is important to know that her spousal benefit amount reached maximum when she attained her full retirement age (FRA) of age 66 and 6 months. Even though she cannot collect as your spouse until you later claim, her eventual spousal amount does not increase because she is now past her FRA. Thus, waiting the extra year after her FRA did not enhance her spousal benefit amount, meaning she could have been collecting her own smaller SS retirement benefit starting at her FRA. The good news, however, is not all those past benefits are lost.

Once someone has passed their full retirement age, it is possible to claim up to six months of retroactive benefits. Full retirement age is the cutoff point because your wife cannot get retroactive benefits before her FRA but, since she is about a year past, she can claim her full six months of retroactive benefits. Thus, she will lose only about six months of her SS retirement benefit by claiming her benefits to start at age 67 (vs. now at 67 1/2), which at least mitigates the loss. And instead of her FRA amount of \$1000, her initial SS retirement benefit will be about 3% higher because she is

claiming past her FRA. But, nevertheless, your wife's eventual spousal amount (when you claim) will still be limited to 50% of your full retirement age entitlement.

The important thing to keep in mind is that retroactive benefits can only be claimed after someone has reached their full retirement age, and only up to six months of retroactive benefits can normally be claimed. So, in your wife's case, her eventual spousal benefit from you will still be limited to 50% of your FRA amount even though she waited for a year past her own FRA to claim. But she can claim six months of retroactive SS retirement benefits now to soften the financial blow.

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Kings Korner

By V.G. Harris

Is there panic in Sactown? I certainly hope not, but there is concern. The concern emanates from three straight preseason losses and a disappointing 20-point loss to the Portland Trailblazers on the Kings home court.

The new starting lineup has been looking good but had an off night with the Trailblazers.

My concern, however, is not with the starters, but rather with the caliber of the Kings bench.

The problem the Kings are initially facing is that the blue-chip bench players, that is to say the seventh and eighth players off the bench, are injured and have yet to play a single minute of basketball. I'm talking about Trey Lyles and Kevin Huerter, who are legitimate NBA players that could arguably be starters on many teams.

Coach Brown has already made his intentions known as it relates to fan favorite Malik Monk, and he apparently is about to resume his role on the team as the consummate sixth man.

I can't say I agree with this decision, but it is the coaches to make, and the fans must wait and see if he's right or wrong.

I'm high on Keon Ellis, and I can certainly see why coach Brown is high on him as well, but whether he should be occupying the sixth man role or not, is a question that we may or may not ever have the chance to see.

At the moment, I just want to see some solid basketball and avoid losing every preseason game going into the regular season. Losing can be contagious, and I would like to see the Kings put up a solid 'W' on Oct. 15, against the Utah Jazz. Follow that up with a crisp performance against the Clippers, and the home opener against the Timberwolves on Oct. 24, will feel like a playoff game.

I would be much more comfortable seeing Trey Lyles coming off the bench instead of Skal Labissiere. Obviously a project, Labissiere looks like a fish out of water on the court, and although I embrace his rags to riches story, this traveled 28-year-old from Haiti needs much more seasoning before he's ready for prime time.

If ever there is a story every fan would love to embrace it would certainly be Skal Labissiere, but playing NBA basketball is all about confidence, and watching Skal on the court right now is not a picture of confidence.

Would I give up on Skal? No! But I would play his legs off in the G-league and I would do everything imaginable to build his confidence.

Never give up on a potential late-bloomer, and Labissiere could be a true late-bloomer.

One of the smartest moves the NBA has ever made is the creation of the G-league, and already the league is replete with success stories. I would love to see Skal become one of those success stories, and it's entirely possible that could happen.

Not to make too much of one loss, the Portland game shed light on what happens when the Kings don't shoot their threes. On Sunday Sacramento shot a disappointing 17% from beyond the arc, and for this team that portends disaster. They don't have to shoot 45%, but something north of 38% is imperative if the Kings hope to have a better season than last year.

I believe the Kings will prove to be a solid three-point shooting team, as there is simply too much talent on this team for the outcome to be otherwise.

Monk, Huerter, and Lyles are all proven three-point shooters, so at this point with a small sample size to look at, it's time to take a deep breath, have faith and just work on seeing improvement every game.

If there was any bright spot in the Blazer game it was Alex Len's 13 points off the bench, and if Sacramento is going to have the successful season all Kings fans want to see, Len will need to make a nightly contribution on both ends of the court. At times Len looks like the rim protector the Kings desperately need, and I for one am hoping he can double down on this aspect of his game.

On another positive note, it was a shot in the arm to watch DeMar DeRozan carve up the Warriors in the preseason opener. Hitting all six of his field goals, he truly played the part of the six-time all-star we had all hoped to see.

The season opener looms ahead, and a quick start will erase any memory of poor preseason performances.

Let's get our bench players healthy and see what the full contingent looks like.

Keep the faith Kings fans. Wins are right around the corner!!

Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★

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Rep. Ami Bera Urges Passage of the Bipartisan HERO Act

Office of Rep. Ami Bera
News Release

SACRAMENTO COUNTY, CA (MPG)

- On Oct. 12, Representative Ami Bera, M.D. (CA-06) held a press conference alongside Sacramento County Sheriff Jim Cooper, Sacramento Metro Fire Chief Adam House and Sacramento Area Firefighters Local 522 President Trevor Jamison urging the passage of the bipartisan Helping Emergency Responders Overcome (HERO) Act.

First introduced by Representative Bera in 2018, this legislation will bolster essential mental health resources to our nation's first responders and health care providers who are at an elevated risk of suicide compared to other professions. Since its initial introduction, the bill has passed the House of Representatives on three separate occasions but has stalled in the Senate.

Representative Bera remains determined to get this bill across the finish line and provide our first responders with the assistance they rightfully deserve. That's why he introduced the HERO Act again in the 118th Congress and continues to be a leading voice on this important issue.

The HERO Act will direct the Secretary of Health and Human Services (HHS) to report annually on first responder suicide rates and develop best practices for post-traumatic stress prevention and treatment. Additionally, the bill establishes grant programs to provide mental health training and support for both first responders and health care workers.

The HERO Act has earned the endorsement of the International Association of Fire Fighters (IAFF), American Foundation for Suicide Prevention, American Association of Suicidology, the Firefighter



Rep. Ami Bera speaks about why the HERO Act should be passed. Photo courtesy of the office of Rep. Ami Bera

Behavioral Health Alliance, the International Association of Fire Chiefs, and the National Association of Emergency Medical Technicians.

"We passed [the HERO Act] unanimously out of the house three times. We have asked

the White House to put a little pressure on the Senate to bring this bill up. We think now's the right time with President Biden— who's been such a strong supporter of first responders— let's get it to his desk before he leaves office," said

Representative Ami Bera, M.D. (CA-06). "These are heroes that keep us safe every day, and we ought to do the same thing and make sure we're giving them the resources to keep them safe."

"These men and women respond to the drop of a hat and will sacrifice their lives for the public, for someone they don't know. So, we want to make sure our firefighters and our officers and deputies are okay," said Sacramento County Sheriff Jim Cooper. "[The HERO Act] goes a long way in doing that, and we can't thank Congressman Bera enough for having the foresight to bring this forward, and hopefully it gets funded this year. We're excited about it, and it really makes a difference."

"While suicide is the 11th leading cause of death in the United States, one study concluded that in 2017, both police officers and fire fighters 'were more likely to die by suicide, than in the line of duty.' The same study showed that there was a direct link between a higher exposure to critical incidents, and an increase in mental health issues," said Sacramento Metro Fire Chief Adam House. "As these troubling

statistics emerge, it is vital that we remember that these are not just numbers; these are names, and individuals with families who oftentimes suffer as a result of the trauma experienced as well... Through collaborative efforts between Federal, State, and Local entities, we can help those who so selflessly help our communities."

"As the president of the local firefighters here, we have about 1,800 members, and it's abundantly clear to us, day in and day out, the struggles our members face. You've heard about the calls with first responders, difficult car crashes, fires, shootings for police... We have found ways to address issues with our members, but we need more help. Because as we become more comfortable talking about these things, it creates more people that need help," said Sacramento Area Firefighters Local 522 President Trevor Jamison. "I'm very happy to stand here with Congressman Bera because he has continued to be a champion for first responders in this region and the entire country, because this is a federal piece of legislation that will help everyone." ★



From left, Sacramento County Sheriff Jim Cooper, Metro Fire Chief Adam House, Rep. Ami Bera and Sacramento Area Firefighters Local 522 President Trevor Jamison pose for a photo at the Oct. 12 press conference. Photo courtesy of the office of Rep. Ami Bera

CHP Swears in Largest Class of New Officers in Over Two Years

Board Approves \$250,000 for Safety and Revitalization



A new officer is pinned at the Sept. 13 ceremony. Photo courtesy of CHP

Continued from page 1

Additional training covers traffic control, report writing, stolen vehicle recovery, assisting motorists, emergency scene management, and mastery of the California Vehicle Code, Penal Code, and Health and Safety Code.

The CHP has seen an outpouring of interest in joining the ranks since the onset of a multiyear recruitment campaign in June 2022. Last year,

more than 19,500 applications were submitted to the Department by people interested in a career serving the public as an officer. With more than 16,000 applications submitted in the first eight months of 2024, the CHP is on track to surpass the total from last year. To accommodate the increased number of applicants, the CHP began conducting three concurrent cadet classes at our

live-in training facility, resulting in six classes graduating per year. The next cadet graduation from the CHP Academy is scheduled for Nov. 15.

For more information about a life-changing career with the CHP, visit our website or join us at the upcoming hiring seminar on Saturday, Sept. 21.

The mission of the California Highway Patrol is to provide Safety, Service, and Security. ★

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On Tuesday, Sept. 24, the Sacramento County Board of Supervisors approved the reallocation of \$250,000 in American Rescue Plan Act (ARPA) funding to the Downtown Sacramento Partnership (DSP) for downtown safety enhancements. The Downtown Sacramento Partnership is a private, non-profit property and business improvement district (PBID) dedicated to the revitalization of the central business district. This project aims to enhance public safety and support economic revitalization by providing additional security measures.

"This reallocation of funds reflects our commitment to using ARPA resources strategically to address the needs of our community," said First District Supervisor Phil Serna. "We're focused on enhancing the economic recovery in Downtown Sacramento but also the safety for the people who live and work in the area, including our own county employees."

The reallocated funding will be transferred from various completed or underspent projects within the county's Economic Response and Housing and Homelessness allocations, which will be used for the following:

Intelligence Platform Integration: the integration of existing private security systems to enhance situational awareness through live camera feeds

Public Space Ambassadors: a full-time employee to monitor the public realm, assist visitors and liaise with law enforcement

Private Security: contracted private security services to patrol the downtown district

Camera Trailer: the rental of a portable security camera trailer to be deployed as needed

Equipment: communications equipment for security personnel

Contract Management: for external contract management costs

This project will focus on the downtown core, specifically the area from 6th to 10th streets, and G to L streets, during weekday hours from 6 a.m. to 6 p.m. It will be managed by the County's Office of Economic Development (OED) to ensure compliance with American Rescue Plan Act guidelines and reporting requirements.

Additionally, the county has already allocated \$430,000 in American Rescue Plan Act funding to Downtown Sacramento Partnership for clean and safe efforts throughout the property and business improvement district, including \$100,000 from the General Economic Response allocation and \$330,000 from District 1's allocation.

The following county properties within the Downtown Sacramento Partnership property and business improvement district are assessed annually for clean and safe efforts with a total assessment of \$111,171.08:

Administration Building (700 H St.), County Main Jail (651 I St.), Main Jail Parking Lot (H Street) and the Old Administration Building (827 7th St).

To learn more about the Downtown Sacramento Partnership property and business improvement district, visit their FAQ section at <https://www.downtownsac.org/about/frequently-asked-questions>.

With this approval, Sacramento County continues its strategic use of American Rescue Plan Act funds, balancing the immediate needs of economic recovery with long-term investments in safety and infrastructure. For details, read the Board Letter to the Board of Supervisors and its attachment. ★

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