



Salmon Return to Nimbus Fish Hatchery

PAGE 10

Bacterial Pneumonia Increasing

PAGE 5



THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

NOVEMBER 8, 2024

SEE INSIDE

BECOMING A BULLY-FREE COUNTY



PAGE 5

MARY JANE POPP 'HONOR THEM'



PAGE 5

SUE FROST'S FINAL COMMUNITY MEETINGS



PAGE 3

Celebrate Veterans Day in Rio Linda



Rio Linda residents gather to celebrate Veterans Day on a previous year. Photo courtesy of Yanni Lagge

By Annie Kerr

RIO LINDA, CA (MPG) - Every Nov. 11, Americans around the country unite to celebrate Veterans Day and to honor, remember and respect the men and women who have fought for the United States.

According to the United Service Organizations, more than 19.5 million men and women have served in the U.S. military, and Veterans Day celebrates them and their legacies. Often, Veterans Day ceremonies start at 11:11 a.m., signifying the moment that the

armistice was signed, bringing an end to World War I on the 11th hour of the 11th day of the 11th month.

Rio Linda residents will do no different. On Veterans Day weekend, there are multiple options for residents to pay their respects during community events.

On Nov. 10, the Veterans of Foreign Wars (VFW) Post 4647 of Antelope is collaborating with the Cherrieters Car Club of Rio Linda to raise money for a local veterans' suicide prevention program.

The statistics are sobering.

According to Veterans of Foreign Wars, 22 veterans lose their battle to suicide each day. One veteran every 65 minutes commits suicide, and since 1999, there have been 116,765 military suicides.

Beginning at 9 a.m. Nov. 10 with a breakfast, the event will take place at 3300 U St., Antelope, and will be followed by a car show. Breakfast is \$20, and all proceeds will go to 22 A Day Veteran Suicide Prevention program. All residents are welcome to join in the breakfast and to view

Continued on page 3

Election Certification Can Take 28 Days

MPG Staff

CALIFORNIA (MPG) - Due to the requirements outlined in Assembly Bill 3184, the Nov. 5 General Election results cannot be certified in California until Dec. 3, at the earliest. Assembly Bill 3184 establishes specific timelines and procedures for certifying election results in California.

Certification for the Nov. 5 general election is expected to be completed Dec. 3.

While the first release of results happens just after 8 p.m. Nov. 5 (Election Day), those results are in no way final. The county Elections Office has been tabulating ballots since two weeks ago and the first release of results will only be inclusive of Vote by Mail and Vote Center ballots that are returned and processed through Nov. 4.

The second report includes results from the Vote Centers on Election Day and is issued shortly after 10 p.m. Nov. 5, after press time, with subsequent updates approximately every two hours, if needed, until all Vote Centers have reported.

California allows for 28 days after elections to certify the election, in addition to seven days after Election Day to receive a mail ballot post-marked by Nov. 5.

The second report on Nov. 5 will include results from the Vote Centers on Election Day and will be issued by 10 p.m., with subsequent updates approximately every two hours, if needed, until all Vote Centers have reported (Elections Code 15151(b)).

The first interim report will be posted by 4:15 p.m. on Nov. 8 and will contain results from Vote by Mail ballots and provisional ballots received timely. Subsequent reports will be updated every Tuesday and Friday until certification is complete, which is expected to be Dec. 3.

The Election Results Schedule is provided pursuant to Elections Code 15306(a)(3).

For more information, visit online elections. sacounty.gov or call 916-875-6451. ★

SacRT Receives Grant Funding

Compiled by Daniel Canfield from Sacramento Regional Transit News Releases

SACRAMENTO COUNTY, CA (MPG) - Sacramento Regional Transit (SacRT) recently announced several grant awards, totaling more than \$105 million, that will benefit Sacramento commuters, public transit riders and the environment.

First on Oct. 23, SacRT announced that the California State Transportation Agency has awarded SacRT \$29 million in grant funding through the Transit and Intercity Rail Capital Program. The grant funding will be used for several high priority light rail projects. Funding for the program comes from the federal Greenhouse Gas Reduction Fund which was created and funded through the Inflation Reduction Act of 2022.

According to SacRT, the projects, once complete,



Elected officials and dignitaries attended the ceremonial ribbon cutting for the new grant-funded SacRT bus maintenance facility. From left are SacRT Board Vice-Chair Rick Jennings, FTA Region 9 Administrator Ray Tellis, SacRT Board Chair Patrick Kennedy, CARB Board Member Eric Guerra, U.S. Representative Kevin Kiley, U.S. Representative Ami Bera, U.S. Representative Doris Matsui, state Assemblyman Josh Hoover, SacRT General Manager/CEO Henry Li, California State Treasurer Fiona Ma and SacRT Board Director Lisa Kaplan. Photos courtesy of SacRT

will offer significant benefits, including a reduction of 78,032 metric tons of CO2 equivalent in greenhouse gases, a decrease of 250 million vehicle miles traveled, \$160,722,974 in passenger travel cost savings and the support of

984 full-time equivalent jobs.

"This funding will allow us to continue advancing our vision of a more connected, accessible, and sustainable transit system for all Sacramento residents," said Henry Li,

SacRT General Manager/CEO. "We are excited to work with our partners to bring these projects to life, and we look forward to seeing the positive impact on our community."

Light rail projects
Continued on page 2



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SacRT Receives Grant Funding

Continued from page 1
supported through this grant funding include:

New Low-Floor Light Rail Vehicles

SacRT will replace aging high-floor light rail vehicles with new state-of-the-art S700 low-floor light rail vehicles from Siemens Mobility. SacRT previously ordered 45 of these new light rail cars, with the first 20 already in service on the Gold Line. This new grant funding will assist with the purchase of 10 additional new low-floor light rail vehicles, bringing our total to 55.

Light Rail Station Conversions on the Blue Line

SacRT is converting 17 of the 19 light rail stations along the Blue Line to accommodate the height requirement of the new low-floor light rail vehicles, making the system more accessible by eliminating the need to climb stairs to board the vehicles. With this new grant funding, SacRT will be able to complete station conversions at all light rail stations. Learn more about this project at sacrt.com/modernization.

New Dos Rios Light Rail Station

A partnership between SacRT, the City of Sacramento, and the Sacramento Housing and Redevelopment Agency (SHRA), the new Dos Rios Station on the Blue Line will serve as a key part of the Twin Rivers-River District transformation. This project aims to provide connectivity to the historically isolated area, integrating transit access with Mirasol Village — a new development offering 427 low-income units and market-rate housing. The vision for the River District includes increased access to jobs, services, and cultural amenities, creating a vibrant gateway to downtown Sacramento. Learn more about the project at sacrt.com/dosrios.

Horn Road Light Rail Station and Complete Streets Improvements

SacRT is working with the City of Rancho Cordova and Sacramento County on “complete streets” projects along Folsom Boulevard, creating safer and more accessible routes for bicyclists and pedestrians near the future Horn Road Station. Rancho Cordova’s streetscape work and the design of a new Class IV Bike Trail will further connect the station to regional bike paths like the American River Bike Trail.

Transition to Digital Fare Technology

SacRT is transitioning to a digital fare system through the Cal-ITP Platform Validator and Smart Fare Vending Machine, in partnership with the CCJPA. This will streamline fare payments and transfers between SacRT services and Capitol Corridor trains, providing a more seamless experience for riders. SacRT plans to extend this template to other regional rail services, such as ACE and San Joaquins trains, making travel throughout Northern California easier and more efficient.

Then on Oct. 30, SacRT announced the Federal Transit Administration’s award of approximately \$76 million in Capital Investment funds. The federally funded Capital Investment grant program funds transit capital investments, including heavy rail, commuter rail, light rail, streetcars and bus rapid transit.

The grant award will enable SacRT to purchase new hydrogen fuel cell buses, replace aging fleet vehicles, construct a permanent hydrogen fueling station, modernize a key bus maintenance facility, and establish a workforce development program to train local workers in maintaining and operating the advanced zero-emission buses.



Federal transit administration officials present Sacramento Regional Transit (SacRT) with a big check. Photos courtesy of SacRT

As part of the grant award announcement, SacRT hosted a ceremonial ribbon cutting event at the site of the new bus facility to be funded through the grant. Several local elected officials and dignitaries attended the event and shared their thoughts.

“This investment solidifies SacRT’s commitment to a greener, more sustainable future,” said SacRT General Manager/CEO Henry Li. “The new hydrogen fuel cell buses and modernized facilities will significantly reduce our carbon footprint while enhancing service for our riders. We are grateful for the federal partnership and the strong support from our congressional representatives.”

Said SacRT Board Chair Patrick Kennedy, “This grant is not just about upgrading our fleet; it’s about creating opportunities for the Sacramento community. By investing in workforce development, we’re ensuring that local residents have the skills needed for tomorrow’s jobs in the growing field of green transportation.”

Said U.S. Representative Doris Matsui, “Sacramento is leading the way in the transition to clean energy and this investment underscores our region’s commitment to sustainable

transportation. The hydrogen fuel cell buses will make a tangible difference in our air quality, while creating jobs and boosting economic development in our community.”

Said U.S. Representative Ami Bera, M.D., “This federal investment will have lasting benefits for Sacramento. It supports clean energy solutions while improving access to safe and reliable transit. Thanks to funding passed from the Bipartisan Infrastructure Law, I am proud to support SacRT’s efforts to modernize our transportation infrastructure.”

Said U.S. Representative Kevin Kiley, “This federal grant is not only a win for sustainable transit but also for job creation here in Sacramento. This will

provide new employment opportunities for our community, equipping local workers with the skills needed to support innovative transportation for years to come.”

Said Ray Tellis, FTA Region 9 Administrator, “The FTA is proud to support SacRT’s forward-thinking vision for public transit. These funds will help reduce emissions, improve transit services and create opportunities for Sacramento’s workforce, all while moving us closer to a sustainable future.”

Said California State Treasurer Fiona Ma, “This project is a critical step toward achieving California’s ambitious greenhouse gas reduction goals. By transitioning to hydrogen fuel cell buses and modernizing transit infrastructure, SacRT is demonstrating the kind of leadership we need to build a cleaner, more sustainable future for our state.”

SacRT acknowledged the bus service improvement projects are made possible through strong partnerships with California Air Resources Board, Sacramento Area Council of Governments, Sacramento Metropolitan Air Quality Management District, Center for Transportation and the Environment, New Flyer of America, American River College, Clean Cities Coalition and the County and City of Sacramento. ★



The S700 low-floor light rail trains are designed to enhance accessibility, comfort and efficiency for all riders. Photo courtesy of SacRT



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SIR Keeps Retired Men Active

By Jerry Westerman

Looking to stay active in retirement? I have a club for you.

As many of us approach retirement age, we may find that our activity level and social interactions start to ebb. Like myself, many may feel a sense of vacuum or void in our lives when we retire that needs to be filled. We realize that staying active physically, mentally and socially improves our health, vigor and hopefully longevity.

Becoming a member of a club or organization is often just the thing to get out and enjoy some activities with other men in my age group. I joined one such group eight years ago. There are several branches in the Sacramento area called SIR (formerly Sons in Retirement).

SIR's mission is to enhance the lives of its members through fun activities and events while making friends for life. SIR has over 100 branches in California from Bakersfield to the Oregon border. The branch I belong to, SIR Branch 23, has nearly 200 members and meets monthly at the Dante Event Center located on Fair Oaks Boulevard just past Howe Avenue behind Pavilions Car Wash.

Members of the branch reside in surrounding neighborhoods such as River Park, East Sacramento, Arden Arcade, Carmichael and Fair Oaks, although many live in farther-flung parts of the Sacramento region.

Our monthly luncheons provide an

opportunity for members to socialize, enjoy a great meal and hear from interesting speakers from our community on a variety of subjects.

Our branch has many organized activities including an outstanding golf program with weekly 18-hole and 9-hole tournaments at courses around the Sacramento area (during spring, summer and fall); bowling at Country Club Lanes (weekly league play fall and winter); bocce ball at Carmichael Park, hiking, fishing trips, a free library, a book club, poker and bridge. Annual events include the "Ladies Day" luncheon during the holiday season and the Spring Family Picnic, also at Carmichael Park. While membership in most SIR branches is limited to men, spouses/partners are welcome to participate in many activities.

Our branch is always looking for new members. Many new members were friends, family, neighbors or former co-workers of our current members. But many joined after hearing about our great program and activities.

Annual dues are very low (currently \$25), since SIR is a nonprofit social organization and joining is easy.

If you are interested, call our friendly Branch 23 membership chairman, Ray Zelinski, at 916-961-4222, and for more information, visit SIR at <https://sirinc2.org/branch23>. Or feel free to call me, Jerry Westerman, at 916-801-7879. I live right here in Fair Oaks and would be happy to share more information with you. ★

Celebrate Veterans Day in Rio Linda

Continued from page 1
the car show, which will feature a wide variety of classic cars.

Additionally, from 11 a.m. to 2 p.m. Nov. 11, the Rio Linda Elverta Recreation and Park District will host the Veterans Day Flag Display at Depot Park, 6730 Front St., Rio Linda.

This ceremony is designed to honor and thank both veterans, local and nationwide. According to Gianni Lagge, Rio Linda Elverta Recreation and Park District recreation supervisor, Girl Scouts Troop 1656 will lend a hand with setting up and "are always a beloved part of the event." This will include placing American flags throughout the park.

The National Anthem will be performed by local Juanda Wright, and various guest speakers will share vulnerable stories and reflections on their service. Guests can expect a community-centered gathering with a flag display, and opportunities to meet and speak with local veterans.

"The Veterans Day Flag Display ceremony at Depot Park is an opportunity for our community to come together in gratitude, honoring the individuals who have served and sacrificed for our country," Lagge said. "It's a chance for residents to reflect on the values of service, courage and unity that make our community strong and to stand in support of our veterans."

For more information about either of these events, the Rio Linda Elverta Recreation and Park District can be reached at 916-991-5929 and the Veterans of Foreign Wars Post 4647 can be reached at 916-332-5950. ★



Young residents show off their patriotism at a previous Veterans Day ceremony. Photo courtesy of Gianni Lagge



On Veterans Day, hundreds of American flags will be placed around Depot Park. Photo courtesy of Gianni Lagge

Sue Frost's Final Community Meetings



Rio Linda Community Update

Attend My Final Community Meetings

Center (6826 Hazel Ave.) Nov. 12, 6 p.m. Rio Linda/Elverta Rio Linda Elverta Recs and Park District (810 Oak Lane) Nov. 13, 6 p.m. Rancho Murieta RMA Community Room (7191 Murieta Parkway) Nov. 16, 6 p.m. Antelope North Highlands-Antelope Library (4235 Antelope Road)	Nov. 19, 6 p.m. Folsom Georgia Murray Library (411 Stafford Str.) Nov. 20, 6 p.m. <i>Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta and Rancho Murieta.</i> ★
--	---

I'm excited to invite you to our final community meetings. It's a great opportunity for us to reflect on our accomplishments and look ahead to what's coming up next.

I hope to see you there!
Remaining Community Meetings
Orangevale
Orangevale Community

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I hate myself	I love you

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Popp Talk

With Mary Jane Popp

Honor Them

Veteran's Day is a special tribute to all veterans who have placed their lives on the line to keep our democracy viable. They selflessly do the job they are asked to do and do it with respect and great dignity. But let's be honest, unless you were in the military or are part of a military family, you cannot fathom what it's like to live day by day with the thought that he or she may not return. I know that happens with many other careers from police officers to firefighters and others too. But we ask these men and women to go around the world and try to understand how to get the job done in some really incredible circumstances.

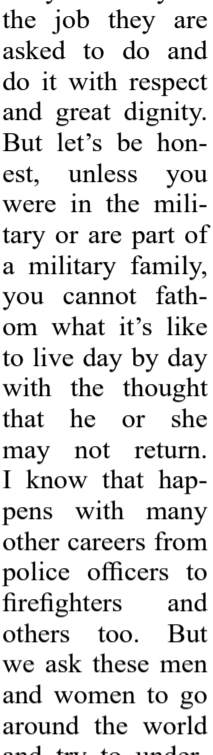


Photo by Timmosholder via Pexels

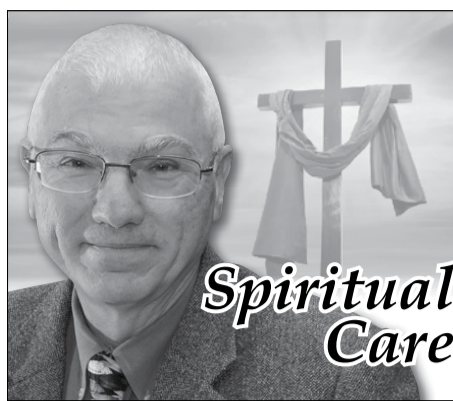
I had a little of that experience too. Rick (my husband) and I were married about four months when he was deployed to Vietnam. It was a long time ago, but it still hits home every Veteran's Day. I can still feel the emotions he and I felt as we said goodbye at the airport, not knowing if we would ever see each other again, hoping and praying that we would. It was not a popular war as if any war is, but this one was very difficult for those who returned and the names they were called. After several months, we met for R&R in Hawaii. The joy was there, but dread too, because he had to return to Vietnam after just a few days. But we were grateful. Thank God my First Lieutenant re-

turned to me with no injuries on the outside, but what about the inside? We never really talked about all that went

on for quite a few years. I felt he would share when he was ready. Perhaps it was better that he was a little older...about 24... and he took on the job of looking after some of the younger guys to keep them out of trouble. I remember the letters he sent, which I still cherish and the cassette tapes we sent back and forth just talking about stuff. No computers back then. I can still remember hearing the pouring monsoons in the background and how he tried to keep busy painting

his room. After Hawaii, it was some months before he came home. It was over the New Year holiday, and I can still feel the terror when I did not know where he was as Saigon was falling. I heard nothing for days and then the call came from him that he was in Seattle. I was at Indiana University working on my Phd, but no gift or degree could have given me such joy as when I heard his voice. I can't even imagine what it would be like to have a chaplain and officer come to my door, or know that his wounds were so bad, he would never be whole again. My love passed last December, but Veteran's Day will always be special. Please think of these brave souls who keep us every day. Thank them for their service! God Bless Them ALL! ★

Right to Judge or Judging Right



BY NORRIS BURKES

During the past 23 years of writing this column, I've occasionally used my platform to cast a negative spotlight on scoundrels, rascals and scallywags.

I've even gone so far to name the names of the political pundits, candidates and officials who've used their offices to spew hateful rhetoric on the less fortunate.

And I haven't held back my judgments when it comes to the religious field, I've panned plundering preachers for their judgmental-Jesus, churches who've brought politics into the pew, and chaplains who've pressed their views on the sick.

I've censured meandering athletes for their marital missteps, disparaged depraved entertainers, and even called out commanders who forced their religion on their subordinates.

My ruminations have occasionally inspired a few readers to insist that I apologize for my judgmental stance toward their cute celebrity, their precious preacher, or their nuclear network commentator.

Invariably, there are those who measure my words against Matthew 7:1, "Do not judge, or you too will be judged."

Matthew 7:1-5 is not telling us not to judge, it's telling us HOW to judge, Jesus is saying we can't judge hypocritically. He never suggested that we can't ever judge!

The problem with using the verse against your critics to disqualify their judgments is that the verse loses balance without Jesus' commandment from John 7:24, "Stop judging by mere appearances, but instead judge correctly." (NIV)

The former verse is an admonition against self-serving judgment; the latter verse allows us to make discerningly helpful judgments.

It's useful to understand that the first verse plays a small, but important part in Jesus' Sermon on the Mount. It chastises the hypocrites who use their judgmental pronouncements as a smoke screen to hide their own inequities.

This kind of judging is hypocritical and it's not restorative as it only serves to help the judge feel better about him or herself. Over the years, I've heard the verse grafted into a popular philosophy that professes that any kind of judging attitude is wrong.

This thinking becomes a flippant way of saying "I'll ignore your shortcomings if you'll ignore mine."

To that I respond, "No. I won't give you a free pass from criticism and neither will I expect one in return."

At the end of the day, a world without discerning judgments will become a lawless one. That's why it's important to mix in Jesus's words from the above-mentioned verse.

The verse from John 7:24 is a weighty and difficult pronouncement that finds modern clarity in this paraphrase from The Message, "Don't be nitpickers; use your head — and heart! — to discern what is right, to test what is authentically right."

This admonition coaches a more self-reflective attitude toward judgment. It calls for us to apply our discernment in a humble manner. That humility only comes when we acknowledge our own shortcomings.

In other words, even though we may be right in our judgments, we acknowledge that there is a place inside of us that is not yet right — a place that will only be made right in the sight of God.

Finally, while I have used this column to share my assessments about the actions of others, I will not take God's place in determining someone's eternal spiritual fate.

That verdict belongs to God, whose judgments I would never assume and whose endless love I can only imagine. ★



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CHURCH DIRECTORY

<p>LIFEPOINTE FAMILY OF CHURCHES 7200 Rio Linda Blvd. lifepointnaz.com (916) 991.4624</p> <p>SUNDAY 9:30AM COFFEE & FELLOWSHIP 10AM ALL AGE CONNECTION GROUPS 11AM WORSHIP SERVICE NURSERY (0-3YRS) KIDZ CLUBHOUSE (4YRS - 6TH GRADE)</p>	<p>ZION LUTHERAN CHURCH (LCMS)</p> <p>3644 Bolivar Ave. North Highlands (916) 332-4001</p> <p>Sunday Schedule Worship at 9:30 AM Bible Hour for All Ages at 11:00 AM</p> <p>ZionLutheranNH.org</p>	<p>Calvary Lutheran Church 5th and L Streets Rio Linda <i>Pastor Kirsten Moore</i> Sunday Worship 10:30 a.m.</p> <p><i>Children's Bible stories & crafts during adult worship</i> (916) 991-2135 www.clcrl.org Mail@clcrl.org <i>Open Arms, Open Hearts</i></p>
<p>Church of Christ <i>Worship God's Way</i> <i>Minister Eric Smith</i> 6818 4th Avenue Rio Linda, CA 95673 (916) 991-2668 Church 10:30 a.m.</p>	<p>HARVEST MISSIONARY CHURCH 6715 18TH STREET RIO LINDA, CA 95673</p> <p>PASTOR VALERIY BAYKO 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 <i>Pastor Deonte Walters</i> 10th and O Streets (916) 991-2918 Sunday School 9 a.m. Sunday Worship 10:30 a.m.</p>
<p>Rio Linda Seventh Day Adventist Church 7535 - 10th St. and U Rio Linda Sabbath School 9:15 a.m. Worship Services 11 a.m.</p>	<p>North Metro Church of Christ 4191 Norwood Ave., Sacramento 95838 (916) 923-1147 <i>Minister Pete Savage</i> 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 <i>Pastor Shannon Fannin</i> Liberty Ministries extends an invitation to come and join us for Celebration Worship Sunday 9 a.m. Youth Extreme & Food Closet (916) 922-6442 4840 Marysville Blvd. www.libertymcf.net</p>
	<p>NEW LIFE CHRISTIAN CHURCH 2037 Elkhorn Boulevard (916) 991-3001 Adult Sunday School: 9 a.m. Sunday: 10 a.m. Sunday Evening: 6 p.m. Wednesday: 6 p.m. <i>Pastor Jeff Duncan</i></p>	

Doctors Say Bacterial Pneumonia Increasing, Especially Among Children

UC Davis Health News Release

SACRAMENTO, CA (MPG) - Cases of pneumonia caused by the bacteria *Mycoplasma*, also known as “walking pneumonia,” have been on the rise this year in the United States, according to the Centers for Disease Control and Prevention.

The agency reports an increase among all age groups across the United States from March 31 to Oct. 5 of this year, with the peak in August, and levels remaining high. The data come from the National Syndromic Surveillance Program and bioMérieux BIOFIRE Syndromic Trends.

Young children, particularly those ages 2 to 4, have been most affected this year, with an increase from 1% to 7.2% among children ages 2 to 4. Children ages 5 to 17 also saw an increase from 3.6% to 7.4%.

Dean Blumberg, chief of pediatric infectious diseases at UC Davis Children’s Hospital, answered some questions about walking pneumonia and what parents and families can do to keep their children healthy. His comments follow below.

What is Mycoplasma Pneumonia?

“Pneumonia from *Mycoplasma*, also known by the nonmedical term ‘walking pneumonia,’ is caused by the bacteria *Mycoplasma pneumoniae*, which causes a respiratory tract infection. These can be mild infections which, most often, do not require hospitalization, but for some, they can be severe and



Do you have fever, sore throat and cough? It could be “walking pneumonia, according to the Centers for Disease Control and Prevention, which is on the rise. Photo courtesy of UC Davis Health

require antibiotics to get better. Both children and adults can get pneumonia from *Mycoplasma*.”

What are the Common Symptoms of Pneumonia Caused by Mycoplasma?

“Common symptoms can include fever, cough, sore throat, headache and feeling tired.

It’s often called ‘walking pneumonia’ since some people don’t feel sick enough to stay home but they are still contagious and can spread the disease to others. Complications can occur that require hospital care, including new or worsening asthma, severe pneumonia and encephalitis (inflammation of the brain).

Children under 5 often have different symptoms, including diarrhea, sneezing, sore throat, stuffy or runny nose, vomiting, watery eyes and wheezing

Symptoms typically last for several weeks.

Some infected people may have no symptoms but it can still damage the lining of the respiratory tract, including the throat, windpipe and lungs.”

How is it Spread?

“It can spread person-to-person through the respiratory route, particularly when people are coughing or sneezing. People who live or work in crowded settings are at an increased risk for outbreaks.

It can take one to four weeks for symptoms to appear after someone has been exposed to the bacteria.”

Who is at Highest Risk for This?

“Anyone is susceptible but those recovering from a respiratory illness are at an increased risk for serious infection. Anyone with a weakened immune system or with preexisting lung conditions such as asthma or reactive airway disease are also at greater risk for serious infection.”

Is there a Vaccine Available for Mycoplasma Pneumoniae?

“No, unfortunately there is no vaccine.”

How is it Diagnosed?

“Testing is available through a nose or throat swab PCR test at your doctor’s office.”

How is this Treated?

“Macrolides (such as azithromycin) are a class of antibiotics used commonly to treat bacterial pneumonia including infections caused by *Mycoplasma pneumoniae*. Make sure to take the full course of antibiotics and don’t stop when you start feeling better.”

What are some ways to keep Families Safe?

“I think a lot of families may not have heard of *Mycoplasma pneumoniae* or know that it is going around. I would advise families to follow these common-sense strategies:

Stay home when you are feeling sick. Keep your children away from others if they are not feeling well.

Cover your cough and sneeze and teach your kids to use their batwing to cover their cough or sneeze.

Wear a well-fitted KN95 or N95 mask if you feel sick and need to be out in public or if you are in crowded settings with others. According to the American Academy of Pediatrics, children ages 2 and older can safely wear a mask. But the exception is for anyone who cannot easily remove their own mask or who has trouble breathing.

Those who get worsening symptoms, have difficulty breathing or are unable to keep liquids down, should seek medical attention immediately.” ★

UC Davis Children's Hospital Named Among Best For 2024-2025

UC Davis News Release

SACRAMENTO, CA (MPG) - UC Davis Children's Hospital has been recognized as a 2024-2025 Best Children's Hospital by U.S. News & World Report.

The annual Best Children's Hospitals rankings, now in its 18th year, assist parents and caregivers, along with their physicians, in how to choose the best possible care for children with serious illnesses or complex medical needs.

UC Davis Children's Hospital is nationally ranked among the nation's 50 best in five specialty care areas: 23rd in nephrology, 26th in neonatology; 32nd in pediatric orthopedics, which was awarded in collaboration with Shriners Children's – Northern California, UC Davis Children's Hospital's longstanding partner in caring for children with burns, spinal cord injuries, orthopedic disorders and urological issues; 36th nationally in pediatric pulmonology and lung surgery; and Top 50 in pediatric and adolescent behavioral health.

Regionally, UC Davis Children's Hospital was ranked seventh in California and eighth in the Pacific Region, which includes Alaska, California, Hawaii, Oregon and Washington.

“Our physicians, nurses and health care teams deliver world-class

pediatric specialty care to patients from Sacramento and beyond,” said Satyan Lakshminrusimha, chair of pediatrics and physician-in-chief of UC Davis Children's Hospital. “These awards recognize the expertise of our staff and their commitment to the care of children. I'm so pleased we get to celebrate that today. It is an honor to be recognized nationally in the U.S. News' Best Children's Hospitals rankings.”

U.S. News, together with RTI International, a North Carolina-based research and consulting firm, collected and analyzed data from 108 children's hospitals and surveyed thousands of pediatric specialists. Children's hospitals awarded a “Best” designation excelled at factors such as clinical outcomes, level and quality of hospital resources directly related to patient care and expert opinion among pediatric specialists.

“U.S. News & World Report's annual Best Children's Hospitals evaluation empowers parents and caregivers with a data-driven guide to help them find the best pediatric hospital to treat their child,” said Ben Harder, chief of health analysis and managing editor at U.S. News.

The full rankings for the 2024-2025 Best Children's Hospitals Honor Roll, regional and specialty rankings can be found at USNews.com. ★

Steps Toward Becoming a Bully-Free County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Department of Health Services (DHS) recently recognized Bullying Prevention Month by increasing its outreach and engagement efforts, with an emphasis on reaching communities in high-need areas across the county.

This year, the department highlighted its partnership with HeartLand Child and Family Services, the county's 16th Flexible Integrated Treatment (FIT) site, to expand the county's outreach to more children, youth and families through enhanced mental health support.

With the new HeartLand Flexible Integrated Treatment site, the Department of Health Services brings vital services to areas with high child-poverty rates, CPS involvement and mental health needs. By tapping into HeartLand's strong community ties, the county strengthens its grassroots efforts, ensuring trusted mental health resources are accessible and readily available.

This month, the HeartLand team participated in community events to promote anti-bullying messages, share resources



Sacramento County has partnered with HeartLand Child and Family Services to decrease bullying in the county. Photo courtesy of Sacramento County

and support local families. Their outreach focused on fostering kindness, empathy and open communication to build a countywide culture of zero tolerance for bullying.

“Seeing the impact of our partnership with Sacramento County, especially during Bullying Prevention Month, brings joy to our team and communities,” said HeartLand Child and Family Services, Director of Clinical Services Todd Palumbo. “We’re dedicated to making a real difference in the lives of youth by helping create safe spaces, fostering kindness and strengthening family support. It’s incredibly fulfilling to be part of building a community where every young person feels valued and empowered.”

Some of the efforts included Dudley Elementary Fall Festival,

where families received resources on addressing bullying in schools, emphasizing kindness; Community Collaborative Charter School, where parents were encouraged to adopt anti-bullying practices and reduce mental health stigma; Walk ‘N’ Roll Disability Resource Fair, offering resources to community members while promoting disability awareness and empathy; and Salvation Army Youth Basketball League Celebration (95817) on Oct. 19, offering mentorship programs and support to foster anti-bullying attitudes among youth.

For more information on Sacramento County's Flexible Integrated Treatment services, visit Sacramento County Department of Health Services website at dhs.sac-county.gov. ★

Hunger in Sacramento Continues to Rise

California Association of Food Banks News Release

SACRAMENTO, CA (MPG) - In California, one in four households with children are estimated to be food insecure — that’s more than 1 million households with children that have unreliable access to adequate food.

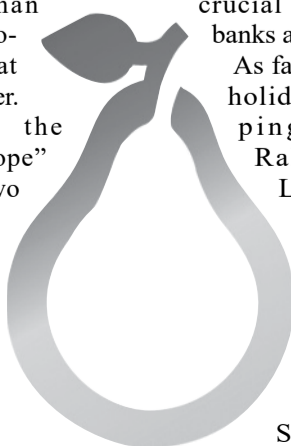
The data, recently released by the California Association of Food Banks, reveals that food insecurity today is similar to that seen in the early months of the COVID-19

pandemic. Right here in Sacramento County, 28% — more than 448,000 people — are at risk of hunger.

Through the “Jars of Hope” initiative, two organizations are joining to help that number. Riviana Foods Inc. (“Riviana”), America’s leading rice company, and the California Association of

Food Banks (CAFB) are teaming up to provide crucial funds to food banks across California.

As families start their holiday food shopping, Walmart, Ralphs, Food 4 Less, and Food Co., stores have made it easy for Sacramentans help their neighbors in need. Starting this week, Riviana will donate \$1 to the California Association



of Food Banks for every RiceSelect® jar sold at participating stores between Oct. 14 and Nov. 10. In addition, Riviana will donate rice to California food banks. Money raised through the “Jars of Hope” campaign will support the California Association of Food Banks’ Farm

to Family program and the organization’s mission to end hunger. Last year, the California Association of Food Banks’ Farm to Family program delivered more than 250 million pounds of fresh fruits and vegetables to food banks, providing quality and nutritious food

to communities while reducing food waste. This food helps support Sacramento Food Bank & Family Services, along with 40 partner food banks in the California Association of Food Banks, who collectively serve more than 6 million Californians each month. ★

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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

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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

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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

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Amber Chelsea Burney, 5624 Spyglass Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Sure Footed Painting Company" 5624 Spyglass Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 7, 2024

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Heravi's LLC, 5522 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Heravi's Auto Parts" 5522 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 7, 2024

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AbanaBricks LLC, 3548 Hart Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Victory Rd Rides" 3548 Hart Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 30, 2024

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Alveaur Marketing Inc., 11344 Coloma Road, Suite 550, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Hive Promotions Management Inc./Strike 3 Connections Inc." 11344 Coloma Road, Suite 550, Gold River, CA 95670. Filed with the Clerk of Sacramento County October 4, 2024

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Fill In The Blank FC LLC, 7484 Holworthy Way, Apt 230, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Fill In The Blank) Food Company" 7484 Holworthy Way, Apt 230, Sacramento, CA 95842. Filed with the Clerk of Sacramento County October 4, 2024

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Brian Fasciola, 171 Glenville Circle, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "EPIC Windows Plus" 171 Glenville Circle, Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 23, 2024

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Fasteaglemotors, LLC, 6381 Auburn Boulevard, Suite A, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Fasteaglemotors, LLC" 6381 Auburn Boulevard, Suite A, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento

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Aminullah Mohmand, 4141 Manzanita Avenue, Suite #105, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Ariana Market" 4141 Manzanita Avenue, Suite #105, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 18, 2024

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Imira Image LLC, 12736 Knightbrook Avenue, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Elite Modular Interiors" 12736 Knightbrook Avenue, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 7, 2024

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Jonathan Gunn, 5540 Robertson Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Signature Express Services" 5540 Robertson Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 7, 2024

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MGX Inc, 3784 Omec Circle, Unit 7, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "MGX INC" 3784 Omec Circle, Unit 7, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 4, 2024

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V Bondarento V LLC, 7909 Walerga Road, Suite 112-315, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bond Express" 6325 San Martin Street, North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 8, 2024

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On-Way Logistics Corporation, 4005 Manzanita Avenue, Suite 6-135, Carmichael, 95608 is doing business under the Fictitious Business Name(s) "Onway Auto Transport/On-Way Auto Transport" 4822 Patrol Drive, McClellan Park, CA 95652. Filed with the Clerk of Sacramento County October 8, 2024

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Center for Psychological Services, LLC, 400 Skokie Boulevard, Suite 245, Northbrook, IL 60062 is doing business under the Fictitious Business Name(s) "Center for Special Education Services" 400 Skokie Boulevard, Suite 245, Northbrook, IL 60062. Filed with the Clerk of Sacramento County September 9, 2024

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KARNO 11-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07231
ES Cal II LLC, 9350 South Dixie Highway, Suite 950, Miami, FL 33156 is doing business under the Fictitious Business Name(s) "Montessori Country Day at Riverlake" 7575 Rush River Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County September 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07596
Cathy Marvos, 7125 Brayton Avenue, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Serene Residential Living/Serene Residential Assisted Living" 7125 Brayton Avenue, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 3, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07405
WD Investment Company Inc, 9494 Vallejo Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "B&L Properties/5th Street Apartments" 9494 Vallejo Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07750
Sergey Okunev, 6430 Verner Avenue, Apt #118, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Advanced Air" 6430 Verner Avenue, Suite #118, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 9, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07409
Viktor Shostak, 5431 President Avenue, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Shop2Run" 5431 President Avenue, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 27, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07684
Alex Maystryshin, 4941 Jolana Lane, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "AK Innovations" 4941 Jolana Lane, North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06970
J T Galindo Inc, PO Box 7581, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Creekside Coin Wash/Greenback Coin Wash" 5733 Hawkeye Lane, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07648
NorCal Spas LLC, 4318 Lafayette Drive, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "AquaLux" 1126 Sibley Street, Suite E, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06207
Charles Richard Perry, 7441 Morningside Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Precision Maintenance" 7441 Morningside Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07617
David M Gomez, 7745 Glenn Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Corazon Pan y Cafecito" 7745 Glenn Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 4, 2024

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" 8061 Florin Road, Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 25, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07457
Brian Pugh, 1591 Bonanza Lane, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pepe Consulting" 1591 Bonanza Lane,

Folsom, CA 95630. Filed with the Clerk of Sacramento County September 30, 2024
Publish: Oct 25, Nov 1, 11, 15, 2024
PEPE 11-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07729
Moxie Realty Group LLC, 3775 N Edge Drive, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Moxie Realty Group" 4110 Truxel Road, Sacramento, CA 95834. Filed with the Clerk of Sacramento County October 8, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07812
Ninh Dickinson, 9248 Carla Way, Sacramento, CA 95826 and Phuong Hue Nguyen, 7043 Kenneth Avenue, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name(s) "Novel Nails + Day Spa" 5880 Antelope Road, Suite #100, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07824
Sheena L. Whitt, 117 Fountain Oaks Circle, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "CeeJay Crochets" 117 Fountain Oaks Circle, Sacramento, CA 95831. Filed with the Clerk of Sacramento County October 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07804
Ludmilla Petrenko and Andrew Petrenko, 3930 Tarmigan Drive, Suite 512, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Sunny Shine Cleaning" 3930 Tarmigan Drive, Apt 512, Antelope, CA 95843. Filed with the Clerk of Sacramento County October 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07854
Cathryn Vasquez, 2708 El Parque Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Glamgurl By Kitty" 5501 Power Inn Road, Suite 100, Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07676
Alexandra Burch and Quinton Boucher, 1848 2nd Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Storyed and Sound" 1848 2nd Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07630
Sergiy Kuzin, 5741 Audrey Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "KS Tax Services" 7921 Kingswood Drive, Suite A5-E, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07652
Brahm Enterprises, LLC, 3924 Arden Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Burjeon" 3924 Arden Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07609
Amanda Semeryuk, 4430 Middlebury Way, Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Dreamy Sweet Treats" 4430 Middlebury Way, Mather, CA 95655. Filed with the Clerk of Sacramento County October 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07667
The Tucker Legacy Group LLC, 2520 Venture Oaks Way, Suite 120, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Being Indie Is Major" 2520 Venture Oaks Way, Suite 120, Sacramento, CA 95833. Filed with the Clerk of Sacramento County October 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07760
Apple Pie Payments LLC, 1540 Castec Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "La Bouchere" 1540 Castec Drive, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 9, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07777
Talia Wilmes, 2185 Eden River Court, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Koality Solutions" 2185 Eden River Court, Rancho Cordova,

CA 95670. Filed with the Clerk of Sacramento County October 10, 2024
Publish: Oct 25, Nov 1, 11, 15, 2024
KOALITY 11-15-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07680
Nevoaya Transportation, LLC, 765 North Main Street, Suite 149, Corona, CA 95878 is doing business under the Fictitious Business Name(s) "Nevoaya" 765 North Main Street, Suite 149, Corona, CA 95878. Filed with the Clerk of Sacramento County October 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07232
Robertson Design LLC, PO Box 13003, Baltimore, MD 21203 is doing business under the Fictitious Business Name(s) "Cap Ex Advisory Group" 202 Kali Court, Parkton, MD 21120. Filed with the Clerk of Sacramento County September 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07923
Nicholas Smith, 1719 West Soapac Walk, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Revel Athletix" 1719 West Soapac Walk, Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 17, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07851
Christine Karstens, 1209 Watt Avenue, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "California Backyard Solutions" 1209 Watt Avenue, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07826
Elvira Kapurkina, 5742 Callie Lane, Apt E, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Scooby Scrub Cleaning" 5742 Callie Lane, Apt E, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07910
Fideleidis Kindelan Hernandez, 10163 Badger Creek Lane, Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "La Cubanita" 10163 Badger Creek Lane, Wilton, CA 95693. Filed with the Clerk of Sacramento County October 16, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07971
RTS Trans Inc, 2813 Tartarain Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "G&B Truck & Trailer Repair" 2813 Tartarain Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County October 18, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08079
Laura Thomas, 3500 64th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Street64 Event Support" 3500 64th Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 22, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07009
Andrei Songorov, 3685 Elkhorn Boulevard, Building 9, Unit 912, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Gagauz Moving" 3685 Elkhorn Boulevard, Building 9, Unit 912, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 12, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08033
Kaela Sedigh, 5800 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Brownie Barista" 5800 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 18, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07853
Jeremy Hansen and Brittany Chezem, 4815 College Oak Drive, #19, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Integrated Dental Services" 4815 College Oak Drive, #19, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07062
Cavanaugh Macdonald Consulting, LLC, 3550 Busbee Parkway, Suite 250, Keenesaw, GA 30144 is doing business under the Fictitious Business Name(s) "CavMac" 3550 Busbee Parkway, Suite 250, Keenesaw, GA 30144. Filed with the Clerk of Sacramento County

September 13, 2024
Publish: November 1, 8, 15, 22, 2024
CAVMAC 11-22-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07873
ACR Electrical & Plumbing Corp., 5840 Gibbons Drive, Suite F, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "ACR Roofing Systems" 5840 Gibbons Drive, Suite F, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07933
Enterprise USA, Inc, 5045 College Oak Drive, Suite A, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Stone Monuments" 5045 College Oak Drive, Suite A, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 17, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08000
Lavish Lapdog Mobile Groomers LLC, 1229 Jonas Avenue, Apt 2, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Lavish Lapdog Mobile Groomers/Lavish Lapdog Mobile Dog Groomers" 1229 Jonas Avenue, Apt 2, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 18, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08064
V K Limosines LLC, 3622 Rio Rosa Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "VK Limo" 3622 Rio Rosa Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County October 22, 2024

NOTICE OF PETITION TO ADMINISTER ESTATE
MARY E. FERNANDEZ, AKA MARY ELLEN FERNANDEZ, AKA MARY ELLEN MAGAYAC FERNANDEZ CASE NO. 24PR003020
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Mary E. Fernandez, aka Mary Ellen Magayac Fernandez.

A Petition for Probate has been filed by Justin D. Alcee, in the Superior Court of California, County of Sacramento, requesting Justin D. Alcee be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

A hearing on the petition will be held in this court as follows November 21, 2024, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

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

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

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Michael Yee, 4010 South Land Park Drive, Suite B, Sacramento, CA 95822; (916) 927-9001 FERNANDEZ 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

Find at least six differences in details between panels.

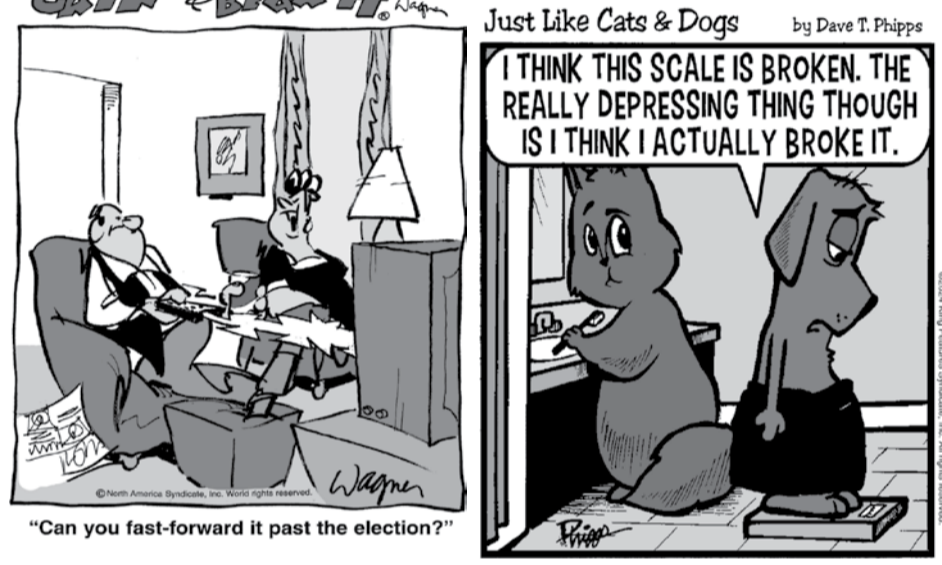


Differences: 1. Exam table is not as long, 2. Pockets is reversed, 3. Teardrop is higher, 4. Lollipop is larger, 5. Curtain is not as high, 6. Nurse is added.

GRIN AND BEAR IT

Just Like Cats & Dogs

by Dave T. Phipps



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CLUES

ACROSS

- QA's focus, pl.
- "Swan Lake" steps
- Evite request, acr.
- Long stories
- Final, abbr.
- Opposite of neo-
- Synagogue scroll
- Poseidon's domain
- One-eighty
- *Mary Poppins and Maria von Trapp
- *Vivian Ward and Erin Brockovich
- Kum Ba follower
- Cry out loud
- Stolen, slangily
- Greek salad cheese
- Popular clubs of the 1970s
- Chimpanzees, e.g.
- Porcine fat
- Great divide
- Cat o'how many tails?
- Podium, pl.
- Dead against
- Work the dough
- Urban haze
- Manner of walk
- Parlor piece
- Riyadh native, e.g.
- Sixth note
- Common fairway club
- Brewed beverage
- **Red" Redding and Nelson Mandela
- *Ricky Bobby and Buddy
- Beat the Joneses
- Outrage
- Adjust, as laces
- Tears violently
- Anointment liquid
- Talks and talks and talks
- a.k.a. Operation Neptune
- "Just kidding!"
- Billy Joel's "Always a Woman"

DOWN

- Between Phi and Kappa
- Second word in a fairytale
- Encircle
- Like Freddy Krueger, e.g.
- Boot-wearing feline
- Draft pick
- Impolite look
- Miles per hour, e.g.
- Insult
- Between bleu and jaune
- Connection between brain and spinal cord
- Bundle of wheat
- Like certain libraries
- Pup
- Hemingway's "The Man and the Sea"
- Railyard worker
- "Forrest Gump and Jimmy Dugan
- Offer two cents
- Doctrine
- New Mexico town
- Deep pile carpet
- Atlantic Ocean/Pacific Ocean waterway, e.g.
- Ostium, pl.
- *Violet Crawley and Minerva McGonagall
- Center of authority
- "The New Look" main character

B	U	G	S		P	A	S		R	S	V	P		
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Black Child Legacy Campaign Report 2024

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In 2011, the Board of Supervisors received a report from the Child Death Review Team, revealing that Sacramento County’s African American children were dying at twice, and sometimes closer to three times the rate of other races and ethnicities for over two decades. The Board and key community partners realized something had to be done to save these young lives. As a then-freshman County Supervisor, Phil Serna convened the Blue Ribbon Commission on Disproportionate African American Child Deaths as part of a community-driven movement to save young lives.

Starting in 2013, the Steering Committee created the Black Child Legacy Campaign (BCLC) to bring community members, Sacramento County departments and community partners together to reduce Black/African American child deaths in Sacramento County. There has been an 18% reduction in Black/African American child deaths since the start of the Black Child Legacy Campaign.

Key partners in the effort include the Sacramento County

Department of Child, Family, and Adult Services (DCFAS), the Sacramento County Department of Human Assistance, the Sacramento County Probation Department, the Sacramento County Health Services Department, First 5 Sacramento Commission (Chaired by Supervisor Serna) and Sierra Health Foundation.

“There is no one person who can do this work alone. It is a collaborative system,” said Department of Child, Family, and Adult Services Division Manager Kim Pearson.

The Black Child Legacy Campaign has identified four leading causes of African American child deaths: perinatal conditions, infant sleep-related deaths, child abuse and neglect homicides, and third-party homicides.

On Tuesday, Oct. 22, multiple departments of Sacramento County presented the annual report on the Black Child Legacy Campaign to the Board of Supervisors. The report summarized what the campaign accomplished in Fiscal Year 2022 – 2023. The Black Child Legacy Campaign met three of its goals in reducing African American child deaths. There have been reductions in infant sleep-related deaths, deaths due to perinatal conditions and deaths caused by

child abuse and neglect. However, in third-party homicides, there has been a 38 percent increase overall.

“Each of these numbers represents the death of a child and the parents that had to go on living after their child died,” said Sacramento County First 5 Director Julie Gallelo.

As a partner in this effort since 2011, the First 5 Sacramento Commission has funded education campaigns and direct services for the last decade. The Commission’s Black Mother’s United (BMU) program, operated through Her Health First, provides pregnant people with a pregnancy coach to provide one-on-one peer support, education and service navigation. The data shows the program’s efforts are lifesaving. Of the 149 mothers they served in the last fiscal year, 91% were a healthy weight at birth, 94% were delivered at full-term and there were no stillbirths. This is the fourth year in a row where no infant deaths occurred. All of those babies got to celebrate their first birthday.

Also helping new and expecting parents, the Safe Sleep Baby initiative teaches parents and guardians how to safely sleep their baby. Safe Sleep Baby is not limited to parents and guardians; grandparents,

aunts and uncles and other caregivers can get involved to learn how to safely sleep a baby. Recently, Safe Sleep Baby provided 546 cribs to families in need and trained 832 parents.

Child deaths are down 18% overall from 2012-2014 and there is a 10% reduction in the disparity gap.

As part of the Black Child Legacy Campaign, partners are also focused on keeping families together, reuniting them and helping them navigate the child welfare system. The Department of Child, Family, and Adult Services uses a Cultural Broker Program that utilizes trained community liaisons to help families understand, navigate and advocate in the Child Protective Services system. Cultural brokers are embedded in the communities they serve.

Cultural brokers undergo extensive training so they understand how Child Protective Services works and what parents need to do to reunify with their children. During Tuesday’s presentation, the Department of Child, Family, and Adult Services workers shared how impactful keeping families together can be.

“I appreciate everything and am grateful. Having my kids back took

a lot of stress off in my life,” said one father who was reunified with his child.

While reviewing the collective efforts of Black Child Legacy Campaign gave Sacramento County leaders a chance to reflect on the great work that has been done in the community, it also showed them that there is still more action needed.

“There is always going to be work to do and we can’t rest,” said Sacramento County Supervisor Phil Serna.

You can view this year’s report at the Sacramento County website at sacounty.gov, then under the menu options, hit “Live/Visit,” click “Board of Supervisors” under “Public Meetings.” Once there, click “Board of Supervisors – Agendas & Action Summaries” and then select the Oct. 22 Board of Supervisors Meeting, where you can see the agenda, agenda packet and the action summary.

If you are interested in becoming involved with or learning more about the Black Child Legacy Campaign, connect with your Community Incubator Lead, join the Community Leadership Roundtable or Steering Committee, or become a communication vendor. ★

Women’s Empowerment Receives \$50,000 To Provide for Unhoused Sac Women

Kristin Thebaud, Kristin Thebaud Communications News Release

SACRAMENTO, CA (MPG) - Women’s Empowerment has received a grant of \$50,000 from the Yocha Dehe Community Fund to provide transitional workforce housing for Sacramento women experiencing homelessness with their families.

“We are so grateful for the generosity of the Yocha Dehe Wintun Nation and their commitment to ensuring women who are working and have children also have safe, affordable housing as they work to increase their salaries and afford market-rate rent during Sacramento’s housing crisis,” said Lisa Culp, executive director, Women’s Empowerment.

Women’s Empowerment created its Trellis Gardens transitional workforce housing community at an existing development in Sacramento this past year, subleasing 16 cottages to graduates of the program who have families and have secured employment but cannot afford market-rate housing. The gated community is just one mile from four schools, two parks and a grocery store, and close to public transportation. Children in the cottages receive developmental assessments, and local financial institutions provide financial education for residents so they can prepare to move into permanent housing when they are finished at Trellis Gardens.

“Taking care of others and helping them thrive is how we honor our values as a native community,” said Mia Durham, Yocha Dehe tribal secretary and community fund chair. “Yocha Dehe Wintun Nation truly understands the struggle and stigma of being unhoused, and the detrimental impact it can have on

women and children. We are grateful for the opportunity to partner with Women’s Empowerment to support this critical effort to provide local women and children with a safe place to live.”

Women’s Empowerment provides a two-month employment-readiness and empowerment program, paid job training, childcare and support services so women and their children can break the generational cycle of homelessness. Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness and their children. In 2023, 165 jobs were secured by graduates, and 189 women either secured or maintained housing. Since 2001, 1,903 women have graduated from the program with more than 4,000 children. Women’s Empowerment is funded through private donations from the community and grants. To make a donation: Womens-Empowerment.org.

The Yocha Dehe Wintun Nation is committed to building strong communities and helping those in need, establishing the Community Fund to advance this mission. The Community Fund has established partnerships with more than 400 organizations throughout Yolo County, the state and nation, and granted nearly \$40 million in philanthropic aid to support programs and initiatives dedicated to assisting people in need. The Community Fund prioritizes grants that help people help themselves in critical areas: education, Native arts and culture, environmental protection, Native rights and tribal sovereignty, and health and wellness. For more information: visit www.yochadehe.gov/giving/community-fund. ★

Innovative Homeless Service Center Ready to Build



The Watt Service Center and Safe Stay, if open for at least 15 years, will serve about 18,000 unsheltered people. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County has long envisioned a large-scale project that can serve the unhoused population with diverse offerings to help people in various stages of homelessness. In 2022, the county purchased a 13-acre property on Watt Ave. near Roseville Road that also has a 130,000 square-foot warehouse on site.

The vision is to have a mixed-use service center with shelter, respite, safe parking, Behavioral Health services co-located on-site with case management, storage, pet respite, laundry services, showers, bathrooms, job training and more.

With the board’s action on Oct. 22 to approve the staff recommendation to move forward with the construction bid, the Department of Homeless Service and Housing can make this vision a reality.

The Watt Service Center and Safe Stay (Center) provides the space and opportunity to make all of these visions a reality. While the initial price tag feels hefty – at a purchase price of \$22 million for the parcel and an estimated cost of \$42 million for construction of the full vision for the campus – the reality is that this center will serve thousands of people – not just the 350 it can serve at any given time.

The Service Center will have capacity to host (at any given time): 225 beds in Safe Stay cabins, 50-person capacity in Safe Parking and 75-person capacity for emergency/weather respite beds.

Conservative estimates, based off the data from other county sheltering and respite projects, show that over 15 years the Service Center will serve 18,000 people – which lowers the cost to less than \$3,600 per person.

With the expectation of this center operating longer than 15 years, those costs continue to shrink as the impact on homelessness across Sacramento County grows.

In 2017, Sacramento looked at the cost born by the public systems (county jail, shelters, behavioral health and City Fire), and found the average cost for an unsheltered individual to be \$45,000 annually for the top 250 users of these systems. It costs far more to leave people unhoused than it does to stabilize them, address the issues keeping them in homelessness and doing whatever it takes to get them housed.

The Service Center’s size and configuration offers a unique opportunity to serve folks immediately exiting homelessness in the emergency/weather respite center, as well as those more stabilized and working towards permanent housing in the Safe Stay

cabins. Additionally, it will allow staff to serve people living in vehicles, which includes working poor and those who are only recently homeless.

While having the space to serve folks at these different stages of their homeless experience, the site will allow for a myriad of community-based supports – behavioral health, physical health, employment services, treatment services (and many more) – to co-locate at the site and support clients towards a permanent exit from homelessness.

Watt will be the county’s fourth Safe Stay Community, with locations in south Sacramento at Florin, East Parkway and on Stockton Blvd. In addition to these shelters, the county also has scattered site shelter homes across the county, as well as several other sheltering programs. This will be the county’s first year-round weather respite and its first Safe Parking program.

The county continues to pursue new and innovative programs and services to address homelessness, stretch limited funding and partner with its cities, community-based organizations and local non-profits in the mission to end homelessness.

For more information about what the county is doing to address homelessness, visit <https://schs.sacounty.gov/pages/default.aspx>. ★

Residential Wood-Burning Restrictions Begin Nov. 1

Sacramento Metropolitan Air Quality Management District News Release

SACRAMENTO COUNTY, CA (MPG) - The Sac Metro Air District launched its “Check Before You Burn” season on Nov. 1. The program, which continues through the end of February, requires residents and businesses in Sacramento County, including those in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento, to check the daily burn status before using a wood-burning fireplace or other wood-burning device.

When fine particle pollution (PM2.5) is forecast to be high, the Sac Metro Air District restricts burning of solid fuels, including wood, pellets and manufactured fire logs. This program helps reduce the harmful health effects of air pollution caused by wood smoke.

Wood burning in the winter is

responsible for more than 50 percent of the fine particle pollution in Sacramento County. Wood smoke, much like wildfire smoke, contains tiny toxic particles that, when inhaled, can enter the bloodstream, presenting serious health risks. Children, older adults, and anyone with a pre-existing heart or lung condition are especially vulnerable. Exposure to wood smoke can increase the risk of asthma, heart attack, stroke and other health issues.

Three easy ways to Check Before You Burn:

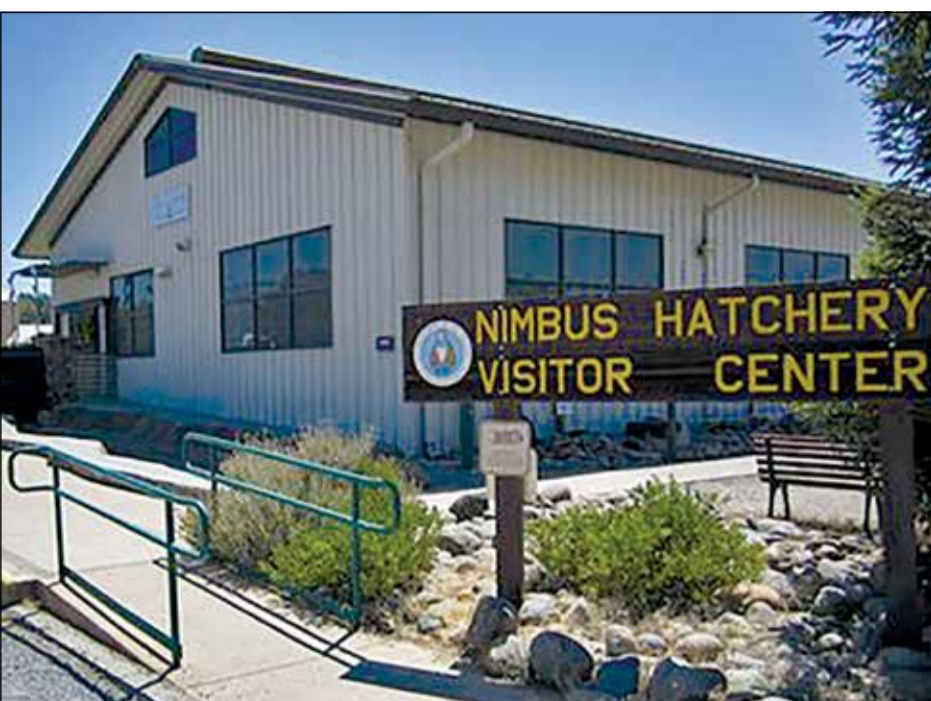
View the daily burn status at www.AirQuality.org/CBYB.

Follow @AQMD on X (Formerly Twitter).

Call the burn status hotline at 1-877-NO-BURN-5 (1-877-662-8765).

For more information, visit Sac Metro Air District’s Check Before You Burn webpage at www.airquality.org and click on Check Before You Burn at the bottom of the website. ★

Salmon Have Returned to Nimbus Fish Hatchery



The Nimbus fish hatchery visitor center is the place to learn about the American River Fall salmon run.

By MPG Staff

SACRAMENTO, CA (MPG) -

The American River Fall salmon run is underway and the Nimbus fish hatchery is welcoming visitors with tour opportunities.

Guided Tour of the Nimbus Fish Hatchery

Visit the Nimbus fish hatchery for a free, family-friendly guided tour to explore the fish hatchery and neighboring American River on the second Saturday of each month.

Learn about the amazing life cycle of salmon and steelhead, walk along the American River and discuss hatchery operations. Participants might see fish and other wildlife, such as migratory birds, signs of mammal activity and cool insects.

Tours are canceled in heavy rain. The tours start at 11 a.m. and are first come, first served with a maximum group size of 25 people. The tour is ADA accessible and suitable for all ages.

For more information, call 916-358-2884 or email molly.shea@wildlife.ca.gov.

Tot Time at Nimbus Fish Hatchery

The salmon are back and Nimbus fish hatchery is excited to celebrate their return with a salmon-themed "Tot Time" at the Nimbus fish hatchery visitor's center. The event is scheduled for 11 a.m. Sunday, Nov. 17.

Attendees will enjoy staff-led book readings about salmon, learn about their lifecycle and make some cool fish prints and other fun salmon crafts. The event is recommended for children ages 2 to 7 years, with parent/guardian supervision. There is no cost for this event and registration is not required.

For more information, email julia.sisneros@wildlife.ca.gov.

The Nimbus fish hatchery visitor center is located at 2001 Nimbus Road, Gold River. ★



Pacific Salmon. Photo courtesy California Department of Fish and Game



An adult salmon is harvested for eggs or roe as a tour-group watches at the Nimbus fish hatchery.



Nimbus fish hatchery staff lead youngsters in exploration of the salmon life-cycle.

KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive, Rancho Cordova, CA 95670
 916.853.8000
 Market 7 Days 8am - 9pm
 Food Court 7 Days 11am - 7:30pm
 Korean/Mex/Viet 7:30pm last call
 Chinese/Japanese 7:00pm last call

FREE PHOTO
 10/25-10/31 10AM-8PM
 Face free to take your own pictures!

HERITAGE CONCERT
 FREE ADMISSION
 11/1/24, 8PM @ KP FOOD COURT

FREE flu shot
 Nov. 2, 2024 10AM-2PM
 SUITE #403 NEXT DOOR KP MARKET

SYMPHONY d'ORO
 SOUNDS OF AUTUMN
 Saturday, November 2nd 4pm
 FREE ADMISSION

2024 UPCOMING EVENTS AT FOOD COURT

FREE PHOTO WITH SANTA!
 12/15-12/25 10AM-8PM FOOD COURT

WEEKLY MEAT SPECIALS

- Beef Rump/Bottom Round Roast - Bnls \$4.99/lb
- Beef New York Roast - Boneless \$5.99/lb
- Beef New York Steak - Boneless \$6.99/lb
- Pork Baby Back Ribs \$3.99/lb
- Boneless/Skinless Chicken Breasts \$1.99
- Pork Butts Boneless \$2.99
- Pork Loin Chops Bone In \$2.49

FRESH PRODUCE

- Mini Sweet Pepper 1 lb \$2.59
- Nopales Cleaned 1 lb bag \$2.39
- Rainbow Bellpepper 2 lbs \$2.99
- Avocado Bag 2 lbs \$3.29
- Small Taro 89c/lb
- Sleeved Garlic 5 pc China \$2.39
- Seafood Mushroom 150 g 89c
- Green Papaya 99c/lb

AMERICAN/HISPANIC GROCERY

- INCA KOLA \$2.99
- Berrilli Pasta Sauce \$4.49
- Lundberg Puffed Grain Cakes \$1.49
- King of Spices \$13.99
- Slow Kettle Tomato & Sweet Basil Bisque \$1.49

ASIAN GROCERY

- Qing Te Longhua Vermicelli \$2.49
- Lee Kum Kee Chili Bean Sauce \$3.49
- TH Cassava Flour \$1.99
- San Luck La Yu Chili Oil \$3.99
- Lee Scincha Hot Chili Sauce \$1.49

EUROPEAN GROCERY

- Polinka Pitted Sour Cherries \$6.99
- Mid East Habas with Panchos \$6.99
- Juicy Chew Assorted Fruit Jellies \$6.99
- Kreivka Baked Milk Taste Wonder \$3.99
- Satal Blend Tea w/ Earl Grey \$3.49

KOREAN/JAPANESE GROCERY

- RiverChon Brown Rice \$9.99
- Gonka Crackers \$3.99
- Jin Ramen \$2.99
- Bibigo BTS Tteokbokki \$3.99
- Roasted Sesame Oil \$15.99
- Shabu Shabu \$4.99

HOUSEWARES

- BIGEN SPEEDY HAIR COLOR \$5.99
- ELECTRIC BBQ GRILL \$39.99
- ELECTRIC RICE COOKER \$14.99
- ELECTRIC RICE COOKER \$15.99

FROZEN & FISH DEPT

- Stuffed Breaded Corn Dog \$5.99
- Cuttlefish Noodles \$2.99

EUROPEAN DELI

- Columbus Pan Roast \$11.99
- Stilian Style Olives \$6.99
- Pitted Green Olives \$4.99

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE NOVEMBER 06 - NOVEMBER 12, 2024.