



**De'Aaron Fox
Named Western
Conference Player
of the Week**

PAGE 8

**CHP Swearing-In
Ceremony Marks
Milestone**

PAGE 11



Citrus Heights Messenger

VOLUME 14 • ISSUE 48 *Serving the City of Citrus Heights & Sacramento County* NOVEMBER 29, 2024

**SEE
INSIDE**

**SAC COUNTY
FENTANYL DEATHS
DECLINING**



PAGE 4

**ARC HONORS
NATIVE AMERICAN
HERITAGE MONTH**



PAGE 7

**KINGS
KORNER**
By V.G. Harris



PAGE 4



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
OR CURRENT
POSTAL CUSTOMER

Supporting Families at Turkey Giveaway



Despite the rain, volunteers were happy to serve the community. Photo by Ian Davis

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The Sunrise Christian Food Ministry (SCFM) completed another successful Thanksgiving distribution in partnership with many community supporters.

Despite three days of deluging rain at times, extremely heavy traffic and managing such a large project, Sunrise Christian Food Ministry and their team sailed through the three days like a well-oiled machine. The drenching rain dampened their clothing but not their spirits. It all came down to organization and teamwork.

Taking place from Wednesday, Nov. 20 through Friday, Nov. 22,



Volunteers were all smiles, even as the rain came down. Photo by Elise Spleiss

the three-day giveaway saw major success.

Reservations were given out to 1,600 families with a specific time to arrive in line. During the reservation hours, the traffic lanes were manageable. In addition,

the first 200 already in line Thursday and Friday were allowed in at 1 p.m. without a reservation.

On Wednesday night, 150 families were served, which was a new day and time (5 to 6:30 p.m.) to

make it easier for working clients and their families to utilize the food closet.

The regular Thanksgiving giveaway began at 10 a.m. Thursday and 900 families were served, including families at Sunrise Pointe transitional housing for formerly homeless families, and Mesa Verde High School families.

From 10 a.m. to 3 p.m. Friday, the goal of 2,000 turkeys and families served was met. Most clients who came through at 1 p.m. were new to the food closet and Sacramento Food Bank & Family Services.

After several years of steadily growing numbers of clients, one year

Continued on page 3

Family Gifting Drive Underway

**Citrus Heights
Police Department
News Release**

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department is proud to announce the 16th annual Family Gifting Event.

We will once again be partnering with city staff, volunteers, local service clubs, schools, neighborhoods, businesses and community members to brighten the holidays for numerous Citrus Heights families. This annual event focuses on bringing holiday cheer to families who reside in Citrus Heights, who have had an unexpected hardship throughout the course of the year, and who have at least one child under the age of 13.

Since the program's beginning, the Citrus Heights Police Department has worked with a myriad of city groups, service clubs, businesses, nonprofit organizations, schools and community members to assist more than 651 families, including more than 4,000 community members.

This unique community-involved program was created to help families who have experienced a hardship or critical event in their lives over the past year that has caused a significant change in their financial abilities. The program provides participating families with food, household items and toys/clothes for the children. We rely heavily on the community to help make this effort a success. Participation can include the donation of new and unwrapped items, adopting a family, volunteering or all of the above.

Community members can donate or nominate a family who needs assistance. To nominate a family for consideration, a "Family Gifting Event - Family Nomination Form" must be completed. Applications can be submitted online at www.citrusheightspd.net or in person at Citrus Heights Police Department through 5 p.m. Monday, Dec. 2. Nomination criteria and submission information can be found on the website and the application itself.

Donations of non-perishable food items, cleaning supplies, personal hygiene items, new unwrapped toys, gift wrap and gift-wrapping supplies can be dropped off in the Citrus Heights Police Department lobby during normal business hours between 9 a.m. and 5 p.m. Monday through Friday. We are currently

Continued on page 3

Take Flight at Wild and Fly Fitness



Citrus Heights city officials and Citrus Heights Chamber of Commerce members join owner Wendy Fuentes to celebrate the grand opening of Wild and Fly Fitness Bungee Studio in Citrus Heights. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Ever wanted to fly like Peter Pan? Let Wendy Fuentes, owner of Wild and Fly Fitness Bungee, show you how.

Get ready to strap yourself into a harness and take flight in an aerobic sling bungee workout at Wild and Fly Fitness, which celebrated its official grand opening Nov. 7 in Citrus Heights.

On Nov. 7, city officials and Citrus Heights Chamber of Commerce members toured the facility and officiated a ribbon cutting.

Wild and Fly Fitness Bungee Studio is located

at 8215 Auburn Blvd. in Suites B, C and D in Citrus Heights, where the Costume Junction, a retail theatrical supply store, was formerly located. One suite hosts scheduled yoga

Continued on page 2

Take Flight at Wild and Fly Fitness

Continued from page 1
classes, while the adjacent studio is configured and rigged for bungee fitness.

Fuentes, who was born in Mexico and now lives in Roseville, has a son, daughter and granddaughter.

“As the owner of Wild and Fly Fitness, I’ve embraced fitness as a transformative journey, one that’s about more than physical health. My passion for wellness began with my own exploration of personal development and self-care, discovering how movement and mental well-being are so deeply connected,” Fuentes said.

“Our goal at Wild and Fly is to become a trusted fitness destination for the entire community,” Fuentes added.

Fuentes said the Wild and Fly opening was a year in the making, requiring structural engineering evaluation of the two studio spaces and construction of a steel supporting cage in the ceiling to support the collective weight of 15 bungee workout participants at any given time.

“I chose sling bungee because it’s a fun, accessible approach to fitness and offers high-energy, low-impact exercise that’s perfect for anyone looking to improve strength, endurance and balance without straining joints,” Fuentes said.

“At Wild and Fly, safety is our top priority,” she said. “We understand that trying a new fitness experience for the first time, especially when it involves equipment like bungee cords, can raise many questions.”

“We are a Sling Bungee affiliated studio and as such, our studio is designed with and follows rigorous safety protocols,” Fuentes said.

Bungee workouts are typically low-impact, full-body cardio that use heavy-duty bungee cords to perform classic bodyweight



Wendy Fuentes demonstrates how the bungee exercise works. Photo courtesy of Wild and Fly Fitness

exercises, actively engaging multiple muscle groups simultaneously, providing a full-body

toning experience. Once safely strapped into a supporting harness, participants will

bounce, twist and soar through the air, Fuentes said. The heavy-duty elastic bungee cord creates

a resistance to work against in a way that feels more like play than exercise, according to Fuentes. The dynamic nature of the movements promotes flexibility and enhances overall agility for everyday activities, all while challenging the body's range of motion.

“Our facility layout is designed with plenty of space between individual bungee stations, allowing full freedom of movement and ensuring each participant has a safe, comfortable workout zone,” Fuentes said.

“At Wild and Fly Fitness, we believe that fitness should be as enjoyable as it is effective and I wanted to provide a welcoming environment where everyone feels encouraged to ‘FLY (first love yourself)’ and reach their full potential,” she said.

Fuentes recommends that interested first-timers should check with their healthcare provider before determining that a bungee workout is safe to do.

“As the owner of Wild and Fly Fitness, my journey has been all about finding innovative ways to empower others through education, fitness and self-care. I have always been passionate about creating a space where people of all ages and abilities can experience unique, uplifting workouts that benefit the body, mind and spirit,” Fuentes said.

Upcoming classes will include various styles of yoga, specialized pelvic health classes for men and women, healthy aging classes, and rebound classes for lymphatic cleansing, high-energy circuit classes and “Mommy and Me” classes to strengthen the bond and provide a support group for mothers/caregivers.

Wild and Fly Fitness Bungee Studio is located at 8215 Auburn Blvd. in Suites B and C-D in Citrus Heights. For more information, call 916-770-1039 or email WildandFlyFitness@gmail.com. ★

KP International MARKET
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market: 7 Days: 6am - 9pm
 Food Court: 7 Days: 11am - 7:30pm
 Korean/Mex/Viet: 7:30pm last call
 Chinese/Japanese: 7:00pm last call

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

HOLIDAY HOURS
 WE ARE OPEN
 Thanksgiving (11/28) 9AM-6PM
 Christmas (12/25) 9AM-6PM
 New Years (1/1) 9AM-4PM
 KP Employee Party 12/11 Wed
 Store Closes at 7pm

FRESH PRODUCE

Blueberry Pint \$2.99/ea	Fuji Apple 79¢/lb	Honey Tangerine \$2.59/lb	Rainbow Bellpepper \$3.99/bag 2 lbs
Avocado 2 lbs Bag \$2.99/bag	King Oyster Mushroom \$1.79/lb	Russet Potato 10 lbs \$2.99/bag	Big Taro \$1.19/lb

AMERICAN/HISPANIC GROCERY

Jiffy-Foil Giant Oval Rack Booster \$1.99/ea	Dole Slice, Chunk & Crushed Pineapples 20 oz \$2.39/ea	RED All Purpose Flour 5 lbs \$2.99/ea	Lavry's Garlic Salt 11 oz \$4.99/ea	Best Foods Real Mayonnaise 30 Oz \$4.99/ea
--	--	---------------------------------------	-------------------------------------	--

ASIAN GROCERY

Super Q Bihon 16 oz \$1.69/ea	Koon Chun Hoisin Sauce 15 oz \$2.29/ea	Flavor Full Chili Oil 6.2 fl oz \$2.39/ea	Chaohok Coconut Milk 13.5 fl oz \$1.69/ea	Taro Young Coconut Juice 16.9 fl oz \$1.29/ea
-------------------------------	--	---	---	---

EUROPEAN GROCERY

Tazah Danish Style Butter Cookies 905 gr \$8.99/ea	Kostlich Spätzle Egg Noodles 500 gr \$7.29/ea	Balocco Milk Vanilla Wafers 250 gr \$7.29/ea	Savello! Lady Fingers Bowties 500 gr \$5.49/ea	Russian Product Buckwheat 900 gr \$2.99/ea
--	---	--	--	--

KOREAN/JAPANESE GROCERY

Mixed 7 Grains 4 lbs \$6.99/ea	Harin Mix Jelly 320 g \$7.99/ea	Red Pepper Powder 1 kg \$9.99/ea	Choco Heim & White Helm 254 g \$7.99/ea	Red Bean Buns 8 pcs \$4.99/ea	Q Food Luncheon Meat 340 g \$2.49/ea
--------------------------------	---------------------------------	----------------------------------	---	-------------------------------	--------------------------------------

HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99/ea	ELECTRIC BBQ GRILL \$39.99/ea	ELECTRIC RICE COOKER (4 CUPS) \$49.99/ea	ELECTRIC RICE COOKER (18 CUPS) \$54.99/ea	ELECTRIC RICE COOKER (10 CUPS) \$59.99/ea
---	-------------------------------	--	---	---

FROZEN & FISH DEPT

Alaska Wild Salmon Patty 12 oz / pk REG. 6.99/EA \$3.99/ea	Whole Alaska Spot Prawns 2.2 lbs REG. 29.99/EA \$12.99/ea
---	--

WEEKLY MEAT SPECIALS

Beef Cross Rib Shoulder Roast-Bals \$4.79/lb	Beef Ribeye Roast - Boneless \$6.79/lb	Beef Ribeye Steak - Boneless \$7.19/lb
Chicken Breast Tenders 2.5 lbs Bag \$8.99/ea	Pork Loin Roast Boneless \$2.69/lb	Pork Loin Chops Boneless \$2.99/lb
Boneless & Skinless Chicken Thigh Meat \$2.19/lb	Lamb Loin Chops \$9.99/lb	Pork Baby Back Ribs \$3.99/lb

FROZEN & FISH DEPT

Marukyo Meisaku 250 g \$3.99/ea	REG. 6.99/EA
---------------------------------	--------------

EUROPEAN DELI

Columbus Roast Beef \$13.19/lb	Green Olives Stuffed w/ Feta \$8.09/lb
Columbus Pastarmj \$12.09/ea	Green Cracked Olives \$4.59/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE NOVEMBER 27 - DECEMBER 03, 2024.

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 27 - DECEMBER 03, 2024.

Supporting Families at Turkey Giveaway

Continued from page 1

was especially heavy and the Citrus Heights Police Department needed to respond to a traffic jam. This led to the City of Citrus Heights along with law enforcement joining together, working behind the scenes to create a new plan to handle the hundreds of vehicles coming through the lines. The city created fliers that were handed out to clients explaining the new traffic pattern.

No operation as large as this can run smoothly without military precision. That is exactly what was evident throughout the entire three days. Traffic control was led by Chris Adams. According to April Jacek, director of operations, Adams has previously done traffic control professionally. She has volunteered for the food closet five days a week for the last two years.

This process has been a group effort with the food closet working with volunteers from many organizations. PG&E & Ascension Lutheran packed 2,000 holiday bags and produce bags for the giveaway.

On Wednesday night, a youth baseball team from Granite Bay, as well as community volunteers, helped load turkeys and Thanksgiving food boxes into client vehicles.

On Thursday and Friday, CGI Northwest, Delta Dental, Citrus Heights Water District, Cricket Wireless and California North State University helped with distribution.

“Our distribution is made possible by the support of Sacramento Food Bank & Family Services and generous donations from Safeway, Grocery Outlet, California American Water in partnership with Senator Hoover’s Operation Gobble and Republic Services,” Jacek said.

This whole reinvented working model has been a team effort, a



Area employees supported the Sunrise Christian Food Ministry in Citrus Heights. Photo by Prasanna Wegesi

network of the city, law enforcement, businesses large and small and the community from its conception. Many clients don’t speak English, so translators were available to help the event run smoothly.

Jacek also said, “a huge thank you to Mary Poole, and her team with the City of Citrus Heights for working to get our traffic flow changed including new signage. The CHPD was out in force educating clients and keeping the distribution safe.” The city and Advent Lutheran staff began meeting months ago to put together a new permanent traffic pattern that can handle any number of vehicles.

Many supporters, volunteers and the Sunrise Christian Food



Donning rain jackets, volunteers served 2,000 turkeys to local families. Photo by Ian Davis

Ministry worked on this event. Food insecurity doesn't just strike for the holidays; it is a

year-round struggle for many in our community. Visit www.sunrisechristian-

foodministry.org to learn how you can donate or sign up to volunteer. ★

Family Gifting Drive Underway

Continued from page 1

accepting donations and will do so through 4 p.m. Wednesday, Dec. 17. Gift cards and monetary donations will also be accepted and can be dropped off or mailed to the Citrus Heights

Police Department with attention to the Holiday Cheer Coordinator.

If you would like to adopt a family, make a donation, or have questions regarding the program, email ohc@citrusheights.net or call 916-727-4988. ★

Students Making the Grade in Citrus Heights and Carmichael

MPG Staff

CITRUS HEIGHTS, CA (MPG) - University of Maryland Global Campus (UMGC) graduated more than 3,200 students worldwide in the summer 2024 term. Local graduates included (11/4/24):

Rachel Gutierrez of Citrus Heights, Bachelor of Arts in Graphic Communication

The Georgia Institute of Technology awarded degrees to approximately 1,720 undergraduate and graduate students at the conclusion of summer semester. Local graduates included (10/23/24):

John Ransom of Citrus Heights has earned a Master of Science in Computer Science. from the Georgia Institute of Technology in Atlanta.

Biola University is excited to welcome incoming students to the Biola community as they start their journey as an Eagle this fall (10/23/24). The following local residents started their journey as an Eagle:

Atticus Broomell of Citrus Heights (95610) majoring in Engineering Physics

Approximately 1,500 students were named to the Biola University Dean's List in spring 2024. Biola students are placed on the dean's list to honor those with a GPA of 3.6 or higher while enrolled in 12 or more credits and whose cumulative GPA is at least 3.2 (10-4/24). Local awardees include: Elias Broomell of Citrus Heights majoring in Kinesiology.

Anna Broomell of Citrus Heights majoring in Psychology.

Amaya Stevens of Citrus Heights was named to the Dean's List for the summer 2024 term at University of Maryland Global Campus (9/30/24).

Southern New Hampshire University congratulates the following student on being named to the Summer 2024 Dean's List.

Thomas Palos of Citrus Heights
Dwayne Benjamin of Carmichael (95608) ★

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

Annual Sacramento Holiday Tradition

KITCHEN MART HOME FOR THE HOLIDAYS

DECEMBER 14 | 3PM

HEADLINER Heidi Moss Erickson

SACRAMENTO MEMORIAL AUDITORIUM

*Radiant music for Christmas
Candlelit procession
Audience singalong
The Grinch Medley
New and familiar choral orchestral holiday songs*

KITCHEN MART 48 YEARS

SAFE CU PAC BOX OFFICE | 916.808.5181
or **TICKETMASTER.COM**

LOCAL ARREST RECORDS

Find out what's happening in your local area

Arrest Logs updated daily

CITRUSHEIGHTSMESSENGER.COM

Donald Kendrick, Conductor

Come sing Handel's entire Messiah (including the soloists' parts)

TICKETS | General \$20
Seniors/Students \$15
SACRAMENTOCHORAL.org
online – or at the door

MESSIAH SING-ALONG

Thursday, December 26 at 2:00 pm

Ryan Enright, Organist

First United Methodist Church
2100 J Street, Sacramento

Kings Korner

By V.G. Harris



Wow, major media networks have taken to calling the Sacramento Kings an average NBA basketball team. As a fan of nearly 40 years and living through 16 straight seasons of missing the playoffs, that hurts.

I would almost rather you just called them bad, as opposed to the dreaded average.

Who wants to be average? Just an obscure number in a host of other numbers. No one I know, and I have high hopes that this team as it's assembled, will change this narrative and do it quickly.

After the Kings won three games in a row, I was all but certain that DeMar DeRozan had found his niche and was set to do great things for the Sac Town ballers. However, in the Nov. 24 game against the Brooklyn Nets, I witnessed DeRozan pass up 12–15-foot jumpers, only to pass off to other teammates for less desirable shots.

The past week wasn't kind to the Kings, as they had perhaps their worst one week stretch of the season. The week started with a 109-108 loss to the Atlanta Hawks, in a game that the Kings had in hand, and should have won.

Two nights later, in Los Angeles, the Clippers put on a clinic and embarrassed Sacramento, holding the Kings to a season low 88 points. The only good news was that the game was on the road, and the hometown fans didn't have to witness a second quarter that saw Sacramento score a season low 12 points. The game was decided early, and it was hard on the eyes.

Thinking this game had to be an anomaly, Golden One Arena was filled with expectant fans on Sunday Nov. 24 to welcome back former assistant coach Jordi Fernandez, who captured the head coaching job for the Nets in the off season.

Sadly, it was not to be, as the hometown team turned the ball over 16 times, while missing 11 shots from the charity stripe.

Last season saw the Kings finish dead last in the NBA in free throw shooting, but 10 games into the 2024/2025 campaign they were actually leading the

league in free throw percentage. The game against the Nets saw the Kings take a step back, in a game that was entirely winnable.

In today's NBA nine 3-pointers won't win many games, and in particular if your opponent sinks 19. Combine that with 20 made free throws in 31 attempts, and even without regard to the 16 turnovers committed by the Kings, this game was a real stinker.

Stalwart standouts De'Aaron Fox and Domantas Sabonis showed up as they always do, as Fox contributed 31 points, and was the only player for the Kings that could seemingly hit a three. DeAaron sank 3 of 4 3-pointers while Sabonis gathered in 18 rebounds and added 13 points for another solid double-double.

Huerter continues to struggle in spite of the fact that coach Brown has him in the starting five every night. Kevin went 1-5 from 3-point land, bringing his season average to a startling 29%. His 63% 2024/2025 free throw percentage tells me something is off with Huerter, and I'm convinced that either Keon Ellis or Malik Monk when he returns, would be better options in the starting lineup.

I'm just as convinced that Huerter can overcome his slow start but bringing him off the bench would give him a different look at things, and perhaps ease the pressure just a bit.

The game against the Nets saw a return to coach Brown's difficulties as it relates to coach's challenges. I witnessed no less than three occasions that the Kings could have potentially won a challenge, but sadly the game ended, and coach Brown had yet to challenge a single call.

Yes, Kings fans, the hometown boys have some cleaning up to do, and it's difficult to put a happy face on the games of the past week. Still, one game below 500 is not the end of the world, and with over 60 games to play, let's demonstrate a degree of patience. Let's root them on and see if this squad can come together.

All the best Kings fans!

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

How Three Trump Policy Decrees Could Affect California's Agricultural Industry



By Dan Walters, CALMatters.org

Voters in California's farm belt, stretching more than 400 miles from Kern County on the south to Tehama County on the north, delivered solid majorities for Donald Trump in this month's presidential election.

They were obviously outvoted in heavily populated coastal and urban counties, so rival Kamala Harris claimed the state's 54 electoral votes. However, it is Trump who will be moving into the White House, and of all California economic sectors, agriculture arguably has the most to gain or lose during his second presidency.

There are three policy issues particularly important to California's farmers that Trump wants to change. If he does what he has promised, one might benefit the industry and two might damage it.

The beneficial change is what California Farm Bureau President Shannon Douglas, in a post-election statement, calls "securing a sustainable water supply."

For years, state officials have been trying, either through regulatory decrees or negotiations, to reduce the amount of water San Joaquin Valley farmers take from the San Joaquin River and its tributaries to enhance flows through the Sacramento-San Joaquin Delta, thus improving its water quality to support fish and other wildlife.

Farmers are miffed that after two wet winters filled the state's reservoirs, state federal water managers still limited agricultural deliveries.

A few days before the election, the state Water Resources Control Board issued the latest version of its water quality plan, but the supposed compromise is being critiqued by both farmers who want to minimize restrictions and environmentalists who demand a crackdown on water diversions.

Trump stepped into the issue during his first presidency, directing federal water regulators to increase agricultural supplies, and is likely to do so again.

Just before the election, Trump described California water policy, in all caps on his Truth Social website, as "INSANE POLICY DECISIONS," which he defined as "the ridiculously rerouting of MILLIONS OF GALLONS OF WATER A DAY FROM THE NORTH OUT OF THE PACIFIC OCEAN, rather than using it, free of charge, for the towns, cities & farms dotted all throughout California."

The two pending issues that could backfire on farmers who voted for Trump are imposing tariffs on imports from China, which could invite retaliatory tariffs on agricultural exports, and deporting undocumented immigrants, who comprise at least half of the state's agricultural workers.

Despite objections from California's Republican congressional delegation, Trump hit China with tariffs during his first term and "China retaliated with import tariffs that target U.S. agriculture," according to a report from

the University of California's Giannini Foundation of Agricultural Economics.

"For almonds and pistachios, the tariffs did not reduce the volume of U.S. exports to China," the report continued. "However, the trade war diminished California exports of walnuts, wine, oranges, and table grapes."

Cracking down on undocumented immigrants has been a bedrock issue for Trump throughout his political career, and he's promised to make good on his deportation pledge immediately after taking office.

For a variety of reasons, the state's farmers have had difficulty finding enough workers to till and harvest their crops in recent years. Immigration restrictions, California's high living costs and the creation of new factory jobs in Mexico are among the reasons.

California has as many as 2 million undocumented residents, many of whom work in industries ranging from construction to agriculture. The full-blown roundup Trump promises would have an immense economic effect on the state, with agriculture arguably the most vulnerable.

When Central Valley farmers were enthusiastically backing a second term for Trump, they undoubtedly were hoping for relief from water restrictions. Yet that could be the smallest impact Trump 2.0 may have on their industry.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. ★

Sac County Fentanyl Deaths Declining



The Sacramento County Coroner's Office reported 180 fentanyl-related deaths so far this year, down from 406 in 2023. Courtesy photo

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County has made remarkable progress in the battle against the opioid crisis, reporting a 56% reduction in fentanyl-related deaths between 2023 and 2024.

According to the latest data, the Sacramento County Coroner's Office reported 180 fentanyl-related deaths so far this year, down from 406 in 2023.

"This reduction isn't necessarily due to fewer people using fentanyl but rather a direct result of the comprehensive support systems we've implemented," said Lori Miller, Behavioral Health Division manager for the Sacramento County Department of Health Services. "The coordinated efforts of local law enforcement, first responders, healthcare providers and community organizations are saving lives."

Sacramento County's approach includes an extensive network of partnerships and initiatives designed to combat the opioid crisis. Law enforcement agencies, including Sacramento County's Sheriff's Office and Probation Department and the Sacramento City Police Department, conduct enforcement actions, make arrests and seize fentanyl supplies. The partnership with the Sacramento Fire Department and Sacramento Metro Fire's Mobile Medicine Teams have been instrumental in administering Narcan and providing medication-assisted treatment.

In addition, the Sacramento County Department of Child, Family and Adult Services, along with Sacramento County Public Health, has raised awareness about

the dangers of fentanyl through education and distributing Narcan and fentanyl test strips.

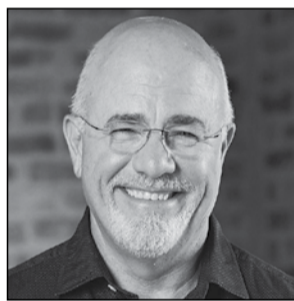
The county's Adult Correctional Health Services has also played a role by expanded access to medication-assisted treatment in jails, while community-based organizations continue to provide prevention education, treatment options and harm reduction resources.

"By working together, we've built a robust system of care and support that is not only addressing substance use but also providing people with the tools they need to survive and recover," Miller said.

Maintaining this positive trend requires a continued commitment to education, awareness and accessible resources. Narcan distribution, fentanyl test strips and public education are essential tools in reducing overdoses and keeping residents informed. Sacramento County is dedicated to expanding access to these resources, providing community members with the support needed to prevent and respond to fentanyl-related incidents.

While this is an encouraging trend, county officials are cautious as the holiday season approaches, which is a time of year that can be challenging for individuals struggling with mental health and substance use disorders. County officials will continue their efforts and are hopeful that they will end the year with a decrease of 50% or more.

If you are in need of substance use help, need access to Narcan and fentanyl test strips or want to know more about the county's collaborative efforts, visit the Sacramento County's Department of Health Services page at dhs.sacounty.gov and type in Substance Use Prevention and Treatment Services. ★



Dave Ramsey

Dear Dave,

My wife and I are currently on Baby Step 2 of your plan. We attend church regularly, and we've always made sure we tithed 10% to 15% in the past. Do you think it would be okay to lower our tithe while we're getting out of debt and working through our debt snowball?

– Karl

Dear Karl,

When you look up the Hebrew word "tithe," it means tenth. Not 10 to 15 percent—a tenth. I've studied Scripture on this subject for about 25 years and taught in Christian settings. But please keep in mind you shouldn't do this because I gave you a "rule." I'm not the final authority on this. What we're about to get into comes from God.

In Proverbs, it refers to the tithe as first fruits, off the top, before anything else. The book of Deuteronomy says to give a tenth of your net in-

Dave Ramsey Says He Knows What's Best for Us

crease. Centuries of protestant Christian teaching has focused on the idea that the tithe goes to the local church, because it's the New Testament representation of the Old Testament storehouse. The storehouse took care of the Levites, which were the priests—or pastors—and the orphans and widows. Today, the New Testament church is supposed to use it for the same kinds of things: pastor's salaries and helping people who are struggling.

Before we go any further, I want you to remember one thing. Tithing isn't a salvation issue. God doesn't love you more just because you tithe a larger amount than the person sitting next to you in church. God loves you. Period. You're His child, and He's going to love you even if you don't tithe. But He knows what tithing does for us. It makes us focus on something other than ourselves. Doing it makes us less selfish, and more selfless. It makes us a little more Christ-like. And he wants us to be

giving and loving to the people around us.

Do you see what I'm saying, Karl? God doesn't need your money. He doesn't need my money. It was my choice decades ago when I hit bottom financially to continue tithing all the way into bankruptcy court and all the way out. But if someone literally can't afford to tithe for some reason—or can't hit 10% and still wants to attend and support a church—I'm pretty sure God understands.

– 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. ★

WE SUPPORT FIRST RESPONDERS

MPG

Messenger Publishing Group

Social Security Matters

When Should My Wife Claim Social Security Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I turned 64 in July and my wife turned 62 in August. My wife has not worked for approximately 15 years but does qualify for Social Security on her prior work record. My wife is having some physical issues and would like to not return to work. Since she is eligible to collect Social Security, that would be an option to provide additional income, so she doesn't have to work. My question is how would it affect her future SS spousal benefits based on my record if she begins collecting her own benefit now? I plan to work until at least my full retirement age (67), and maybe longer, but plan to start collecting SS at 67 even I continue working. **Signed: Working Husband.**

Dear Working: If your wife has the required 40 SS quarter credits, she is eligible to collect reduced retirement benefits at 62 (for that needed extra income), but her age 62 benefit will be about 70% of what it would be if she waited until her SS full retirement age (FRA) to claim. That reduction would, in turn, carry over to her spousal benefit when you eventually claim your SS benefit. Here's why:

Your wife's spousal amount when you claim will be a combination of her

own SS retirement benefit, plus an auxiliary amount (a "spousal boost") that she is entitled to as your spouse. At age 62, her own benefit will be cut by 30% and she can collect that reduced amount until you claim, at which point her spousal boost will be added to make her benefit equal her spousal entitlement. So, her total benefit as your spouse (when you claim) will consist of her reduced age-62 amount, plus an additional amount as your spouse.

If you claim at 67, your wife will be about 2 years short of her own FRA, which means that her spousal boost amount will also be reduced for early claiming. That reduced spousal boost will be added to her already reduced (age 62) SS retirement benefit, which will make her total benefit less than 50% of your FRA benefit amount.

So, your wife claiming her own reduced SS retirement benefit at 62 also means her spousal benefit amount will be affected, and taking her spousal boost before her FRA means that the boost amount will also be reduced for early claiming. The only way your wife can get the full 50% of your FRA entitlement is to wait until she reaches her own FRA (67) to claim Social Security benefits.

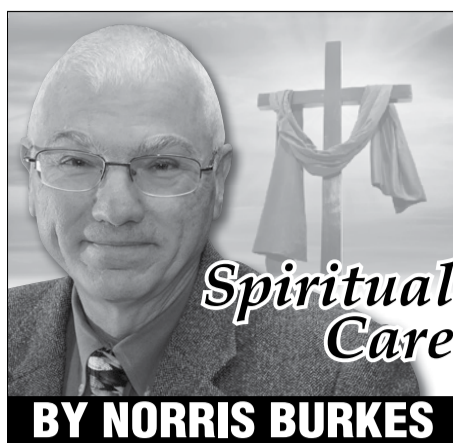
Having said all of that, if your wife's physical issues suggest that she claims her benefits early and she is comfortable with the smaller benefit she will get, then that may be the right choice. For reference, the reduction to your wife's spousal boost amount (if you claim at your FRA) will be about 17%, and that reduced

spousal boost will be added to her reduced age 62 SS retirement amount. The end benefit for your wife (if you claim at age 67) will likely be about 42% of your FRA entitlement (instead of 50%).

FYI, you can further delay your own SS retirement benefit (up to age 70) for a higher benefit yourself, but that would also mean your wife would need to wait longer to get her spousal boost. You could also wait to claim your SS until your wife reaches age 67 (her FRA), which would give you a higher personal amount and also ensure your wife gets her maximum spousal boost (but her total will still be less than 50% of yours because she claimed her own SS retirement benefit at 62). When to claim Social Security depends on financial need and life expectancy. If a long life expectancy is anticipated, waiting longer to claim is often the best move. But financial need always trumps waiting longer

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

Thanksgiving in Godawfulstan



BY NORRIS BURKES

As I built a post-election gratitude list and remembered a question routinely asked by the minister of music in a church I pastored.

He'd stand behind the big Baptist pulpit and ask this question of his sleepy and aging congregation:

"Would you rather be in the best prison in America or here in church today?"

He used the question to roust our aging congregation and inspire them to sing louder. He often used it at the Thanksgiving service because he felt like it gave congregants a bit of gratitude perspective.

I find the reasoning a bit haggard as it's the same kind of sermonic reasoning ministers use every year that urge us to remember those less fortunate.

I ask you, can't we just hold the guilt this year and sit back and relax with our holiday pie?

Newspaper columnists like myself, and most especially ministers, of whom I am both, try to make you see that your life is not as bad as it could be.

This approach comes off sounding a lot like a parent trying to get their kid to eat turnips. "At least we have turnips and broccoli on our table," goes the paternal reasoning, "I'll bet the kids in Godawfulstan wish they had turnips."

That line of reasoning never did much for me.

The problem with that perspective is that gratitude and thankfulness has never been about comparing your good fortune to the misfortunes of others. Thanksgiving will never be about trying to equalize the imbalance of those fortunes.

Thanksgiving isn't just about being grateful you don't have a loved one deployed to a war-torn country. It's also about being thankful we have brave service members who are willing to serve when their country calls.

Thanksgiving isn't just about being grateful you aren't poor. It is also about being grateful you have resources to give to the poor.

It is not only about being grateful you aren't hungry. It is also about sharing your gratitude with the hungry.

Being truly thankful is not about comparing what you have with what others do not have. It is not about being glad your home is not a shanty cardboard shack under the freeway. It's about the help we give the homeless as we humbly realize that most of us are one paycheck away from building our own shack.

Gratitude is not about giving thanks for what you have, where you work, where you live or even who you are. Thanksgiving is not about you at all.

Thanksgiving is about keeping perspective between recognizing the blessings we've received and utilizing our capacity to return those blessings to others.

At the end of the calorie-laden day, perspective will be a constant reminder that we are not alone on this planet. It is the perspective of gratitude that teaches us we've all journeyed from the same place and, as Scripture suggests, "to dust we will return."

That is the perspective from which humility comes, and humility will always be about gratitude. ★

It All Boils Down To One Thing

Dr. James L. Snyder

Of all the things I have learned, one has made a difference in my life.

After 53 years of marriage, I have discovered that true happiness boils down to one thing. Discovering that one thing is a treasure of gold. Most people have never discovered this one thing, which is why their lives are not happy.

It all boils down to one point: how many married couples are happy? If only one is happy, it is not a good marriage. If both are happy, well, you know the answer.

The explanation of what happy means will help us understand this whole scenario.

For some people, being happy means they are always right and always get what they want, when they want it.

My mother used to say when I would ask her if she was alright. "No, son," she would say with a smile, "I'm half left."

Then she would say, "If we were to be right all the time, why did God give us a left hand?"

So, to be happy, I don't necessarily have to be right all the time. I don't always have to have everything

my way. Sometimes I do need that left hand for balance.

The important aspect of marriage is discovering what makes the other person happy.

The only rocky point in our marriage had to do with "broccoli." She has a fascinating love for broccoli, I have a deplorable hatred for broccoli and the twain shall never meet on the same dinner table.

When we were first married, I did not know this about her and broccoli. But it wasn't long after we were married that I discovered this. Up to that point, I had never tasted broccoli, and I wasn't about to start tasting it then; with deep respect to my tongue.

When we were married, she didn't know about my fascination with Apple Fritters. I grew up in Pennsylvania Dutch country where Apple Fritters are king of the hill. We just love our Apple Fritters.

The Gracious Mistress of the Parsonage was happy when she was eating broccoli and I was happy when I was eating Apple Fritters. These two things cannot be done on the same table, if you know what I mean.

At that point, it all boiled down to one thing. Are we

going to determine what the other person likes? Or, will we accept them as long as it makes them happy?

That's so critical that I don't know anything more important.

If I can master this one thing, then there will be nothing but happiness in our marriage. I don't demand that she like what I like, and she doesn't demand that I like what she likes. We just put up with certain things and don't make an issue of them.

My secret is, if she passes before me, I'll make sure there is broccoli in her casket that she can take with her.

The key to marriage is agreement. I like what it says in Amos 3:3, "Can two walk together, except they be agreed?"

If you walk down a path going to in certain destination, although, you both are going in the same direction but one can look to the left and the other to the right. It is the destination that is important.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com. ★

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)... 9:45 am
 Sunday Worship..... 11:00 am
 Sunday Evening..... 6:00 pm
 Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
 (Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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

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

Citrus Heights Messenger is published weekly.
 Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

Citrus Heights Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

916-773-1111

All Legal Ads Published by Messenger Publishing Group

AMERICAN LEGION

POST 637 - CITRUS HEIGHTS, CA

Are you or a member of your family a Veteran?

We can help with any questions you may have about Veteran benefits. You can also become a member as easy as 1,2,3! - Contact us at **916-947-7150** or come to our meeting held the **3rd Tuesday of every month** at Citrus Heights City Hall starting at 6:00pm.

We look forward to serving you.

LEGAL ADVERTISING

*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969
 Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020
 The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988*

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07870
 TXEN Partners, LLC, 1325 J Street, Suite 1550, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Home Protection Direct" 1325 J Street, Suite 1550, Sacramento, CA 95814. Filed with the Clerk of Sacramento County October 15, 2024
 Publish: November 8, 15, 22, 29, 2024
 HOME 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08193
 DPSK Corp, 6431 Riverside Boulevard, Sacramento, CA, 95831 is doing business under the Fictitious Business Name(s) "Campus Shell" 2270 Fair Oaks Boulevard, Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 28, 2024
 Publish: November 8, 15, 22, 29, 2024
 CAMPUS 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08194
 DPSK Corp, 6431 Riverside Boulevard, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Greenhaven Shell" 6431 Riverside Boulevard, Sacramento, CA 95831. Filed with the Clerk of Sacramento County October 28, 2024
 Publish: November 8, 15, 22, 29, 2024
 GREENHAVEN 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08224
 LW Tumble LLC, 4010 Las Pasas Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Little Whale Tumble School" 2458 Avalon Drive, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 29, 2024
 Publish: November 8, 15, 22, 29, 2024
 LITTLE 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08055
 Gabriel McCreia LLC, 4505 Armadale Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "McCreia Motors Automotive Brokers/Gabriel Cray/Monevisor/Avid Closet" 4505 Armadale Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 21, 2024
 Publish: November 8, 15, 22, 29, 2024
 MCCREIA 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08171
 Malik Anan Liddawi, #T, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "BaBas BBQ TriTip" 5800 Madison Avenue, #T, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 28, 2024
 Publish: November 8, 15, 22, 29, 2024
 BABAS 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08164
 NorCal Quick Transport LLC, 6916 5th Avenue, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Norcal Quick Transport" 6916 5th Avenue, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County October 25, 2024
 Publish: November 8, 15, 22, 29, 2024
 NORCAL 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08159
 Stacy Alicia Tyler, 665 New York Ranch Road, Suite 3, Jackson, CA 95642 is doing business under the Fictitious Business Name(s) "Gold Country Legal Group" 665 New York Ranch Road, Suite 3, Jackson, CA 95642. Filed with the Clerk of Sacramento County October 25, 2024
 Publish: November 8, 15, 22, 29, 2024
 GOLD 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08165
 Infinite Management Group, LLC, 3837 Sunnyvale Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Infinite House/2Infinite House" 3837 Sunnyvale Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 25, 2024
 Publish: November 8, 15, 22, 29, 2024
 INFINITE 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08172
 Liddawi Enterprise, 2110 Big Sky Drive, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Commercial Shared Kitchen" 5800 Madison Avenue, Suite T & S, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 28, 2024
 Publish: November 8, 15, 22, 29, 2024
 COMMERCIAL 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07439
 Christian Tyler Pack, 8808 Dryden Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Pool Porce" 8808 Dryden Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 27, 2024
 Publish: November 8, 15, 22, 29, 2024
 POOL 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08163
 Krystina Davis, 2212 U Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Friendlates" 801 Alhambra Boulevard, Suite 3, Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 25, 2024

Publish: November 8, 15, 22, 29, 2024
 FRIENDLATES 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08157
 Joseph George Medeiros, 7597 Sycamore Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Plants By Joe" 7597 Sycamore Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 25, 2024
 Publish: November 8, 15, 22, 29, 2024
 PLANTS 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08149
 Chafic El Hayek, 7886 Bothwell Drive, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Reliable Cooling & Heating" 7886 Bothwell Drive, Sacramento, CA 95829. Filed with the Clerk of Sacramento County October 25, 2024
 Publish: November 8, 15, 22, 29, 2024
 RELIABLE 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08195
 Emerald Kitchen & Bath Inc, 4909 Auburn Boulevard, Suite 1, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Emerald Kitchen & Bath" 4909 Auburn Boulevard, Suite 1, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 28, 2024
 Publish: November 8, 15, 22, 29, 2024
 EMERALD 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08218
 Advanced Machine Group, LLC, 2205 Brunton Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Apex Auto Group" 1564 Sana Ana Avenue, Unit 100A2, Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 29, 2024
 Publish: November 8, 15, 22, 29, 2024
 APEX 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08229
 Christopher Johnson, 8007 Sunrise Boulevard, #116, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Zen-Air Solutions" 8007 Sunrise Boulevard, #116, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 29, 2024
 Publish: November 8, 15, 22, 29, 2024
 ZEN 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08178
 Samiullah Yawari, 1114 Southwick Lane, Lincoln, CA 95648 is doing business under the Fictitious Business Name(s) "Union Auto Glass" 1114 Southwick Lane, Lincoln, CA 95648. Filed with the Clerk of Sacramento County October 28, 2024
 Publish: November 8, 15, 22, 29, 2024
 UNION 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07836
 Sandhivveeraswamy LLC, 1350 Broadstone Parkway, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Chennai Bamboo Garden" 2784 E Bidwell Street #300, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 15, 2024
 Publish: November 8, 15, 22, 29, 2024
 CHENNAI 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08231
 Bizcoach, LLC, 1968 S Coast Highway, Suite 2535, Laguna Beach, Ca 92651 is doing business under the Fictitious Business Name(s) "Bizcoach, LLC" 1968 S Coast Highway, Suite 2535, Laguna Beach, Ca 92651. Filed with the Clerk of Sacramento County October 29, 2024
 Publish: November 8, 15, 22, 29, 2024
 BIZCOACH 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08245
 Aviation Fuel Services, LLC, 6133 Freepport Boulevard, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Mather Jet Center" 10360 Macready Avenue, Mather, CA 95655. Filed with the Clerk of Sacramento County October 30, 2024
 Publish: November 8, 15, 22, 29, 2024
 MATHER 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08124
 Mark Kozachenko, 6537 Campfire Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Koz General Contracting" 6537 Campfire Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 24, 2024
 Publish: November 8, 15, 22, 29, 2024
 KOZ 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07986
 SM Ebiga Korean Restaurant, 7860 8th Street, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "SM Ebiga Korean Restaurant" 5825 Manzanita Avenue Suite 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 18, 2024
 Publish: November 8, 15, 22, 29, 2024
 SM 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07828
 Lisa M Cannon and Jeffrey L Cannon, 9175 Stageline Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "J & L Soapworks" 9175 Stageline Court, Fair Oaks, CA 95628. Filed with the Clerk of

Sacramento County October 15, 2024
 SOAPWORKS 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08435
 Jim Paul Armenta, 1949 Kilchoan Way, San Jose, CA 95122 is doing business under the Fictitious Business Name(s) "Premier Multi-Services & Investigations" 6137 Watt Avenue, #1, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 Premier 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07842
 Lovely Chews LLC, 3982 Kings Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Flava Bombs" 3982 Kings Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 15, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 FLAVA 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07932
 MPI Productions, Inc, 621 NW 53rd Street, Suite 125, Boca Raton, FL 33487 is doing business under the Fictitious Business Name(s) "Morningside Productions, Inc" 621 NW 53rd Street, Suite 125, Boca Raton, FL 33487. Filed with the Clerk of Sacramento County October 17, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 MORNINGSIDE 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08464
 Tracelyn Browne and Ceon Cheddie Sr., 5603 Drifton Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Monicalyn Photography/Ping to the Pong Table Tennis Academy" 5603 Drifton Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 MONICALYN 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08375
 RFMG Enterprises LLC, 2320 Downar Way, Suite C, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "R&F Auto" 2320 Downar Way, Suite C, Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 5, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 R&F 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08392
 Tim Imai, 408 Meister Way, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "T Event Graphics" 408 Meister Way, Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 6, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 EVENT 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07960
 Anthony James Hermosillo Jr, 5536 Winding Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Premier Home Services" 5536 Winding Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 17, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 HOME 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07934
 Rufino Arango, 3100 26th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Ruffo's Tamales" 3100 26th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 17, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 TAMALES 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08393
 Eddiee Amoraby Arango Carreño and Juana Maribel Carreño Jimenez, 3100 26th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Los Altos de Oaxaca" 3150 26th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 6, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 OAXACA 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08294
 Friendly Talk – Marriage and Family Therapy, Inc., 225 30th Street, Suite 311, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Friendly Talk Therapy" 225 30th Street, Suite 311, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 1, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 FRIENDLY 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07951
 SwayData, LLC, 2317 Alsace Court, Livermore, CA 94550 is doing business under the Fictitious Business Name(s) "SwayData, LLC" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 17, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 SWAY 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08316
 Victoria Vyse, 3329 11th Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Eve Sinclair/Eve X. Sinclair" 3329 11th Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County November 4, 2024

Publish: Nov 15, 22, 29, Dec 6, 2024
 EVE 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08303
 Lilit Movsesyan, 10450 S White Rock Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Restoration 911" 10450 S White Rock Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 4, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 RESTORATION 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08298
 Evgeny Podbutskiy, 4904 Ruger Court, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Handygene" 4904 Ruger Court, Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 4, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 HANDYGENE 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08476
 Hamid Halal Market LLC, 7220 Fair Oaks Boulevard, Suite A & C, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Lottery Market & Restaurant" 7220 Fair Oaks Boulevard, Suite A & C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 15, 22, 29, Dec 6, 2024
 LOTTERY 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08500
 Ahamd Asil Shams, 3845 Sierra Gold Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Innovational Builder" 3845 Sierra Gold Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 12, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 INNOVATIONAL 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08123
 Oleg Mudrik, 5413 Nyoda Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Stellar Thermal Solutions" 5413 Nyoda Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 24, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 STELLAR 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08514
 428 Associates, LP, 2870 Gateway Oaks Drive, #110, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "The Celine" 428 J Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County November 12, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 CELINE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08390
 Elizabeth Jones, 8636 Westhaven Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Westhaven Solutions" 8636 Westhaven Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 5, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 WESTHAVEN 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08436
 Treveon James, 3600 Data Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Top-Tier Safety Solutions" 3600 Data Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 SAFETY 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08479
 Anzize Madriz, 2435 Iron Point Road, #1004, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Adenium Beauty" 2435 Iron Point Road, #1004, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 8, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 ADENIUM 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08422
 Matthew Whittle, 7576 Community Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "K4MIE" 7576 Community Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 6, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 K4MIE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08516
 Calin Fluers, 7873 Michigan Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Twiggs Floral Design Gallery" 3250 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 TWIGGS 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08462
 First Step Housing, P.O. Box 188228, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "First Step Communities" 2111 Q Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 FIRST 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08312
 Quiescence Care Homes By RNs, 4970 Walnut Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Quiescence Care Home/Care Home By RNs" 4970 Walnut Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 4, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 QUIESCENCE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08431
 Tia J King, 9140 Blue Point Lane, #3, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Ellie 82 Hair Studios" 1440 Ethan Way, Suite 14, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 6, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 ELLIE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08487
 Muscle Balance LLC, 7598 Macfinley Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Muscle Balance" 915 Howe Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 8, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 MUSCLE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08467
 Tanya and Fiona Hair Studio, 3610 N Freeway Boulevard, Suite #117, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Tanya and Fiona Hair Studio" 3610 N Freeway Boulevard, Suite #117, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 TANYA 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08444
 Sintia Mejia, 2700 S Las Vegas Boulevard, Las Vegas, NV 89109 is doing business under the Fictitious Business Name(s) "Its Just a Poke Sacramento" 2031 K Street, Suite B, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 POKE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08432
 Trinidad Janet Arriaga Castellanos, 5020 34th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "YOLO The Sunset Destinations" 5020 34th Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 6, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 YOLO 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07052
 Salvo Home Care, Inc., 15954 S Mur-Len Road, #315, Olathe, KS 66062 is doing business under the Fictitious Business Name(s) "BeyondWell Home Care/Home Care Assistance of Carmichael/Home Care Assistance of Roseville" 4005 Manzanita Avenue, Suite 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 13, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 BEYOND 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08292
 Austin Schlocker, 4536 Millrace Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Sacramento Public Affairs Collaborative" 4536 Millrace Road, Sacramento, CA 95864. Filed with the Clerk of Sacramento County November 1, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 PUBLIC 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08602
 Rigoberto Garcia, 10946 Disk Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Garcia Sweepers Services" 10946 Disk Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 13, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 GARCIA 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08649
 Hui Rong Lin Lu, 3625 Astral Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Renew Massage" 4140 Sunrise Boulevard, #C, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 RENEW 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08244
 Joseph Rexford, 2734 Albatross Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Rexford Home Solutions" 2734 Albatross Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 30, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 REXFORD 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08446
 Mutsumi Lawson, 3332 Hedgerow Court, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Leinani Leis" 3332 Hedgerow Court, Folsom, CA 95630. Filed with the Clerk of Sacramento

County November 7, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 LEINANI 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08160
 Robert L Riggs, 11775 Justinian Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "B R Sales" 11775 Justinian Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 25, 2024
 Publish: Nov 22, 29, Dec 6, 13, 2024
 SALES 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08820
 Olivia Shira Moon, 6609 Penney Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Object Dialogue" 6609 Penney Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 21, 2024
 Publish: Nov 29, Dec 6, 13, 20, 2024
 OBJECT 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08531
 New American Funding, LLC, 1 MacArthur Place, Suite 800, South Coast Metro, CA 92707 is doing business under the Fictitious Business Name(s) "Monument Home Loans US" 1 MacArthur Place, Suite 800, South Coast Metro, CA 92707. Filed with the Clerk of Sacramento County November 13,

ARC Honors Native American Heritage Month

American River College News Release

SACRAMENTO, CA (MPG) - In November, we observe National Native American Heritage Month – a time to honor the rich cultures, languages, histories, and enduring resilience of Native American Nations. We recognize the sovereignty and invaluable land stewardship

practices of Tribal Nations and reflect on Sacramento’s history, which includes the dispossession, challenges, and resilience of present-day Tribal citizens not only in this region but also across the United States.

American River College takes this moment to share the official Land Acknowledgement Statement, which has been carefully

crafted in consultation with local Tribes to pay respect to the Tribal Nations. We encourage everyone to reflect on this statement and recognize the history, resilience, and sovereignty of Indigenous peoples.

"We acknowledge the land which we occupy at American River College as the traditional home of the Nisenan, Maidu, and Miwok tribal nations.

These sovereign people have been the caretakers of this land since time immemorial. Despite centuries of genocide and occupation the Nisenan, Maidu, and Miwok continue as vibrant and resilient tribes and bands, both Federally recognized and unrecognized. We take this opportunity to acknowledge the generations that have gone before as well

as the present-day Nisenan, Maidu, and Miwok people."

This month and throughout the year, we are committed to honoring Tribal sovereignty and to continuing our work to establish and maintain legal and ethical relationships with local Tribal Nations. We also support our American Indian and Alaskan Native students and employees. ★

LEGAL ADVERTISING

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

*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988*

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

FICTITIOUS BUSINESS NAME STATEMENTS

"Talk Spanish" 5212 Schuyler Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 19, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
TALK 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08153
Teng Fei Lion Dance LLC, 8238 Arroyo Vista Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Teng Fei Lion Dance LLC" 8238 Arroyo Vista Drive, Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 25, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
TENG 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08762
Vasilii Vrubleuski, 4908 Indian Oaks Court, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "VVBees" 4908 Indian Oaks Court, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 19, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
VVBEEES 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08633
Janelle Arsich, 1789 Harwood Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Hourly HR Solutions" 1789 Harwood Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 14, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
HOURLY 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08660
Brandon Givens, 2110 K Street,

Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Anatolia Dev" 2110 K Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 15, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
ANATOLIA 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08621
Marsha Kass, 700 University Avenue, #100, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Kass & Company, CPAs" 700 University Avenue, #100, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 14, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
KASS 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08587
William L. Lyon & Associates, Inc., 3640 American River Drive, #100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Windermere Property Management" 3640 American River Drive, #100, Sacramento, CA 95864. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
WINDERMERE 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08568
Bloo Investments Inc, 2400 Fulton Avenue, #D, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Melas Auto Sales" 2400 Fulton Avenue, #D, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
MELAS 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08624
Taylor Stephen Stone, 2740

Walnut Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Elite Stone Painting" 2740 Walnut Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 14, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
ELITE 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08697
La Speranza, 6515 Mariposa Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "The Grotto" 960 Oak Lane, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County November 18, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
GROTTO 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08551
HCH Veterinary Services, Inc., 6248 Main Avenue, Suite D, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Orangevale Veterinary Hospital" 6248 Maine Avenue, Suite D, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
ORANGEVALE 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08494
Rismo Transportation Inc, 320 N 10th Street, Suite 110, Sacramento, Ca 95811 is doing business under the Fictitious Business Name(s) "Rismo Medical Transportation" 320 N 10th Street, Suite 110, Sacramento, Ca 95811. Filed with the Clerk of Sacramento County November 12, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
RISMO 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07856
Kasey Stewart, 4173 Cypress

Grove Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Mini Scholars Daycare" 4173 Cypress Grove Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 15, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
MINI 12-20-24

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV021856

Kelly Kim Huynh aka Lan Kim Huynh has filed a petition with this court for a decree changing the name(s) of Kelly Kim Huynh aka Lan Kim Huynh to Kelly Win. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 27, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: October 29, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: November 8, 15, 22, 29, 2024
WIN 11-29-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV021592

Maytham Salman Wadi Al Janabi and Nuha Abbas Jawad have filed a petition with this court for a decree changing the name(s) of Abdullah Maytham Salman to Abdullah Maytham Al Janabi and Aya Maytham Aljanabi to Aya Maytham Al Janabi. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 20, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: October 24, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: November 8, 15, 22, 29, 2024
MAYTHAM 11-29-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV021865

Peter John Morgera has filed a petition with this court for a decree changing the name(s) of Peter John Morgera to Sabir Talib Muhammad.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 13, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: October 29, 2024
Richard K. Sueyoshi, Judge of

the Superior Court
Publish: November 8, 15, 22, 29, 2024
SABIR 11-29-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV023018

Molly Katherine Roof has filed a petition with this court for a decree changing the name(s) of Molly Katherine Roof to Molly Kathryn Fitzgerald Roof. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 13, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: November 12, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: Nov 29, Dec 6, 13, 20, 2024
ROOF 12-20-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV023591

Quang Tuan Duong has filed a petition with this court for a decree changing the name(s) of Quang Tuan Duong to Johnny Quang Duong. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 3, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: November 19, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Nov 29, Dec 6, 13, 20, 2024
DUONG 12-20-24

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT GENE MINER, AKA ROBERT G. MINER AND BOB MINER

CASE NO. 24PR003286
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Robert Gene Miner, aka Robert G. Miner and Bob Miner.

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

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

be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows December 12, 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 want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Kerry L. Krueger, Kroloff, Belcher, Smart, Perry & Christopherson, 7540 Shoreline Drive, Stockton, CA 95219; (209) 478-2000
Publish: Nov 29, Dec 6, 2024
MINER 12-6-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2021-08580
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of: Friendly Talk Therapy, 225 30th Street, Suite 311, Sacramento, CA 95816. Peter-Nam Hoang Dinh, 5412 V Street, Sacramento, CA 95817. The Fictitious Business Name Statement was filed on 9/27/2021 in the County of Sacramento. Filed with the clerk of Sacramento County: 11/01/2024.
Publish: Nov 15, 22, 29, Dec 6, 2024
TALK 12-6-24



CITY OF CITRUS HEIGHTS NOTICE OF PUBLIC HEARING

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

Project Name: Bourbons and More PCN
Project Location: 8067 Greenback Lane

Project Description: The Citrus Heights City Council will be considering the issuance of a Letter of Public Convenience and Necessity (PCN) that would allow the Department of Alcohol and Beverage Control to issue a Type 21 (off-sale beer/wine) and a Type 86 (Instructional) license to Bourbons and More located within the Greenback Square Shopping Center located at 8067 Greenback Lane. The project is Categorically Exempt from CEQA under Section 15301 (Class 1, Existing Facilities) of the Guidelines.

Interested persons are invited to submit written comments prior to and may testify at the Public Hearing. **Written comments may be submitted to, Amy Van, City Clerk at cityclerk@citrusheights.net or 6360 Fountain Square Drive, Citrus Heights, CA 95621.**

Following the Public Hearing, the **City Council** may take such action on the project as it deems appropriate. If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

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

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Planning Division at (916) 727-4740. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.

Dated: November 21, 2024
Citrus Heights Messenger 11-29-2024

CITY OF CITRUS HEIGHTS NOTICE OF PUBLIC HEARING CITY COUNCIL MEETING

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

Project Name: Starbucks at Stock Ranch
Project Location: 6970 Auburn Boulevard

Project Description: The Citrus Heights City Council will be considering a request for a Use Permit and Design Review Permit to construct a new 2,340 sf drive-through coffee shop in the Auburn Commerce District within the Stock Ranch Special Planning Area (SPA). The project also includes an amendment to the Stock Ranch Guide for Development related to drive-through use hours of operation. The proposed amendment will expand the allowable hours of operation for drive-through services. The new ground-up store consists of drive-through service, an interior café, and an exterior patio area. This project consists of a previously adopted EIR and EIR Addendum previously adopted for the Stock Ranch Commercial Center.

Interested persons are invited to submit written comments prior to and may testify at the Public Hearing. **Written comments may be submitted to, Amy Van, City Clerk at cityclerk@citrusheights.net or 6360 Fountain Square Drive, Citrus Heights, CA 95621.**

Following the Public Hearing, the **City Council** may take such action on the project as it deems appropriate. If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

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

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Planning Division at (916) 727-4740. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.

Dated: November 21, 2024
Citrus Heights Messenger 11-29-2024

CITY OF CITRUS HEIGHTS NOTICE OF PUBLIC HEARING PLANNING COMMISSION MEETING

NOTICE is hereby given that on **December 10, 2024 at 6:00 p.m.**, or as soon thereafter as the matter may be heard, the **Planning Commission** of the City of Citrus Heights will hold a Public Hearing at the **City Council Chambers located at 6360 Fountain Sq Dr, Citrus Heights, CA** for the consideration of the project listed below.

Project Name: Walmart Addition Project (PLN-24-14)
Project Location: 7010 Auburn Boulevard, Stock Ranch Shopping Center

Project Description: The proposed project is to enable a 3,271-square-foot building addition on the north side (front) of the Walmart store. This addition is intended to expand the store's space for online grocery pickup activities. The new area will allow Walmart associates to assemble and store online orders, which will then be delivered to customers waiting in designated parking spaces specifically for online order pick-up. The Project is exempt from California Environmentally Quality Act (CEQA) under Section 15303 (new construction or conversion of small structures) in that the added area is located in an urbanized area, the site is zoned for the use and the addition is less than 10,000 square feet.

Interested persons are invited to submit written comments prior to and may testify at the Public Hearing. **Written comments may be submitted to, City Planning Department, at planning@citrusheights.net or 6360 Fountain Square Drive, Citrus Heights, CA 95621**

Following the Public Hearing, the **Planning Commission** may take such action on the project as it deems appropriate. If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

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

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Planning Division at (916) 727-4740. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.

Dated: November 21, 2024
Citrus Heights Messenger 11-29-2024

Women's Soccer Ends Season in NCAA Tournament First Round

Sacramento State University Athletics News Release

SACRAMENTO, CA (MPG) - The Big Sky Conference Tournament champion Sacramento State women's soccer team made its first appearance in the NCAA Tournament in 14 years on Sunday Nov. 17, but its run through the postseason was cut short at the hands of top-seeded USC, falling to the Trojans by a 5-0 score at the Dignity Health Sports Park Track Stadium in Carson, Calif.

The Hornets, who entered the postseason unbeaten in their previous nine matches, finishing their year at 5-7-9 overall and placed fifth in the Big Sky with a 3-2-3 overall record. Sacramento State's nine-match unbeaten streak was tied for the second-longest in school history while the nine draws set a new school single-season record.

USC, which improved to 16-1-3 overall with the win and moved its unbeaten streak to 14 consecutive contests, advanced to



Hornet sophomore goalkeeper Izzy Palmatier directs teammates during the Hornets' NCAA Tournament first round playoff match against USC on Nov. 17. Photo courtesy of Sacramento State Athletics

the second round where it hosts eighth-seeded Saint Louis.

Sunday's appearance in the NCAA postseason was the program's third, but the first since claiming the conference's automatic berth in both 2007 and 2014. The Hornets were fresh

off a Big Sky Tournament run that saw them become the first school to advance and claim the title via penalty kicks in all three of their contests, upsetting the No. 4 (Northern Arizona), No. 1 (Montana), and No. 2 (Idaho) seeded teams along the way.

Five Sacramento State players were named to the All-Big Sky team while six student-athletes were named to the Big Sky All-Tournament team, including gaining the MVP.

The Trojans opened the scoring just 3:16 into the match when

they were awarded a penalty kick following a tackle in the box that was deemed overly aggressive by the official. USC converted for the 1-0 lead and led 3-0 at the break following scores in the 13th and 17th minutes.

After the break, the Trojans tacked on two more, scoring just 4:26 into the second half and capping the day with a goal with 48 seconds remaining in regulation.

With her seven saves on Sunday, sophomore goalkeeper Izzy Palmatier finished the year with a Big Sky-best 107 stops, a mark that ranks third on the school's single-season list behind only Stacy Himes (123 in 1996) and Amy Seely (108 in 2001). Her seven shutouts this year were also tied for fifth on the single-season list, two of those scoreless draws against the Grizzlies and Vandals in the Big Sky Tournament semifinals and finals, respectively.

In all, 17 players gained NCAA Tournament experience on Nov. 17, with Candace Ching, Ariana Scholten, Ellie Farber, and Ali Fuamatu-Ma'afala, all attempting shots. ★

Hornet Tennis Signs Germany's Lisann Brinkman



Lisann Brinkmann, a native of Bielefeld, Germany, has signed a National Letter of Intent to continue her academic and athletic career with the Hornets. Photo courtesy of Sacramento State Athletics

Sacramento State University Athletics News Release

SACRAMENTO, CA (MPG) - Sacramento State head women's tennis coach Sophie Breault announced that Lisann Brinkmann, a native of Bielefeld, Germany, has signed a National Letter of Intent to continue her academic and athletic career with the Hornets.

"We're thrilled to welcome Lisann to our team," Breault said. "Her talent, work ethic, and competitive spirit align perfectly with our program's goals, and we're excited to see the impact she'll have on our success both on and off the court."

"Lisann's powerful yet consistent game will add valuable depth to our roster, making her an important asset in

our pursuit of more Big Sky Conference championships."

Brinkmann is one of the top juniors in Germany, reaching the finals at the Westphalian State Championships in the women's division before falling to the No. 16-ranked player in the ITF Junior rankings in a three-set marathon. She won the German Team Championships with the WTV state team and has claimed multiple Westphalian State Championships in her youth.

Finishing third on three different occasions in the German Youth Championships, Brinkmann has been ranked as high as No. 109 in the women's division (currently ranked No. 139) and is ranked 21st in the Under-18 division. ★

De'Aaron Fox Named Western Conference Player of the Week

National Basketball Association News Release

SACRAMENTO, CA (MPG)

- Sacramento Kings guard De'Aaron Fox has been named the Western Conference Player of the Week for games played between Nov. 11 and Nov. 17, the NBA announced on Nov. 18. Fox averaged 40.5 points (57.4 FG%, 57.1 3pt%, 81.0 FT%), 4.5 rebounds, 7.3 assists and 2.0 steals in four games over the course of the week.

Fox has now earned Western Conference Player of the Week honors six times in his career, passing DeMarcus Cousins (5) for the second-most Player of the Week awards in franchise history. He led the league in several categories over the past week, including points per game, total points (162), field goals made (58), free throws made (34), total clutch points (21) and clutch field goals made (7).

Fox posted his fourth double-double of the season with 29 points and 10 assists in a win vs. Phoenix on Nov. 13. He followed that up with a 60-point performance vs. Minnesota on Nov. 15, setting the single-game



Sacramento King De'Aaron Fox became the first player to total 109+ points in two consecutive NBA games since Kobe Bryant scored a total of 110 points in back-to-back games in March 2007. Photo by the National Basketball Association

franchise scoring record, shooting 22-of-35 from the field, 6-for-10 from 3-point range and 10-of-11 at the free-throw line. Against the Timberwolves, Fox scored 33 second half points, the second-most by a Kings player since the 1996-97 season, including 20 in the fourth quarter alone. He then posted 49 points, going 16-for-30 from the floor, and knocking down 14 free throws, to go with nine assists and a pair of steals in a win vs. Utah on Nov. 16. Per Elias Sports Bureau, Fox is the first player to total 109+ points in consecutive days since Kobe Bryant (110, 3/22-3/23/2007), and just the third player in NBA history, also joining

Wilt Chamberlain. His 109 points set a franchise record for total scoring over a two-game stretch, surpassing Cousins (104, 1/23-1/25/2016).

This season, Fox is posting averages of 28.9 points (50.9 FG%, 84.2 FT%, 61.1 TS%), 5.0 rebounds, 5.6 assists and 1.8 steals in 14 games. Among league leaders this season, he ranks sixth in scoring average while tied for seventh in steals per game. Fox is one of four players this season averaging 28.0 points, 5.0 rebounds and 5.0 assists per game while shooting 50.0% or better from the floor and holding a true shooting percentage of 60.0% or higher. ★

ARC Football Secures Fifth Straight Conference Championship



The 2024 American River College Football team went undefeated in league play and earned their fifth straight National NorCal Conference championship.

Story and photo by American River College Athletics

SACRAMENTO, CA (MPG) - The American River College football program secured their fifth straight National NorCal Conference championship on Nov. 9, with a 45-21 road victory over Santa Rosa Junior College.

After a slow start that saw the Beavers fall behind 7-0 in the first quarter, the Beavers were able to regroup and take control of the game. Kicker Cameron Smith was able to convert field goals from 47 yards, 32

yards, and 21 yards. Running backs Elias Brown, Akil Sohan, and Hakeem Anderson each contributed a rushing touchdown. Quarterback Jett Harris connected with tight end Gavin Correia on a 55-yard touchdown pass, while the special teams unit returned a blocked punt for a touchdown. Defensively the Beavers were able to force two interceptions and several sacks.

The Beavers followed up the victory at Santa Rosa with a 48-21 home win against Feather River College on Saturday, Nov. 16. With the wins the Beavers are now 5-0 in conference and 7-3 overall. ★

ARC Volleyball Earns Big 8 Conference Champions



The American River College women's volleyball team celebrates during their journey to 2024 Big 8 Conference Champions.

Story and photo by American River College Athletics

SACRAMENTO, CA (MPG) - The American River College women's volleyball program closed out the regular season as Big 8 Conference Champions after defeating Modesto Junior College and Sacramento City College.

The Beavers swept Modesto Junior College on Wednesday, Nov. 12, winning

3 sets to none, 25-13, 25-18, 25-21. The Beavers followed that performance up with another sweep on Friday, Nov. 15, against Sacramento City College, winning 25-17, 25-19, 25-16.

With the wins, the Beavers improved to 25-4 overall and 14-2 in conference. The Beavers will now await their seeding for the NorCal Regional playoffs which will begin for them on Tuesday, Nov. 26th (after press time). ★

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

A-1 AFFORDABLE ROOFING SERVICES, INC

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673
Cell: (916) 206-1613
Contractor Lic. #1064966

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding

Free Estimates
Competative Prices
Licensed and Insured
(916) 224-9750

All American Pro Construction & Restoration
Family-owned & operated.
We offer Veterans & Senior Discounts
Great Craftsmanship & Customer Service

Specializing in Kitchen & Bath Remodels, Water Damage, plus Much More.
BIG or SMALL, We Do It All. Give Us a Call.
916-504-0188

Patch Masters Drywall
Acoustic Removal & Drywall Textures

- Acoustic (popcorn) ceiling removal
- Machine applied textures
- Hand applied texture
- Water damage & drywall repair
- Retexturing & Painting
- Sheetrock installation
- BBB Accredited

Mike Church
Owner
CA Lic# 1004984
Bonded & Insured
(916) 847-7783
PatchMastersDrywall@yahoo.com
www.DrywallPatchMasters.com

Rio Linda Eye Care

Laser Surgery • Eye Glasses • Contact Lenses
• Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444
Saturday Appointments Available
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

THE MASON MAN
LICENSE # 810329

VISUALIZE & CUSTOMIZE MASONRY / FENCING / CONCRETE

CALL FRED FRANKLIN - THE MASON MAN
916.826.9796
VCMASONRY@ICLOUD.COM

CASH for Diabetic Supplies

CONTACT **916 505-4673**

- We come to you
- We pickup in 1 hour or less
- We buy other items
- We pay the most!

WE PICK UP AND PAY YOU CASH ON THE SPOT
WE GIVE YOU CASH FOR YOUR DIABETIC TEST STRIPS

BRIAN OLSON
OWNER
License #982398

916-912-0293
info@olsonswoodworx.com
olsonswoodworx.com

OLSON'S WOODWORK
ESTD 2005

CUSTOM CABINETS CRAFTED JUST FOR YOU!

Mr. Handyman
Home Improvement Professionals

Professional • Safe • Reliable • Fully Insured
(916) 487-8655
www.mrhandyman.com/arden-arcade

SENIOR DISCOUNTS!

SMOOT LANDSCAPING LANDSCAPES & DESIGN

DESIGN - RENOVATION - WATER FEATURE
STONE & CONCRETE - OUTDOOR LIGHTING
IRRIGATION SYSTEM

916-454-1300
www.SmootLandscaping.com
Lic#633224; Serving Sacramento since 1982
Recognized in the Sacramento Bee,
Street of Dreams & Garden Tours of East Sacramento

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

Announcement

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

Computer Service

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconf@sbcbglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

Health/Wellness

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

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

Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 12/29/24.) Call 1-833-985-4766 (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial

American Landscape Design & Installation. Est 1987
American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776

Miscellaneous

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

Tree Service

BP TREE SERVICES LLC.

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

Autos Wanted

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

Cellular Plans

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

Insurance/Health

KP International MARKET

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

Need Help? Hire a Pro!

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

YARD SERVICE

ONE-TIME CLEANUP
Mow, Weed, Prune & Haul
NEED: Landscaping bark?
Gutters cleaned?
Light fence work?
CALL 916/205-9310 or 916/627-9000

Music Lessons

Guitar Lessons

Beginner to Advanced. \$20/half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/31/2024)

LEGAL ADS FOR SACRAMENTO COUNTY?

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

Elder Care

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

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844203-2677 www.dental50plus.com/calnews #6258 (Cal-SCAN)

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

Lost

LOST FATHER - DONALD RAY DICKERSON - Daughter Andrea Dickerson / Sandlin - (434) 341-1088. (12/13/24)

Real Estate

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

We Can Do That!

Call to place your legal advertising
916-773-1111
All Legal Ads Published by Messenger Publishing Group
MPG

Are You a Pro? Get the word out! Advertise in the Classifieds Call 916-773-1111

Financial

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

We Support Our Military

Home Repair

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

Miscellaneous

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

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817945 43 Years Experience
916.920.0100
www.bernardinoroofing.com

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

V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING
Principal **(818) 248-0000** Broker
WWW.VIPLAN.COM *Sufficient equity required - no consumer loans
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

Visit: **mpg8.com**

Hall Rentals

VFW Post 6158

8990 Kruthof Way, Fair Oaks, CA
916-966-1663
vfw6158.org/rent-our-hall/
Advertising Works!

COMICS & PUZZLES

The Spats

by Jeff Pickering



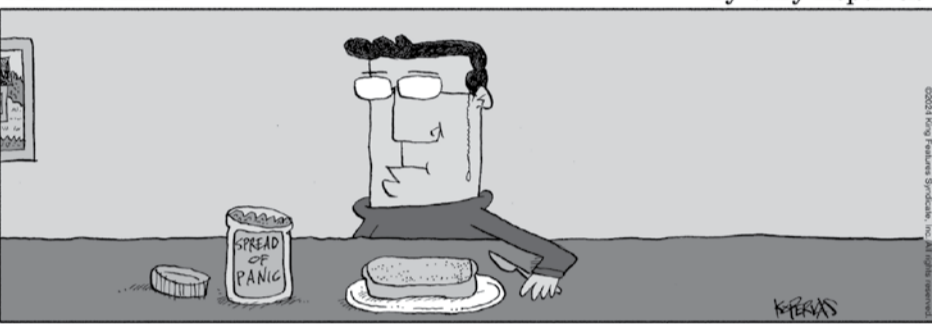
Amber Waves

by Dave T. Phipps



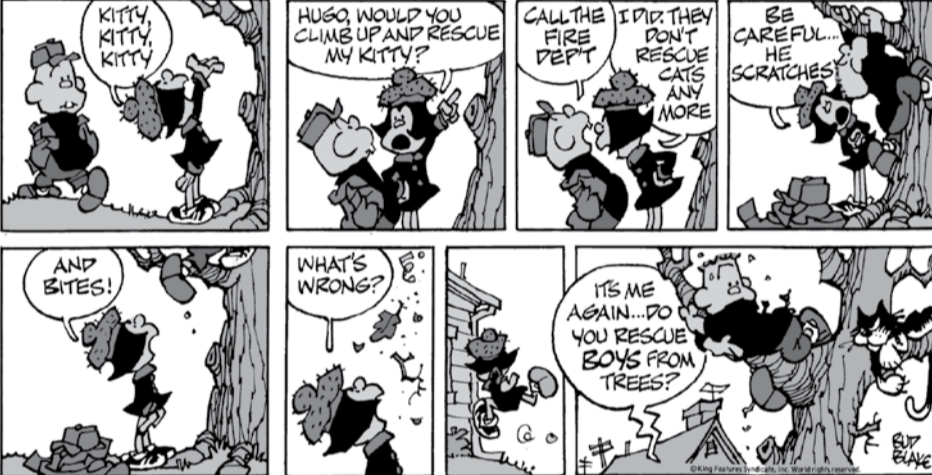
Out on a Limb

by Gary Kopervas



TIGER

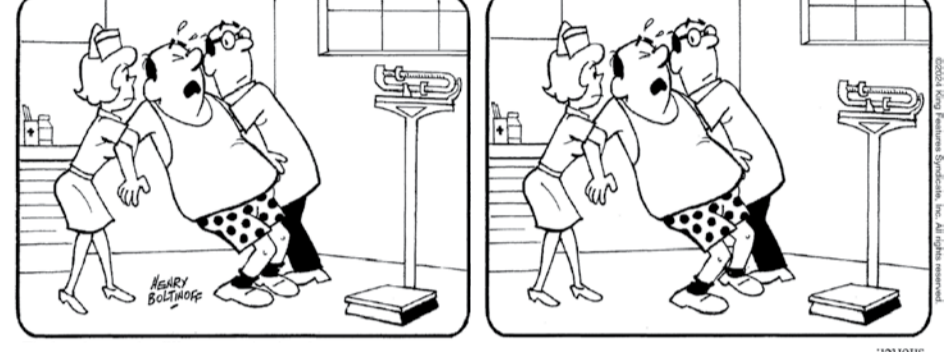
by BUD BLAKE



HOCUS-FOCUS

BY HENRY BOLTINOFF

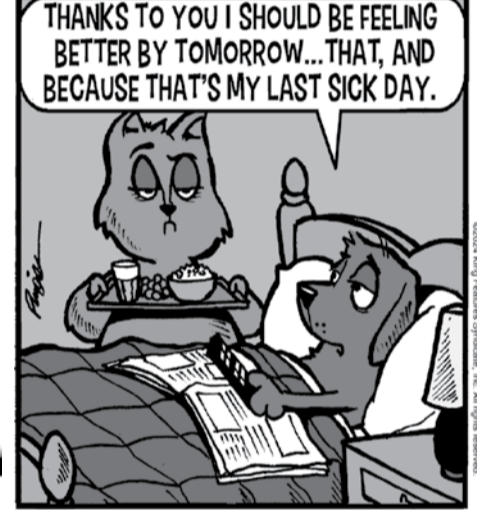
Find at least six differences in details between panels.



GRIN AND BEAR IT



Just Like Cats & Dogs



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

STATEPOINT CROSSWORD • SPORTS

- CLUES**
- CROSSWORD**
- Combat vehicle
 - Semi
 - *Biathlon gear, sing.
 - Keiko of "Free Willy"
 - *Ashi Waza and jugodi sport
 - Audience's approval
 - Tandoori bread
 - Ned Stark's daughter, "Game of Thrones"
 - Röntgen beams
 - *Warning track sport
 - Monetary "thank you," pl.
 - Indigo dye shrubs
 - "Arabian Nights" bird
 - Destroyer
 - Danced to certain Polish music
 - Crematorium container
 - One without magic powers in Harry Potter stories
 - Largest volcano in Europe
 - Do nothing (2 words)
 - Singer Yoko
 - Be at the helm
 - Tropical tuber
 - *Player who delivers in a crucial sports moment
 - Recipe qty.
 - Display proudly (2 words)
 - Smells
 - Lake, in France
 - Clean a spill (2 words)
 - #8 Across, pl.
 - *Cornerback and direct snap sport
 - Russian pancake
 - Pasta option
 - Go cold turkey
 - *Reward for multiple sports championships, pl.
 - "Breaking Bad" victim
 - The Beehive State
 - King Kong, e.g.
 - Type of lightbulb, acr.
 - Spooky
- DOWN**
- Boatload
 - Riyadh native
 - *Collegiate sports grp.
 - Topeka native
 - Not urban
 - Short poems of pastoral life
 - *Hockey score
 - *Powerful shot in hockey
 - 11th letter of Roman alphabet, pl.
 - Elvis' "___ Now or Never"
 - White and black stork
 - Glorify
 - *Gully and deep mid wicket sport
 - Foe
 - Fish eggs
 - Corrodes
 - Heep of "David Copperfield"
 - Preface
 - Scheme
 - Mr. T's TV show "The ___"
 - Olden days constipation treatment
 - *Bag of nails and baby

1	2	3	4		5	6	7		8	9	10				
11					12				13	14					
15					16				17						
	18			19					20						
				21				22							
23	24	25					26			27	28	29			
30															
35				36					37			38			
39							40			41		42			
43									44		45	46			
									47		48	49			
	50	51							52			53	54		
55										56			57		58
59															61
62															64

SWITCH & GET \$25

Off First Month of New Service! USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

Classified Advertising

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

MPG

916.773.1111

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

SUDOKU

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

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

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

WE SUPPORT FIRST RESPONDERS

MPG

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CHP Swearing-In Ceremony Marks Milestone

California Highway Patrol News Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) proudly announces a major achievement in its ongoing recruitment efforts as it officially swears in 121 new officers, bringing the Department past its goal of hiring over 1,000 officers. This milestone underscores the CHP's commitment to enhancing public safety and strengthening its presence within communities across the state.

The swearing-in ceremony at the CHP Academy in West Sacramento on Nov. 15 marks the culmination of months of rigorous training for these new officers. Each will report for duty to one of the CHP's 102 Area offices throughout the state. This is the largest graduating class since June 2022, when 128 officers were sworn in.

"Two years ago, we set an ambitious goal of recruiting 1,000 new CHP officers – and today, with this class, we have officially surpassed that goal. But I want to be clear: that goal has always been about more than just filling slots or hitting a number. Each officer is the very manifestation of public service, of peacekeeping. Every cadet graduating today felt a calling to do right by their community and to make the world safer. On behalf of the state and all who call California home, I want to thank each and every member of this graduating class," said Governor Gavin Newsom.

"Today marks a significant step forward for our agency and all of our communities," said CHP Commissioner Sean Duryee. "By surpassing our recruitment goal, we're adding highly-trained, committed officers who are ready to make a positive impact and meet the evolving needs of California. We're grateful for



CHP swears in 121 new officers on Friday, Nov. 15 at the CHP Academy in West Sacramento. Photo courtesy of the CHP

the dedication and passion these officers bring to their new roles."

The CHP started its successful multi-year recruitment campaign in June 2022. With over 21,000 applications submitted in the first ten months of 2024, the CHP has already surpassed last year's application total of more than 16,300 over the same period, representing a 29% increase. To accommodate this increase, the CHP conducts three concurrent cadet classes at its live-in training facility, where more than 250 cadets are currently in training. A new class of 160 cadets will arrive at the CHP Academy on Dec. 1.

Training at the CHP Academy is comprehensive, beginning with a foundation of nobility in policing, leadership, ethics,



A graduate is being officially pinned with his CHP badge by a loved one. Photo courtesy of the CHP

and cultural diversity. Cadets also receive specialized instruction in responding to mental health crises, vehicle patrol, crash investigation, first aid, and impaired driver evaluation. Additional training covers traffic control, report writing, stolen vehicle recovery, assisting motorists, emergency scene management, and mastery of the California Vehicle, Penal, and Health and Safety Codes.

The CHP is continuing its recruitment efforts. Join us in shaping the future of public safety in California. For more information about a life-changing career with the CHP, visit our website, recruitment.chp.ca.gov.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

Tax Revolt Still Alive as Proposition 5 Goes Down to Defeat

Commentary by Jon Coupal

Many election contests in California are not final as ballots are still being counted, but it appears that Proposition 5, which would have made it easier to raise property taxes, is going down in flames. This is great news for California homeowners.

Here are some observations about this welcome taxpayer victory. First, the opposition campaign, led by the Howard Jarvis Taxpayers Association initiative committee Protect Proposition 13, No on 5, was well organized. Our effort to educate voters as to the threats posed by Prop. 5 was successful. All of our campaign's voter contact information reminded voters that Prop. 5 would lower the two-thirds vote threshold for local bonds to 55%. The two-thirds vote requirement for local general obligation bonds was adopted in 1879 as a protection against excessive debt at the local level repaid by property owners. Perhaps more important, our campaign stressed that Prop. 5 would bypass the limits of Proposition 13. Even the most ardent tax-hike enthusiast knows, and fears, that Prop. 13 remains extremely popular.

One hurdle we faced was a misleading ballot label, which is the brief summary of the measure that voters see on their ballot when they vote. The label did not mention the current two-thirds vote requirement for passing bonds, leaving the impression that the proposed 55% threshold might represent a tougher standard than the one that currently exists.

HJTA sued over this omission and won, initially. The trial judge strongly agreed with us that voters were entitled to know that Prop. 5 would bring the vote threshold down from two-thirds, and that the failure to disclose this important information was misleading. But then Attorney General Rob Bonta, who had written the ballot label, appealed the decision. The appeals court sided with Bonta on the grounds that the courts should show deference to the attorney general on ballot materials.

So, it became even more important for HJTA to educate voters that the

longstanding requirement for a two-thirds vote of the electorate was under threat. This was especially challenging given the vast amount of money that proponents of Proposition 5 raised in pursuit of their goal to make it easier to raise taxes.

Their haul was nearly \$15 million, including \$4.7 million from a PAC connected to the nonprofit foundation funded by Facebook/Meta CEO Mark Zuckerberg and his wife, Priscilla Chan. Why billionaires would spend their money trying to raise property taxes on ordinary homeowners is a question worth asking.

Our campaign was outspent but not overpowered. The Howard Jarvis Taxpayers Association has hundreds of thousands of members, and its campaigns, like the organization itself, are supported with their individual donations. HJTA relied on radio and billboard advertising and supplied a vast grassroots army with signs, flyers and doorhangers to help get out the word out that Proposition 5 would unleash a stream of property tax increases exempt from Proposition 13's limits.

One of our most effective partners in this fight was the group "\$20 Billion Reasons," which had been formed to fight Regional Measure 4, a \$20 billion bond proposal by nine Bay Area counties. Their opposition was so intense, it forced the regional authority proposing the bond to drop the effort. That allowed \$20 Billion Reasons to immediately pivot to join our work opposing Prop. 5. Thanks in part to their help, Prop. 5 appears to have failed in seven of the nine Bay Area counties.

Other notable allies in this fight were virtually every local and statewide taxpayer organization in California, property rights organizations, small and large business associations, and the list goes on.

This election victory proves that the modern tax revolt movement launched by Howard Jarvis in 1978 is not dead and that an effective political campaign can defeat the tax-and-spend interests. As Benjamin Franklin reminded us, we must all hang together or assuredly we will all hang separately.

Jon Coupal is president of the Howard Jarvis Taxpayers Association. ★

Bera Introduces Bipartisan Global Alzheimer's Initiative Now (GAIN) Act

Office of Rep. Ami Bera News Release

WASHINGTON, D.C. (MPG) - On Nov. 20, U.S. Representative Ami Bera, M.D. (CA-06) introduced the bipartisan Global Alzheimer's Initiative Now (GAIN) Act alongside Reps. Brian Fitzpatrick (R-PA-01) and Young Kim (R-CA-40).

The Global Alzheimer's Initiative Now Act positions the U.S. as a leader in addressing Alzheimer's disease and dementia through global cooperation, authorizing U.S. participation in the Davos Alzheimer's Collaborative (DAC). This public-private-patient partnership is transforming research, prevention, and care worldwide.

Alzheimer's disease and dementia affect nearly 60 million people globally, with cases projected to exceed 150 million by 2050. These diseases already cost the global economy \$1.3 trillion annually, doubling every decade.

The Global Alzheimer's Initiative Now Act highlights the urgency of U.S. leadership in multilateral health efforts. DAC, which supports work in over 135 sites around the world to increase brain health, make research more inclusive and efficient, and improve early detection and treatment, aims to raise and deploy \$700 million to advance solutions to fight Alzheimer's globally."

"Alzheimer's disease is a global challenge that demands a global response," Representative Bera said. "The GAIN Act ensures that the United States leads the charge in building partnerships that accelerate research, improve care, and support families everywhere. By strengthening global cooperation, we can achieve more than any single nation can alone."

Said Representative Kim, "Alzheimer's disease is the third leading cause of death in older adults in Orange County and seventh leading cause of death worldwide. With more resources dedicated to tackling this global challenge, we can save lives. The GAIN Act ensures the United States leads the global effort to combat Alzheimer's disease and other forms of dementia head-on."

Said Rep. Brian Fitzpatrick, "The alarming rate at which Alzheimer's disease is inflicting our world's population requires

swift and decisive action. The introduction of the GAIN Act positions America to spearhead life-saving research and sustainable care worldwide, addressing this devastating disease. As a member of the Congressional Task Force on Alzheimer's Disease, I will always champion legislation that will lead to better results in combating this deadly illness; that is why I am proud to co-lead this bill and encourage my colleagues to join in this initiative to foster real change in ending Alzheimer's."

Said UsAgainstAlzheimer's Chairman and Global CEO Initiative on Alzheimer's Disease Founder George Vradenburg, "I commend Congressman Ami Bera and Representatives Brian Fitzpatrick and Young Kim for their leadership in introducing the Global Alzheimer's Initiative Now (GAIN) Act. This legislation recognizes the urgent need for a global response to Alzheimer's that brings together governments and the private sector to advance prevention, diagnosis and treatment of Alzheimer's. As in other areas of global health, U.S. leadership will prove critical to the global fight against Alzheimer's and this legislation paves the way for mobilizing the resources and facilitating the multi-sector and international cooperation that will be needed to turn the tide on Alzheimer's over the coming decades."

The Global Alzheimer's Initiative Now Act advances U.S. leadership by driving international collaboration to develop innovative diagnostics, treatments and care models to combat Alzheimer's disease and dementia for diverse populations worldwide; promoting equitable solutions in low- and middle-income countries, which account for 70% of Alzheimer's and dementia cases globally, ensuring these regions receive adequate support and resources; aligning U.S. investments with multilateral initiatives to maximize impact, foster innovation and ensure equitable burden-sharing among participating nations; strengthening global partnerships to address the financial and social pressures of aging populations, with a focus on sustainable healthcare systems and support for caregivers; and accelerating advancements in prevention strategies through international research efforts aimed at reducing the global prevalence of Alzheimer's disease. ★



CLUB STUDIO®

CITRUS HEIGHTS **NOW OPEN**



Welcome to a new cutting-edge fitness experience that brings top-of-the-line amenities, best in boutique studio classes, and wellness services together in one gym.

STATE-OF-THE-ART GYM / BOUTIQUE FITNESS STUDIOS

BOX / CS4® / RIDE / HOT YOGA / REFORM / REBOUND

RECOVERY LAB & CRYOTHERAPY

KALOLOGIE® MEDSPA / BEAMING – A HEALTHY MARKETPLACE



GET YOUR FREE PASS >
and try your first class free!



CLUB STUDIO NOW OPEN!

CITRUS HEIGHTS

5419 Sunrise Blvd.

(916) 246-1101

www.clubstudiofitness.com