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Carmichael Times

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Marathoners Hitting the Road



Runners in the California International Marathon vanguard will hit the halfway mark in Carmichael on Sunday, Dec. 8.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Fair Oaks Boulevard is one of many streets that will channel almost 10,000 California International Marathon athletes to Sacramento on Sunday, Dec. 8.

Cheered by thousands, runners will slog 26.2 miles from Folsom through Citrus Heights, Fair Oaks, Carmichael, Arden Arcade and Sacramento before hitting the killer home stretch to Sacramento's Capitol. In a dry weather forecast, spectators witness a fall pageant of male and female physiques: honed to the maximum and clothed to the minimum. Carmichael's "Great Wall"



Pounding feet will close 17 streets along the marathon route.

is the halfway mark. After leaving Folsom at 7 a.m. Dec. 8, a lithe bunch of professional and amateur runners will reach central Carmichael about 8 a.m. Within 30 minutes, Fair Oaks Boulevard will be pounded by the field's thunderous bulk.

The symbolism of Carmichael's wall is not

lost on many runners. For many, the painful point where endurance is challenged to the max occurs at this landmark.

"I reached my own wall before I got there," said race survivor and Carmichael resident Susan Powers. "Seeing my husband and friends at the Landis Avenue intersection

made up for the pain. I knew I could complete the course for them."

Although the race is historically won in under 2.25 hours, many resolute athletes still slog the weary path, in restored traffic, hours later. These stragglers are traditionally encouraged by motorists' horn-blasts.

"Support from strangers is what keeps you going," Powers said. "I remember a sign that said, 'Pain Now - Bragging Rights Forever,' that helped me finish."

Traffic in 17 streets will be impacted on Dec. 8. Parts of Fair Oaks Boulevard will close from approximately 7 a.m. to 12:30 pm. For full street closure details, visit runsra.org/california-international-marathon/course-information/. ★

First Property Taxes Installment Due Dec. 10

Sacramento County News Release

SACRAMENTO, CA (MPG) - The deadline for paying the first installment of your 2024-2025 Sacramento County property taxes is coming up shortly. Payments are due no later than Dec. 10. Late payments will incur a 10-percent penalty for each tax bill and partial payments are not accepted.

Payment must be received in the Tax Collector's Office by 5 p.m. Dec. 10 or either be postmarked or paid through the county website at eproptax.sac-county.gov by Dec. 10. The Tax Collector also reminds property owners to include the appropriate installment payment stub from the tax bill or website, or write the parcel number of the property on the check being submitted to make sure that you receive proper credit for the payment.

Payment can be mailed to P.O. Box 508, Sacramento, CA 95812-0508. Be sure to mail your payment early enough to ensure a timely postmark and avoid penalties.

Making Payments

Property taxes can be paid by online e-check or credit card through Sacramento County's Property Tax Bill Information System or over the telephone at 1-844-430-2823, using the 14-digit parcel number. Credit card payments are processed by a contractor and a 2.29% convenience fee will be applied if you elect to pay the annual property tax bill using this method. This convenience fee is not revenue to the county. There is no fee to make a payment via e-check.

To avoid penalties, transactions made either on the internet or over the telephone must be completed before midnight on the payment pay by date. Plan ahead and do not wait until the last minute to make your payment. If you are unable to get through on the internet or telephone, causing you to miss the payment deadline, penalties will not be waived.

Verify your data entry very carefully when making online payments. If your payment is rejected by your financial institution for any reason, you will be charged a return payment fee as well as penalties if your payment is rejected after the due date.

If you use your bank's Online Bill Pay service, a paper check will be

Continued on page 6

See How They Run

Story and photo by Susan Maxwell Skinner

SACRAMENTO, CA (MPG) - Endangered Chinook salmon are now running in full force.

Fall/winter migration peaks for the giants before the new year. Fish that hatched in the American River or were artificially bred at Nimbus Fish Hatchery reach adulthood by their third year. Cool fall river temperatures spur a mass homecoming from the Pacific.

To reproduce, the behemoths seek home waters and mates. Spawning occurs in gravel beds below where Nimbus Dam blocks the up-river path.

Some Chinook males weigh more than 50 pounds and can measure up to four feet. As they traverse riffles, much of



Migratory Chinook salmon crowd American River shallows near Sailor Bar. The giant fish die soon after breeding. Armies of gulls await easy pickings.

their bodies are exposed. Hooked profiles and toothy jaws are clearly visible. Thrashing, churning and full-body leaps from the water are common phenomenon.

Battered by their long swim, females use waning tail strength to scoop nests in gravel shallows. Eggs are released,

fertilized and buried. Male and female spawners die soon after mating; their rotting bodies contribute a winter buffet for river scavengers.

The Chinook run is closely followed by a similar steelhead migration. In an effort to revive decreasing salmonid numbers, fishing is

banned in much of the American River during breeding seasons.

The best places to observe Chinook and steelhead migrations include River Bend (Rancho Cordova), Ancil Hoffman Park (Carmichael), Gold River, Sailor Bar and Nimbus Basin. ★

Santa Kicks Off Season of Giving with Charitable Vending Machines

By Gary Zavoral

GREATER SACRAMENTO REGION, CA (MPG) - With a twinkle in his eye, Santa Claus cut the ceremonial red ribbon at the Light the World Giving Machines on Monday and then showed the world the joy of giving by selecting a few gifts for those in need in the Greater Sacramento Area.

This wasn't just any Santa. It was the global icon Santa J. Claus, who is a mega-influencer with 5-million followers around the world. He stopped by the Giving Machines in the Westfield Galleria at Roseville to kick off the season of giving and encourage all to give to the less fortunate.

"My mission is to light the world with giving and that's the same mission these charitable vending machines have," Santa said. "You, too, can play Santa for someone who really needs it by purchasing gifts in the Light the World Giving Machines."

Santa's visit highlighted a ribbon-cutting ceremony that also featured remarks from William Jessup University President John Jackson representing the interfaith community, mayors from cities throughout the region, and the local charities that will benefit from the Giving Machine purchases.

This is the third year that the Giving Machines are located in the Sacramento area, where they have been some of the most successful in the world. Area residents can make purchases now through New Year's Day.

Light the World Giving Machines, sponsored by The Church of Jesus Christ of Latter-day Saints, are part of a global effort to promote the true spirit of the holidays by giving gifts to those in need. This holiday season, the Light the World Giving Machines are located in 106 cities internationally.

In addition to the Westfield Galleria at Roseville, the machines are located in Modesto's Vintage Faire Mall. Together, they are the



Santa J. Claus cuts the ceremonial ribbon of the Light the World Giving Machines with representatives of the charities, who have items for those in need in the charitable vending machines. Photo courtesy of Gary Zavoral

only ones this year in Northern California.

"These vending machines offer a unique and memorable way to light the world with love by serving and caring for others both locally and globally," said Bruce Anderson, director of the local effort. "For many parents, it offers an effective way to teach children about giving to good causes and the joy there is by helping others."

Each of the machines in Roseville contain 30 opportunities to give: 25 opportunities from local charities and five opportunities from global nonprofit organizations.

Among the many items that can be purchased are a winter coat for a homeless person in the region, a suicide prevention therapy session for a local youth and newborn essentials for a local young mother in need. Shoppers can even purchase two

piglets for a family in an economically challenged country to help them start a business and become self-reliant.

The global Giving Machines initiative first launched in a few U.S. locations in 2017. Since then, more than \$32-million worth of goods for those in need has been donated. The Church of Jesus Christ of Latter-day Saints covers all program operational expenses. This ensures that participating nonprofits receive 100% of the collected funds.

The local charities with items in the Westfield Galleria at Roseville Giving Machines are Al-Misbaah, Catholic Charities – Diocese of Sacramento, Rancho Cordova Food Locker, First Step Communities of Sacramento and Lighthouse Counseling & Family Resource Center in Placer County.

Helena Madera-Silmi with Al-Misbaah said many families

want to give to local charities that make a difference in the lives of those who are under-privileged but they don't know how to do it. The Giving Machines, she said, give them this opportunity while at the same time teaching children the importance of charity.

"A lot of youth love shopping at the mall and you're teaching them how to be empathetic, you're teaching them how to give back," Madera-Silmi said. "It's just an amazing way to give back."

Carrie Johnson, executive director of the Rancho Cordova Food Locker, is impressed with the Giving Machines concept and hopes they will help to stock the charity's pantries.

"This is the most incredible way to give people the opportunity to give back to their communities," Johnson said. "We're all familiar with vending machines. What a fun way to give

a donation to someone in need."

Among the items that shoppers can purchase for Lighthouse Counseling and Family Resource Center of Placer County are gifts of counseling for those experiencing abuse, domestic violence and suicidal thoughts.

"The Giving Machines give an opportunity to take the greed out of Christmas and bring Christ back into the holiday," said Gary McDonald, Lighthouse's executive director. "It really is about service and giving to people in need. It's really touched my heart. It really gives people an opportunity to think about other people besides their own families during this holiday season."

To see the items that can be purchased and more information on the Giving Machines, visit the local Light the World Giving Machines website at www.giving-machinesgreatersacramento.org. ★

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The Dignity Health Ambulatory Surgery Center, located at 6660 Coyle Avenue, Suite 100, Carmichael, CA 95608 will close on February 11, 2025. Outpatient surgeries will now take place at the Mercy San Juan Medical Center main operating department located at 6501 Coyle Avenue, Carmichael, CA 95608.

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SacRT's Holiday Bus Returns



The Holiday Bus will roll through town through Jan. 2. Photo courtesy of Sacramento Regional Transit

Sacramento Regional Transit News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) Holiday Bus has returned. The Holiday Bus is a festive tradition offering free rides to passengers while spreading holiday cheer throughout the region.

The 2024 Holiday Bus, featuring seasonal decorations, hit the streets on Dec. 1 and will roll through Jan. 2, traveling on a different route each day.

This year, SacRT partnered with

the Health Education Council, a local nonprofit organization dedicated to improving health equity in historically under-served communities. Together, they're raising awareness about the importance of access to health resources while celebrating the season of giving.

"The SacRT Holiday Bus is one of our favorite traditions and we are thrilled to offer free rides to our riders while highlighting the incredible work of the Health Education Council," said Henry Li, SacRT general manager/CEO. "This partnership exemplifies our

commitment to supporting community well-being and ensuring that everyone has equitable access to vital resources for a healthier life."

Said Debra Oto-Kent, executive director of the Health Education Council, "We are honored to partner with SacRT to spread awareness of the Health Education Council's mission to support families and individuals in achieving healthier lifestyles. The Holiday Bus is a wonderful way to bring the community together and inspire positive change during the holiday season."

The SacRT Holiday Bus will operate on regular SacRT bus routes, offering passengers free rides while highlighting the region's commitment to community health and connection. It is free to ride but passengers have the option to donate to the Health Education Council by dropping money into the bus fare box or using a QR code to donate online.

Each day, the Holiday Bus will serve a new route, ensuring riders throughout the area have the chance to experience it. The SacRT Holiday Bus will also participate

in the Sacramento Santa Parade in downtown Sacramento on Saturday, Dec. 14.

Visit sacrt.com/holidaybus for the full schedule and route details.

By riding the Holiday Bus, passengers can learn more about the Health Education Council's impactful work in areas such as nutrition education, chronic disease prevention, and improving access to care. Together, SacRT and the Health Education Council aim to make Sacramento a healthier and more connected community. ★

Don't Let Fats, Oils and Grease Ruin Holiday Cheer

Sacramento Area Sewer District News Release

SACRAMENTO, CA (MPG) - As the holiday season approaches, the Sacramento Area Sewer District (SacSewer) is urging residents to help prevent sewer backups, a common yet costly and disruptive issue that peaks during this time of year.

Improper disposal of fats, oils and grease (F.O.G.) often leads to blockages, which can result in unpleasant sewer backups that disrupt holiday gatherings. To help keep festivities running smoothly, SacSewer reminds the community to follow two simple steps,

can it and scrape it, for safe fats, oils and grease disposal.

Can it. Once cooled, put hardened fats, oils and grease into a sturdy container such as a leftover soup can. Then put the container in the garbage.

Scrape it. Scrape all food scraps, including fatty and greasy leftovers, into the organics cart, not down the drain.

When fats, oils and grease containing items from holiday cooking, such as food scraps, gravies and oils, go down kitchen sink drains and garbage disposals, they can cause blockages in sewer pipes that lead to overflows. Fats, oils and grease cools and solidifies,

sticking to the sewer pipes. Over time, fats, oils and grease restrict sewage flow and can cause a sewer backup into customers' homes and businesses.

For large amounts of cooking oil, such as what's needed for deep-fried turkeys, pour the cooled liquid oil back into gallon jugs and make sure the lid is screwed on or taped shut. Check with your local waste service provider to determine the proper disposal method or visit SacSewer.com/sactown-clog-squad for a listing of local fats, oils and grease recycling sites.

For more tips on proper fats, oils and grease disposal, visit sacssewer.com/stop-clog.

Are you experiencing a sewer problem, such as a slow drain or backup? Call SacSewer 24 hours a day, seven days a week, even on holidays, at 916-875-6730.

The Sacramento Area Sewer District (SacSewer) is the Sacramento region's largest sewage collection, treatment and resource recovery utility, providing service to more than 1.6-million residents. The second largest sewage collection utility in California, the Sacramento Area Sewer District owns and operates the second largest water resource recovery facility of its kind in the nation, the EchoWater Resource Recovery Facility near Elk Grove. Learn more at sacssewer.com. ★

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Man Accused of Sexually Assaulting, Cutting Woman's Neck

By MPG Staff

CARMICHAEL, CA (MPG) - On Sunday, Dec. 1, a woman was attacked and sexually assaulted in the Carmichael area, according to the Sacramento County Sheriff's Office.

The incident was reported to have happened about 5:30 p.m. Dec. 1 in the 4400 block of Garfield Avenue.

The Sheriff's Office said the suspect cut the victim's neck with scissors after

physically restraining her before sexually assaulting her.

The suspect was detained on scene and was to be booked into jail after being medically cleared. According to the Sacramento County Sheriff's Office, the suspect claimed to have a medical emergency.

According to Sheriff's Office deputies, the victim and suspect knew each other and the woman was treated for non-life-threatening injuries. ★



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New Partnership Bolsters 911 Response in Sac County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The City of Sacramento Fire Department and Medic Ambulance entered a partnership on Nov. 1 to provide Basic Life Support (BLS) transport services in Sacramento County.

This collaboration represents a major advancement in emergency response and is expected to benefit the community by better optimizing resources for critical emergencies.

“This collaboration demonstrates our commitment to modernizing Sacramento County’s emergency medical response,” said Sacramento County Emergency Medical Services Agency (SCEMSA) Medical Director, Dr. Greg Kann. “We believe it will have a lasting, positive impact on ambulance service availability and care quality during transports in the community.”

This partnership was made possible by Sacramento County Emergency Medical Services Agency’s implementation of an innovative tiered response policy in 2023. Prior to the tiered response policy, all 911 transports required an Advanced Life Support (ALS) paramedic ambulance, even for calls that could be safely handled by Emergency Medical Technicians (EMTs) with BLS ambulances.

can assist with non-critical 911 calls, helping to ensure Advanced Life Support ambulances are available for patients with urgent medical needs.

This partnership marks the first official use of BLS ambulances within the City of Sacramento’s 911 system.

What this Means for the Community
Enhanced Availability of Advanced Life Support Resources: By assigning Basic Life Support ambulances to appropriate non-critical calls, the County’s ALS ambulances remain available and ready to respond to life-threatening emergencies.

More Efficient Patient Transport: Approximately 10-20% of 911 calls can be safely managed by Emergency Medical Technicians in Basic Life Support ambulances, allowing quicker and more efficient care for these patients.

Supporting Paramedic Crews at Hospitals: Medic Ambulance by Emergency Medical Technicians will be able to assist paramedic crews at hospitals by taking over patient care during offloading, allowing paramedics to return to service faster.

The partnership underscores Sacramento County Emergency Medical Services Agency’s proactive approach to advancing emergency medical services and represents a forward-thinking strategy to strengthen the efficiency of the County’s 911 system. ★

Judge Lindquist Designated Presiding Judge of Sacramento County Juvenile Court



Judge Kristina Lindquist has been named the new Presiding Judge over Sacramento County’s Juvenile Court. Photo courtesy of Sacramento County Superior Court

Sacramento County Superior Court News Release

SACRAMENTO, CA (MPG) - Superior Court Judge Kristina B. Lindquist will serve as Presiding Judge over Sacramento County’s Juvenile Court.

Judge Lindquist had been serving as interim Presiding Judge of the Juvenile Court with the elevation of Judge Dena M. Coggins to the federal bench in September.

“I want to thank Judge Lindquist for her recent work in the Juvenile Division and am pleased to make her assignment as Presiding Judge permanent, effective immediately,” said Superior Court Presiding Judge Bunmi O. Awoniyi, who signed the order effective Nov. 12.

Former Gov. Jerry Brown appointed Judge Lindquist to the Sacramento County bench in 2018. Since then, she has presided over traffic arraignments, trials, juvenile dependency, and delinquency matters.

Before joining the judiciary, Judge Lindquist

served as the deputy legal affairs secretary for the Office of the Governor, advising on criminal justice issues such as prison inmates’ parole consideration and the commutation of sentences. She remained in that position until Brown’s term as governor ended.

Previously, Judge Lindquist served as tax counsel at the State Board of Equalization and worked as staff counsel at the California Department of Corrections and Rehabilitation.

Judge Lindquist received a B.A. in philosophy and European studies from the University of Notre Dame. She completed a J.D. from the University of the Pacific, McGeorge School of Law in 2007. ★

Apply Now for Next Grand Jury

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Applicants are now being sought for new jurors to serve on the Sacramento County Grand Jury. The application period opened on Nov. 20.

Nineteen Sacramento County residents and 11 alternates will be selected from among qualified applicants. The one-year term for volunteer jurors runs from July 1, 2025, to June 30, 2026.

The grand jury is appointed to provide oversight of county, city, school and special district agencies and operations within Sacramento County.



The Sacramento County Grand Jury is appointed to provide oversight of county, city, school and special district agencies and operations within Sacramento County. Photo Courtesy

The grand jury is also authorized to hear criminal indictments and is tasked with visiting regional detention facilities. Grand jurors receive a small stipend for their volunteer work.

To serve on the Sacramento County Grand Jury, you must be a Sacramento County resident over 18 years old and speak, read and write English.

Applications must be received by Dec. 31 to be considered. The grand jury will be empaneled in June 2025.

For more information about the Sacramento County Grand Jury, applicant criteria and how to apply, visit the Sacramento County Grand Jury website at sac-grandjury.org. ★

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With Mary Jane Popp

Holiday Survival

It's fun, family and friends. That's what the holidays bring, but they also bring celebrations, shopping and stress. And, it takes a toll on the body. But Dr. Susan Smith-Jones gave me nine surefire tips to look and feel your best and emphasize the FUN factor. Dr. Jones has traveled the world and helped many celebs in Hollywood hold their own, and she's authored some 25 books on health. Soooooo:

- 1. NUTRIFY YOUR SHOPPING.** Malls tempt wallets and taste buds, so bring healthy snacks like nuts, cut up veggies or fruit when shopping. Keeping your body fueled will help with long stressful checkout lines too.
- 2. GET HANDS ON.** Give yourself a mini massage or ask your partner to give you one. Restore vitality even more with this Mediterranean secret. Combine extra-virgin olive oil with three to four drips of Olbas Oil and rub it all over your body or simply do a foot massage. You can take a clue from Chinese medicine and apply pressure to the fleshy place between your thumb and index finger for 30 seconds. It's been shown to reduce upper body stress.
- 3. SLOW DOWN.** When you constantly direct your attention and energies outward, it's easy to lose your sense of inner wonder, calmness and happiness. Your body will relax and you will feel less bogged down.
- 4. SET A POSITIVE TONE FOR THE DAY.** The first 40 minutes of each day sets the tone for your entire day. Choose to make the first few moments as peaceful, positive and uplifting as possible. Spend a few minutes in quiet meditation and prayer time.

5. SLEEP LIKE A BABY. Avoid nighttime calls and turn off your cell phone before going to bed. A study at University of Zurich found that exposing people to electromagnetic fields from cell phones altered their brain waves during sleep, which resulted in sleep disturbances.

6. KEEP HYDRATED. Our bodies are 70% water. Our cells and planet are 70% water. Drink eight glasses of purified water or more to maintain good health.

7. BATHE IN LAVENDER. The flowers of lavender are an age-old remedy for stress. Bathing by itself is calming, but a bath infused with lavender oil significantly reduced anger, frustration and negativity.

8. REFRESH WITH HONEY. Honey has been used for centuries to keep skin looking youthful. Apply raw, unfiltered honey on your face like a mask for 20 minutes and rinse with warm water afterwards. It moisturizes the skin and helps it to look taut and supple.

9. BOOST YOUR MOOD WITH DARK CHOCOLATE. Chocolate is a wonderful mood booster because it stimulates the production of endorphins, which are the chemicals in the brain that promote pleasure. Dark chocolate contains serotonin, which is a natural mood booster. Keep a small square with you at all times for emergencies.

Dr. Jones has a free monthly newsletter. Sign up at www.susansmithjones.com. You can get personally autographed copies of her books there like "A Hug in a Mug." I think we all need those HUGS! **HAPPY HOLIDAYS!** ★

First Property Taxes Installment Due Dec. 10

Continued from page 1

printed and mailed to the Tax Collector. Because the check is sent without a payment stub, enter the parcel number, current year's bill number and installment being paid in the online account number field for payment identification. Be sure you are familiar with your bank's online bill pay processing timelines. The Tax Collector uses the date appearing on the check from your bank's Payment Processing Center as the payment date. Online bill pay checks dated after the due date will be returned for penalty without exception. Be aware that because bank online bill pay checks are delivered in large batches without stubs, they will need to be individually handled and the posting of your payment might be delayed.

How to Obtain Information About Your Tax Bill

If you have not received a tax bill, you can obtain your tax bill information and payment stubs at the Tax Collector's website, over the automated telephone system

or by contacting the Tax Collector's Office at 916-874-6622.

Sacramento County offers an online email subscription service for property tax information. To receive e-mail notifications when the annual secured property tax bills are available each year and reminders before the first and second installments delinquent dates, visit the Sacramento County Homepage and enter your email address or mobile number under the "Connect with us" header, located at the bottom right-hand of the page. This service is provided at no cost to subscribers.

For additional information about property taxes, the Sacramento County Tax Collector's website provides answers to common questions from taxpayers regarding property taxes and links to tax bill information and online payments.

Failure to receive a tax bill does not relieve the property owner of their liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment. ★

Sacramento Region Gained People but Flubbed Economic Opportunities Over 50 Years



By Dan Walters,
CALMatters.org

Fifty years ago this month I moved to Sacramento and a few months later, just after Jerry Brown became governor, began covering politics for the long-defunct Sacramento Union newspaper.

I have lived in five different homes — soon to be six — and my workplaces have always been in downtown Sacramento, near the Capitol.

That experience, plus research for my 1985 book on California megatrends, forms the background of some observations about the Sacramento region's evolution. So here goes:

In 1974 the six-county region (Sacramento, Yolo, Yuba, Placer, Sutter and El Dorado) was home to barely a million people. However it was on the cusp of explosive growth, as was the entire state, thanks to a wave of migration and a baby boom. Today the region has about 2.5 million residents, making it the nation's 28th largest metropolitan region, equal to the Las Vegas and Austin, Texas areas.

Much of the growth has been in Sacramento's suburbs, so the city now contains just a fifth of the region's population and has ceased to be its economic center, while jobs and businesses have flourished in the suburbs.

As the local economy evolved from state and federal government employment — including four large military

bases — into technology and other fields, voters had two opportunities to merge the city with what were mostly unincorporated communities in Sacramento County.

Merger would have made Sacramento the nation's seventh or eighth largest city, with the economic and cultural clout that comes with size. But voters rejected both proposals, one in 1974, the other in 1990, and several suburbs incorporated into cities.

The consolidation failures reflected historic economic and political conflicts between the city and its suburbs which today still undermine cooperative policymaking and are visible in chaotic responses to the ever-growing homelessness crisis and the perpetual wrangling over transportation issues.

Glen Sparrow, who headed the 1974 consolidation effort, later blamed Sacramento's "civic gravity" — its long-dominant families — for torpedoing its passage because they didn't want Sacramento to grow.

The 1990 effort died because suburban voters saw city officials as incompetent ideologues, while Sacramento's dominant Democrats feared that suburban Republicans would take control.

The failures blocked the city from controlling development outside its borders, and its downtown commercial district, once full of department stores, withered. It retained some momentum after the Sacramento Kings downtown basketball arena opened in 2016. But the proliferation of homeless encampments, a fatal gang shootout, a violent demonstration and the pandemic, which emptied state offices, erased much of that progress.

Meanwhile city government has become a model of

dysfunction, with officials squabbling over mundane issues, chronic budget deficits and ceaseless conflicts with the county government, particularly over homelessness.

The lack of cohesion means that Sacramento has flubbed opportunities to gain status among metro regions.

Two examples involve its unique positioning at the juncture of two major rivers, the Sacramento and the American.

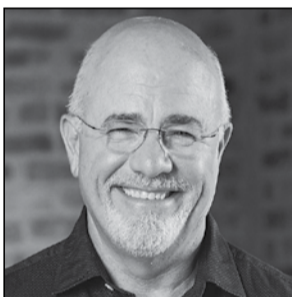
Local officials blocked a canal that would have connected the Sacramento River to the channel that carries ocean-going ships to a Yolo County port and its lake, thereby missing an opportunity for spectacular waterfront development a la Southern California's Marina del Rey.

While the city is redeveloping an old railyard adjacent to downtown, it could have done something truly special by redirecting some American River water through canals, emulating San Antonio's famous Riverwalk.

A third is a failure to fully capitalize on the closure of McClellan Air Force Base in the 1990s. While the base has undergone a workable conversion to civilian use, its unique facilities also could have become another campus of the California Polytechnic State University, fueling off-campus technology businesses.

Regions prosper when they have united and visionary leadership — such as North Carolina's Research Triangle. Sacramento lacks that vision.

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. ★



Dave Ramsey

Dear Dave,

One of my credit card bills was turned over to a collection agency, because I was late making payments several times. The agency has offered me two or three different payment options I can afford. If I agree to one of these, does the original creditor get paid, as well?

– Bethany

Dear Bethany,

You're facing one of two possibilities. The collection agency is either directly representing the credit card company, or it owns the debt outright. Neither way of handling it is unusual when someone has defaulted on a loan.

Here's the deal. You've already got a mark against you on your credit report for the bill being turned over to collections. So, at this point settling on a credit card you've defaulted on is really no big deal. Unless you have the cash on hand right now to make good on the debt outright, I'd accept whichever deal makes the most sense for you financially at the moment.

But if you want my very best piece of advice for

Dave Ramsey Says My Best Piece of Advice? The Unexpected is Always Lurking

you, and anyone else finding themselves in this kind of situation, Bethany, it goes something like this. Stop using credit cards!

– Dave

Dear Dave,

When I leave my job in two or three years, I'll still have a good income of around \$80,000 thanks to my pension. I talked with my wife recently about us not needing an emergency fund with a continuing steady income like this, but she thinks we should still have money set aside strictly for emergencies. I think we would be fine with my pension and our other investments, but she says a fund set aside strictly for the unexpected would make her feel safer. What are your thoughts?

– Barrett

Dear Barrett,

I always recommend folks have an emergency fund of three to six months of expenses. Put it in a good money market account with check writing privileges and a decent interest rate. That way, your money will work for you a little bit until it's needed.

I know a good pension can feel really solid. But there's always the possi-

bility of lost income or very large, unexpected expenses. Life can take a big financial chunk out of you at any time. What if one, or both of you, have a major medical event? Even with the other investments you mentioned, you should have an emergency fund. Period.

In your case, you could probably lean toward three months of expenses in your emergency fund. If it were me, I'd go ahead and make it a full six months of expenses. Trust me, a fully funded emergency fund will make both of you feel better. It can turn a disaster into nothing more than an inconvenience.

– Dave

Dave Ramsey is a national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions. ★

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MONICALYN 12-6-24

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HOME 12-6-24

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TAMALES 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08393 Eddie Amoraby Arango Carreno and Juana Maribel Carreno 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
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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
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FRIENDLY 12-6-24

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CA 95811. Filed with the Clerk of Sacramento County October 17, 2024
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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
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RESTORATION 12-6-24

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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
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LOTTERY 12-6-24

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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 Salveo 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 Shirra 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, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
MONUMENT 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08610 Robert Wellman, 4265 Brookview Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "BusinessWise Brokers/BusinessWise Brokers & Consultants" 4265 Brookview Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
BUSINESS 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08508 Dung Huynh Quoc Nguyen and Trang Thi Huyen Nguyen, 24988 Blue Ravine Road, #100B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "BeBe Nails" 24988 Blue Ravine Road, #100B, Folsom. Filed with the Clerk of Sacramento County November 12, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
BEBE 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08578 Danny Robert McCluskey, 8669 Salmon Avenue, #1362, Kings Beach, CA 96143 is doing business under the Fictitious Business Name(s) "Crest Pro Services" 1173 1st Avenue, Sweet Home, OR 97386. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
CREST 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08719 Mohammad Eissa Eissa and Khazada Ahmadi, 2502 El Sutton Lane, Suite B, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Aatoon Auto Repair" 2502 El Sutton Lane, Suite B, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 19, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
AATOON 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08822 Nasrin Varshochi, 4335 Hazel Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "NV Martial Arts & Fitness Academy" 4335 Hazel Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 21, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
NV 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08434 Ciarnack Azimpour, 10020 Bromley Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Baran Electric" 10020 Bromley Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
BARAN 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08472 Seven Enterprise LLC, 4500 Tynebourne Street, C 202, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Seven Enterprise LLC" 4500 Tynebourne Street, C 202, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
SEVEN 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08766 Nga ThiPhuong Pham, 5635 Freepoint Blvd, Suite 2, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Polish Box

Nails & Spa" 5635 Freepoint Blvd, Suite 2, Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 20, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
POLISH 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08727 Monica Melara, 5212 Schuyler Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "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
VVBEES 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) "Anatolia 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
ANATOLIA 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 13, 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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08825 Juan Diego Gonzalez and Francisco Javier Campos, 7648 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Green Auto Body" 7648 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 21, 2024
Publish: December 6, 13, 20, 27, 2024
GREEN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08718 Paul Eternad and Mondonna Eternad, 7862 Winding Way, #5104, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Allstate Real Estate Services" 4127 Thistedown Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 19, 2024
Publish: December 6, 13, 20, 27, 2024
ALLSTATE 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08887 Stalwart Electric, Inc., 4712 Solano Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Stalwart Electric" 4712 Solano Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 22, 2024
Publish: December 6, 13, 20, 27, 2024
STALWART 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07727 Return to Center Wellness, LLC, 10574 Malaga Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Return to Center Wellness/Where in the World Treasures" 10574 Malaga Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 8, 2024
Publish: December 6, 13, 20, 27, 2024
RETURN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08738 Ahmad Samim Faizi, 5650 Marconi Avenue, Suite 7, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Hopes Immigration Services" 5650 Marconi Avenue, Suite 7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 13, 2024
Publish: December 6, 13, 20, 27, 2024
HOPES 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08556 Omega Law Group, PC, 8350 Wilshire Boulevard, 3rd Floor, Beverly Hills, CA 90211 is doing business under the Fictitious Business Name(s) "Omega Law Group Accident & Injury Attorneys" 1860 Howe Avenue, Suite 260 #3, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 13, 2024
Publish: December 6, 13, 20, 27, 2024
OMEGA 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08842 A.C.O.N. Inc, 10100 fair Oaks Boulevard, Suite 1, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Easter Gardens Cooperative" 3045 Eastern Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 21, 2024
Publish: December 6, 13, 20, 27, 2024
EASTERN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08855 Kenneth C. Grossman, 4920 Francis Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Grossman Hypnosis Method" 4920 Francis Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 21, 2024
Publish: December 6, 13, 20, 27, 2024
GROSSMAN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08615 Diamond Flow & TA LLC, 28211 Southfield Road, #433, Lathrup Village, MI 48076 is doing business under the Fictitious Business Name(s) "Diamond Flow & TA LLC" 3221 Alder Hill Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 14, 2024
Publish: December 6, 13, 20, 27, 2024
DIAMOND 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08622 Noble Beauty Spa, 8824 Koto Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Noble Nails Spa" 442 Howe Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 14, 2024
Publish: December 6, 13, 20, 27, 2024
NOBLE 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08439 Donna M. Webb, 7802 Lakeshore Drive, Granite Bay, CA 95746 is doing business

Multiple Sclerosis Marathon Successful

Story and photos by Omella Rossi

SACRAMENTO REGION, CA (MPG)

- For the 10th year in a row, the John A. Schafer, MD Multiple Sclerosis Achievement Center located at 7777 Greenback Lane, a program of the Dignity Health Neurological Institute, hosted its Annual Marathon on Dec. 2. The event brings together those with multiple sclerosis (MS) to compete, overcome physical challenges and achieve a sense of accomplishment.

The marathon was not your typical race. Participants logged miles on stationary exercise equipment, each working toward the goal of collectively reaching 26.2 miles, the length of a traditional marathon. But the primary aim of the event was not just about the miles but the opportunity to support each other and defy the physical barriers multiple sclerosis presents.

"The marathon started 10 years ago. It is a way for our members who can't necessarily go out and participate in the California International Marathon to participate as a team on our stationary gym equipment," said John A. Schafer, MD Multiple Sclerosis Achievement Center Director Tiffany Malone.

The MS Achievement Center is an outpatient services hub that offers physical rehabilitation, social connection, emotional support, and health education. The center's mission is to improve health and wellness for people with multiple sclerosis, empowering them to optimize their quality of life.

Multiple sclerosis is a neurological condition that is often classified as an autoimmune disease, where the immune system mistakenly attacks the body, explained Malone.

"We have a structure schedule that includes exercise, cognitive stimulation activities, emotional support and probably the biggest piece is socialization," Malone said.

Founded in 2014 the center originally launched with only 10 members, it now serves up to 75 participants each week. Malone shared hopes of expanding to 100 members soon, citing the immense need for such services in the community.

"In 2013, a person I knew



Staff from the John A. Schafer, MD Multiple Sclerosis Achievement Center were all on hand at the annual multiple sclerosis marathon event.

through the National MS Society suggested that I apply for a grant to the Conrad Hilton Foundation to start the center. We got a onetime only grant for a large amount of money, opened in February 2014 and it rapidly grew to its current size. It's been a wonderful program," said Dr. John A. Schafer, founder of John A. Schafer, MD Multiple Sclerosis Achievement Center

Schafer noted the importance of connecting those with multiple sclerosis to a network of support.

"Multiple sclerosis is often an isolating condition," Dr. Schafer said. "This center provides a safe space where people can come together, share experiences and not feel alone in their journey."

The annual marathon, now a highly anticipated tradition, also serves as a fundraiser. As a nonprofit, the MS Achievement Center relies on sponsorships to continue its operations and expand its programs.

Members of the center echoed Malone's sentiments. Joanne, a participant, shared her experience of attending the center since its opening.

"The center is primarily about socializing; it makes you get out of your bed and down here once a week. I started coming in October of the first year



Racers had a variety of stationary exercise equipment to choose from during the marathon.

they opened and I'm still coming back. The staff and the skill that is here to take care of us is everything," said racer Joanne.

Schafer added that learning about MS and starting treatment early is crucial for managing the condition.

"When a diagnosis is new, it's important to gather as much information as possible and seek

out the best treatments," he said. The John A. Schafer, MD Multiple Sclerosis Achievement Center remains the only one of its kind in Northern California.

To join the Achievement Center, individuals can simply give the center a call to begin the self-referral process, as no prescription is required. The application process is

straightforward, with three key requirements: a confirmed diagnosis of multiple sclerosis (MS), the ability to independently manage toiletry needs and the understanding that the center does not provide transportation to and from the facility.

For more information on how to join or support the center, call 916-453-7966. ★

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

under the Fictitious Business Name(s) "Donna's Delights" 7802 Lakeshore Drive, Granite Bay, CA 95746. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: December 6, 13, 20, 27, 2024
 DONNAS 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08920
 Flaming Grill Burger LLC, 2819 Panay Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Flaming Grill Burger" 2380 Watt Avenue, Unit 150, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 25, 2024
 Publish: December 6, 13, 20, 27, 2024
 FLAMING 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08530
 LLCConsulting L.L.C., an Arizona LLC, 8328 E Hartford Drive, Suite 102, Scottsdale, AZ 85255 is doing business under the Fictitious Business Name(s) "TBC" 8328 E Hartford Drive, Suite 102, Scottsdale, AZ 85255. Filed with the Clerk of Sacramento County November 13, 2024
 Publish: December 6, 13, 20, 27, 2024
 TBC 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08665
 Flor Silvia Trias, 9132 Terramore Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "E=MC2 Daycare & Preschool" 9132 Terramore Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 15, 2024

Publish: December 6, 13, 20, 27, 2024
 E=MC2 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08427
 SF Cellular Group LLC, 3637 Hallelujah Court, 4, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "SF Cellular Group LLC" 3637 Hallelujah Court, 4, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 6, 2024
 Publish: December 6, 13, 20, 27, 2024
 SF 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08973
 Urban Subs LLC, 451 Lentini Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Subway" 451 Lentini Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 27, 2024
 Publish: December 6, 13, 20, 27, 2024
 SUBWAY 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08357
 ES Cal II LLC, 9350 S Dixie Highway, Suite 950, Miami, FL 33156 is doing business under the Fictitious Business Name(s) "Bergamo Montessori School" 8200 Pocket Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 5, 2024
 Publish: December 6, 13, 20, 27, 2024
 BERGAMO 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08547
 ES Call II LLC, 9350 S Dixie Highway, Suite 950, Miami, FL 33156 is doing business under the Fictitious Business Name(s) "Bergamo Montessori School" 8144 Pocket Road, Sacramento,

CA 95831. Filed with the Clerk of Sacramento County November 13, 2024
 Publish: December 6, 13, 20, 27, 2024
 MONTESSORI 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08473
 Yassin Sipt Consulting Services LLC, 1700 Dornie Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Yassin Sipt Consulting Services LLC" 1700 Dornie Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 7, 2024
 Publish: December 6, 13, 20, 27, 2024
 YASSIN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08845
 Saleh Zarrouk, 4404 Malana Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Ethos Real Estate Solutions/Eureka Real Estate Services" 4404 Malana Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 21, 2024
 Publish: December 6, 13, 20, 27, 2024
 ETHOS 12-27-24

ORDER TO SHOW CAUSE CHANGE OF NAME

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-en-

titled 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

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #24CV023738

Heshmat Ataiei has filed a petition with this court for a decree changing the name(s) of Heshmat Ataiei to Danny Ataiei.
 IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 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: November 20, 2024
 Christopher E. Krueger, Judge of the Superior Court
 Publish: December 6, 13, 20, 27, 2024

ATAEI 12-27-24

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 de-

ceased, 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 & Christopheron, 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 95817.
 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

PUBLIC HEARING

PLEASE TAKE NOTICE that on December 17, 2024 at a regularly scheduled meeting of the Governing Board of the San Juan Unified School District, the Governing Board will conduct a public hearing beginning at 6:30 pm regarding Visions in Education to renew their charter to operate a public school within the San Juan Unified School District. The meeting will be held in the district board room located at 3738 Walnut Avenue, Carmichael, California. Anyone requesting more information may contact San Juan Central at 971-7179.

Carmichael Times 12-6, 12-13-2024

Social Security Matters

Am I entitled to more Social Security from my Ex-husbands?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am 76 years old and a retired high school counselor/teacher. I was married to my first husband from 1968 until 1981. He is still living, and he remarried two more times and, I believe, he is currently divorced. He is 77 years old. His income was always much higher than mine. I was married to my second husband from May 1989 until we divorced in April 2017. My second husband died in June 2023. What I wonder is if I am entitled to receive Social Security benefits based upon the income of either of my ex-husbands? **Signed: Twice Divorced Spouse.**

Dear Twice Divorced: Divorced spouses are entitled to the same benefits as a current spouse if their marriage lasted at least 10 years which, in both cases, yours did. The other caveat is whether your own SS retirement benefit is less than you are entitled to

from either of your ex-husbands. If your own SS retirement benefit is less, then you will get an incremental amount on top of your own SS retirement to bring your total monthly benefit up to your spousal (or surviving spouse) entitlement.

Since your first husband is still living, it is likely that your best financial option is to claim a surviving ex-spouse benefit from your deceased 2nd husband. The reason is that survivor benefits from husband #2 are based on his actual benefit at his death, whereas benefits from a living ex-spouse (husband #1) are based upon his full retirement amount. In other words, it is likely that 100% of deceased husband #2's benefit at his death is more than 50% of living husband #1's current benefit at his full retirement age (FRA).

It is, of course, possible that 50% of your first husband's FRA entitlement is more than 100% of your second husband's benefit at death, in which case your ex-spouse benefit from your first husband could be more. The only way to sort this out is to contact Social Security (1.800-772-1213) to make an appointment to apply for surviving ex-spouse benefits from your deceased second husband. Explain that your first

ex-husband is still living, and that you are unsure of what your benefits are as your first husband's ex-spouse. Social Security will be able to determine from their records which one provides you with a higher benefit amount (provide each husband's Social Security number when you call). As I said, your best financial option will likely be to take your survivor benefit from your deceased second ex-husband (note, however, if your first ex-husband also dies before you, you can subsequently file for a survivor benefit from him, if that is more than you are getting from your second husband's record).

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. ★

Kings Korner

By V.G. Harris



Chicken Little said, "the sky is falling, the sky is falling," but was it? We know of course the answer was no but does this sound vaguely familiar.

Kings fans and supposed experts would have you believe that the current team is in need of an overhaul, as well as a group of new coaches.

I'm the first to say that I'm not pleased with coach Brown's performance thus far, but I'm not clamoring for his job. Coach Brown's rotations have been hard to understand all season, but that is no different than the prior season where continuity was in short supply.

It wasn't long ago the Kings were two games over 500, and suddenly went into a losing tailspin. Losers of five out of the last six games will get people talking, and everyone has an opinion.

On the plus side, no one was casting aspersions when last week the Kings announced the signing of small forward Jae Crowder. Crowder, a free agent, has a history of being on winning basketball teams, and his moniker is his hard-nosed style of play, something the Kings could use more of.

Without question, the current squad plays hard every night, but we are lacking in players that have the dog mentality that can set the bone crushing screens that the Kings seem to see nightly from other teams.

Crowder brings that element, so it remains to be seen in what capacity coach Brown will use his new addition.

Brown chose to put Crowder in the starting lineup without even a single practice, while talented Mr. everything, Malik Monk watched as always from the bench.

Imagine my surprise when not one but two former members of the Kentucky Wildcats were introduced into the starting lineup against the San Antonio Spurs on Sunday, Dec. 1 at Golden One Arena. The arena erupted when Malik Monk was introduced right in back of DeAaron Fox, and I couldn't have been happier for Malik.

Coach Brown and Sacramento Kings fans were treated to the best scoring first quarter of the young season, as the Kings put up a staggering 42 points.

Malik was the spark plug he always seems to be, but despite the auspicious start, the Kings played poorly in the fourth quarter, and although they made it close, came away with a 2-point loss.

As is oft the case, the zebras did not help their cause, and the game was replete with calls that one would expect at a high school game, not in the highest court of basketball.

The last week began on a high note, as the Sactown boys went into Minnesota, and after losing the prior two games to the Wolves this season, the Kings put on a fourth quarter show that was a pure pleasure to watch. Surprisingly, while only connecting on 32% of their 3-point efforts, and scoring only 12 3-point field goals all night, the Kings sent the Timberwolves home with a 115-104 spanking.

For Kings fans, this type of overall efficiency, which included solid team defense all night, is what gives everyone hope that this team can turn things around.

Sadly, after breaking a 4-game losing streak by besting the Wolves, Sacramento could not back it up, losing to both Portland and San Antonio back-to-back.

The bright spot for me this past week was the emergence of small forward Isaac Jones. Nearly forgotten at the end of the bench, the rookie out of Washington State brought energy, spirited defense, and added 12 points that were sorely needed against the young and talented Timberwolves.

Why it's taken this long to give Isaac a look is a hard question to answer but look for coach Brown to move this young forward closer to the top of the bench.

Another bright note is hearing Malik Monk in the post-game interview say it's taken him three years in Sacramento to get a single start, and he likes being a starter where he's spent the majority of his career.

Hang on Kings fans. It's not time to pull your hair just yet. Christmas is right around the corner, and something tells me the Sac Town ballers may have some presents in store for basketball hungry Sacramento fans in the month of December.

*All the best Kings fans!
Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★*

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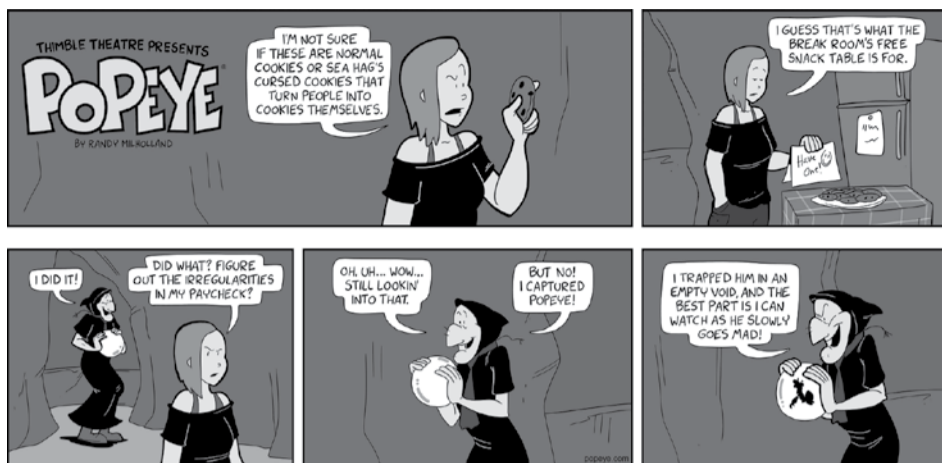
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Out on a Limb

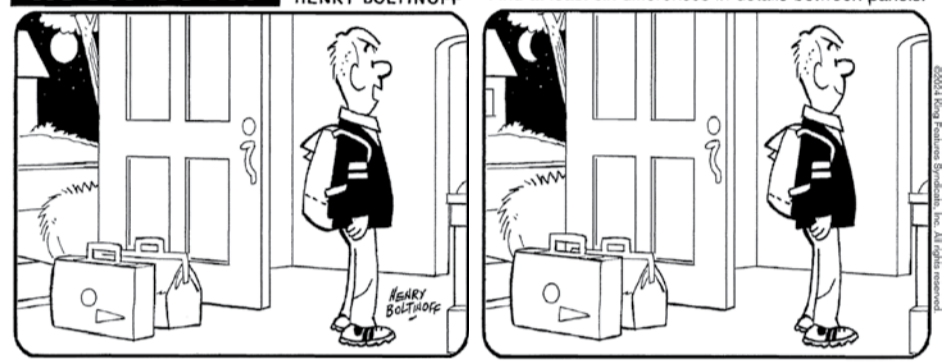
by Gary Kopervas



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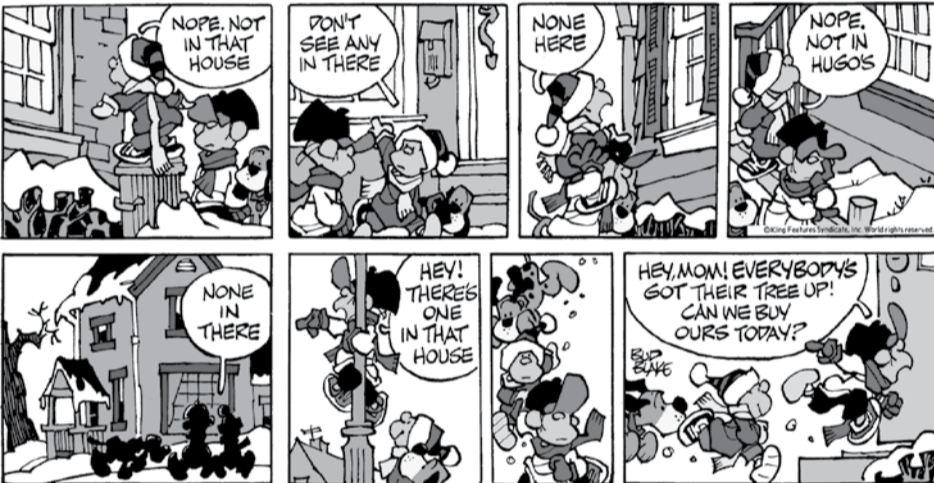
BY HENRY BOLTINOFF

Find at least six differences in details between panels.



TIGER

by BUD BLAKE



GRIN THE BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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CLUES

- ACROSS**
- Unit of electrical capacity
 - *Buche de Noël, e.g.
 - What influencers do?
 - Yemen's neighbor
 - Another word for Tokyo
 - Singer Ross of "Where Did Our Love Go" fame
 - Laundry room fire hazard, pl.
 - Much of it about nothing?
 - Furnish with a fund
 - *"A Bad Moms Christmas" actress Bell
 - *Tiny Tim creator
 - Tibetan ox
 - Khrushchev's domain
 - *Goo on real Christmas tree
 - Sketch
 - *Poinsettia's motherland
 - "_____ Good Men", movie
 - Brussels' org.
 - Plant fungus
 - Reluctant
 - Klutzy
 - *"It's beginning to look _____ like..."
 - Domains
 - Bog down
 - Oxen connector
 - Under epidermis
 - Mums' mums
 - Over, poetically
 - Alleviate
 - Mahal
 - *Tanne in "O Tannenbaum" (2 words)
 - "It is feliz to Feliciano
 - Radiohost: "Hello, you're _____"
 - Knot-tying vow (2 words)
 - Dispatch boat
 - Carthage's ancient neighbor
 - "Egg _____"
 - Oil lamp dweller
 - Fishing poles
 - Bigheadedness
 - Painter Degas
- DOWN**
- Lore people
 - Mideast ruler
 - Hindu princess
 - Jittery
 - Farthest from point of origin
 - Ground beef description
 - Like Lemmon and Mat-thau together
 - Merchandise
 - Swim's alternative
 - Dwyane, once of Miami Heat
 - Any day now, to Shakespeare
 - Swerves
 - King's order
 - Increasing
 - Philosophy ending
 - Undo, as in strings
 - Green side
 - Before, in the olden days
 - J.M. Barrie's Pan
 - "Howdy, _____!"
 - Internal picture

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WE SUPPORT FIRST RESPONDERS



Women's Empowerment to Hold Annual Holiday Drive

Kristin Thebaud Communications News Release

SACRAMENTO, CA (MPG) - Local residents can spread holiday cheer to Sacramento women and children who have experienced homelessness by contributing to Women's Empowerment's annual Holiday Drive.

The nonprofit is seeking fully assembled gift bags that include a \$25 Target and Walmart gift card, winter hat, socks and holiday candy. Assembled gift bags are needed for all ages from infant to adult. For those who prefer to make a financial donation, the average cost of a gift bag is \$40, but any amount is helpful. Items also can be purchased individually through the group's Amazon Wishlist at www.womens-empowerment.org. Items are needed at Women's Empowerment, 1590 North A St. in Sacramento, by Dec. 11.

"These gift bags provide warm and celebratory items for the women and children in our programs during the holiday season, but they also demonstrate that they have a community of love and support encouraging them as they work to break the generational cycle of homelessness," said Lisa Culp, executive director of Women's Empowerment.

Items will be distributed to families at Women's Empowerment's upcoming Holiday Craft Party in mid-December where women and children will create gifts for



A Women's Empowerment graduate makes holiday gifts with her grandson at the annual Holiday Craft Party where they also received gifts from the group's annual holiday drive. Women's Empowerment is seeking items for its 2024 Holiday Drive. Photo courtesy of Kristin Thebaud Communications

family and friends. At the event, mothers also will have the opportunity to choose gifts for their children, thanks to a toy drive held by California State Assemblymember Kevin McCarty, District 6.

Women's Empowerment provides a two-month employment-readiness and empowerment program, paid job training, childcare and support services so women and their children can break the generational cycle of homelessness. Women's Empowerment offers the most comprehensive

job-readiness program in the Sacramento area designed specifically for women experiencing homelessness and their children.

In 2023, 165 jobs were secured by graduates, and 189 women either secured or maintained housing. Since 2001, 1,903 women have graduated from Women's Empowerment with their 4,000 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit Womens-Empowerment.org. ★

Initial State Water Project Allocation Announced

California Department of Water Resources News Release

SACRAMENTO, CA (MPG) - On Dec. 2, the Department of Water Resources (DWR) announced an initial State Water Project (SWP) allocation forecast of five percent of requested supplies for 2025.

The State Water Project provides water to 29 public water agencies that serve 27-million Californians.

The December initial water supply forecast is the first allocation of the new water year and is based on current reservoir storage and conservative assumptions for precipitation to come. For comparison, the initial allocation for Water Year 2024 was 10 percent of requested supplies and it eventually increased to 40 percent by the end of the season.

The initial allocation forecast announced Dec. 2 does not take into account the series of strong storms that brought precipitation to above average across Northern California in the last two weeks of November. These storms will be taken into account, along with other variables, for future allocation updates. Prior to these storms, the start of the water year had been dry and warm.

"Based on long-range forecasts and the possibility of a La Niña year, the State Water Project is planning for a dry 2025 punctuated by extreme storms like we've seen in late November," said the Department of Water Resources Director Karla Nemeth. "We need to prepare for any scenario, and this early in the season, we need to take a conservative approach to managing our water supply. Our wettest months of the season are still to come."

"What we do know is that we started the water year following record heat this summer and in early October that parched the landscape. We must account for dry soils in our State Water Project allocation

planning and our runoff forecasts for the spring," Nemeth said.

Soil moisture is critical to the success of California's water years. If the soil is too dry, snowpack runoff in the spring will absorb into the ground instead of providing water supply to the state's reservoirs. The ability to incorporate soil moisture into runoff forecasts is one of many recent improvements for State Water Project operations. Investments in Forecast Informed Reservoir Operations (FIRO) and improved data collection through the Department of Water Resources' \$7-million California Stream Gage Improvement Program will also help the Department of Water Resources and other agencies to incorporate the best available science and data into water management decisions.

Also new this season, the State Water Project has revised its operating permit to allow for new tools and resources to better manage the water supply for endangered fish species and millions of Californians. Earlier this month, the State Water Project received a new Incidental Take Permit from the California Department of Fish & Wildlife that covers five species protected under the California Endangered Species Act: Delta smelt, longfin smelt, white sturgeon, winter-run Chinook salmon and spring-run Chinook salmon. The new permit went into effect on Nov. 4.

Each year, the Department of Water Resources provides the initial State Water Project allocation based on available water storage, projected water supply and water demands. Allocations are updated monthly as snowpack, rainfall and runoff information is assessed, with a final allocation typically determined in May or June. As the winter progresses, if California sees an increase in rain and snowfall, the allocation forecast might increase.

Historical data on State Water Project allocations is available at water.ca.gov. ★

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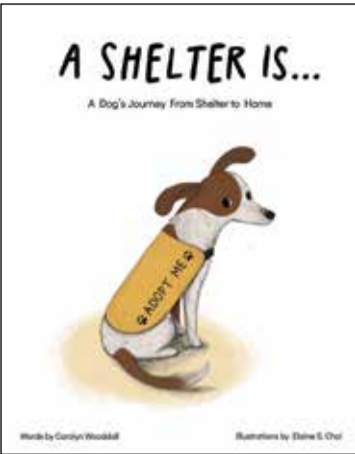


Photo of the book's illustrator, Elanie S. Choi.

iPub Cloud International News Release

SACRAMENTO, CA (MPG) - A new children's book series is empowering young animal allies nationwide. In

2024, approximately 6.3 million companion animals found themselves in shelters across the United States. iPub Cloud International is thrilled to introduce an extraordinary new children's book that shines a light on this urgent issue. "A Shelter Is... A Dog's Journey from Shelter to Home," the debut picture book by Carolyn Wooddall and beautifully illustrated by Elaine S. Choi, captures the hopes, resilience, and love that define the shelter experience.

With its heartfelt storytelling and vibrant artwork, this inspiring book empowers young readers to connect with the cause and take action to support their local animal shelters.

The author aims to enlighten and motivate children through her Animal Ally book series. The first book, "A Shelter Is..." tells the touching story of a hopeful dog in a shelter navigating its path to finding a forever home. Through simple storytelling and vivid illustrations, the book highlights shelters' essential roles in nurturing and rehoming pets. "A Shelter Is..." not only aims to



Photo of the book's author, Carolyn Wooddall. Right Cover artwork on display for "A Shelter Is..." Photos courtesy of Carolyn Wooddall

educate young minds about animal shelters but also encourages our youth to actively participate in creating happier endings for all animals in need.

A beautifully illustrated piece showcasing the invaluable resource our local shelters play in our communities. A perfect introduction for children to

learn about the lifesaving work of dedicated staff and bringing families and pets in need of homes together!" Explained Meghan Ramezyk, Animal Services Manager for the Lodi City animal shelter.

The author's deep passion for animal welfare shines through in her writing. "My goal with this

book is to educate readers about the powerful impact of animal shelters and their remarkable work," she said. "I also want to empower kids to understand how they can get involved and make a difference in the lives of shelter

animals in their communities."

Community Impact:

Key Statistics (Source: www.ShelterAnimalsCount.com):

Approximately 3.2 million sheltered animals are cats, while 3.1 million are dogs. Around 50% of U.S. shelters maintain no-kill policies. An estimated 4.1 million shelter animals find homes each year.

Proceeds from the Animal Ally series will benefit Hard Luck Animal Welfare Advocates, a nonprofit that the author and her husband started in 2023 to help shelter animals who are down on their luck, as well as other animal shelters, supporting medical care and adoption efforts for animals in need. This initiative reflects a significant opportunity for communities to rally together for a compassionate cause, ensuring more animals like the one in Wooddall's book find their happily ever after.

The author resides in Sacramento with her family and their four shelter pups.

Her debut picture book is perfect for young animal lovers, and anyone interested in positively impacting animals' lives. It is a compelling reminder that while shelters are essential, the ultimate goal is to turn them into temporary stops on the way to loving homes.

For more information on how to support or to order a copy of "A Shelter Is..." visit www.ipub-globalconnection.com. For more information about how kids can get involved with their local animal shelters and become Animal Allies, visit www.animalally-books.com. ★

KP International MARKET

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 7 Days: 8am - 9pm
Food Court: 7 Days: 11am - 3:30pm
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) 8AM-4PM
Christmas (12/25) 8AM-4PM
New Years (1/2) 8AM-4PM
KP Employee Party 12/11 Wed
Store Closes at 7pm

FROZEN & FISH DEPT

<p>Frozen Sardines 5 lbs REG. 16.99/EA \$8.99/ea</p>	<p>Kimchi Shrimp Bulgogi</p>	<p>Fried Rice 3 kinds 540 g REG. 9.99/EA \$6.99/ea</p>
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WEEKLY MEAT SPECIALS

<p>Beef Rump/Bottom Round Roast - Bnls \$4.59/lb</p>	<p>Beef T-Bone Steak \$4.99/lb</p>	<p>Boneless/Skinless Chicken Breasts \$1.99/lb</p>
<p>Pork Cusion Meat - Boneless \$2.79/lb</p>	<p>Pork Loin Chops Bone In \$2.29/lb</p>	<p>Pork Baby Back Ribs \$3.99/lb</p>

WEEKLY HALAL SPECIALS

<p>Boneless/Skinless Chicken Breasts \$2.19/lb</p>	<p>Australian Lamb Chop Bone In \$2.99/lb</p>	<p>Beef Rump/Bottom Round Roast - Bnls \$4.59/lb</p>
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FRESH PRODUCE

<p>Bartlett Pear \$1.29/lb</p>	<p>Yukon Potato 89¢/lb</p>	<p>Mini King Oyster Mushroom 250 g \$2.99ea</p>	<p>Russet Potato 10 lbs \$2.99bag</p>
<p>Seafood Mushroom 150 g 89¢</p>	<p>Yali Pear \$1.19/lb</p>	<p>Pomegranate 99¢/lb</p>	<p>Butternut Squash 2lbs for \$1</p>

AMERICAN/HISPANIC GROCERY

<p>Zulka Pure Cane Sugar 4 lbs \$4.69ea</p>	<p>QUAKER OATS \$4.99ea</p>	<p>Charmin Mega Bath Tissues 6 rolls \$6.49ea</p>	<p>Gold Medal All Purpose Flour 5 lbs \$3.99ea</p>
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ASIAN GROCERY

<p>Excellent Canton 16 oz \$3.99ea</p>	<p>Hawaiian Luau BBQ Rings 4 oz \$1.99ea</p>	<p>Chocola Nam de Coco in Syrup 500 g \$1.99ea</p>	<p>SPAM Spum Locino Flavor 12 oz \$4.99ea</p>
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EUROPEAN GROCERY

<p>Ruber Rose Water Food Grade 15 Ltr \$3.99ea</p>	<p>Sofal Special Blend Tea w/ Earl Grey 100 v/b \$11.99ea</p>	<p>Sofal Pickled Cucumbers in Brine 15.3 Ltr \$3.29ea</p>	<p>Sesame Snack 100 gr \$1.49ea</p>
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KOREAN/JAPANESE GROCERY

<p>Short Grain Rice Koshihikari 44 lbs \$7.99ea</p>	<p>Huete Mix Jelly 320 g \$3.99ea</p>	<p>Red Pepper Powder 1 kg \$9.99ea</p>	<p>Sea Salt for Kimchi 2.5 kg \$10.99ea</p>
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HOUSEWARES

<p>BIGEN SPEEDY HAIR COLOR (REFILL ONLY) ELECTRIC 88Q GRILL \$39.99ea</p>	<p>WOODAMODA SHAMPOO 300 G \$2.99ea</p>
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FROZEN & FISH DEPT

<p>Japanese Family Cake 16 pcs \$3.99ea</p>	<p>European Deli Columbus Roast Beef \$13.19ea</p>
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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 DECEMBER 04 - DECEMBER 10, 2024.

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