



**Bloodmobile
Helps Save Lives**

PAGE 12

**Santa Kicks Off
Season of Giving
with Charitable
Vending Machines**

PAGE 2



Citrus Heights Messenger

VOLUME 14 • ISSUE 49 *Serving the City of Citrus Heights & Sacramento County* DECEMBER 6, 2024

**SEE
INSIDE**

**SNOW MUCH
JOY PAINTING**



PAGE 3

**SacRT's
HOLIDAY BUS
RETURNS**



PAGE 7

**EX-POW
REMEMBERS
A CENTURY**



PAGE 8

MS Marathon Successful



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

**Story and photos
by Ornella 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



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

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

Continued on page 12

Sales of Intoxicating Hemp Products Prohibited

**Sacramento County
News Release**

SACRAMENTO COUNTY, CA (MPG) - On Oct. 22, The Sacramento County Board of Supervisors unanimously adopted an ordinance that will prohibit sales of certain products containing intoxicating cannabinoids derived from hemp.

The ordinance applies to businesses in the unincorporated county and became effective Nov. 21.

"Our primary concern is the safety and well-being of our community, particularly our children and adolescents," said District 3 Supervisor Rich Desmond. "By prohibiting the sale of these intoxicating hemp products, we are taking a proactive step to eliminate the risks associated with unregulated substances that can lead to health emergencies."

"This ordinance reinforces our commitment to protecting public health and ensuring responsible business practices in Sacramento County," Supervisor Desmond added.

Due to loopholes in the Farm Bill of 2018 and Assembly Bill 45, unregulated products containing intoxicating cannabinoids have been sold in locations such as smoke shops, gas stations and convenience stores.

Because people of any age could purchase those unregulated products, there was a subsequent rise in emergency room visits and hospitalizations due to ingestion and adverse events, particularly in young children and adolescents.

The amended ordinance of the code (Sacramento County Code Chapter 4.54 and adding sections 4.54.500 through 4.54.560) will prohibit sales of chemically or synthetically altered industrial hemp products with a concentration of higher than .3% of THC.

The ordinance will institute administrative penalties for businesses conducting these sales and allow for suspension or revocation of the business license, should the retailer not comply with the ordinance. Administrative penalties include: \$2,500 for the first violation; \$5,000 for the second violation within one year of the first violation; and \$10,000 for each

Continued on page 8

Marathoners Hitting the Road

**Story and photo
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" 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



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

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 p.m. For full street closure details, visit runsa.org/california-international-marathon/course-information/. ★



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

PRESORTED STD.
US POSTAGE
PAID

PERMIT 350
Carmichael, CA

OR CURRENT
POSTAL CUSTOMER

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.givingmachinesgreatersacramento.org. ★

KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000

Market - 7 Days 9am - 9pm
 Food Court - 7 Days 11am - 2:30pm
 Korean/Mex/Viet - 30pm last call
 Chinese/Japanese - 7:00pm last call

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

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

FRESH PRODUCE

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

AMERICAN/HISPANIC GROCERY

Zulka Pure Cane Sugar 4 lbs \$4.69	Quaker Oats 1 Minute Oats & Old Fashioned 42 oz \$4.99	Charmin Mega Bath Tissues 6 rolls \$6.49	Yezochin Pineapple & Guava Drink 12 Ltr 2 for \$0.99	Gold Medal All Purpose Flour 5 lbs \$3.99
------------------------------------	--	--	--	---

ASIAN GROCERY

Excellent Canton 16 oz \$3.99	Hawaiian Lunch Sides 4 oz \$1.99	Chewy Nuts de Coco in Syrup 500g \$1.99	SPAM \$4.99	SPAM \$4.99	SPAM \$4.99	Taste Nirvana Thai Tea Drink 16.2 Ltr \$2.99	Taste Nirvana Thai Tea Drink 16.2 Ltr \$6.99
-------------------------------	----------------------------------	---	-------------	-------------	-------------	--	--

EUROPEAN GROCERY

Riber Rose Water Food Grade 16 Ltr \$3.99	Sofal Special Blend Tea w/ Earl Grey 100 1/2 lb \$11.99	Sofal Pickled Cucumbers in Brine 15.3 Ltr \$3.29	Sesame Snack 100 gr \$1.49	Soya Sweet Corn Sticks 450 gr \$4.99
---	---	--	----------------------------	--------------------------------------

KOREAN/JAPANESE GROCERY

Short Grain Rice 44 lbs \$7.99	Huigo Miso Jelly 320g \$7.99	Red Pepper Powder 1 lb \$9.99	Sea Salt Sea Kaniachi 2.5 kg \$10.99	OH! Tost Choco Cake 12 x 30g \$7.99	Q! Food Lunch Meat 340g \$2.49	
Garlic Chips 25g 99¢	Soy Canned Tuna 4 x 150g \$7.99	Korea Dolsot Seasoned Seaweed 12x4g \$3.99	IBD Ramen 4 x 125g \$1.49	Kadoya Roasted Sesame Oil 22 oz \$9.99	House Foods Wauash 2.8 oz \$2.99	Shirokita Mayonnaise 500g \$2.99

HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99	KAZEN WOK PAN 30 CM \$14.99	ELECTRIC BBQ GRILL \$39.99	ELECTRIC RICE COOKER \$14.99	ELECTRIC RICE COOKER \$15.49	ELECTRIC RICE COOKER \$15.99
--	-----------------------------	----------------------------	------------------------------	------------------------------	------------------------------

FROZEN & FISH DEPT

Frozen Sardines 5 lbs \$8.99	Kimchi \$4.99	Fried Rice 3 kinds 540g \$6.99
Shrimp \$4.99	Bulgogi \$4.99	

WEEKLY MEAT SPECIALS

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

WEEKLY HALAL SPECIALS

Boneless/Skinless Chicken Breasts \$2.19	Australian Lamb Chop Bone In \$2.99	Beef Rump/Bottom Round Roast - Bnls \$4.59
--	-------------------------------------	--

FROZEN & FISH DEPT

Japanese Family Cake 16 pcs \$3.99	Columbus Roast Beef \$13.19	Green Olives Stuffed w/ Feta \$8.09	Columbus Pastarmali \$12.09	Green Cracked Olives \$4.59
------------------------------------	-----------------------------	-------------------------------------	-----------------------------	-----------------------------

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.

Snow Much Joy Painting

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Frosty the Snowman might be a “fairy tale” they say, but if you pick up an artist’s brush and paint him onto an 11x14 blank canvas, he might magically come to life, just in time for you to take him home.

That’s the idea behind “Snow Much Joy,” a fun paint party hosted by local artist Tonya Gonzales from 10 a.m. to noon Tuesday, Dec. 10 at the Citrus Heights Café and Grill, 6215 Sunrise Blvd., Citrus Heights where first-time, watercolor artists can get into the holiday spirit. Painted “with a corncob pipe and a button nose and two eyes made out of coal,” you too might begin to dance around like Frosty once your own snowman is done.

This is the third painting party that Gonzales has hosted in the open banquet seating area of the Citrus Heights Café and Grill. Her first was in early October where painters created “Harvest Blue” pumpkins. She’s hoping to continue to build on that success, attracting both new and returning registrants.

Seating for the December painting party is limited to 20. Participants are seated along both sides of a long table that is designed to encourage active conversation, Gonzales said.

Typically, the open banquet area of the Citrus Heights Café is set aside for community group meetings.

Small pots of colorful watercolor paints and a blank canvas are placed before the artists so they are quickly able to begin.

While the colorful design of the snowman is suggested in a sample painting, each artist is generally free to interpret the project in their own distinctive way, Gonzales said.

“I love to see what they create,” Gonzales said. “There’s plenty of conversation and collaboration taking place. Along



In early October, painters created their own “Harvest Blue” pumpkins. Photo by Tonya Gonzales



Tonya Gonzales, a fitness and health and wellness coach now in her 60s, continues to follow her passion as a painter. Photo courtesy of Tonya Gonzales



Participants are seated along both sides of a long table, which is designed to encourage active conversation. Photo by Tonya Gonzales



First-time watercolor artists can get into the holiday spirit at “Snow Much Joy.” Photo courtesy of Tonya Gonzales

the way, they form new friendships and share ideas.”

Complimentary coffee and tea are provided.

Gonzales, a fitness and health and wellness coach now in her 60s, continues to follow her passion as a painter and is taking art classes at Sierra College.

She provides easy to follow step-by-step instructions to each painter when they check in at a registration table. Individual sequenced steps describe how to paint a background, blend colors and add details.

“The party’s theme, “So Much

Joy,” provides an opportunity for people this holiday season to come together, be creative and just have fun,” Gonzales said.

No previous artistic experience is necessary, “just bring your enthusiasm, creativity and imagination,” she said.

Take a moment and catch Frosty while you can. Participants are urged to pre-pay Gonzales in advance through a Venmo account. Call Gonzales at 530-613-9007 or email theassybrush@gmail.com to RSVP. ★

Rotary Club Donates Hundreds of Shoes to Local Schools

Rotary Club of Citrus Heights News Release

CITRUS HEIGHTS, CA (MPG) - Prior to Thanksgiving, the Rotary Club of Citrus Heights completed delivery of a total of 677 pairs of new shoes to 11 San Juan Unified School District’s elementary, middle and high schools and the Sayonara Center in Citrus Heights.

This marks the sixth year of the Rotary Club’s signature project. During that time, the Rotary Club has donated 2,812 pairs of shoes to support students in need of new footwear. Staff of the schools are then responsible for identifying the student recipients. In the early years of this project, the club furnished each school with Brannock devices, enabling the staff to accurately measure the students’ foot sizes.

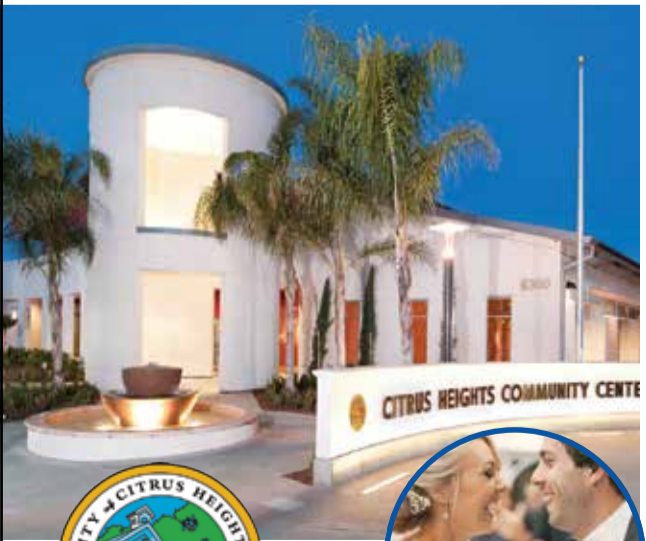
The club’s fundraising efforts in the community coupled with grant support from

Rotary Foundation District Grants contribute to the year-to-year successes of this project with expenditures to date of \$54,044. The schools were also provided with Citrus Heights Rotary Foundation’s Mini-Grant Forms whereby the schools can apply for grants of up to \$250 for other necessities such as socks, leggings, undergarments, clothing, additional shoes, and other items needed for student well-being and comfort.

In addition, the club has donated hard-bound dictionaries to more than five hundred third-grade students in elementary schools in Citrus Heights. This literacy effort has been in place going on for 16 years.

The Rotary Club of Citrus Heights has been active for more than 60 years providing “Service above Self” throughout the community. The club typically meets at noon on the second and fourth Wednesdays of the month at R Vida Cantina on Sunrise Boulevard. Visitors are always welcome. ★

HOST YOUR EVENT WITH US.



Our elegant facility is an inviting atmosphere for your special event.

Contact us at:
916-727-5400
or visit:
citrusheights.net



Citrus Heights Community Center
6300 Fountain Square Drive
Citrus Heights, CA 95621



Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

Annual Sacramento Holiday Tradition

KITCHEN MART HOME FOR THE HOLIDAYS

DECEMBER 14 | 3PM

HEADLINER Heidi Moss Erickson

SACRAMENTO MEMORIAL AUDITORIUM

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

and the Grinch Puppets!

48 YEARS OF KITCHEN MART

KITCHEN MART

SAFE CU PAC BOX OFFICE | 916.808.5181
or TICKETMASTER.com

Donald Kendrick, Conductor

MESSIAH SING-ALONG

Thursday, December 26 at 2:00 pm

Ryan Enright, Organist

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

First United Methodist Church
2100 J Street, Sacramento

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. ★

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 gentry” — 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 regained 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. ★

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.saccounty.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 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.

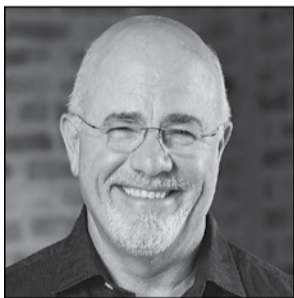
How to Obtain Information About Your Tax Bill

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. ★



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. ★

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

MPG 916-773-1111

All Legal Ads Published by Messenger Publishing Group



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.

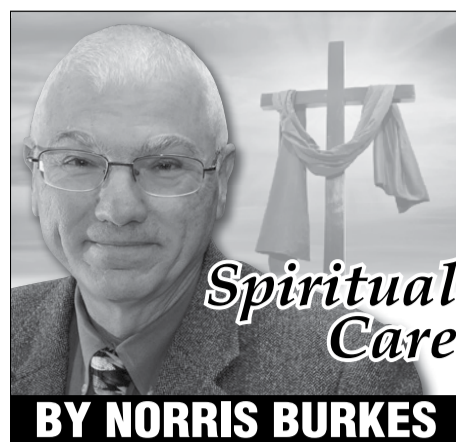
Since your first husband is still living, it is likely that your best financial option is to claim a surviving ex-spouse benefit from your deceased 2nd husband. The reason is that survivor benefits from husband #2 are based on his actual benefit at his death, whereas benefits from a living ex-spouse (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. ★

Fishy Story Suggests Catastrophic Ending



BY NORRIS BURKES

If you've been watching the news, then you know that the world is going to end soon.

No, I'm not talking about the recent election. I'm referring to the elusive deep-water oarfish.

Superstitious sailors have long considered the spotting of this rare fish a harbinger of bad news. And this past week, on the shores of Encinitas, California, it's been spotted again. This makes three times this year in California and only 22 times in the past century.

Japanese mythology recounts the doom fish as a precursor to earthquakes and tsunamis. More than a dozen were found on Japan's coastline just before Japan's 2011 Tōhoku earthquake and tsunami, their largest recorded earthquake.

These kind of scary indicators aren't new. Televangelists have been capitalizing on them for years as they expounded on their version of catastrophic and world-ending predictions.

If you were born before 1960, you'll likely remember that Hal Lindsey co-authored a 1970 best seller with Carole C. Carlson titled "The Late, Great Planet Earth."

Some of us just laughed at him, while others tried to ignore him.

However, when the Yom Kippur War of 1973 sent gas prices soaring, we wondered if the Lindsey scenario was creeping into the nonfiction section. Many began taking Lindsey so seriously that they ran scared into the baptismal waters.

Had we been a little smarter, I'm wondering if we might have seen how religious

history was on a repeating track with Lindsey's approach. He was using the scare-the-hell-out-of-you technique used by centuries of religious thought.

It's a thought expressed on the old bumper sticker: "The good news is, Jesus is coming back. The bad news is, He's ticked." (OK, the sticker doesn't say "ticked" but this is a family newspaper.)

The real problem with Lindsey and people like him is that they characterize the Christian faith as a war between good and evil. Indeed, they demand that the faithful make a choice between spending eternity in a bottomless pit of eternal fire or going to church three times a week.

The fault in this thinking is that it forces faith into an all-or-nothing proposition. Faith isn't that way at all. Real faith is relationship-based, not fear-based.

Faith is more like this: When I met my wife at a Southern Baptist Conference Center, I didn't introduce myself by saying, "Marry me or you'll burn." If I had, she might have hit me with a flame thrower.

God doesn't use that approach either. He doesn't need to scare us into loving him. That's because God is not trying to save us from this world. After all, he created this world for us.

Jesus made the same point quite well, saying, "God didn't go to all the trouble of sending his son merely to point an accusing finger, telling the world how bad it was. He came to help" (John 3:17, The Message Paraphrase).

God is all about helping us make it through our times of hurt and pain. He's not about inventing painful situations just so he can play the superhero.

I suppose there'll always be fortunes to be made by capitalizing on demise, death and destruction, but I will continue to place my faith in my relationship with our creator.

The Lindsey star eventually faded. The counterculture of the 1960s never became the main culture, and Lindsey's predictions crumbled with the Berlin Wall.

These days, Lindsey is 94 years old, living in Tulsa, Oklahoma. He's still doing video, but now he's predicting the final jihad that will come any day now. Same scared-as-hell program, just a different station. ★

WE SUPPORT FIRST RESPONDERS

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

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

SERVICE SCHEDULES

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

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

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

Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

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

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

Subscriptions should be mailed to:
Citrus Heights Messenger,
 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608.
 Subscription rate is \$52 per year in Citrus Heights.
 \$72 within Sacramento County.
Citrus Heights Messenger is published weekly.
 Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

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

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

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

Did I Really Say That?

Dr. James L. Snyder

I was working on my computer when The Gracious Mistress of the Parsonage walked in and said, "Are you ready to go?" She caught me by surprise.

I looked up from my computer and, staring at her, said, "What are you talking about?"

"You remember what you said this morning? That we can go to to get our blood drawn for the doctor?"

I looked at her, not knowing what she was talking about, and said, "What doctor are you talking about?"

"Don't tell me you don't remember me telling you about our appointment this afternoon?"

Not knowing what else to do, I got up, followed her out to the car, and we went to have our blood drawn.

When I'm doing some work on my computer, I can hear what's going on around me, but I don't understand, and I'm not really listening to it. I'm afraid I say "yes," not knowing what I am "yessing" to. That can get me into a lot of trouble. Believe me it has.

The Gracious Mistress

of the Parsonage recently approached me while I was working and said, "I'll take that \$50 you promised me to get groceries."

I looked at her and said, "I don't know what you're talking about."

"You know, I ask you this morning if you could give me \$50 to get groceries this afternoon. You said you would."

I pulled out my wallet; all I had was \$50. I handed it to her, and then I thought about it. Is it a coincidence that she asked for \$50, and all I had in my wallet was \$50? Did she really ask me that morning for \$50?

If I only paid attention, maybe I could figure some of these things out. I don't remember telling her that I would give her \$50 for groceries, but after all, I am not going to infer to her that she is lying to me.

While she was going to get the groceries, I pondered this subject for a while. Then, I had a wonderful thought that maybe I could get even with her. I thought about it, put it together very nicely, and was ready to put it together when she walked in.

She came home from shopping and put the bags

on the table, so I went to the kitchen, looked at her, and said, "Can I have the Apple Fritter that you promised me now?" I was laughing on the inside and trying to keep it from coming to the outside. There was no way she was going to get out of this one.

Looking at me seriously, she said, "Oh, my dear. I got that Apple Fritter, and it smelled so good that I'm afraid I ate it on the way home."

Thinking about this I was reminded of a special verse of scripture. My spiritual life is based on my hearing the "word of God."

"So then faith cometh by hearing, and hearing by the word of God," Romans 10:17.

I can read the Bible but not really hear what God is saying to me. If I don't hear what God is saying how can I live a life that is pleasing unto the Lord. Daily I need to so surrender to God's word that I understand what He really wants of me.

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

WE SUPPORT FIRST RESPONDERS

AMERICAN LEGION
POST 637 - CITRUS HEIGHTS, CA

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

We look forward to serving you.

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. ★

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

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
 TBConsulting 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 Sijd Consulting Services LLC, 1700 Dornie Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Yassin Sijd 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-entitled matter appear before this court on March 13, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Date: 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 Ataei has filed a petition with this court for a decree changing the name(s) of Heshmat Ataei to Danny Ataei. 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 and file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under

section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Kerry L. Krueger, Kroloff, Belcher, Smart, Perry & Christopherson, 7540 Shoreline Drive, Stockton, CA 95219; (209) 478-2000
 Publish: Nov 22, 29, Dec 6, 2024
MINER 12-6-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2021-08580

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Friendly Talk Therapy, 225 30th Street, Suite 311, Sacramento, CA 95816. Peter-Nam Hoang Dinh, 5412 V Street, Sacramento, CA 95817. The Fictitious Business Name Statement was filed on 9/27/2021 in the County of Sacramento. Filed with the clerk of Sacramento County: 11/01/2024.
 Publish: Nov 15, 22, 29, Dec 6, 2024
TALK 12-6-24



Ex-POW Remembers a Century

By Susan Maxwell Skinner

SACRAMENTO COUNTY, CA (MPG)

- Memories accumulate for an old-timer turning 100. Some delightful, some frightful.

Delightful for Carmichael's Bill Hureaux are recollections of a rural Citrus Heights childhood. Later, the blessings of two happy marriages and five generations of offspring.

Darker insights recall wartime capture and starvation in German prison camps. Then the savage irony of being deafened by an American bomb, days before freedom.

One of few among surviving World War II veterans, Hureaux is profoundly deaf. He understands conversations through cochlear implants, aided by translations from his 93-year-old second bride, Barbara.

"She is my ears," he said.

In 1943, drafted straight out of Seventh Day Adventist School in Citrus Heights, his expectations were shiny as his U.S. Army tunic buttons.

"After uneventful years at school, it seemed something new was happening for me," Hureaux recalled. "We trained for a year. We were sent to England and I fought in Patton's Army, all across France."

Hauling a machine gun over a French field, the 20-year-old sergeant was catapulted backward by an enemy shell. Eighty years later, he marvels at fortune.

"If I'd been a second earlier, it would have killed me," he said. "When I stood up, without a scratch, buddies said my guardian angel was on guard duty."

"On Dec. 12, 1944, we were at the River Blies (on the German border)," Hureaux said. "Our crossing didn't go well and the U.S. Army retreated. I was in the front with many injured men. We didn't hear about the retreat. I was watching oncoming German lines. I turned my head and looked up a German rifle barrel. The soldier told me: 'Comrade, stand.' If I'd argued, I'd be dead. I raised my hands and did as I was told."

With scores more prisoners, the sergeant was moved across Germany by road and rail. The Prisoners of Wars (POWs) reached a Limburg prison camp five days after their capture.



Birthday boy. World War II prison camp survivor Bill Hureaux salutes his century at Northridge Country Club, Fair Oaks. Son-in-law Tony Gouveia (left), daughter Bonnie Gouveia, wife Barbara and son Rick Hureaux flank their patriarch. Photo by Susan Maxwell Skinner

"It was after the Battle of the Bulge; there were thousands of captives there," Hureaux said. "We were all freezing. They fed us a soup, just vegetable water, really. We were hungry and cold all the time. Many of us had diarrhea. There were no facilities and little water. We slept on the floor. I was better off. I had on two shirts and a sweater under my jacket, plus two pairs of socks and two sets of underwear."

"On Christmas Eve, we were bombed by the British. Windows were breaking and bricks were falling from our walls. Christmas Day came and went. We didn't sing carols. We thought we were all going to die," Hureaux added.

"The guards were not unkind," Hureaux said. "They were just old men, following orders. They encouraged me to volunteer for a work camp near Berlin. With fewer prisoners there, I was treated better. They gave us overcoats. The food wasn't good but it was better. When you're that hungry, an extra breadcrumb matters. I ran a machine that chopped wood."

"The guards often fell asleep. We'd sneak out and dig in the dirt for a couple of potatoes. We chewed them, raw," Hureaux recalled.



Drafted to the U.S. Army in 1943, teenager Bill Hureaux fought in General Patton's 3rd United States Army. Photo courtesy of the Hureaux family

Five months into his captivity, Hureaux saw Americans planes bombing the nearby city.

"We prisoners were cheering," he said. "But the final three B-17s diverted toward our buildings. Some of us ran to a fence for safety but a bomb landed 30 feet from me. The explosion blew my ears out. I couldn't hear for weeks."

In the war's final days, news of Russian Army advances swept camp.

"No one wanted to be around when they got there," Hureaux



Centenarian Bill Hureaux holds World War II decorations. A Bronze Star for Combat Service adorns his American Ex-Prisoners of War vest. Photo by Susan Maxwell Skinner

said. Guards marched hundreds of POWs west. They reached a camp near American lines on April 25.

"British, Americans, French, Russians; there were thousands of us there. Our mood was somber. We knew we were diminishing Germany's resources. There were rumors that Hitler would have us all shot," Hureaux said.

Instead, the Nazi leader killed himself on April 30. Overnight, camp guards vanished.

"On May 3rd, hundreds of American trucks and ambulances

came, draped with white flags of truce," Hureaux said. "I've never heard anything like our cheers, louder than for a home run at Yankee Stadium."

Across friendly lines, baths and new uniforms awaited.

"First, they fed us," noted the survivor. "Steak, potatoes, vegetables. My first decent meal in five months."

That liberation remains one of Hureaux's best memories. Soon after his return to California, VJ Day marked Japan's surrender.

"You couldn't move for people in downtown Sacramento," Hureaux recalled. "Both wars were over at last. Everybody was so happy."

Discharged at 21, Hureaux married his 18-year-old sweetheart, Carol. As work opportunities improved, he moved Carol and their three children all over the United States. In 1990, Hureaux retired from managing a warehouse on the Alaskan pipeline project.

By then, deafness from that errant 1945 explosion had returned and was deemed incurable. His 67-year partner, Carol, died a few years later.

The guardian angel protecting him in wartime returned in the form of Carmichael's Barbara Metzinger. The 85-year-old widow found her 91-year-old boyfriend online. Their first date was at Marie Callender's Citrus Heights.

"On Valentine's Day, he asked me to be his valentine," Barbara said. "When I said yes, he went on his knees and asked if I'd marry him. Before I agreed, I asked if he could get up from the floor."

Octogenarian and nonagenarian wed at Fair Oaks Presbyterian Church in 2015. They share seven children, plus mobs of grandchildren, great-grandchildren and great-great grandchildren. Most gathered at Northridge Country Club last weekend for Grandpa Bill's big day.

"I'd say, I have a happy life," summarized the survivor. Angel Barbara attributes Bill's longevity and their happy marriage to his "unshakable confidence in a bright future."

"I guess I'm easy to get along with," Hureaux said. "Maybe that's the secret." ★

Sales of Intoxicating Hemp Products Prohibited

Continued from page 1

additional violation within one year of the first violation.

The Business Licensing Division of the County's Department of Finance previously distributed a letter notifying select

business licensees of the proposed intoxicating hemp regulation and will perform additional outreach to the business community of the ordinance's adoption, effective date and administrative penalties. ★

WE SUPPORT FIRST RESPONDERS



COMMERCIAL & RESIDENTIAL

Heating & Cooling

Lic # 982478 Bonded & Insured

Service / Installations
Indoor Comfort
All Brands

Enrique Villarauz
FREE ESTIMATES

457 Cedar River Way
Sacramento, CA 95831

evillarauz@acpmechanical.com

Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.



Call us today at 916-773-1111



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! ★

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

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

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

A-1 AFFORDABLE ROOFING SERVICES, INC

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

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

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding

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

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

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

Patch Masters Drywall
Acoustic Removal & Drywall Textures

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

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

Rio Linda Eye Care

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

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

THE MASON MAN
LICENSE # 810329

VISUALIZE & CUSTOMIZE MASONRY / FENCING / CONCRETE

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

CASH for Diabetic Supplies

CONTACT **916 505-4673**

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

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

BRIAN OLSON
OWNER
License #982398

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

OLSON'S WOODWORK
ESTD 2005

CUSTOM CABINETS CRAFTED JUST FOR YOU!

Mr. Handyman
Home Improvement Professionals

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

SENIOR DISCOUNTS!

SMOOT LANDSCAPING LANDSCAPES & DESIGN

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

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

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

Announcement

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

Autos Wanted

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

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-855-408-6546 (Cal-SCAN)

Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llama ahora: 1-855-408-7368 (24/7) (Cal-SCAN)

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

Are You a Pro?

Get the word out!
Advertise in the Classifieds
Call 916-773-1111

Visit: **mpg8.com**

Computer Service

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

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

Cellular Plans

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

Elder Care

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

Financial

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

Hall Rentals

VFW Post 6158

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

Advertising Works!

Health/Wellness

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

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

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

Insurance/Health

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

We Support Our Military

Home Remodel

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

Need Help? Hire a Pro!

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

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

Home Repair

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

Home Warranty

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-855-411-1731 (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

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

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

YARD SERVICE

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

Lost

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

Miscellaneous

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

Miscellaneous

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

Music Lessons

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

Real Estate

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

Roofing

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

Visit: **mpg8.com** for current and back issues

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

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

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

Tree Service

BP TREE SERVICES LLC.

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising
916-773-1111

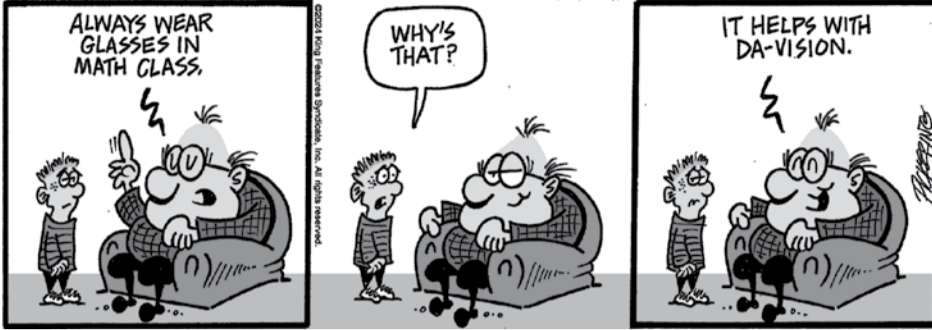
All Legal Ads Published by Messenger Publishing Group



COMICS & PUZZLES

The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



HOCUS-FOCUS

BY HENRY BOLTINOFF

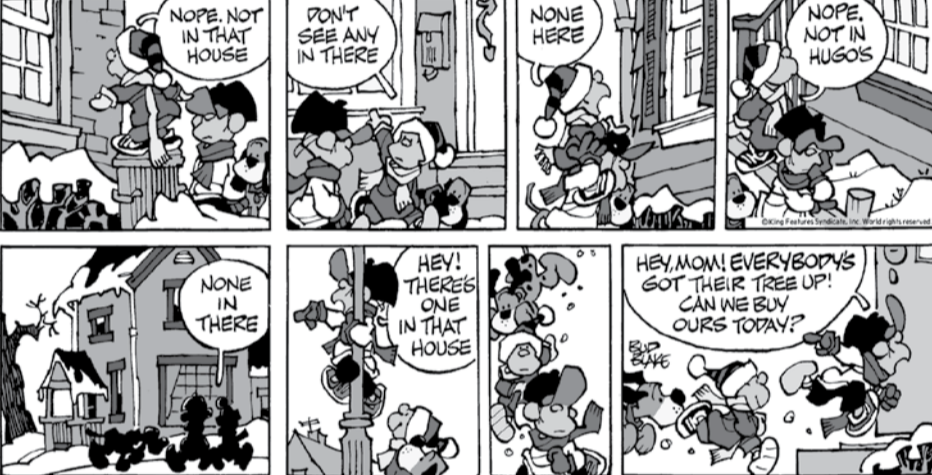
Find at least six differences in details between panels.



Differences: 1. Suitcase is larger; 2. Backpack is smaller; 3. Moon is different; 4. Window is added; 5. Mouth is closed; 6. Bush is larger.

TIGER

by BUD BLAKE



GRIN THE BEAR IT



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

STATEPOINT CROSSWORD • HAPPY HOLIDAYS

- CLUES**
- ACROSS**
- F, 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
 - Radioshow host: "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 Matthau together
 - Merchandise
 - Swim's alternative
 - Dwyane, once of Miami Heat
 - Any day now, to Shakepeare
 - 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

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12			
13						14				15						
16						17				18						
19						20				21	22					
						23				24						
25	26	27				28				29		30	31	32	33	34
35						36				37		38		39		
40										41		42		43		
44										45		46		47		
48										49		50		51		52
										53		54		55		56
57	58	59	60							61				62	63	64
65										66	67			68		
69										70				71		
72										73				74		

SWITCH & GET \$25

Off First Month of New Service!
USE PROMO CODE: G2590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

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

Classified Advertising

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

MPG

916.773.1111

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

SUDOKU

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

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

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

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

WE SUPPORT FIRST RESPONDERS

MPG

ARC Coach Named NorCal Coach of the Year



American River College Athletics News Release

SACRAMENTO, CA (MPG) - The American River College Men's Water Polo program has achieved a lot of great things throughout the 2024 season. As the program prepares to open up the 3C2A State Championships, the Beavers can add another achievement: NorCal Coach of the Year.

The Beavers men's water polo head coach, Zac Koerner, was named the 3C2A NorCal Coach of the Year after leading the Beavers to back-to-back Big 8 Conference Championships, a 2nd place finishing in the NorCal Championships, and an opportunity to compete for the 3C2A State Championship.

This is Coach Koerner's first NorCal Coach of the Year award. Congratulations Coach! ★



Beaver Head Coach, Zac Koerner, was named the 3C2A NorCal Coach of the Year. Photo by ARC Athletics

Sac Republic FC to Host Open Tryouts

Sacramento Republic Football Club News Release

SACRAMENTO, CA (MPG) - Ahead of the 2025 USL Championship season, Republic FC is hosting its annual Open Tryout, giving the region's top players a chance to impress the technical staff and earn an invitation to training camp.

The 2025 Open Tryout will take place on Saturday, Jan. 18 and Sunday, Jan. 19 at Bartholomew Sports Park in Elk Grove, and is open to players aged 18 and older. Players are encouraged to sign up early to secure their spot and take advantage of Early Bird Pricing – a \$50 discount – through December 31. At least one participant will be invited to join the club for its 2025 training camp ahead of the season.

Tryouts have been an important part of Republic FC's roster development since 2014. In total, six attendees have gone on to sign professional contracts with the club, as well as others who have earned a spot in the youth academy. In 2023,

Aldair Sanchez attended the Open Tryout and earned an invitation to training camp, where he would compete in preseason friendlies against USL Championship and MLS clubs and go on to sign his first professional contract with the Indomitable Club. He appeared in 30 appearances in his rookie season and in 2024 was one of five players to appear in every game.

Tryouts are open to eligible males, 18 years or older. Registration fees apply and are non-refundable. In addition to registration fees, each trialist is solely responsible for all accommodation bookings and costs. Players must come prepared for the tryouts with their own boots, socks, shorts, gloves, shin guards or any other equipment related to their position. Republic FC's athletic training and medical services personnel will be onsite throughout tryouts.

For more information on tryout registration and requirements, visit SacRepublicFC.com/Tryouts or e-mail Tryouts@SacRepublicFC.com. ★



Hornet Volleyball Standouts Named All-Big Sky



Hornet senior Bridgette Smith is the first four-time first team all-Big Sky selection in Hornet program history (2021-24). Photos courtesy of Sacramento State Athletics



Sacramento State senior Caitlin Volkmann has tallied double figures in kills on 24 occasions in the 2024 season, and 71 times during her career as a Hornet.



Hornet senior rightside hitter Ellie Tisko named second team all-Big Sky for the second straight season.

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Three Hornet seniors were named all-Big Sky Conference on Nov. 26, including outside hitters Bridgette Smith and Caitlin Volkmann being named to the first team, and rightside hitter Ellie Tisko named second team.

The Hornets received three all-league honors after finishing the regular season with an 18-11 overall record and 11-5 conference mark. Sacramento State finished in a tie for second place in the conference

standings and will be the No. 3 seed at the Big Sky Tournament at the Nest.

Smith was named to the first team for the fourth straight year, becoming the first player in program history to be named first team on four occasions. Counting her pandemic season of 2020 when she was named to the second team, Smith is also the first player in school history to receive all-conference accolades on five occasions.

Volkmann was named to the first team for the first time in her career, and Tisko received second team honors for the second consecutive season. ★

Sacramento State Women's Basketball Finishes Third

Sacramento State University Athletics News Release

SACRAMENTO, CA (MPG) - Senior Katie Peneueta finished with a career-high tying 20 points to go with nine rebounds while three other Hornets finished in double figures on Sunday Dec. 1, helping push the Sacramento State women's basketball team past Wagner, 73-34, to finish third at the FIU Thanksgiving Classic in Miami.

The Hornets snapped their three-game skid, improving to 5-3 overall on the year, while the Seahawks fell to 1-6 overall with the result. The 39-point victory was the largest of the year and the largest against a Division I opponent since a 48-point triumph over Portland State on Jan. 23, 2016.

Sunday's 34 points allowed are the fewest in the program's Division I history and the fewest since

defeating Concordia College, 78-29, on Nov. 22, 1990. Sacramento State limited Wagner to just 15 first-half points — the lowest scoring first half by a Hornet opponent since Northern Colorado trailed, 24-15, at the break on Jan. 6, 2007.

Overall, from the field, the Hornets stifled the Seahawks to the tune of a .245 (12-for-49) field goal percentage for the game, which is the lowest by an opponent since Pacific Union shot the same percentage on Dec. 19, 2019.

In only her second game back after missing the first six games of the season due to injury, Peneueta came off the bench to finish 7-of-10 from the field and 5-of-7 from long distance in 29 minutes, matching her career high set at Northern Arizona on Feb. 3, 2022, and tied against Montana State just over a year later on Feb. 23, 2023.

Her nine rebounds were also two shy of her career high of 11 set

against Idaho on Jan. 5, 2023.

She was followed closely by sophomore Lina Falk, who finished with 15 points on 6-of-13 from the field and added six rebounds, three assists, and three steals. Senior Jaydia Martin chipped in 12 points on 5-of-11 from the field, adding four rebounds and six assists, while freshman Sofia Alonso finished with 11 points, five rebounds, and six assists.

Freshman Brooklyn Taylor also blocked four shots on the day, the most since Summah Hanson had four against Eastern Washington on Dec. 30, 2023.

The Hornets surrendered the first basket of the game, but it was all Sacramento State from that point on, outscoring Wagner by a 21-2 count the rest of the quarter — including a 14-0 run to close the period. The run grew to 17-0 with the first three points of the second quarter as the Hornets led by as many as 27 points

in the first half en route to the 41-15 halftime advantage.

Sacramento State limited the Seahawks to four points in both the first and third quarters — tied for the fewest in a single quarter this season along with the four-point fourth quarter at Cal State Fullerton back on Nov. 14 — and tallied the fourth and fifth single-digit quarters defensively this year.

Meanwhile, the offense was clicking, finishing the day shooting 49 percent from the field overall (26-of-53) — its second-highest single-game shooting performance of the year behind only the 55 percent against Lincoln University on Nov. 10. The Hornets were also 11-of-25 (.440) from behind the arc as a team, setting season highs for both makes and percentages and the best in both categories since hitting 13-of-24 from three-point range against Idaho State at last year's Big Sky Conference Tournament.

Sacramento State opened the second half on a 9-0 run, holding Wagner to without a point for the first six minutes of the period and to without a field goal until the final 30 seconds of the period. The Hornets led by as many as 46 points with two minutes to play in the fourth quarter and led nearly the entire game save for the 15 seconds that the Seahawks went in front to start the day and the 3:55 during which the contest was tied.

Following three straight games away from home, Sacramento State returns to The Nest this coming week, hosting Kansas City to open the second-annual Big Sky-Summit Challenge on Wednesday, Dec. 4, at 6:30 p.m. The Hornets then travel to Nebraska to take on Omaha on Saturday, Dec. 7, at Noon PT prior to the start of final exams. Both games are scheduled after press time. ★

Bloodmobile Helps Save Lives

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - "Patients don't take a holiday from needing blood," according to the Vitalant website. Vitalant provides blood and special services to patients in about 900 hospitals across the U.S.

To help fill this need throughout the region, 98 Rock station deejay Joe Brazil; Kristin Conner, Vitalant's communications manager; and Audacy, Inc, a broadcasting company, have something in common. They planned for the recent 33rd annual three-day 98 Rock 'N Roll Up Your Sleeve Blood Drive for months.

Since 1992, Vitalant Blood has partnered with Sacramento's largest rock station, 98 Rock, to help ensure that patients have the blood they need throughout the holiday season.

"We are the voice for the blood drives, broadcasting actively before and during the events with a lot of giveaways to blood donors," Brazil said.

From Nov. 29 to Dec. 1, 152 individuals came out to save lives through blood donations during the blood drive at the Marketplace at Birdcage Center in Citrus Heights. Blood donations are delivered to hospitals as quickly as they are collected.

Donors arrived from throughout the Sacramento area and beyond. They waited in line on chairs next to the three bloodmobiles on Nov. 29, one bloodmobile on Nov. 30 and two bloodmobiles on Dec. 1.

Vitalant volunteers greeted donors at tables in front of the bloodmobile. Russell Muir of Carmichael, previously with Blood Source for 20 years, and Erin Baker, with Vitalant for 13 years, registered donors who had appointments as they arrived and put walk-ups on a waiting list. No one was turned away.

Donors again walked away with this year's 98 Rock Blood Drive T-shirt. As shirts are accumulated over the years, donors often turn them into a colorful quilt.

This is Brazil's second year with 98 Rock and Audacy, and he is "enthusiastic about their work in the community not only during the holiday blood drives but year-round."

Brazil said he does outreach in communities that the station reaches on the air, "all the way from close to the Bay Area, past Grass Valley and into Sacramento."

"I look forward to doing this all year. My favorite is always the community initiatives," Brazil said. "When 98 Rock and Audacy Sacramento can get behind something that positively benefits the community, that's what really stands with me and with the community. It's always a blessing and a pleasure."

According to Brazil, "the music is a great way to gain exposure" for Vitalant.

"We are super thankful for our partnership with 98Rock. It's a wonderful collaboration for an awesome cause during a holiday when these



DJ Joe Brazil from 98 Rock stands in front of the Bloodmobile. Photo by Elise Spleiss



A resident donates blood in the Bloodmobile. Photo by Elise Spleiss

blood donations are low," Connors said.

Vitalant's goal is for a four to five-day blood supply, but today, it often faces days with one to two-days' supply only. The Vitalant staff counts on community members for their generosity and

dependability.

Visit online Vitalant.org or call 877-258-4825 to make a blood donation appointment or for more information about Vitalant. ★



Above circle: Myki of Audacy, far left, stands with Vitalant volunteers Russell Muir, Isabella and Erin Baker. Above: DJ Joe Brazil speaks with a blood donor. Photo by Elise Spleiss

Lisa D. Presents
Sponsored By: City of Citrus Heights

The Purple Pageant's YOUNG TEEN SOCIETY
Dec 29th, 2024
Specializing in:
Etiquette, Life Skills, Financial Literacy
Daily Affirmations, Mannerisms & More.
Evening Classes 5pm-830pm
SIGN UP TODAY!!!
Call 916-856-4536
AGES: 8-18y/o

The Young Teen Society Orientation

Date: December 29th Time: 5:00 PM

Location: 5150 Sunrise Blvd, Suite C3, Fair Oaks, CA

The Young Teen Society is a 12-step program sponsored by the Purple Pageant and the City of Citrus Heights. This program teaches manners, etiquette, and essential life skills.

Program Highlights:

Graduation Dinner and Awards Ceremony include Limited to 20 girls per class • Age Groups: 8-12 and 13-18

Curriculum Includes:

- Building confidence and self-esteem
- Effective communication skills
- Etiquette essentials
- Personal grooming and presentation
- Social media and online etiquette
- Financial literacy
- Time management
- Leadership development
- Community outreach
- Bullying prevention
- Starting a business
- Resume writing and mock interviews
- And more!

Cost: \$200.00 per student \$50.00 deposit (nonrefundable) required to reserve your seat—due ASAP

Remaining balance of \$150.00 due on or before December 30th

How to Sign Up:
Visit purplepageant.org/blog to register!

For More Information:
Call (916) 856-4536

Note: Evening classes only!

MS Marathon Successful



The "Thursday group" was excited to continue their winning streak for a second consecutive year.

Continued from page 1

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 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 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. ★