

VOLUME **14** • ISSUE **50** Serving the City of Citrus Heights & Sacramento County

## Sue Frost Honored by Community

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TIPS FOR A HOLLY Jolly Holiday SFASON



Sue Frost walks into her surprise party at the Orangevale Community Center. Photo by Cathy Kurtz

#### By Elise Spleiss

**SACRAMENTO COUNTY, CA (MPG)** - Hundreds of well-wishers kept the secret from guest of honor Sue Frost that she was about to have an unforgettable evening on Saturday, Nov. 23.

Colleagues, family and friends from many counties were all quietly inside the Orangevale Community Center by 5 p.m., when shortly after, the door opened slowly. Frost entered Heights City Council in 2012, served as Vice-Mayor in 2014 and eventually served as Mayor in 2015. In 2017, Frost assumed the role of District 4 County Supervisor, being reelected in 2020 with her term ending Jan. 6, 2025.

The well-planned and well-executed event on every front was managed and produced by All Events Management Group, Lisa Montes. "Milestones," one of their specialties, was achieved in every way this night. the music of "Star Wars."

Words attributed to Frost by many included grace under fire, grass roots, community, authentic, determined, genuine, common sense, calm and collected, dedicated, tenacious, true to your word, principled and much, much more. One speaker recognized Frost as being best known for listening and helping people.

One description that got much applause and agreement was that Frost is the "most nonpolitical

DECEMBER 13, 2024

Child, Family and Adult Services Director Appointed



Shelby Boston has been named the new Child, Family and Adult Services director, effective Jan. 1. Photo courtesy of Sacramento County

#### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Board of Supervisors at its Dec. 3 meeting concurred with the County Executive's appointment of Shelby Boston as Child, Family and Adult Services director, effective Jan. 27.

"The County of Sacramento is truly fortunate to welcome Shelby Boston as the new director of Child, Family and Adult Services," said Chevon Kothari, Deputy County Executive for Social Services. "With her deep passion, educational foundation and wealth of expertise. Ms. Boston is not only poised to strengthen the department but also to bring meaningful, lasting change to the lives of those we serve throughout the county. Her leadership will undoubtedly inspire progress and foster a brighter future for our community." Boston has more than 25 years of experience serving social services agencies. Her experience includes financial administration, crisis management, organizational development, change management, program planning and implementation. Prior to her appointment, Boston served as the director/public guardian for Butte County's Department of Employment and Social Services since 2016, where she oversaw and managed operations for that county's largest department. Prior to that, Boston served as the assistant director for the same department where she oversaw Children, Adult Services and Public Guardian for five years. During her time in Butte County, Boston served in various positions including as a senior administrative analyst and administrative analyst position in the Children's Services Division for five years. Boston began her career with the department as a social worker in the Continued on page 7



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and photographer Cathy Kurtz took eight rapid photos before Frost realized what was happening. Her husband, Jack, made a thumbs up, happy that this secret had finally been revealed and he could relax.

Before becoming a county supervisor, Frost was elected to the Citrus The program began with a video, asking friends and colleagues to say one word about Frost and other memories. Part of the video prompted a standing ovation by the Sacramento Taxpayers Association as it began with the slow, unfolding text with the works of Frost, set to

**Annual Marathon Runs its Course** 

politician."

Others described how Frost thinks carefully about each issue, analyzing it carefully, and does research before making her decision. She also has no qualms about explaining her decision, no matter how it will be taken *Continued on page 3* 

Story and photos by Daniel Canfield

**SACRAMENTO, CA (MPG)** -An international cast of runners hit the streets of Sacramento County on Sunday, Dec. 8, for the 41st annual California International Marathon (CIM).

The 26.2-mile CIM course, which according to the official CIM program is essentially unchanged from the first running in 1983, had runners starting in the vicinity of Folsom dam and finishing at the steps of the state capital building. The course featured 17 hydration stations each with basic medical services.

The race started sharply at 7 a.m., but the day for many of the runners started much earlier as they stowed gear and boarded transport busses as early as 5 a.m. The trek took runners through the communities of Folsom,



The CIM lead runners cross Madison Avenue at approximately 7:30 am. on Sunday Dec. 8.

Citrus Heights, Fair Oaks, Carmichael and Sacramento. The course featured an elevation net loss of 366 feet, but it may not have seemed that way to the runners as they traversed the Fair Oaks Hills portion of the course.

The CIM program included a statement from Governor Newsom providing well wishes to the more than 15,000 runners competing in the CIM and the more than 4,000 volunteers needed to manage and support the marathon route and runners. *Continued on page 2* 

### www.CitrusHeightsMessenger.com

## Improvements to Sam's Club Gas Station in Review

#### By Thomas J. Sullivan

**CITRUS HEIGHTS, CA (MPG)** -The Citrus Heights Planning Department continues to take under review a construction project proposal to add two fuel bays under an enlarged overhead canopy at the Sam's Club gas station at 7147 Greenback Lane, adjacent to Fountain Square Drive.

"The project remains on hold waiting for the applicant to revise the plans to address comments by the city," said Marisa Brown, Citrus Heights communications officer.

Sam's Club, a membership warehouse club, offers members-only prices on regular, premium and diesel fuel at its Citrus Heights Fountain Square Drive club location.

Members entering from Greenback Lane turn onto Fountain Square Drive toward Citrus Heights Community Center and make a U-turn to enter the gas station.

When their fueling is complete, they exit by turning right into the main Sam's Club parking lot and then turn back toward



The City of Citrus Heights is hoping to add two fuel bays to the current Sam's Club gas station. Photo by Thomas J. Sullivan

Fountain Square Drive.

Notice of the proposed project was listed May 28 by the Planning Department on its list of active approved projects at www.citrusheights.net/292/ Current-Projects.

Original plan designs were

submitted by Kimley-Horn and Associates, of Orange, California.

The engineering, planning and design consultant proposes to enhance the existing Sam's Club fuel station by adding two fuel bays (four new pumps) and enlarging the overhead canopy. New lane striping that might ease traffic congestion for drivers waiting their turn in line to buy gas is also planned.

Other improvements would include placement of shade trees and improvements to facility lighting.

Neither a representative for Kimley-Horn and Associates nor a local Sam's Club management at the Citrus Heights Fountain Square store responded to a request for further comment about the project.

"If the applicant does not resubmit plans by January 2025, the application will be considered withdrawn due to inactivity," Brown said.

The Sam's Club fuel center in Fountain Square is open from 6 a.m. to 8 p.m. Mondays through Saturdays and 8 a.m. to 7 p.m. on Sundays.

During peak hours, lines of customers waiting to buy gas can back up toward the entrance of Citrus Heights Community Center, recently renamed as the Citrus Heights Events Center.

The additional fueling lane would ease congestion during peak sales hours and improve the overall fueling experience for customers, according to the project architect in plans presented to the Citrus Heights Planning Commission. ★

## **Annual Marathon Runs its Course**

#### Continued from page 1

CIM is just one event hosted by the nonprofit Sacramento Running Association (SRA). The association's Board of Director, President Tamara Torlakson discusses the races community impact in the official program. "Your entry fee and the generosity of sponsors helps the SRA support our community with youth running programs, including in-school fitness and after-school cross country at all Sac City elementary and middle schools, as well as elite athlete support programs, and the development and maintenance of safe running venues, such as the American River Parkway."

In terms of the regional economy, Torkalson provides these statistics, "CIM alone provides greater than \$13 million in

aPlace for Mom



The hydration station at Madison Avenue at the 8.5-mile mark of the marathon is staffed by some of the army of volunteers needed to support the race.

economic impact to the region and raises more than \$500,000 for local, regional, and national charities."

The official CIM webpage has race results posted, albeit still unofficial at press time. The results indicate that 8,356 race participants finished the 26.2-mile course and received a race time. The fastest runner completed the course in a speedy 2:07:35 and the 8,356th place runner completed the course at a bit slower pace of 6:23:54.

The top three finishers in the Mens Elite Division were Tsegay Weldlibanos 2:07:35, Cj Albertson 2:10:06 and Nick Hauger 2:11:55. The top three finishers in the Womens Elite Division were Calli Hauger-Thackery 2:24:28, Jacqueline Gaughan 2:24:40 and Stephanie Bruce 2:28:41. ★





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## Sue Frost Honored by Community

*Continued from page 1* and sticking to that decision.

Examples given were being instrumental in helping make major changes across the board and across the state to combat the negative effects that Covid was producing, such as keeping children out of school and closing down businesses.

Frost also helped save the Rancho Murietta Hotel and other small businesses by fighting county bureaucracy.

A large part of the evening was taken up by many proclamations and awards given out, along with many more stories and memories by speakers from the audience, adding their experiences and appreciation for Frost's work.

Jack Frost, thinking he would get the last word in after 12 years, realized that was yet to happen. He did thank God and all who have helped them. He also thanked Rosario Rodriquez, who owns a taqueria in Folsom, "for the wonderful dinner." Rodriguez will be installed as District 4 Supervisor, filling Frost's spot.

Jack Frost also thanked sponsors Sacramento County Probation, Sacramento Taxpayers Association, Howard Jarvis Tax Association, American Legion Post 637 and Stones Casino. The dessert was provided by the Orangevale Chamber of Commerce. Carlos Verette acted as emcee and as deejay, filling the room with music.

This evening was one to remember. A prayer was said, thanking Jack and Sue Frost for all they have accomplished in the last 12 years and hoping they find ways to continue to make a difference in the new chapter of their lives. ★



Assemblyman Josh Hoover presents Sue Frost with a plaque of recognition. Photo by Cathy Kurtz



Citrus Heights Chamber of Commerce Executive Director Sheri Merrick presents Sue Frost with a plaque of recognition. Photo by Cathy Kurtz

# Tree Lighting Brings Out Over 2,000 to Usher in the Holidays

#### By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - A brisk but comfortable, dry night met the 2,000 family members and others attending the Citrus Heights Christmas tree lighting on Dec. 5 in front of City Hall.

"Families together, the magic of Christmas, and the Christmas cheer in kids" faces" is how Chamber of Commerce Ambassador Susan Powers summed up the magic of the evening by its end.

Most of the evening had a familiar ring to it, with many traditions of the event a welcome memory, and with a few new additions.

As is tradition, the Citrus Heights Community Marching Band, led by director Kody Tickner, got the evening started with traditional Christmas favorites. Longtime Emcee Jingle Julie introduced Mayor Jayna Karpinski-Costa, who greeted attendees and introduced city council members, including Vice-Mayor MariJane Lopez-Taff and Tim Schaefer, along with City Manager Ash Feeney. Kathy Smith, the newest council member-elect replacing Bret Daniels, was also introduced.

At the magic moment, Santa Claus arrived to flick the switch to light the tree to hundreds of oohs and aahs.

A brand-new addition to the celebration this year was a delightful performance of the Lichen School Choir (kindergarten to eighthgrade) under the direction of choir teacher Theresa Ramirez.

During the entire evening, the joyful magic of Christmas was palpable



Mrs. Claus and City Manager Ash Feeney show the way to Mrs. Claus's kitchen for cookies and cocoa. Courtesy photo

inside and outside, at times finding it difficult to move. Relief came only when families began moving inside for cookies and drinks, to walk among the decorated sponsored Christmas trees and for a photo opportunity with Santa. Santa's helpers made sure each child got a furry new koala bear inside the magically transformed City Council chambers.

Besides the two dozen volunteer city staff members who spent many hours preparing and setting up for the event, employees from local businesses, members of service organizations, and other city connected individuals, the entire community came together to make the evening a virtual wonderland for families and individuals alike.

There were several sponsors of the cookies and cocoa, which were handed out in Mrs. Claus's Kitchen to hungry children and their parents by members of the neighborhood associations under the Residents' Empowerment Association of Citrus Heights (REACH).

Also, as a sponsor of the event, the Community

Emergency Response Team (CERT) was on-site in case of an emergency, providing information on their services. One new and appreciated aspect of the night was that the cookies and cocoa and other activities were moved inside.

Santa's Workshop invited volunteers to oversee fun activities for the kids, including volunteers from the new Citrus Heights Amazon Fresh, the Citrus Heights Police Activities League (PAL), Purple Pageant Queens and the Citrus Heights Chamber of Commerce. A favorite of kids of all ages was the Rotary's popcorn table. Kids were amazed that they could get free refills and kept coming back for more!

Sunrise Marketplace once again sponsored the always crowded train making its way around the parking lot all evening. The Festive Spirit Sponsor was Raising Cane's.

Many more community events and activities are being planned for 2025. Visit the Citrus Heights website at https://citrusheights.net/cityevents.



The Clean PowerCity<sup>®</sup> movement is happening. Hundreds of thousands have taken action to join the charge, drive electric, make clean power choices at home and work and save money with SMUD rebates. Together, we're creating Clean PowerCities, while we keep our promise to deliver world-class safety, reliability and some of the lowest electricity rates in California. For 99 ways to join the charge, visit **CleanPowerCity.org** today.







Will coach Brown find coal in his stocking this Christmas? It was certainly looking that way after an abysmal 4-game losing streak. After consecutive losses to the Hawks, Clippers, Nets, and Thunder, the spiraling Kings stemmed the tide with a rousing win over the Minnesota Timberwolves.

Sadly, Sacramento returned to their losing ways, with a 115-106 loss to the Trailblazers, followed up by another heart-breaking performance against the Spurs, losing 127-125.

In sore need of a win, the Kings gave Sacramento a reason for hope outperforming the Houston Rockets 120-111. The Rockets are young and talented, headed for the playoffs, and a convincing win over a talented team was just what the doctor ordered.

The Houston win seemed to do something to our hardwood gladiators, akin to a wake-up call. The following game the Kings gave one back, losing to the Grizzlies 115-110 in a game that they certainly could have won.

Demonstrating that the Houston win was no fluke, the Kings put up back-to-back wins over the San Antonio Spurs and the Utah Jazz by a combined winning margin of 71 points over the 2-game span.

In Sunday's win over the Jazz, the Kings shot the lights out, hitting a season high 22 3-pointers, while Kevin Huerter broke out of a prolonged slump, contributing 26 points in the victory. Huerter was equally good on the defensive end adding five boards, four assists, and a block in just 22 minutes of action.

The Kings shot a season best 50% from beyond the arc, and dominated both ends of the court from the jump.

Winners of three out of the last four games something appears to have changed, and the team is playing with more ferocity on defense, while finally connecting on both mid-range and 3-point shots with regularity.

Granted, the Jazz are at present not a good team, but there's no denying the Kings are beginning to look more like the team we've grown used to over the past two seasons.

So, what's changed?

Well, I can tell you from this writer's perspective, Malik Monk has added some much-needed firepower to the starting lineup, and many basketball fans are asking the question, why did it take so long for Monk to break into starting lineup.

Malik has long wanted to be a starter, and his college teammate DeAaron Fox makes it clear when asked that Malik makes the starting lineup much tougher on opposing teams.

Without question, the scoring has seen an immediate improvement, and Huerter looks more comfortable coming off the bench. Kevin is beginning to look like his old self again, and it couldn't have happened at a better time.

Strangely, Keon Ellis has suddenly found himself in coach Brown's doghouse, being summarily benched, ostensibly for a poor performance three games ago. Against the Rockets, Isaac Jones, Alex Len, Doug McDermott, and Jae McLaughlin all saw court action, but former Kings starter Keon Ellis rode the pines.

I have praised coach Brown in the past for seeing something in this former G-league player that others did not, and working with Keon over the past two years has seen incredible improvement to the point where he became a starter on the team.

Word has it that after an off night against the San Antonio Spurs in which Ellis scored eight points and grabbed just three boards, Brown was upset with his overall performance, and he sat the bench the following game in a win over the Rockets.

This is the same tactic used last season with Davion Mitchell when coach Brown suddenly benched the Kings defensive wizard for three straight games. Davion's confidence took a hit, and it showed in his eventual return to the court.

I would hate to see the same thing happen to Keon Ellis, at a time when the Kings are looking for anything positive, and in particular defensive help. There are ways to inspire better play, without punishing a player and simply relegating him to the end of the bench.

Stay tuned Kings fans, because the Sactown Ballers have just won three out of the last four, and just maybe Santa Claus is coming to town!

All the best and Merry Christmas to one and all!

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

### California Officials Plan for a Dry 2025 With Grim Water Supply Guesswork



#### By Dan Walters, CALMatters.org

Each December, there's a new version of an old guessing game about how much water will be provided to agricultural and municipal users in the year ahead.

Federal and state water agencies post initial, and usually very low, estimates based on the current condition of reservoirs, soil conditions that affect runoff, and assumptions of rain and snow during the winter and spring.

Over the next few months, the estimates are upgraded as firmer precipitation data accumulates, often — but not always — increasing.

For 2022, as drought gripped California, the state Department of Water Resources initially projected zero water deliveries, later raised them to 15% of the contracted supplies, but finally delivered just 5%.

One year later, however, the department initially promised 5%, but after a very wet winter finally delivered 100%. This year began with a 10% estimate of state water supply and ended up with 40%.

The huge swings in initial allocations and final deliveries are an obvious headache for the 29 local and regional water purveyors supplied by the state water system, serving some 29 million people. Do the public water agencies impose strict conservation on their customers in years with low initial projections, try to obtain supplemental supplies, take a chance that eventual deliveries will be higher, or all of the above? The annual game

resumed this week, when the Department of Water Resources announced an initial 2025 estimate of just 5%.

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

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

That's a fairly grim scenario that may already be outdated because it was made without counting the heavy rains and snows that hit the state in late November.

"These storms will be taken into account along with other variables for future allocation updates. Prior to these storms, the start of the water year had been dry and warm," the department said. It's also noteworthy that after the spate of storms, California's weather has returned to dry and warm.

Another factor in the guessing game is the status of reservoirs, not only the state's Lake Oroville, but the multiple storage projects managed by the federal government, such as Lake Shasta, and those owned by cities and irrigation districts.

At the moment, the state's reservoirs are generally above 100% of historic averages after a couple of relatively wet winters, which indicate that ultimate water deliveries will be higher than the low initial estimates, although how much higher is uncertain. Shasta is at 113% and Oroville at 109%.

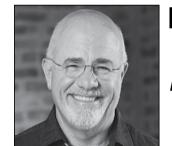
The annual guessing game would be more accurate if the state had done what it should have done decades ago — developed more storage capacity, either in reservoirs or aquifers, that could be filled in wet years and cushion the impact of drought.

A couple of storage projects are underway, Sites Reservoir on the west side of the Sacramento Valley and an enlargement of the San Luis Reservoir in the Pacheco Pass west of Merced.

Much more is needed as climate change affects the precipitation cycle.

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.

### CHP Secures Federal Grant to Enhance Older Driver Safety



### **Dave Ramsey Says**

Your Income is the Key Find a Good Money Market Account

#### California Highway Patrol News Release

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP), in partnership with the Office of Traffic Safety, announced the receipt of a \$225,000 federal grant to launch the "Keeping Everyone Safe" (KEYS) program.

This program is designed to enhance traffic education and health awareness for drivers aged 65 and older and aims to ensure older drivers remain safe, confident and informed on the road.

A vital feature of this program is the "Age Well, Drive Smart" class. This free, twohour course addresses older drivers' unique challenges, such as age-related changes, crash risk factors, safe driving strategies and Department of Motor Vehicles licensing requirements. This class also provides helpful self-assessment resources.

Classes are offered at all CHP area offices and taught by experienced CHP public information officers (PIOs), who bring the class directly to community locations for added convenience. In addition, public information officers will engage with older drivers at local events and community gatherings. "Ensuring the safety of California's older drivers is essential as they remain active on our roads. This federal grant allows us to provide targeted resources and support to help them drive confidently and safely," said CHP Commissioner Sean Duryee. "Our goal is to enhance their independence while reducing risks, making our state's roads safer for everyone."

The CHP is committed to supporting California's older drivers with the education and the resources they need to continue driving safely and confidently.

For more information on the "KEYS" program or to enroll in an upcoming "Age Well, Drive Smart" class, contact your local CHP office.

This program is funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. ★



The initial Annual Percentage Rate (APR) is currently 6.75% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for repayment period is 7.875%. The maximum APR that can apply any time during your HELOC is 15%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$200,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$300,000, have a total maximum Loan to Value (LTV) of 55% and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal or property evaluation. This cost will be disclosed in your commitment letter and paid at loan closing. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$525 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$35 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a corp of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

Dave Ramsey

Dear Dave,

I have \$100,000 in student loan debt. Since the amount is so large, is there a special place in your Baby Steps plan for it?

– Jules

Dear Jules,

I hope you have a nice, large income with which to fight that big pile of student loan debt. I've seen even worse situations, though. I've talked to people who went \$200,000 into debt for a four-year degree in a field where they'll make \$45,000. Yes, that kind of thinking and behavior is out there, and it's ridiculous.

The fact that it's a large amount of student loan debt doesn't change anything. Baby Step 2 is where you pay off all debt except for your home. So, don't let this student loan debt hang around for years and years. You've got to get focused and intense about getting control of your money. That means living on a strict, basics-only monthly budget. After that, start throwing every nickel and dime you can scrape together, and save toward paying off those student loans as fast as possible.

Your income is your largest wealth-building tool, Jules. You can't save, and plan for the future, when all your money is flying out the door to pay off debt.

– Dave

#### Find a Good Money Market Account

#### Dear Dave,

My wife and I are completely debt-free, and we're saving up for our first house. We currently have about \$140,000 in savings, and we'd like to buy a home with cash when the time is right. Where should we put our money, so it will work for us while we save more?

– Andy

#### Dear Andy,

If I were in your shoes, and maybe looking at a window of three or four years, I'd just park the cash in a good money market account. You won't make a lot off it, but your money will be safe. I mean, all you're looking for is a smart place to stash it for a little while.

When it comes to longterm investing, I'm a big fan of growth stock mutual funds. The problem with that in your situation would be the volatility of the market. By the time you've saved up more money, and spent time deciding on a house, the market may be down.

You two are in a great place financially right now. With the path you're on, just imagine how incredible it will be in a few years to have a new home and be debt-free!

– 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.



### **Social Security Matters** Was Your IRMAA Article Incorrect?



#### By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: In a recent article about Medicare's "Income-Related Monthly Adjustment Amount" (IRMAA) and how IRMAA affects Social Security taxes, you described which income gets included in the IRMAA calculation. You said it is "your combined income from all sources, including 50 % of the SS benefits you receive." That 50% number might be true in some cases, but I think a more accurate, general answer is that "your taxable SS benefit is what gets added to IRMAA." For example, we have enough income every year that we are always taxed at 85% of our SS benefit, so 85% of our SS values get added to our IRMAA. The way your answer reads, a reader of the article might think everyone has 50% of their SS benefit added to IRMAA. Signed: IRMAA Victim

Dear IRMAA Victim: I think you may have confused two terms I used when describing Medicare's "Income-Related Monthly Adjustment Amount" or "IRMAA." I also used the term "MAGI" (Modified Adjusted Gross Income), and it's important to distinguish between those two terms.

MAGI is what determines if the IRMAA provision applies, and IRMAA will affect how much your Medicare premium is. But MAGI is also used for another purpose - to see if your SS benefits are taxable. Your MAGI consists of your Adjusted Gross Income (AGI) from your income tax return, plus any non-taxable interest you may have had, plus 50% of the SS benefits you received during the tax year

IRMAA is a factor which will increase your monthly Medicare premium if your MAGI is over certain thresholds for your tax filing status. MAGI is used to determine if a higher Medicare premium applies, and it is also used to see if your SS benefits are subject to income tax.

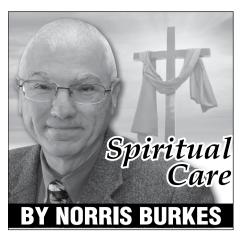
Your MAGI does, indeed, always use only 50% of the SS benefits you received during the tax year (not 85% in some cases). That's because the SS contributions included in MAGI relate to SS contributions your employer paid on your behalf. Only half of your received SS benefits are used to determine MAGI because that's the amount of your SS benefits attributable to your employer's contributions. Said another way, the SS payroll tax you personally paid while working was from your taxable income, so it is not included in MAGI. But the amount your employer contributed was not taxable by the IRS and, thus, is included in MAGI. So, it's the portion of your SS benefits attributable to your employer which is included in MAGI. Thus, the terminology that MAGI is "your combined income from all sources, including 50% of the SS benefits you received during the tax year" is correct. MAGI is what determines how much of your SS benefits are taxable, but your MAGI also determines if IRMAA applies to your Medicare premiums.

Your benefits are taxable if, as a married couple filing jointly, your total MAGI exceeds \$32,000. If your MAGI is over the first threshold but less than the 2nd threshold (\$44,000 for married filers) then 50% of the SS benefits you received during the tax year are included as part of your income taxable by the IRS. But if your MAGI goes over the 2nd threshold (\$44,000 for married filers) then up to 85% of the SS benefits you received during the tax year will be included as part of your income taxable by the IRS.

In short, MAGI determines how much of your income is subject to taxation. But MAGI is also used to determine if IRMAA applies. And how much your MAGI exceeds the separate IRMAA thresholds determines what your Medicare premium will be.

So, the article correctly states that IRMAA only counts 50% of the SS benefits received because that is what is included in MAGI (which is what determines if IRMAA applies). But the amount of SS which may be taxable income by the IRS could be up to 85% of benefits received during the tax year if your MAGI is high enough.

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.



This week, I'm very happy to announce the 65th birthday of my good friend Dale Swan. Yes, he's still alive, despite the wishes of his wife Jill.

No, wait. That sounds bad. Jill and Dale are a very fit and happy couple, so allow me to start this story again.

Dale Swan, a Sutter Hospice chaplain in Roseville, has always been clear with his wife, Jill, about how he wants to die.

"If I get sick and can't feed myself or make my own decisions, please don't let them put in a breathing or feeding tube. Let me go peacefully."

Jill, 62, is a CPA who is used to calculating the options, responded in the way many families do: "But I don't want you to starve to death."

Dale reassured his wife of 40 years that his hospice colleagues would be there for her and wouldn't let him suffer.

Dale is an avid cyclist who showed no signs of impending problems until one summer evening in 2018. He was watching TV from his recliner, eating a veggie burger and sipping a beer, when he was hit with troubling stomach pains.

He took some antacid and told his wife he was going to lie down. When Jill checked on him an hour later, she found his pain intensifying. She suggested a doctor, but Dale declined, instead making a restroom visit that brought only mild improvement.

An hour later, Jill heard Dale moaning with extreme pain. She insisted on taking him to the ER, but Dale countered by asking her to call 911. When paramedics arrived, they began assessing pain even as they were speculating it was a heart attack.

Within a few minutes, EMTs placed him on a gurney and loaded him in their ambulance. Beside him, they hung an IV

drip of Fentanyl, a strong opiate for pain control.

**Chaplain's Wife Misinterprets Dying Breath** 

Once inside the ER, the doctor ordered blood tests, a CT scan and a sonogram. Dale was suffering from pancreatitis, but staff could find no cause. They ruled out stomach blockage, gallbladder problems and even alcohol abuse.

Dale's pain level was rising to alarming levels, with no apparent diagnosis. Nurses admitted Dale to a room, ordered that he have no food for four days, and administered Dilaudid.

However, once inside the room, the pain medication slowed his respiration to six breaths per minute. Dale was rapidly losing consciousness.

Hospital staff grew concerned they'd overdosed him and instructed Jill to keep her husband awake or they'd have to give him Narcan, a drug that reverses opioid effects. "If that doesn't work," they grimly warned, "we'll have to insert a breathing tube down his throat."

Jill remembered Dale's instructions and shocked the staff by saying, "Oh no, he doesn't want that! He's always said to let him die peacefully."

Jill felt prepared. She and Dale had discussed many of the crucial questions involving the end of life and placed those answers into an advance directive, (often called a Living Will). The Advance Healthcare Directive is a document that we should all have.

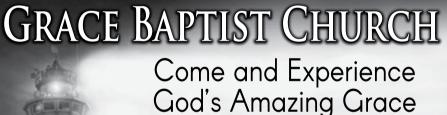
The directive instructs doctors what we want done if we become incapacitated. Without the directive, doctors are obligated to do everything possible to save our life — even if "everything" means a painful delay of our inevitable death.

Fortunately, the medical staff knew this wasn't a moment to give up on a healthy and strong patient.

They helped Jill understand that Dale's document didn't apply to situations where a full recovery could be logically anticipated.

While Dale has fully recovered and returned to work, the happy couple is taking no more chances. Dale's given Jill more detailed instructions. And Jill, ever the logical number cruncher, has reviewed their life insurance policies just in case.

More information on state-specific advance directives is available at www. caringinfo.org.



### Another Jingle Bell on the Tree

#### Dr. James L. Snyder

by all the Christmas gifts. near the top of the tree, but Working in my office I looked around the tree no jingle bell. then I got up and went to the back porch, looked out, and shouted to my parents, "Where is he? I can't see him." Of course, my parents would say, "What you're talking about," and I always responded by saying, "Santa Claus promised me that he was going to bring me a pony. Now, where is that pony?" The older I got, the more sophisticated my parents' response to that question was. Usually, it was something like, "Santa might have run out of ponies this year, so you'll have to wait until next year, and I'm sure he'll bring one next year." Christmas went by, and another Christmas went by, and another Christmas went by, and there was no sign of any pony with my name on it. I was thinking about this as I was eating lunch. There, the Christmas tree was in the process of being put together for Christmas. One of the routines at Christmas time was to buy a brand-new jingle Bell, usually at her favorite thrift store. As I was looking at the Christmas tree, I

Christmas tree surrounded noticed there was a space

I looked at my wife and said, "My Dear, where is the new jingle Bell and why is there a big space on top of the Christmas tree?" "I guess you never pay attention to what's going on around here, do you?" Then she laughed a good, merry laugh. "I cannot put the new jingle Bell on until the night before Christmas. That has been our tradition for many years, in case you haven't noticed. That space near the top of the tree is where the new jingle Bell goes this year." I sure do love it when a plan comes together, even if it's not my plan. A verse of scripture came to mind, 2 Thessalonians 2:15, "Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle.' Traditions are important, especially those grounded on the Word of God. Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamessnyder51@gmail. com, website www.jamessnyderministries.com



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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.

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the other morning, I heard some rattling noises on the other side of the house. Being as busy as I was, I didn't take the time to find out what that noise was all about.

It was around lunchtime, and I was still hearing that noise. I decided to go into the kitchen and see what we were having for lunch, and as I did so, I noticed The Gracious Mistress of the Parsonage was in the living room setting up our Christmas tree.

Sometimes, I think it would be really nice if there was a Santa Claus. Every year my parents would take me downtown where Santa Claus was, and I would sit on Santa's lap and tell him what I wanted for Christmas. I assured him I was a very good boy during the year.

Every year I sat on his lap and told him that I wanted a pony for Christmas and nothing more. He always went through his "ho ho ho" act and I believed he was going to do it for me.

I remember getting up on Christmas day and running into the living room, where my parents had their



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#### FICTITIOUS BUSINESS NAME STATEMENTS

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

Publish: Nov 22, 29, Dec 6, 13, 2024 INNOVATIONAL 12-13-24

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

STELLAR 12-13-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08514 428 Associates, LP, Gateway Oaks Drive, LP, 2870 #110, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "The Celine" 428 J Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County November 12.2024

Publish: Nov 22, 29, Dec 6, 13, 2024 CELINE 12-13-24

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

WESTHAVEN 12-13-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08436 Treveon James, 3600 Data Rancho Cordova, CA Drive, 95670 is doing business under the Fictitious Business Name(s) "Top-Tier Safety Solutions" 3600 Data Drive. Rancho Cordova. CA 95670. Filed with the Clerk of Sacramento County November

#### 7.2024 Publish: Nov 22, 29, Dec 6, 13, 2024 SAFETY 12-13-24

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08479 Anzize Madriz, 2435 Iron Point Road. #1004. Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Adenium Beauty" 2435 Iron Point Road, #1004, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 8.2024

Publish: Nov 22, 29, Dec 6, 13, 2024 ADENIUM 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08422 Whittle. Matthew 7576 Drive, Citrus Community Heights, CA 95610 is doing business under the Fictitious "K4MIE" Business Name(s) 7576 Community Drive, Citrus Heights, CA 95610. Filed with

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08467 Tanva and Fiona Hair Studio. 3610 N Freeway Boulevard Suite #117. Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Tanya and Fiona Hair Studio" 3610 N Freeway Boulevard, Suite #117, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 7.2024

Publish: Nov 22, 29, Dec 6, 13, 2024 TANYA 12-13-24

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08432 Trinidad Janet Arriaga Castellanos, 5020 34th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "YOLO The Destinations" Sunset 5020 34<sup>th</sup> Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 6.2024

Publish: Nov 22, 29, Dec 6, 13, 2024 YOLO 12-13-24

FICTITIOUS BUSINESS NAME

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

BEYOND 12-13-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08292 Austin Schlocker, 4536 Millrace Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Sacramento Public Collaborative" 4536 Affairs 4536 Millrace Sacramento, CA Road. 95864. Filed with the Clerk of Sacramento County November 1.2024

Publish: Nov 22, 29, Dec 6, 13, 2024 PUBLIC 12-13-24

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

GARCIA 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08649 Hui Rong Lin Lu, 3625 Astral Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Renew Massage" 4140 Sunrise Boulevard, #C, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14.2024 Publish: Nov 22, 29, Dec 6, 13, 2024 RENEW 12-13-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08244 Joseph Rexford, 2734 Albatross Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Rexford Home Solutions" 2734 Albatross Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 30, 2024 Publish: Nov 22, 29, Dec 6, 13, 2024 REXFORD 12-13-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08446 Mutsumi Lawson, 3332 Hedgerow Court, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Leinani Leis" 3332 Hedgerow Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 7, 2024 Publish: Nov 22, 29, Dec 6, 13, 2024 12-13-24 LEINANI

Sacramento County November 13.2024 Publish: Nov 29, Dec 6, 13, 20, 2024

MONUMENT 12-20-24 FICTITIOUS BUSINESS NAME

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

FICTITIOUS BUSINESS NAME

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08719 Mohammad Eissa Eissa and Khanzada Ahmadi, 2502 El Sutton Lane, Suite B, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Aatoon Auto Repair" 2502 El Sutton Lane, Suite B. Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 19.2024

Publish: Nov 29, Dec 6, 13, 20, 2024 AATOON 12-20-24

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

Publish: Nov 29, Dec 6, 13, 20, 2024 NV 12-20-24

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08434 Ciamack Azimpour, 10020 Bromley Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Baran Electric" 10020 Bromley Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County November 7.2024

Publish: Nov 29, Dec 6, 13, 20, 2024 BARAN 12-20-24

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08766 Nga ThiPhuong Pham

12-20-24

SEVEN

Sacramento County November 15.2024

Publish: Nov 29, Dec 6, 13, 20, 2024 ANATOLIA 12-20-24

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08587 William L. Lyon & Associates, Inc., 3640 American River Drive, #100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Windermere Property Management" 3640 American River Drive, #100, Sacramento,

Sacramento County November 13.2024 Publish: Nov 29, Dec 6, 13, 20, 2024

CA 95864. Filed with the Clerk of

WINDERMERE 12-20-24 FICTITIOUS BUSINESS NAME

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

MELAS 12-20-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08624 Taylor Stephen Stone, 2740 Walnut Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Elite Stone Painting" 2740 Walnut Avenue, Carmichael CA 95608. Filed with the Clerk of Sacramento County November 14.2024

Publish: Nov 29, Dec 6, 13, 20, 2024 ELITE 12-20-24

FICTITIOUS BUSINESS NAME

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

GROTTO 12-20-24

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

ORANGEVALE 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08494 Rismo

Transportation Inc. DONNAS 320 N 10th Street, Suite 110, Sacramento, Ca 95811 is

World Treasures" 10574 Malaga Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 8, 2024

Publish: December 6, 13, 20, 27, 2024 RETURN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08738 Ahmad Samim Faizi. 5650 Avenue

Marconi Suite Carmichael, CA 95608 is doing business under the Fictitious "Hopes Business Name(s) Services" Immigration 5650 Avenue, Suite Marconi Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 19, 2024 Publish: December 6, 13, 20, 27, 2024 12-27-24

HOPES FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08556 Omega Law Group, PC, 8350 Wilshire Boulevard, 3rd Floor, Beverly Hills, CA 90211 is doing business under the Fictitious Business Name(s) "Omega Law Group Accident & Injury Attornevs" 1860 Howe Avenue Suite 260 #3, Sacramento, CA 95825. Filed with the Clerk of

Sacramento County November

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08855

Kenneth C. Grossman, 4920 Francis Way, Carmichael, CA

95608 is doing business under

the Fictitious Business Name(s)

"Grossman Hypnosis Method"

4920 Francis Way, Carmichael, CA 95608. Filed with the Clerk of

Sacramento County November

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08615

Diamond Flow & TA LLC.

28211 Southfield Road, #433,

Lathrup Village, MI 48076 is do-

ing business under the Fictitious Business Name(s) "Diamond

Flow & TA LLC" 3221 Alder Hill

Court, Antelope, CA 95843. Filed

with the Clerk of Sacramento

County November 14, 2024

Publish: December 6, 13, 20, 27, 2024

FICTITIOUS BUSINESS NAME

STATEMENT FBNE2024-08622

Noble Beauty Spa, 8824 Koto Drive, Elk Grove, CA 95624

is doing business under the

"Noble Nails Spa" 442 Howe

95825. Filed with the Clerk of

Sacramento.

Business Name(s)

Publish: December 6, 13, 20, 27, 2024

12-27-24

12-27-24

12-27-24

CA

12-27-24

13.2024

OMEGA

21,2024

DIAMOND

Fictitious

Avenue,

GROSSMAN

YASSIN 12-27-24

Publish: December 6, 13, 20, 27, 2024

Saleh Zarrouk, 4404 Malana Rancho Cordova, CA Way, 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

ETHOS 12-27-24

STATEMENT FBNF2024-09109 Stars Event Hall LLC, P.O. 348506, Sacramento, Box CA 95834 is doing business under the Fictitious Business Name(s) "Stars Event Hall" 4128 El Camino Avenue, Suite 10, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 5, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025

STATEMENT FBNF2024-09082 Eboni Walker, 3905 Oak Villa Circle, Carmichael, CA 95608 doing business under the Fictitious Business Name(s) "Fair Oaks Mortgage Processing' 3905 Oak Villa Circle 3905 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 5, 2024

STATEMENT FBNF2024-08842 A C O N Inc. 10100 Fair Oaks Boulevard, Suite I, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Eastern Gardens Cooperative" 3045 Eastern Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 21, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 GARDENS 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08508

Carmichael, CA 95608 8200 Pocket Road, Sacramento,

CA 95831. Filed with the Clerk of Sacramento County November 5.2024 Publish: December 6, 13, 20, 27, 2024

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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 Sipd Consulting Services LLC, 1700 Dornie Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Yassin Sipd 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

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08845

Publish: December 6, 13, 20, 27, 2024

FICTITIOUS BUSINESS NAME

STARS 1-3-25

FICTITIOUS BUSINESS NAME

Publish: Dec 13, 20, 27, Jan 3, 2025 FAIR 1-3-25

FICTITIOUS BUSINESS NAME

Sacramento County November 14.2024 Publish: December 6, 13, 20, 27, 2024 NOBLE FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08439

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

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

the Clerk of Sacramento County November 6, 2024 Publish: Nov 22, 29, Dec 6, 13, 2024 K4MIE 12-13-24

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

Publish: Nov 22, 29, Dec 6, 13, 2024 TWIGGS 12-13-24

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08462

First Step Housing, P.O. Boy 188228, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "First Step Communities" 2111 O Street Sacramento CA 95816. Filed with the Clerk of Sacramento County November 7.2024

Publish: Nov 22, 29, Dec 6, 13, 2024 FIRST 12-13-24

#### FICTITIOUS BUSINESS NAME

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08431 Tia J King, 9140 Blue Point Lane, #3, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Ellie 82 Hair Studios" 1440 Ethan Way, Suite 14. Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 6.2024 Publish: Nov 22, 29, Dec 6, 13, 2024 ELLIE 12-13-24

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08487

Muscle Balance LLC, 7598 Macfinley Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Muscle Balance" 915 Howe Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 8,2024

Publish: Nov 22, 29, Dec 6, 13, 2024 12-13-24 MUSCLE

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08160 Robert L Riggs, 11775 Justinian Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "B R Sales" 11775 Justinian Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 25, 2024

#### Publish: Nov 22, 29, Dec 6, 13, 2024 SALES 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08820 Olivia Shilra Moon, 6609 Penney Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Object Dialogue" 6609 Penney Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 21.2024

Publish: Nov 29, Dec 6, 13, 20, 2024 OBJECT 12-20-24

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

5635 Freeport Blvd, Suite 2, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Polish Box Nails & Spa" 5635 Freeport Blvd, Suite 2, Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 20, 2024

Publish: Nov 29, Dec 6, 13, 20, 2024 12-20-24 POLISH

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08727

Monica Melara, 5212 Schuyler Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Talk Spanish" 5212 Schuyler Drive Carmichael. ĊA 95608. Filed with the Clerk of Sacramento County November 19, 2024

Publish: Nov 29, Dec 6, 13, 20, 2024 TALK 12-20-24

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

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08762

Vasili Vrubleuski, 4908 Indian Oaks Court, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "VVBees" 4908 Indian Oaks Court, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 19,2024

Publish: Nov 29, Dec 6, 13, 20, 2024 VVBEES 12-20-24

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08633 Janelle Arsich, 1789 Harwood Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Hourly HR Solutions" 1789 Harwood Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 14,2024

#### Publish: Nov 29, Dec 6, 13, 20, 2024 12-20-24 HOURLY

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08660 Brandon Givens, 2110 K Street, Sacramento, CA 95816 is doing business under the Fictitious Name(s) "Anatolia Business Dev" 2110 K Street, Sacramento, CA 95816. Filed with the Clerk of

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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07856 Kasey Stewart, 4173 Cypress Grove Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Mini Scholars Daycare" 4173 Cypress Grove Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 15, 2024

Publish: Nov 29, Dec 6, 13, 20, 2024 MINI 12-20-24

STATEMENT FBNF2024-08825 Juan Diego Gonzalez and Francisco Javier Campos, 7648 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Green Auto Body" 7648 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 21.2024

Publish: December 6, 13, 20, 27, 2024 GREEN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08718

Paul Etemad and Mondonna Etemad, 7862 Winding Way, #5104, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Allstate Real Estate Services" 4127 Thistledown Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 19, 2024 Publish: December 6, 13, 20, 27, 2024

ALLSTATE 12-27-24

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08887

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

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-07727 Return to Center Wellness, LLC, 10574 Malaga Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Return to Center Wellness/Where in the 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 12-27-24 TBC

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

12-27-24 FICTITIOUS BUSINESS NAME

SF

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

ung Huynh Quoc Nguye Trang Thi Huyen Nguyen, 24988 Blue Ravine Road, #100B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "BeBe Nails" 24988 Blue Ravine Road, #100B, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 12, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 NAILS 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08401

Anastasiia Duda, 4059 Innovator Drive, Unit 7102, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "DA Beauty Club" 4059 Innovator Drive, Unit 7102 Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 6, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 BEAUTY 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08957

Gurmeet Singh, 7409 Twin Acre Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "G.S.S. Trucking" 7409 Twin Acre Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 26, 2024

Publish: Dec 13, 20, 27, Jan 3, 2025 TRUCKING 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08763 Albert Chang and Sasha Ren, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Bluezone Aviation" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 19, 2024

Publish: Dec 13, 20, 27, Jan 3, 2025 BLUEZONE 1-1-3-25 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-08856 Jessica Sapno, 12084 Agen Circle, S, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) Treats by Jess" 12084 Agen Circle, S, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 21,2024

Publish: Dec 13, 20, 27, Jan 3, 2025 TREATS 1-3-25

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08827

Melissa Lynn Maddern, 106 Austin Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Peacefull Melissa Yoga" 106 Austin Drive, Folsom, CĂ 95630.

## A Message on Public Safety in Citrus Heights

#### Dear Citrus Heights community,

As we enter the holiday season, I want to assure you that the City of Citrus Heights is committed to maintaining a safe and secure environment for everyone. The upcoming month is filled with shopping, celebrations and family gatherings, and we want you to feel confident that we are working tirelessly to ensure a peaceful and joyful holiday season for all. Recent initiatives are helping us deliver even more on our commitment to public safety, fostering a brighter and more secure future for our community.

The voter-approved Proposition 36, effective Dec. 18th, will strengthen public safety in Citrus Heights by enhancing penalties for property crimes and drug offenses. Repeat theft offenders with two or more prior convictions now face jail-eligible felony charges, with state prison as a possibility after a fourth conviction. Organized retail theft, including "smash-and-grab" crimes, is subject to harsher penalties and thefts by a single individual can be aggregated to reach the \$950 felony threshold. Additionally, crimes causing over \$50,000 in property damage now carry stricter consequences. For drug offenses, the proposition emphasizes rehabilitation by mandating treatment for individuals with repeat hard drug convictions and offering support services like addiction specialists, shelter and job training. Successful program completion allows for expungement, while refusal to participate may result in up to three years in jail. Thank you to our community for the successful passage of Proposition 36—your voices have been heard, and together, we are building a safer, stronger Citrus Heights.

Additionally, our Organized Retail Theft Initiative is delivering results. With targeted efforts and close collaboration between local law enforcement and businesses, we are seeing a decline in retail thefts. These crimes affect businesses and disrupt the shopping experience for our community members. Several recent high-profile cases involving organized retail theft were swiftly resolved, with stolen merchandise recovered and key offenders held accountable. These successes deter future criminal activity and reassure our community that Citrus Heights remains a safe and welcoming place to shop. We are committed to ensuring that Citrus Heights remains a safe place to shop, especially during the busy holiday season.

As we look forward to the holidays, I encourage you to support our local businesses. Shopping local helps strengthen our community, and with these enhanced safety measures in place, you can feel secure while enjoying all that Citrus Heights has to offer.

#### How You Can Help

We all play a role in keeping Citrus Heights safe. If you witness a crime, notice suspicious activity or have concerns about safety in your neighborhood, please report it immediately. Working together, we can ensure a safer community for everyone.

For emergencies or crimes in progress, call 9-1-1. For non-emergency reports, contact the Citrus Heights Police Department at 916-727-5500. Non-emergency calls are prioritized based on the urgency of incidents, which may occasionally result in longer response times. However, reporting non-urgent issues remains vital, as it helps law enforcement identify patterns, address problem areas and allocate resources effectively, ensuring our city stays safe and proactive in preventing potential threats.

Citrus Heights is a community built on solid roots, collaboration and a shared commitment to safety. We have made great strides in reducing crime and improving public safety, and we will continue to work together to ensure that our city remains a safe, thriving place to live, work and shop.

Wishing you a joyful, secure and prosperous holiday season,

Ashley J. Feeney City Manager City of Citrus Heights

### Citrus Heights Police Department Awarded \$115,000 Grant

#### *Citrus Heights Police Department News Release*

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department will increase patrols throughout the community and provide other traffic safety programs to help reduce the number of serious injuries and deaths on roads.

"This grant funding allows us to support our ongoing traffic safety efforts in the community," Citrus Heights Police Department Sergeant Kane Kissam said. "Our intent is to stop the most unlawful and dangerous behaviors that put people at risk and create an environment where everyone feels safe traveling.

The grant will provide additional programs and resources, including: DUI checkpoints and patrols focused on stopping suspected impaired drivers; high visibility distracted driving enforcement operations targeting drivers in violation of California's hands-free cell phone law; enforcement operations focused on the most dangerous driver behaviors that put the safety of people biking or walking at risk; enforcement operations focused on top violations that cause crashes: speeding, failure to yield, stop sign and/or red-light running and improper turning or lane changes; community presentations on traffic safety issues such as distracted driving, impaired driving, speeding, bicycle and pedestrian safety; collaborative enforcement efforts with neighboring agencies; and officer training and/or recertification: Standard Field Sobriety Test (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE) and Drug Recognition Expert (DRE).

The grant program will run through September 2025.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. \*

## Child, Family and Adult Services Director Appointed

#### Continued from page 1

Children's Services Division for nearly 10 years.

Boston is the incoming president of the County Welfare Directors Association and serves on the Paradise Irrigation District Board of Directors, an elected position, and is the current vice-president. In addition to her professional expe-

rience, Boston holds a Master of Social Work degree and a Bachelor of Science degree in health education with a minor in women's studies, both from California State University, Chico.



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

#### LEGAL ADVERTIS ING el Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – Feb

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
x 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

Filed with the Clerk of Sacramento County November 21, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025

PEACEFUL 1-3-25 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08860 Reauty C 443 Wave Street, Palo Alto, CA 94301 is doing business under the Name(s) Fictitious Business "Flywheel Group/Olivia Supply 7509 Madison Avenue, #101, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 21, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 FLYWHEEL 1-3-25 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08584 Jazmin Gonzalez Andres, 6047 Main Avenue, #32, Orangevale, CA 95662 is doing business under the Fictitious "Jazz Business Name(s) Custom Cleaning" 6047 Main Avenue, #32, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 13.2024

the Clerk of Sacramento County November 19, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025

VITCOMM 1-3-25 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09047 Aliya Alizai, 5027 El Camino Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Alizai Cloths & Tailor" 5027 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 3, 2024

#### 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 deMarie Duran has filed a petition with this court for a decree changing the name(s) of Melissa Marie Stone aka Melissa Marie Duran to Sunnie Marie Duran.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 6, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA

representative 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: Date: January 9, 2025 Time: 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, 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: GILBERT J. PREMO, 500 Northfield Lane, Lincoln, CA 95648; 415-974-6664. Publish: Dec 13, 20, 27, 2024 12-27-24 ERFERT

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

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 per-sons 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 January 8, 2025, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided n 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: Ali Gexiafong Moua, 1104 Corporate Way, Sacramento, CA 95831; (916) 333-7498 Publish: Dec 13, 20, 27, 2024 12-27-24 NGUYEN

Publish: Dec 13, 20, 27, Jan 3, 2025 JAZZ 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08885 Sabir Yousafzai, 7949 Carraway Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Aria Tax and Accounting Services" 2100 Watt Avenue, Suite #160, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 22, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 ARIA 1-325

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08930

Jaime Palmer, 400 Bannon Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "DUNIQUE Graphic Designs" 6020 Rutland Drive, B4 59, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 25, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 DUNIQUE 1-3-25

#### FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-09051 Tammy Schmitt, 5004 Meadow Pass Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Lilac Massage Therapy" 5004 Meadow Pass Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County December 3, 2024

Publish: Dec 13, 20, 27, Jan 3, 2025 LILAC 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08740

Vitali Klimov, 6424 18<sup>th</sup> Street, Rio Linda, CA 95678 is doing business under the Fictitious Business Name(s) "Vitcomm Tech" 7046 34<sup>th</sup> Street, North Highlands, CA 95660. Filed with

Publish: Dec 13, 20, 27, Jan 3, 2025 ALIZAI 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09002 Consuelo Jaime, 378 Morrison Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Best One Handyman" 378 Morrison Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 27, 2024

Publish: Dec 13, 20, 27, Jan 3, 2025 HANDYMAN 1-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08419 Brisenos Master Gardens Inc., 2739 Xavier Street, E. Palo Alto, CA, 94303 is doing business under the Fictitious Business Name(s) "Brisenos Master Gardens" 2739 Xavier Street, E. Palo Alto, CA, 94303. Filed with the Clerk of Sacramento County November 6, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025

BRISENOS 1-3-25

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" 8110 Pocket Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 5, 2024

Publish: Dec 13, 20, 27, Jan 3, 2025 SCHOOL 1-3-25

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09130

Inspiring Beginnings Childcare Center LLC, 899 Maplegrove Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Inspiring Beginnings Childcare Center" 924 San Juan Road, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 5, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 INSPIRING 1-3-25

#### FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08981

Consulting Cafe LLC, 1401 21st Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "SmartFile" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 27, 2024 Publish: Dec 13, 20, 27, Jan 3, 2025 SMARTFILE 1-3-25 cree changing the name(s) of Molly Katherine Roof to Molly Kathryn Fitzgerald Roof. IT IS ORDERED that all per-

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV023591 Quang Tuan Duong has filed a

petition with this court for a decree changing the name(s) of Quang Tuan Duong to Johnny Quang Duong. IT IS ORDERED that all per-

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 pe-

tition 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 ATAEl 12-27-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV022456 Melissa Marie Stone aka Melissa 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 5, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: Dec 13, 20, 27, Jan 3, 2025 DURAN 1-3-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV017656

Shimal McEwen has filed a petition with this court for a decree changing the name(s) of Caleb Julian Moraga to Caleb Julian McEwen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 16, 2025, at 1:30 p.m. in Department 53, located at 720 Ninth Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Dated: September 5, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: Dec 13, 20, 27, Jan 3, 2025 MCEWEN 1-3-25

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF DENNIS WAYNE ERFERT CASE NO. 24PR003512

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of DENNIS WAYNE ERFERT.

A Petition for Probate has been filed by DONALD R. ERFERT, in the Superior Court of California, County of Sacramento. The Petition for Probate requests that DONALD R. ERFERT be appointed as personal representative to administer the estate of the decedent.

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

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal NOTICE OF PETITION TO ADMINISTER ESTATE OF QUANG VAN NGUYEN CASE NO. 24PR003552

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Quang Van Nguyen.

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

MP<sup>\*</sup>G

## Sac Republic FC Re-Signs Rodrigo Lopez for 2025

#### Sacramento Republic Football Club News Release

**SACRAMENTO, CA (MPG)** - On Dec. 3, Republic FC announced the club has re-signed Rodrigo Lopez for the 2025 season. The veteran midfielder will be added to the club's roster, pending league and federation approval. Per club policy, the terms of the contract were not disclosed.

"RoRo is a special player and we're thrilled to have him back in Sacramento for another season," said Republic FC President and General Manager Todd Dunivant. "We know how much winning another championship means to him, and we are looking forward to his continued leadership, both on and off the field."

"My injury last season was just a setback and it doesn't define me," said Lopez. "I'm ready to respond with everything I've got. I'm back and there is only one thing on my mind – to win another championship for this club and the city of Sacramento."

As the first signing in Indomitable Club history,



Sac Republic Football Club's veteran midfield Rodrigo Lopez will be returning for the 2025 season. Photo courtesy of Sacramento Republic FC

Lopez has been a fixture in the club's record books. He is currently the club's alltime assist leader (41), while also ranking second all-time in appearances (136), minutes (10,108) and goals (41). In six seasons, Lopez earned several accolades including 2014 USL Championship Final MVP and two USL Championship All-League First Team selections

#### (2014, 2022).

He was a standout player in Sacramento's historic run to the Open Cup Final in 2022 and became the first player to be named both the Player of the Tournament and Lower-Division Player of the Tournament (TheCup.US) after leading all players with four goals and four assists.

In 2024, he was honored when U.S. Soccer renamed the Northern California Round of 32 & Quarterfinal to the "Lopez Division" – the only division to be named after an active player, the Modern Era Open Cup assist leader.

In an injury-shortened 2024 campaign, he made 9 appearances, with two goals and one assist, and earned two Team of the Week selections before suffering a torn ACL on May 21.

Lopez's professional career began in 2005 with MLSside Chivas USA. After three seasons with the southern California club, he would move on to compete in USL PDL, MLS Reserve League, and Mexico's top leagues – Ascenso MX and Liga MX. In addition to his stints with Republic FC, he also featured in USL Championship for Rio Grande Valley FC, helping the team the reach the 2021 Western Conference Semifinals.

## Hornet Football Inks 10 Players on National Signing Day

#### Sacramento State Athletics News Release

**SACRAMENTO, CA (MPG)** - The Sacramento State football team added the first pieces towards the future with the addition of 10 student-athletes on National Signing Day, it was announced on Dec. 4. The group is made up of eight defensive players and three offensive players.

The defensive side consists of three players who play on the line, including a pair of junior college transfers. Mario Savala III comes from Modesto JC and Eduardo Vega from Reedley JC. Both have helped their teams reach the postseason this year and will add a veteran presence to a defensive front which saw four players graduate from the 2024 roster. The unit will be boosted by freshman Micah Mosley who comes from Valley Christian HS in San Jose. Mosley was a three-star recruit from 247Sports and tallied nine tackles-for-loss as a senior. The other four defensive signees will play in the secondary. Caleb



Casa Roble High School senior tight end Elijah Huddle has signed on to play football at the next level with the Sacramento State Hornets.

Reese is a cornerback from San Marcos HS in Oceanside, Calif., who had over 100 tackles and five interceptions during his career. Jojo Solis prepped at Aquinas HS in San Bernardino, Calif., where he starred on both sides of the ball. Solis rushed for over 4,700 yards and had 89 offensive touchdowns and had 102 career tackles and four interceptions as a safety.



The Hornet defensive line poised to make a big play. Photos by Sacramento State Athletics

The Hornets will also bring in a pair of nickelbacks. *Jaron Hodson* will see his prep career continue with Folsom HS in the NorCal Playoffs this weekend. Hodson has tallied a tackle in every game for the Bulldogs this season, raising his career total of 95. He also has recovered three fumbles and had an interception over the last two seasons. *Nash Burkart* is the lone out-ofstate member of the class. Burkart recently helped Kapa'a HS in Lihue, Hawaii win the state Div. I title and was named all-Kauai Interscholastic Federation as a defensive back and as a kick returner.

On the offensive front, Graysen Lee and Jaxon Moore will come to the Hornets with college-ready frames. Lee stands at 6-foot-6, 280 pounds and prepped at Frontier HS in Bakersfield. The team will play in the CIF Div. 3-AA Southern Championship this weekend. Jaxon Moore guided West Park HS in Roseville, Calif., to the Sac-Joaquin Section Div. II semifinals as a senior. The 6-foot-6, 305-pounder has been named first team all-section and all-league.

Tight end Elijah Huddle of Casa Roble HS completes the day's signees. Huddle earned a threestar grade from 247Sports despite being limited to five games as a senior. In that span, he still managed to catch 18 passes for 294 yards and four touchdowns. That included eight receptions for 127 yards in the section playoffs against Union Mine HS.

The early signing period will remain open until Dec. 6 for high school recruits. Junior college recruits may sign until Jan. 15, 2025. The regular period opens on Feb. 5 and runs through Apr. 1.

## **Pioneer League Champion High Wheelers Have a New Home**

#### High Wheelers News Release

#### SACRAMENTO REGION, CA (MPG) -

The Marysville City Council has approved a new lease agreement to bring the reigning Pioneer Baseball League Champion High Wheelers to historic Bryant Field. This decision comes on the heels of a successful inaugural season, where the High Wheelers won the championship in the Pioneer League while playing at Dobbins Field on the UC Davis campus. Despite on-field dominance, the team struggled to establish a sustainable presence in Davis due to several logistical challenges.

The High Wheelers are the latest addition to the Pioneer Baseball League (PBL), a Major League Baseball (MLB) partner league established in 1939, and the second team in the league's west coast expansion, following the Oakland Ballers. The league has a strong history of player development, sending multiple players to the MLB teams each season. As a part of the team's relocation the High Wheelers will be renamed the Yuba-Sutter High Wheelers. In an effort to honor



High Wheelers celebrate their Pioneer Baseball League Championship in September 2024. Photo courtesy of High Wheelers

the Davis fans, team founders and staff will be hosting an open forum to speak directly with people who have questions about the move.

The Yuba-Sutter High Wheelers aim to become the premium destination for family entertainment in the Yuba-Sutter region by setting a new standard for investment in player development, community engagement, and fan experience, surpassing anything previously seen from teams in the area. The High Wheelers were founded by the same ownership group that created the Oakland Ballers, a baseball team that made national headlines by bringing a new brand of fan-centered, community-driven baseball to a fanbase that was heartbroken with the departure of the A's from Oakland.

"In Oakland, we developed a successful model of radical community participation. We are confident we can continue this in Marysville, while also staying nimble enough to consistently improve the player and fan experience. We can't wait to see how our new Yuba-Sutter fans truly make the team their own." said Bryan Carmel, co-founder of the Oakland Ballers & the Yuba-Sutter High Wheelers.

Marysville, located two hours northeast of the Bay Area, is a deeply historic baseball community and offers an opportunity to re-integrate baseball into the economic and cultural fabric of the Yuba-Sutter region. The team will be playing at Bryant Field, a historic stadium built from New Deal investments. Baseball has a rich history in the community, having hosted legends such as Babe Ruth, Lou Gehrig, and Jackie Robinson.

#### About the High Wheelers

The High Wheelers joined the Pioneer League, which was founded in 1939, as its second ever West Coast franchise. The High Wheelers are committed to providing a fun, innovative and community focused baseball experience that puts families first, while providing a new model for sports franchises. The PBL, founded in 1939, features teams based in Colorado, Montana, Idaho, Utah, and California. As an independent MLB Partner League, the PBL comprises 12 teams playing a 96-game season from May to mid-September.  $\star$ 



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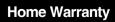


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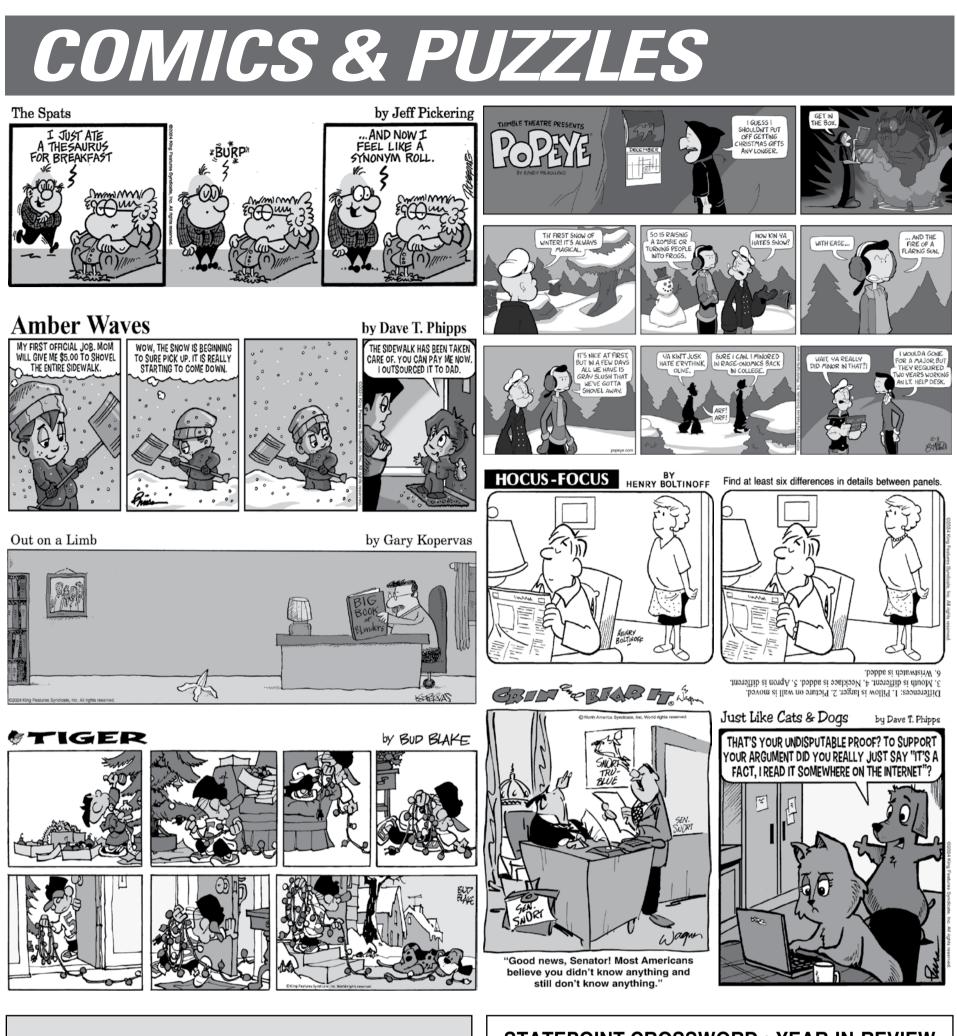
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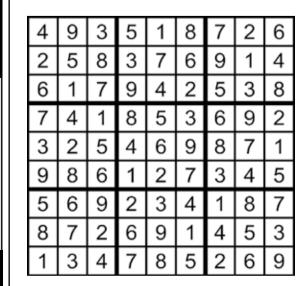


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# **Finding a New Direction**

#### By Kristin Thebaud

SACRAMENTO REGION, CA (MPG) - Tina Goree was 59 years old and managing a Wing Stop in Sacramento in 2018 when she decided it was time to change careers as she continued to age. She signed up for a class at a career skills center and was ready to begin a new chapter.

The next morning, the Citrus Heights resident woke up blind. She had no pain but her right eye was completely dark and her left eye could only see a blur.

"I thought, oh my gosh, I think I'm blind. I wonder if this is temporary," Goree said.

Goree called her daughter, who took her to the emergency room. Doctors determined that hypertension had caused a stroke in her right eye and it had also affected her left eye. She was legally blind.

"You want to cry and break down but you can't," Goree said. "I immediately went into the mode of thinking, well, this is what is happening to you, so now you have to figure something out."

Refusing to lose her sense of humor with her vision loss. Goree spent three days in the hospital joking and laughing with family and friends. Yet when she came home, she felt lost, barely able to even use her flip phone.

"I was getting ready to start a new career and now I didn't know what to do," Goree said.

Fortunately, Goree's family signed her up for Social Security, ordered her a cane and connected her to the Department of Rehabilitation and local nonprofit Society for the Blind, which empowers people of all ages with vision loss with tools to maintain their independence.

Unfortunately, Goree's skepticism began to grow. She remembers sulking at the Society



stay independent. Photo courtesy of Kristin Thebaud

for the Blind orientation, thinking there was nothing they could do to help her.

Goree refused to attend Society for the Blind classes after that but she did join its weekly Coffee and Connect support group calls for a couple of months. Once the pandemic hit, she stopped calling in.

"I never broke down and cried but I did kind of feel sorry for myself," Goree said. "I kept sitting on the couch doing nothing and letting people lead me around."

In September 2022, four years after losing her vision, Goree decided it was time for a change.

"I said to myself, you cannot live like this; you are not this type of person," Goree said. "My life isn't over and I need to do something with it. I have no direction."

In early 2023, Goree's family was surprised when she announced that Paratransit would take her to Society for the Blind and she had coordinated the ride herself.

"I felt like a kindergartener on the first day of school as I rode the bus," Goree said. "I didn't know what to do, where to go or who I was going to meet. It was a new beginning for me. They took me to Society for the Blind and my life began.'

Goree joined Society for the Blind's Senior IMPACT Project, which empowers seniors with vision loss to stay independent. As she began talking with other Senior IMPACT Project participants, it became clear they wanted to hear more from her and that helped her regain confidence.

"I've shed tears several times

when people say they want to call me because they like the confidence I have," Goree said. "It makes me feel worthy. It makes me feel like those are skills I had before I lost my vision. That's what made me become a manager."

Now at 65, Goree's main goal is to secure a job, so she has joined Society for the Blind's Core program, which includes assistive technology and living skills classes. She has been especially surprised at her ability to pick up on new technology, including her iPhone and Victor reader. She will soon begin Core orientation and mobility classes and she hopes to finish within a year so she can work with the Department of Rehabilitation on finding employment.

"I don't yet know what I want to do but I know I want to

be useful and involved in my community," Goree said. "I've worked since I was 17 years old, so I'm confident that no matter what job I get, my supervisor skills will take over. I'm pretty sharp at figuring things out and troubleshooting.'

Goree plans to stay at Society for the Blind after classes are over. She rejoined Coffee and Connect and participates in its Black Americans Senior Support group. She organizes independent outings with her Society for the Blind friends, including a train ride and a luncheon with 22 other individuals.

"I told everyone we can do this," Goree said. "It was so heart-filling to see people who haven't been out in a couple of years trusting me and this group. We've had a lot of fun."

Goree says connecting and networking has become even more important since losing her vision.

"I love connecting with everybody and spreading the good news to people with vision loss who are afraid to go out," Goree said. "I'm willing to step out with someone just because they want to step out and people know that."

This summer, Goree and four other women with vision loss went to the National Federation for the Blind conference in Florida for six days. They navigated their way around 2,700 participants. Goree proudly used the skills and tools she learned at Society for the Blind. Goree said she is even more confident now and that the skills feel almost automatic.

But if it were not for her decision to take that big step and go to Society for the Blind, Goree said, she would not be here.

"Coming to Society for the Blind gave me courage, a sense of being and a reason to keep going," Goree said. "I was introduced to myself again."

# **Tips for a Holly Jolly Holiday Season**

#### Sacramento County News Release

#### SACRAMENTO COUNTY, CA (MPG)

- As the holidays approach, many of us look forward to gatherings with friends and family, enjoying delicious food and taking part in festive celebrations. However, this time of year can also bring feelings of stress, loneliness or sadness for some. The holidav season is a complex time that can amplify both the highs and lows of life.

"It's normal to feel overwhelmed by the demands of the season," said Sacramento County Director of Behavioral Health Dr. Rvan Ouist. "High expectations, separation from loved ones, personal grief and financial pressures can all impact our mental well-being. It's important to remember that it's okay not to feel joyful all the time."

To help navigate the season and its challenges, Sacramento County's Department of Health Services, Behavioral Health Division, offers these tips:

Acknowledge your feelings and stress levels. Recognizing when you need a break is essential. During this time of year, we try to squeeze in a bunch of different events. Maintaining regular routines, especially consistent sleep schedules and meal times can also support mental health.

"We often underestimate how critical a regular sleep routine is to our emotional well-being. It can impact your mental health and your ability to function effectively," Quist explained. "Also, simply staying consistent with meals can help avoid unnecessary stress.

Plan for managing stress. Whether it's taking a walk, reading or cooking with loved ones, identifying activities that bring calm and joy can be a



The holiday season is a complex time that can amplify both the highs and lows of life. Photo by cottonbro studio

valuable resource when emotions run high.

Connect with others. The holidays don't have to revolve around material gifts. Giving your time and support to friends or community members can lift spirits for both you

and them.

Avoid excessive alcohol and/or substance use. For those in recovery, the holidays can be especially challenging. It's important to have a plan for navigating social events and leaning on support systems if needed.

For those needing additional support, Sacramento County Behavioral Health provides a variety of resources for residents including:

9-8-8 (National Suicide Hotline). This hotline will

connect you to a local call center, which can then dispatch the Sacramento County's mobile crisis team to meet you where you are.

CalHOPE. For less urgent support, residents can also reach out to CalHOPE at 833-317-HOPE or visit its website at www.calhope.org.

The Source Support Line for Youth and Caregivers. Feeling alone, stressed or sad? Call or text 916-SUPPORT (787-7678) for 24/7 support.

Mental Health Urgent Care Clinic (MHUCC). The Mental Health Urgent Care Clinic provides 24/7 crisis services on a walk-in basis to individuals of all ages needing mental health and/or co-occurring substance use supports. The clinic can be accessed by visiting 2130 Stockton Blvd., Building 300, Sacramento, CA 95817 or by calling 916-520-2460. Go online to dhs.saccounty.gov/ BHS/Documents/MHUCC Flyer.pdf for more information.

**Substance Use Prevention** and Treatment Services. Substance Use Prevention and Treatment Services provides prevention and treatment services for alcohol and drug use/ abuse through contracting with an array of community-based service providers throughout Sacramento County. Call 916-874-9754 or toll-free (888) 881-4881 from 8 a.m. to 5 p.m. Mondays through Fridays, and after hours, use the toll-free number.

The holidays can be stressful and that's OK. If you need help, don't hesitate to reach out, whether to a friend, family member or professional resource.

Learn more about Sacramento County's various Behavioral Health resources on its website at dhs.saccounty. gov.



#### 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.

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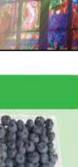
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