



Gateway Arch Construction Underway
PAGE 2

Volunteers 'Chip-In' for Arbor Day
PAGE 3



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SEE INSIDE
A MESSAGE ON ROADS



PAGE 11

BRAINSPOTTING OFFERS HEALING PATHWAY



PAGE 5

FREE MAMMOGRAMS FOR BREAST CANCER AWARENESS MONTH



PAGE 4

Ready, Set, GOLD

Efforts at Lichen K-8 Honored



A wave of celebration spread across Lichen as students and staff shared the memorable accomplishment of receiving the Gold Implementation Award. Photo courtesy of the San Juan Unified School District

San Juan Unified School District News Release

SACRAMENTO REGION, CA (MPG) - Six San Juan Unified School District sites were among the 2,500 schools recognized by the California Positive Behavioral Interventions and Supports (PBIS) 2024-25 Recognition program.

The recognition program acknowledges schools that implement the Positive Behavioral Interventions and Supports approach, which schools use to create a safe, positive and supportive environment for all students.

Recognitions range from Bronze, Silver, Gold and Platinum Implementation Awards.

Pershing Elementary School, Del

Paso Manor Elementary School, Starr King K-8, Thomas Edison Language Institute and Will Rogers Middle School received a Silver Implementation Award.

Lichen K-8 received the Gold Implementation Award.

According to school leaders, these practices have become the core of their school culture.

Joyce Long, a Lichen K-8 counselor, recognizes the efforts put in place over the past 13 years that led the school to "this incredible milestone." A notable shift occurred when the school focused on R.O.A.R. (Responsible, Own your choices, Always safe, and Respectful and kind) to teach and encourage positive behavior.

R.O.A.R. became widely known and used across Lichen's campus, from posters to student conversations to themed assemblies.

Seventh-grader Joseph is one of the many students who can recite the acronym word for word. For Joseph, it is a great experience to participate in the school's reward system and be recognized for his behavior, while also winning prizes.

"We earn Bear Bucks when we are doing good, being responsible, completing our work and being in class on time," Joseph said. "It is really nice for me to be called on the speaker for [the weekly raffles]."

The road to receiving the recognition was also a moment of reflection

Continued on page 5

County Responds to Special Election Ballot Envelope Concerns

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Department of Voter Registration and Elections staff recently learned about online posts concerning the Nov. 4 Statewide Special Election ballot and envelope. (Proposition 50 is on the ballot.)

These posts claim that when folded and placed back in the return envelope, a voter's ballot selection can be seen through the holes in the envelope.

To help address voter concerns, Sacramento County put together a checklist of facts to assist the voting process.

There are at least eight ways to insert a ballot card into the return envelope, and only two of these might result in a bubble being visible through the hole. There is no way to determine how a voter voted through this small hole.

Our ballot cards contain a single question printed on one side. Concerned voters can fold their ballot so the blank side faces outward before placing it in the envelope.

The punched holes in our ballot envelopes, introduced in 2008, are a best practice in most California counties. They serve as a tactile guide for visually impaired voters to locate the signature area and allow Voter Registration and Elections staff to verify that all ballot cards have been removed from returned envelopes.

For a foolproof guide on folding your ballot to insert into your return envelope, a quick how-to video has been posted to the County of Sacramento's official YouTube channel at youtube.com/shorts/cF_TQODKZgM.

If you plan on voting by mail or ballot drop box and want to track your ballot, use the Sacramento County My Voter Portal at myvoterportal.saccounty.gov/ LookupVoter or sign up for BallotTrax at california.ballottrax.net/voter.

For more information, contact the Sacramento County Department of Voter Registration and Elections at 916- 875-6451 or email voterinfo@saccounty.gov. You can also call our toll-free voter assistance hotline at 800-762-8019. The hotline can connect voters with disabilities with TTY (Text Telephone). ★

Sunrise Park District's 75th Anniversary Jubilee

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

- A joyous crowd came together on Saturday, Oct. 4 in Rusch Community Park to celebrate and remember a very special gift donated in 1950 by Fred and Julia Rusch: their home and 15 acres of their ranch land. The donation helped establish the Sunrise Recreation and Park District, well before Citrus Heights became a city.

The 75th anniversary jubilee of the Sunrise Recreation and Parks District was quite a party, providing a memorable opportunity for many to fully experience history, community and celebration all in one day.

It was an evening of fun for all ages. Available parking was rewarded for those who decided to come early and surrounding spaces in nearby neighborhood



Area band Apple Z performs at Sunrise Park District's 75th Anniversary Jubilee.

streets filled up fast.

The event included live music from popular favorites Apple Z and Aeromyyth, an Aerosmith tribute band, both of which got dancers moving throughout the event before the night wound down with a

spectacular fireworks show that lit up the evening sky.

The savory scents of multiple food trucks gave attendees plenty of choices to consider before heading over to the beer garden for a cold beverage.

Many brought lawn

chairs to enjoy an evening picnic on the park grass while youngsters checked out the kids' zone.

Parked under the trees, just over the bridge near the World War II Memorial, were plenty of

Continued on page 5

Gateway Arch Construction Underway



A drawing provided by the city shows what the gateway arch will look like once completed, with intentions for the project to be completed by late May 2026. Photo courtesy of the City of Citrus Heights

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Multiple construction project milestones have been achieved at the midway point of construction for Citrus Heights' Auburn Boulevard Phase 2 project, including foundations being set for a new "Welcome to Citrus Heights" gateway arch.

The structure will be built at the northern city limits, according to Marisa Brown, city communications officer, responding on behalf of Citrus Heights General Services Director Regina Cave.

According to Brown, the city's contract for the larger project is with George Reed Construction, Inc (GRI). However; the company subcontracted the building of the archway to R.A. Nemetz Construction Co., Inc., which is included in the city's original contract scope and price.

The Auburn Boulevard Phase 2 project aims to alter the boulevard's orientation from a car-centric, fast-moving, four-lane arterial roadway to a pedestrian and bike-oriented corridor with new sidewalks,

crosswalks and bike lanes. The project cost is estimated at approximately \$35 million, the city reported in its Five-Year Capital Improvement Program report.

The "Welcome to Citrus Heights" gateway arch design was completed by the city's structural engineering design consultant and was finalized in February 2024.

"The fabrication of the arch itself, as well as the pilasters on either side of the roadway, was included in the original project bid for which the Citrus Heights City Council approved the \$28,918,864.50 contract on May 9, 2024," Brown said.

"The gateway arch pilasters are in active construction," she added. "The foundation was poured the week of Sept. 22 and it's anticipated the columns will be poured the week of Oct. 20. Once the columns are in place, field measurements can be obtained and fabrication of the Gateway Arch will begin. The Gateway Arch will take approximately five to six months to fabricate and it's anticipated it will be placed across the road sometime in late May of 2026."

After the Gateway Arch is installed, stone veneer on the



Construction for the Auburn Boulevard Phase 2 project is ongoing at the intersection of Auburn and Grand Oaks boulevards. Photo by Thomas J. Sullivan

gateway pilasters will be installed which is one of the final items of work for the Auburn Boulevard Phase 2 project, according to Brown.

Additional traffic signal work and completion of new curb ramps at all intersections still need to be completed before the final resurfacing of the roadway can occur in late summer or early fall 2026, Brown said.

Planned improvements in the second phase of the Auburn Boulevard Complete Street project include undergrounding of overhead utilities, installation of bicycle lanes and wide sidewalks, upgrading

traffic signals to meet current standards, increasing safety and visibility through decorative street lighting, beautifying the corridor with new landscaping and trees, replacing old storm drain infrastructure and enhancing transit stops for Americans with Disabilities Act (ADA) compliance, according to the city.

Completion of curb, gutter and sidewalk work on the east side of Auburn Boulevard and the installation of three updated traffic signals at Grand Oaks, Rollingwood and Twin Oaks are yet to be completed, Brown said.

One additional traffic signal at the entrance to the Citrus Grove Shopping Center will also be installed, according to Brown.

Since construction began at the end of July 2024, at least one lane has remained closed, even outside construction hours.

Detour signs continue to be placed along neighborhood streets near Auburn Boulevard to help drivers circumvent problematic areas and the vehicle gate leading from the neighborhood into and out of Rusch Park has also remained open.

Bright orange signs with directional arrows indicating that businesses are open have been placed at entrance driveways.

The city continues to hold weekly drop-in office hours at Rusch Community Park's Community Center from 10:30 to 11:30 a.m. every Thursday during the construction project, where construction management team members are on hand.

More information about the Auburn Boulevard Complete Street Project Phase 2 can be found on the city's website at citrusheights.net/1127/Auburn-Boulevard-Complete-Streets-Phase. ★



SEASON 30
FALL 2025



Stained Glass Concert

October 25 | 7:30pm
Fremont Presbyterian Church: 5770 Carlson Dr, Sacramento, CA

VIVALDI
Gloria

MOZART
Regina Coeli

JAMES WHITBOURN
Requiem Canticorum
and Lux in Tenebris





Chris Mackey
Baritone

Rachael Davis
Soprano

Sarah Sy
Soprano

Donald Kendrick, Conductor
Dr. Ryan Enright, Organist
Russell Veirs, Concert Saxophonist

For more information & tickets: sacramentochoral.org



SAVE THE DATE

HOME FOR THE HOLIDAYS
Saturday, December 13 | 3:00pm
Memorial Auditorium
SAFE CU PAC Box Office 916-808-5181

Metro Chamber Acquires Sacramento Speaker Series

Sacramento Metro Chamber News Release

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Chamber of Commerce announced its acquisition of the Sacramento Speaker Series, ensuring the continuation and growth of the high-profile program.

Now led by the Sacramento Metro Chamber and presented by Sutter Health, in partnership with KCRA 3, My58 and KFBK News Radio, the 2025-2526 Sacramento Speakers Series kicks off on Oct. 22 at the SAFE Credit Union Performing Arts Center, 1301 L. St., Sacramento.

Founded in 2004 by Mitchell Ostwald, the series has become the cornerstone of civic dialogue, featuring some of the most influential voices in politics, culture, thought leadership and more.

"With this acquisition, we want to first recognize the vision and commitment of Mitchell Ostwald and his team, whose dedication has made the Speaker Series a celebrated tradition," said Sacramento Metro Chamber President and CEO Robert Heidt. "As we take the helm, we are committed to honoring its legacy while elevating the experience for our community. The Speaker Series now joins our roster of signature programs, alongside our annual Dinner and Business Awards, Capitol-to-Capitol and Study Mission, that all aim to bring together business and community leaders to shape the future of our Capital region."

The series will begin with former U.S. Secretary of Transportation Pete Buttigieg speaking on Oct. 22.

The speaker lineup continues with author/journalist/screenwriter Mitch Albom on Nov. 12, former Vice President Mike Pence on Jan. 28 and author/activist/Equal Justice Initiative

community educator Anthony Ray Hinton on Feb. 25.

Environmental activist/documentary filmmaker/author Céline Cousteau speaks on March 25 and actress/neuroscientist/author/mental health podcaster Mayim Bialik speaks on April 29.

"The Sacramento Speaker Series has long been about more than just remarkable voices; it's about what happens when our community comes together to listen, learn and lead," said Keri Thomas, the Sacramento Metro Chamber board chair and Sutter Health Vice President of External Affairs. "This year's line-up builds on the chamber's commitment to bringing world-class perspectives to the Capital region, fostering dialogue that shapes our region's future and deepens community connection. I'm thrilled to see how these conversations will continue to shape and energize Sacramento's future."

The series will also continue its Share the Vision program, generously supported by the California State Library Foundation, which provides local high school students with unique access to speakers through exclusive pre-event receptions and complimentary admission.

Capacity is limited for the 2025-2026 Sacramento Speakers Series and a sellout is expected. For more information or to purchase advance tickets to the Sacramento Speakers Series, visit www.sacramentospeakers.com.

Sponsorship opportunities are available for the 2025-26 season, with more information available by contacting Susan Harris Brazelton at sharris@metrochamber.org.

More information about the Sacramento Metro Chamber is available online at metrochamber.org. ★




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Volunteers 'Chip-In' for Arbor Day

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - The traffic roundabout on Fountain Square Drive at Stock Ranch Road across from Van Maren Park received a fresh dressing of decorative cocoa brown bark on Saturday, Oct. 11 as dozens of volunteers "chipped in" to celebrate the city's designation as Tree City USA and to observe Arbor Day.

Citrus Heights Mayor Dr. Jayna Karpinski-Costa read the city's proclamation to the gathered volunteers before joining City Councilmember Porsche Middleton to plant a tree on the grounds of City Hall.

Volunteers enjoyed hot coffee and a morning continental breakfast while listening to a safety brief from the city's general services department after their registration.

Soon it was time to put on yellow safety vests, place rakes and shovels over their shoulders and begin their walk down Fountain Square Drive toward Van Maren Park, where piles of bark, the city's specially-designated blend, awaited them at the project site.

The city's annual "Chip-In Days" are designed to foster community pride while enhancing the beauty of Citrus Heights' public spaces, said Armando Velasquez, the city's General Service Department's assistant city maintenance inspector.

"We pick a different location every year throughout the city," Velasquez said. "All of the materials were provided by our sponsors and no city funds are involved (in this annual project)."

The popular annual event attracted volunteers from local businesses, churches and Boys and Girl Scout members who helped spruce up the estimated 150-yard length of a landscaped retaining wall from the corner of Cedar Ranch Road directly across from Van Maren Park.

Six large piles of bark, dropped



Volunteers at the annual "Chip-In Days" on Oct. 11 helped spruce up the full length of a landscaped retaining wall starting from the corner of Cedar Ranch Road at the roundabout with new bark.

off by dump trucks in advance of the event, taller than some of the young volunteers who climbed them (just to see if they could), were gone by 12:30 p.m. when the project was completed and a hot pizza lunch provided by the city was served and enjoyed on the Citrus Heights City Hall grounds.

In previous Arbor Day "chip in" events, volunteers have refreshed the City Hall side of Fountain Square Drive with new bark, leading to the roundabout, the grounds surrounding the main parking lot of the Citrus Heights Police Department and the shoulder of Auburn Road from the Stock Ranch marquee sign in front of Costco and Walmart toward Sylvan Middle School.

This year, volunteers turned their attention to placing new bark under the tall palm trees inside the circular traffic roundabout across from the Van Maren Park entrance.

"I'm so proud of all the



Six piles of bark were taller than some of the young volunteers who were shoveling them during the Oct. 11 "Chip-In Days" event.

volunteers who turn out to help each year," Velasquez said, watching as wheelbarrows of bark were shoveled full and then pushed up a curved berm where they needed to be placed.

Volunteers, holding rakes or shovels, quickly got to work, spreading it out before moving on to the next needed location.

"Our local supplier who works with us sells that popular variety

of tree bark, known as Citrus Heights Coconut Brown, to the public under that brand name," Velasquez said.

Members of the Church of Jesus Christ of Latter-day Saints, The Heights Church, Advent Lutheran Church, Sayonara Community Center and local Boy Scout and Girl Scout troops also participated in the city's Fall Chip-In Day.

Velasquez recognized all the participating volunteers and event sponsors who have continued to help make the annual fall volunteer event such a success every year.

Many took their chances to win a wide range of raffle prizes and gift bags that were donated by the city and participating sponsors.

Sponsors this year included Arrow Construction, Biondi Paving Inc., California Landscape Services, Citrus Heights Car Wash, Citrus Heights Mower Shop, Citrus Heights Water Board of Directors, Coastline Water Resources, J & A Steam Cleaning, Linmoore Fencing, MCE, Republic Services, Sunrise Parks and Recreation and West Coast Arborist. ★



"Chip-In Days" volunteers enjoyed hot coffee and a breakfast snack after registration for the event at City Hall.

clean power promise

The Clean PowerCity® 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. To learn more and join the charge, visit CleanPowerCity.org today.



Free Mammograms for Breast Cancer Awareness Month

Uninsured and underinsured members of the community are urged to act now

UC Davis Health News Release

SACRAMENTO REGION, CA (MPG) - October is Breast Cancer Awareness Month. An estimated one in eight females will get breast cancer in their lifetime. Screening is key to catching breast cancer when it is most treatable.

The UC Davis Health Department of Radiology and UC Davis Comprehensive Cancer Center are once again teaming up to provide free mammograms for uninsured and underinsured women in the community. An additional screening day has been added to the schedule this year.

The free mammograms will be offered on Oct. 18, 19, 25 and 26. The screenings, by appointment only, will take place from 7:15 a.m. to 3 p.m. at the UC Davis Health Lawrence J. Ellison Ambulatory Care Center, 4860 Y St., Sacramento.

"Mammograms can show a



UC Davis Health is offering free mammograms on Oct. 18, Oct. 19, Oct. 25 and Oct. 26 in support of Breast Cancer Awareness Month. Photo courtesy of UC Davis Health

breast lump before it can be felt and can also show precancerous cells or other conditions," said UC Davis Health Department of Radiology Chief Elizabeth Morris. "Women should get regular screening mammograms to detect breast cancer annually, starting at age 40. Women younger than 40 who have

risk factors for breast cancer should ask their doctor if they should have a mammogram and how often."

Who is eligible for the free screening?

The mammograms are for females aged 40 to 74 who have not had a mammogram in the past year and are

not experiencing symptoms. Women with symptoms such as a lump, pain, swelling or discharge need a more advanced diagnostic mammogram.

"In Sacramento County, only 68 percent of eligible individuals are up to date on their breast cancer screening," said Marissa Bashore, health

education supervisor for UC Davis Comprehensive Cancer Center Office of Community Outreach and Engagement. "Regular screening mammography can help find breast cancer at an early stage when treatment is more likely to be successful. We urge all females over the age of 40 to get annual mammograms."

To make an appointment, call 916-734-8449 between 8:30 a.m. and 5 p.m. Mondays through Fridays. Ask to book an appointment for a free Breast Cancer Awareness Month screening mammogram.

Language interpretation services are available. Appointments are required and available on a first-come, first-served basis. Appointments fill up quickly, so call early.

UC Davis Health has partnered with the community health center, WellSpace Health, to schedule additional diagnostic testing or follow-up care, if necessary. ★

State Parks Invites Public to Free Halloween Tours



Enjoy the Halloween Ball Mystery Tour at Leland Stanford Mansion State Historic Park. Reserve your free tour now at bit.ly/StanfordMansionHalloween. Photo courtesy of California State Parks 2025

California Department of Parks and Recreation News Release

SACRAMENTO REGION, CA (MPG) - Care to dance? California State Parks welcomes those who dare to Leland Stanford Mansion State Historic Park (SHP) for the Halloween Ball Mystery Tour.

Explore frightfully decorated rooms with dark tales of history and mystery as you make your way to the Halloween Ball. Costumes are encouraged. Be sure to check out photo opportunities out in the courtyard. Enjoy the mystery from Oct. 24 to Nov. 1.

Although this is a family-friendly event, some young visitors might find it a little too spooky.

Leland Stanford Mansion State Historic Park is located at 800 N St., Sacramento. Free tours are available from 1 to 8 p.m. during the Oct. 24 to Nov 1 season. On Oct. 27 to Oct. 29, daytime tours will only be available from 1 to 5 p.m.

Tours are free for all visitors but reservations are required. To RSVP, go online to parks.ca.gov/?page_id=31344.

Leland Stanford Mansion State Historic Park is an ADA accessible space. If you have questions or requests regarding accessibility, contact the park at (916) 324-9266.

The Leland Stanford Mansion is a stunning example of the splendor and elegance of the Victorian era in California. Originally built in 1856 by



Be prepared to be scared as you visit frightfully-decorated rooms with dark tales of history and mystery at the Leland Stanford Mansion. Courtesy of California State Parks, 2025

Gold Rush merchant Sheldon Fogus, the mansion was later purchased and remodeled twice by Leland and Jane Stanford. Leland Stanford served as California governor from 1862 to 1863. The mansion served as the office of three governors during the turbulent 1860s for Stanford, Fredrick Low and Henry Haight.

After a 14-year, \$22-million restoration and rehabilitation, the tour of the 19,000-square-foot mansion will also feature 17-foot ceilings, gilded mirrors and exquisitely detailed carved moldings, beautifully restored woodwork, elegant 19th-century crystal and bronze light fixtures, historic paintings, re-created carpeting and draperies based on photographs from the 1870s to match the original interior design, original period furnishings that belonged to the Stanfords and 19th-century style gardens outside. ★

California FFA Foundation Names New Board Members

California Future Farmers of America News Release

SACRAMENTO REGION, CA (MPG) - The California Future Farmers of America Foundation (FFA) has added two agricultural leaders, Shannon Douglass and Mel Machado, to its board of directors. Their leadership, experience and commitment to agriculture and youth development will further strengthen the foundation's mission of supporting the more than 108,000 Future Farmers of America members throughout California.

Since 2023, Douglass has led the California Farm Bureau as president, following six years of service on the board's executive committee as the first vice-president. A Glenn County farmer and co-founder of CalAgJobs, a company dedicated to connecting agricultural students and professionals with career opportunities, Douglass combines industry expertise with a strong passion for youth development.

An East Nicolaus Future Farmers of America Chapter alumna, Douglass held numerous leadership roles as a student, including chapter president and sectional officer. Today, her California Farm Bureau leadership centers on supporting California's farmers and ranchers, while her service on the foundation board will help cultivate the next generation of agricultural leaders.

"I'm grateful every day for what Future Farmers of America gave me: opportunities to lead, compete and grow," Douglass said. "Now, as a Future Farmers of America mom and a



Shannon Douglass, California Farm Bureau president, is joining the California Future Farmers of America Foundation as a new board member. Photo courtesy of California FFA Foundation



Mel Machado, chief agricultural officer at Blue Diamond Growers, is joining the California Future Farmers of America Foundation as a new board member. Photo courtesy of California FFA Foundation

foundation board member, I have the chance to give back to ensure this program continues to inspire and prepare the next generation of farmers, ranchers and agricultural advocates."

Machado, the chief agricultural officer at Blue Diamond Growers, serves as a strategic partner on all aspects of agricultural operations. Machado has spent more than three decades at Blue Diamond Growers and has been actively involved in the industry and community. He has served as a director on the Almond Board of California and as a member of the University of California Integrated Pest Management Advisory Council and the Board of Directors of Opportunity Stanislaus. Machado is also an alumnus of Livingston Future Farmers of America, earning his State Future Farmers of America degree.

"I am so proud to serve as a member of the Future Farmers of America Foundation Board of Directors," Machado said. "The Future Farmers of America provides students with the best leadership training and skills development of

any function in California's schools and provides a solid foundation for California's students as they prepare for their careers."

Douglass and Machado will help guide the California Future Farmers of America Foundation and ensure its resources are invested in preparing the next generation of agricultural leaders.

"The California Future Farmers of America Foundation is honored to welcome Mel Machado and Shannon Douglass as our newest directors," said Emily Rooney, California Future Farmers of America Foundation chair. "Their professional expertise and deep commitment to our mission and the agriculture industry will be invaluable as we advance the foundation's work and expand its impact. Their involvement strengthens our collective ability to serve and support all facets of agricultural education."

The new members join 25 business and industry representatives, nine education and program oversight representatives and staff members who represent the California Future Farmers of America Foundation board. ★

Property Tax Postponement Program Filing Period Announced

California State Controller's Office News Release

SACRAMENTO REGION, CA (MPG) - State Controller Malia M. Cohen announced that applications for property tax postponement are now being processed.

California's Property Tax Postponement (PTP) Program, administered by controller Cohen, allows eligible homeowners who are seniors, blind or have a disability to postpone payment of property taxes on their primary residence.

In the 2024-25 tax year, California homeowners were able to postpone more than \$6.8 million in residential property taxes. Over the last few years, eligibility for tax deferral has been expanded several times by the addition of manufactured homes and adjustments to the income limit. This year, the household income limit has been raised to \$55,181, reaching more seniors and Californians with disabilities. Household income for this Property Tax Postponement cycle will be based on 2024

household income.

"For many seniors and Californians with disabilities, keeping up with rising housing costs can be overwhelming," Cohen said. "The Property Tax Postponement Program provides real relief, helping people stay in their homes, maintain stability and preserve the communities they've helped build. By expanding eligibility, we're ensuring that more Californians can access the support they need to live with dignity and peace of mind."

Property Tax Postponement

funding is limited. Applications will be processed in the order they are received, starting from Oct. 1. The final filing deadline for the current tax year is Feb. 10, 2026. Participants must reapply each year and demonstrate they continue to meet eligibility requirements. When an applicant is approved, a lien will be placed on the real property or a security agreement will be filed with the Department of Housing and Community Development for a manufactured home, until the account is paid in full.

Applications and additional program details can be found online, by calling 800-952-5661 or email at postponement@sco.ca.gov.

Property owners affected by California fires or other California disasters might be eligible for another tax relief program that allows for reappraisal of damaged or destroyed property. For more information on this program, visit the California Board of Equalization's disaster relief website at boe.ca.gov/prop-taxes/disaster-relief.htm. ★

Brainspotting Offers Healing Pathway

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Where you look can affect how you feel. That's the premise behind a recent new form of treatment for trauma called brainspotting.

Therapist Stephanie Henderson, owner of Whole Heart Brainspotting, a coaching practice in Citrus Heights, offers helpful coaching that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain many people suffer from.

She offers hour-long brainspotting sessions in her Auburn Oaks Plaza upstairs office on 8421 Auburn Blvd. in Suite 262 to her clients by appointment only.

Brainspotting is a growing form-focused therapeutic treatment which is being taught to physicians, psychologists and psychotherapists to treat multiple forms of PTSD but have also been shown to help with stress, illness, anxiety, ADHD, phobias, chronic pain and chronic fatigue and substance abuse.

Henderson opened her office in 2022 and shares her office space with Sacramento Healing Tree, which offers metaphysical healing. Henderson utilizes both brainspotting and HeartMath, a set of tools and techniques which can be used in between sessions to strengthen her client's mental and physical systems to help bring healing.

Henderson acknowledges the human brain often has an amazing way of healing itself.

The techniques of brainspotting tend to work differently for different people requiring a flexible and more personalized approach with each client towards their healing journey.

The cost per individual session which she offers is flexible, Henderson said.

"My heart hurts for those who haven't had access to



Stephanie Henderson works with a client. Photo courtesy of Stephanie Henderson

trauma support. I've chosen to offer my clients payment on a sliding scale for those with limited resources," Henderson said.

In a sample brainspotting session, you would watch Henderson gently hold a pointer, slowly guiding her client's eyes across their field of vision, asking leading questions about a particular traumatic event which they might seek to examine.

"Brainspotting relies on the therapist's ability to closely observe and then accurately pick up on clients' reflexive cues," Henderson said. "Certain eye positions relate to retained emotions or deep traumatic memories."

An equal component in a brainspotting session involves "bilateral stimulation," the stimulation of the left, then right (and alternating) sides of the brain repeatedly using special music played through



Therapist Stephanie Henderson, owner of Whole Heart Brainspotting in Citrus Heights, offers a new form of treatment for trauma called brainspotting. Photo courtesy of Stephanie Henderson

headphones, which are called bilateral sounds.

The combined approach aids in her client's concentration during a typical session.

Her client, who is seated comfortably on a couch, sits across from her while the lights of her office are dimmed.

Henderson holds the pointer on the specific spot the client expresses, asking her client to focus on it. Henderson tracks her client's individual physical responses and eye movements, to her questions.

Her job, Henderson explained, is "not to guide the healing but rather to hold the space which is being explored by the client at that moment.

"Where do you feel it?" "What emotion do you feel?" "What do you feel now?" are just some of the questions Henderson will ask as the session unfolds.

In this session, the client recalls the seconds on a late Friday afternoon in August 2014 leading up to

the traumatic moment he was unexpectedly struck by a car while walking in a marked pedestrian crosswalk that failed to stop for him and then describes what memories he holds of its aftermath which he survived without major injury.

He tells Henderson he has since had anxiety looking to his lower left, which correlates to the alignment of the passenger side mirror which struck him.

"When you look at that spot, observe where your mind goes. Where it goes may make sense to you or not but it doesn't matter. Your deeper brain knows what to do. It's like breathing. Thoughts, memories, feelings or body sensations may suddenly come or go," she said.

Henderson, who is Cherokee, finds her professional skills as a therapist have grown as she continues to focus on trauma-sensitive people in her practice.

"I definitely continue to do my own personal growth work," Henderson said. "I believe to be a great life coach and brainspotter, that's absolutely necessary."

"The more we ourselves heal, the more we can offer help."

Her own journey of healing is one that should be accessible to everyone, Henderson said.

"I'm thrilled to have the opportunity to journey with so many as they breakthrough into the life they truly want. My clients are really the experts. I just get the honor to be a supportive presence in their journey," Henderson said.

Whole Heart Brainspotting with Henderson is located in the Twin Oaks Plaza at 8421 Auburn Blvd., Suite 262 in Citrus Heights. Call 916-778-8560 or email wholeheartstephanie@gmail.com for more information or to schedule an appointment. Learn more about her practice of brainspotting at www.wholeheartbrainspotting.org/. ★

Sunrise Park District's 75th Anniversary Jubilee

Continued from page 1

cool, classic cars to see, including many decorated in a Halloween theme.

Citrus Heights Historical Society members conducted tours of the Rusch home and gardens, inviting visitors to step back in time when open ranchlands were part of a rustic, rural community, then known as Sylvan.

Event sponsors included the City of Citrus Heights; Sunrise Market Place which sponsored the evening's live music; the Citrus Heights Water District; Perryman Painting & Remodeling; California American Water; the Kiwanis Club of Citrus Heights and Sactown Real Estate. ★



A plaque in Rusch Community Park recognizes the donation by Fred and Julia Rusch, who donated their land to help establish Sunrise Recreation and Park District.

Ready, Set, GOLD

Continued from page 1

on the importance of the work done behind the scenes, beyond the reward system.

For the Lichen staff, it was important to implement Positive Behavioral Interventions and Supports for all students rather than focusing on a select group.

"We're using data from our referrals to the office to determine supports for the students," said Vice Principal Alissa Boyd. "Do they need check-ins? Do they need more tiered supports?"

The data collected helps the Lichen administration and staff address student behaviors and focus on areas that require more attention, such as expectations and location.

The decision-making does not end with data and staff, however; students also have a voice.

"We're constantly checking with staff to see if things are working or not but also getting student voices to see if they're liking it," Long said.

A wave of celebration spread across Lichen as students and staff shared the memorable accomplishment of receiving the Gold Implementation Award.

"I feel pretty good because I have been here my whole life," said seventh-grader Aryana.

Joseph also shared a word of encouragement to his peers at Lichen: "Continue being responsible and following our R.O.A.R. expectations."

The six San Juan Unified schools were recognized at the 10th annual California PBIS Conference last week at the Safe Credit Union Convention Center in Sacramento. ★



**Publisher,
Paul V. Scholl**

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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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06893
Sergiy Ostroushchenko, 1342 Trevor Court, Roseville, CA 95678 is doing business under the Fictitious Business Name(s) "Starpom Services" 1342 Trevor Court, Roseville, CA 95678. Filed with the Clerk of Sacramento County September 15, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
STARPOM 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06827
McAtee Property Services, LLC, 3400 Cottage Way, Suite G2 #29279, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "High Tide Pools" 2156 Woodhead Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 11, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
HIGH 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06834
Team Totton LLC, 8142 San Remo Way Suite #6, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Guardian Angel Care Services" 8142 San Remo Way Suite #6, Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 11, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
GUARDIAN 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06404
Carlos Gaytan, 6313 Creekrcrest Circle, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Overhead Door Express" 6313 Creekrcrest Circle, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 28, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
OVERHEAD 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06366
Karen Burleson, 35 Abbeywood Circle, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Wild Caught Bees" 35 Abbeywood Circle, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
WILD 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06721
Robert Stone and Jennifer Stone, 25 South 3rd Street, Rio Vista, CA 94571 is doing business under the Fictitious Business Name(s) "River Rats Septic and Plumbing" 14915 Isleton Road, Isleton, CA 95641. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
RIVER 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06902
Fatoumata Karawana, 505 E. Arnaudo Boulevard #236, Mountain House, CA 95391 is doing business under the Fictitious Business Name(s) "Eyana Hair Studio" 1440 Ethan Way Suite 42, CA 95825. Filed with the Clerk of Sacramento County September 15, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
EYANA 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06595
Leavitt Group Texas Select, LLC, 6546 Greatwood Parkway, Suite A, Sugar Land, TX 77479 is doing business under the Fictitious Business Name(s) "Crossland Coverage" 6546 Greatwood Parkway, Suite A, Sugar Land, TX 77479. Filed with the Clerk of Sacramento County September 5, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
CROSSLAND 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06951
RVIM Consulting LLC, 4339 Auburn Boulevard Building A 1005 Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "River Valley Investment Management" 4339 Auburn Boulevard Building A 1005 Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 16, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
VALLEY 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06822
Tessa Anne Buys, 8700 Longspur Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Root and Reach Movement" 8700 Longspur Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 11, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
ROOT 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06856
Latinxcaliforniacuisine LLC, PO Box 543, Isleton, CA 95641 is doing business under the Fictitious Business Name(s) "Memo's Latinx California Cuisine" 501 Second Street #A, Island, CA 95641. Filed with the Clerk of Sacramento County September 12, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
MEMOS 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06999
Smart Auto Dismantling LLC, 3569 Recycle Road Suite 10, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Smart Auto Dismantling and Auto Parts" 3569 Recycle Road

Suite 10, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 17, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
SMART 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06998
Blue Sky Auto Dismantling LLC, 3569 Recycle Road Suite 16, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Blue Sky Auto Dismantling and Auto Parts" 3569 Recycle Road Suite 16, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 17, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BLUE 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06699
Floor Hounds LLC, 630 Cunard Drive, Napa, CA 94558 is doing business under the Fictitious Business Name(s) "TL Floor and Design" 9941 Hom Road Suite A, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
TL 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06769
Roxana Hargrove, 3943 Nicklaus Place, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Hargrove Professional Services" 3943 Nicklaus Place, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 10, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
HARGROVE 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05872
Akaalias LLC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "The Equalizer" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 7, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
EQUALIZER 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06234
Sergiy Pysarenko, 7344 Thalia Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Profix Handyman" 7344 Thalia Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 21, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
PROFIX 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06053
Black Star Auto LLC, 3512 Husch Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Black Star Auto" 3512 Husch Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 13, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BLACK 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06673
Capitol Impact Consulting, LLC, 1610 R Street, Suite 300, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Capitol Impact, LLC" 1610 R Street, Suite 300, Sacramento, CA 95811. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
CAPITOL 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06176
The Non-GMO Project (CA) PO Box 5606, Bellingham, WA 98227 is doing business under the Fictitious Business Name(s) "Non-UFFP Verified/Food Integrity Collective" 19 Bellwether Way #201, Bellingham, WA 98225. Filed with the Clerk of Sacramento County August 19, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
NON 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06884
Big Brother Auto Sales Inc, 3513 Recycle Road Suite A, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Brothers Auto Parts" 3527 Recycle Road #B, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 15, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BROTHERS 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05893
Finding Home Foundation, Inc., 1675 E. Riverside Drive, Suite 200, Eagle, ID 83616 is doing business under the Fictitious Business Name(s) "First Call Foundation" 6929 Sunrise Boulevard, Suite 180, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 7, 2025
Publish: October 3, 10, 17, 24, 2025
FIRST 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06888
Albini Services and Products LLC, 11945 Armandi Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "The Mecca of Results (Magnus Elite Coaching Conditioning and Achievement)" 11945 Armandi Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 15, 2025
Publish: October 3, 10, 17, 24, 2025
MECCA 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06612
Simply Appliances, Inc., 3229 Fitzgerald Road, Suite A, Rancho Cordova, CA 95742 is doing business under the

Fictitious Business Name(s) "Eco Appliance/Eco Appliance Recycling" 3229 Fitzgerald Road, Suite A, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 5, 2025
Publish: October 3, 10, 17, 24, 2025
ECO 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06928
Wood Bookkeeping and Tax Service Inc, 5824 Northgrove Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Taxeasusa.com" 5824 Northgrove Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 15, 2025
Publish: October 3, 10, 17, 24, 2025
TAX 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06901
California Emergency Food Link, 5800 Foodlink Street, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Hope and Threads Thrift Shoppe" 10343-A Folsom Boulevard, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 15, 2025
Publish: October 3, 10, 17, 24, 2025
HOPE 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07064
Jamie Cavanaugh, 7805 Caber Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Pure Soul Kitchen Co./Pure Soul Plant-Based Kitchen Co/We Be Brunchin'/Phattie's Wraps & Bowls." 5780 Broadway, Sacramento, CA 95820. Filed with the Clerk of Sacramento County September 19, 2025
Publish: October 3, 10, 17, 24, 2025
PURE 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07140
Tochukwu Ejekwe, 8020 Sawgrass Circle, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Ledivine Auto" 8020 Sawgrass Circle, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 23, 2025
Publish: October 3, 10, 17, 24, 2025
LEDIVINE 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07142
God-given Rights And Community Empowerment GRACE Inc., 7301 I Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Grace Non Profit" 7301 I Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County September 23, 2025
Publish: October 3, 10, 17, 24, 2025
GRACE 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06727
Allia O'Donnell, 7640 Auburn Boulevard, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Zuffles" 7640 Auburn Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 8, 2025
Publish: October 3, 10, 17, 24, 2025
ZUFFLES 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07155
Elijah Yefremenko, 8725 Spruce Ridge Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Eco Shine Window and Gutter Cleaning" 8725 Spruce Ridge Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 23, 2025
Publish: October 3, 10, 17, 24, 2025
ECO 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06891
Herman Melnyk, 4500 67th Street Bldg. 2-512C, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Mel Pro Electrical/MP Electrical" 4500 67th Street Bldg. 2-512C, Sacramento, CA 95819. Filed with the Clerk of Sacramento County September 15, 2025
Publish: October 3, 10, 17, 24, 2025
MEL 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07148
DrPirko, 890 Rivercrest Drive, West Sacramento, CA 95605 is doing business under the Fictitious Business Name(s) "Ideal Plastic Surgery" 77 Cadillac Drive Suite 170, Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 23, 2025
Publish: October 3, 10, 17, 24, 2025
IDEAL 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06772
999 Thai Inc, 3609 Don Julio Boulevard, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Yummy Thai Sushi/Moomii Fish N Chip/Thai Rice N Noodle/Yummy Sushi Express" 1829 22nd Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 10, 2025
Publish: October 3, 10, 17, 24, 2025
YUMMY 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07034
Ivan Semenyuk, 4509 Fenwick Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Spark Works Services" 4509 Fenwick Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 18, 2025
Publish: October 3, 10, 17, 24, 2025
SPARK 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06582
A Caring Collective, LLC, 2324 I Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "HomeWell Care Services" 2324 I Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 4, 2025
Publish: October 3, 10, 17, 24, 2025
HOME 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07033
Voss & Voss, Inc., 5704 Dry Creek Road, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Voss ReCon/Voss Remodel & Construction" 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County September 18, 2025
Publish: October 3, 10, 17, 24, 2025
VOSS 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07205
Victor Gonzales, 3712 Fielding Circle, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Fireline Pool Care" 3712 Fielding Circle, Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 25, 2025
Publish: October 3, 10, 17, 24, 2025
FIRELINE 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07077
Andriy Trokhymchuk, 4800 Manzanita Avenue C4, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Tao Lab Services" 4800 Manzanita Avenue C4, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 19, 2025
Publish: October 3, 10, 17, 24, 2025
TAO 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06593
Apple NorCal LLC, 225 Bush Street Suite 1800, San Francisco, CA 94104 - DE is doing business under the Fictitious Business Name(s) "Applebee's Neighborhood Bar & Grill" 6900 Auburn Boulevard, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 5, 2025
Publish: October 3, 10, 17, 24, 2025
APPLEBEES 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07230
Manuel Saldana, 7248 Windjammer Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Black Hill Landscape" 7248 Windjammer Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 26, 2025
Publish: October 3, 10, 17, 24, 2025
BLACK 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06830
Homeland Security Inc., 13113 Briardell Ter #102, German Town, MD 20874 is doing business under the Fictitious Business Name(s) "The Cleaning Authority" 4038 Wayside Lane Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 11, 2025
Publish: October 3, 10, 17, 24, 2025
CLEANING 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07218
White Stone Dental Lab, LLC - 10204 Charles Morris Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Quality Crowns Dental Lab" LLC, 4700 Northgate Boulevard, Suite #15, Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 25, 2026
Publish: October 3, 10, 17, 24, 2025
QUALITY 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07161
Tori Irvine, 9443 Twin Lakes Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Hearth & Home Bakery" 9443 Twin Lakes Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 23, 2025
Publish: October 3, 10, 17, 24, 2025
HEARTH 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07078
Sandra Facino and Jarrett Facino, 8947 Rio Linda Boulevard, Rio Linda, CA 95626 is doing business under the Fictitious Business Name(s) "RV Nation" 8947 Rio Linda Boulevard, Rio Linda, CA 95626. Filed with the Clerk of Sacramento County September 19, 2025
Publish: October 3, 10, 17, 24, 2025
RV 10-24-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07204
DSSV, Inc. (DE), 548 Market Street, PMB 95237, San Francisco, CA 94104 is doing business under the Fictitious Business Name(s) "Brightwheel" 1759 Perry's Loop, Traverse City, MI 49685. Filed with the Clerk of Sacramento County September 25, 2025
Publish: October 10, 17, 24, 31, 2025
BRIGHTWHEEL 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06381
SB Nguyen LLC, 10347 Folsom Boulevard, Suite A, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Golden Nails" 10347 Folsom Boulevard, Suite A, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 27,

2025
Publish: October 10, 17, 24, 31, 2025
GOLDEN 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07128
WAVE LLC, 2504 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "WAVE" 2504 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 22, 2025
Publish: October 10, 17, 24, 31, 2025
WAVE 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07087
Equinox Health, Inc., 1050 Marina Village Parkway, Suite 101, Alameda, CA 94501, is doing business under the Fictitious Business Name(s) "The Oaks at Citrus Heights" 8272 Oak Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 22, 2025
Publish: October 10, 17, 24, 31, 2025
OAKS 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07233
Julia Maria Piazza, 484 Parker Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pelvic Floor Wisdom" 484 Parker Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 26, 2025
Publish: October 10, 17, 24, 31, 2025
WISDOM 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06345
Anthony Lee, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "AirSure/AirSure Auto" 2108 N Street Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 26, 2025
Publish: October 10, 17, 24, 31, 2025
AIRSURE 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07106
Margie Anzelc, 151 Shadowbrook Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Anzelc Cleaning Service" 151 Shadowbrook Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 22, 2025
Publish: October 10, 17, 24, 31, 2025
ANZELC 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06996
Jaylene Reyes, 8163 Gloriann Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "The Chu Collective" 8163 Gloriann Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 17, 2025
Publish: October 10, 17, 24, 31, 2025
CHU 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06037
K2 Restoration & Environmental Inc, 5704 Dry Creek Road, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "K2 Restoration & Construction" 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 12, 2025
Publish: October 10, 17, 24, 31, 2025
RESTORATION 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06037
Sacramento Lions Regional Foundation, 3001 I Street Suite 130, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Fort Sutter Lions Club Foundation" 3001 I Street Suite 130, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 24, 2025
Publish: October 10, 17, 24, 31, 2025
FORT 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06927
Tammice Nicole Sample, 6465 Channing Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Golden Heart Room and Board" 6465 Channing Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 15, 2025
Publish: October 10, 17, 24, 31, 2025
GOLDEN 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06943
Phonyarat Brearley, 7652 Clement Circle, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "TK Massage" 5501 Power Inn Road Suite 110, Sacramento, CA 95820. Filed with the Clerk of Sacramento County September 16, 2025
Publish: October 10, 17, 24, 31, 2025
TK 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06219
Ian Huston, 2548 Walnut Avenue 17, Carmichael, CA 95608 and Dae Williams, 7394 Patero Circle, Sacramento, CA 95823 are doing business under the Fictitious Business Name(s) "Brightwheel" 1759 Perry's Loop, Traverse City, MI 49685. Filed with the Clerk of Sacramento County August 20, 2025
Publish: October 10, 17, 24, 31, 2025
BNCLEAN 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07305
Lakshit Sharma and Shawn Christian, 14776 Mangini Parkway Apt #322, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Kadakai" 14776 Mangini Parkway Apt #322, Folsom, CA 95630. Filed with the Clerk of Sacramento County September

29, 2025
Publish: October 10, 17, 24, 31, 2025
KADAK 10-31-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07114
Inner Life of Sport, LLC, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Inner Life of Sport/The Inner Life Advisory Co./The Unfolding Conversation" 2108 N Street Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County September 22, 2025
Publish: Oct 17, 24, 31, Nov 7, 2025
INNER 11-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07429
Ilya Kolesnikov, 3400 Nadine Street, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "I.K. Auto Wholesale" 3451 I Street #13, North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 6, 2025
Publish: Oct 17, 24, 31, Nov 7, 2025
AUTO 11-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07445
Bhangu Petroleum Inc, 6401 Rio Linda Boulevard, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Rio Food & Liquor" 6401 Rio Linda Boulevard, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County October 6, 2025
Publish: Oct 17, 24, 31, Nov 7, 2025
RIO 11-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-07020
KKarma, 6337 Rampart Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name

Please Join Us For



Saturday, November 1st
8am - 4pm

We are located at 7801 Rosswood in Citrus Heights on the corner of Rosswood and Antelope
Questions: craftsmessiah@gmail.com

SHARING THE BLESSINGS AND LOVE OF GOD



Shred Day 2025

St. Vincent de Paul Fund Raiser

"Help Us Help The Poor"

5057 Cottage Way, at the Walnut Avenue Parking Lot

Saturday, October 18th

8:30 a.m. - 11:30 a.m.

(Or until the truck is full)

On-site Shred Truck • You Can Watch

- ✓ Bring all old or new tax records and/or any other old dust-gathering confidential documents for professional shredding
- ✓ Please, no plastic bags or large metal clips/binders, or Amazon-style packing
- ✓ All shredded paper is recycled

Suggested Donation:

\$1000 - \$2000

per paper grocery shopping bag and or standard file box.

For More Information OLASVDPShred@gmail.com | Curbside Service Available

Legal Advertising
916-483-0946

LEGAL ADVERTISING

2508 Garfield Ave. • Ste. A
Carmichael, CA 95608

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

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2022-05740

The following person(s) has/ have abandoned the use of the Fictitious Business Name of: College Oak Towing/Littles Auto & Truck, 4125 Winters Street, Sacramento, CA 95838.
George Little Investments Incorporated, 4125 Winters Street, Sacramento, CA 95838.
The Fictitious Business Name Statement was filed on August 1, 2022 in the County of Sacramento.

Filed with the clerk of Sacramento County: October 2, 2025
Publish: October 10, 17, 24, 31, 2025
COLLEGE 10-31-25

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2025-05744

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Brand G Designs LLC, Brand G Designs, 817 Fratis Street, Folsom, CA 95630.
Brand G Designs, 817 Fratis Street, Folsom, CA 95630.
The Fictitious Business Name Statement was filed on August 5, 2025 in the County of Sacramento.

Filed with the clerk of Sacramento County: September 26, 2025.
Publish: Oct 17, 24, 31, Nov 7, 2025
BRAND 11-7-25

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2025-00062

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Pirtek Power Inn, 4191 Power Inn Road, Suite D, Sacramento, CA 95826.
DC Mack, Inc., 8475 Lois Lane, Citrus Heights, CA 95610.
The Fictitious Business Name Statement was filed on January 6, 2025 in the County of Sacramento.

Filed with the clerk of Sacramento County: September 2, 2025.
Publish: Oct 17, 24, 31, Nov 7, 2025
PIRTEK 11-7-25

STATEMENT OF ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV021859

Norma Jean Moore has filed a petition with this court for a decree changing the name(s) of Mason Landon Moore to Mason Landon Springer.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 25, 2026, 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: September 12, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 3, 10, 17, 24, 2025
MOORE 10-24-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022547

Shalini Devi Pahalad has filed a petition with this court for a decree changing the name(s) of Shalini Devi Pahalad to Elizabeth Devi Pahalad.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this

court on February 24, 2026, 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: September 22, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 3, 10, 17, 24, 2025
PAHALAD 10-24-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV019697

Eduardo Guerrero Amarillas has filed a petition with this court for a decree changing the name(s) of Eduardo Guerrero Amarillas to Eduardo Guerrero Amarillas.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 20, 2026, 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: August 20, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 3, 10, 17, 24, 2025
AMARILLAS 10-24-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022359

Sara Vardanyan has filed a petition with this court for a decree changing the name(s) of Lena Ashut Vardanyan to Lena Eliza Avakyan.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 17, 2026, 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: September 19, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: October 3, 10, 17, 24, 2025
VARDANYAN 10-24-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022187

Hattie Francine Thompson has filed a petition with this court for a decree changing the name(s) of Hattie Francine Thompson to Francine Thompson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 2, 2026, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: October 1, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
THOMPSON 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022538

Brian Philip Benton has filed a petition with this court for a decree changing the name(s) of Brian Philip Benton to Brian Phillips Benton.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 18, 2026, 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: September 18, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022538

Hattie Francine Thompson has filed a petition with this court for a decree changing the name(s) of Hattie Francine Thompson to Francine Thompson.
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Dated: September 18, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022538

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Dated: September 18, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022538

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Dated: September 18, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV022538

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Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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WELLER 10-31-25

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Dated: September 19, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: October 3, 10, 17, 24, 2025
RIOS 10-24-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV021249

Badr Alghazawi has filed a petition with this court for a decree changing the name(s) of TRUMP Badr Alghazawi to AMER Badr Alghazawi.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 5, 2026, 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: September 9, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
ALGHAZAWI 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV021027

Autumn Marie Weller has filed a petition with this court for a decree changing the name(s) of Angelo Ermias Weller Pereira to Angelo Anthony Ermias Barrera.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 4, 2026, 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: September 9, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV021027

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Dated: September 9, 2025
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Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
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Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV021027

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WELLER 10-31-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
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Dated: September 9, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: October 10, 17, 24, 31, 2025
WELLER 10-31-25

not be granted.
Dated: September 22, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
BENTON 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV023751

Lillian Renta Colon has filed a petition with this court for a decree changing the name(s) of Lillian Renta Colon to Lillian Renta.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 9, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
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Dated: October 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Oct 17, 24, 31, Nov 7, 2025
RENTA 11-7-25

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 Petitioner is: Javier Arzate, PO Box 831, North Highlands, CA 95660; 916-878-7155
Publish: October 3, 10, 17, 2025
RIVAS 10-17-25

NOTICE OF PETITION TO ADMINISTER ESTATE OF LYNNE MARIE ZAHNLEY
CASE NO. 25PR003360

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Lynne Marie Zahnley.
A Petition for Probate has been filed by Gina M. Moller, in the Superior Court of California, County of Sacramento, requesting Gina M. Moller be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.


A hearing on the petition will be held in this court as follows November 19, 2025, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

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

We are your neighbors nextdoor

Citrus Heights
Messenger

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COMICS & PUZZLES

The Spats



by Jeff Pickering

Amber Waves



by Dave T. Phipps

Out on a Limb

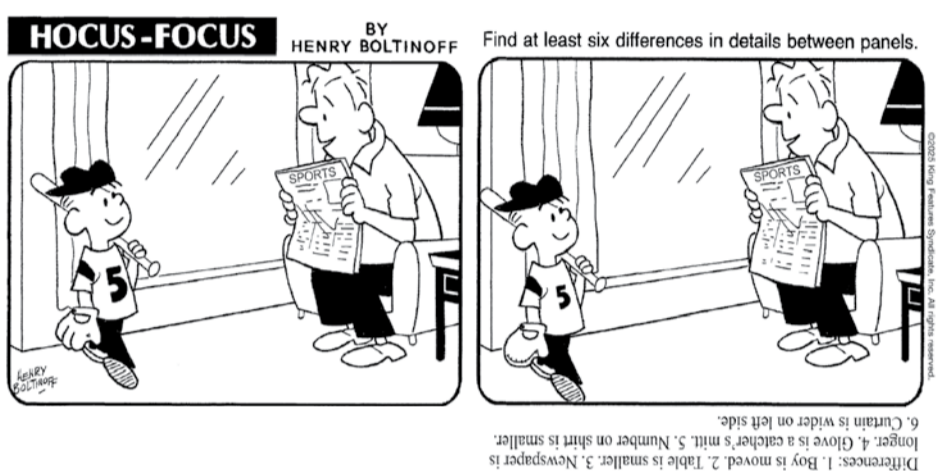


by Gary Kopervas

TIGER



by BUD BLAKE



Find at least six differences in details between panels.



Just Like Cats & Dogs



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STATEPOINT CROSSWORD • SCARY MOVIES

- CLUES**
- ACROSS**
- Awestruck
 - Paid player
 - Precedes pedia
 - Oxen connector
 - Sonic sound
 - ____ Dondarrion, "Game of Thrones" Lord of Blackhaven
 - Bibliographical abbr. (2 words)
 - *2025 Pete Davidson horror flick, "The ____"
 - Wear away
 - "Movie director of "Knock at the Cabin" fame
 - Manage without help
 - Subway coin
 - Boar's mate
 - *Jordan Peele's directorial debut (2017, 2 words)
 - Richard Gere in 1980 movie, pl.
 - Bit of binary code
 - A way to steal gas
 - *"It's ____" (1974)
 - Estrogen producer
 - Have a bug
 - Glue on, e.g.
 - Comme ci, comme ça
 - Nice to look at
 - Opposite of WSW
 - Opposite of #40
 - Across
 - Cordwood units
 - The night before
 - Warm down-slope wind
 - Blood component
 - *Trip to Sweden gone wrong (2019)
 - Like certain radiant energy
 - Pakistani tongue
 - "Ill at ____"
 - Not together
 - Ooze
 - Bulgarian, e.g.
 - Like certain grape beverage
 - Get it wrong
 - Shakira's don't lie?
- DOWN**
- Roll call answers
 - Visi ____ or Ostro ____
 - Thumbs-up
 - Italian frozen dessert
 - Southern England's coastal town
 - *____ Polanski, director of "Rosemary's Baby"
 - *The story of Damien Thorn, with The (1976)
 - *Americans' attacker in London (1981)
 - Pump it!
 - Pirate Captain ____
 - Frozen H2O
 - Devotional worship, in Hinduism
 - Haze over
 - Timid
 - Envy, biblically-speaking
 - Duck follower
 - Diplomat on a mission
 - Badger or bug
 - Happy Gilmore's game
 - Forever prisoner
 - Sheep-like
 - Movie "Battle of the ____"
 - Pay as you earn, acr.
 - Step on it

CROSSWORD														
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Marthaler Named Player of the Week

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - California State University, Sacramento sophomore Victoria Marthaler was named the Big Sky Conference Offensive Player of the Week on Oct. 6 after leading the Hornets to a four-set volleyball road win (25-18, 25-23, 22-25, 25-22) at Portland State in the team's lone match of the week.

The outside hitter accounted for nearly half of Sacramento State's kills, finishing with a career-best 28 kills (7.00 per set) to go with a .397 hitting percentage. The Albuquerque, New Mexico native had just five errors in 58 swings and her 28 kills were 10 more than any player from either team.

This marks the second time in three weeks that a Hornet has



Sacramento State sophomore outside hitter Victoria Marthaler accounted for nearly half of Sacramento State's kills, finishing with a career-best 28 kills (7.00 per set) to go with a .397 hitting percentage. Photo courtesy of Sacramento State Athletics

received the Big Sky's offensive honor (Ashlynn Archer on Sept. 22).

The 28 kills surpassed Marthaler's previous career best of 26, set two weeks ago against Fresno State. Marthaler also came through in the clutch, connecting on a kill at set point to close a 25-23 second set and later getting a kill on match point to finish off a 25-22 fourth set win.

Her 28 kills were just shy of half of Sacramento State's 60 kills in the match. If that wasn't enough, Marthaler also added a career-best 14 digs. Marthaler is now averaging a whopping 6.30 kills per set in Big Sky play, easily the top mark in the conference.

In addition, Marthaler's overall average of 4.40 kills per set is the 23rd best mark in the nation and her 4.90 points per set rank 29th. ★

River Cats President/COO Named MiLB Executive of the Year

Sacramento River Cats News Release

WEST SACRAMENTO, CA (MPG) - Sacramento River Cats President and Chief Operating Officer Chip Maxson has been named the 2025 MiLB Executive of the Year, according to a Minor League Baseball announcement on Oct. 6.

This marks the first time in franchise history that a member of the Sacramento River Cats organization has earned this prestigious honor.

"This honor is a testament to Chip's exceptional leadership and unwavering commitment to excellence," said Sacramento Kings President of Business Operations John Rinehart. "Under his guidance, the River Cats have continued to set the standard in Minor League Baseball, both on and off the field. We're incredibly proud of Chip and grateful for the impact he continues to make at Sutter Health Park and throughout the Sacramento region."

Nominees from each league were selected by their peers, with a final round of voting determining the overall winner. MiLB unified the award in 2020, and prior to that, Maxson earned the Pacific Coast League (PCL) Executive of the Year award in 2019, following Sacramento's Triple-A National Championship season, the franchise's third title.

"This recognition is truly a family and organizational award," Maxson said. "From my family at home to the entire River Cats front office, we all embraced the



Since joining the River Cats in 2012 and assuming the role of president and COO in 2021, Chip Maxson has guided the River Cats through transformative growth. Photo courtesy of the Sacramento River Cats

opportunity to do something great for our community. I have so much appreciation for the Sacramento Kings, their leadership and support, as well as the Athletics for putting their trust in us. Major League Baseball and the City of West Sacramento have been tremendous partners working with us from the start to ensure a successful season, and a successful and very memorable season it was."

Under Maxson's leadership, the River Cats undertook the unprecedented challenge of hosting two baseball teams following the April 4, 2024 announcement that the Athletics would temporarily share Sutter Health Park. An ambitious eight-month renovation followed, headlined by the installation of a state-of-the-art natural grass field equipped with AirPAT technology to enhance turf health, optimize moisture and temperature control, and ensure year-round playability and sustainability.

In addition to significant upgrades to meet Major League Baseball (MLB) standards, six premium club and hospitality spaces underwent renovations, including the

Jackson Rancheria Legacy Club, Sky River Casino Solon Club and Diamond View Dugout Club.

During the 2025 season, Sutter Health Park hosted a total of 151 combined MLB and MiLB contests in just 180 days. The ballpark recorded a 157 percent increase in announced attendance, welcoming nearly 1.1 million fans across all events.

Since joining the River Cats in 2012 and assuming the role of president and COO in 2021, Maxson has guided the River Cats through transformative growth. His tenure includes leading the affiliation change to the San Francisco Giants in 2015, securing a new stadium-naming rights deal in 2019 and overseeing the team's third Triple-A National Championship, the first MiLB franchise in history to reach that milestone.

Maxson's leadership and community commitment have also earned him personal recognition. He was named one of Sacramento Business Journal's 40 Under 40 in 2015 and one of Sacramento Magazine's 100 Notable Business Leaders in 2021. ★

Kings and Phoong Law Partner

'The Purple Promise' Empowers Women Entrepreneurs and Mentors Future Leaders

Sacramento Kings News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Kings and Phoong Law announced a new jersey patch partnership for the 2025-26 NBA season and a long-term initiative to invest and uplift women in Sacramento.

The Purple Promise represents a shared commitment to advancing gender equity and community impact through mentorship, collaboration, and storytelling.

Beginning on opening night, the Phoong Law logo will appear on the left front strap of Kings player jerseys, marking the team's first jersey patch partnership with an Asian American and Pacific Islander woman-owned company and injury law firm.

"This partnership goes beyond the game," said Sacramento Kings Chief Operating Officer Matina Kolokotronis. "Together with Phoong Law, we're investing in female entrepreneurs, uplifting future leaders and building a lasting platform that empowers our Sacramento community for generations to come."

Said Phoong Law Founder and CEO Anh Phoong, "As a woman, an entrepreneur and a proud Sacramentan, this moment is deeply personal. The Kings have a long history of giving back to our community and through The Purple Promise, we're creating mentorship, opportunity and visibility for women and girls, ensuring they know their voices, dreams, and leadership matter."

A portion of Kings jersey sales during the 2025-26 NBA season will benefit Single Mom Strong, Inc., an organization dedicated to empowering single mothers and their children, as well as My Sister's House, a Sacramento nonprofit organization providing critical services to women and children impacted by domestic violence, sexual assault and human trafficking.

The Purple Promise officially debuts on Oct. 24 during the Kings Opening Night with a special in-game jersey exchange ceremony. In a symbolic moment, Anh



The Sacramento Kings and Phoong Law have joined together for a jersey patch partnership and a long-term initiative to invest and uplift women in Sacramento. Photo courtesy of Sacramento Kings

Phoong and Kolokotronis will present Kings jerseys to representatives from the two beneficiary nonprofit organizations, honoring their work in the community.

Throughout the season, The Purple Promise will continue to spotlight mentorship and empowerment through a series of impactful events and programs.

The Kings and Phoong Law will host a one-day leadership summit focused on fostering confidence and connection, as well as a series of girls' basketball clinics that combine skills development with leadership training and personal growth. Additional jersey exchanges will occur, bringing together prominent women leaders and young women to symbolize the power of mentorship and generational empowerment.

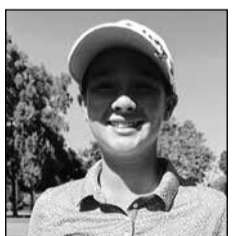
In addition, The Purple Promise will celebrate and amplify the stories of local women entrepreneurs and changemakers through featured content shared in the arena and across Kings digital platforms showcasing the strength and spirit of Sacramento's women leaders.

Phoong Law will also serve as the presenting partner of Women's Empowerment Month and a presenting partner of Girls Night Out on March 5, a special night celebrating woman in sports, entertainment, business and community leadership. ★

First City Junior Golf Tournament Played



Duke Bakovic of Roseville wins the boys' 10 to 11 champion. Photo courtesy of the Sacramento Golf Council



The girls' 10 to 11 champion is Brooke Lee from Los Altos, with a score of 38-33-71.



Braxton Medlock from Walnut Creek won the boys' 7 to 9 championship.



Bailee Xu is the girls' 7 to 9 champion with a score of 39-38-77.

Sacramento Golf Council News Release

SACRAMENTO REGION, CA (MPG) - The first Sacramento City Junior Golf Tournament for boys and girls aged 7 to 11 was played at the nine-hole William Land Park golf course on Oct. 4 and Oct. 5.

The boys' 10 to 11 champion was Duke Bakovic from Roseville with a score of 33-39-72.

In second place was Andy Wang of Newmark with a score 35-38-73 and third place was a tie of 76 between

Jase Jackson from Novato, scoring 38-38-76, and Oliver Her from Sacramento, scoring 39-37-76, with the winning card-off going to Her for the second day score.

The boys' 7 to 9 champion was Braxton Medlock from Walnut Creek, with a score of 36-36-72. In second place was Sebastian Shea from Granite Bay, scoring 39-37-76.

In third place was Stanford Gilmore from Elk Grove, scoring 40-38-78.

The girls' 10 to 11 champion was Brooke Lee from Los Altos, with a score of

38-33-71. In second place was Lena Napper from Elk Grove, scoring 42-40-82.

In third place was Savannah Mitchell from Rancho Cordova, scoring 43-40-83.

The girls' 7 to 9 champion is Bailee Xu with a score of 39-38-77.

Sacramento Golf Council (SGC) volunteer tournament director was Tom Bacon. The Sacramento Golf Council sponsors all city and county golf tournaments. To learn more about the golf council, visit online sacgolf-council.org. ★

Athletics Program Raises Record Numbers

UC Davis Athletics News Release

SACRAMENTO REGION, CA (MPG) - Contributing a record total of \$550,744 during the Champion Aggies Challenge, University of California, Davis athletics' sixth-annual fall fundraising campaign, were 640 donors.

The total number of funds raised is the highest grossing fall fundraising campaign run by the department, besting last year's total of \$401,627 by nearly \$150,000.

The five-day event consisted of an email, phone and social media-driven crowdfunding effort from Sept. 16 to Sept. 20. Participants were encouraged to donate to the Aggie athletic program of their choice during the campaign to help them reach their individual dollar goals. The excitement of the event led up to the UC Davis football home opener against Southern Utah.

"I'm floored by the support we had this last week during our Champion Aggies Challenge," said Senior Associate Athletics Director, Chief Development Officer Liz Gullett. "The message was clearly received by our fans and alumni that this is an opportunity to financially set up the teams they care about for the year. Fundraising is never-ending but this is a great start to what looks like will be another great year for UC Davis Athletics as we head into the Mountain West Conference and require the next level of resources to compete. I'm grateful for everyone who stepped up

last week and look forward to what we can do for our student-athletes as a result."

The overall fundraising goal was \$380,000 for the week. Teams use these fundraised dollars for a variety of initiatives from enhanced student-athlete travel and team bonding activities to the latest equipment and technology. The fundraising also helps teams gain a broader recruiting advantage to find the best future UC Davis students.

Nine teams had extraordinary buy in and exceeded their fundraising goal for this year's campaign, including men's basketball, women's basketball, beach volleyball, equestrian, football, lacrosse, swimming and diving, men's water polo, and women's water polo.

"The Champion Aggies Challenge helped us share our excitement about the upcoming UC Davis women's water polo season with our alumnae, family and friends of our program," said coach Jamey Wright and Hodgens Family Director of Women's Water Polo Kandace Waldthaler. "This year we focused heavily on engagement and participation from our alumnae and we had great success with close to 50 percent of our 99 donations coming from alumnae. We are very grateful for the Aggie Pride that runs deep for our program."

The campaign is over but fans can still contribute at any time by going online to ucdavisaggies.com/feature/champion-aggies-club. ★

A Message on Roads

Column by Citrus Heights City Manager Ashley Feeney

Dear Citrus Heights community, When we invest in infrastructure, we invest in the future of Citrus Heights. These projects strengthen the foundation of our city, improve daily life for residents and create a more welcoming environment for businesses.

Pavement Promise
The City Council recently awarded the construction contract for the 2025 Pavement Strategy, part of our Three-Year Pavement Preservation Program. Before this program, the city resurfaced about two miles of roadway each year. Today, we are improving up to 52 miles annually. This dramatic expansion allows us to improve more streets in more neighborhoods, faster than ever before. In

total, 125 roadways will be resurfaced this Fiscal Year, with updated striping and neighborhood safety improvements included. Sunrise Boulevard Improvements
This year, we delivered on a long-standing community request with the repaving of Sunrise Boulevard from Madison to Greenback. The project improves safety and drivability while also revitalizing one of our most important business

corridors. A smoother, cleaner roadway supports local businesses and helps create a more inviting place to shop and dine.

Auburn Boulevard Complete Streets
Phase 2 of the Auburn Boulevard Complete Streets project is advancing on schedule. Utility undergrounding and corridor upgrades are underway, moving us closer to transforming this stretch into a modern, vibrant gateway into Citrus Heights. While construction continues, I encourage you to support the businesses along Auburn

Boulevard by checking out the YouTube Shorts featuring these businesses on our YouTube channel, COCitrusHeights, and by supporting all the fantastic local establishments in the corridor.

Leading with Purpose
Few cities dedicate local General Fund dollars directly to infrastructure. Citrus Heights has made the choice to do so, because investing in safe and reliable streets is an investment in the entire community. While we cannot address every road all at once, we are focused on making the most

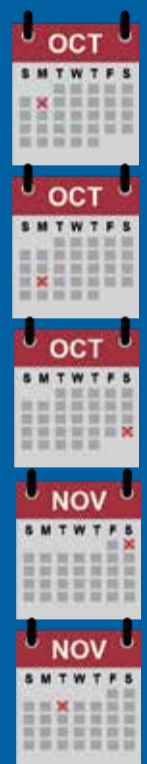
impactful improvements first, building momentum that benefits every neighborhood. Residents can follow progress and see when their street is scheduled for resurfacing on our interactive pavement map.

These projects are about more than asphalt and paint. They are about building a city we can all be proud of that is safe, connected, and vibrant. Together, we are shaping a stronger future for Citrus Heights.
In your service,
Ashley J. Feeney, City Manager of City of Citrus Heights



Election Information November 4, 2025, Statewide Special Election

Vote Early and Vote by Mail



- Oct 6** Ballots begin to arrive by mail. Official Ballot Drop Boxes are now open.
- Oct 20** Close of registration. Register today!
- Oct 25** 11-Day Vote Centers open through Election Day.
- Nov 1** All Vote Centers open through Election Day.
- Nov 4** Election Day! Last day to turn in your ballot.

Vote Early! Don't wait for Election Day.

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Official Ballot Drop Box, or at any Vote Center. No postage is necessary.

Track your Ballot!

Sign up for "Where's My Ballot?" with BallotTrax, a free ballot-tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot from printed to accepted. Scan the QR code or visit www.wheresmyballot.com



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3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Bowls)
- For 12 people \$210.00** + Gratuity
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- For 14 people \$230.00** + Gratuity
3 Hours Karaoke + 2 Pizza + Pitcher Soda + 4 Main Dishes (Large Bowls)
- For 18 people \$295.00** + Gratuity
3 Hours Karaoke + 3 Pizza + Pitcher Soda + 6 Main Dishes (Large Bowls)
- For 28 people \$395.00** + Gratuity
3 Hours Karaoke + 3 Pizza + Pitcher Soda + 6 Main Dishes (Extra Large Bowls)

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- Whole Cooked White Clams 2 lbs: REG. \$6.99/EA **\$4.99/lea**

WEEKLY MEAT SPECIALS

- Rump/Bottom Round Roast Boneless: **\$5.29/lb**
- Beef New York Roast Boneless: **\$6.29/lb**
- Chicken Leg Quarters: **99¢/lb**
- Pork Loin Chops Bone-In: **\$2.39/lb**
- Pork Tenderloin: **\$3.49/lb**
- Pork Spare Ribs: **\$3.49/lb**

WEEKLY HALAL SPECIALS

- Chicken Leg Quarters: **99¢/lb**
- New Zealand Lamb Stew Meat Bone-In: **\$6.39/lb**
- Rump/Bottom Round Roast Boneless: **\$5.59/lb**

FRESH PRODUCE

- Grape Tomato 10 oz: **2/\$3.00**
- Mexican Green Onion: **89¢/bunch**
- Green Grape Premium: **\$1.99/lb**
- Russet Potato 10 lb: **\$1.99/bag**
- Fairy Tale Pumpkin: **69¢/lb**
- Pomegranate: **\$1.29/lb**
- Persimmon Fuyu: **\$1.29/lb**
- Kabocha: **79¢/lb**

AMERICAN/HISPANIC GROCERY

- Shippy Peanut Butter Protein Creamy 16 oz: **\$1.99/lea**
- Super Lucky Thai Jasmine Rice 5 lbs: **\$6.99/lea**
- El Mexicano Pinto Beans 29.6 oz: **\$1.99/lea**
- Tide Plus Ultra Oxi Boost 73.1 oz: **\$2.99/lea**
- Saltin Cheese Crackers 7.94 oz: **\$0.59/lea**

ASIAN GROCERY

- Three Ladies Tapioca Stick (Phnom Penh) 14 oz: **\$1.39/lea**
- Amayu Superfruit Juices 11.1 oz: **\$0.99/lea**
- Indo Mie Korean Ramyeons 5x2.93 oz: **\$4.99/lea**
- Yeo's Soy Milk Drink 10.1 fl oz: **\$1.29/lea**
- Twin Dragon Almond Cookies 12 oz: **\$2.99/lea**

EUROPEAN GROCERY

- Curtis Delicate Black Premium Tea 100 T/B: **\$5.99/lea**
- Zergut Chocolate & Vanilla Biscuits 500 gr: **\$2.69/lea**
- Mid East Honey Comb 100% Pure 400 gr: **\$7.99/lea**
- Picasso Dubai Chocolate 100% Handmade 200 gr: **\$11.99/lea**
- Zergut Eggplant Spread Armenian Style 540 gr: **\$3.49/lea**

EUROPEAN DELI

- Columbus Seasoned Roast Beef: **\$13.19/lb**
- Columbus Beef Pastrami: **\$12.09/lb**
- Pitted Olives & Garlic Salad: **\$5.79/lb**
- Cerignola Olives: **\$7.39/lb**

FROZEN & FISH DEPT & **HOUSEWARE**

- Whole Shrimp Dumplings 200g: **\$3.99/lea**
- KAIZEN WOK PAN 30 CM: **\$16.99/lea**
- ELECTRIC RICE COOKER (4.5 QT): **\$54.99**
- ELECTRIC RICE COOKER (7.0 QT): **\$59.99**
- ELECTRIC BBQ GRILL: **\$39.99/lea**

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 15 - OCTOBER 21, 2025.

Hey California!



The 2025 Statewide Special Election is **NOVEMBER 4th**.



**DON'T DELAY,
VOTE RIGHT AWAY!**



Drop Your Ballot
at a Drop Box



Vote In
Person



Vote-By-Mail
Ballot

YOUR VOTE IS YOUR VOICE! - USE IT.