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Carmichael Times

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The Paseos Coming to Carmichael



Division President of Homes by Towne Jeff Pemstein (center) joins sales broker Christopher Rockey (left) and project supervisor Thom Kane at the Fair Oaks Boulevard site being developed as "The Paseos."

Words and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - One of few remaining land parcels in Carmichael is being developed as a 46-home, all electric community called The Paseos.

The long-ago orchard is now 6.5 acres of bulldozed dirt near the Marshall Avenue corner of Fair Oaks Boulevard. Some lots are already claimed by early-bird buyers. Three demonstration homes of "California bungalow" design are rising and will be viewable by late January.

"We've owned the property for five years," says developer Jeff Pemstein. "We're excited to at last bring new homes to Carmichael. There are very few new-home opportunities here." Pemstein heads the California/Nevada division of Milwaukie-based Homes By Towne. Founded after World War II, the company first built homes for returning Wisconsin servicemen. It is now a corporation, active in seven states.

Subject to more than one developer's vision, the Carmichael property changed hands several times before Pemstein's 2018 purchase.

Twenty-year builder (and former city planner), he shrugs off half a decade of wheel-spinning as a builder's lot.

"Our persistence paid off," he said. "By now, California is in the midst of a housing crisis. The County had visions of an even higher-density neighborhood here. We told them there wasn't a market for that. The scale of Carmichael lends itself to 46 homes at this location."

Delays were not all bureaucratic. "To plan Sacramento County's first all-electric infill neighborhood, we had to work through many

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Sia Magadan Named Director of Impact at Local United Way



Sia Magadan, new Director of Impact at United Way California Capital Region. Photo courtesy of United Way.

United Way News Release

SACRAMENTO, CA (MPG) - Sia Magadan of Rio Linda has joined United Way California Capital Region as director of its Impact department that runs the nonprofit's many programs focused on ending poverty for local families starting in school.

Prior to joining United Way, Magadan was director of community engagement and fundraising for Rootid, a communications agency in Berkeley focused on nonprofits. Before that, she worked as development manager for the Oakland Literacy Coalition and Adventure More in San Leandro. She also serves as a consultant for BIPOC nonprofits through her firm, edYOUcate.

"Sia's invaluable expertise in education and her deep understanding of the unique challenges facing unhoused and foster youth within our community make her a valuable addition to our team," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "With Sia overseeing this work, we look forward to making lasting strides toward positive change in the lives of these youth, ultimately contributing to United Way's broader goal of ending poverty through education."

Founded in 1923, United Way California Capital Region has been a transformative force in the Sacramento community for more than a century, serving Amador, El Dorado, Placer, Sacramento, and Yolo counties. The local United Way's Square One approach to ending poverty is grounded in a public health model and uses a threefold strategy to address community needs from birth and beyond: helping kids excel in school, investing in families and strengthening schools. At United Way's core is the philosophy that families possess the blueprint for their success. United Way supplies books to young children, provides literacy tutoring, addresses housing and food security, leads the region's largest tax preparation initiative, and launched Sacramento's first guaranteed income program. United Way works across

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Skilled Nursing Facility Nears Completion



The new building near the intersection of Dewey Drive and Stratton Avenue.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Construction of a planned 24-hour skilled nursing facility near the intersection of Dewey Drive and Stratton Avenue in Citrus Heights continues to move forward with a projected opening date, pending final inspection approvals this spring. The project broke ground in 2019.

Exterior construction and landscaping is now largely completed. The project was built by Western Care Construction Company, Inc.

of Rocklin. The 40,000-plus-square-foot facility, called Shadowbrook Gardens, sits on 3.72 acres at 5915 Dewey Dr. in Fair Oaks, according to project documents, located just outside the boundary of the City of Citrus Heights in an unincorporated part of Sacramento County.

Project architect Jon Delling referred questions to the property owner/developer Shyrel Gaskey.

The project is bordered by Woodpark Way on one side and nearby Celtic Cross Presbyterian Church on the

other. Entrances to the facility are from either Dewey Drive or Shadowbrook Way.

"It has been a very long process with our architect, design team and sub-contractors," Gaskey said.

"We are in the middle of having all the physical systems tested and approved by the California state governing authority and by Sacramento Metropolitan Fire," she said.

Project approval will come from the California Department of Health Care Access and Information (HCAI) formerly the Office of Statewide Health

Planning and Development (OSHDP).

"We hope to have the building finalized and ready for occupancy in March of 2024," she said. "However, having said that, it is possible it could take a few months longer for all the powers that be who need to, to fully sign off (on this project)."

Gaskey said an agreement for the operator to run the new facility is continuing and yet to be finalized.

In earlier news interviews Gaskey said she expects the primary use for

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From Catfished to Homeless to Sheltered

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG)

- Keith and Sadie amble around the grounds at the Florin and Power Inn Safe Stay Community – a collection of tiny sleeping cabins that shelter homeless people while providing for not only their basic needs but also connecting them to critical supports that help them exit homelessness. Sadie, an amber-colored hound, was recently vaccinated and spayed by the Bradshaw Animal Shelter's new mobile vet clinic, right on the premises. She is shy and wary of other humans, but she stays glued to Keith's side as they walk through the astroturf courtyard to get rechecked by the traveling veterinarian.

"It is great to have this service come to us. Sadie is important to me; I am glad to know she is fixed and healthy. I've had her since she was a puppy and I want to take care of her," Keith says.

Keith and Sadie have been at the Safe Stay Community for about three weeks. Keith is hopeful that his steady social security income and the help from the rehousing navigators will land him a safe, clean, and pet-friendly apartment soon. "I have excellent credit," said Keith. "I've never had bad credit. I'm hoping that helps me find a place that will take Sadie. I just need something I can afford on my social security."

Keith came to Sacramento four years ago. A musician in New Orleans, he had been posting videos of himself singing and playing on Facebook. A woman reached out to him via direct message and said she liked his singing and his look and would love to meet him. His wife passed away a few years prior, and he was lonely. They began chatting online and exchanging photos and promises. She lived in Sacramento, and she asked



Keith and his beloved Sadie. Photo courtesy of Sacramento County

him to come and live with her. She had a place and a car that he could use to find a job. She'd take care of him.

Keith spent his last \$700 on a red eye from New Orleans to Sacramento. The woman who picked him up from the airport

was not the woman he'd seen in the photos. She was also homeless, staying with her mother, and didn't have the promised car. Keith had been catfished, and now he was broke, in an unfamiliar city, and unsure of what to do next. With nowhere to go and

no resources to care for himself, Keith still went home and stayed with the woman he'd been chatting with for weeks.

Keith found a job he could walk to—\$20 an hour doing construction. He was a hard worker and had good skills, and soon

Keith was promoted to foreman and made \$25 an hour. To his surprise, one day a woman showed up at his front door with a little dog. She couldn't care for it anymore and had heard he was good with dogs. Who can turn away a dog in need? Keith fell in love with Sadie immediately.

But he wasn't in love with the woman he was living with. When Keith revealed he didn't want a romantic relationship with the woman who'd tricked him, she kicked him and Sadie out. He rented his own apartment and reinvested in his first love—music. He purchased a guitar, and a new amp and started playing again. Finally, Keith was feeling like this life-changing move across the country wasn't so bad.

And then came a global pandemic. His construction job halted, and he lost his job. To add insult to injury, his apartment was robbed, and his guitar and amp were stolen. His landlord gave him short notice to vacate so that he could renovate the apartment and rent it for more money. With just his social security payments, Keith couldn't find a place he could afford, and he was right back to where he started—homeless.

"These cabins are amazing. Having my own bed, a door, three meals a day, a place to shower, a safe place for Sadie. I'm so grateful. All I need is a dog-friendly apartment that I can afford on my social security, and I'll be fine."

The staff from City Net, the onsite provider at the Safe Stay, is working diligently to find Keith housing that he can afford with his income and/or minimal assistance that will accept a pet.

Keith has grown children in Florida. One day, when he can, he wants to fly back to see them, but he doesn't want to be homeless when he sees his family for the first time in years. "I want them to be proud of me." ★

CARMICHAEL RECREATION & PARK DISTRICT

Senior Valentine's Dance

Enjoy live music from the Kiwanis Swing Band and light refreshments. Bring your special someone or enjoy a lovely time with your best friend.

Date: Saturday, February 10th, 2024
Time: 1:30-3:30pm
Cost: \$5/ Per Person
 50% of the proceeds go to Kiwanis Club of Carmichael

Location: La Sierra Community Center
 5325 Engle Road, Carmichael, CA 95608

Register Online: carmichaelpark.com

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The Paseos Coming to Carmichael

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challenges,” explained Pemstein. “All homes are completely powered by electricity; so we’re in partnership with SMUD. Power comes from offsite (Rancho Seco) solar fields. Families who live here will use electricity for everything.”

The outer community contains 18 conventional-sized dwellings. Inner streets offer patio homes with 1143 square-foot floor plans. As the name implies (paseos is Spanish for paths), homes are linked by winding trails. These lead to a half-acre neighborhood park. Landscaping will include drought-tolerant native plants.

Home prices range between \$581,000 and \$645,000. “We’re below medium price for new houses in California,” says the developer. “We’ve done all we can to make them attainable for families.”

Having lived a few blocks from the property for 25 years, Pemstein sent four kids to local schools, patronizes nearby businesses and acquired the



A diagram of The Paseos development includes larger perimeter lots and inner street sites for smaller “patio homes”. Courtesy of Homes By Towne.

land with insight. “We’re close to the American River, to parks, golf courses, great stores and good schools,” he noted. “I know Carmichael — it’s a fantastic place to live.”

He and company representatives attended many meetings with neighbors during planning. “We’ve responded to community concerns,” he said. “We wanted everyone to

be happy with what we’re doing. Building will continue here for about two years.”

Attested the boss: “We’ll endeavor to be good neighbors during all of our construction.”

The Paseos community will stage a grand opening in spring. For information, visit The Paseos Facebook page or call (916) 799-8472. ★

Skilled Nursing Facility Nears Completion



The 40,000-plus-square-foot facility, called Shadowbrook Gardens, sits on 3.72 acres at 5915 Dewey Dr. in Fair Oaks.

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the building to be acute rehabilitation for patients being discharged from area hospitals. The new facility could also serve to help patients recover following traumatic injuries such as a stroke, surgery, or accident until they can return home.

Project documents from Sacramento County show the facility will have space for dining, kitchen, and physical therapy. A new main entrance from Dewey Drive will lead to a patient drop-off area

at the end of Shadowbrook Way.

She said the final number of new jobs created will depend on which facility operator is eventually selected to run the facility, but noted that similar facilities require at least 40 employees in order to fill round-the-clock shifts.

“There will be 72 licensed beds and a ton of new job opportunities,” she said. “As we get closer to a celebration for completion, I will keep you informed.” ★

Sky River Casino Announces Top Three Nonprofit Winners

Sky River Casino News Release

ELK GROVE, CA (MPG) - Sky River Casino is excited to announce the top three winners of the 2nd Annual Wreaths of Hope, an annual holiday program that resulted in \$15,000 being donated to support local charities. Creatively decorated 48” wreaths were on display throughout Sky River during the month of December 2023

when casino Rewards members were encouraged to vote for their favorites. In total, an impressive 45,048 votes were cast as part of the 2nd annual holiday program.

2023 Wreaths of Hope winners are as follows:

- First Place – Native Breast Cancer Awareness Walk/Run
- Second Place – Elk Grove Food Bank
- Third Place – Paws For A Purpose

Each of the 10 participating organizations received \$1,000 just for participating. Then, the first place wreath winner received an additional \$2,500, second place an additional \$1,500, and third place an additional \$1,000.

“We were amazed with the number of votes that were cast for our festive Wreaths of Hope program that supports 10 local charities,” said Michael J. Facenda, President of Sky River

Casino. “This 2nd annual holiday program clearly struck a chord with our guests while also providing much-needed donations that support local nonprofits so they can continue their meaningful work in the community.”

A special awards ceremony and check presentation was held January 11th when the winners were announced. For more information, please visit www.SkyRiver.com.

About Sky River Casino

Sky River Casino was built by the Wilton Rancheria in partnership with Boyd Gaming Corporation, which is building and managing the property for the tribe. The casino opened in August 2022 and includes 100,000 sq ft of gaming, 2,100 slot machines, 80 table games, and 17 bars and restaurants. To learn more, visit www.SkyRiver.com. ★

Sia Magadan Named Director of Impact at Local United Way

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diverse school districts, providing case management for foster youth and leading the Community Schools initiative in West Sacramento. For more information or to make a donation, visit www.YourLocalUnitedWay.org. ★

PUBLIC INFORMATION WORKSHOP ON COMBINATION EXPLORATION

Sacramento Suburban Water District will hold a public workshop on combination discussions with Carmichael Water District and to discuss the results of a new Further Analysis Report.

WEDNESDAY, JANUARY 31, AT 6:30 P.M.

Hosted by Sacramento Suburban Water District

SSWD Boardroom
3701 Marconi Ave., Sacramento, CA 95821
Info: 916.972.7171 or feedback@sswd.org

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Automobile Museum Opens New Exhibit: Rucas y Carruchas

Chautauqua Playhouse Children's Theatre Presents "Rumpelstiltskin"



One of the featured cars in the new exhibit. Photo courtesy of the California Automobile Museum

California Automobile Museum News Release

SACRAMENTO, CA (MPG) - The California Automobile Museum is proud to announce the opening of our new exhibit "Rucas y Carruchas: Ladies in Lowriding" on Saturday, January 20!

This new exhibit, spearheaded by our Exhibits Manager, ShaVolla Rodriguez, will focus on Lowriders, the Lowrider and Chicana cultures, and the women who have taken their places as

owners, builders, designers and drivers of these beautiful vehicles.

"Lowrider describes both the car and the owner all at once, both individually and combined. Invested monetarily, emotionally and even spiritually, the Lowrider as a person is so deeply devoted to the craft, the culture and their vehicle, that they become one with their car. Likewise, the car is an extension of their owner, and much more than a vehicle, the car is anthropomorphized into a being that is the recipient, like a

lover, of the owner's hard-earned money, attention and affection. The car is showered with fine clothing and jewelry, polished and caressed, gazed upon for hours, dressed up outside, inside, and underneath, and taken out to show to the world how much has been invested into their Ranfla. The Lowrider is a person, a car, a culture, a lifestyle, a fellowship, even a religion, all in one word. An extension of oneself, of the barrio, of Chicanismo; to Lowriders, Lowriding is life." ★

-Professor Patrick Fontes

Chautauqua Playhouse Children's Theatre News Release

CARMICHAEL, CA (MPG) - Chautauqua Playhouse will present "Rumpelstiltskin", an adaptation written especially for Chautauqua by Laura Luke, opening on January 20 at the Playhouse. The show will run on Saturdays at 1:00 pm through February 3. The performances are held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$8-10 for general seating.

In this adaptation of the Brothers Grimm tale, the lovely miller's daughter, Sabrina, is brought to the castle after her father brags she can spin straw into gold. She enlists the help of Rumpelstiltskin to complete her impossible task...but will she be able to pay the price?

Information and tickets are available through the Chautauqua Playhouse website:



(L-R) Eileen Hoang, Matt Fairall performing in "Rumpelstiltskin". Photo courtesy of Chautauqua Playhouse



(L-R) Eileen Hoang, Chris Amick, Josh Dalton, Chas Weiss, Laura Luke onstage. Photo courtesy of Chautauqua Playhouse

www.cplayhouse.org or call the box office at (916) 489-7529, during business hours. Because of the popularity of the Children's season, advance purchase of tickets is advised. ★

Sacramento Superior Court Implements e-filing for Civil and Probate Cases

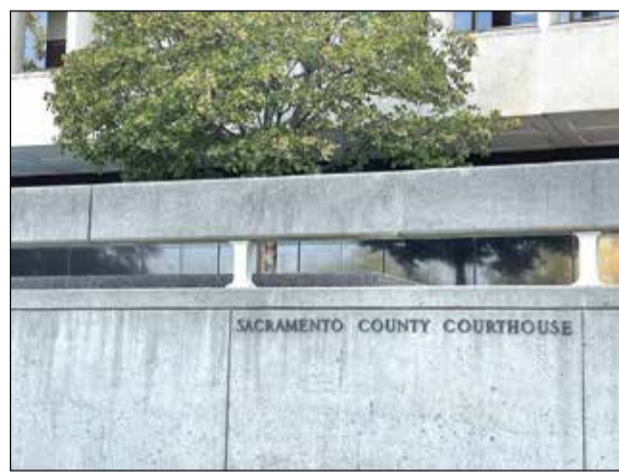
Sacramento Superior Court News Release

SACRAMENTO, CA (MPG) - Sacramento Superior Court has implemented electronic filing or e-filing for civil and probate cases effective today, Jan. 16, 2024.

"E-filing will enhance the efficiency and accessibility of court filings for court users and legal professionals," said Presiding Judge Bunmi Awoniyi.

With e-filing, parties in civil and probate cases may submit documents to the court through an approved service provider listed on the court's website.

For civil cases, use of e-filing will be optional until July 1, 2024, at which time it will become mandatory for litigants represented by attorneys. Self-represented parties in civil cases will be exempt from this requirement,



The Sacramento County Courthouse. Photo courtesy of Sacramento Superior Court

but may file electronically in addition to filing documents at the counter, utilizing drop boxes, or postal services.

For probate cases, attorneys and self-represented parties are exempt from the mandatory electronic filing requirements set to take effect on July 1, 2024 but are encouraged to utilize e-filing in addition to filing

documents at the counter, utilizing drop boxes, or postal services.

Documents submitted electronically to the court will be reviewed and processed.

"The court looks forward to providing a more convenient and streamlined process for Civil and Probate cases," Awoniyi said. ★

Manage County Utility Payments and Accounts Online

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Consolidated Utilities Billing & Service (CUBS) is making it easier for customers to view and manage their utilities accounts online with MyUtilities.

Tired of receiving your county utilities bills in the mail? MyUtilities also allows residents to go paperless, freeing up space in crowded mailboxes.

MyUtilities rolled out in 2020, and so far, 44.9% of customers are utilizing it!

- Using MyUtilities, residents can:
- Manage your bank account details
 - Manage one-time or recurring payments
 - Manage payment reminders
 - Change your mailing address
 - Set up paperless billing
 - View bills and payments (up to two years)
 - View Frequently Asked Questions that will enhance your user experience

If you are a landlord or property management company, MyUtilities can be

your one-stop shop for managing the utilities accounts for all of your properties.

In 2023, CUBS added even more ways for customers to receive digital eBills and set up online Bill Pay. Customers can now access their utility bills and schedule online payments directly through their bank's online banking portal. As of today, 4.4% of customers are utilizing this new service.

Here are some reasons residents choose eBills:

- Convenience – paying bills online is easy and saves time. For even more convenience, use your phone or tablet.
 - Control – you can choose when and how much to pay.
 - Security – your financial information and records are protected with bank-grade security.
- To learn more and get started, visit the CUBS website. If you need assistance setting up your MyUtilities portal, please contact CUBS online or by phone at (916) 875-5555. To find out if your bank offers eBill and Bill Pay services, contact your bank directly. ★

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Social Security Matters

How Can I Get Details about My Social Security Payment?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: How do I find the actual breakdown of the Medicare insurance that I have auto deducted and my actual Social Security payment? I was just looking at a video which explained the 3% Cost of Living Adjustment we will be receiving this year, and it compared the current payout to the new payout. There seems to be a big difference in what I am getting and what they said in the video. Currently my Social Security payments are \$1,431. My Medicare insurance is supposed to be \$165, which means my total Social Security is about \$1,596. On the video it said all retired workers are getting \$1,848 with the new increase to take it to \$1,938.00. There are a couple hundred dollars there that I seem to be missing out on. Can you help me understand that difference? **Signed: Confused Senior**

Dear Confused Senior: What you're asking for is an itemized breakout of your gross Social Security benefit, any deductions being taken therefrom (e.g., your Medicare Part B premium), the amount of your COLA increase, and your net Social Security payment for 2024. If that is the case, the best

way to get this detail is in your personal "my Social Security" online account, which provides all the information mentioned. You can access your online account at www.ssa.gov/myaccount, and if you don't already have that online account set up, you'll need to first establish your online access credentials (instructions for how to do that will be at that website).

I'm not sure which video you watched, but "all retired workers" do not get \$1,848 (or \$1,938). Everyone's Social Security benefit is different, based on their lifetime earnings record and the age at which they claimed benefits. The numbers you heard in the video were likely average Social Security payments, not the actual amount you should personally be receiving. Here's how it works:

- Your personal benefit is based on your Primary Insurance Amount (PIA) which is the amount you get if you claim for your benefits to start at your full retirement age (FRA), which is somewhere between 66 and 67 depending on the year you were born. Claim before your FRA your benefit is permanently reduced; claim after your FRA it is higher. Your personal maximum benefit is achieved if you claim at age 70.

- The Medicare Part B premium (for outpatient healthcare services) is automatically deducted from your Social Security payment. Although the standard 2023 Part B premium was \$164.90, the standard 2024 Part B premium is \$174.70. You may also have other things (e.g., income tax) withheld from your monthly Social Security

payment.

- The annual Cost of Living Adjustment (COLA) for 2024 is 3.2%. That means your gross Social Security benefit goes up by that percentage starting in 2024. But there was also a \$9.80 increase in your Medicare Part B premium starting in 2024, which means that you won't see all of the COLA increase in your Social Security payment. Since your Medicare premium is deducted from your Social Security, that Medicare increase will also be taken from your SS payment, so you won't see the full 3.2% COLA increase in your 2024 Social Security payment.

To see all of this detail for you personally, I suggest you access your online "my Social Security" account as described above. As an alternative, you can also call Social Security at 1.800.772.1213 and request a Benefit Verification Letter which will include all the information you seek about your Social Security payment.

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Kings Korner

By V.G. Harris



Wow, what I was about to dub the roller coaster Kings suddenly went into a four-game slide, and suddenly they are only five games above five hundred.

From an impressive 4th place in the Western Conference, to suddenly 8th, has a numbing effect, and gives fans and pundits alike a chance to pause and wonder what's to come.

Being a glass half-full guy, I believe in this team, and with Mr. Sabonis turning Mr. double-double into Mr. triple-double, we only need to shoot free throws with more accuracy, and give him a little more help on the boards.

For sure the players have to own give-away games to Milwaukee and Phoenix, back-to-back, in what are two of the worst losses in Kings history.

But the coaching staff has got to up their game. Better coaching could have won both games, and just as the Kings who are dead last in free throw shooting need to improve greatly, so does this coaching staff.

In today's NBA, it seems there's a coach for every player, but no one is teaching our players how to make an unguarded 15-foot shot with no defense. Seems implausible, but neither fans nor coaches should take this lightly. We are simply losing games due to our inability to shoot free throws.

So, first order of business moving forward, get out of 30th position in free throw shooting.

Secondly, Monte McNair needs to show that his blockbuster trade for Domantas Sabonis was not a fluke. Waiting till the midnight hour of the trading deadline is really not the desired approach, so like the rest of the fans, I'm waiting with baited breath to see what Monte is going to do this year.

Laurie Markkanen with the Utah Jazz is the quintessential fit for what ails the Kings. Domantas Sabonis leads the NBA in rebounding, but he can't do it alone. Starting next to Sabonis is forward Harrison Barnes who has managed to average 10 points and a whopping 2.8 rebounds per game.

Harrison simply doesn't bring it every game, and with only five players on the floor we need more than what he brings.

Markkanen rebounds at a clip four times better than Barnes, and is averaging 24 points per game. Pundits have said Utah may consider a Markkanen for Murray trade and I would hope Monte McNair would take a hard look.

This is not a mark on Murray, but 7-footers that can play forward and shoot are a commodity that can't be ignored, and the likelihood of Murray growing another 4 inches seems unlikely. Currently Keegan is giving the Kings 5.5 rebounds a game and 16 points. Not bad, but it pales in comparison to what Markkanen is doing.

Without question, many Kings fans are adamantly opposed to moving Murray, but if the Kings can actually talk the Jazz into this trade, look out opposing teams.

There have been other trade rumors, and one has Tobias Harris or Jerami Grant coming to the Kings, but for which Kings player is unknown. It is believed that Harrison Barnes would be in the conversation, but both Grant and Harris are tweeners, and the Kings don't need any more tweeners than they already have.

Both Murray and Barnes are 6'8," and so are Harris and Grant. Just swapping names is not what any Kings fan is hoping for, so I'll remain in the Laurie Markkanen camp and say my prayers.

Honestly, for this writer, as long as the Kings aren't including Sabonis, Fox, and Monk in any trade possibilities, I'm open to anything that will improve this team. We were just 10 games over five hundred, and we need to get back there and beyond as soon as possible.

I'm extremely optimistic, and a lot of that comes from what I've seen in Monte McNair. He's young, and to some degree still unproven, but right now would be just the time to make an indelible mark that says, "I've arrived!"

If you have a great trade you'd like to share, let me know at vgarriskingsfan@gmail.com.

Until next time, enjoy the games! ★

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\$24M NIH Grant Extends Study of Healthy Aging in African Americans

Black Americans Have the Highest Rate of Alzheimer's Disease of All Ethnic Groups in the U.S.

UC Davis Health News Release

SACRAMENTO, CA (MPG) - Researchers at UC Davis Health and Kaiser Permanente Division of Research have received a \$24 million grant from the National Institute on Aging, part of the National Institutes of Health (NIH), to continue the Study of Healthy Aging in African Americans (STAR) for an additional five years.

STAR, which launched in 2017, follows a group of approximately 750 older adults to understand how behaviors and lifestyle may increase the risk of Alzheimer's disease and related dementias for Black and African Americans. The study is also trying to better understand the factors that may protect brain health.

Black Americans have the highest rate of Alzheimer's disease and related dementias of all ethnic and racial groups in the United States. Older Black Americans are about one-and-a-half to two times more likely than white Americans to be living with dementia or Alzheimer's.

Among Black Americans 70 years of age and older, 21.3% live with Alzheimer's. But information about potential risks in early life — and ways to mitigate those risks — relies almost exclusively on research conducted with white participants.

Rachel Whitmer, a professor in the departments of Public Health Sciences and Neurology and co-director of the UC Davis Alzheimer's Disease Research Center, and Paola Gilsanz, an epidemiologist and research scientist at Kaiser Permanente Division of Research, are the principal investigators of the study.

"We are thrilled to continue this study for another five years so that we can further unravel what contributes to brain health and dementia risk in Black Americans," Whitmer said. "There have not been a lot of studies following this community from middle age into late life. But understanding the risk and

protective factors throughout someone's life is key to improving brain health and reducing disparities."

Study follows participants' health and habits over time

Participants in the STAR study are Black adults living in the San Francisco Bay Area and the greater Sacramento region. They are long-term members of Kaiser Permanente Northern California, meaning the researchers have a wealth of health data as far back as the 1960s. This offers a unique opportunity to understand how factors earlier in life, such as hypertension in young adulthood, may contribute to brain health later.

"With the ability to further follow these individuals over time, we will be better able to understand the cognitive aging transition and how to reduce the risk of cognitive impairment in this important population," Gilsanz said.

The STAR participants are visited in their homes or local clinics and participate in surveys and cognitive tests looking at an array of health, behavioral and functional measures. Some participants also undergo magnetic resonance imaging (MRI) brain scans, a noninvasive way to view brain health.

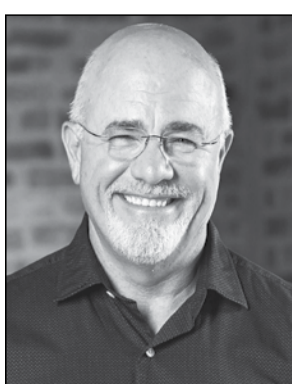
The information collected by the researchers helps identify associations between behavioral and lifestyle factors, along with changes in the brain over time, to understand the risk factors and protective factors for dementia.

Identifying factors that hurt or help brain health

The first five years of STAR produced significant findings regarding factors that may contribute to late-life cognition. Researchers learned that:

- School segregation and timing of desegregation are associated with differences in late-life cognition

- Hypertension, diabetes and high cholesterol (hyperlipidemia) in adolescence, young adulthood and midlife are linked to poorer cognitive performance and more vascular brain injury later in life



Be Fair, But Firm

Dear Dave,

My husband and I have run our own small business for nearly 10 years. Our largest client, who is also a friend, is almost three months behind on the bill. He has always been good in the past about paying on time, but we work on a 30-day payment period. Can you give us any advice on how we should handle this?

-Melissa

Dear Melissa,

In my mind, there's no reason to level accusations or make threats in a situation like this. There are personal dynamics involved, and my guess is he's probably not trying to outright cheat you.

If it were me, I'd go to his office or ask him out to lunch, and then have a friendly sit-down talk. Listen to what he has to

Dave Ramsey Says

say about being so far behind with his bill, but at the same time you need to let him know that you can't function as his bank. You're a small business, and you need your money. Some kind of understanding and agreement have to be reached.

For starters, a fair request would be asking him to help things along by trying as best he can to get current on his bill as soon as possible. At the very least, he needs to do something to reduce the amount owed within 10 days. You've provided services for him, and you're owed money that's long past due, so there's nothing wrong with this. I'd also establish an understanding that once he's caught up on the past due amount that all payments for services going forward will be due within 14 days after delivery.

Now, he may not like this. If he pushes back too hard, you may have to switch to a cash-only

basis with payment due on delivery. If it were me, and he didn't like any of these options, I'd politely suggest he take his business elsewhere.

Like I said, he's probably not a bad guy, just another small business person who's disorganized. That's not an uncommon thing. But you definitely need to correct this behavior before it gets any further out of hand. You've got a business and a livelihood to think about, too!

-Dave

Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions ★

-Birth in a "stroke-belt" state is associated with poorer cognitive function in late life

The study also identifies some potentially mitigating factors that might improve brain health:

- Study participants who read or played games weekly had better executive function than those who did not

- Study participants who volunteered several times a week later in life had the highest levels of executive function compared to those who did not volunteer

Researchers also found that attending

a school with mostly Black students was associated with lower depressive symptoms later in life. Recent studies show a link between depression and dementia.

"Dr. Gilsanz and I are immensely grateful for our STAR participants," Whitmer said. "Their participation is leading to greatly improved knowledge about aging and brain health for Black Americans in the U.S. They are also showing us what can be done to reduce the disparity of diseases like Alzheimer's, which is expected to almost quadruple by 2060 for Black Americans." ★

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Outsiders Love Bashing California But Residents Are Souring On The State, Too



By Dan Walters, CALMatters.org

As Republican presidential candidates were slogging through Iowa and talking to voters prior to this week's caucuses, California-bashing was common.

Los Angeles Times reporter Seema Mehta picked up on the phenomenon, writing that "the Golden State, its elected leaders and its policies were a constant target."

"Bashing California, one of the most liberal states in the nation, is a grand tradition in the GOP," Mehta observed. "But Republican presidential candidates may be targeting the state and its politicians more this cycle because they are a better target than President Biden."

"Biden isn't as motivating a villain as other Democrats might be. So the Republican candidates are essentially running a negative campaign against California," California politics scholar Dan Schnur told Mehta. "The very worst thing Ron DeSantis could think of to say about Nikki Haley during the debate was that she might be more liberal than (Gov.) Gavin Newsom. For an Iowa Republican – or any Republican for that matter

– that's an absolutely terrifying concept."

California may be the state that many in the rest of the nation loves to hate, but a new poll of Californians indicates that they aren't very sanguine about the state, either.

The UC Berkeley Institute of Governmental Studies found that just 33% of California voters believe the state is headed in the right direction while 57% say it's on a negative track.

"This is a somewhat more negative assessment than voters have given in similar measures conducted over the past 11 years," poll director Mark DiCamillo said.

The sour attitudes extend to Newsom, the poll found. Asked about his job performance, 47% of voters surveyed disapprove and 46% approve. That's a very slight improvement from the 49% to 46% ratio that pollsters found in October.

"However, similar to the October survey, twice as many voters say they strongly disapprove of the governor's performance (33%) as strongly approve (17%)," DiCamillo noted.

The poll introduced a new topic – the whopping budget deficit that Newsom and the Legislature must address this year – and discovered that nearly 90% of voters consider it a serious issue and there's almost no support (13%) for raising taxes to deal with it. Instead, voters prefer that Newsom and legislators cut spending (51%) or tap into state reserves (35%) to cover the deficit, which

Newsom pegs at \$38 billion but the Legislature's budget analyst estimates to be \$68 billion.

Newsom also has shunned raising taxes, but progressive legislators, with support from groups dependent upon the state budget, such as public employee unions, have continued to press for higher personal and corporate income taxes and/or a new tax on wealth.

It appears that by cutting or postponing some spending, using reserves, borrowing from special funds and implementing some accounting gimmicks, the governor and the Legislature could fashion a 2024-25 budget without new taxes.

However, Newsom's budget advisors and those of the Legislature also agree that California faces continued multibillion-dollar deficits for the next several years, at least, which means the debate over spending cuts and taxes will continue for the remainder of Newsom's governorship.

"The survey suggests little appetite for tax increases to address the deficit, but a challenge for Governor Newsom and the Legislature is that while spending cuts, in principle, are relatively popular, that support would likely dissipate when it comes time to making cuts to specific programs and services," the co-director of the poll, Eric Schickler said.

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. ★

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Publish: January 5, 12, 19, 26, 2024
WESTWOOD 1-26-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09383
Sayed-Javad Maseemi and Fariba Saghari, 106 Canyon Rim Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "M&S Consulting & Trades" 106 Canyon Rim Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 21, 2023
Publish: January 5, 12, 19, 26, 2024
CONSULTING 1-26-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09500
Stephanie Jo Tembey, 10767 Ivoryton Way, Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Sun Ray VA" 10767 Ivoryton Way, Mather, CA 95655. Filed with the Clerk of Sacramento County December 29, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
SUN 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09398
Travis William Blair, 8033 Jaden Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Always Open Mostly Handy Man" 8033 Jaden Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 22, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
ALWAYS 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09511
Grace O. Jackson, 3598 Kings Way Apt 35, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Fashionez by Gracious" 3598 Kings Way Apt 35, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 29, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
FASHIONEZ 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00116
Gregory Bray, 2528 Midland Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mr Drain Plumbing/Mr Drain" 2528 Midland Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 4, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
DRAIN 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00134
Latifullah Qasim, 3678 Kings Way #2, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Spera MT" 3678 Kings Way #2, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 4, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
SPERA 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00171
Hy-Pro Homes LLC, 2300 Iron Point Road Apt 212, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "HY-PRO Homes Design Studio" 2300 Iron Point Road Apt 212, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 28, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
HYPRO 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09099
Konstantin Fridman and Yuliy

Fridman, 676 Russell Drive, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Evoke Staging and Design" 676 Russell Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 13, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
EVOKE 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09411
Jeffrey J Rho, DDS, PC, 2525 K Street Suite 108, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Rho Family Dentistry" 2525 K Street Suite 108, Sacramento, CA 95816. Filed with the Clerk of Sacramento County December 22, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
RHO 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09318
John Price, 4045 Robertson Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Salon Art" 2440 Loma Vista Drive, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 20, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
SALON 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00141
John Todd Stakes, 10930 Fair Oaks Boulevard, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "California RV Glass" 10930 Fair Oaks Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 4, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
CALIFORNIA 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00012
American River Wellness LLC, 3102 O Street #6, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "American River Wellness LLC" 3102 O Street #6, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
AMERICAN 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09026
ECO-Pest Solutions, Inc., 1016 N. Market Boulevard #40, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Pest Pros Pest Solutions" 1016 N. Market Boulevard #40, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 11, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
PEST 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00058
Jevon M. Sheley, 418 10th Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "JM BBQ" 418 10th Street Apt #25, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
JM 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00016
Besnik Marashi, 6925 Ohana Place, Orangevale, CA 95668 is doing business under the Fictitious Business Name(s) "ALB Painting" 6925 Ohana Place, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
ALB 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09496
Paul Hyppolite, 10 Fairfield Court, Sacramento, CA 95833, is doing business under the Fictitious Business Name(s) "Unshackled Mind" 10 Fairfield Court, Sacramento, CA 95833. Filed with the Clerk of Sacramento County December 29, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
UNSHACKLED 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08877
Daniel Bulzan, 7441 Danfield Circle, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Bulzan Construction Painting/B.C Painting" 7441 Danfield Circle, North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 4, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
BULZAN 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09476
Basher Bazirgan, 3822 El Camino Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Universal 24/7 Locksmith/Express Locksmith" 3822 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 28, 2023
Publish: Jan 12, 19, 26, Feb 2, 2024
UNIVERSAL 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00112
Mohammad Esa, 7441 Azimuth Lane, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Pro Device Repair" 2340 Sunrise Boulevard #14, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County January 4, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
PRO 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00136
Nicholas Michael Andrew Beebe and Daniela Alicia Ferreira Lopes Beebe, 1053 Haman Way,

Roseville, CA 95678 is doing business under the Fictitious Business Name(s) "Wigglers Worm World" 10422C Fair Oaks Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 4, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
WIGGLERS 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00078
King One, 5825 Watt Avenue, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "King One" 5825 Watt Avenue, North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 3, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
KING 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00185
Ghosh Advanced Electrolysis and Esthetics, Inc, 10938 Tower Park Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Synergy Skincare" 10938 Tower Park Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County January 5, 2024
Publish: Jan 12, 19, 26, Feb 2, 2024
SYNERGY 2-2-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09330
Manuel Sanchez, 7432 17th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "The Woodpecker's Tree Care" 7432 17th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County December 20, 2023
Publish: Jan 12, 19, 26, Feb 2, 9, 2024
WOODPECKERS 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09468
Natalya Karashchuk, 7929 Tetotom Park Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Natalya's Services" 7929 Tetotom Park Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County December 28, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
NATALYAS 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00315
Gay Carroll-Haring, 2726 Land Park Drive, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Bliss Road Studios" 2726 Land Park Drive, Sacramento, CA 95818. Filed with the Clerk of Sacramento County January 10, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
BLISS 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09154
Chromatic, LLC, 2014 Capitol Avenue, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Chromatic Wellness Center" 2014 Capitol Avenue, Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 14, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
CHROMATIC 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00313
Joshua Lee Downey and Jackson Lewis Ray, 2400 Sierra Boulevard Apt 76, Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Tanpopo" 2400 Sierra Boulevard Apt 76, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
TANPOPO 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09313
Safety Realized LLC, 5635 Kenneth Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Summit Safety/Tahoe Sleds" 5635 Kenneth Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 20, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
SUMMIT 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09097
Nick P Gavrilenko, 8308 Carriage Oaks Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "GreenWave Floor Care" 8308 Carriage Oaks Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County December 13, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
GREENWAVE 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00205
James Cyparski, 7762 South Cliff Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "JC Construction" 7762 South Cliff Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 8, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
JC 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00102
O'Shay Gonzalez, 6020 Wilkinson Street, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Shaywitdakay Collectible Hub" 6020 Wilkinson Street, Sacramento, CA 95824. Filed with the Clerk of Sacramento County January 3, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
SHAYWITDAKAY 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09179
Ricardo Lara Saldana, 7850 Riverhurst Court, Sacramento, CA 95828 is doing business under the Fictitious Business

Name(s) "Elite Cleaning" 7850 Riverhurst Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 15, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
ELITE 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08871
Arias Brothers Inc., 1880 Prairie City Road #110, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Hermanos Jalisco Grill" 1888 Prairie City Road #110, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 4, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
HERMANOS 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09446
Narinder Kumar, 180 S Lexington Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Trinetra Indian Grocery" 310 S Lexington Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 27, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
TRINETRA 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00153
Yevgeniy Voyku, 4020 Stephen Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "YV Mobile Mechanic" 4020 Stephen Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 4, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
YV 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00175
Mia Nguyen, 621 P Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Ace's Pace" 621 P Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 5, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
ACES 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00002
Emily Vallejo, 8026 Briar Ridge Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "M Plus E Additions" 8026 Briar Ridge Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 2, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
ADDITIONS 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08903
Daniel Sergey Molitvenik, 5532 Missie Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Clear Skies" 5532 Missie Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 4, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
CLEAR 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00253
Curt Davis, 1599 English Colony Way, Penryn, CA 95663 is doing business under the Fictitious Business Name(s) "Insight Flooring Inspections & Moisture Tests" 1599 English Colony Way, Penryn, CA 95663. Filed with the Clerk of Sacramento County January 9, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
INSIGHT 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08948
R.L. Niello Co. Inc., 2701 Arden Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Niello Volkswagen/Niello Collision Service" 2701 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 6, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
NIELLO 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00295
Full Circle Dealer Services, Inc., 1481 River Park Drive, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "AutoFiPro" 1481 River Park Drive, Sacramento, CA 95815. Filed with the Clerk of Sacramento County January 9, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
AUTOFIPRO 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00286
Cecily Sorenson, 4519 Baron Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "CS Accounting and Notary Services" 4519 Baron Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 9, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
CS 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08447
Vence Lewis, 636 Tailwind Drive, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Space 9 Collective" 636 Tailwind Drive, Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 9, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
SPACE 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00178
Gregorio E. Monteroso, 8544 Imran Woods Circle, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "KC Builds" 8544 Imran Woods Circle, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 5, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
KC 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00357
Ardalan Bayat, 2400 Sierra Boulevard Apt 19, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Healing Hands of River City" 2400 Sierra Boulevard Apt 19, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 11, 2024
Publish: Jan 19, 26, Feb 2, 9, 2024
HEALING 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08353
Grif Group LLC, 535 Anton Boulevard Unit 850A, Costa Mesa, CA 92626 is doing business under the Fictitious Business Name(s) "Credit 1 Finance Group" 535 Anton Boulevard Unit 850A, Costa Mesa, CA 92626. Filed with the Clerk of Sacramento County November 7, 2023
Publish: Jan 19, 26, Feb 2, 9, 2024
CREDIT 2-9-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00378
Scott French, 4210 53rd Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Junk-B-Gone & Hauling" 4210 53rd Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County January 11, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
JUNK 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00107
Desenia Berenice Felix Gomez, 5816 Canary Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "DB-Beauty Salon" 5816 Canary Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 3, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
BEAUTY 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00240
ePaiges Design Group, LLC, 10968 Woodring Drive, Mather, CA 95655 is doing business under the Fictitious Business Name(s) "ePaiges Design Group, LLC/ePaiges" 10968 Woodring Drive, Mather, CA 95655. Filed with the Clerk of Sacramento County January 9, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
EPAIGES 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09153
N and T Innovation Inc, 6511 Savings Place 130, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "PURE H2O HUB" 6511 Savings Place 130, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 14, 2023
Publish: Jan 26, Feb 2, 9, 16, 2024
PURE 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00182
Mark Fleig, 5545 Fair Oaks Boulevard, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "F and F Properties" 5545 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 5, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
FANDF 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00465
Wiltown Riders, Inc, 2230 S. Harrison Street, Stockton, CA 95206 is doing business under the Fictitious Business Name(s) "Wiltown Riders" 11887 Arno Road, Wilton, CA 95693. Filed with the Clerk of Sacramento County January 18, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
WILTOWN 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00222
Alicia Jimenez, 22 Temple, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "La Oaxaquena Plus" 9663 Folsom Boulevard, Sacramento, CA 95827. Filed with the Clerk of Sacramento County January 8, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
LA 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09384
MZ Flooring LLC, 7316 Thalia Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Modern Flooring" 7316 Thalia Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 21, 2023
Publish: Jan 26, Feb 2, 9, 16, 2024
MODERN 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00478
Oleksandr Naydonov, 6092 Garfield Avenue, CA 95841 is doing business under the Fictitious Business Name(s) "Royal Pool Service" 6092 Garfield Avenue, CA 95841. Filed with the Clerk of Sacramento County January 18, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
ROYAL 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00438
Empire Oaks LLC, 3924 Stedway Court, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Score Revive Academy" 3924 Stedway Court, Sacramento, CA 95827. Filed with the Clerk of Sacramento County January 16, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
SCORE 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00313
Joshua Lee Downey and

Jackson Lewis Ray, 2400 Sierra Boulevard Apt 76, Sacramento, CA 95825 and Garrett Lewis Ray, 624 Grider Drive, Roseville, CA 95678 are doing business under the Fictitious Business Name(s) "Tanpopo" 2400 Sierra Boulevard Apt 76, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 10, 2024
Publish: Jan 26, Feb 2, 9, 16, 2024
TANPOPO 2-16-24

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV000054

Fazi Ahmad Ahmadi has filed a petition with this court for a decree changing the name(s) of Ahmad Sodais Ahmadi to Sodais Ahmadi and Ahmad Ozair Ahmadi to Ozair Ahmadi.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 21, 2024, 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: January 3, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: Jan 12, 19, 26, Feb 2, 2024
AHMADI 2-2-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV013801

Ahmad Alhamadani and Sura Ali has filed a petition with this court for a decree changing the name(s) of Assaad Ahmad Abdulrahman Al Hamadani to Assaad Hamadani.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 13, 2024, 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: December 20, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: Jan 12, 19, 26, Feb 2, 2024
HAMADANI 2-2-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV000077

Dionna Marie Campbell has filed a petition with this court for a decree changing the name(s) of Dionna Marie Campbell to Dionna Marie Wangan.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 18, 2024, 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: January 2, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Jan 12, 19, 26, Feb 2, 2024
WANGAN 2-2-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23

Carmichael Resident in Arizona Jail for Human Smuggling

Cochise County Sheriff's Office News Release

COCHISE COUNTY, AZ (MPG) - Huachuca City Police, Sheriff's Office, AZ Department of Public Safety, Benson Police Department, and US Border Patrol Make Apprehensions.

On Sunday January 14, 2024 at approximately 8:24 am, Cochise County Sheriff's Office deputies shared information regarding two vehicles traveling in tandem in the Moson Road area that were travelling at

excessive speeds.

The vehicle descriptions were provided as a gray Honda Civic and a gray Lexus both with California plate and both travelling towards Sierra Vista.

Sierra Vista Police advised the Honda Civic passed through the intersection of Coronado and Highway 90 at speeds in excess of 100 miles per hour with no one following. The vehicle was ultimately stopped by Sierra Vista Police units and dealt with.

Huachuca City Police Officers

observed a gray Lexus travelling north on Highway 90 inside the city limits travelling at 67 miles per hour in a 45 mile per hour zone. Upon attempting to conduct a traffic stop of the vehicle, it failed to yield and increased speeds in excess of 120 miles per hour.

Arizona Department of Public Safety Troopers staged at the US Border Patrol checkpoint to deploy tire deflation devices and upon the suspect vehicle approaching, the driver aggressively travelled between

vehicles in the lanes of travel, preventing the safe deployment of the device.

The vehicle continued northbound at excessive speeds and Huachuca City and Sheriff's Deputies terminated the pursuit.

The vehicle approached the intersection of Highway 90 and Interstate 10 before crashing the vehicle and attempting to flee on foot. The suspect was apprehended by Benson Police, Arizona Department of Public Safety, Sheriff's Office, and US Border Patrol agents on scene.

The driver, US Citizen 17-year-old Steven Paul Cardena of Carmichael California, was taken into custody and booked into the Cochise County Jail on felony charges of Human Smuggling and Endangerment. Cardena remains in custody on a \$100,000 bond.

Three undocumented immigrants were turned over to US Border Patrol for processing.

The investigation is being continued by the Huachuca City Police Department. ★

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LEGAL ADVERTISING

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

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

ORDER TO SHOW CAUSE CHANGE OF NAME

Name should not be granted.
Dated: January 5, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Jan 19, 26, Feb 2, 9, 2024
NGUYEN 2-9-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV000236

Alfredo Nasserin Freedman has filed a petition with this court for a decree changing the name(s) of Alfredo Nasserin Freedman to Avi Freedman.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 27, 2024 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: January 10, 2024
Christopher E. Krueger, Judge of the Superior Court
Publish: Jan 26, Feb 2, 9, 16, 2024
FREEDMAN 2-16-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV000761

Edward Everett Cooper III has filed a petition with this court for a decree changing the name(s) of Edward Everett Cooper III to Edward James Hard.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 2, 2024, 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: January 19, 2024
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Jan 26, Feb 2, 9, 16, 2024
COOPER 2-16-24

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
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Publish: Jan 26, Feb 2, 9, 16, 2024
COOPER 2-16-24

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LENA AMARIS CLARK SHARIAH CASE NO. 24PR000014

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Lena Amaris Clark, Lena Amaris Clark Shariah.

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

A hearing on the petition will be held in this court as follows February 20, 2024, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

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

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

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.

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is: Monica Anne Clark Johnson, PO Box 276562, Sacramento, CA 95827; 510-693-7516
Publish: Jan 12, 19, 26, 2024
SHARIAH 1-26-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF BEULAH CALHOUN CASE NO. 34-2023-00336228

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

A Petition for Probate has been filed by Kenna Reid, in the Superior Court of California, County of Sacramento, requesting Kenna Reid 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 February 7, 2024, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

Zoom Telepresence: <https://saccourt-ca-gov.zoomgov.com/join/939231> Meeting: 16133529231

This matter is set for a court hearing/appearance using the Zoom Application for the above referenced date and time. In order to participate in your Zoom hearing, you must either use a computer or smart device with internet access, and have downloaded the Zoom application. If you do not have compatible technology, then you can attend the hearing using a telephone and calling the designated toll free telephone conference line. You must appear by Zoom Application or Telephone using the designated department account referenced below at least 5 minutes before your scheduled hearing date and time; and wait for a court representative to take roll. Department 129 zoom link: <https://saccourt-ca-gov.zoomgov.com/join/939231> or Toll Free Telephone Conference Line @ (888) 475-499, with meeting ID #689-534-3925

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

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

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of and persons who may be otherwise interested in the will or estate, or both, of Paul Curtis Martin.

A Petition for Probate has been filed by Isabel Perez-Martin, in the Superior Court of California, County of Sacramento, requesting Isabel Perez-Martin 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 February 21, 2024, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

Zoom Telepresence: <https://saccourt-ca-gov.zoomgov.com/join/939231> Meeting: 16133529231

This matter is set for a court hearing/appearance using the Zoom Application for the above referenced date and time. In order to participate in your Zoom hearing, you must either use a computer or smart device with internet access, and have downloaded the Zoom application. If you do not have compatible technology, then you can attend the hearing using a telephone and calling the designated toll free telephone conference line. You must appear by Zoom Application or Telephone using the designated department account referenced below at least 5 minutes before your scheduled hearing date and time; and wait for a court representative to take roll. Department 129 zoom link: <https://saccourt-ca-gov.zoomgov.com/join/939231> or Toll Free Telephone Conference Line @ (888) 475-499, with meeting ID #689-534-3925

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

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

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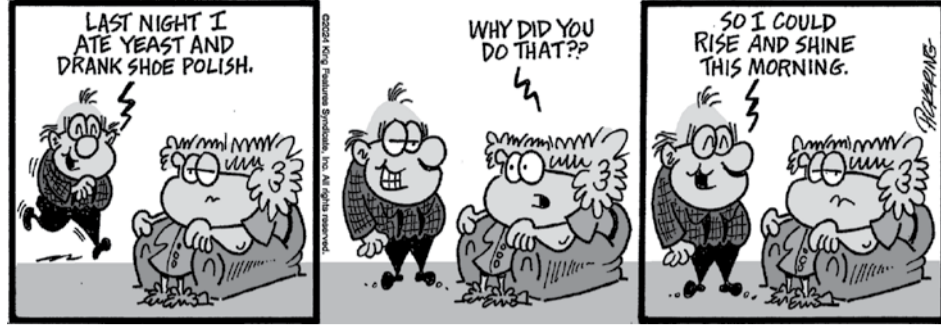
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COMICS & PUZZLES

The Spats



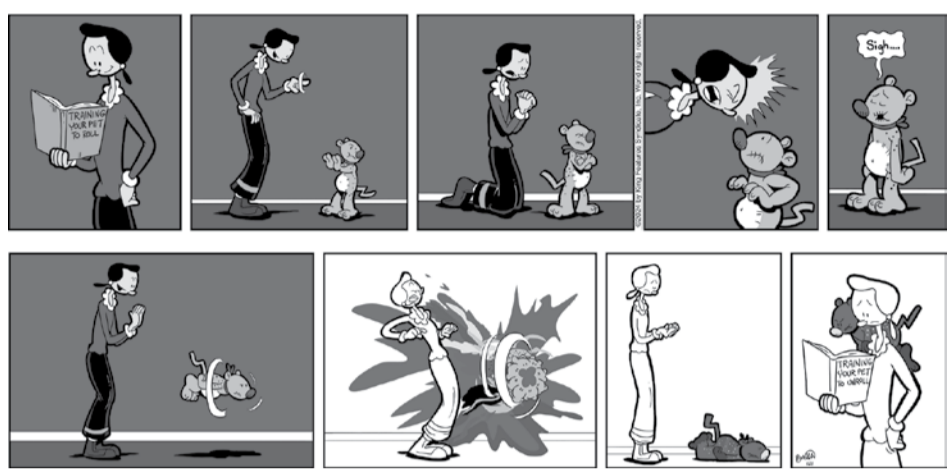
by Jeff Pickering



Amber Waves

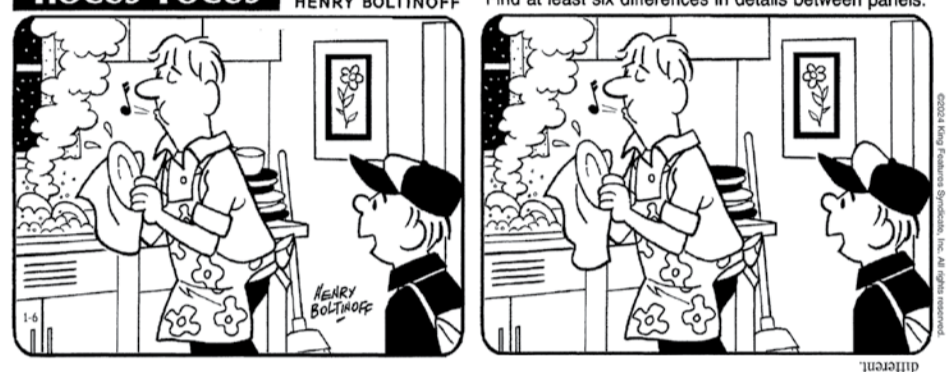


by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTINOFF Find at least six differences in details between panels.



Out on a Limb



by Gary Kopervas

TIGER



by BUD BLAKE

GRIN THE BEAR IT



Just Like Cats & Dogs



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STATEPOINT CROSSWORD • CLASSIC TOYS

- CLUES**
- ACROSS**
- Sri Lankan language
 - Something to chew on, especially for cows
 - Mascara holder
 - _____ Flew Over the Cuckoo's Nest
 - Father, colloquially
 - Jewish folklore creature
 - Debtor's letters
 - Art class prop
 - *Barbie's little sister
 - *_____ 4 game
 - One less than jack
 - *_____ Frog educational toy
 - Nutcracker's distinguishing feature
 - Taboo, alt. sp.
 - Cooking fat
 - Deserter's acronym
 - President's David
 - Shower accessory
 - Pro _____
 - Conical dwellings
 - Prep flour
 - *Thomas or Henry, e.g.
 - Law school test acronym
 - Genealogist's creation
 - Maurice of "Where the Wild Things Are"
 - Flying saucers
 - Make mistakes
 - Chemically-induced curls
 - Harry Potter's Hedwig
 - *Certain Patch
 - *Not real dough
 - Normal
 - Clingy seed container
 - _____ -la
 - Theater curtain fabric
 - Put into service
 - Female deer, pl.
 - Pub offering
 - Goo on a trunk
 - What's in your e-wallet?
- DOWN**
- Duds or threads
 - Wildly
 - French Sudan after 1960
 - All thumbs
 - Marine gastropod
 - Coconut fiber
 - *Shedding-type card game
 - Tie in tennis
 - Shark's provision
 - Part of cathedral
 - Work detail
 - "Stop!" to marchers
 - Correspondence friend (2 words)
 - Make, as in a law
 - Edible type of grass
 - Complete payment (2 words)
 - *Banned lawn darts
 - Fully informed
 - Supreme Teutonic god
 - Get-out-of-jail money
 - Like Neverland boys
 - France's longest river
 - Bid on a house, e.g.
 - *Certain gun ammo
 - *Best _____ schemes o' "Mice an' Men"
 - "La Vie en rose" singer
 - Counter seat

CROSSWORD

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Investigation of University Department Exposes Problematic “Critical” Ethnic Studies

AMCHA Initiative Press Release

SANTA CRUZ, CA (MPG) - A new study released today by campus antisemitism watchdog group AMCHA Initiative provides extensive evidence that faculty in the academic department considered ground zero for the highly politicized, “critical” version of the ethnic studies discipline at the University of California and for efforts to push the discipline into K-12 classrooms are using their department’s name and University resources to promote propaganda and activism to undermine and ultimately dismantle the Jewish state – in violation of University policy and California law.

According to the new research, the University of California Santa Cruz’s Critical Race and Ethnic Studies (CRES) department has engaged in anti-Zionist advocacy and activism since at least May 2021, when CRES pledged departmental allegiance to “the struggle for Palestinian liberation” and committed its faculty to bringing the academic boycott of Israel (the academic arm of the antisemitic BDS movement) onto campus and into their classrooms. However, according to the study, incidents involving CRES’s anti-Zionist political advocacy and activism have drastically increased in frequency and intensity since Hamas’ massacre of Israeli civilians on October 7, 2023.

Some of the newer incidents include: blaming Israel for the Hamas massacre and calling Israel’s defensive measures a “genocide”; incorporating anti-Zionist propaganda, including clear falsehoods, into their teaching and teacher training programs; shutting down their department as part of a “Global General Strike” against Israel and calling for students to boycott their classes; and promoting and participating in the “Shut It Down for Palestine” protest rally of Students for Justice in Palestine (SJP) that illegally blocked access to the campus. Even after a clear warning from the UCSC Provost highlighting UC policies proscribing political advocacy and activism “in the classroom and other instructional spaces,” CRES faculty doubled-down on their political activities, recently announcing on their university website the launch of Faculty for Justice in Palestine (FJP), a group designed to serve as the faculty-arm of SJP.

“CRES’s commitment to anti-Zionist political advocacy and activism, as a department and as a core element of its discipline, can’t help but corrupt the academic mission of the

university and violate students’ fundamental right to be educated and not indoctrinated,” said Tammi Rossman-Benjamin, co-founder and director of AMCHA Initiative and a former UC Santa Cruz faculty member herself. But for Rossman-Benjamin, the most alarming consequence of CRES’s substitution of anti-Zionist activism for education is its harmful impact on Jewish students: “Our research has consistently shown that on campuses where individual faculty and departments use educational spaces for anti-Zionist political advocacy and activism, rates of antisemitic activity – including assaults, threats of harm, vandalism, and bullying – are significantly elevated. Against the backdrop of a more than 700% increase in campus antisemitism since Hamas’ horrific massacre of Israeli civilians on October 7th, CRES’s unbridled expression of animus towards the Jewish state and its supporters absolutely contributes to a hostile, antisemitic environment for Jewish students, faculty, and staff at UCSC.”

The report also notes that CRES plays an important role in bringing the department’s highly politicized version of ethnic studies to K-12 classrooms in the state. Last year CRES became the first UCSC department outside the STEM fields to include an expedited pathway for students to earn a post-BA teaching credential. In addition, CRES leadership is behind a proposal for establishing a UC ethnic studies admissions requirement, which, if approved, would force almost every high school student in the state to take an ethnic studies course whose content standards were developed, in large part, by CRES faculty.

“Shockingly, these same professors who are using their university positions and resources to unabashedly promote anti-Zionism and antisemitism,” says Rossman-Benjamin, “are the ones who our state has entrusted with developing what will be taught to every California student about Jews and Israel.”

According to the report, CRES’s anti-Zionist advocacy and activism are likely in violation of several UC policies and state laws that prohibit the use of the name, facilities, and resources of the University for political advocacy or indoctrination, and others that sanction the failure of individual faculty members and academic departments to fulfill their contractual and fiduciary responsibilities. The report concludes that there is more than enough evidence of departmental misconduct to warrant a thorough investigation of CRES by UC and state officials. ★

Sacramento Kings Empower Youth through Continued Mentorship Initiatives

Sacramento Kings News Release



SACRAMENTO, CA (MPG) - On January 10, as part of National Mentorship Month, the Sacramento Kings announced they will continue their ongoing commitment to highlighting the significance of mentorship and the importance of becoming a mentor. The team will continue to work with MENTOR California and partner with UC Davis Graduate School of Management to engage with youth and promote more involvement in the mentorship process.

“The Kings mentorship initiatives create pathways for local youth to engage with the team in unique ways, highlighting the impact on both mentees and mentors,” said Sacramento Kings Chief Operating Officer Matina Kolokotronis. “To inspire and empower the next generation, we must shine a light on the diverse avenues and opportunities available for our youth.”

“The Sacramento Kings continue to be champions for mentoring and MENTOR California, and it is because of their collaborative spirit and partnership that we are excited for this next adventure in our mentoring movement with the UC Davis School of Business Management,” said MENTOR California Executive Director Marcus L. Strother. “Having amazing partners, like the Sacramento Kings, who believe in the power

of agency, belonging and connection is what allows us to continue lifting up the necessity of mentorship and amplifying mentoring during National Mentoring Month and beyond!”

Through a partnership with UC Davis Graduate School of Management, the Kings will continue their Fastbreak Mentoring program with UC Davis MBA students in the Collaborative Leadership Program mentoring students from Improve Your Tomorrow on educational pathways and career readiness while offering an opportunity to connect with Kings team members to learn about jobs in sports and entertainment. This will be an exclusive, behind-the-scenes glimpse into the inner workings of a professional sports team.

During January, the mentors and mentees will meet at four Kings home games to discuss their goals and aspirations, participate in panel discussions, tour the arena and interact with Kings team members and personnel. Also, on January 27, mentees will attend the Brotherhood Conference, presented by Improve Your Tomorrow and My Brother’s Keeper,

to learn how they can continue to support their mentees.

Throughout the month, the team will be elevating the importance of mentoring through their social channels and billboards in the region with resources and videos sharing messages from Kings players. The team will also recognize a special mentor selected by MENTOR California on-court on January 22 as the Kings take on the Atlanta Hawks. Fans can nominate worthy mentors starting January 4, by tagging them on the Kings Community Instagram: @kings_community.

The Kings are committed to investing in positive pathways that support youth beyond January mentorship month. For the past six years, the Kings, in partnership with the Black Child Legacy Campaign, have led the Kings and Queens Rise Youth Sports and Mentoring League, which seeks to prevent and interrupt violence by providing a caring, productive environment through community building, sportsmanship, and health and safety resources. The organization has participated in several Fastbreak Mentoring Sessions to connect youth with Kings team members and has hosted Studio Sessions to make top entertainment talent accessible as mentors, both to share insight about careers in the sports and entertainment industries.

For more information, visit Kings.com. ★

Grant Program for Non-Profit Organizations to Open

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors intends to continue providing \$1 million through the Transient Occupancy Tax (TOT) Grant Program to support nonprofit organizations located in Sacramento County in Fiscal Year 2024-25.

For the last 7 years, the Board of Supervisors has awarded funds to organizations that carry out community-based programs and/or services in the areas of economic and workforce development, arts and culture, community development, and health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning February 2, 2024, through the County’s Office of Budget and Debt Management with a deadline of March 4, 2024.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels, and other temporary lodging accommodations in the unincorporated area of the County.

2024-25 TOT Grant Program Application Dates & Details:

Grant Application DEADLINE: March 4, 2024, 5 p.m.
 Grant Application Period: February 2 – March 4, 2024
 All applications and requested materials must be submitted by 5 p.m. on March 4, 2024. No late applications will be accepted.
 Online Applications: Only online applications will be accepted. Apply online beginning February 2.
 Duplicate and incomplete applications will be disqualified.
 Applicants will receive electronic receipt notification upon submission of application. ★

Grant Program and Application Virtual Workshop:

February 13, 2024 10 a.m.-11:30 a.m.
 The workshop includes a review of the following:

- Grant program and Timeline
- Insurance Requirements
- Application Questions
- Timeline and submission information
- Q & A’s

Grant Application Review Period: March 5 – 11, 2024

County staff will review applications for completeness and compliance with minimum eligibility requirements. Applicants will be notified electronically if proposals do not meet the minimum qualifications and will not continue to the evaluation process.

March 12 – April 26, 2024
 Subject Area Expert Panel Application Review: Subject area experts will review, evaluate, and rank qualifying applications.

May 2024
 TOT Board Review Committee: Board Review Committee to review recommendations of the Subject Area Expert Panel’s Recommendations and award District-directed grants based on input from Subject Area Experts.

Grantee Award Approval: June 2024

Grant Program Hearing Notification: Applicants will receive an electronic notification of the schedule for the Board of Supervisors Hearing, where recommended award selections will be made.

The Board of Supervisors will make the final determination and approval for all TOT Grant Program recipients.

County Budget & Debt Management Division staff will notify applicants of funding selections within five business days of Board Hearing approval. All notifications will be made electronically.

County Budget & Debt Management Division staff will draft and administer agreements between the County and grantees.

For more information about the grant program, visit the TOT Grant Program website. ★

UC Master Gardeners of Sacramento County Present February Open Garden

UC Agriculture and Natural Resources News Release

SACRAMENTO COUNTY, CA (MPG) - If a thriving spring garden is what you want, then start now! The Fair Oaks Horticulture Center is a unique local site in the community and has grown significantly over the last several years with diverse plant selections. See what is possible in your space.

The water efficient landscape area is emerging from its winter dormancy.

-Aromatic culinary herbs were pruned in the fall and filling out nicely.

-Edible micro-greens, kale, and Swiss chard are cheery looking in the raised vegetable beds.

-See how blueberries and raspberries were pruned for a flourishing summer crop.

-Look for citrus trees suited for your space and taste after seeing our specimens.



Mandarin “Gold Nugget.” Courtesy of Jan Fetler

-Grape vines have two methods of pruning. Ask a master gardener why.

-Learn approaches of turning compost, see how the GEO bin and Sunset bin differ.

What seeds should you be planting? Find 15 vegetables ready for direct outdoor seeding in the 2024 Gardening Guide and Calendar... into the Wild... Habitat Gardening. \$12 cash or check incl. tax.

Event Day and Date: February 10, 2024

Event Time: 9:00 a.m. – 12:00 p.m.

Event Location: Horticulture Center 11549 Fair Oaks Blvd. Fair Oaks, CA 95628

Located Outside: Rain or shine.

Event Cost: Free

For More Info: UC Cooperative Extension, (916) 875-6913, sacmg.ucanr.edu, facebook.com/sacmg. ★

DA Thien Ho’s Statement on U.S. Supreme Court Decision

Sacramento County District Attorney News Release

The U.S. Supreme Court has agreed to hear the case of Johnson v. City of Grants Pass, in which the Ninth Circuit Court of Appeals continues to undermine and limit laws that regulate unhoused encampments. These limitations were originally created in another Ninth Circuit Court of Appeals case, Martin v. City of Boise.

Sacramento County District Attorney

Thien Ho states, “With the unprecedented increase of the unhoused population in Sacramento and our community at a breaking point, my office was the first prosecutor’s office in the country to file an amicus brief urging the U.S. Supreme Court to review the Grants Pass case and overturn Martin v. City of Boise. I am grateful that today the U.S. Supreme Court agreed to review these poorly reasoned cases. Our office will soon file an additional amicus brief with the U.S. Supreme Court to overturn both cases.” ★

Water Commission Presents Strategies for Protecting Communities During Drought

California Water Commission News Release

STATE OF CALIFORNIA (MPG) - The California Water Commission today approved a white paper that contains potential strategies to protect communities and fish and wildlife in the event of drought. The white paper is in support of Water Resilience Portfolio Action 26.3, and will be shared with the Secretaries for Natural Resources, Environmental Protection, and Food and Agriculture, who requested the Commission's engagement on this topic.

California is a drought-prone state. Climate change exacerbates drought conditions in California by creating hotter and drier baseline conditions, leading to more intense droughts. Additionally, climate change is creating the conditions for "weather whiplash" - a phenomenon California experienced in the 2022-2023 water year, swinging rapidly from severe drought to record-breaking precipitation events and flooding. To ensure California's people and environment have sufficient water during times of drought, the State will

need to adapt to this new normal of ongoing weather extremes.

"California has experienced two of the worst droughts in our state's history in the last decade alone," said Natural Resources Secretary Wade Crowfoot. "While we've invested billions across the state to become more drought resilient in light of this new reality, there's more we need to do to prepare for the next drought, whenever it comes. These thoughtful recommendations by the Water Commission point the way forward and I'm eager to explore how these ideas can be applied in coming years."

The Commission's work on drought is forward-looking. The strategies proposed by the Commission integrate months of conversations with State agencies, experts, Tribes, water users, interest groups, interested parties, and the public. The Commission has taken the input it received and charted a through-line, developing four key strategies for augmenting California's communities' and fish and wildlife species' drought resilience.

Scale up groundwater recharge. During flood events, when all other water rights and

environmental needs are met, channeling excess flows to groundwater recharge can build drought reserves. The State can help scale up groundwater recharge by planning and preparing for recharge during times of high flow, promoting recharge efforts through outreach and financial incentives, efficiently permitting recharge projects, supporting the infrastructure needed to conduct recharge, and continuing to apply lessons learned.

Conduct watershed-level planning to reduce drought impacts to ecosystems. To enable fish and wildlife to be more resilient to drought, the State must support fish and wildlife during drought and work to recover ecosystem function during non-drought periods, supporting viable populations that can weather the next drought period. The State can help reduce drought impacts to fish and wildlife by improving water availability for species, advancing habitat restoration and conservation projects, integrating forest management into drought planning, and creating a plan to protect species during drought emergencies.

Better position communities

to prepare for and respond to drought emergencies. During drought, communities need resources to ensure that vulnerable community members are safe in times of crisis. In advance of drought, they need support to help abate future vulnerabilities to water scarcity by improving water systems and integrating water use into land use planning. The State can help communities prepare for and respond to drought by offering climate disaster funding, ramping up efforts to improve water system resilience and regional water solutions, and supporting integrated land and water planning.

Support improved coordination, information, and communication in drought and non-drought years. In California, droughts need to be dealt with as a chronic phenomenon and not an occasional emergency. The State needs to continue to align its staff capacity, improve its data collection, and contextualize its drought communication, moving from a crisis mindset to recognizing drought as a natural and inevitable element of the state's hydrologic cycle.

"Groundwater recharge to

replenish our aquifers is a key water strategy for a hotter, drier future," said California Department of Food and Agriculture Secretary Karen Ross. "It provides important ecosystem benefits, protects drinking water wells, and supports climate-resilient agriculture for healthy food production and thriving rural communities."

The strategies and actions outlined in this paper are additive to the important work already underway by State agencies. The Commission expects State decision-makers to weigh whether and when to move forward with these suggested strategies.

"Drought impacts all of California's water users, but some - small, rural communities and fish and wildlife - are particularly vulnerable," said Commissioner Sandra Matsumoto. "The strategies proposed by the Commission will help the State protect these vulnerable water users in the event of drought. To move forward, water sectors, users, and managers must work together to minimize the impacts of drought on all Californians." ★

Jerrett Davis Takes Helm as Executive Chef for Hard Rock Hotel and Casino



Jerrett Davis

Heather Atherton PR News Release

WHEATLAND, CA (MPG) - Hard Rock Hotel &

Casino Sacramento at Fire Mountain is proud to introduce our new farm to fork focused Executive Chef, Jerrett Davis. Davis will oversee all culinary operations for eight dining venues including the award-winning Council Oak Steaks & Seafood and the signature Hard Rock Café as well as the Fresh Market Buffet, YouYu Asian Bistro and Constant Grind. A California native who spent 10 years cooking for the Maloof family after serving as a Marine

around the world, Davis brings his unique flavor and perspective to the Hard Rock team in Wheatland.

Raised in southern Central California, just North of the Santa Ynez wine country, Davis moved to Sacramento in high school and graduated from McClatchy High School. He then enlisted in the Marines and spent four years traveling to 20 countries. Throughout his career he has also had the opportunity to work in Los Angeles, Las Vegas, and San

Francisco prior to landing at Hard Rock Sacramento in Wheatland. He worked for the Maloof family for a decade as their personal chef and was able to cook for celebrities, sports stars, and dignitaries.

"I love what I do. Seeing people enjoy what I create and snapping photos of their plates is a guilty pleasure," explained Davis. "I'm thrilled to join the band and be able to work with such an incredibly iconic brand like Hard Rock Café and

the other amazing restaurants here on the property to deliver my vision to the palates of our guests."

Davis lives on seven acres in Grass Valley with his family. He loves the outdoors and enjoys hunting, fishing, foraging, and farming. He collects whiskeys and has a passion for Bourbon and wine and holds a collection of rare bottles.

"We are thrilled for Jerrett to join our team and oversee our restaurant menu development. His food and

beverage background coupled with his experience as a veteran is incredibly valuable in the fast-paced environment of restaurants," explained Jarrett Hipp, Director of Food and Beverage for Hard Rock Hotel & Casino Sacramento at Fire Mountain. "His familiarity with the Central Valley farm to fork connection and his roots in Sacramento make him a great fit to design our menus and lead our culinary team." ★

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Chobani Original Yogurt 5 Ltr	\$4.99 /ea
Chobani Original Yogurt 5 Ltr	\$8.99 /ea
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ASIAN GROCERY

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