



**CWD and SSWD  
Considering  
Combination**

PAGE 2

**Missile Site's TCE  
Spreading to  
Border of Active-  
Adult Community**

PAGE 4



# Carmichael Times

VOLUME 45 • ISSUE 7 *Serving Carmichael & Sacramento County since 1981* FEBRUARY 16, 2024

**SEE  
INSIDE**

**TRANSITIONAL  
KINDERGARTEN  
LOTTERY OPEN**



PAGE 3

**PHOTO MONTH  
SACRAMENTO  
IN APRIL**



PAGE 10

**JEWISH FILM  
FESTIVAL  
CELEBRATES**



PAGE 5

## Chamber Honors Heidi Sanborn



The Kiwanis Club of Carmichael has been named Non-Profit of the Year and will share proceeds from the February 29 gala. Principal event honoree Heidi Sanborn (center) wields a ground-breaking shovel during a Carmichael tree planting project.

**Story and photos  
by Susan Maxwell  
Skinner**

**CARMICHAEL, CA (MPG)** - SMUD Director and Carmichael leading lady Heidi Sanborn has been named Person of the Year by the Carmichael Chamber of Commerce.

Sanborn (61) will join honorees at the Chamber's February 29 Annual Awards Dinner.

Local recognition follows Sanborn's recent Lifetime Achievement Award, presented by the National Recycling Association.



Pictured with rescue pups Benny and Millie, SMUD Director Heidi Sanborn will be honored as Carmichael Person of the Year by Carmichael Chamber of Commerce and its supporters. A full list of honorees is included in this article.

"I've always been a community-minded person — that's how I was raised," says the environmental

activist and civic leader. "I don't expect awards; I'm just surprised and delighted."

After a tri-state childhood (she called Delaware, Massachusetts, and Michigan home), Heidi Kahn made her way to California in 1982. "Two years out of high school, I decided California was calling me," she recalls. "Every time I saw a weather map, a big yellow sun was over California. It also seemed the home of enterprise and forward-thinking people. I felt Californians appreciated

*Continued on page 10*

## Sacramento New Home Sales Start with a Bang

**North Side Building  
Industry Association  
News Release**

**SACRAMENTO, CA (MPG)** - New home sales in the greater Sacramento area started off with a bang in January, fueled by continued strong demand, a scarcity of existing homes for sale and declining mortgage interest rates, the North State Building Industry Association reported today.

BIA members sold 580 new homes during the month, which is 40% higher than December, 32% above January 2023, and 28% higher than the average January in the region.

Chris Norem, the BIA's political director and senior policy advisor, said the robust sales totals should bode well for the home-buying public in the region.

"New homes continue to hold a larger-than-normal share of total sales because they offer high-quality options and because builders can provide incentives such as mortgage buy-downs that aren't available when you're buying an existing home," he said.

"We'd also like to thank Sacramento County officials for working with us to lower their water connection fees for apartments and other multifamily housing options. One of the best ways we can continue to tackle the housing crisis is to reduce unnecessary building fees, and more jurisdictions need to be open to taking a fresh look at whether their fee programs are truly necessary as the regional average is already approximately \$100,000 per home. The only way to restore affordability is to reduce fees and incentivize builders to build more homes to meet the ongoing need."

As always, communities in Sacramento and Placer counties accounted for the vast majority of sales, with 259 sales reported in Sacramento County and 218 in Placer. Roseville saw the highest number of sales of any submarket with 147, followed by Elk Grove, Sacramento, Rancho Cordova, and Lincoln. (See below for detailed charts.)

The BIA's sales figures cover nearly 190 active new home communities in Sacramento, Placer, Yolo, El Dorado, and Yuba counties. ★

## Dignity Health Named to Newsweek's America's Greatest Workplaces

**Dignity Health  
News Release**

**SACRAMENTO REGION, CA (MPG)** - Dignity Health announced recently that it has been recognized for the second consecutive year as one of America's Greatest Workplaces for Diversity 2024 by Newsweek and Plant-A Insights Group. This survey of over 220,000+ individuals included representation at over 1.5 million companies in America.

The esteemed list features the top large and mid-size companies recognized by their employees, via an anonymous online survey, for genuinely respecting and valuing individuals from different walks of life.

"Dignity Health has long been dedicated to creating a workplace that values equity and

inclusion," shares Julie J. Sprengel, California Region President, CommonSpirit Health. "By fostering diversity within our workforce, we are better equipped to meet the needs of the unique communities we serve."

Many different genders, races, nationalities, sexual orientations, and identities are represented at Dignity Health hospitals and clinics, but the focus and commitment around diversity is more than that. Diversity, Equity, Inclusion, and Belonging (DEIB) ensures everyone has the opportunity to be involved, developed, empowered, and trusted by Dignity Health.

Being recognized on Newsweek's list underscores Dignity Health's belief that a diverse workforce brings a variety of

perspectives, leading to innovative solutions and better outcomes for both employees and patients. Some of our proudest achievements include:

-Dignity Health hospitals have been recognized by the Healthcare Equity Index (HEI), a program of the Human Rights Campaign. The HEI is the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors, and employees.

-CommonSpirit Health has entered into a historic 10-year, \$100 million dollar partnership with Morehouse School of Medicine that will increase development of Black and minority physicians by ensuring that a minimum of 300 additional underrepresented

providers complete their residency training. Three new residency programs are under development in Dignity Health's California Region.

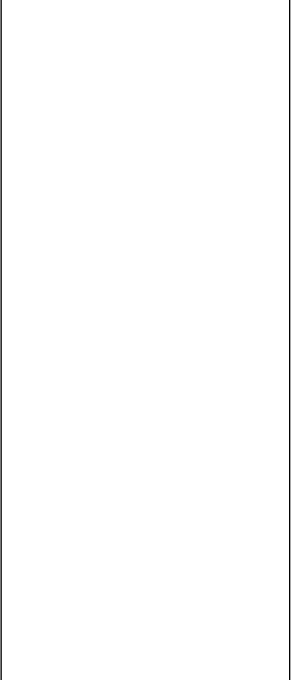
-Dignity Health prioritizes cultural competency training for all employees to provide care that is highly sensitive to the concerns of those who are marginalized.

"Diversity is a widely discussed topic — and it remains a crucial factor as people look for an employer or a business partner. Newsweek and market-data research firm Plant-A Insights are proud to introduce "America's Greatest Workplaces for Diversity 2024," highlighting companies that are committed to offering diverse and inclusive work environment," shared Nancy Cooper, Global Editor in Chief for Newsweek. ★



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

PRSRD STD.  
U.S. POSTAGE  
**PAID**  
CARMICHAEL, CA  
PERMIT NO. 350  
OR CURRENT  
POSTAL CUSTOMER





# CWD and SSWD Considering Combination

Story and photo by Mitch Barber

**SACRAMENTO, CA (MPG)** - The word is on the street; Sacramento Suburban Water District (SSWD) is considering combining with Carmichael Water District (CWD). Why? And what does this mean to the average consumer?

First, let's determine which water district is yours. According to CWD's website, "Carmichael Water District serves the unincorporated community of Carmichael and is located in the northern part of Sacramento County along the north bank of the American River." A district map can be found at [carmichaelwd.org/184/District-Map](http://carmichaelwd.org/184/District-Map).

SSWD's sector includes Arden/Arcade, Foothill Farms, and portions of Citrus Heights, Carmichael, Fair Oaks, North Highlands, Sacramento, Antelope, and McClellan Business Park. A district map can be found at [sswd.org/about/district-at-a-glance](http://sswd.org/about/district-at-a-glance).

The reason for the combination may have something to do with debt — CWD owes about \$32 million while SSWD is \$54,910,000 in debt. A combination would allow for a coalescence of debt.

An email from the office of Dan York, general manager of SSWD, elaborated on the potential merger: "Carmichael Water District and Sacramento Suburban Water District are exploring combination opportunities between the two neighboring water utilities to improve efficiencies, reduce costs, increase water supply reliability, and enhance customer service."

Cathy Lee, general manager of CWD, said, "The mission of CWD is to provide reliable water with diligent customer service at the lowest possible rate. Our mission would not change for our customers whether [the] combination happens or not."

The combination was discussed at the recent workshop, the fourth so far, hosted by SSWD at 3701 Marconi Ave on January 31.



Cathy Lee, general manager of CWD, said, "The mission of CWD is to provide reliable water with diligent customer service at the lowest possible rate. Our mission would not change for our customers whether [the] combination happens or not." Photo courtesy of Carmichael Water District

The goal of the workshops was described in the water district literatures,-- "The workshops will include a brief presentation and the opportunity for attendees to ask questions and share their thoughts with CWD and SSWD technical experts, managers, and board members. The water districts have been exploring the possibility of a combination since 2021."

Dan York spoke at length after the meeting was commenced with a gavel by SSWD President Kevin M. Thomas. York explained that costs have increased enormously since the COVID outbreak — things like a mile of pipe and fire hydrants cost much more. (New pipe is expected to last about 100 years.) Other costs include bank-rolling some 75 employees at SSWD and 25 at CWD. Cathy Lee indicated that there would be no layoffs as a result of a combination.

Craig M. Locke, SSWD board member, expressed the convenience of having more employees,

as would occur in a combination. He said, "Now, you look at an IT department — it has five guys. And if you're a big enough organization, you have five guys in your IT department. One of them moves to Canada, one of them gets hit by a bus, one of them retires, whatever — you have four other guys that are there and they have the knowledge, the institutional knowledge to know how everything works. If you're a small agency and you have an IT department with one guy, and he moves to Canada, you need to get a new guy on board and train him up. That goes for HR, accounting — take your pick."

In regards to the combination, workshop literature reads, "While there may be initial start-up costs associated with the combination, these costs are an investment in a more cost-efficient future." It also noted that, "A combined district can achieve cost savings through economies of scale."

The public was given the

opportunity to ask questions. One community member asked if those attending could take a yes/no vote on whether they favored the districts' combination. The request was curiously denied. Lee said the board needs to "consider a lot of other factors" before making a decision.

During the public comment period, one person pointed out that the previous workshop at CWD saw opposition of the combination by the majority of the public. This was confirmed by Lee in a phone call. She said the CWD board decided it needed more analysis. She expressed, "At this time we don't have a scheduled joint board meeting." Robert P. Wichert, vice president of SSWD, said, "One board meeting a month [would be] huge savings."

Other possible savings were outlined in the workshop literature: "...a combined organization, with its expanded water resources portfolio, broader customer base, and

enhanced efficiency, is poised to offer greater rate and financial stability. This is expected to result in lower rate increases over time compared to what would be anticipated if the districts remained separate."

The literature also listed potential drawbacks to not pursuing a combination: decreased water reliability due to climate change, escalating costs, rate increases, water rights and regulatory challenges, and resource strain.

This sort of combination has been done before. According to [sswd.org](http://sswd.org), Arcade Water District and Northridge Water District consolidated into SSWD in 2002.

Workshop literature read, "The current expectation is that discussions will persist into early 2024." There may be a public election concerning the combination should the districts move forward. A combination, as expressed by board members at the workshop, would hopefully entail only benefits for the consumer. ★

★ **Ray Riehle**  
US Congress

[RayRiehle.com](http://RayRiehle.com)



**It's all about the economy!**  
One bag of groceries costs nearly three times what it did just a few years ago. Inflation forces us to pay more for food, fuel, housing, and healthcare. We spend billions of dollars to address homelessness, yet we see more people on the streets every day. Failed policies and out of control spending created this crisis, It will take thoughtful policies to resolve our problems.

**Are you better off today than you were 2 years ago?**



**If you want real change vote for Ray Riehle on March 5, 2024.**



**I'm committed to serving you because Riehle (Really) Great leadership and values matter.**

**Paid Political Ad Ray Riehle for Congress 2024**



# San Juan Unified's Transitional Kindergarten Lottery Open

**San Juan Unified School District News Release**

**CARMICHAEL, CA (MPG)** -The San Juan Unified District's lottery application process for transitional kindergarten (TK) began on Feb. 12.

To be eligible for transitional kindergarten for the 2024-25 school year, students must be 5 years old between Sept. 2, 2024 and June 2, 2025.

The school district is in the process of implementing a phased expansion of transitional kindergarten to all four-year-olds by the 2025-26 school year. For more information, visit [sanjuan.edu/enrollment/](http://sanjuan.edu/enrollment/)



It's time to enroll your child in early learning opportunities at San Juan Unified. Image by svklimkin from Pixabay

tk-lottery.

Kindergarten enrollment for the 2024-25 school year began on Feb. 5. For kindergarten, students must turn five years old on or before Sept. 1, 2024. For more information, visit [sanjuan.edu/enrollment/](http://sanjuan.edu/enrollment/)

enrollment-tk-12/ kindergarten.

The San Juan Unified District has a variety of part-day and full-day options for transitional kindergarten and kindergarten for the 2024-25 school year. ★

# County Charts Its Green Journey with New Dashboard

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is launching a new, easy-to-use "Sustainability Dashboard," which charts the County's course on its way toward achieving greenhouse gas (GHG) reductions and adapting to climate change.

The Sustainability Dashboard lists each of the County's specific measures to reduce GHGs and adapt to climate change with a color chart that indicates whether the efforts for the measure have begun, and some goals have been achieved; whether efforts for the measure have started; or if efforts for the measure have not started:

"You don't have to be an expert on environmental or sustainability issues to get a handle on the work we're doing," said John Lundgren, Sacramento County's Sustainability Manager. "This website is designed for anyone who has an interest in understanding the County's progress on specific efforts for providing a cleaner,

healthier environment for everyone."

For instance, one of the measures, Establishing Safe Routes to School, is labeled green to indicate it is in progress and goals such as completing the County's updated Active Transportation Plan have been accomplished.

The measure Incentivize Infill Development is labeled yellow as efforts have begun in support of the initiative.

The measure Establish EV Parking Code is marked red as efforts have not yet begun on the measure.

"Dashboard users can also see clearly what the County is doing to adapt to increasing temperatures, sea levels, flooding, wildfires, and changing water supplies," said Lundgren.

"We have launched this site to foster transparency with the public and demonstrate accountability towards the progress of our initiatives," said Lundgren.

Learn more about the dashboard at [green.saccounty.gov](http://green.saccounty.gov). ★



1036 Kensington Drive, Roseville, CA 95661 | Offered at: \$819,000



Tucked away in a fantastic Roseville neighborhood, this single-story residence offers a perfect blend of comfort and style. Step inside an inviting floor plan with 4 bedrooms and 2.5 baths. The remodeled kitchen is appointed with beautiful light cabinetry, granite countertops, stainless steel appliances with double ovens, a large closet-pantry and more. Additional highlights include light-filled living spaces, gorgeous engineered hardwood flooring, dual pane windows, plantation shutters, and an inside laundry room. A stunning stone fireplace becomes the focal point of the family room, while dedicated dining and living areas offer versatile spaces. Enjoy a spacious master suite with his and her sinks, a walk-in shower, and a soaking bath. Outside, the backyard is a private oasis with a sparkling pool, covered patio, and low-maintenance landscaping. Enjoy close proximity to all that Roseville has to offer including fabulous shops, restaurants and excellent schools. Must see!



**Craig Diez**  
 Craig@DiezandSiggProperties.com  
 CalRE #01019930  
 916.425.5884  
 Realtor/Owner CraigDiezProperties.com



Awarded  
 2017 2020  
 2018 2021  
 2019 2023

The accuracy of all information contained herein regardless of source including, but not limited to square footage and lot size, is deemed reliable but is not guaranteed by RE/MAX Gold and should be independently verified by the appropriate professionals. Source: MetroList. CA DRE 01215931.

[DiezandSiggGroup.com](http://DiezandSiggGroup.com) | [/DiezandSiggGroup](https://www.facebook.com/DiezandSiggGroup) | [/DiezandSiggGroup](https://www.instagram.com/DiezandSiggGroup)

## Breakfast Club with a Doctor

Start your day with both flavor and mindfulness!

Join us with Dr. Andrew Nangalama MD, Ph.D.

**TUESDAY**

Breakfast meets brain health in our special event featuring a talk on dementia. Indulge in a scrumptious breakfast as you listen to expert advice.

**FEBRUARY 20 2024**

Please Call to RSVP by February 10th  
**(916) 546-1121**

**Summerset Senior Living**  
 2341 Vehicle Drive  
 Rancho Cordova, CA 95670  
 RCFE#347005361

**AT 9:00 AM**

This event is FREE and open to the public.

**Summerset Senior Living**  
 Independent • Assisted • Memory Care  
 2341 Vehicle Drive • Gold River/Rancho Cordova

[summersetseniorliving.com](http://summersetseniorliving.com)  
**916-562-1036**

RCFE #347005361

## Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick Artistic Director

Presents

### EUROPEAN MASTERWORKS

# STABAT MATER - Antonin Dvořák

*A powerful work that speaks to universal themes of loss, compassion and hope, transcending religious boundaries and resonating with listeners of various backgrounds.*

**SATURDAY | MARCH 2 | 3PM**

SAFE Credit Union Performing Arts Center  
 1301 L STREET, SACRAMENTO

Projected Supertitles

Olivia Smith, Soprano	Salvatore Atti, Tenor
Maggie Renée, Mezzo	David Soar, Bass

Smith

Renee

Atti

Soar

SAFE CU PAC Box Office | 916.808.5181 or Ticketmaster.com

[SACRAMENTOCHORAL.ORG](http://SACRAMENTOCHORAL.ORG)



# Missile Site's TCE Spreading to Border of Active-Adult Community

Story and photo by Carol Feineman

**SACRAMENTO REGION, CA (MPG)** - Remediating a trichloroethylene (TCE) plume that moved from the defunct Titan 1-A missile site in Lincoln to properties across the street and today bordering an active-adult community is a U.S. Army Corps of Engineers (USACE) priority.

That's what U.S. Army Corps' Sacramento District Deputy District Commander Lt. Col. Dianna Lively stressed during a Jan. 31 meeting with the grassroots Lincoln-based Titan1-A Missile Site Environmental Contamination and Remediation Committee. Right before an Army Corps' public informational meeting about the former missile site's soil vapor and groundwater contamination, Lively and other Army Corps representatives assured the committee that the agency was working on removing the contamination.

Minutes later at the public meeting, however, Army Corps representatives told about 250 residents that remediation would not begin until at least 2027. Army Corps representatives at both meetings would not estimate when remediation would start.

The Titan 1-A Missile site at 401 Oak Tree Lane in Lincoln was one of 18 former intercontinental ballistic missile (ICBM) silo sites in California, Colorado, Wyoming and Washington during the Cold War.

Each Titan 1 missile site stored three missiles in the underground silos. Beale Air Force Base 851st Strategic Missile Squadron near Marysville oversaw the Titan I missile sites in Lincoln, Chico and Live Oak. Lincoln's missile site operated from 1962 to 1965.

According to the Jan. 31 public meeting presentation, the Army Corps will place three soil vapor probes and a groundwater monitoring well at a church property located in between the missile site and the Sun City Lincoln Hills (active-adult community) border. The Army Corps will add probes and five monitoring wells along the Sun City Lincoln Hills border. The reason for the probes and the monitoring wells is because the federal agency "wants a better understanding of the amount of contamination in the area," according to Army Corps Deputy Chief for Public Affairs Tyler Stalker.

"It's hard to say when everything will be finished," said Army Corps technical



Sun City Lincoln Hills residents looked at charts and information from the U.S. Army Corps showing a trichloroethylene (TCE) plume bordering the active-adult community. The residents also listened to a presentation by Army Corps representatives saying that more information was needed to determine the contamination's extent.

lead Matthew Marlatt during the public presentation. "We don't know yet."

Asked by the Messenger Publishing Group when remediation could possibly start, Marlatt would not answer and said to look at the meeting slide that described the CERCLA process. CERCLA stands for the Comprehensive Environmental Response, Compensation, and Liability Act.

The project is in the Remedial Investigation/Feasibility Study (RI/FS) phase. Samples of soil, soil vapor and groundwater are collected and analyzed to determine the contamination's extent. The Army Corps expects to finish the study in 2024, followed by a proposed plan in 2025 and an approved record of decision with the state of California in 2026, according to the Jan. 31 public presentation.

The U.S. Army Corps of Engineers is the federal agency responsible for cleaning up the contamination and the Central Valley Regional Water Quality Control Board is the state agency responsible for remediation oversight.

Eliminating the TCE "is not a fast process," said U.S. Army Corps Project Manager Tim Crummett. "When the record of decision is done, there's always the unknown. Things don't go as planned."

The Jan. 31 presentation was the Army Corps' second public presentation on the Lincoln missile site's remediation efforts.

During the first public presentation on May 31 at Sun City Lincoln Hills, Crummett said, "We have a carcinogen in the groundwater. It's under the ground. It's not too far from you. It's in your neighborhood. We all agree, everyone in this room, we want it removed."

Crummett, at the May 31 presentation acknowledged that several Lincoln residents and the Army Corps representatives disagreed about the health risks and levels of TCE contamination in the groundwater. He said residents were not at risk.

Others, including Center for Public Environmental Oversight Executive Director Lenny Siegel, Lincoln resident and grassroots committee member Anne Constantin Birge, Lincoln City Councilmember Bill Lauritsen and Lincoln City Manager Sean Scully strongly disagreed and have pushed for remediation.

Exposure to high TCE concentrations can cause dizziness, headaches, sleepiness, confusion, nausea, unconsciousness, liver damage and death, according to the Centers for Disease Control and

Prevention.

The Army Corps included a fact sheet in a Jan. 18 email blast inviting the public to the Jan. 31 public informational meeting.

The fact sheet stated, "However, the data collected as part of the Remedial Investigation (2018-2023) indicates that there is no imminent risk to residents that live or work near the former missile complex as the impacted soil vapor is within undeveloped land to the southwest, and groundwater is not used as a drinking water source. The Central Valley Regional Water Quality Control Board (Water Board), the government regulatory agency coordinating with USACE on this project, concurs with this finding."

The grassroots Lincoln committee said that the health risks are not from the drinking water supply, but from TCE vaporizing from the groundwater.

## What Lincoln Officials Said About the Jan. 31 Meeting

"We were excited to hear about the additional testing measures that will be implemented in the very near term, which will hopefully give a better quantitative view of the contamination and its spread or movement," said Lincoln City Manager Scully on Feb. 1. "...We consistently heard from USACE personnel about how important it is for the city and community to remain engaged on this issue as a partner in the process, so we will continue to advocate, participate and coordinate until remediation is complete."

Lincoln City Councilmember Bill Lauritsen had another perspective.

"The USACE presentation was disappointing on several fronts, although I have two main concerns. The first was the 'Area of Concern' or testing zone outlined within the yellow border on their maps. This 'Area' excluded Sun City, even though it goes right up to the Sun City fence and the area immediately downhill south from the already contaminated zone..." Lauritsen said. "My second concern is the timeline. If what I heard is right, the Army Corps of Engineers won't really begin remediation until 2029 at the earliest. This is not a pleasant thought. Developers want to build on this land and residents of Sun City are rightly concerned about the spreading contamination... We need to begin testing beyond the yellow line and push for a speeded-up calendar." ★

## Ask DR. UNIVERSE

Dr. Universe: How do flowers use sunlight and water to grow? – Jackie, 8, Virginia

Dear Jackie,

When I was a kitten, my family measured how tall I was. They marked it on the wall. It was amazing to see how much I grew.

I talked about how plants grow with Helmut Kirchhoff. He's a scientist at Washington State University. He studies plants and biochemistry.

He told me plants grow by making new cells. To make a new cell, an existing cell splits into two. That's called cell division. Then, the new cells grow bigger. That's called cell growth. So, a plant can make its stem or roots longer by making new cells in those places. When it's time to bloom, a plant can make new types of cells that form flowers.

Plants need the right ingredients to do cell division and cell growth.

"We're all made of sugars, proteins, oils and special molecules where our genetic information is coded like DNA or RNA," Kirchhoff said. "These are the main building blocks all life is made from—and to make them you need energy."

Plants get energy from sunlight, water and nutrients from the soil, and a gas from the air called carbon dioxide. The process is called photosynthesis.

Here's how it works. Everything in the universe is made of elements. Water is made of the elements hydrogen and oxygen. Carbon dioxide is made of the elements carbon and oxygen.

Every element is made of teeny parts called protons, neutrons and electrons. The important thing to know is that electrons get excited by light. Scientists call this absorption.

For photosynthesis, plants pull in the things they need—water, nutrients and carbon dioxide. Then a green pigment in their leaves called chlorophyll collects light from the sun. The light excites electrons in the chlorophyll. This excited chlorophyll carries the energy from the sun.

That energy has the power to split water into oxygen and electrons. Then the excited electrons can jump to the carbon dioxide to make a sugar called glucose. It also makes a small electric current in the plant. That changes light energy into chemical energy called adenosine triphosphate or ATP for short.

"ATP is the energy currency that all living cells use — from the simplest bacteria to us," Kirchhoff said.

Have you ever played a video game with an energy bar? When the energy bar is full, your character can farm crops or fight enemies. When the energy bar runs out, your character might slow way down or fall asleep.

Remember how cell division and cell growth use up lots of energy? ATP is the energy living things use to do those things. Photosynthesis is how a plant fills up its energy bar.

The sugar made during photosynthesis is how the plant stores energy for later. Like at night when the sun isn't shining. When it needs energy, it can break down the sugar and tap into the energy stored there.

Humans like you and cats like me grow by doing cell division and cell growth, too. But animals can't do photosynthesis to make energy. That's why we eat plants like veggies and fruits. When you eat a big bowl of spinach, you give your body sugars, proteins and oils from the spinach plant. Your cells can break down the sugar into energy your body can use.

You could say it's a sweet system.

Sincerely,

Dr. Universe



## Dare to Live Without Limits

by Bryan Golden

### Don't Sell Yourself Short



Selling yourself short results from undervaluing your abilities, capabilities, potential, and worth. Whenever someone sells himself or herself short, they limit, from the start, what they'll be able to accomplish.

There are numerous reasons people give for selling themselves short. They proclaim they're too old, too young, not smart enough, don't know enough, don't have enough time, don't have the right connections, or don't know where to start.

When you sell yourself short, you hold yourself back. You set an artificial barrier your mind believes is true. As a result, your mind won't allow you to get past your self-imposed boundary.

This self-imposed restriction is based on a lack of belief in one's self. It becomes a constant source of self-criticism which is far more destructive than faultfinding by others. Your perceived reality is shaped and reinforced by your short selling proclamations.

You can become so used to selling yourself short that you aren't aware you are doing it. Your negative reaction to opportunity becomes an involuntary response. A cycle of self-fulfilling prophecy that validates your initial beliefs is then created. Consequently, your false premises are transformed in your mind into fact.

I try to motivate people, who are selling themselves short, by pointing out how much they are capable of. Invariably, they construct a vociferous argument as to the validity of their beliefs. Their thinking has become so entrenched they adamantly resist any outside attempt to encourage removal of any mental barriers.

At the age of 55, Mark was laid off from a job he had held for the last 20 years. He doubted he could effectively compete with younger people for a new job. Mark halfheartedly applied for a few positions in his field. After several interviews without an offer, Mark became convinced his age was a liability.

Mark lowered his expectations. He applied for jobs below his skill level.

Ultimately, he took a position that wasn't based on his many years of experience. Although Mark was frustrated and unhappy, he was resigned to live with his perceived age limitation. As soon as Mark convinced himself he couldn't get the job he wanted, he effectively eliminated any possibility he would.

A better strategy for Mark would have been to enthusiastically market his experience, skill, and maturity. Especially in today's labor pool, knowledge and competence are a valuable asset to any employer. Mark had many qualifications younger job prospects just didn't possess.

Amy had been very athletic in high school. She participated in most sports but especially enjoyed running. Now, many years later, after having raised her kids, Amy wanted to get back into running. She was overweight and out of shape.

But Amy didn't sell herself short. She knew she had the will to get back into the sport she enjoyed. Amy started off gradually. She began improving her diet and running short distances. Amy was consistent in her efforts, never wavering in her belief that she could accomplish her goal.

After much effort, Amy began racing again. Although she wasn't setting any speed records, Amy was doing what she wanted. Had Amy sold herself short, she never would have begun to get back in shape. "I'm too heavy," "It's too late for me to start running again," and "I just can't do it" would have been some of her justifications.

You have a choice. You can sell yourself short and come up with reasons why you can't do what you want. Or, you can identify reasons you can succeed. Then start today taking the necessary steps to reach your goal. Either way, you will meet your expectations.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. ©2024 Bryan Golden ★

Thank A Veteran Today



# Sacramento Jewish Film Festival Celebrates 25 Years

**The Jewish Federation of the Sacramento Region News Release**

**SACRAMENTO, CA (MPG)** - Since 1997, the Sacramento Jewish Film Festival (SJFF) has presented the best films reflecting the rich cultural diversity of the Jewish experience. In 2024, the festival celebrates its SILVER JUBILEE, with 30 plus feature films over two weekends of live theatre and two weeks of films streaming online. The event will take place March 9 - 24, 2024.

The variety of films include comedies, dramedies, dramas, and documentaries from all over the world, plus Q&As, mini-concerts, special panels, and in-person receptions.

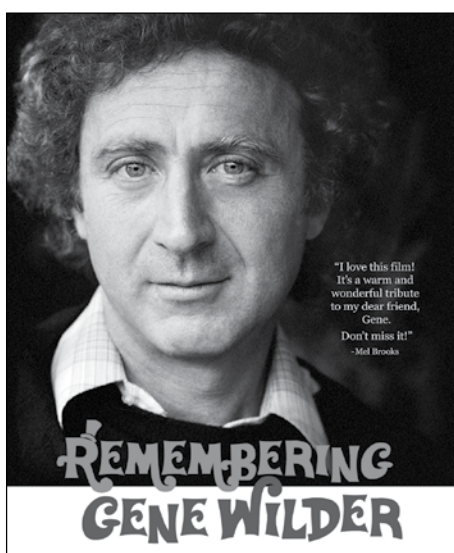
Opening weekend will be live on the big screen at the Veterans Memorial Theatre in Davis on Saturday night, March 9 and Sunday, March 10.

Closing weekend will be live in-theater at The Center at 2300 Sierra Blvd in Sacramento on Saturday night, March 16 and Sunday, March 17.

All-Festival Passes are \$150 and include all in-person films and streaming films, plus receptions and film chats. Weekend passes and individual film tickets will also be sold. The website will go live, and tickets and passes will be on sale on January 22, 2024.

Visit the festival website at <https://sac-jewishfilmfest.org/> for a complete list of feature films, shorts, special events, ticket sales and sponsorship opportunities.

Questions? Call the Jewish



**REMEMBERING GENE WILDER** celebrates the beloved star of classics such as "The Producers," "Blazing Saddles," and "Willy Wonka & the Chocolate Factory." Gene's life is brought to life through never-before-seen home movies and photographs, as well as the intimate insights of friends and colleagues including Mel Brooks, Alan Alda, Carol Kane, Harry Connick Jr., (Saturday night, March 16, at the Veterans Memorial Theatre in Davis.) Photo courtesy of Sacramento Jewish Film Festival

Federation at (916) 486-0906 or email [jbirch@jewishsac.org](mailto:jbirch@jewishsac.org). see Facebook at: <https://www.facebook.com/SacJewishFilm> or Instagram at: <https://www.instagram.com/sacramentojewishfilmfestival/?hl=en> SJFF is a program of the Jewish Federation of the Sacramento Region.

The mission of SJFF is to showcase thought-provoking, entertaining films that inform, inspire, and celebrate the Jewish story for audiences everywhere. ★

# Kings Korner

By V.G. Harris



Sacramento Kings fans have not been accustomed to 5-2 road trips, and since that's exactly what the Kings just did, you would think the town would be celebrating. But blowout wins by the Oklahoma City Thunder, and of all teams, the Detroit Pistons, have given fans reason to pause and ask the question, who are these guys?

Well, they are a team with a huge upside, and one that is capable of beating any team in the NBA on any given night.

The most recent road trip started in San Francisco where the Kings came away with a one-point win over the Warriors, 134-133. During that same road trip, the Kings came away with wins over teams like Dallas, Memphis, Miami, and even the defending champs, the Denver Nuggets.

In the Denver game, should-be all-star Domantas Sabonis outplayed two-time MVP Nikola Jokic in every aspect of the game, coming away with another triple-double, and extending his streak of consecutive double-double games to 31, tying the franchise record held by Oscar Robertson.

Currently Domantas is not only leading the league in double-doubles for the second straight year, he is leading the league in triple-doubles with an eye popping 17! Domantas overtook Nikola Jokic, and is now leading the entire NBA in both categories.

After an amazing season last year, leading the league in rebounding and double-doubles, it is almost incomprehensible that he could be doing even better this year. No one in the league brings the consistency of effort to the hardwood every night like the Kings center, and he has become an absolute anchor for the team.

One other note, in regards to the win over the Nuggets, is that the Kings finally found their shot from the free throw line, shooting 89% for the game. Sadly, Sacramento remains in last place in the league, shooting with a 73% mark from the charity stripe. If the Kings have any hope of moving beyond the first round of the playoffs this has to change. Players have to take responsibility for making free throws and taking it seriously. This is a player issue, and definitely a coaching issue. Last place is not just embarrassing, it's unacceptable!

As the Kings go into Phoenix they bring a 30-22 record with them, which puts them 7th in the Western Conference. Both the Pelicans and

Suns enjoy a half-game lead over the Kings, and if Sacramento has any hope of moving beyond the first round of the playoffs, they need to leap-frog over both these teams.

Finishing in 5th place will likely provide a first-round matchup that is far better than the opponent they would meet if they finish 7th or 8th.

So, that begs the question, how do the Kings elevate their game and accomplish this task. One word — consistency. Something that has been lacking all year.

Throw in free-throw shooting and you have the recipe for success.

This team has players that bring it every night, and other players that recede for games at a time.

Harrison Barnes has been roundly criticized for his lack of consistent scoring, but I would have to add rebounds, and practically every other aspect of the game. Harrison will suddenly show up and look like the Harrison Barnes that played for the Golden State Warriors, and literally put the team on his back. But, just as quickly he will vanish, and at times it looks like the Kings are playing four-on-five. I have repeatedly begged for more playing time for Trey Lyles who is arguably a better all-around player, but this is a coach's decision, and Coach Brown doesn't show signs of messing with his starting lineup.

Keegan Murray looks like the guy with the sophomore slump, and much like Harrison, has games in which he is all but impossible to find. Keegan has had numerous positive moments this year, scoring 47 points in one game, and showing off an impressive midrange game that sometimes reminds me of Malik Monk.

Positives are that Davion Mitchell is getting increased time, as is Trey Lyles. Domantas Sabonis, De'Aaron Fox, and Malik Monk bring a consistent effort every game, but we need to add to this list.

I will add Kevin Huerter to the list of inconsistent players, and the real problem is that, like Harrison Barnes, Kevin is a starter. Coach Brown needs to shake things up and get both Malik Monk and Trey Lyles into the starting lineup. Both Huerter and Barnes can make their mark coming off the bench, but if the Kings continue on this path, I see a 7th or 8th seed in their future.

If you have a thought let me know at [vgarrisriskingsfan@gmail.com](mailto:vgarrisriskingsfan@gmail.com).

Go Kings and let's Light the Beam!! ★

## Be a part of something important Local Writers Wanted

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



Call us today at 916-773-1111

## Protect and Heal your whole family with Affordable Chiropractic Memberships

All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!



- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica
- Improves mobility, maintains flexibility
- Family owned and operated
- 20+ years experience serving the community

### AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

**916-776-6362**

[americanriverchiropractic.com](http://americanriverchiropractic.com)

CALL or TEXT today!

## GRACE BAPTIST CHURCH

### Come and Experience God's Amazing Grace

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

#### SERVICE SCHEDULES

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

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

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 [WWW.GBCFAIROAKS.NET](http://WWW.GBCFAIROAKS.NET)



**Publisher,  
Paul V. Scholl**

Carmichael Times is a member of **Messenger Publishing Group**

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

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

## Carmichael Times

Serving Carmichael and Sacramento County since 1981

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

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

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$52 per year within Carmichael, \$62 within Sacramento County.

The Carmichael Times is published weekly. Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.



## The Chamber is courage.

When your business is facing its greatest challenges, we are the partner you can trust to be by your side, working for a better tomorrow.

We're the resource you can rely on at [www.CarmichaelChamber.com](http://www.CarmichaelChamber.com)



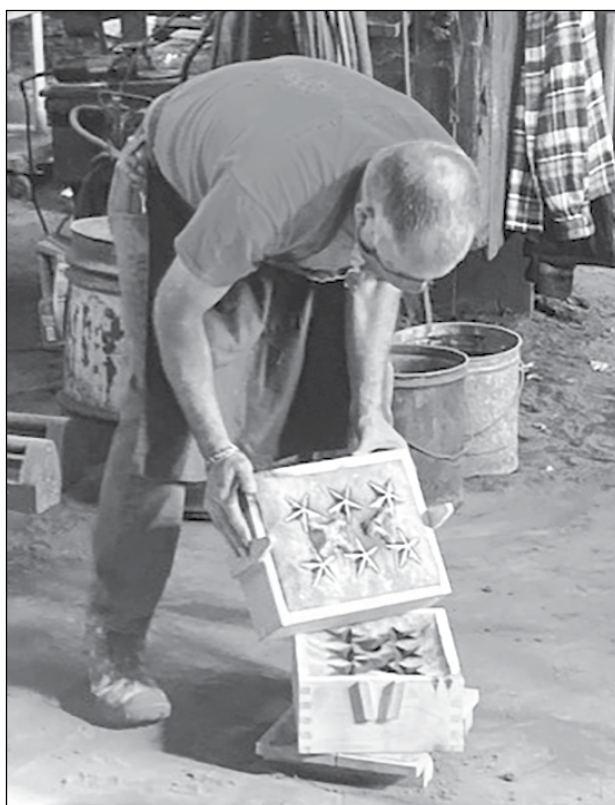


# New at Sutter Creek's Knight Foundry: 4th Saturday Public Tour Day

## Knight Foundry News Release

**SUTTER CREEK, CA (MPG)** - Discover the compelling trip back in time that is historic Knight Foundry in Sutter Creek, with up-close and personal viewing of age-old foundry techniques. On the 4th Saturday of every month, take advantage of the Foundry's new innovative interactive self-guided tour, which combines an intriguing video, text, and in-person experience as you make your way through the Foundry complex.

Hours: 10 a.m. – 2 p.m. Tickets: \$15 adults 18 and up, \$5 students aged 5-17, free for kids under 5 and Knight Foundry Alliance members. No reservations needed. 81 Eureka Street, Sutter Creek CA 95685,



Robin Peters makes star ornaments that will be sold in the gift shop. Photo courtesy of Knight Foundry

209-560-6160. Learn more: [knightfoundry.com](http://knightfoundry.com), #VisitKnightFoundry, [info@knightfoundry.com](mailto:info@knightfoundry.com). ★

# SMUD Powering Futures College Scholarship Application Period Now Open

## SMUD News Release

**SACRAMENTO REGION, CA (MPG)** - SMUD announced February 1st that the application period for its Powering Futures college scholarship program is now open. The program awards up to 21 scholarships of up to \$4,000 each to undergraduate students who are enrolled or plan to enroll in an accredited two- or four-year college or university. Students must live in SMUD's service area or have a legal guardian who is a

SMUD customer.

The awards are based on academic merit and financial need. Preference will be given to students who have declared a major relevant to a career at SMUD. Some scholarships may also include a paid internship at SMUD for eligible students.

"The Powering Futures program is a catalyst for broader educational access and high-paying job opportunities within our communities," said Paul Lau, SMUD CEO and General Manager.

"We invest in the future generation because these students will drive the future success and vitality of the Sacramento region and our transition to an equitable clean energy future.

The deadline to apply for the scholarships is March 1, 2024. Scholarships are for the 2024/2025 academic year.

For more information about the SMUD's Powering Futures college scholarship program, visit [smud.org/Scholarships](http://smud.org/Scholarships). ★



## Did your job give you MESOTHELIOMA?

If you developed **MESOTHELIOMA** or **LUNG CANCER** from on-the-job exposure to **ASBESTOS** then speak to one of the USA's most active law firms in this area - with **\$19 BILLION** in verdicts and settlements achieved in nearly 40 years of service. Call **800-CANCERS** today for a free and unpressured consultation.

**WEITZ & LUXENBERG PC**

ASBESTOS | DRUGS/MEDICAL DEVICES | ENVIRONMENTAL | NEGLIGENCE

1880 CENTURY PARK EAST, SUITE 700 | LOS ANGELES, CA 90067

**1-800-CANCERS | WWW.CANCERS.LAW**

ATTORNEY ADVERTISING. Prior results do not guarantee a similar outcome. Weitz & Luxenberg P.C. is a registered Law Corporation with the California State Bar, cert.#18529. Benno Ashrafi, Esq.

**MPG**  
**WE SUPPORT FIRST RESPONDERS**

# LOCAL ARREST RECORDS

**Find out what's happening in your local area**

**Arrest Logs updated daily**

**CARMICHAELTIMES.COM**

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

### Animal/Pet

When veterinary care is unavailable or unaffordable, ask for **Happy Jack® animal healthcare** for cats, dogs, & horses. At Tractor Supply® ([www.happyjackinc.com](http://www.happyjackinc.com))

### Announcement

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a **FREE 7-Year warranty** with qualifying purchase. Call 1-844-439-5645 today to schedule a free quote. It's not just a generator. It's a power move.

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

**NEW AUTHORS WANTED!** Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380

Become a Published Author. We want to Read Your Book! Dorrance Publishing- Truusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-538-9554 or visit [dorranceinfo.com/Call](http://dorranceinfo.com/Call)

### Autos Wanted

**DONATE YOUR CAR TO KIDS.** Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453.

Donating your vehicle? Get more! Free Towing. Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today. CALL 1-844-491-2884

### Autos Wanted

**GOT AN UNWANTED CAR??** Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495.

Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llama ahora: 1-844-244-5441 (24/7)

**WANTED!** Old Porsche 356/911/912 for restoration by hobbyist 1948-1998 Only. Any condition. Top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: [Porschere restoration@yahoo.com](mailto:Porschere restoration@yahoo.com)

### Cable Plans

**DIRECTV Sports Pack 3 Months on Us!** Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-888-641-5762

### Cellular Plans

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-844-908-0605

### Need Help?

**Hire a Pro!**

### Computer Service

**Zinsky's** PC Configurations  
"Don't replace it - REPAIR IT!"  
Custom Desktop Computer Configurations  
• PC Repair • Home Wireless Networking  
• Installations • Virus & Spyware Eradication  
Alan Zinsky  
Phone: 916-622-2269  
[Zconfig@sbglobal.net](mailto:Zconfig@sbglobal.net)  
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416  
[www.zinskyspcrepair.com](http://www.zinskyspcrepair.com)

### Financial

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274.

### Fitness/Yoga

**Your Fitness Genie**  
Virtual Sessions  
**Age Well At Home**  
Avoid Assisted Living  
"Keep Strength and Mobility"  
Be Active, Call Today!  
[Jenn@YourFitnessGenie.com](http://Jenn@YourFitnessGenie.com)  
(916)768-8767

### For Sale

**AVAILABLE.** Buildable Lot. Land Park. Call Tony. 916-248-2766 (3/15/2023)

'V-8 (Cadillac Engine) in 1995 Oldsmobile Aurora. 64,000 original miles. Must take whole car. Transmission is no good. \$500 or best offer. Call 530-742-9144 and leave message.

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 leave message.

### GOT LOCAL NEWS?

Call (916) 773 1111

### Hall Rentals

**VFW Post 6158**  
8990 Kruthof Way, Fair Oaks, CA  
916-966-1663  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)  
Call or come by

### Health/Wellness

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

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-888-892-5598

### Help Wanted

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

### Insurance/Health

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central)

**MPG8.COM**

### Internet

**DIRECTV OVER INTERNET** - Get your favorite live TV, sports and local channels. 99% signal reliability! CHOICE Package, \$84.99/mo for 12 months. HBO Max and Premium Channels included for 3 mos (w/CHOICE Package or higher). No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-855-404-2509

FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-855-480-0769

### Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24) Call 1-833-985-4766

### Landscaping

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

**We Support Our Military**

**RETIRED COUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE\***  
**V.I.P. TRUST DEED COMPANY**  
Buys T.D.s and Buys/Lends on Partial Interests  
**OVER 40 YEARS OF FAST FUNDING**  
Principal (818) 248-0000 Broker  
[WWW.VIPLoan.COM](http://WWW.VIPLoan.COM) \*Sufficient equity required - no consumer loans  
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217  
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

**CREATE YOUR PARADISE**  
Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company  
WE ACCEPT VISA & MASTER CARD  
**(916)612-0776**  
Lic#690968

### Miscellaneous

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

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

### Music Lessons

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

### Real Estate

**RETIRED COUPLE \$\$\$\$** for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company [www.viploan.com](http://www.viploan.com) Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans.

### Roofing

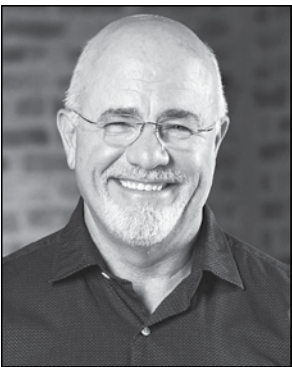
**BERNARDINO ROOFING**  
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
\*\*\*FREE ESTIMATES\*\*\*  
**SENIOR DISCOUNTS**  
Lic.#17945 43 Years Experience  
**916.920.0100**  
[www.bernardinoroofing.com](http://www.bernardinoroofing.com)

### Tree Service

**BP TREE SERVICES LLC.**  
TREE & STUMP REMOVAL  
TREE TRIMMING/ SHAPING  
FREE ESTIMATE  
10% OFF WITH THIS AD  
Insured. Workman's comp. Arborist  
**916-722-6321**  
[BPTreeServices.com](http://BPTreeServices.com)  
VISA / MASTER CARD  
California Contractors Lic #1036031

**MPG**





## Dave Ramsey Says

you wanting to help him out. It means you've got a good heart, and you love him. No parent likes seeing their child in a bad situation.

There's a reality here, though, I hope you won't overlook. It's his debt, not yours. He knew what he was doing when he signed up for that credit card. He knew what it meant, what was expected, and he's the one who should make good on the repayment. There's nothing unfair about that.

Now, you're right. This is a typical young person's mistake. And like a lot of mistakes our kids make, it's one that's bad and wonderful at the same time. It's bad because if he had just listened to you and his dad, he would've avoided the whole mess. It's wonderful, though, because it gives you two the opportunity to provide him with a real world, teachable moment.

At this point, my advice is for both of you to give him a great big hug, and lovingly explain where he

went wrong and why it was a bad idea. If you want, you can even go a step further, and help him find a part-time job if he doesn't have one right now, so he can pay off his debt and get out of this mess. It'll take some planning and discipline on his part, but leave the payments to him. Hopefully, by the time he finishes working his tail off—and scrimping and saving to pay this debt—he will have learned a lesson he'll remember for the rest of his life.

— Dave

*Dave Ramsey is an eight-time national bestselling 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* ★

## Will California Leaders Nurture Or Strangle The State's Economic Golden Goose?



By Dan Walters, CALMatters.org

During California's 174 years of statehood, it has undergone periodic and often dramatic changes of economic personality.

Its admission to the union in 1850 was largely driven by the gold rush, which temporarily supplanted the agriculture and cattle ranching that had been economic mainstays.

When the gold rush cooled in the late 19th century, farming and ranching resumed their central roles. It's hard to believe now, but Los Angeles County was the nation's most agriculturally productive county in the first decades of the 20th century.

The state's northern reaches developed a major timber industry, and oddly oil was first discovered in 1865 amid Humboldt County's dense forests, a historic fact perpetuated in the name of a tiny hamlet, Petrolia.

However, Southern California saw a much larger oil boom in the final years of the century, and California quickly became the nation's biggest petroleum producer. Simultaneously, the movie industry blossomed in Southern California, thanks to its scenic settings and sunny weather and the

desires of early movie moguls to escape from the East Coast's intolerant attitudes and legal disputes.

California's economy, still largely rooted in extracting resources from the earth, underwent a major change when the nation became embroiled in World War II. It became a staging point for the Pacific war, the site of numerous military training bases and an industrial powerhouse producing airplanes and other tools of war, such as ships.

California's central role in producing weaponry and training military personnel continued after the war because the United States soon found itself in a cold war with the Soviet Union, one aspect of which was a hot war in Korea and later another conflict in Southeast Asia.

California also saw post-war expansions in civilian industries with steel mills, petrochemical plants, auto assembly lines and multiple other factories. However, by the 1970s, California's heavy industry was shrinking as one-by-one the plants that had employed hundreds of thousands of workers shut down, with the last remaining major manufacturing industry, aerospace, drying up as the Cold War ended in the 1990s and Pentagon contracts disappeared.

Fortunately, military research contracts and Stanford University had spawned a new industry — digital technology — centered in the Santa Clara Valley south of San Francisco. For many decades, it was

an agricultural center. Renamed Silicon Valley, it has anchored California's economy ever since, generating immense wealth that percolated through other economic sectors.

California's economy may be undergoing another evolution. Silicon Valley's high-flying past is giving way to a more uncertain future as companies shed thousands of workers and other states see tech industry growth.

California's past, present and uncertain future deserve intense political, media and academic attention because how its economy evolves will determine how well the state as a whole manages during the 21st century.

That's why a recent announcement that the Public Policy Institute of California is creating an economic research arm is important. Hopefully, the Economic Policy Center's research will persuade political and civic leaders to stop taking the state's economy for granted and reconsider policies that are strangling the golden goose.

However, the center's first paper — aimed at framing the existing economic picture — is not reassuring. It all but ignores the structural factors that threaten the economy, dwells on superficial effects, and shows a fondness for political mitigation of those effects rather than fixing the fundamentals.

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

### A Lesson He'll Remember for the Rest of His Life

Dear Dave,

Our 21-year-old son is in college, and we've always warned him to stay away from credit cards. Despite our warnings, we recently learned he got a store-branded credit card. The good news is he has stayed under the credit limit. The bad news is he has never made any payments on the purchases he made, and now he owes about \$3,800. He's a good student, and my husband and I want to look at this as a young person's one-time mistake. Do you think we should pay off the card for him just this once?

— Melinda  
Dear Melinda,  
Believe me, I understand

## Local Women Business Owners Honored at Upcoming NAWBO Ceremony

### NAWBO Sacramento Valley News Release

**SACRAMENTO, CA (MPG)** - The Sacramento Chapter of the National Association of Women Business Owners (NAWBO) is pleased to announce its 28th Annual Outstanding Women Leaders (OWL) Awards Gala. The event will be held at the Doubletree Sacramento, located at 2001 Point West Way in Sacramento, on Friday, March 8, 2024, from 5 – 10:00 p.m. Returning emcee and KFBK news anchor Kitty O'Neal is back for her 28th time as

host. This year's theme is "A Night at the OSCARS."

The OWL Gala is NAWBO Sacramento Valley Chapter's signature event and has become an annual tradition in and around the region. The event honors the top achievers and leaders among women entrepreneurs, along with corporate, government and community leaders who have advanced the status of women in our region.

You can find the full list of OWL Categories and Finalists on the NAWBO website. To learn more about NAWBO, please visit: <https://www.nawbo.org/>. ★

# CALL A PRO BUSINESS DIRECTORY

**SLS Superior Landscape Services**  
Landscaping and Maintenance

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

Insured Lic#794551  
(916) 728-5812 • Cell (916) 761-0999  
Dave Cochran Owner • [dave\\_SLS@surewest.net](mailto:dave_SLS@surewest.net)

**A-1 AFFORDABLE ROOFING SERVICES, INC**

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

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

**GREENWAY TREE SERVICE**

Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding

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

**HOME IMPROVEMENTS**  
**DONALD NAY**  
(209) 768-9219  
DonPNay@gmail.com  
\*\*\*\*\*Experienced Handyman

**Handyman Services**

Repair or Replace? CALL NOW!

- Faucets, Valves
- Clogged Drains
- Toilets, Sinks
- Doors, Windows
- Gates, Fences
- Gutters, Vents
- Electrical, Fans
- Drywall, Paint
- Tile, Wood
- Home Maintenance

**Patch Masters Drywall**  
Acoustic Removal & Drywall Textures

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

**Mike Church**  
Owner  
CA Lic# 1004984  
Bonded & Insured

**(916) 847-7783**  
PatchMastersDrywall@yahoo.com  
[www.DrywallPatchMasters.com](http://www.DrywallPatchMasters.com)

**Rio Linda Eye Care**

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

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

**All American Pro Construction**  
Family-owned & operated.  
We offer Veterans & Senior Discounts  
Great Craftsmanship & Customer Service  
Specializing in Kitchen & Bath Remodels, plus Much More  
BIG or SMALL, We Do It All. Give Us a Call.  
**916-504-0188**  
CSLB# 1089369, Licensed, Bonded & Insured

**Just Send It Postal**

[justsendit11@yahoo.com](mailto:justsendit11@yahoo.com)  
Phone: (916) 723-8855 • Fax: (916) 723-0208  
Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED  
7250 Auburn Blvd. #C Citrus Heights, CA 95610  
[www.justsenditpostal.com](http://www.justsenditpostal.com)

NOTARY \* PRINTING \* SHREDDING

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

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

OVER 40 YEARS OF FAST FUNDING  
Principal **(818) 248-0000** Broker  
[WWW.VIPLoan.COM](http://WWW.VIPLoan.COM) \*Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217  
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

**DRAINS ONLY**  
THE DRAIN & SEWER CLEANING CO.

Charles Mitchell  
916-868-5771  
[CMJR6348@GMAIL.COM](mailto:CMJR6348@GMAIL.COM)  
4 Picket Ct. Sacramento, CA 95823  
SPB12018-00953

**BOOKER renovations**  
COMMERCIAL & RESIDENTIAL SERVICES | FREE ESTIMATES

We Specialize in Kitchens and Bathrooms  
We can make your dream kitchen

**916.459.8864** [Info@booker-renovations.com](mailto:Info@booker-renovations.com)  
Bonded and Insured | Lic #1077630

**TRACTOR SERVICE**

- Mowing • Rototilling
- Discing • Scraper/Loader

Call  
**(916) 991-8431**



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

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

**FICTITIOUS BUSINESS NAME STATEMENTS**

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  
 FANF 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, Wiltown, 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 Oxaquena 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 9582. Filed with the Clerk of Sacramento County January 10, 2024  
 Publish: Jan 26, Feb 2, 9, 16, 2024  
 TANPOPO 2-16-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00625  
 Wali Hassany, 1808 Richmond Street, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Dreamland Aahoo Immigration Consultant/Next Chapter Aahoo/Legal Document Prep" 2740 Fulton Avenue 101-16, Sacramento, CA 95821. Filed with the Clerk of Sacramento

County January 24, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 DREAMLAND 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00674  
 New Way Mortgage, Inc., 1111 Howe Avenue #510, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Sal You Loans/Sal You Loans Team" 1111 Howe Avenue #510, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 25, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 SAL 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00494  
 Altaf Hussain, 717 Turnstone Drive, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Rehmat Traders/Pak Diamond Traders" 717 Turnstone Drive, Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 19, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 REHMAT 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00487  
 P&W Kar Sales Inc, 2140 Marconi Avenue Suite 300, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sac Autosport" 2140 Marconi Avenue Suite 300, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 19, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 SAC 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00527  
 A.A.Auto Sales LLC, 3335 Gould Way, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "A Class Auto" 3335 Gould Way, Sacramento, CA 95827. Filed with the Clerk of Sacramento County January 22, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 CLASS 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00671  
 East Horizon Stores LLC, 9113 Skippereen Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Kitchen Skyline" 9113 Skippereen Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County January 25, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 KITCHEN 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09442  
 Jessica Ocenosak, 11010 Orleans River Court, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Critical Security Forums/Party Creations by JO" 11010 Orleans River Court, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 26, 2023  
 Publish: February 2, 9, 16, 23, 2024  
 CRITICAL 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00574  
 999 Thai Inc, 3609 Don Julio Boulevard, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Yummy Thai Sushi" 1501 N C Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 23, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 YUMMY 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00618  
 Alberto Vazquez, 7874 Claypool Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Mango Media" 7874 Claypool Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 24, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 MANGO 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00538  
 Alberto Vazquez, 7874 Claypool Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Alamo Stairs" 7874 Claypool Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 22, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 ALAMO 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00481  
 Steven R Hill, 6929 Fair Oaks Boulevard #712, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Get Vin Verification" 1401 21st Street #7715, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 18, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 GET 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00454  
 ACE Auto Works LLC, 8030 14th Avenue, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "ACE Auto Works" 8030 14th Avenue, Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 17, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 ACE 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09340  
 BHC Murase Group, 3667 Recycle Road #8, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Super Muscle Parts" 3667 Recycle Road #8, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December

20, 2023  
 Publish: February 2, 9, 16, 23, 2024  
 SUPER 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00444  
 Daniel Joseph Palermo, 1175 Reston Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Sterling Mortgage Services/Sterling Mortgage Home Loans/Palermo Real Estate Services/Roy's Umbrella/Sterling Mortgage Solutions" 1175 Reston Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 17, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 STERLING 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00354  
 Yegor Lyashenko, 7820 Daffodil Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Lyko Build" 7820 Daffodil Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 11, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 LYKO 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00620  
 Rooney's Plumbing Co, 2114 59th Street, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "The Plumber" 2114 59th Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County January 24, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 PLUMBER 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00193  
 Zumwalt & Associates Inc, 3301 Sunrise Boulevard Suite J, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Zumwalt & Associates Erosion Control" 3301 Sunrise Boulevard Suite J, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 5, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 ZUMWALT 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00656  
 Fernando Soria, 705 Claire Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Soria Painting Sacramento CA" 705 Claire Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 25, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 SORIA 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00244  
 The Sushi Sac Inc., 1200 K Street Suite 7, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Sushi Paradise/Sushi Paradise" 1200 K Street Suite 7, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 9, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 SUSHI 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00616  
 Jesus Rios Courier LLC, 6722 Fair Oaks Boulevard #204, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jesus Rios Private Investigations" 6722 Fair Oaks Boulevard #204, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 24, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 JESUS 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00472  
 Out Loud Bags LLC, 1718 J Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Midtown Loud" 1718 J Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 18, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 MIDTOWN 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00578  
 Kerri Esquibel, 1463 Barona Street, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Strand & Co Hair Lounge" 2220 J Street Suite 5, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 23, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 STRAND 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00708  
 Shengli Gong 9369 Tavemor Road, Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "GL Foot Spa" 805 Wales Drive #1, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 26, 2024  
 Publish: February 2, 9, 16, 23, 2024  
 GL 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00757  
 Dexter Distribution Group LLC, 2300 Cabot Drive Suite 150, Lisle, IL, 60532 is doing business under the Fictitious Business Name(s) "Wholesale Trailer Supply" 1470 Vinci Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento

County January 29, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 WHOLESALE 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00824  
 Gaskin-McPherson LLC, 657 Tarryton Isle, Alameda, CA 94501 is doing business under the Fictitious Business Name(s) "Regalia Crest Apartments, 3536 Watt Avenue" 3536 Watt Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 31, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 REGALIA 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00310  
 Kellie Velasquez and Carlos Velasquez, 7612 Zephyr Hills Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Palette Cakes" 7901 Fair Oaks Boulevard Suite C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 10, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 PALETTE 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00403  
 Pamela Willow, 1125 Los Robles Boulevard #A, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Real Brand Marketing" 1125 Los Robles Boulevard #A, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 12, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 REAL 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09518  
 Café Diem LLC, 2359 Jay King Walk, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Ca Phe Diem" 2359 Jay King Walk, Sacramento, CA 95818. Filed with the Clerk of Sacramento County December 29, 2023  
 Publish: Feb 9, 16, 23, March 1, 2024  
 CAFE 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00506  
 Tycoon Management Group LLC, 901 H Street Suite 120, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "The Organic Loose Leaf" 901 H Street Suite 120, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 19, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 ORGANIC 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-09475  
 Harjinder Kaur, 1501 E. Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Capital Grocery" 1501 E. Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 28, 2023  
 Publish: Feb 9, 16, 23, March 1, 2024  
 CAPITAL 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00754  
 Big Bay/B Records LLC, 4500 Tynebourne Street Apt #303, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Big Bay/B Records LLC/Big Bay/B" 4500 Tynebourne Street Apt #303, Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 29, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 BIG 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00053  
 Sandie Moreno, 5915 Spring Glen Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Caring Mobile Phlebotomy" 5915 Spring Glen Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 2, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 CARING 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00262  
 WD Investment Company LLC, 9494 Vallejo Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "B & L Properties/5th Street Apartments" 9494 Vallejo Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 9, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 B&L 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00848  
 Bloo Investments Inc, 4541 Woodhawk Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Melas Auto Sales" 4541 Woodhawk Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County February 1, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 BLOO 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00033  
 Ex-Cell Auto Group, LLC, 6385 Auburn Boulevard Suite B-7, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Ex-Cell Auto Group, LLC" 6385 Auburn Boulevard Suite B-7, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 2, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 EX 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00042  
 Foxborough LLC, an Oregon limited liability company, 5800 Meadows Road Suite 240, Lake Oswego, OR, 97035 is doing business under the Fictitious Business Name(s) "Foxborough Apartments" 7795 Antelope

Road, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 2, 2024  
 Publish: Feb 9, 16, 23, March 1, 2024  
 FOXBOROUGH 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00659  
 Hadi Pizza, Inc, 612 E. Bidwell Street Suite B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pizza Guys" 612 E. Bidwell Street Suite B, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 29, 2023  
 Publish: Feb 16, 23, March 1, 8, 2024  
 HADI 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00659  
 Rosenquist Consulting LLC, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Cybersecurity Insights/cybersecurityinsights.us" 2108 N Street Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 25, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 CYBERSECURITY 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00955  
 Tiffany Laurel Gordon, 7541 Franklin Boulevard #5, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Callz R-U-S" 7541 Franklin Boulevard #5, Sacramento, CA 95823. Filed with the Clerk of Sacramento County February 5, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 CALLZ 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00965  
 Earthquake Publishing LLC, 6231 Oak Valley Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Earthquake Publishing/Earthquake Writers Group" 6231 Oak Valley Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 6, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 EARTHQUAKE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00417  
 Jaime Rosas Rodriguez and Victoria Mejia, 4990 Del Norte Boulevard, Sacramento, CA 95820 are doing business under the Fictitious Business Name(s) "Sprinklers Landscape Management" 4990 Del Norte Boulevard, Sacramento, CA 95820. Filed with the Clerk of Sacramento County January 16, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 SPRINKLERS 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00919  
 Affordable Trenchless & Plumbing Inc, 4206 Barrett Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Affordable Trenchless & Pipe Lining" 8037 Fair Oaks Boulevard #109, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 2, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 AFFORDABLE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00862  
 Edvine, Inc, 6701 Almond Ave, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Almond Home Care" 6701 Almond Ave, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 1, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 ALMOND 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00909  
 Trade Key Virtual Media Inc, 11230 Gold Express Drive 310-160, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Sacramento Web Design Group/Sacramento Web Design" 11230 Gold Express Drive 310-160, Gold River, CA 95670. Filed with the Clerk of Sacramento County February 2, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 SACRAMENTO 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00896  
 TPA REI Group, Inc, 5716 Folsom Boulevard #115, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Plumfun Media" 8880 Cal Center Drive Suite 400-129, Sacramento, CA 95826. Filed with the Clerk of Sacramento County February 2, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 PLUMFUN 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00219  
 Barbara Fenton, 2641 Riverpine Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Barbie Elliot Designs" 2641 Riverpine Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 8, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 BARBIE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00981  
 Jaylen Richard Johnson, 5150 Fair Oaks Boulevard 101 #137, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Pool Kings" 5339 Moody Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 6, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 POOL 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00798  
 Victory Investments, LLC, 25

Quinta Court B1, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Surface Solution" 25 Quinta Court B1, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 30, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 SURFACE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00751  
 Rubios Tacos and Grill LLC, 5825 Manzanita Avenue #1, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Rubio's Tacos & Grill" 5825 Manzanita Avenue #1, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 29, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 RUBIOS 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01014  
 Arshkeerat Inc., 5376 Calabra Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Rivera Mart" 907 Rivera Drive, Sacramento, CA 95838. Filed with the Clerk of Sacramento County February 7, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 RIVERA 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01072  
 Jennifer Ware, 3501 Bradshaw Road Space 8, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Creative Harmonies Holistic Healing" 3501 Bradshaw Road Space 8, Sacramento, CA 95827. Filed with the Clerk of Sacramento County February 8, 2024  
 Publish: Feb 16, 23, March 1, 8, 2024  
 CREATIVE 3-8-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01075  
 Quinton Boucher, 1848 2nd Avenue, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Quinton Boucher, CPA" 1848 2nd Avenue, Sacramento, CA 95818. Filed with the Clerk of Sacramento County February 8, 2024  
 Publish: Feb 16



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

# 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 #8  
Carmichael, CA 95608

## ORDER TO SHOW CAUSE CHANGE OF NAME

Dated: January 24, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: February 2, 9, 16, 23, 2024  
COLACI 2-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV000981

Henry Clay Daniels, III has filed a petition with this court for a decree changing the name(s) of Henry Clay Daniels, III to Henry Clay Mitchell.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 7, 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 23, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: February 2, 9, 16, 23, 2024  
DANIELS 2-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV000866

Vanessa Olson has filed a petition with this court for a decree changing the name(s) of Ava Lorelei Olson to Ava Lorelei Fisher and Brody Lawrence Olson to Brody Lawrence Fisher.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 8, 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: February 2, 9, 16, 23, 2024  
OLSON 2-23-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001401

Anton, Valeryevich Kagunkin has filed a petition with this court for a decree changing the name(s) of Anton, Valeryevich Kagunkin to Anton, Russ Magdalin.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 1, 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 26, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
ANTON 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001398

Suzannah May Amable aka Suzannah May Berrigan has filed a petition with this court for a decree changing the name(s) of Suzannah May Amable aka Suzannah May Berrigan to Suzannah May Sweeney.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 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 26, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
SUZANNAH 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001277

Thao Thi Thu Rodriguez has filed a petition with this court for a decree changing the name(s) of Thao Thi Thu Rodriguez to Thao Thi Thu Nguyen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 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 24, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
THAO 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001528

Guy Preston Kimbrell has filed a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 16, 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 30, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
GUY 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001402

Olena Holovko has filed a petition with this court for a decree changing the name(s) of Olena Sergejevna Holovko to Olena Walters and Polina Holovko to Polina Walters.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 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 26, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
ANTON 3-1-24

COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001204

Draid Samir Albert and Shaylene Cornelison has filed a petition with this court for a decree changing the name(s) of Draid Samir Albert to Draid Samir Batta and Samiya Anne Albert to Samiya Ann Batta.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 9, 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 24, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
ALBERT 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#23CV001436

Willie De'Chon Kinsey Sr. has filed a petition with this court for a decree changing the name(s) of Willie De'Chon Kinsey Sr. to El Imothus Hati Nofre Ahk Alim Bey.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 23, 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 8, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 16, 23, March 1, 8, 2024  
WILLIE 3-8-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001402

Olena Holovko has filed a petition with this court for a decree changing the name(s) of Olena Sergejevna Holovko to Olena Walters and Polina Holovko to Polina Walters.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 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 26, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 16, 23, March 1, 8, 2024  
OLENA 3-8-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#23CV002200

Gerome Amog has filed a petition with this court for a decree changing the name(s) of Gerome Amog to Gerome Corpus Guevarra.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 28, 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: February 5, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 16, 23, March 1, 8, 2024  
AMOG 3-8-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001528

Guy Preston Kimbrell has filed a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 16, 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 30, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
GUY 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001528

Guy Preston Kimbrell has filed a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 16, 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 30, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
GUY 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001528

Guy Preston Kimbrell has filed a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 16, 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 30, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Feb 9, 16, 23, March 1, 2024  
GUY 3-1-24

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE  
CHANGE OF NAME  
#24CV001528

Guy Preston Kimbrell has filed a petition with this court for a decree changing the name(s) of Guy Preston Kimbrell to Guy Preston Sperry.

jections with the court before the hearing. Your appearance may be in person or by your attorney.

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

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Robert W. Crabtree, 1501 F Street, Modesto, CA 95354; 209-522-5231

Publish: February 2, 9, 16, 2024  
COGLIANDRO 2-16-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARLENE ELSIE WISHMAN CASE NO. 24PR000211

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

A Petition for Probate has been filed by Michelle Bumb, in the Superior Court of California, County of Sacramento, requesting Michelle Bumb 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 March 5, 2024, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826

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

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

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Robert J. Busch JR., 2228 Longport Court Suite 110, Elk Grove, CA 95758; 916-859-0370

Publish: February 2, 9, 16, 2024  
WISHMAN 2-16-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY BAKER CASE NO. 23PR001946

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Mary Baker, Mary K. Baker, Mary Lundquist.

A Petition for Probate has been filed by Eric Koontz, in the Superior Court of California, County of Sacramento, requesting Eric Koontz 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 March 6, 2024, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826

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

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

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Robert J. Busch JR., 2228 Longport Court Suite 110, Elk Grove, CA 95758; 916-859-0370

Publish: February 2, 9, 16, 2024  
WISHMAN 2-16-24

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY BAKER CASE NO. 23PR001946

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Mary Baker, Mary K. Baker, Mary Lundquist.

A Petition for Probate has been filed by Eric Koontz, in the Superior Court of California, County of Sacramento, requesting Eric Koontz 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 March 6, 2024, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826

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

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

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Robert J. Busch JR., 2228 Longport Court Suite 110, Elk Grove, CA 95758; 916-859-0370

Publish: February 2, 9, 16, 2024  
WISHMAN 2-16-24

dent 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 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. The name, address and telephone number of the Attorney for Petitioner is: Eric J. Koontz, 607 Ramsey Place, El Dorado Hills, CA 95762; 650-224-2930

Publish: February 2, 9, 16, 2024  
BAKER 2-16-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2023-05703

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of: Golden Auto Collision, 7000 Franklin Boulevard Suite 440, Sacramento, CA 95823.

Nina Phomsouvandana. The Fictitious Business Name Statement was filed on 8/1/2023 in the County of Sacramento.

Filed with the clerk of Sacramento County: 8/1/2023. Publish: Jan 26, Feb 2, 9, 16, 2024  
GOLDEN 2-16-24

SUMMONS (CITACION JUDICIAL) CASE NUMBER: 23CV009805

NOTICE TO DEFENDANT: All persons unknown claiming any legal or equitable right, title, estate, lien, or interest in the Property adverse to Plaintiff's title, or any cloud of Plaintiff's title to the Property and Does 1 through 5

YOU ARE BEING SUED BY PLAINTIFF: Tracy K. Sharp. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a non-profit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

THE PROPERTY DESCRIBED IN THE COMPLAINT FILED ON 01/04/2024, DESCRIBED AS 5060 SAN MARQUE CIRCLE, CARMICHAEL, CA 95608. Legal Description: Lot 39, as shown on the Map of Mission Terrace, in the County of Sacramento, State of California, filed in the Office of the County Recorder of Sacramento County on August 27, 1954, in Book 38 of Maps, Map No. 15., APN: 282-0251-039-0000. Publish: February 2, 9, 16, 23, 2024  
SHARP 2-23-24

SUMMONS (CITACION JUDICIAL) CASE NUMBER: 34-2023-00336575-CL-CL-GDS

NOTICE TO DEFENDANT: Chesean Enoch Reed, an individual, and does 1 through 10, inclusive

YOU ARE BEING SUED BY PLAINTIFF: Iver Capital Corporation. NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a non-profit legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO:



# Chamber Honors Heidi Sanborn

# Newsom Announces New Appointment To Sacramento Superior Court



Gavin Newsom

## Sacramento Superior Court News Release

**SACRAMENTO, CA (MPG)** - Gov. Gavin Newsom recently appointed Richard C. Miadich, of Sacramento County, to the Sacramento Superior Court bench.

“The court welcomes the addition of Mr. Miadich and the experience he will bring to the Sacramento County bench,” Presiding Court Judge Bunmi O. Awoniyi said.

Miadich has served as chair of the California Fair Political Practices Commission since 2019. The commission is responsible for regulating statewide campaign finance, governmental ethics, and lobbying activity.

Prior to his appointment to the FPPC, Miadich

worked at Olson Hagel & Fishburn LLP from 2005 to 2018, where he held several positions including managing partner, partner, and associate. The practice focused on litigation matters involving election and campaign finance law, education law, government and administrative law, and constitutional law. He also assisted in the firm’s political advising, primarily in areas of elections and initiatives.

Miadich has litigated matters at the trial and appellate levels in California, including the California Supreme Court, and has represented clients before state administrative agencies. He has also participated in matters before the United States Supreme Court, the United States Courts of Appeals for the Seventh and Ninth Circuits, and the United States District Courts for the Northern and Eastern Districts of California.

Miadich was an at-large director of the Sacramento County Bar Association

Board of Directors. He also served on the Board of Directors of the Sacramento County Bar Foundation, the charitable arm of the Sacramento County Bar Association. Previously, Miadich also served on the Executive Committee of the Public Law Section of the California State Bar and was the assistant editor of the State Bar’s Public Law Journal.

Miadich earned his law degree from the University of California at Davis in 2002. While there, he served as a member of the U.C. Davis Law Review, externed with the California State Assembly Judiciary Committee, and participated in the school’s trial practice program. He received his bachelor’s degrees in political science and history from the University of California at Los Angeles in 1998.

Miadich fills the vacancy created by the appointment of Judge Daniel J. Calabretta to the federal bench. ★

*Continued from page 1*  
their blessings and wanted to protect them. I wanted to join them in doing that.”

Her passion for the environment led to a career in recycling and waste-reduction policy for the State and private sector. A 2018 run for the Sacramento Municipal Utilities District board was encouraged by Carmichael’s then-SMUD director Bill Slaton. “I’m proud of everything we’ve done at SMUD,” says its 2023 President, Sanborn.

The Chamber award comes not just for municipal achievement. With dirt on her hands, she plants trees, pulls weeds and joins river clean-ups. A walk never occurs without a big garbage sack; the activist recently rolled a car tire hundreds of yards from the American River bank to where it could be removed by refuse collectors.

The two-election veteran concedes politics generates clutter. “Campaigns create waste,” she says. “We can take responsibility. That’s why, after the 2022 election, I helped (fellow SMUD Director) Gregg Fishman with a project to re-purpose plastic campaign signs. We gave hundreds to teachers and artists for creative projects. Most of them found homes.”

With a mom who suffered paranoid schizophrenia, Sanborn supports the National Alliance for Mental Illness (NAMI) and co-chaired a 2023 “Walk for Mental Health” with Supervisor Rich Desmond. “Heidi talked the talk and walked the walk,” reports Desmond. “It’s great to serve any cause with someone so committed to humanity.”

Project-mates often include Carmichael Kiwanis Club friends. “They are some of the most loving, hard-working people I’ve known, and I’m proud to be a club member,” she says. “I’m glad the Chamber is honoring Kiwanis as Non-Profit of the Year.”

More support comes from her husband, real estate broker Brad Sanborn.

Thirty years married; the couple moved to Carmichael in 2020. “We fell in love with the people and the place,” she explains. “Living near the American River is a dream for us.”

Sanborn’s 86-year-old father, Dr Clark Kahn III, and the family’s three rescue dogs share their Ancil Hoffman Park home.

“Over the years, Brad and I have fostered 76 dogs for the Front Street Animal Shelter,” says Sanborn. “People and animals are all part of this planet. I’ll always do my best to support them all.”

The Carmichael Chamber’s 2023 community honorees are:

-Person of the Year: Heidi Sanborn (SMUD).

-Businesswoman of the Year: Silvia Anderson (Nature’s Lab School).

-Businessman of the Year: Joe Green (Pit Boss Jerky).

-Nonprofit of the Year: Kiwanis of Carmichael.

-Public Service Award: Carmichael Recreation and Park District.

-Carmichael Legacy Award: Carmichael Elks Lodge.

-New Business Awards: Carmichael Disc Center and School of Rock, Sacramento.

-Chamber Champion Award: Milagro Centre.

-Carmichael Spirit Award: Carmichael Midas.

-Chamber Ambassador of the Year: Anna-Marie Rodriguez (MoneySafe Mortgage).

Anyone can attend Carmichael Chamber of Commerce’s Community Recognition dinner at La Sierra Community Center on February 26. Part of the proceeds will benefit the Carmichael Kiwanis Club. Tickets are \$85 per person. The center is located at 5325 Engle Road. For reservations, go to [www.carmichaelchamber.com/2024-annual-awards-dinner](http://www.carmichaelchamber.com/2024-annual-awards-dinner). ★

# ABC License Administrators Can Now Submit Catering Authorization Applications Online

## Department of Alcoholic Beverage Control California News Release

**SACRAMENTO, CA (MPG)** - Department of Alcoholic Beverage Control’s (ABC) catering authorization applications are now available online for the first time, permitting users to complete the form within minutes.

“We are excited to bring an online method for licensees to apply and pay for the most common application submitted to the department,” said Licensing Division Chief Jaime Taylor. “Catering authorizations are used for selling and serving alcohol at many types of events, from weddings to large scale music festivals. Our new online applications will make the process much simpler and faster, providing an enhanced service to Californians who are applying for a catering authorization.”

Catering authorizations allow licensees with an active caterer’s permit to sell alcoholic beverages for consumption during events approved by ABC. Applicants must have an ABC Online Services account with the License Administrator role. Applicants can submit their application,

pay with a credit card or eCheck, and upload required documents or approvals.

To qualify for the online authorization, the event must be more than five days but not more than 60 days from the application date. Users can submit and pay for events online for up to three consecutive days if each day has the same number of attendees and hours during which alcohol is served. If the dates are not consecutive, or if the number of attendees and hours are not the same, each day must be submitted and paid for as a separate event.

There is a limit of 36 catered events per year at any given location. This limit applies to all Caterer’s Permits (Type 58), including those held by club licenses (Type 50, 51, and 52). An exception may be made to exceed 36 catered events if the licensee can clearly establish that additional events are in the best interest of the State and necessary to satisfy substantial public demand. Exceptions can be requested at a local ABC District Office.

For more information about online catering authorization applications, please visit <https://www.abc.ca.gov/licensing/license-forms/caterers-permits/>. ★

# Community Call-Out for Participation: Photography Month Sacramento in April



Local photography is always appreciated at area museums. Photo courtesy of Photography Month Sacramento

## Photography Month Sacramento News Release

**SACRAMENTO, CA (MPG)** - Led by Viewpoint Photographic Art Center – a non-profit organization located in Midtown Sacramento – and in collaboration with many involved partners including the City of Sacramento, Inside Publications, Sacramento County Board of Supervisors Office of Phil Serna (District 1), and Sacramento365.com, Photography Month Sacramento is scheduled for April 2024. First launched in 2018, the month-long event is highlighted by a variety of diverse and eclectic events that include special exhibits, receptions, photo shoot meetups, workshops, lectures, photo shoot gatherings, and more. With a new “Anything Goes” theme this year, the annual photographic celebration offers a diverse and collective experience of the visual arts. Photography Month Sacramento creates a shared platform for galleries, museums, educational institutions, libraries, retail establishments, photographers, and patrons to celebrate and elevate the art of photography. Interested participants are encouraged to create and/or highlight their own activations to help showcase the art of photography.

Thus far, a number of museums, businesses, and educational institutions from throughout the region have already signed up to participate in 2024, including: Casa de Español, Crocker Art Museum, Granucci Gallery at the Center for the Arts in Grass Valley, Nevada County Camera Club based in Nevada City, Sacramento History Museum, Sacramento State University Department of Photography, Viewpoint Photographic Art Center, and

YoloArts in Woodland.  
**How to Get Involved: Businesses, Museums & Organizations**

Involvement in Photography Month Sacramento for businesses, museums and organizations is free and simple to do. The regional showcase offers a turnkey way to highlight visually enticing photographic programming already in place (possibly by incorporating a fresh visual element or hosting a special activation), introduce a concept in the planning stages, or create something unique to engage enthusiasts and connect with new audiences throughout the region.

**How to Get Involved: Photographers**

Photography Month Sacramento is open to everyone – professional and amateur photographers alike – and offers wonderful opportunities to launch and/or exhibit photographic work, or to create a grassroots collaborative exhibit with friends interested in the visual arts. Those interested are encouraged to get creative and plan individual activations and/or contact favorite local coffee houses or restaurants to see if they might host an exhibit or reception in April 2024.

Once any photography-related concepts are confirmed by businesses, organizations, museums or individuals, Photography Month Sacramento participants are asked to post information details about any upcoming events here, a community curated calendar that is connected to and supported by Sacramento365.com.

To explore available sponsorship opportunities or find out more detailed (and continually updated) information about Photography Month Sacramento 2024, please visit [www.photomonthsacramento.org](http://www.photomonthsacramento.org). ★

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**

**MPG**

**OH NO!**

Is that really happening?

Read the public notices in our newspaper or on our website to learn more about:

- Government meetings, bids & contracts
- Foreclosures
- Unclaimed property
- School Board issues
- Elections/Polling places, initiative petitions
- Tax assessments/proposals



# COMICS & PUZZLES

## The Spats



by Jeff Pickering



## Amber Waves



by Dave T. Phipps

## Out on a Limb



by Gary Kopervas

## TIGER



by BUD BLAKE

## HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Purse is different, 2. Arm is moved, 3. Label is higher, 4. Hair is different, 5. Saucer is missing, 6. Nametag is higher.

## GRIN AND BEAR IT



## Just Like Cats & Dogs

by Dave T. Phipps



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

## STATEPOINT CROSSWORD • U.S. PRESIDENTS

- CLUES**
- ACROSS**
- Falling out
  - Bottle top
  - Door fastener
  - Shoe emanation?
  - Staff note
  - Home to Buccaneers
  - Actress Spelling
  - Thor's father
  - Kidman's husband
  - \*He served two nonconsecutive presidential terms
  - \*JFK and RFK's relationship, abbr.
  - Foreword
  - J. Edgar Hoover Building org.
  - Pac-Man venue
  - Long and adventurous journey
  - Rudolph's Clarice, e.g.
  - Like life, according to some
  - Is it enough?
  - Jalisco plant
  - As opposed to rent
  - Grassy mound
  - Flat-top hill
  - \*W in George H. W. Bush
  - Nicki Minaj's genre
  - Reusable painting pattern
  - Sacred songs
  - Horse control
  - Laughing predator
  - Gunk
  - \*Nobel Peace Prize winning president
  - Social media button
  - Tangerine-grapefruit hybrid
  - Greek god of love
  - Cautious gambler
  - Trousers
  - Baltic capital
  - Port in Yemen
  - Follow ems
  - Not ever, poetically
- DOWN**
- Campus drillers
  - One on a pedestal
  - Golfer's warning
  - "Jeopardy" question, e.g.
  - Closed wood
  - \_\_\_ acid
  - Body between England and U.S.?
  - \*President who spent the shortest time in office
  - Orator's stand
  - Pampering establishments
  - J.M. Barrie's Peter
  - Like hot lava
  - Short and plump
  - Endow
  - \*\*WW2 Pres.
  - \*Thomas Jefferson was his VP
  - "Thesaurus" author
  - Cut it out
  - Sound on Old MacDonald's farm
  - Annoy a bedfellow
  - "Bravo! Bravo!" e.g.
  - Online reviews
  - Delivered by a mare
  - Hole punching tool
  - \*a.k.a. Old Kinderhook
  - Danish money
  - Intelligent humor
  - Vomiting
  - Pressed beverage
  - Tap house
  - TV classic "\_\_\_'s Heroes"
  - Egg parts
  - Past tense of chide
  - Sand trap tool
  - Ill-mannered
  - Albany-Buffalo canal
  - Theater section
  - Russian ruler
  - #10 Down, sing.

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

SWITCH & GET \$25

Off First Month of New Service! USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

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

**Classified Advertising**

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

**MPG**

916.773.1111

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

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**

**SUDOKU**

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

**SAFEWALK-INTUB** 1-855-576-5653

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

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



# Meet Gabby Garbage

## Rethink Waste and your Garbage

### Sacramento County News Release

**SACRAMENTO, CA (MPG)** - Did you know that the items you toss in your garbage cart go to the landfill where it is buried forever?

That's right! The landfill is a gigantic pit to contain whatever we randomly toss into our garbage cart, but it is not limitless. Whatever goes in the landfill never comes out and takes hundreds of years to decompose, and some items may never completely break down.

Sacramento County Department of Waste Management & Recycling and the SacGreenTeam want it to be safe and easy for the community to get rid of garbage, but also want to help you to be thoughtful about waste.

Go to [RecycleReboot.com](http://RecycleReboot.com) to meet Gabby Garbage!

As a SacGreenTeam curbside collection customer and civil engineer at the landfill, Gabby Garbage understands the need to make garbage collection easy and convenient, but she also knows the environmental challenges of landfills. Our landfills should be the land of last resort for items you no longer want.

Gabby Garbage encourages everyone to rethink garbage. Whenever possible, consider repurposing, recycling, and donating items before tossing them in the garbage cart. Here's what you can do to minimize waste and properly sort items for the recycling cart and the organics cart. Use the following advice from Gabby Garbage:

#### Reduce

-Waste less food — plan meals, store food for max freshness, and transform leftovers or produce into soups, casseroles, stir-fries, sauces, baked goods, smoothies, etc.

-Buy just what you need — when you buy less you waste less.

#### Reuse

-Choose reusable products — save resources and money by using fewer single-use products.

-Repurpose items — if you aren't using an item, think of how it can be used another way.

#### Recycle

-Donate — useful items can be donated to people in need, shelters, or thrift stores.

-Sort smart and recycle right. Put empty and dry recyclables loose (no bagged recyclables) in your recycling cart, and put food scraps, food-soiled paper, and yard trimmings in the organics cart so it can be turned into beneficial compost.

#### Rethink

-Clean smarter — use natural products like vinegar and baking soda that clean multiple surfaces to reduce the number of cleaning product containers.

-Buy smarter — choose items that are accepted in the curbside recycling cart, locally-sourced, made from recycled materials with the least packaging or packaging that can be recycled.

**After considering these options, be like Gabby Garbage and put the right items in the garbage cart:**

Household garbage; Plastic bags, utensils, film plastics; Coated paper

and cartons; Chip bags and candy wrappers; Styrofoam™; Compostable plastic; Hoses, cords, clothes hangers; Old clothing, shoes, blankets; Pet waste; Diapers

**These items should never be placed in your Garbage cart:**

No organics; No recyclables; No liquids; No e-waste; No rocks, dirt, bricks, sod; No hot ashes, coals, fireworks; No hazardous waste (Find a household hazardous waste drop-off location near you.)

**Here are additional ways to reduce waste and properly sort items:**

-Organics collection — Collect and place your organic material (food scraps, food-soiled paper, and yard trimmings) in the organics cart. Set out your organics cart weekly.

-Recycling — Don't contaminate your recycling cart. Make sure recyclables are empty and dry before putting them loose in the cart.

-Bulky waste pickups — Schedule a bulky waste pickup appointment for items that are no longer usable and too large for the garbage cart.

-Oil and oil filter curbside collection — Used motor oil, used oil filters, and used cooking oil can be recycled. Place used motor oil, filters, and cooking oil at the curb at least 3 feet from other curbside carts and 6 feet from stationary objects by 6 a.m., on the same day as your regular curbside collection day.

Visit [RecycleReboot.com](http://RecycleReboot.com) to learn more! ★

*Caring Hearts, Skilled Hands: Where Every Client Feels Cherished and Well-Cared For.*



- |                             |                      |
|-----------------------------|----------------------|
| Alzheimer's & Dementia Care | Skin & Incon         |
| Stroke Care                 | Hoyer and Sara Lift  |
| Parkinson's Care            | Fall Risk            |
| Limited Mobility            | Hospice Care         |
| Facility Care               | 1:1 Care             |
| Personal Care               | 24-Hour Respite Care |
| Companionship               | Light House Keeping  |
|                             | ADL Assistance       |

Carmichael Office: 3609 Mission Avenue, Suite J, Carmichael, CA, 95608

Rio Vista Office: 6 N Front St, Rio Vista, CA 94571

Main Office: (916) 587-1662

HCO No.: 344700093

# INTERNATIONAL Food Truck Night

THURSDAY, MARCH 14TH

FROM 5-8PM

AT CARMICHAEL PARK  
5750 GRANT AVE. CARMICHAEL

FOOD IN THE HOOD 916 FOOD TRUCKS ARE COMING BACK TO CARMICHAEL PARK! WE ARE KICKING OFF OUR 2024 MONTHLY FOOD TRUCK NIGHTS WITH A SPECIAL EVENT: INTERNATIONAL FOOD TRUCK NIGHT!



KP

## International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive  
Rancho Cordova, CA 95670  
916.853.8000

Market - 7 Days 8am - 9pm  
Food Court - 7 Days 11am - 7:30pm  
Korean/Mex/Viet: 7:30pm last call  
Chinese/Japanese: 7:00pm last call

## NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE

10971 OLSON DR. RANCHO CORDOVA, CA 95670



### FROZEN & FISH DEPT

<p><b>Frozen Snow Crab Legs</b> REG. \$24.99/lb <b>\$14.99/lb</b></p>	<p><b>Black Cod Headless</b> REG. \$6.99/lb <b>\$3.99/lb</b></p>
---	--

### WEEKLY MEAT SPECIALS

<p><b>Beef New York Roast - Boneless</b> Carne de Res Nueva York Asado Deshuesado <b>\$4.99/lb</b></p>	<p><b>Beef New York Steak - Boneless</b> Carne de Res Nueva York Filet sin Hueso <b>\$5.99/lb</b></p>
<p><b>Beef London Broil Top Round Roast</b> Polvo Para Hornear Roast sin Hueso <b>\$3.99/lb</b></p>	<p><b>Pork St. Louis Ribs - Single Pack</b> Costillas de San Luis <b>\$3.99/lb</b></p>
<p><b>Boneless Skinless Chicken Breasts</b> Pechuga de Pollo sin Hueso <b>\$1.79/lb</b></p>	<p><b>Pork Loin Roast Boneless</b> Lomo de Cerdo Asado Deshuesado <b>\$2.99/lb</b></p>
<p><b>Pork Tenderloin</b> Lomo de Cerdo <b>\$3.99/lb</b></p>	

### FRESH PRODUCE

<p><b>Pink Lady Apple</b> <b>69¢/lb</b></p>	<p><b>Red Potato</b> <b>79¢/lb</b></p>	<p><b>Blueberry</b> 18 oz <b>\$4.99</b></p>	<p><b>Celery</b> <b>89¢/lb</b></p>
<p><b>Russet Potato</b> 10 lbs <b>\$2.79</b></p>	<p><b>Yuca Root</b> <b>\$1.29/lb</b></p>	<p><b>Shallot Onion</b> <b>\$1.29/lb</b></p>	<p><b>Baby Spinach</b> 2.5 lbs <b>\$4.99</b></p>

### AMERICAN/HISPANIC GROCERY

<p><b>French's Yellow Mustard</b> 14 oz <b>\$1.99</b></p>	<p><b>Libby's Pico de Gallo</b> 1000 g <b>\$8.99</b></p>	<p><b>Tapatio Carne Asada Marinade</b> 8 oz <b>\$1.99</b></p>	<p><b>Vivista Aloe Vera Drinks</b> 1.5 liters <b>\$2.49</b></p>	<p><b>Reynolds Wrap Aluminum Foil</b> 75 sq. ft. <b>\$5.99</b></p>
---	--	---	---	--

### ASIAN GROCERY

<p><b>Kapal Api White Coffee</b> 15.7 oz <b>\$3.99</b></p>	<p><b>Luni Rice Noodles</b> 2 kinds 320 g <b>\$2.99</b></p>	<p><b>Luchu Mung Beans</b> 14 oz <b>\$1.59</b></p>	<p><b>Datu Pati Vinegar</b> 1 liter <b>\$2.99</b></p>	<p><b>Diamond Bakery Hawaiian Cookies</b> 13 oz <b>\$6.99</b></p>
--	---	--	---	---

### EUROPEAN GROCERY

<p><b>Lahmajne Pizza Crust</b> 12 pieces 16 oz <b>\$4.99</b></p>	<p><b>Frozen Whole 4 Magnum Quails</b> 24 oz <b>\$12.99</b></p>	<p><b>Danae Festival Basmati Rice</b> 10 lbs <b>\$11.99</b></p>	<p><b>Polinka Dill Pickles</b> 57.4 oz <b>\$5.99</b></p>	<p><b>Best Tea Pure Ceylon Tea Blend</b> 520 gr <b>\$9.99</b></p>
--	---	---	--	---

### KOREAN/JAPANESE GROCERY

<p><b>Wang Hwangwe Rice</b> 2 kinds 15 lbs <b>\$11.99</b></p>	<p><b>Top Herb Soybean Paste</b> 300g 3000 ml <b>\$7.49</b></p>	<p><b>Rice Wine Makkajaru</b> 750 ml <b>\$2.99</b></p>	<p><b>Korean Traditional Cake</b> 300 g <b>\$2.99</b></p>	<p><b>Korean Rice Punch</b> 2 liters <b>\$3.99</b></p>	<p><b>All-Purpose Wheat Flour</b> 2.5 kg <b>\$3.99</b></p>
<p><b>Dorae Anker Red Ginseng Premium</b> 60 x 50 ml <b>\$5.99</b></p>	<p><b>Sempio Soy Sauce 501</b> 600 ml 4x 95 g <b>\$5.99</b></p>	<p><b>Palomane Ramen 3 kinds</b> 4x 95 g <b>\$2.99</b></p>	<p><b>Sanyou Wangchango</b> 275 g <b>\$2.99</b></p>	<p><b>Bondaal Soup Stock</b> 2.2 lb <b>\$1.99</b></p>	<p><b>Kewpie Mayonnaise</b> 1284 oz 2.2 lb <b>\$4.99</b></p>
<p><b>Ajiwon SWSM Rice Seasonings</b> 17 oz <b>\$2.99</b></p>					

### HOUSEWARES

<p><b>MODAMODA SHAMPOO 300 G</b> <b>\$29.99/EA</b></p>	<p><b>ELECTRIC BBQ GRILL</b> <b>\$39.99</b></p>	<p><b>ELECTRIC RICE COOKER</b> <b>\$14.99</b></p>	<p><b>ELECTRIC RICE COOKER</b> <b>\$3.99</b></p>	<p><b>ELECTRIC RICE COOKER</b> <b>\$5.99</b></p>
--	---	---	--	--

### FROZEN & FISH DEPT

<p><b>Salmon Cutted</b> 1 lb <b>\$3.99</b></p>	<p><b>Columbus Pastрами</b> <b>\$12.09</b></p>
--	--

### EUROPEAN DELI

<p><b>Green Olives Stuffed w/ Almonds</b> <b>\$5.99</b></p>	<p><b>Hot Pined Green Olives</b> <b>\$4.39</b></p>
---	--

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 14 - FEBRUARY 20, 2024.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 24 - FEBRUARY 20, 2024.