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THE NEWS

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VOLUME 42 • ISSUE 48 *Serving Rio Linda, Elverta and Sacramento County* DECEMBER 1, 2023

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Roller Derby has Bright Future Ahead



Roller derby players become family at Sacramento Roller Derby games and practices. Photo by Liz Marchiondo

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - While speaking with Amanda Dunham and Christina Watts from Sacramento Roller Derby, one theme was consistent throughout the entire conversation – Roller Derby isn’t just a sport – it is a family with so many positives for Sacramento youth and women.

The two skaters, who always go by their derby names LOLz Lemon and Jessamine Killawatts at the rink, are passionate about roller derby in a way that is so contagious it compels

the listener to want to strap on some skates and give it a go.

Now, Sacramento Roller Derby is gliding towards a new era of excellence – rebuilding its teams post-COVID, and looking forward to their future home facility.

Sacramento Roller Derby was founded in 2018 as the result of two different leagues merging after skating as separate entities for over ten years. The leagues realized that they were better together both functionally and financially, and united to form the current team. The current league welcomes over 100 participants, of

which approximately 50 are adults and the rest children and various officials including referees.

The group currently uses the Andy Morin Sports Complex in Folsom for their practices, but there are big dreams ahead.

“We have a facility in downtown Sacramento that we are working on,” says Dunham. “We purchased it with a donation someone made to us.”

That donation was no small gift – the donor, who wishes to remain anonymous, gifted the group up to \$2 million to build their facility. The

Continued on page 7

SMUD Giving Monday Personal Care Drive at Cal Expo

SMUD News Release

SACRAMENTO COUNTY, CA (MPG) - In partnership with the Homeless Assistance Resource Team (HART) and its ongoing community efforts to address homelessness across the region, SMUD is sponsoring Giving Monday on December 4, 2023, at Cal Expo, in an effort to collect needed personal care items, including:

Socks, hand/foot warmers, ponchos, gloves, shampoo, toothbrushes, toothpaste, floss, water, snacks, deodorant, tissues, hand wipes, bandages, lip balm, cotton swabs.

Donations from members of the community of everyday essentials to support the homeless are welcome from 6 a.m. until 7 p.m. at the Cal Expo Main Gate. Just drive on through and drop off your items or donate via Amazon at SMUD Giving Monday.

“From our canned food donation drive to our efforts to collect school supplies, SMUD Giving Mondays are an important part of our commitment to supporting all communities,” said Rhonda Staley-Brooks, director of Community Engagement. “This winter, we are partnering with HART to help gather crucial assistance and resources, especially during the holidays, for our most vulnerable community members. The overwhelming spirit of giving shown by our employees, partners and customers is truly inspiring.”

SMUD has led successful e-waste, coat and school supply drives at Cal Expo. These drives have benefited non-profits such as the Sacramento Children’s Home, the Sacramento Regional Conservation Corps and the Elk Grove Food Bank.

For more information about SMUD Giving Monday, visit calexpostatefair.com and to learn more about SMUD’s community work, visit smud.org/community.

As the nation’s sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity to Sacramento County for more than 75 years. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies and for its sustainable solutions for a healthier environment. Today, SMUD’s power supply is on average about 50 percent carbon free and SMUD has a goal to reach zero carbon in its electricity production by 2030. For more information on SMUD’s Zero Carbon Plan and its customer programs, visit smud.org. ★

A Murky Forecast



Storms have arrived in California. The Oroville Spillway at Lake Oroville in Butte County is ready for a wet year. California Department of Water Resources

By Rachel Becker,
CALMatters.org

As forecasts tease California with rainstorms this week, the state’s reservoirs are already

flush with water.

It’s a big departure from a year ago: The state’s major reservoirs — which store water collected mostly from rivers in the northern portion of

the state — are in good shape, with levels at 124% of average. In late 2022, bathtub rings of dry earth lined lakes that had collectively dipped to about two-thirds of average

— until heavy winter storms in January filled many of them almost to the brim.

Yet healthy water levels don’t mean California’s

Continued on page 2

A Murky Forecast

Continued from page 1

reservoirs are full. Most of California’s large reservoirs are operated for flood control as well as water storage, with space kept empty to rein in winter storm runoff.

The wet season has arrived in California, with El Niño conditions projected to continue strengthening. But for the Golden State, with its unpredictable swings from dry to wet and back again, El Niño doesn’t guarantee heavy rainfall.

And as California’s water managers plan for the water year ahead, they’re faced, as always, with their dueling responsibilities: forestalling floods while preparing for possible scarcity in a state where water supplies are often stretched thin and long droughts are common.

When state climatologist Michael Anderson looks into California’s water year ahead, he says the crystal ball is cloudy.

Threats of a major storm dissolved into showers in parts of California this week, with another surge of rainfall expected to wrap up this weekend. Rainfall is only expected to reach 1 to 2 inches statewide through Saturday morning, with light snowfall predicted in the Sierra Nevada mountains at higher elevations.

“Overall this is looking to be a beneficial rainfall event for Southern California, which is definitely welcome during the typical peak of our fire season,” the National Weather Service office for San Diego reported earlier this week.

Some headlines heralded it as the first storm of many as El

Niño continues to strengthen and intensify. Characterized by warming of the central and eastern tropical Pacific Ocean, El Niño is often expected to bring wetter weather.

But in California, the connection is more tenuous. Of seven El Niño events over the past 23 years, Anderson said, two have been dry, three have been roughly average and two have been wet. One recent study reported that El Niño accounts for only about 25% of the year-to-year variability in California’s rain and snowfall during the winter.

“What that tells me is anything goes,” Anderson said. “El Niño by itself doesn’t define our water year.”

In fact, the year is actually off to a drier start: Statewide, California has seen only about 45% of average precipitation since this water year began Oct. 1.

Marty Ralph, director of the Center for Western Weather and Water Extremes at UC San Diego, suspects that it’s atmospheric rivers like the ones that pummeled California last year that will determine whether El Niño will bring a firehose or a trickle to California.

“It’s like you’re playing poker, and you’ve got a good hand — that’s El Niño for us. But we haven’t finished the round of the game, and we still have to draw a couple cards,” Ralph said. “But we might not draw the good cards.”

With seasonal outlooks unable to reliably say whether a winter will be wet or dry, water managers must plan for both.

Fortunately there’s some wiggle room this year,

according to Jeanine Jones, the Department of Water Resources’ interstate resources manager. Last year’s massive snowpack and abundant rainfall filled the state’s reservoirs enough that even if this rainy season leans dry, she said, “We’re going into next year with a cushion, which is always good.”

That doesn’t mean the reservoirs are full, though. Lake Oroville — the largest reservoir on the State Water Project, which sends water south to farms and cities — and Lake Shasta — critical to growers and other water users reliant on the federal Central Valley Project — are at about two-thirds of their total capacity.

That’s because with reservoirs that serve the dual purpose of flood control and water storage, water managers must release water to keep space empty to wrangle possible floods during the wet season, Jones said.

The water that flows into rivers and streams and out to the ocean is often bemoaned as water wasted. But waste is in the eye of the beholder, said Jay Lund, vice-director of the Center for Watershed Sciences at UC Davis.

“Water that’s ‘wasted’ is always water used by somebody else,” Lund said.

The list of benefits for fishing, conservation, Delta farmers, water quality and healthy shorelines is lengthy. Water allowed to flow out into the San Francisco Bay, for instance, washes away salts and pollutants, transports sediment and sand necessary to maintain marshes and restore

eroding beaches, assists salmon in migrations and helps maintain healthy ecosystems.

Still, the Public Policy Institute of California reports that California could have soaked away more water last year, had there been better ways to ferry water from full rivers to groundwater recharge sites, and better coordination among landowners, local agencies, and others.

“I tend to think that there is room for capturing more surface water ... if you could afford the cost of capturing it,” agreed Lund. “That, to me, is the biggest problem.”

The controversial Sites Reservoir project, for instance, is projected to cost more than \$4.4 billion. The reservoir, planned in the western Sacramento Valley, would store as much as 1.5 million acre-feet of Sacramento River water, alarming environmental groups that say drawing more water from the river will imperil its already-struggling fish.

In early November, Gov. Gavin Newsom cleared the project to be fast-tracked “to the extent feasible” through any litigation challenging it under the landmark California Environmental Quality Act. That move was made possible with new legislation. Even so, the project is not expected to be completed before 2030 or 2031.

In the meantime, researchers like UC San Diego’s Ralph, along with local, state and federal agencies, hope to operate the state’s reservoirs more nimbly by incorporating new weather forecasting tools into decades-old rulebooks

governing when to hold onto water and when to release it.

The program allowed the Russian River watershed to hold onto about 7,000 to 8,000 acre-feet more water in Lake Mendocino this past year, and an additional 19,000 acre-feet more in Lake Sonoma, according to Donald Seymour, deputy director of engineering with Sonoma Water. The Department of Water Resources announced that it is expanding the effort to two major reservoirs, Lake Oroville and New Bullards Bar, as well.

Many are looking down rather than up for opportunities to store more water. The Department of Water Resources estimates that about 3.8 million acre-feet of water was captured through groundwater recharge by last summer.

The Southern California water import giant, the Metropolitan Water District, also recently announced a \$211 million groundwater bank in the Antelope Valley. The bank can store 280,000 acre-feet of water, enough to fill Castaic Lake, the largest State Water Project reservoir in Southern California. Though construction to allow withdrawals hasn’t been completed yet, the bank stands ready to accept deposits.

The bank is aimed at providing a little more net for the tightrope walk that California’s water managers start anew every water year.

“We always plan for it to be potentially very dry, or very wet,” said Brad Coffey, Metropolitan’s water resources manager. “No matter what kind of year we had this year.” ★



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Funding Secured for New Sacramento State Event Center

California State University, Sacramento News Release

SACRAMENTO, CA (MPG) - Funding has been approved for Sacramento State to create an events center that will be home for the University’s men’s and women’s basketball teams, women’s volleyball and gymnastics teams, and intramural and club sports competitions. It also will be a venue for entertainment, arts and guest speakers.

The event center is expected to be completed and begin hosting events in fall 2024.

The facility is part of President Luke Wood’s vision to better serve the campus community and to bring the Sacramento regional community onto campus.

Members of the Board of Directors for Union WELL Inc., the nonprofit organization that oversees the University Union and The WELL fitness and health facility, on Nov. 15, unanimously approved a resolution to provide up to \$5.2 million from reserves for the project. That money is expected to cover initial estimated expenses for the project. Sacramento State is paying for the project design, projected to cost \$300,000.

On Nov. 9, Associated Students Inc. (ASI), the University’s student governing body, passed a resolution favoring the project. That action followed ASI receiving a letter from Wood championing his plan to pursue the event center project.

“The (Union WELL) board’s decision demonstrates that we are on the rise,” Wood said. “Sacramento State is

the only public university in the capital of the state with the fifth-largest economy in the world, and we are acting like it. I’m grateful that the Union WELL board supported our vision to position our University to better support student intercollegiate athletics, club sports, and recreation sports, and arts and culture.”

The project will provide another use for existing space that holds four courts that host recreational and intramural sports. Those courts and their recreational use will remain, but they will be flanked by seating that can be rolled out and retracted to accommodate larger anticipated crowds for NCAA competition. Seating capacity remains to be determined. New lighting, scoreboards and video boards, and public address system will be added.

The University is partnering with Otto Construction and LPAS Architecture + Design for the design and construction of the facility.

Director of Athletics Mark Orr called the Union WELL Inc. board’s funding decision “a significant step toward achieving the goal of having a new events center on campus.”

“We are grateful for the vision of President Wood and to collaborate with terrific campus partners in ASI and the Union WELL,” Orr said. “This venue will not only benefit Hornet student-athletes, it will provide a space for all students to come together as a community and engage in events that will enhance their college experience.” ★

FBI Warns of Charity Scams in Israel, HAMAS Conflict

FBI News Release

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento Field Office is warning the public that criminals are soliciting donations during the Israel-HAMAS conflict. These charity scams victimize both well-meaning, local communities, and the vulnerable populations impacted by life-changing catastrophes.

Scams are especially prevalent during times of increased conflict such as war, natural disasters, or epidemics. Criminals often use these crises as opportunities to exploit individuals seeking to support humanitarian efforts. Perpetrators claim to be associated with established charities or creators of new charities associated with emergent conflicts.

Local communities may be targeted by individuals claiming to collect funds for victimized families while using the donations for their own personal gain or in support of domestic or international criminal enterprises.

Foreign terrorist organizations often establish fake charities using social media platforms to misdirect unwitting donors to subsidize their operations. Solicitations are then coordinated via social media posts, e-mail, cold calls, or crowdfunding website requests.

To avoid becoming a victim:

Approach all unsolicited communication including direct messages, calls, and e-mails with suspicion;

Visit the official website of a charitable entity directly to obtain contact information rather than clicking on links in e-mails or assuming the unsolicited call is from an official source;

Thoroughly research new charities online and verify phone numbers or e-mail addresses before donating. Be sure the named charity is not associated with scams and uses funds as they claim;

Ensure that you are using the official website of a well-known charity. Criminals may create look-alike, “spoofed” websites with URLs similar in appearance to those of known organizations;

Visit the California Attorney General’s Charitable Registry Search tool to ensure a charity is registered in the State of California;

Visit the IRS Tax Exempt Organization Search to see if a charity donation to the organization is tax deductible;

Never pay by cash, gift card, wire transfer, or cryptocurrency. Each of these forms of payment are difficult or impossible to track and reverse.

The FBI urges the public to report these fraudulent or suspicious activities to the FBI Internet Crime Complaint Center at IC3.gov. The public may also call their local FBI field office or resident agency. ★





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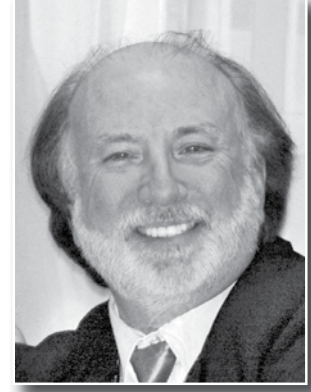
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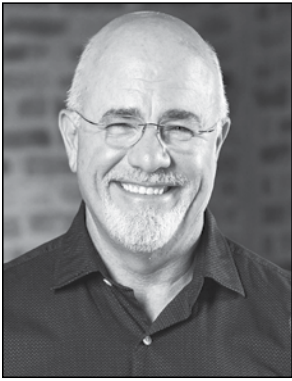
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Dave Ramsey Says

Pay Off Their Student Loans?

Dear Dave,

My wife and I are debt-free except for our mortgage and two Parent PLUS loans for our daughters' college educations. One of the loans totals \$18,078, and the other is for \$41,500. Both girls want to pay them off using the new extended plan being offered, but I'm 59 1/2, and I've got about \$500,000 in a 401(k) from a previous job along with \$125,000 from a job I started five years ago. We've been thinking about just paying the loans off for the girls, but we wanted to know your thoughts.

– Mike

Dear Mike,

If I were in your shoes, I'd just go ahead and pay them off. Technically, you're liable for the loans. They are not.

The extended plan you're talking about is garbage. In reality, it means the loans are never paid back. The extended plan is 30 years of not even making the principal payment. No interest is paid, and they don't touch the principal. The whole thing works backward for 30 years, and it's the very definition of a stupid government program.

I really don't think you want your daughters to be part of something like this. But that means you're going to be stuck with paying off these loans. You might as well just own it and pay them off now.

I want you to understand this, Mike. I don't advise people to dip into their savings every time a problem comes up prior to retirement. But you're 59 1/2, and at that point there's no penalty. Plus, you've got \$625,000 sitting there. You're going to pull less than \$60,000 out, plus a little in taxes, to make the problem go away. It's not as bad as it could be, but I'm afraid you're going to have to pay a little stupid tax on this one. I'm sure your girls didn't know all this, but it's a perfect example of what can happen when you put your faith in a stupid plan coming out of Washington, D.C.

I hate it for you guys—and everyone else in America who took out a bunch of student loans—because you're getting messed over by your own government. The first way they messed you over was to put a student loan program out there and then tell you the way to success was to borrow tens and hundreds of thousands of dollars for a degree in left-handed puppetry. And now, guess what? You're a barista! Then, they start shouting they're going to forgive it all. After that it's, "No, we're not. Yes, we are. No, we're not. Yes, we are."


The fact is, they don't intend to forgive it. It's the biggest scam in history—mathematically speaking—perpetrated on the American public by our government.

– 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 the company Ramsey Solutions. ★



Apprenticeship Program Seeks to Boost Olive Farming, Olive Oil Production A \$50,000 donation from the Cortopassi Family Foundation is supporting an apprenticeship program for students growing olives and producing olive oil. The Olea Learn program, administered by the Olive Center at the University of California, Davis, is also supported by olive farmers and producers. The program teaches students in field management, irrigation practices and pest control, while providing hands-on experience taking care of the olive trees at the Wolfskill Experimental Orchards in Winters. <i>University of California studies Provide Insights for Central Coast Apple Growers</i> University of California researchers have released two new studies to help Central Coast growers estimate costs and potential returns for both organically and conventionally produced apples. The studies focus on processing apples, not fresh market apples. Apples grown for processing on the Central Coast are mostly pressed for juice and sparkling cider. The cost studies model a management scenario for a 100-acre farm, 20 acres of which are planted to a mature orchard that produces apples for processing.	State Funding Supports Crop Replacement, Groundwater Recharge The California Department of Water Resources has awarded \$11.8 million in funding for two projects that promote agriculture and groundwater conservation in Southern California. The Rancho California Water District in Riverside County received funding from DWR's Urban Community Drought Relief Program. Some \$5 million in funding will support an agriculture program, CropSWAP, which is converting 160 acres from water-intensive plants to drought-resilient crops. DWR also awarded \$6.8 million to build a 40-acre groundwater recharge pond. <i>With Farmers Getting Older, USDA Seeks to Help Young Agriculturalists</i> The U.S. Department of Agriculture is spending nearly \$28 million to support organizations that teach and train beginning farmers and ranchers, including programs for U.S. veterans who are entering into agricultural careers and starting new farming businesses. The funding supports the National Institute of Food and Agriculture's Beginning Farmer and Rancher Development Program. The effort to support young agriculturalists comes as one-third of the 3.4 million U.S. farmers are over the age of 65. ★
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Office Administration – We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office management experience is required.

Production Layout/Graphic Design – This part-time position assists with the layout of the newspapers and works with the production staff to create our weekly newspapers. Must have good working knowledge of InDesign production programs. Must be able to work within our current system and be able to take direction to meet our deadlines. Previous layout experience is a must. This is an entry level position. Work hours are between 8:30 am and 5:00 pm. This position is in our Gridley office and begins in January.

Copy Editor – We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

City Reporter – We are seeking a part-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Advertising Services Support – We are seeking a part-time Advertising Services Support person for our newspaper group. This position works in the Carmichael office and works directly with the owner of the company and the advertising/graphics staff. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous office experience is required.

Delivery Driver – We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

Newsstand Delivery Driver – We are seeking a part-time Newsstand Delivery Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/ Sacramento Region. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position.

To find out more or to apply:
Email your questions or resume to Publisher@MPG8.com

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Support Staff: 566-1745
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• Area 3. Christine Jefferson • Area 6. Rebecca Sandoval

2022 Crop and Livestock Report Released

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - During her presentation of the 2022 Sacramento County Crop and Livestock Report at the Nov. 7 Board of Supervisors Meeting, Agriculture Commissioner, Chris Flores reported that the gross production value of all agricultural commodities in Sacramento County was more than \$602 million, up 5% from \$568 million in 2021!

Even with an 8% decrease from 2021, wine grapes were once again the leading cash crop in Sacramento County, with a value of more than \$188 million, or more than 31% of the total gross value of all crops. More than 38,330 acres of wine grapes were harvested in Sacramento County in 2022.

Market milk held on to the number two spot with a total value of more than \$91 million, while pears kept the number three spot with more than \$56 million.

“Agriculture continues to be a significant contributor to the local economy and

plays a crucial role in preserving the region's rural character,” said Flores. “The County's diverse agricultural landscape includes farms, ranches, orchards, and vineyards and produces crops such as rice, tomatoes, pears, and grapes, as well as dairy and livestock commodities.”

Top 10 Agricultural Commodities in 2022: 1. Wine grapes: \$188,815,000; 2. Market milk: \$91,344,000; 3. Pears: \$56,313,000; 4. Poultry: \$32,527,000; 5. Aquaculture (bass, carp, catfish, crayfish, sturgeon and caviar): \$32,427,000; 6. Corn silage: \$24,239,000; 7. Nursery Stock (ornamental trees and plants, Christmas trees and sod): \$22,802,000; 8. Hay/Alfalfa: \$22,486,000; 9. Cattle and calves: \$16,747,000; 10. Rice: \$14,793,000.

The 2022 Sacramento County Crop and Livestock Report presents highlights the Board of Supervisors. The Board actively supports and promotes sustainable agricultural practices, to ensure the long-term viability of farming and the preservation of the County’s rich agricultural heritage. ★

SacCounty Regional Parks Launches New Mobile App

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Visitors to Sacramento County's Regional Parks now have a new way to explore County parks and access information about our parks and trails, right from their mobile devices. Using the Outerspatial platform, Regional Parks' new mobile application is free and available for iPhone and Android users.

Visitors can use the app to:

Plan a visit to a park and make the most of their visit once there; Navigate through our parks; Discover new places; Locate parking, restrooms, picnic areas and other park amenities; Access information about ecological, geological and historical points of interest; Receive notifications about hazards, closures and other timely information; Follow outings selected by Regional Parks staff; Share experiences and photos and

connect with others who love the outdoors (our parks)

“We are fortunate to have such a vast Regional Parks system, but we understand that having so many recreational and open space options can be a lot to explore,” said Liz Bellas, Director of Regional Parks. “From the Dry Creek Parkway to the American River Parkway and down into the Delta, this app is a new and innovative way for us to help park visitors explore and connect with our parks and other park visitors.”

In addition to all of the great features listed above, visitors will also have the ability to compete periodic challenges, designed by park staff, with the opportunity to win prizes!

To learn more about the app, visit the Regional Parks website. The app is available for free in the Apple App Store and the Google Play Store (for Android devices). ★

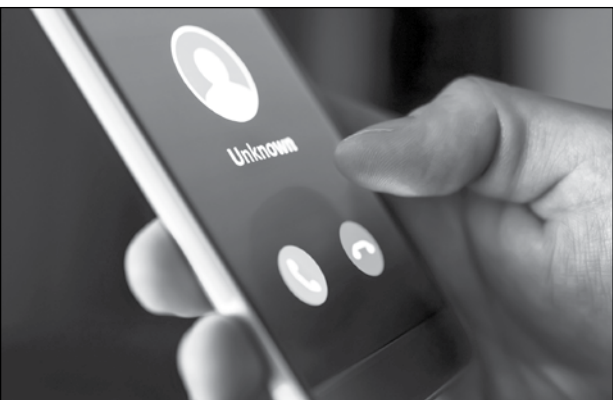
’Tis the Season for Scams: 5 Ways to Protect You and Your Family

From StatePoint

SACRAMENTO REGION, CA (MPG) - In today’s hyper-connected digital universe, cyber criminals have more information than ever before, with the ability to reach you through unsecure public Wi-Fi, your email inbox, via text message, and more.

According to a Scam and Robocall Report from T-Mobile, Americans lost an estimated \$39.5 billion to phone scams in 2022. Lucky for you, there are several ways to protect and safeguard your personal information to help prevent scammers from scammin’ this holiday season.

1. Avoid Public USB Ports: Traveling by plane this holiday season? The FCC warns that cyber criminals can download malware to public USB charging ports to gain access to your information. Prevent this by using an AC power outlet instead.
2. Beware of Charity Scams: It's the season of giving, but the FCC warns many cyber criminals take advantage by creating fake charities staged as real non-profit organizations to gain access to your payment information. Woof. To prevent this, don’t click on suspicious email or text links and verify the organization is registered at the National Association of State Charity Officials or Better Business Bureau’s Wise Giving Alliance before donating this holiday season.
3. Screen Your Calls: Scammers are continuously upping their game, with total robocall attempts up 75% from 2021 to 2022. Detecting whether an



Screen your calls: Scammers are continuously upping their game. Photo courtesy of Statepoint

incoming call is a potential scam isn’t always easy, but T-Mobile’s Scam Shield app makes it simple. Free to all T-Mobile customers, Scam Shield enhances your scam-blocking protections so you can say goodbye to scam calls. In 2022 alone, Scam Shield identified or blocked 41.5 billion scam calls in the T-Mobile network. That’s a whopping 1,317 calls identified or blocked every second. With Scam Shield, when the network detects a potential scam call, it is flagged and displayed as “Scam Likely” on your device. Customers who want even more protection can download the Scam Shield app or dial #662# from their T-Mobile smartphone to enable Scam Block, which automatically blocks any calls that match the database of scam calls. Take that, tricksters. To learn more, visit t-mobile.com/scamshield.

4. Shop Smarter Online: According to Statista, 57% of holiday shoppers plan to use their smartphone to make holiday purchases this year, and scammers are onto them, ramping up activity during the two weeks before Christmas. To minimize any cyber Grinch

trying to steal your personal info, monitor your financial accounts regularly for suspicious charges and sign up for your bank or credit card company’s text or email notifications to stay on top of fraudulent activity.

5. Use Secure Tools: Safeguard your online accounts with Multi-Factor Authentication, which requires users to enter two different kinds of information to log in, like a password and one-time PIN code. It’s like having a digital bouncer to make sure only you get into your accounts. Another protection is a password manager, giving you the ability to securely store passwords across multiple platforms and websites. The tool also provides an autofill password function and a new password generator.

To learn more about the industry’s top fraud trends and how to stay protected from scammers year-round, check out T-Mobile’s Scam Shield Report found at t-mobile.com/news.

While cyber threats are on the rise, you can sleigh scams by staying vigilant and incorporating these best practices into your life this holiday season. ★

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Roller Derby Community has Bright Future Ahead

Continued from page 1
excitement and relief of finding a permanent home was evident from both women.

“It’s been a struggle – Sacramento doesn’t have a lot of affordable facilities. The landscape of Sacramento has changed – the town is so much larger and venues we have rented in the past have quadrupled their prices,” said Dunham.

The new rink will be located near the Blue Diamond almond factory.

Both the generous donation and influx of new participants post-COVID are two examples of how the Sacramento community is embracing a sport that once had a reputation in popular media for being aggressive and less than ladylike. Today, roller derby carries a reputation of strength, togetherness, and courage for many.

Watts, who is a board member for the team, recently lost her husband and found support within the derby community.

“The whole derby community helped me to find a new normalcy,” says Watts. “Everybody has been really positive and will check up on me. Everybody in the community binds together to help people in a time of need.”

Dunham seconds the fact that roller derby isn’t just about the game. “That’s the most rewarding thing – the growth and the community that supports that growth. A lot of people come to roller derby during a hard time in life. They know the community of



Sacramento Roller Derby's junior program begins at age 8. Photo by Bob White

roller derby will be there.”

Sacramento Roller Derby has no paid employees and finances are always a challenge. A lot of the players within the league are also the ones running the entire show.

“There are challenges on and off the track when you play roller derby,” explains Dunham. “We have both the typical athlete struggles plus business struggles. Most recreational sports don’t have both. For us, it’s really serious – it is comparable to minor league sports. But there’s the added pressure of running it. Most sports have administrative oversight

– that’s not us. We are off the track running the game and then we put on our skates and play the game. You’re always doing two things at the same time.”

But is it worth it? Dunham absolutely believes it is.

“It makes you grow in ways you never thought you could. In myself I’ve grown a lot in confidence.”

She also mentions that derby skaters not only grow in what their bodies are capable of, but also personally and professionally. Confidence found in roller derby can lead to the courage for everything from pursuing job

promotions to leaving harmful relationships.

Also notable is Sacramento Roller Derby’s junior program. Children as young as eight years old can join the team.

“The kids find their own way there,” says Dunham when asked how they recruit children to the program. Current league kids share with friends via word-of-mouth, and the league’s numbers have also benefited from a popular graphic novel featuring a roller derby girl.

However, the junior program is hardly new. “We’ve had a juniors program for as long as Sac Roller

Derby has been around.”

Safety comes first, and just like the adults, junior skaters wear helmets, mouth guards and pads. And they aren’t afraid to completely wipe out and try again.

“The kids are super resilient and dedicated,” says Dunham. “They are just like Gumby and fall in weird ways that make my heart stop and then get up and skate away.”

“They are all amazing,” adds Watts. “They are always striving to do better.”

Perhaps that’s the true magic of roller derby. Beyond the sport itself, skaters are inspired to do better both on and off the rink.

Those who would like to watch a game can head out to the Andy Morin Sports Complex on December 2 for the Red Red Tournament – a chance to see not only Sacramento Roller Derby but other leagues play on mixed teams. Or, take things a step further and consider trying out for the league next spring. Anyone can try out, and skating experience isn’t necessary. The tryouts include everything from skating lessons to teaching the rules of the game. The junior program is for boys and girls aged eight through seniors in high school. Females aged 18+ make up the main league.

Sacramento Roller Derby is located at the Andy Morin Sports Complex on 66 Clarksville Rd, Folsom, Calif.

For more information call (916) 461 6650 or visit sacramentorollerderby.com. ★

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08180
Gilberto Uribe, 5000 Earlicort Circle, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "New Generation Masonry" 5000 Earlicort Circle, Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 1, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07709
Norcal BSBA, 3626 Fair Oaks Boulevard Suite 100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Transworld Business Advisors Sacramento/ Transworld Business Advisors Sacramento East" 3626 Fair Oaks Boulevard Suite 100, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 17, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
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FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08017
JJ Veterinary Services Inc., 2705 E. Bidwell Street, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "PetSmart Veterinary Services #54" 2705 E. Bidwell Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 27, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
PETSMART 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08201
Danelle Ingalls, 3056 Stanton Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Wee Tymes Playschool" 2925 Root Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 2, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
WEE 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08209
S. Gill Co, 825 Fratis Street, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Joe's Market" 11070 Fair Oaks Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 2, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
JOES 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07746
Confidential Canine Services Inc., 100 Pine Street Suite 1250, San Francisco, CA 94111 is doing business under the Fictitious Business Name(s) "Team K9" 100 Pine Street Suite 1250, San Francisco, CA 94111. Filed with the Clerk of Sacramento County October 19, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
TEAM 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08167
Dongdong Xu, 208 Live Oak Circle, Roseville, CA 95678 is doing business under the Fictitious Business Name(s) "Renew Massage" 4140 Sunrise Boulevard #C, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 1, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
RENEW 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07601
Rebecca Bestoso and Lane Edwards, 2561 Verna Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "ABL Consulting" 2561 Verna Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 13, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
ABL 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08041
Daniel Food Worldwide Corp, 5207 Madison Avenue #B, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Essy's Martial Arts" 5207 Madison Avenue #B, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 30, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
ESSYS 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07618
United Tires and Brakes, LLC, 5100 El Camino Avenue, Sacramento, CA 95608 is doing business under the Fictitious Business Name(s) "United Tires and Brakes" 5100 El Camino Avenue, Sacramento, CA 95608. Filed with the Clerk of Sacramento County October 16, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
UNITED 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07797
Carmen M. Jennett, 114 Bittercreek Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Next Phase Financial" 9719 Lincoln Village Drive Suite 506, Sacramento, CA 95827. Filed with the Clerk of Sacramento County October 24, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
NEXT 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08000
Sherry Louise Holland, 2800 Corabel Lane #115, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Pure White Dove" 2800 Corabel Lane #115, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 26, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
PURE 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07704
Candi Cee Becerra, 154 Pinedale Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Vida Dulce" 154 Pinedale Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 17, 2023
Publish: Nov 10, 17, 24 Dec 1, 2023
VIDA 12-1-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08259
NorCal Care Solutions, 7116 Carana Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "NorCal Care Solutions" 7116 Carana Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 6, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
NORCAL 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07955
Double Move LLC, 635 California Street, Sacramento, CA 95605 is doing business under the Fictitious Business Name(s) "Gentle Move" 7224 Catboat Circle, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 26, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
GENTLE 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07960
PBK Architects, Inc., 11 Greenway 22nd Floor, Houston, TX 77046 is doing business under the Fictitious Business Name(s) "Beam Professionals" 1110 Iron Point Road Suite 200, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 26, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
BEAM 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08202
Pamela Willover, 1125 Los Robles Boulevard, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Breakpoint WP" 1125 Los Robles Boulevard, Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 2, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
BREAKPOINT 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08040
Wagner Family Industries, LLC, 9064 Goldlocks Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Two Rivers Photography" 8880 Cal Center Drive Suite 400, Sacramento, CA 95826. Filed with the Clerk of Sacramento County October 30, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
TWO 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08135
Manuela Zurita, 213 Village Circle, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Tutoring with Rachel" 3550 Watt Avenue Suite 312, Carmichael, CA 95821. Filed with the Clerk of Sacramento County November 6, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
TUTORING 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08275
Millennium Information Global Solutions, 5960 S Land Park Drive #1035, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Millennium Insurance & Financial Solutions/Millennium Insurance and Financial Solutions" 2703 Corabel Lane #216, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 6, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
MILLENIUM 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08332
KDC Holdings LLC, 745 E 590 N, Smithfield, UT 84335 is doing business under the Fictitious Business Name(s) "All Auto Truck & EV Dismantling" 3678 Omec Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 7, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
ALL 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07700
Above & Beyond, TCS LLC, 9840 Corte Dorado Court, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Dedicated TC" 9840 Corte Dorado Court, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County October 17, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
DEDICATED 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08365
Malik Anan Liddawi and Nabila Anan Liddawi, 2110 Big Sky Drive, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Photo Booth XPress" 5800 Madison Avenue, #T, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 7, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
PHOTO 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08255
The River Delta Blog LLC, 9416 Second Street, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "The River Delta Blog" 9416 Second Street, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County November 3, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
RIVER 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08049
Robert Keplinger, 430 Claydon Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Keplinger Engineering" 430 Claydon Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 30, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
KEPLINGER 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08261
Stroy Inc, 6133 W 4th Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Verano Construction" 6133 W 4th Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County November 6, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
VERANO 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08454
Revelation Cleaning Inc, 3872 35th Avenue, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Revelation Cleaning Inc" 3872 35th Avenue, Sacramento, CA 95824. Filed with the Clerk of Sacramento County November 9, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
REVELATION 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-07520
Eliseo Arredondo Zavala, 7354 Branbury Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "AZ Masonry" 7354 Branbury Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County October 10, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
MASONRY 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08404
Flash Zone LLC, 2208 Marconi Ave, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Flash Smoke Shop" 2208 Marconi Ave, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 8, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
FLASH 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08260
Valsteph LLC, 4019 Tawny Meadow Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Speed Fix It" 4019 Tawny Meadow Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 6, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
SPEED 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08324
LaToya Arrington-Artis, 9601 Country Falls Lane, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Express Medical Exams & Lab Services" 9601 Country Falls Lane, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 7, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
EXPRESS 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08452
Rainbow Brockenborough, 5226 Copper Sunset Way, Rancho Cordova, CA 95742 and Christopher Podratz, 21808 Chestnut Lane, Tehachapi, CA 93561 are doing business under the Fictitious Business Name(s) "Atlas Coaching & Consulting Group/Atlas Coaching Group" 5226 Copper Sunset Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 9, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
ATLAS 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08498
Bram Cyrus Marvail, 2551 Rhine Way, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "BB Consulting" 2551 Rhine Way, Elverta, CA 95626. Filed with the Clerk of Sacramento County November 14, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
CONSULTING 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08336
Jennifer Lyn Stone, 14915 Isleton Road, Isleton, CA 95641 is doing business under the Fictitious Business Name(s) "Delta Thrones Portable Restrooms" 14915 Isleton Road, Isleton, CA 95641. Filed with the Clerk of Sacramento County November 7, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
DELTA 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08406
Glitch Network LLC, 1401 21st Street Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Easy Demons Club" 1401 21st Street Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 8, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
EASY 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08252
Dilbag Singh, 250 Touchstone

Julie Tchang, 3632 Husch Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "ThreeBirds/ThreeBirds & Co" 3632 Husch Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 3, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
THREEBIRDS 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08475
Kenneth James Crawford, 11580 Big Four Way, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Flux Tube Studios" 11580 Big Four Way, Gold River, CA 95670. Filed with the Clerk of Sacramento County November 13, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
FLUX 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08271
Gohas Sedsakyan, 5715 Bretmoor Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "S & H Cleaning Service" 5715 Bretmoor Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 6, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
S&H 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08537
Jeannette Dvorak, 11632 Heavy Tree Court, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "JDV Wellness" 11632 Heavy Tree Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County November 15, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
JDV 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08561
PureFunction Formulations LLC, 8200 Baymore Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Purefunction" 8200 Baymore Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 16, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
PUREFUNCTION 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08496
Volodymyr Filatov, 9736 Fair Oaks Boulevard Apt 406, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Well Done Handyman Services" 9736 Fair Oaks Boulevard Apt 406, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14, 2023
Publish: Nov 24, Dec 1, 8, 15, 2023
WELL 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08468
Christopher Mario Aguirre, 12520 Farlen Circle, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Rancho Valley Heating and Air" 12520 Farlen Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 13, 2023
Publish: December 1, 8, 15, 22, 2023
RANCHO 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08387
Victor Garcia-Contreras, 7659 Denio Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Erica's Cafe" 7451 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 8, 2023
Publish: December 1, 8, 15, 22, 2023
ERICAS 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08630
Joyce Weinberg, 4654 Cabana Way, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Red's Plumbing" 4520 Franklin Boulevard, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 20, 2023
Publish: December 1, 8, 15, 22, 2023
REDS 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08610
Heavenly Vibe, Inc., 6610 Folsom Auburn Road Suite 2, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Coffee Republic/Coffee Republic, Folsom" 6610 Folsom Auburn Road Suite 2, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 20, 2023
Publish: December 1, 8, 15, 22, 2023
COFFEE 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08286
Jeanine M Perkins, 7207 Wintler Willow Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "CaJeanine's" 4581 Mack Road, Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 6, 2023
Publish: December 1, 8, 15, 22, 2023
JEANINES 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08263
Georgiy Tokmakov, 7652 Laguna Beach Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "City Wise Solutions" 7652 Laguna Beach Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 6, 2023
Publish: December 1, 8, 15, 22, 2023
CITY 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08671
Dilbag Singh, 250 Touchstone

Place Apt #63, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Sacramento Reefer Repair" 1643 Salizar Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 22, 2023
Publish: December 1, 8, 15, 22, 2023
SACRAMENTO 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08014
Maggie Lan Thach, 8646 Tegea Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Divine Brows and Beauty" 2440 Fulton Avenue Suite 10, Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 27, 2023
Publish: December 1, 8, 15, 22, 2023
DIVINE 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08393
Sacramento Hypnotherapy, LLC, 4250 H Street Suite 4, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Sacramento Hypnotherapy/California School of Hypnotherapy" 4250 H Street Suite 4, Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 8, 2023
Publish: December 1, 8, 15, 22, 2023
SACRAMENTO 12-22-23

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV005219
Fnu Tamana has filed a petition with this court for a decree changing the name(s) of Fnu Tamana aka Tamana to Tamana Sultani.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 30, 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: October 20, 2023
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Nov 10, 17, 24 Dec 1, 2023
FNU 12-1-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV011006
Ioana Cornelia Hlitcas has filed a petition with this court for a decree changing the name(s) of Ioana Cornelia Hlitcas to Joanna Dascal and Alessandra Rose Dascal to Evelyn Rose Dascal.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 23, 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: November 3, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: Nov 17, 24, Dec 1, 8, 2023
DASCAL 12-8-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV011207
Tiffany Diane Delany-Bierbaum has filed a petition with this court for a decree changing the name(s) of Tiffany Diane Delany-Bierbaum to Tiffany Diane Bierbaum-Yates.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 24, 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: November 6, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: Nov 24, Dec 1, 8, 15, 2023
YATES 12-15-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV011592
Jibril Asim Jelani Bob has filed a petition with this court for a decree changing the name(s) of Jibril Asim Jelani Bob to Jibril Asim Jelani Kemet.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 31, 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: November 14, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: Nov 24, Dec 1, 8, 15, 2023
KEMET 12-15-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV011469
Traci Fonseca and Gerry Remiero have filed a petition with this court for a decree changing the name(s) of Nico Louis Remeiro to Nico Remeiro Fonseca.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this

court on January 31, 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: November 13, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: Nov 24, Dec 1, 8, 15, 2023
FONSECA 12-15-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV009530
Marcela Itaborai Cabitto has filed a petition with this court for a decree changing the name(s) of Marcela Itaborai Cabitto to Marcela Itaborai Marin.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 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: October 6, 2023
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Nov 24, Dec 1, 8, 15, 2023
MARIN 12-15-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV010813
Olga Bakin and Valerii Bakin have filed a petition with this court for a decree changing the name(s) of Semion Bakin to Sam Bakin.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 18, 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: October 31, 2023
Christopher E. Krueger, Judge of the Superior Court
Publish: December 1, 8, 15, 22, 2023
BAKIN 12-22-23

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#23CV010302
Erich Simpson has filed a petition with this court for a decree changing the name(s) of Ronin Reed Walkowsky to Ronin Reed Simpson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 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: November 6, 2023
Richard K. Sueyoshi, Judge of the Superior Court
Publish: December 1, 8, 15, 22, 2023
SIMPSON 12-22-23

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF PATSY EADEN COLEMAN CASE NO. 23PR001312
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Patsy Eaden, Patsy Jean Eaden, Patsy Eaden Colman, Patsy Davis.
A Petition for Probate has been filed by Tabitha E. Thompson, in the Superior Court of California, County of Sacramento, requesting Tabitha E. Thompson be appointed as personal representative(s) to administer the estate of the decedent.
The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court as follows December 21, 2023, 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

COMICS & PUZZLES

The Spats

by Jeff Pickering

Amber Waves

by Dave T. Phipps

Out on a Limb

by Gary Kopervas

TIGER

by BUD BLAKE

THIMBLE THEATRE PRESENTS

POPEYE

BY KENNY MILKOLLAND

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

GRIN & BEAR IT

Just Like Cats & Dogs

by Dave T. Phipps

LADED CRT SACS

AGAVE OAR GIGUE

MADAM PYA ADOBE

PRODUCT INTEGER

ERR FLOE

RPM SODA RASCAL

ASAP WORM UPEND

TAPE DEMOB AARGO

ILLER SORE YELP

OMELET UNIT SEA

TEST GYM

DIAGRAM DECIMAL

RODEO ATE ONICE

AWARD REF OCTET

WARM TNT NEEDS

STATEPOINT CROSSWORD • MATH 101

CLUES

ACROSS

1. Loaded up

6. Tube in old TV

9. Pouches

13. Tequila source

14. Stick in water

15. Jig's French cousin

16. TV's "____ Secre-tary"

17. Money in Myanmar

18. Photoshop maker

19. "Result of multipli-cation"

21. "Whole number

23. "Say 2+2 is 5, e.g.

24. Arctic floater

25. Dashboard acronym

28. Fountain serving

30. Spanky or Alfalfa

35. Short for "hurry up"

37. Live bait

39. Turn upside down

40. Cassette contents

41. Retire from military, for short

43. Jason's vessel

44. Sicker

46. "Sight for ____ eyes"

47. Puppy cry

48. Denver option, at a diner

50. Apartment

52. Green turtle's domain

53. Final

55. Personal trainer's place of employment

57. "Venn ____

61. "Point in 2.5

65. Barrel racing meet

66. Gobbled up

68. On the rocks (2 words)

69. "Fields Medal to a mathematician, e.g.

70. Sports official, for short

71. 8 of something

72. Like Gulf Stream

73. Big bang maker

74. Required things

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

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57 58 59 60 61 62 63 64

65 66 67 68

69 70 71

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3 8 9 6 7 2 4 1 5

2 7 5 8 4 1 3 6 9

4 1 6 5 9 3 7 2 8

7 3 2 1 5 9 8 4 6

8 6 1 4 2 7 9 5 3

9 5 4 3 6 8 2 7 1

6 4 8 7 3 5 1 9 2

5 2 3 9 1 4 6 8 7

1 9 7 2 8 6 5 3 4

DOWN

1. "I lift my ____ beside the golden door"

2. Petri dish gel

3. Carpenter's groove

4. Dodge, as in tax bill

5. Takes exception to

6. Native Egyptian, in Roman times

7. *Line with one endpoint

8. Path in the woods

9. Left or right, e.g.

10. Awestruck

11. *Three-dimensional figure with 6 square faces

12. Palm reader, e.g.

15. Cake with filling

20. Three people?

22. Neither here ____ there

24. Subtract (2 words)

25. "1,2, e.g.

26. Sacred song

27. Canada's favorite tree?

29. "Nobody ____ It Better"

31. Fix a cat

32. First discovered asteroid

33. *Measured in degrees

34. Parkinson's disease drug

36. Banana remnant

38. Between dawn and noon

42. Brown shade

45. Retread, past tense

49. Non-alcoholic brew

51. Rockefeller or Bezos

54. Like today's phone

56. Kind of pie

57. No-win situation

58. Wisconsin neighbor

59. Jewish month of Purim

60. Disease-causing organism

61. Clever

62. Indoor allergy cause

63. Crushed it, as in a test

64. "____ Make a Deal"

67. *X

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8 9 2 4 1

2 7 4 3 9

6

2 1 5

8

6 8 2

1

5 3 1 8 7

9 7 2 5 3

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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.

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Bera Releases Statement on Ceasefire Negotiations Between Israel and Hamas

Office of Congressman
Ami Bera, M.D.

SACRAMENTO, CA (MPG) - U.S. Representative Ami Bera, M.D. (CA-06) November 21, 2023, released the following statement on ceasefire negotiations between Israel and Hamas.

“As a doctor and a member

of Congress, the events of October 7, and the tragic loss of innocent civilian lives in the subsequent weeks, have been truly heart wrenching. Having met with Israeli families who have had loved ones taken hostage and listening to the stories of Palestinian American constituents who have suffered the

loss of their own relatives has underscored the urgent need for a different path forward.

I am encouraged by the prospects of a temporary negotiated ceasefire and strongly urge the Netanyahu administration to accept the proposed terms being reported in return for the release of hostages and the delivery

of essential humanitarian aid, including food, water, fuel and medications.

It is my hope that the Biden administration can leverage this momentary pause to advance negotiations towards a more promising future – one that guarantees the security of the Israeli people while allowing

the Palestinian people to live a life of dignity and respect. My commitment to advocating for a two-state solution remains unwavering, where Israelis and Palestinians can live side-by-side in peace. It may seem like an impossible dream, but the alternatives are simply untenable.”



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Saturday December 2nd - Noon
Rain Date Saturday December 9th - Noon





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