



**Parent Summits
Empower Families
to Actively Engage**

PAGE 2

**On the Mental
Health Hot Seat**

PAGE 12



Grapevine Independent

VOLUME 57 • ISSUE 49 PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968 DECEMBER 8, 2023

**SEE
INSIDE**

**PERRY OF DOVIA
RECOGNIZED FOR
LEADERSHIP**



PAGE 6

**A COMMITMENT
TO FAMILY
AND CARE**



PAGE 8

KINGS KORNER
By V.G. Harris



PAGE 4



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



PRSRTD STD.
U.S. POSTAGE
PAID
RANCHO CORDOVA, CA
PERMIT NO. 91
OR CURRENT
POSTAL CUSTOMER

Rockets at Riverview

STEM Academy Fully Implements High-Tech Curricula



Riverview STEM Academy in Rancho Cordova offers K-5th FCUSD kids a truly modern education. Photo courtesy of FCUSD

**City of Rancho Cordova
News Release**

RANCHO CORDOVA, CA (MPG) - A unique asset to the community, Riverview STEM Academy in Rancho Cordova is a K - 5th elementary school with a focus on STEM (Science, Technology, Engineering and Math) that supports students in becoming better critical thinkers and innovators. Folsom Cordova Unified School District Superintendent Sarah Koligian, Ed.D., recently visited Riverview STEM Academy to hear from students and teachers about the engaging curriculum in all grades.

In kindergarten classes, young learners are taking their first steps into the world of coding by using programs designed to introduce the language of technology and strengthen their algorithmic thinking. The students solve various puzzles, challenges



A classroom at Riverview STEM Academy demonstrates a learning environment filled with coding kindergarteners, budding engineers, and fifth graders gearing up for an electrifying robotics challenge. Photo courtesy of FCUSD

and create animations using coding. These young students learn how to creatively express themselves through the computer, not just interact with it.

In third grade classrooms, students learn about animal life cycles and habitats, including insects like mosquitoes and ways to mitigate mosquito born illnesses to

link classroom exercises to tangible issues. By incorporating stimulating topics into teaching lessons, teachers at Riverview STEM Academy strive to foster an environment of collaborative problem solving that extends beyond the classroom.

Students in fourth grade are immersed in the world of computer language,

preparing to navigate the demands of the digital age. Fourth graders create their own interactive games to teach their first-grade buddies about coding through mentorship and teamwork.

In fifth grade, students dive into robotics and automation in the classroom. Students create robots using the engineering design process and compete in various robotics challenges. The early exposure to technology enhances problem solving skills, innovative thinking and creativity.

Watch FCUSD Superintendent Sarah Koligian, Ed.D. visit classrooms and speak to students at Riverview STEM at www.youtube.com/watch?v=vLNC1PZLJTU

For more Rancho Cordova news, sign up for the city's e-newsletters at CityofRanchoCordova.org/ENews. ★

Sac County Health Center Earns Three Quality Awards

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento County Health Center is now proudly displaying three Health Resources and Services Administration (HRSA) Community Health Quality Badges, exemplifying the strong dedication of our Primary Health Services team to providing exceptional healthcare for our community. These awards from HRSA recognize the County's commitment to delivering high-quality healthcare, prioritizing patient-centered services, and continuously striving for improvement. They serve as acknowledgement of the collective efforts and dedication of our entire team in ensuring that our patients receive the highest standard of care. Over the last year, we have made significant progress in enhancing accessibility, refining operations, and elevating the quality of our healthcare services, these awards are the results of the tirelessly hard work of the Primary Health Services team.

"I couldn't be more proud of our team and their relentless dedication to providing exceptional healthcare services to our community," says Tim Lutz, Health Services Director. "Receiving three HRSA Community Health Quality Badges is a testament to the hard work and commitment of every staff member, provider, partner, and volunteer. It is a recognition of the outstanding care they provide to our patients each day."

The HRSA Community Health Quality Badges represent a significant milestone in the Health Center's journey towards excellence in healthcare. It underscores Health Service's ongoing commitment to improving healthcare outcomes, reducing health disparities, and serving the community with the highest standards of care. CHQR badges recognize Health Center Program awardees that have made notable achievements in the areas of access, quality, health equity, health information technology, social risk factors screening, and COVID-19 public health emergency response. For more information on CHQR badges, visit the CHQR Overview page and the CHQR FAQ page.

This achievement is a collective effort, a result of the steadfast work of every individual involved in the Health Center's operations. *Continued on page 3*

Lancers Receive GSL All-League Honors!

**Story and photos
by Rick Sloan**

RANCHO CORDOVA, CA (MPG) - The Cordova Lancer football team held their post-season awards banquet on Thursday, November 30th at the Hagan Park Community Building. Both the varsity and junior varsity teams were handed out their letters for participating in the 2023-24 Greater Sacramento League season. The varsity ended their season with an overall record of 4-6 and a league record of 3-2. The junior varsity finished with an overall record of 3-5 and a league record of 3-1.

First time Head Coach John "JP" Dolliver and his coaching staff handed out the team letters and awards as parents and family members watched. Ten athletes were selected by the Greater Sacramento League coaches to receive All-League honors. Six athletes were voted as 1st Team All-League and four players were selected to the



1st Team All-League athletes (L-R): sophomore Julian Drahn, senior Nezziah Poole-alston, senior Jayden Ryce, senior Jabari Davis, sophomore Anthony Gomez and sophomore Damajae Moses

2nd All-League team. 1st team honors went to sophomore Julian Drahn, senior Nezziah Poole-alston, senior Jayden Ryce, senior Jabari Davis, sophomore Anthony Gomez and sophomore Damajae Moses.

2nd team All-League honors went to junior

Armani Curtis, junior Elijah Wallace, junior Orlando Gomez and senior Michael Brown.

With six of the honored athletes returning next year along with ten other varsity players, the Lancers will have a seasoned roster as they move back

into the more competitive Metro League. All of the Cordova coaches, faculty, family members and myself wish the seniors good luck as they move onto their next challenges after graduation in May of 2024. Some will compete *Continued on page 3*

FCUSD Parent Summits Empower Families to Actively Engage



FCUSD Superintendent Sarah Koligian, Ed.D. speaks to parents during the Parent Summit. Photo courtesy of FCUSD



FCUSD Educational Leaders foster a collaborative spirit with district families. Left to right: Rob Com: President, FCUSD California School Employees Association (CSEA); Elena Cabrera: Director, Categorical Programs and Grants; Chris Clark: FCUSD Board of Trustee; Roxanne Anguiano: HR Manager, Classified. Photo courtesy of FCUSD



FCUSD Superintendent Sarah Koligian, Ed.D. met with parents at this year's Parent Summit. Photo courtesy of FCUSD



FCUSD staff help check in parents attending this year's Parent Summit. Photo courtesy of FCUSD

FCUSD News Release

RANCHO CORDOVA, CA (MPG) - Parents gathered to hear from FCUSD Educational Leaders at the fall Parent Summit at Rancho Cordova Elementary School last November. For the last 10 years, FCUSD Director of Categorical Programs and Grants, Elena Cabrera has hosted Parent Summits as a way for various

District departments to connect directly with parents, provide important District and program information that supports student success and parent empowerment, and gather feedback from our parents whom we value as partners in education. During the event, the primary focus was on helping families navigate changing circumstances, empowering parents through

adult education, offering essential student and family support services, and encouraging active family involvement. An update on Community Schools was provided by Carla Gaymon-Davis and information on funding allocation at each school site was provided by Cabrera, so necessary support may address the unique needs of each school's student population.

To ensure that parents could fully participate in the program without any distractions, childcare services were made available at the summit. Furthermore, Spanish, Russian, and Farsi translators were on hand to ensure that every parent could make the most of the program. Parent summits like these empower families with the knowledge and resources needed

to actively engage in their children's education, fostering a collaborative relationship that ultimately benefits students and the entire community. These events underscore the importance of open communication and partnership between schools and families, reinforcing the notion that education is a collective effort that transcends the classroom. ★

Lancers Receive GSL All-League Honors!



2nd Team All-League athletes (L-R): junior Armani Curtis, junior Elijah Wallace, junior Orlando Gomez and senior Michael Brown.

Continued from page 1
 at the next level while some will be hanging up their football cleats to focus on their chosen academic fields.

assistant coach Krista Mayfield and all the parent volunteers that helped make this season a success. See you next season. ★

Also, a special thanks goes out to

GO BIG RED!

Sac County Health Center Earns Three Quality Awards

Continued from page 1
 The awards are not just a recognition but a reminder of the responsibility the Health Center holds towards the community. It is a call to continue the mission to provide top-notch healthcare services, promote community health, and ensure that everyone has access to the care they deserve.

medicine, obstetrics and gynecology, pediatric primary care, preventative health care, psychiatry and mental health counseling, specialty care, chronic disease management, communicable disease screening, on-site laboratory and radiology, and assistance with obtaining health care coverage.

The Sacramento County Health Center is a County operated Federally Qualified Health Center that provides primary care and behavioral health services to low-income residents of Sacramento County. Services provided at the health center include: adult primary care, family

With these three HRSA Community Health Quality Badges proudly displayed, the Sacramento County Health Center looks forward to a future of continued growth, improved services, and even greater achievements in providing exceptional healthcare to the community. ★



Can You Help Us Help Santa This Year?

We are asking if your club or organization can hold a Toy Drive to help children have a Merry Christmas.

**2023 Toy & Grocery Giveaway
 December 23, 2023**

More info at BibSac.org or email JD@BibSac.org

LOCAL CRIME REPORTS

Find out what's happening in your local area

Arrest Logs updated daily

RANCHOCORDOVA.INDEPENDENT.COM

Edward Jones

> edwardjones.com | Member SIPC

Compare our CD Rates
 Bank-issued, FDIC-insured

3-month 5.35% APY* Minimum deposit \$100,000	6-month 5.35% APY* Minimum deposit \$100,000	1-Year 5.20% APY* Minimum deposit \$100,000
---	---	--

Call or visit your local financial advisor today.



Caroline R Fox
 Financial Advisor
 8880 Cal Center Drive, Suite 290
 Sacramento, CA 95826-3299
 916-339-7043
Caroline.Fox@edwardjones.com

* Annual Percentage Yield (APY) effective 12/04/23. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



TOO TOXIC TO TRASH!



PROPERLY DISPOSE OF YOUR HOUSEHOLD HAZARDOUS WASTE (HHW)

HHW can be a danger to humans, pets, and our environment. Help keep Rancho Cordova safe and clean by properly disposing of HHW — for FREE!

WHAT IS HHW?

HHW is the leftover portion of household products, such as paint, cleaners, and other products that contain toxic chemicals. These wastes CANNOT be disposed of in your regular garbage.

HOW SHOULD I DISPOSE OF HHW?

Residents can drop off their HHW for FREE at any of these four locations:

Kiefer Landfill ABOP Drop-Off Center
 (Antifreeze, Batteries, Oil/Filters, and Paint ONLY!)
 12701 Kiefer Boulevard, Sloughhouse • 916-875-5555

Sacramento Recycling and Transfer Station HHW Facility
 8491 Fruitridge Road, Sacramento • 916-737-4870

Elk Grove Special Waste Collection Center
 9255 Disposal Lane, Elk Grove • 916-627-3232

Sacramento County HHW Facility
 4450 Roseville Road, North Highlands • 916-875-5555

TYPES OF MATERIALS ACCEPTED

- Automotive fluids
- Household cleaners
- Flammables
- Paint/paint products
- Pesticides
- Fluorescent bulbs/tubes
- Batteries
- Pool chemicals
- Propane tanks
- Used oil/filters

For a complete list of ACCEPTABLE and UNACCEPTABLE items, visit RanchoRecycles.com or contact the local drop-off site directly.

VISIT RANCHORECYCLES.COM FOR MORE INFORMATION.



Kings Korner

By V.G. Harris



What Does Christmas Really Mean?

What does Christmas mean to you? I know its holiday festivities and yummy treats, presents galore and parties to the MAX. And it meant that to me for decades until the pandemic hit big time in 2020. This year especially because so much can change in a blink of an eye to make us see life and celebration so differently. We still do Christmas cards...incredible huh...because I still think a card that arrives via mail and not an email or text has so much more meaning with that little message that you actually took time to write yourself, and not just the generic saying in the card. It can really give life to the holiday. We'll still have some goodies to go with the phone calls and expressions of love to family and friends, but for me, it has really made a big change in my life. I have not shared this with you, but now it seems the right time. You see my husband Rick of nearly 53 years married was diagnosed with stage four lung cancer in March of 2020 just before the pandemic became a reality for us all. It was a shock, but we held out hope for all this time with clinical trials and new drugs etc. but now we really don't know what is going to happen. You see he is now in hospice at home. He decided after so many hospital stays that home is where he wanted to be. Don't get me wrong Sacramento Hospice has been great. They are caring and give all the comfort that they can with nurses, health

aides, social workers, even a chaplain for comfort and more.

But now is the time that we have left to look back at the wonderful experiences we had together with cruises, family get-togethers (very small family) all the events we attended over the years from theatre to concerts to, well, you name it. But the best part of it was being together. And that includes the special times I have had over some 48 years in radio and television. Rick and I have enjoyed so many great celebrities all the way back to Rock Hudson, Marian Ross of Happy Days fame) and so many more I can mention from movies to television, even some political. And Rick was always my rock. He was cameraman for many of my TV shows and was behind the camera on locations. Always wanted him on my camera. Why? Because he always made me look good. And he was always there for me through good times and bad. Together we made it through thick and thin. So now comes the challenge in the commitment we made on that sacred day so many years ago...in sickness and in health.

Why do I share this journey with you? Because I urge you to cherish every single day with the one you love. You never know when the good Lord will make the call. Please keep us in your prayers and have a BLESSED CHRISTMAS TO ONE AND ALL AND TO ALL GOOD CHEER!!! ★

been in abundance, but no more. The number of wins accumulated this year will no doubt correlate with the depth of the waiting list for season tickets, and many believe the Kings could surpass the 50-win mark for the first time in over 20 years.

Yes, Kings fans, it's fun again to take your family or sweetheart to a game, and with the advent of the high-tempo, high-scoring game the Kings play today, it's by far the hottest ticket in town.

Mike Brown in his first full season of coaching with the Kings brought a winning style of basketball, and by season's end the Kings had amassed the highest point total in the entire NBA.

Sending not one, but two All-Stars to the All-Star game was a highlight of last year's season, and it wouldn't surprise anyone if De'Aaron Fox and Domantas Sabonis did it again.

There remains question marks though, and we will sort them out as the season progresses.

Mike Brown's use of his bench has had many scratching their heads, as crowd favorite Davion Mitchell rode the pine for more than one game before finding himself in the rotation again. Davion, while a streaky scorer, is perhaps the most dependable defensive player on the team, and without a doubt stirs the crowd whenever he enters the game.

Keegan Murray has struggled at times this season to find a consistent 3-point shot, but coach Brown remains committed to Keegan, and it appears to have had a positive effect on his defensive play as well.

De'Aaron Fox may go down as the greatest first-round draft choice in the history of the Kings before his playing days are over, but for the moment we will just be consistently amazed at his lightning speed and acrobatic shot making! Truly a gem, De'Aaron has become an All-Star right before our eyes, and many fans believed his All-Star appearance last season was overdue.

Gear up Kings fans! This is going to be a wild ride, and supplanting the Golden State Warriors as the Northern California #1 team is the first test we will have to face.

If you've enjoyed the first edition of Kings Korner, let me know at vgarriskingsfan@gmail.com. ★

Welcome to the first ever edition of Kings Korner.

For those of you faithful sports fans, and in particular Sacramento Kings fans who still find eating breakfast on a Sunday morning with a paper in your hand a salubrious experience, I welcome you one and all.

Can it be just seven short years since the Kings were rescued from the Siberia called Seattle, and placed inexorably in the fabulous confines of technical wonder, Golden 1 Center?

True, we suffered through several losing seasons and more than one questionable draft choice, but memories of past bad experiences fade quickly when your team transforms into a kaleidoscope of positivity.

Last season's 48 wins did more than just get our attention. It ignited an energy that has awakened the base and brought with it new fans that had only an anemic interest in the past.

Recent years brought new faces and crowd favorites such as De'Aaron Fox, Malik Monk, Keegan Murray, and the acquisition of All-Star Domantas Sabonis was the missing piece the Kings have been looking for, for years. Trading fan favorite Tyrese Haliburton for Domantas Sabonis was controversial, and at the time shocking for many Kings fans, but leading the NBA in rebounds and double-double's convinced many that the organization had finally made a trade that would elevate the Kings to the next level.

Whether your favorite player is Domantas Sabonis, De'Aaron Fox, or Sasha Vezenkov, or Davion Mitchell, there is plenty to be happy about with the team we have today.

In years gone by, we would be jumping for joy with a 9-6 record, but Kings fans know with a little luck it could easily be 12-3. Losing back-to-back games in both Houston and New Orleans wasn't on anyone's radar, and if Clay Thompson hadn't hit a last second bucket our Kings record would be the envy of the league.

I remember as a young Kings fan in 1989 feeling lucky just to get a ticket. Those hopeful of becoming a season ticket holder could expect to wait 3-5 years before such an opportunity would arise.

For the past 20 years season tickets have



Be Gentle, He's Moving in the Right Direction

Dave Ramsey Says

said your husband grew up in poverty, right? So, what I'm hearing is the cards represent almost a security blanket for him—a financial security blanket. I get that, but here's the thing. If you had a fully funded emergency fund of three to six months of expenses sitting in the bank, I'm talking about hard cold cash, you'd have the security of knowing that the expense of a new air conditioning unit or transmission for the car would only be a minor inconvenience. And, you'd be able to cover it easily without going back into debt.

Instead of actively trying to convince him of something, a better route might be to sit down together and talk through the whole thing. Explain to him you think you know why he feels the way he does, and that it's understandable. Then, ask him if there's a reasonable amount you two could have in the bank that would help him stop worrying.

Discuss it, agree on an amount and then agree to cut the cards up and close the accounts when you reach that figure. Remind him, too, you'd still have your debit cards in hand in the event of an emergency.

Above all, Ramona, make sure you work together. Be patient and understanding. If he has recognized the wisdom of getting rid of debt and taking control of your finances, he's moving in the right direction!

—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. ★

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

Rosie's Country Kitchen

Best food in town!

BUY ONE GET ONE
FREE
WEEKDAYS

With an entrée at regular menu price and purchase of 2 drinks. No holidays. Dine-in only. Steak and seafood not included. Not valid with any other coupons or discounts. Expires 12/31/2023

BUY ONE GET ONE
1/2 OFF
WEEKENDS

With an entrée at regular menu price. No holidays. Dine-in only. Steak and seafood not included. Not valid with any other coupons or discounts. Expires 12/31/2023

\$6.99

**Ham & Eggs
Special Mon-Fri
All Day!**

Served with 2 eggs, potatoes and toast



916-361-1647

rosiescountrykitchen.net

OPEN 7 DAYS A WEEK 6AM-2PM
10273 Folsom Blvd, Rancho Cordova, CA



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

CALL or TEXT today!

PROTECT YOUR FAMILY FROM THE STRUGGLES OF PROBATE WITH A BASIC ESTATE PLAN

Holiday/New Year's Resolution Special

The Fee for a Basic Estate Plan is reduced to \$1,000 until December 31, 2023

Brian Kisling
ATTORNEY at LAW

(916) 418-4395
brian@kislinglegal.com
www.kislinglegal.com/estate-planning



And Another Thing

It Seems That Conflicts Never End

By Bob McGarvey

December 2 is the birthday of my niece, December 3 was my father's birthday, December 8 was my sister's birthday, December 9 is our grandson's birthday, December 22 is our daughter's birthday, and there are other members of our family who's birthday is in December. Birthdays and religious events are all important, but they weren't the only kind of things that happened in December. December 7, 1941 was when Pearl Harbor was attacked, and our country was suddenly put into WWII.

Many of today's children and young adults have read about what happened on December 7, but there are many people who are still alive and who lived and fought during that war. There are so many people in our country who have seen other wars. It seems that conflicts never ends. President Ronald Reagan said, "All of us denounce war. All of us consider it mans greatest stupidity, and yet wars happen; and they involve the most passionate lovers of peace because there are still barbarians in the world who set the price for peace at death or enslavement, and their price is too high." We all hope that at some time there won't be any wars.

Christmas is in full swing now, and there are millions of people who travel and shop on line and shop in different stores. Students are going to school for a little bit longer, then they will be at home for Christmas vacation for a couple of weeks.

Speaking about shopping, I recently saw a new watch that can check your

blood levels with an infrared light through your skin. I will need to check out that watch more and see if it does everything that is says. It would be very helpful if you are a diabetic. Maybe you'll no longer need to check blood sugar levels with pricks on your skin to check out your blood sugar. We'll have to see, but it seems to be a very good new device.

On June 28, 2023 the Cordova Community Pool was dedicated. Just over a year ago the Rancho Cordova Youth Center opened at 10455 Investment Circle. "The RCYC" is centrally located and serves elementary and teenage students with a focus on equity and inclusion, membership, academic support, and sports activities. The Boys and Girls Club of Greater Sacramento in collaboration with Rancho Cordova Police Activities League operates RCYC." There are many other things you can learn if you look at our city's web site.

I have been interested in the weather for a long time, and I also enjoyed looking at the stars, the moon, and other beautiful things like some of the planets. I have watched with a couple of telescopes to see those breathtaking views in the sky. I have also paid attention to the weather no matter where I have been. When I was growing up I received my first telescope as a present at Christmas. I imagine we have all received something when we were young that caught our attention. What do you think you will ask for for Christmas? Whatever you ask for, I hope you get it.

From Bob McGarvey, God bless, and see you next time. ★



Was Napoleon a Dullard?

The figure of Napoleon has long been an object of fascination, but the new Ridley Scott biopic makes one wonder why.

The film, perhaps inadvertently, partakes of the spirit of the times. The so-called Great Man theory of history -- that it is exceptionally talented men who bend events to their will -- is out of favor. Accordingly, the movie renders the stereotypical great man, Napoleon, as doltish and uninteresting.

No man is a hero to his valet, goes the old saying. But can't he at least be a hero, or a compelling persona, to the director of a \$200 million movie about him?

Apparently not. Napoleon can be considered a proto-fascist dictator, or an enlightened reformer, or some of both, but he could never be considered dull, at least not until portrayed by a stolid Joaquin Phoenix, seemingly unaware that the general was a sparkling personality, a hugely energetic reformer and an inspiring leader of men.

As the Wall Street Journal critic Kyle Smith puts it, "Mr. Phoenix's Napoleon could never have commanded so much as a squadron of the Salvation Army."

The Great Man theory is now considered simplistic and even dangerous, and has about it the stale stench of dead

white males. Academic historians tend to obsess with broad economic and social forces or with minutiae, while the largest impersonal force of all, the climate, occupies an outsized place in the political debate of advanced countries.

We don't have to swoon like the philosopher Georg Wilhelm Friedrich Hegel, who enthused after catching sight of Napoleon in Jena about "this world-soul, riding out of the city on reconnaissance."

But the general and emperor demonstrates that great men matter -- not that they are virtuous or good, or that they can overcome every obstacle put in their way by themselves or others, or that large-scale factors don't count, but that individual leaders take a hand in shaping events, sometimes decisively.

Would any Macedonian other than Alexander the Great have toppled the Persian empire and marched on India? Would any Frenchman besides Charlemagne have united much of Europe under his rule and brought about an intellectual and cultural renaissance? Would any Russian other than Peter the Great have modernized the Russian empire, defeated the Turks and Swedes, and built St. Petersburg?

How different the 20th century would have looked without Hitler, Stalin and Mao.

By the same token, only Napoleon -- who rose to power in France only six years fleeing his native Corsica with almost nothing -- would have undertaken his historic campaign of institution-building in France

and conquest in Europe. Many of his changes in France proved worthy and enduring, while his ambitions in Europe were rightly resisted by other powers, England foremost among them.

At the end of the day, he was a captain of war who knew one thing above all -- the offensive to seek and destroy the enemy army. He had speed on his side, a feel for topography and the flow of battle, and innovative tactics. These enabled him to destroy enemy armies and pick apart coalitions arrayed against him for years, as his legend grew.

As always happens, though, his rivals learned from him, and his military advantages slipped away. He lost a long battle of attrition, in masses of broken men, horses and weapons. His operational prowess, synonymous with great victories at Ulm and Austerlitz, didn't translate into success in the ultimate geopolitical war. It all ended in ashes and exile, twice. Napoleon was unforgivably careless with the blood and treasure of France, and that of the rest of Europe that struggled so mightily to stop him.

It's not a story that should occasion hero worship, or romantic images like the famous Jacques-Louis David painting of Napoleon crossing the Alps. But it's not a story devoid of interest, or featuring a slightly ridiculous dullard at its center. Hollywood, in a rank distortion, somehow has made it so.

Rich Lowry is editor of the National Review.

(c) 2023 by King Features Synd., Inc. ★

MPG
WE SUPPORT
FIRST RESPONDERS

Gaurav Bobby Kalra
Attorney at Law

Employment and Personal Injury Trial Attorney.
No Fees Unless We Win
(Client Not Liable for Costs Unless Recovery)

Practice Areas Include:

- Wrongful Termination
- Workplace Discrimination & Harassment
- Wage Theft: Claims for Regular Time and Overtime
- Personal Injury Matters

Attorney and Berkeley Law Graduate with over twenty years of experience and success representing clients on a contingency basis.
1024 Iron Point Road, Folsom, California 95630
Telephone: (916) 413-3316 | bobby@outofcontrolboss.com
WWW.OUTOFCONTROLBOS.COM
Attorney Advertisement. SBN 219483.

CHURCH DIRECTORY

SUN RIVER CHURCH
11223 Trinity River Drive • Rancho Cordova • (916) 635-9000
9:00 am Sundays: Youth and Adult classes • 10:30 am: Worship Gathering
Nursery and Children's programs available at both 9:00 and 10:30 am

NEW LIFE CENTER A-G
2451 Zinfandel Drive • Rancho Cordova • (916) 635-8287
Lead Pastor Lance Feliciano
Sunday Service is 10:30 am • Wednesday Night Bible 6:30 pm
www.newliferc.net

SUNRISE COMMUNITY CHURCH
RANCHO CORDOVA
Meets Sundays, 12:30 pm at New Life Center
2451 Zinfandel Drive, Rancho Cordova • (916) 710-0142
Senior Pastor Roy Leos
Sunday: 12:30 pm in person and Facebook Live
Wednesday: 7 pm via Zoom • www.rcsunrise.org

FIRST BAPTIST CHURCH
10720 Coloma Road • (916) 635-4672
Bible Study for All Ages 9 am Sunday • Morning Worship 10:30 am Sunday
Awana Children's Program Sunday 5-7 pm (September - May)
Mid-Week Prayer & Encouragement
6 pm Wednesday with Pastor Tom Jones
Music Director: David Black

Place Your Church Services Ad
in the Grapevine Independent Church Directory.
Call us at 916-773-1111

LOCAL CRIME REPORTS

CRIME SCENE DO NOT CROSS

Find out what's happening in your local area at...

CITRUSHEIGHTSMESSENGER.COM

ARREST LOGS UPDATED DAILY

Grapevine Independent
Serving Rancho Cordova and Sacramento County Since 1968

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

Subscriptions should be mailed to Grapevine Independent, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$42 per year within Rancho Cordova. \$62 within Sacramento County.

The Grapevine Independent is published weekly. Call 916-773-1111 for more information.

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

The Grapevine Independent 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.

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.

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 non-profit 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." ★

DOVIA News Release

SACRAMENTO, CA (MPG)

- Mary Lynn Perry, Chair of the Board of Directors at Directors of Volunteers in Agencies (DOVIA), Sacramento has received national recognition for exemplary leadership in volunteer engagement. Ms. Perry earned the Impact Award, presented in October of 2023 by the Association of Leaders in Volunteer Engagement (AL!VE) in the Exemplary Leader category, for their efforts to provide quality volunteer engagement programs, a willingness to network, mentor or collaborate with their peers, advocate for the profession, and involvement at the national and local level with volunteer engagement professionals. Because of Ms. Perry's efforts, all volunteer engagement professionals and the programs and communities they serve are all enhanced and supported to provide a robust, engaging, and meaningful volunteer experience.

AL!VE Board President Michelle Raymer, CVA is excited about presenting the award to three recipients in two different categories. "This is our fourth year presenting these awards and the selection committee had many nominees of committed and talented volunteer engagement professionals nationwide."



Mary Lynn Perry, Chair of the Board of Directors at Directors of Volunteers in Agencies (DOVIA). Photo courtesy of DOVIA

AL!VE will provide a cash award to Ms. Perry that she may use for professional development expenses, such as continuing education, books, resources, or pursuing the Certified Volunteer Administrator credential (CVA), an international professional credential for those who manage volunteers and/or programs.

AL!VE is the national professional association for those who manage or lead volunteer engagement programs. The leadership organization seeks to enhance and sustain the spirit of volunteering by fostering collaboration and networking, promoting professional development, and providing advocacy for leaders in community engagement. For more information, visit, www.volunteeralive.org. To

view the 2023 AL!VE Impact Award recipients, visit, https://www.volunteeralive.org/alve_impact_awards_-_sponsore.php

Directors of Volunteers in Agencies (DOVIA), Sacramento provides a forum for exchange of information on relevant issues for professional volunteer managers and leaders of volunteers. Through collaborative efforts, DOVIA Sacramento is committed to promoting service and emphasizing professional growth and development of the volunteer administration profession. Since 1978, DOVIA Sacramento has served to broaden community awareness of volunteerism by furthering communication among DOVIA, its member agencies and institutions, and the general public. ★

SMF's Nichol Named AXN's Director of the Year



Cindy Nichol. Photo courtesy of Sacramento County

Sacramento County
News Release

SACRAMENTO COUNTY, CA (MPG) - Airport Experience News (AXN) has selected Cindy Nichol, director of airports for the Sacramento County Department of Airports, as its Director of the Year, Medium Airports Division. Nichol oversees Sacramento International Airport (SMF), Mather Airport (MHR), a cargo and general aviation facility, as well as Executive Airport (SAC) and Franklin Field

(F72), both general aviation airports.

"I am truly honored and humbled to receive this recognition," said Nichol. "Throughout my career, I've always valued opportunities to contribute to the aviation industry. I believe that any achievement, especially in the aviation industry, is never a solitary effort. I would like to thank everyone who has worked with me and helped in making those contributions over the years."

At the helm of SCDA since 2018, Nichol is currently leading the \$1.3 billion capital program, SMForward, to meet record passenger demand by adding gates and terminal space, parking, rental cars and other ground transportation. Prior to joining SMF, Nichol served as chief financial officer at the Port of Portland. She has also held finance leadership roles at San Francisco International

Airport (SFO) and Leigh Fisher Associates/Jacobs Consultancy.

"Cindy Nichol is known throughout the industry for her extraordinary financial acumen. That, plus her role in leading the SMForward project that will position SMF for the future, earned her this recognition from the AXN team," said Melissa K. Montes, publisher and portfolio director of Airport Experience News. Nichol is also contributing to industry excellence through her roles on the ACI-NA Executive Committee, U.S. Policy Committee, and Board Finance Committee, and in her leadership position with the California Airports Council, Montes noted.

Nichol will be featured in a special Leadership Issue of Airport Experience News and will be honored at the 2024 Airport Experience Conference. ★

Do You Need 
Your Legal Ads
Published?
We can help.

Call us now to place
your legal advertising!

916-773-1111

All legal ads published by Messenger Publishing Group.



Employment Opportunities

Employment and Independent Contractor Positions at Messenger Publishing Group

We publish 18 local newspapers in the Sacramento Region. Our main office is in Carmichael. We have been publishing for 17 years and are seeking new qualified employees.

CURRENT WORK OPPORTUNITIES

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

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 #5
Carmichael, CA 95608

FICTITIOUS BUSINESS NAME STATEMENTS

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) "Footology Ony Care" 1860 Howe Avenue #170, Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 31, 2023
Publish: Nov 17, 24, Dec 1, 8, 2023
FOOTOLOGY 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08262
Rachel Uffer, 5024 Venuto Way, Sacramento, CA 95841 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 Madisson 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-Artls, 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
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 9, 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 Winter Willow Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "CA Jeanine'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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08662
Alberto Juarez, 4849 Tomasini Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Botanica Obatala" 9317 La Riviera, Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 21, 2023
Publish: December 8, 15, 22, 29, 2023
BOTANICA 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08820
Phaya Thai Halal LLC, 4310 Marconi Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Phaya Thai Halal" 4310 Marconi Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 30, 2023
Publish: December 8, 15, 22, 29, 2023
PHAYA 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08807
Fatt Catt Tattoo, 5159 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Fat Cat Tattoo/Fat Cat Tattoo 916" 5159 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 29, 2023
Publish: December 8, 15, 22, 29, 2023
FAT 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08718
Gabriel E Costa III, 7307 Herlong Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Gabe's Ohana Auto Shop" 6807 30th Street Unit-C, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 27, 2023
Publish: December 8, 15, 22, 29, 2023
GABES 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08684
StarPointe Consulting Inc., 5150 Fair Oaks Boulevard Suite 101, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Empowered Mindset Coaching" 10523 Fair Oaks Boulevard #121, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 22, 2023
Publish: December 8, 15, 22, 29, 2023
EMPOWERED 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08677
Marysol Laguna, 6070 Ehrhardt Avenue, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Sol Interpreting" 6112 Demonte Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 22, 2023
Publish: December 8, 15, 22, 29, 2023
SOL 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08719
KS Management & Consulting Services LLC, 2404 Del Paso Road Suite 120, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "KS Consultants" 2404 Del Paso Road Suite 120, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 27, 2023
Publish: December 8, 15, 22, 29, 2023
KS 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08347
Todd Rowe, 2660 Night Hawk Way, Camino, CA 95709 is doing business under the Fictitious Business Name(s) "FootHill Vending Services" 2660 Night Hawk Way, Camino, CA 95709. Filed with the Clerk of Sacramento County November 7, 2023
Publish: December 8, 15, 22, 29, 2023
FOOTHILL 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08589
Taxtime LLC, 7162 Fair Oaks Boulevard Apt 2, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "TaxTime" 2701 Cottage Way Suite 1, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 17, 2023
Publish: December 8, 15, 22, 29, 2023
TAXTIME 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08361
Drew Berryessa, 9369 Emory Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Berryesco" 9369 Emory Court, Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 7, 2023

Publish: December 8, 15, 22, 29, 2023
BERRYESCO 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08564
Brandon W Kelley, 1390 Broadway Suite A, Placerville, CA 95667 is doing business under the Fictitious Business Name(s) "Classic Muscle" 3341 Fitzgerald Road Suite A, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 16, 2023
Publish: December 8, 15, 22, 29, 2023
CLASSIC 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08700
Debra A Bannister, 5228 Keystone Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Butter Me Sourdough" 5228 Keystone Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 22, 2023
Publish: December 8, 15, 22, 29, 2023
BUTTER 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08057
Roper Food Service, 4990 Rocklin Road #100, Rocklin, CA 95677 is doing business under the Fictitious Business Name(s) "Jimboys Tacos 110" 708 E Bidwell Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 30, 2023
Publish: December 8, 15, 22, 29, 2023
JIMBOYS 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FBNF2023-08720
Old Roots Inc, 3305 Elkhorn Boulevard Unit 8, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Old Roots" 3305 Elkhorn Boulevard Unit 8, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 27, 2023
Publish: December 8, 15, 22, 29, 2023
OLD 12-29-23

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#23CV011106
Ioana Cornelia Hiticas has filed a petition with this court for a decree changing the name(s) of Ioana Cornelia Hiticas 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 Luis 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 Valeri 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

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

#23CV001549
Kathy Dawn Mirrione has filed a petition with this court for a decree changing the name(s) of Kathy Dawn Mirrione to Kathy Dawn Schroeder-Creed.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 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: November 14, 2023
Richard K. Sueyoshi, Judge of the Superior Court
Publish: December 8, 15, 22, 29, 2023
MIRRIONE 12-29-23

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF MICHAEL LOUIS BEYERS CASE NO. 23PR001041
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Michael Louis Beyers, Mike Beyers
A Petition for Probate has been filed by Lara Beyers

Absolute Compassion Hospice, a Commitment to Family and Care

Absolute Compassion Hospice News Release

SACRAMENTO REGION, CA (MPG) - For ten years and counting, Absolute Compassion Hospice has been serving compassionate hospice care here in the greater Sacramento area. Absolute Compassion Hospice is a family owned and operated Hospice Provider, serving the communities of Sacramento, Yolo & San Joaquin counties.

Absolute Compassion is not only the name of the company, but it is their mission as well: "We recognize the value of every individual, guided by our commitment to excellence in service. We are competent, caring people offering extraordinary community hospice care. There is nothing more rewarding and gratifying than knowing you've touched lives. We touch lives, we make a difference and we do it through Absolute Compassion."

A bit more than ten years ago, founders John Cimino and Rangi Giner discussed the idea of starting a hospice care agency. They perceived a need for a more friendly, family-oriented hospice. They each had plenty of experience owning and operating assisted living facilities, where they had experienced frustration addressing the challenges encountered regarding residents who qualified and would benefit from hospice care.

The first resident at their new jointly owned facility, The Meadows at Country Place, had no children or other close family to help with the ups and downs of dealing with his chronic and incurable terminal illness. As an assisted living (non-medical) facility, they naturally had no way of making medical decisions or providing medical comfort care, so every time the resident had extreme pain or other



The team of caring professionals at Absolute Compassion Hospice provide personalized expert care services 24 hours a day. Photo courtesy of Absolute Compassion Hospice

symptoms requiring medical care, they would have to send him back to the hospital.

Once symptoms were alleviated, and medical help was no longer needed, the resident would be returned to assisted living. The stress and the resultant tiredness was very troublesome and wearing on the resident, at a time when the most important thing should have been maintaining a comfortable quality of life. John and Rangi wanted to be able to get this (and every other terminal) resident access to the quality hospice care he deserved, but engaging any available hospice company, in a timely fashion, proved to be



Absolute Compassion Hospice founders John Cimino and Rangi perceived a need for a friendly, family-oriented hospice in the area. Photo courtesy of Absolute Compassion Hospice

extremely problematic.

From their family-centered,

compassionate point of

view, they started visualizing

something better. They wished to keep their hospice small so that they could provide a more personal experience. They knew that as owners, they would take a hands-on approach, maintaining attention to detail for each unique individual they served. They would be able to provide services in a more timely manner to the local community of "little guys" that would typically fall through the cracks in the large corporate approach. They would have dedicated doctors on staff to qualify patients as well as prescribe necessary medical interventions for treatment of discomfort and pain.

It seemed meant to be. Under the scrupulous management of Kenneth Mendoza, Absolute Compassion has flourished. The team of caring professionals provide personalized expert care services 24 hours a day. Many hospice providers provide care, but Absolute Compassion also provides caring. It's their passion for compassion that sets them apart. Their patients and families are assured the peace of mind in knowing that they will be treated with dignity, respect and quality care 24 hours a day.

Every moment in life is meant to be cherished...especially when you know the end could be near. Absolute Compassion Hospice Care allows patients and families to spend their final time together in comfort and dignity while receiving services focused on sustaining quality of life. Their goal is to eliminate pain and manage all of the other troubling symptoms of advanced, life-threatening illness.

Absolute Compassion Hospice is located at 6355 Riverside Blvd suite T, Sacramento, CA 95831. For more information you can call (916) 399-5922 or visit absolutecompassion.com ★

How Military Spouses Can Find Connection and Support

From StatePoint

SACRAMENTO REGION, CA (MPG) - Military spouses sacrifice stable careers and time with loved ones due to constant moves to new duty stations, and hold down the fort at home during their spouses' deployments. That's why the USO prioritizes providing community and support to military spouses. Here are some of the ways their programs are making an impact:

Friendship: USO Coffee Connections are monthly gatherings where military spouses can relax, craft, do yoga, swap advice and go on outings. The goal is building friendships among military spouses. When Jenna King's husband Tech Sgt. Howard King was forward deployed to Poland with less than 24 hours' notice, she says she found a home away from home at USO Lakenheath in the U.K., which has been hosting Coffee Connections since the war in Ukraine began. Because of the warm welcome and sense of community she found there, she and her children visit the center often. "There's something for each of us here," she said. "Being overseas, friends who are like family are the biggest blessing. And you can't turn down free coffee and snacks!"

Support for New Parents: Military parents are often away from family and friends during their pregnancies and first months as new parents. USO Special Delivery presented by Johnson's are baby showers that provide a touch of home. They allow



USO Coffee Connections provide monthly gatherings for military spouses. Photo courtesy of USO Photos

expectant parents and military spouses to connect and bond, and 72% of participants this year have stated in feedback surveys that this is the only baby shower they will receive. More than 20,000 parents have been served through this program since its 2013 relaunch, including 1st Lt. Erika Pearson, an active-duty service member in the Air Force. She knew her spouse, 1st Lt. Drew Pearson, could potentially be deployed around her due date. "The USO helped me make friends that I could

rely on if my husband were to miss the birth, and offered me resources I could reach out to, if needed," says 1st Lt. Pearson.

Professional Development: Because of frequent relocations, military spouses often have trouble finding their professional footing. That's where the USO can step in. Connecting service members and military spouses to resources that focus on employment, education, financial readiness, mentorship and veterans benefits, the USO

Transition Program helps military families build a roadmap to achieve their goals and positions them for success throughout the duration of their service, as well as in their post-military life.

Support While Solo-Parenting: The burden of solo-parenting can become especially apparent during deployments, when military family members must struggle to find a new normal. For Tessa Michaelson Schmidt, connection with her husband Brett, a lieutenant colonel in the U.S.

Army Reserve, became complicated when he was deployed to Kuwait where there is an eight-hour time difference, unreliable Wi-Fi on base, and the added pressure of being deployed near the frontlines. Because they and their two children have an incredible passion for reading, the USO Reading Program has been a blessing. Deployed service members can record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member's family.

"They have a real response when they hear his voice, and then we get the books in the mail, and they know they're books from daddy," says Schmidt, who explained that her children will often watch the videos of their father just before bed, so that in a way, he is present for story time.

The life of a military spouse is undeniably challenging. By the USO fostering community and providing sources of connection, military spouses can feel supported and empowered. ★

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

NOTICE OF PETITION TO ADMINISTER ESTATE

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 Petitioner is: Lara Beyers, 4500 Alhambra Drive 136, Davis, CA 95816; 916-559-3332
 Publish: Nov 24, Dec 1, 8, 2023
 BEYERS 12-8-23

tors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Marjorie H. Nixon aka Marjorie Heaton Nixon aka Marjie Nixon

A Petition for Probate has been filed by Jennifer A. Hall and Christina L. Nixon, in the Superior Court of California, County of Sacramento, requesting Jennifer A. Hall 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 December 14, 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 de-

ceased, 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 Petitioner is: Jennifer A. Hall and Christine L. Nixon, 5011 French Creek Road, Shingle Springs, CA 95682; 916-305-0966
 Publish: Nov 24, Dec 1, 8, 2023
 NIXON 12-8-23

NOTICE OF PETITION TO ADMINISTER ESTATE OF JAMES KENT
 CASE NO. 23PR000549

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

A Petition for Probate has been filed by Shelly Kerley, in the Superior Court of California, County of Sacramento, requesting Shelly Kerley 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 January 2, 2024, 9:00 a.m. in Dept Zoom; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. Zoom Telepresence: <https://saccourt-ca-gov.zoomgov.com/join/916133529231>

This matter is set for a court hearing/appearance using the Zoom Application for the above referenced date and time. In order to participate in your Zoom hearing, you must either use a computer or smart device with internet access, and have downloaded the Zoom application. If you do not have compatible technology, then you can attend the hearing using a telephone and calling the designated toll free telephone conference line. You must appear by Zoom Application or Telephone using the designated department ac-

count referenced below at least 5 minutes before your scheduled hearing date and time; and wait for a court representative to take roll. Department 129 zoom link: <https://saccourt-ca-gov.zoomgov.com/join/916133529231> Meeting: 16133529231

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 Petitioner is: Shelly Kerley, 6217 Clara

Way, North Highlands, CA 95660; 916-470-2063
 Publish: December 8, 15, 22, 2023
 KENT 12-22-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2023-02756

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of: Two Rivers Photography, 9064 Goldlocks Way, Sacramento, CA 95826.

Wagner Family Industries LLC, 9064 Goldlocks Way, Sacramento, CA 95826.

The Fictitious Business Name Statement was filed on 4/11/2023 in the County of Sacramento.

Filed with the clerk of Sacramento County: 10/30/2023.
 Publish: Nov 17, 24, Dec 1, 8, 2023
 WAGNER 12-8-23

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising
916-773-1111

MPG

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

Announcement

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote -Call now before the next power outage: 1-844-439-5645 (Cal-SCAN)

Autos Wanted

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

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 (Cal-SCAN)

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. (Cal-SCAN)



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 (Cal-SCAN)

Visit: mpg8.com

Take the Smell Test Challenge

A free scratch-and-sniff test can help researchers learn more about brain health.

Request your test at mysmelltest.org/news or scan the QR code.

Bob's BASEBALL Tours

Hall of Fame Tour Attend MLB games at Cincinnati, Detroit, Cleveland, Pittsburgh, Toronto, Boston & New York Yankees. Aug. 2-12 2024

Tour begins at hotel near Cincinnati Airport and ends near Newark Liberty Intl Airport

Tour includes deluxe motor coach transportation, all admission tickets, quality hotels, etc.

We also offer an Arizona Spring Training Tour (March 3-6) and a New England Fall Foliage Tour (Sept. 27-Oct. 3) with games at Fenway Park and Yankee Stadium.

For more information, call or text for a free brochure: 507.217.1326

Advertise in your local community newspaper
 Call (916) 773-1111

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. (Cal-SCAN)

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
 Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

For Sale

ENGLISH WALNUTS 2023 Crop, \$2.00 per pound in the shell. Free delivery with purchase of 20 pounds or more. 916-991-8431 (12/8/23)

'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. (TFN)

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

Hall Rentals

VFW Post 6158



8990 Kruithof Way, Fair Oaks, CA

916-966-1663

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 (TFN)

MPG

Visit: mpg8.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. (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
 Virtual Sessions
 Silver Sneakers
 NASM

Age Well At Home
 Avoid Assisted Living
 *Keep Strength and Mobility
 Be Active, Call Today!
 Jenn@YourFitnessGenie.com
 (916)768-8767

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) (Cal-SCAN)

Internet

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 (Cal-SCAN)

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 9/30/23) Call 1-833-985-4766 (Cal-SCAN)

Legal Services

CANCEL YOUR TIME-SHARE Call Attorney Sid Connor, your nationally trusted consumer protection attorney +40+ years experience +1,000+ clients represented +99% success rate L. Sidney Connor IV, Esq. 1500 U.S. Highway 17 North Suite 209 Surfside Beach, SC 29575 <https://www.timeoutco.com/> info@timeoutco.com Phone: 1-843-846-3688 Bar No.: 0001363 (Cal-SCAN)

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 cecilia@cnpa.com (Cal-SCAN)

Call (916) 773 1111

Visit: mpg8.com

Health/Wellness

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 (Cal-SCAN)

Help Wanted

KP International MARKET

Many Positions are Available. Please no phone calls. Apply in person.

10971 Olson Dr. Rancho Cordova, CA 95670

Landscaping

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

Legal Services

CANCEL YOUR TIME-SHARE Call Attorney Sid Connor, your nationally trusted consumer protection attorney +40+ years experience +1,000+ clients represented +99% success rate L. Sidney Connor IV, Esq. 1500 U.S. Highway 17 North Suite 209 Surfside Beach, SC 29575 <https://www.timeoutco.com/> info@timeoutco.com Phone: 1-843-846-3688 Bar No.: 0001363 (Cal-SCAN)

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 cecilia@cnpa.com (Cal-SCAN)

Call (916) 773 1111

Visit: mpg8.com

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/

Landscaping

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

Legal Services

CANCEL YOUR TIME-SHARE Call Attorney Sid Connor, your nationally trusted consumer protection attorney +40+ years experience +1,000+ clients represented +99% success rate L. Sidney Connor IV, Esq. 1500 U.S. Highway 17 North Suite 209 Surfside Beach, SC 29575 <https://www.timeoutco.com/> info@timeoutco.com Phone: 1-843-846-3688 Bar No.: 0001363 (Cal-SCAN)

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 cecilia@cnpa.com (Cal-SCAN)

Call (916) 773 1111

Visit: mpg8.com

Music Lessons

Guitar Lessons
 Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/30/23)

Pets/Animals

DONATE YOUR UNWANTED CAR, TRUCK, RV OR BOAT TO HELP HOMELESS PETS. PETS ALIVE, A CALIFORNIA, QUALIFIED 501-C-3 NONPROFIT. WE ARE TAX DEDUCTION AND PAPERWORK EXPERTS AND PROVIDE GUARANTEED TAX DEDUCTIONS. FOR QUOTES AND QUICK PICK UP, CALL US TODAY. 833-772-2632 LAPET-SALIVE.ORG (Cal-SCAN)

Real Estate

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

We Support Our Military

Legal Services

CANCEL YOUR TIME-SHARE Call Attorney Sid Connor, your nationally trusted consumer protection attorney +40+ years experience +1,000+ clients represented +99% success rate L. Sidney Connor IV, Esq. 1500 U.S. Highway 17 North Suite 209 Surfside Beach, SC 29575 <https://www.timeoutco.com/> info@timeoutco.com Phone: 1-843-846-3688 Bar No.: 0001363 (Cal-SCAN)

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 cecilia@cnpa.com (Cal-SCAN)

Call (916) 773 1111

Visit: mpg8.com

Roofing

BERNARDINO ROOFING
 Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!

FREE ESTIMATES
SENIOR DISCOUNTS
 Lic.#817945 43 Years Experience
916.920.0100
www.bernardinoroofting.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
 VISA / MASTER CARD
 California Contractors Lic #1036031

Need Help? Hire a Pro!



My wife laughed when I wanted to be a CEO, But when I took the company public?

- Can't Get That Right Job?
- Is Age A Problem?
- Have You Been Downsized?
- Want To Change Industries?
- Do You Find Sending Resumes To Job Boards Unproductive?
- Are You Reaching The Unpublished Market?
- Would You Be Open To Remote or Hybrid Work?
- Are You Getting The Compensation That You Deserve?

Executives: FREE Resume Evaluation and Free Position Evaluation and Guidance

Next Level 646 219-0000

Resume to vpcareers20@gmail.com

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

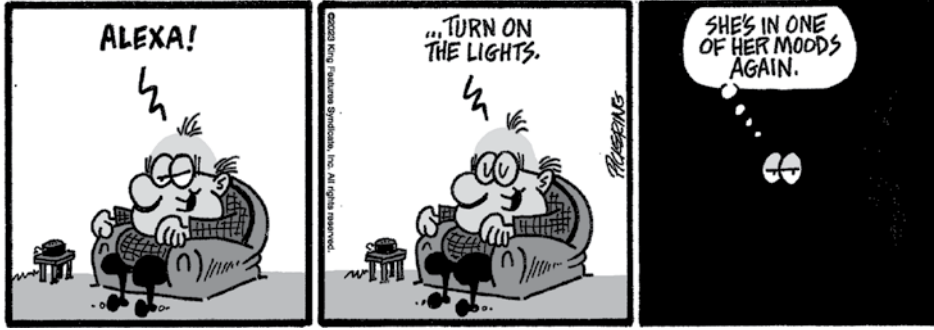
V.I.P. TRUST DEED COMPANY
 Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING
 Principal **(818) 248-0000** Broker
WWW.VIPLAN.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

COMICS & PUZZLES

The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



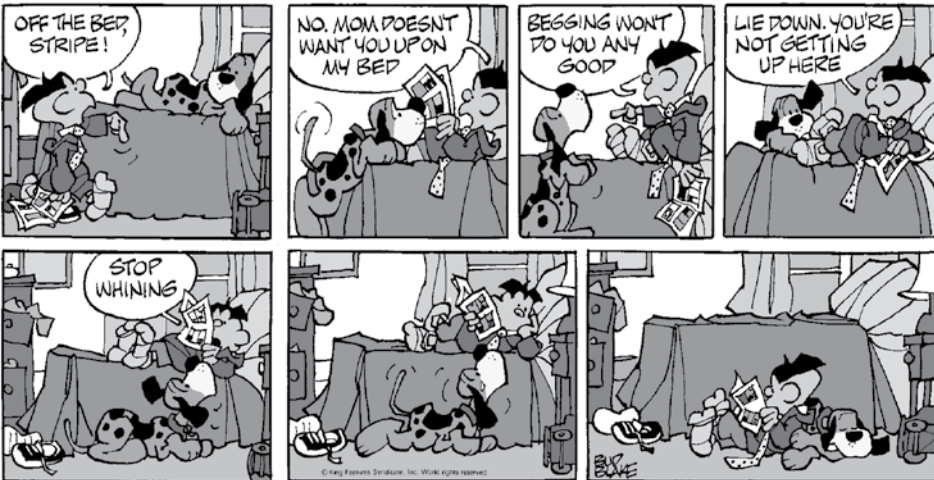
Out on a Limb

by Gary Kopervas



TIGER

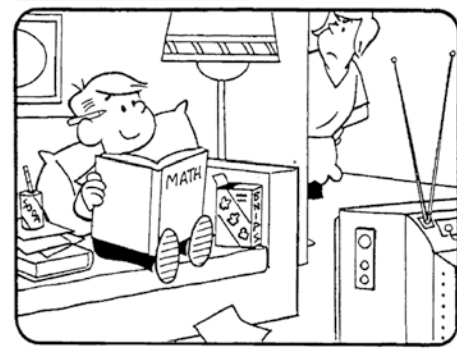
by BUD BLAKE



HOCUS-FOCUS

BY HENRY BOLTIKOFF

Find at least six differences in details between panels.



GRIN and BEAR IT

Just Like Cats & Dogs by Dave T. Phipps



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

STATEPOINT CROSSWORD • HAPPY HOLIDAYS

- CLUES**
- ACROSS**
1. Bag holder
 6. P in mpg
 9. Eye part
 13. Dog
 14. _____ Gershwin
 15. *Eggnog ingredient
 16. Hold the floor
 17. _____ Mahal
 18. Anti-elderly one
 19. *Breaking news, to a caroler
 21. *Coming, in Latin
 23. _____ easter
 24. "Begone!"
 25. Parent-child divide
 28. Fur-dwelling parasites
 30. Lacrosse stick
 35. Kiln for hops
 37. Feline vibration
 39. Little Richard's "_____ Frutti"
 40. Cream-filled treat
 41. *Number of candles in kinara
 43. Mountain goat terrain
 44. **Prancing and pawing of each little hoof," e.g.
 46. Carpenter's joint
 47. Drug-induced state
 48. Make lovable
 50. "Cheers" regular
 52. *Max to #57 Across
 53. Overwhelming defeat
 55. Thailand native
 57. "Dr. Seuss's" spoilsport
 60. *Santa chute
 64. Water border
 65. "What?"
 67. D in LED
 68. Carved
 69. Stars and Stripes land
 70. Astronomer _____ Hubble
 71. Hitler's sidekick
 72. Joaquin Phoenix' 2013 movie
 73. Crows' homes
- DOWN**
1. Dick's and Jane's dog
 2. Famous Amos
 3. Cormac McCarthy's "The _____"
 4. Join the cast of (2 words)
 5. Carbohic acid
 6. Deodorant target
 7. Pitcher's stat
 8. Indian prince
 9. More than suggest
 10. Blood tunnel
 11. 90 degrees, on compass
 12. Invoice qty.
 15. Romp around
 20. Key _____ on a movie set, pl.
 22. Med school grad
 24. Passepartout to Phileas Fogg
 25. *Popular traditional holiday entree
 26. Home run hero
 27. Impostor
 29. Prompted
 31. "That hurts!"
 32. Vegas' main drag
 33. Coach-and-four
 34. *Number of days in Hanukkah
 36. Muscle quality
 38. Word processor command
 42. *Like Santa's pole
 45. Repaired, as in socks
 49. Mythical giant bird
 51. Unmarried woman, archaic
 54. Affirmative interjection
 56. What timidest and polyimide have in common
 57. Clarified butter
 58. Theater seat arrangement
 59. Wraths
 60. Burn to a crisp
 61. "_____ your chance..." contraction
 62. Make changes
 63. Yearnings
 64. "Be quiet!"
 66. Don't waste

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						65	66			67			
68						69				70			
71						72				73			

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

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

SUDOKU

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

SAFE STEP WALK-IN TUB 1-855-576-5653

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

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

Help Wanted - Trucking Newspapers

MESSENGER PUBLISHING GROUP

is seeking a delivery driver to haul our newspapers every Thursday morning from our offices in Carmichael to our locations in Marysville and Gridley.

Newspapers must be loaded in Carmichael at 8:30 Thursday mornings. Delivery then drops to Marysville by 11:30 am and then drops to Gridley by 1:00 pm.

Round trip is approximately 120 miles. Total time for the delivery is approximately 6 hours.

This is an independent contractor position. You must have a very reliable cargo van to be able to handle the volume of newspapers being delivered. You must have current DMV, drivers license, proper insurance and must be a resident of the State of California.

The delivery includes loading and unloading the product. You must be able to lift and move the newspapers without any assistance.

To apply contact us via email at Publisher@MPG8.com. You can also call us during regular business hours at 916-773-1111.



Dare to Live Without Limits

by Bryan Golden

Desire



How badly do you want to see your aspirations turn into reality? Do you have a burning desire or just casual thoughts of “that would be nice if it happens”? Whether you reach your goals or not depends on the intensity of your desire.

If you really want something, you have to go out and make it happen. Taking a passive approach by waiting for your ship to come in doesn't work. Transforming dreams into reality requires a burning desire. Then you have to be willing to expend the necessary effort.

Desire is the fuel that powers your engine of accomplishment. Without fuel, the most powerful racing engine won't even start. Without enough fuel, an engine won't take you to your destination. If you attempt to increase the quantity of fuel by watering it down, your engine will stop running. Both the quality and quantity of your fuel are important.

Just as you have to continuously refuel your car to maintain your ability to travel, your desire must be continuously fanned to keep it burning. Negativity will sap your desire. Negativity can come from within you or from others. What matters is not the source, but rather whether or not you pay attention to it.

If you believe something is impossible, you will not attempt it. Your desire will rapidly fade as you dismiss your dreams as unattainable. However, if you sincerely believe there is a way, you will find it. You will need persistence, patience, perseverance, and determination. Desire gives you the strength to overcome obstacles.

Discouragement has the potential to extinguish your desire. When results don't materialize soon enough, or the results are not as substantial as hoped for, it's normal for you to feel frustrated. If your desire abates, you may even consider giving up. Only when you stop trying do you fail.

When you feel discouraged, fan

your desire by visualizing success. Imagine yourself as having reached your destination. Think about how you will feel when you are successful. Keep yourself moving forward. Don't sit and worry. Maintain your momentum by taking one step at a time.

Ridicule can smother your desire. The derision of others has caused far too many people to abandon their plans. The need for acceptance is an extremely strong emotion. You need a strong belief in your quest. It doesn't matter if you are laughed at. What is critical is that you don't pay attention to ridicule.

Your physical condition improves with regular exercise. Your desire is strengthened in the same manner; through consistent mental conditioning. Each morning, review your goals in your mind. Imagine how you will feel once they are attained. Reaffirm your ability to succeed along with your willingness to do what is needed.

There is no magic formula for success. A strong desire motivates you into action. Hope is not the same as desire. Hope is passive while desire is active. Someone with a burning desire is unstoppable. Their desire creates such strong determination that they go over, under, around, or through all roadblocks.

A burning desire is wanting something so badly you can taste it. When you have a strong desire you are constantly thinking about ways to reach your goals. You may even be obsessed by attaining your dreams.

A lack of desire is the most common cause of abandoned dreams. If you don't want something, you won't get it. Where there's a will, there is a way. A burning desire will give you an edge in your quest for success.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. ©2023 Bryan Golden ★



**Publisher,
Paul V. Scholl**

The Grapevine Independent 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.

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.

Grapevine Independent

Serving Rancho Cordova and Sacramento County Since 1968

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

Subscriptions should be mailed to *Grapevine Independent*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$42 per year within Rancho Cordova. \$62 within Sacramento County.

The *Grapevine Independent* is published weekly. Call 916-773-1111 for more information.

We are proud members of these newspaper associations.



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

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
Competative Prices

Licensed and Insured
(916) 224-9750

TD SNELL CONSTRUCTION
GENERAL BUILDING CONTRACTOR

Concrete, Foundation, Flatwork, Rough Framing
Residential and Commercial Remodel and New Construction
Tiny Houses, ADU Homes

Tom Snell
Cell 916-432-9380 | Office 916-991-1932 | tom.snell@sbcglobal.net

DRAINS ONLY
THE DRAIN & SEWER CLEANING CO.

Charles Mitchell
916-868-5771
CMJR6348@GMAIL.COM
4 Picket Ct. Sacramento, CA 95823
SPB12018-00953

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
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

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 *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

JLC Moving Service

Serving The Greater Sacramento Area
(916) 598-3182
Call for a free quote

Residential Office | Expert Packing Service | Supplies

FOLLOW US

for Local News and much more!

Messenger Publishing Group

Facebook: @MPG8dotcom

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

On the Mental Health Hot Seat

By Jocelyn Wiener, CALMatters.org

Three years ago, California leaders passed legislation that promised the most dramatic expansion of mental health and addiction care coverage in decades.

As the state's residents struggled with the stress and trauma of a raging pandemic and a record wildfire season, mental health advocates used words like "groundbreaking" to describe the new law. Finally, they said, California was poised to become a national leader on mental health.

Their optimism about that law, Senate Bill 855, has been fraying ever since. Advocates say health plans routinely fail to ensure that enough mental health providers accept their coverage, and often make patients wait too long before being seen.

Case in point: Last week, the Department of Managed Health Care unveiled news of a historic \$200 million settlement with Kaiser Permanente for failing to provide patients with timely mental health appointments, among other issues.

Such issues will take center stage Wednesday at a special oversight hearing of the Senate Select Committee on Mental Health and Addiction.

Democratic state Sen. Scott Wiener of San Francisco, chair of the committee and author of the California Mental Health Parity Act, says he shares many of the mental health advocates' concerns.

"We know the plans have a long history of finding ways not to cover mental health treatment," he told CalMatters. "The whole purpose of this law is to put an end to that."

Prior to the passage of the 2020 law, the state only required health plans to cover medically necessary treatment of nine serious mental illnesses. For years, mental health advocates had tried and failed to expand that list. With Wiener's law, they were finally triumphant.



Kaiser Permanente mental health workers strike at Kaiser Headquarters in Oakland on Oct. 7, 2022. Photo by Martin do Nascimento, CalMatters

Beginning in January 2021, the state has required plans to pay for treatment of a much more extensive array of mental health issues, along with substance use disorder and addiction. This state law is separate from a federal mental health parity law passed in 2008. The concept of "parity" refers to requiring insurers to treat mental and physical health conditions equally.

Health plans say they "have been diligently working in good faith" to comply with these laws while facing industry-wide challenges like workforce shortages. They say they are navigating guidelines that are ambiguous and uneven while waiting for the Department of Managed Health Care to finalize regulations.

"This creates a situation of moving goal posts for plans, providers, and our enrollees," said Mary Ellen Grant, spokesperson for the California Association of Health Plans, in an email.

Mental health advocates have

also long criticized the Department of Managed Health Care, which oversees health plans in the state that receive monthly fees to provide health care for their members. And they, too, are concerned that it's taking so long for the official rules to be decided.

This summer, more than a dozen advocacy groups signed a letter of concern to the department, questioning its commitment to enforcing some aspects of the new state parity law. The organizations want the department to publish and publicize its investigations.

"It's still a relatively secret process," said Lauren Finke, a policy director at The Kennedy Forum, a national organization that cosponsored California's parity legislation.

The Department of Managed Health Care declined to make anyone available to speak with CalMatters until later this fall. In an email, a representative said the department "is committed to ensuring enrollees have appropriate

access to behavioral health care when they need it."

In response to advocates' critiques that the department isn't adequately analyzing and publicizing how well plans are complying with state parity law, the department said in a statement that it is evaluating health plans' compliance in other ways; including that analysis in the behavioral health investigations would slow them down too much, the statement said.

Meiram Bendat, a Santa Barbara attorney and psychotherapist who focuses on mental health parity, says that the three-year-old state law has improved patients' ability to receive mental health care by creating a uniform definition of what is considered "medically necessary."

But when it comes to ensuring that health plans maintain adequate provider networks, he said, the department is "failing miserably." Too often, plans offer their members only outdated lists of providers who then prove to be unavailable,

Bendat said. The Department of Managed Health Care hasn't adequately held plans accountable for this and other problematic practices, he said.

"The historic network inadequacy around the state and the lack of meaningful fines, that's a real failure on the part of the department," he said.

Finke, of The Kennedy Forum, called the Kaiser settlement "long overdue" and "a very important first step in the Department holding plans more accountable for their performance (or lack thereof)." The settlement includes a \$50 million fine and corrective action plan as well as a commitment by Kaiser to invest an additional \$150 million over five years to improve behavioral health services.

But Finke and others also said the settlement itself provides evidence of the department's failures to enforce a previous settlement agreement with Kaiser from 2017.

"Will DMHC do its job going forward? That's the big question," asked Fred Seavey, research director for the National Union of Healthcare Workers, which represents 2,000 Kaiser mental health workers in Northern California who undertook a 10-week strike last year over heavy clinician workloads and long wait times for appointments. He said he wrote complaints to the Department of Managed Health Care earlier this year, saying that Kaiser in Southern California has been illegally restricting the scope of behavioral health services.

Kaiser said, in an emailed statement, that "any accusation that we intentionally limit or restrict needed care is untrue."

Southern California Kaiser members receive a wide range of behavioral health clinical offerings, the statement said. Despite a statewide shortage of clinicians, Kaiser is "doing all that we can" to expand its network of mental health providers. ★

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

FRESH PRODUCE

Pickling Cucumber 89¢/lb	Yellow Onion 3 lbs \$1.99/bag	Lime 6/\$1.00	Quince \$1.99/lb
Russet Potato 10 lbs \$2.79/bag	White Corn 99¢/ea	Japanese Yam 99¢/lb	Fuji Apple 69¢/lb

AMERICAN/HISPANIC GROCERY

Pasta Macaroni Product Spaghetti 24 oz 2/\$1.00	Trusted Care Facial Tissue 160 ct \$2.99	EED Brown Sugar 2 kinds 32 oz \$2.99	Bi Multi Purpose Lighter 1ct \$4.99	Swanson Chicken Broth 2 kinds 32 oz \$2.99
---	--	--------------------------------------	-------------------------------------	--

ASIAN GROCERY

TH Ming Bean Vermicelli 14.05 oz \$2.99	American Chinkiang Vinegar 550 ml \$2.49	TH Roasted Black Garlic 8.5 oz \$7.99	Dragonfly Corn Bell 4 ct \$1.99	Kopiene Coffee 10 machet 10 x 25 g \$3.49
---	--	---------------------------------------	---------------------------------	---

EUROPEAN GROCERY

Sadaf Raw Wildflower Honey Comb 400 gr \$9.99	Goodwill Premium Backbeet 1.5 kg \$6.99	Monastyrsky Kna Classic 2 liters \$2.79	Bononi Sun-dried Lady Fingers 500 gr \$4.99	Rejček Condensed Milk 8.5% 380 gr \$2.99
---	---	---	---	--

KOREAN/JAPANESE GROCERY

Wang Hanjoo Rice 15 lbs \$11.99	Rose Red Coffee 2 kinds 100 x 12 g \$9.99	Wang Go Chujang 500 g \$2.99	Green Tea with Roasted Brown Rice 150 x 12 g \$8.99	Sargento Rice Serrano 300 g \$3.99	Toy Aider Red Ginger Premium 60x50mm \$5.99
Korean Pancake Frying Mix 1 kg \$2.49	Organic Chestnut 300 g \$4.99	Onion Ramen 4 x 110 g \$2.99	Wang Red Pepper Powder 16 oz \$3.99	S & B Golden Curry 4 kinds 220 g \$3.99	Hongtai Soup Stock Roasted Sesame Oil 56 oz \$17.99

HOUSEWARES

IRON-BLANKET 3 COLORS AVAILABLE \$39.99	HAIR DRYING SHAMPOO \$19.99	ELECTRIC RICE COOKER \$49.99	ELECTRIC RICE COOKER \$54.99	ELECTRIC RICE COOKER \$59.99
---	-----------------------------	------------------------------	------------------------------	------------------------------

FROZEN & FISH DEPT

Frozen Salted Brown Croaker 3 lbs (Gutted & Cleaned) REG. \$22.99/ea \$15.99/ea	Frozen Swai Fillet 2 lbs REG. \$8.99/ea \$5.99/ea
--	--

WEEKLY MEAT SPECIALS

Chuck Roast - Bnls \$4.99/lb	Beef Ribeye Roast - Boneless \$6.99/lb	Beef Ribeye Steak - Boneless \$7.99/lb
Ground Beef Lean \$4.99/lb	Pork Baby Back Ribs \$3.99/lb	Chicken Leg Quarters 69¢/lb
Pork Neck Bones \$1.99/lb	Boneless Pork Loin Chops \$2.99/lb	

FROZEN & FISH DEPT

Kimchi Pancake 10.58 oz REG. \$5.99/ea \$3.99/ea	Columbus Pan Roasted Turkey Breast \$11.99	Olive Medley \$4.99
	Columbus Cracked Pepper Turkey Breast \$12.49	Box Pined Green Olives \$4.39

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 DECEMBER 06 - DECEMBER 12, 2023.