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Amy's Cafe Feeds Residents for 22 Years



Amy Wong serves up delicious Chinese cuisine and a smile at Amy's Café, 750 M St., Rio Linda.

Story and photo by Andrew Rose

RIO LINDA, CA (MPG) - For 22 years, Rio Linda's residents have delighted in Chinese cuisine from Amy's Café, a family business operated under the watchful eye of Amy Wong.

Wong grew up in a restaurant atmosphere as both her mother and father were chefs in their own establishment there. They emigrated to the United

States 34 years ago, landing in Sacramento, and Wong's parents picked up their cooking trade as chefs at a former Chinese restaurant.

Wong's passion for the restaurant business continued to bloom. A dozen years after her family's arrival to the United States, she mentioned the notion of running the Wongs' own family business and Amy's Café was born.

"My parents said to go ahead and do it," Wong

reminded.

The trio scouted out locations in the Sacramento area, eventually coming across the building on M Street in Rio Linda and have been there ever since. Amy's Café is located at 750 M St. in Rio Linda.

It was indeed a bold leap, Wong maintains, initiating a business from scratch.

At first, hamburgers were included on their menu but Wong made the decision to concentrate

solely on Chinese food.

Such laser focus is, she claims, a main reason why Amy's Café is the go-to place for Chinese cuisine in Rio Linda.

When asked what keeps customers returning, Wong replies, "the food."

She appreciates her devoted customers and Amy's Café is closed only two days of the year, Thanksgiving and Christmas Day.

While she has five

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California Launches Youth Suicide Prevention Campaign

MPG Staff

SACRAMENTO REGION (MPG) - Suicide was the second leading cause of death among youth ages 10 to 25 years in California between 2018 and 2022, with youth ages 10 to 18 experiencing a more than 20% increase in suicide rates from 2019 to 2020 according to the California Department of Public Health.

"Young Californians are facing a mental health crisis like never before," said California Department of Public Health Director and State Public Health Officer, Dr. Tomás J. Aragón. "While this crisis has been growing for years, the pandemic put a spotlight on the issue, especially those in marginalized and underserved communities. This ('Never a Bother' campaign directly addresses this crisis with education, tools and resources informed and co-created by diverse young people across the state."

The California Department of Public Health stresses that suicide prevention can only be effective when everyone is part of the solution. That includes learning how to support yourself, a friend or a youth in your care before, during and after a crisis; telling a friend or youth in your care that they are never a bother; and encouraging them to reach out for help when needed.

The California Department of Public Health (CDPH) recently launched the "Never a Bother" campaign, a youth suicide-prevention public awareness and outreach campaign for youth, young adults, parents, caregivers and allies.

The campaign to address youth suicide incorporates input from more than 400 Californian youth, and 34 youth-serving community-based organizations and tribal entities with oversight by the state Department of Public Health's Office of Suicide Prevention.

California is investing \$4.7 billion so every California up to 25 years old has increased access to mental health and substance use supports. The Never a Bother youth suicide-prevention campaign is a major component of this investment in California's youth, according to the public health department.

While suicide is a risk within every population, according to the "Never a Bother" campaign,

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The A's are Coming to Town

By Angela Underwood

WEST SACRAMENTO, CA (MPG) - The Oakland Athletics have changed their dugout location and it's at 400 Ballpark Drive, West Sacramento.

Known as the A's, the Major League Baseball team will call Sutter Health Park home for the next three seasons in West Sacramento before moving into a new stadium on the Las Vegas Strip in 2028. The A's are moving, following failed negotiations with the City of Oakland about a new lease for the coliseum there.

"The A's look forward to making Sutter Health Park their home for the next three years through the move to Las Vegas," an Oakland Athletics spokesperson told the West Sacramento News Ledger on April 5.

The home of the West Sacramento River Cats will become the interim venue for the A's, beginning with the 2025 Major League Baseball season. Mayor and Chair of the Financing Authority Martha Guerrero shared her excitement over



Here is the Sutter Health Park entrance, which will welcome thousands of Oakland A's fans now that the Major League Baseball team will call West Sacramento home temporarily. Photo courtesy of West Sacramento

the partnership.

"We're delighted to welcome the Oakland A's and Major League Baseball," said Mayor Guerrero. "This is a great honor, and we're looking forward to hosting visiting MLB teams and fans from throughout the region at our beautiful ballpark along the Sacramento River."

As a former affiliate of the A's, "there are many shared connections with the River Cats, its players and the wonderful fan base in West Sacramento," according to the Oakland Athletics spokesperson, who added, "The A's extend their appreciation to the Kings and the City of West Sacramento for hosting the A's."

West Sacramento City Manager Aaron Laurel said West Sacramento is ready for the professional baseball team, noting that Sutter Health Park's location offers stunning views of Tower Bridge and downtown Sacramento.

"As the City of West Sacramento prepares to welcome the A's,"

Continued on page 3

SAFE Grants \$15,000 to Program Dedicated to Preventing Falls

SAFE Credit Union News Release

FOLSOM, CA (MPG) - A \$15,000 community grant awarded by SAFE Credit Union is aiding many residents in the Sacramento region to live safer and fuller lives.

The credit union recently awarded the funds to Rebuilding Together Sacramento's Safe at Home program dedicated to preventing seniors and those with disabilities from experiencing falls at home. The program's volunteers and staff build and install free safety improvements to the homes of qualifying area residents including ramps, railings and grab bars.

"We have an aging population in the Sacramento area that are finding it harder and harder to do the things they love. Much of that is because they can't get in and out of their homes safely," says Rebuilding Together Sacramento Executive Director Bonnie Patterson. "Donors like SAFE Credit Union allow us to help more and more people. We are very, very thankful to have received this grant."

In 2023, Safe at Home volunteers and staff helped 623 area individuals in 400 homes in El Dorado, Sacramento, San Joaquin counties and in West Sacramento.

According to the Centers for Disease Control, one in four older adults over 65 experienced a fall in 2020 - equating to an average of 3 million subsequent visits to emergency rooms each year. The CDC also reports



Safe at Home volunteers Dan Ward, of Carmichael, and Stan Jones, of the Greenhaven/Pocket area, install a handrail for a Sacramento resident in need of safer step way. Photo courtesy of SAFE Credit Union

that at least one out of five falls can cause serious injuries resulting in adverse quality of life situations for patients, including difficulty getting around, doing everyday activities, and living independently.

"SAFE Credit Union has a long history of helping improve the health of residents through philanthropy in the communities we serve," says SAFE Credit Union Vice President of Community Relations and Financial Education Rebecca Delmundo. "This grant exemplifies that, and we are so glad to have been able to support such a time-tested nonprofit."

Founded in 1991, Rebuilding Together Sacramento works to fill the need and enhance affordable housing for older adults and those with disabilities.

"If you go in and install a handrail or a grab bar, a lot of times the folks are just so grateful and so thankful and are just delightful people," says Safe at Home volunteer Dan Ward of Carmichael. "It's good just helping folks out."

Volunteer Stan Jones of

the Greenhaven-Pocket area says he has put in hundreds of grab bars in the 12 years he's worked as a volunteer. "The clients are very grateful for the help that they receive, and our work prevents falls," Jones says.

Rebuilding Together Sacramento's grant was one of two grants selected by a public vote to receive \$15,000. Foster Youth Education Fund also received a \$15,000 grant for its program supporting former foster youth in the Sacramento region with financial scholarships, as well as laptops for students enrolling or attending a college, university or trade school.

To find out more about Rebuilding Together Sacramento or to volunteer, visit: <https://www.rebuildingtogethersacramento.org/>. For media information about the nonprofit, contact Rebuilding Together Sacramento Resource Development and Marketing Manager Liz Godfrey at (916) 455-1880 ext. 9, or lgodfrey@rebuildingtogethersacramento.org. ★

UC Davis Health Successfully Implants Triclip™ System to Repair Leaky Heart Valve

UC Davis Medical Center is one of the first sites nationwide to treat tricuspid regurgitation using a minimally invasive catheter system

UC Davis Health News Release

SACRAMENTO, CA (MPG) - UC Davis Health cardiology team members are among the first in the country to treat patients with tricuspid regurgitation, or a leaky heart valve, by using a groundbreaking catheter.

The minimally invasive procedure, a transcatheter edge-to-edge repair (TEER), is made possible with a new medical device called the Abbott TriClip™ system.

UC Davis Medical Center is one of the first sites nationwide to have commercial access to TriClip and is the first hospital in Western United States to utilize the system since it was approved by the U.S. Food and Drug Administration (FDA) last week. UC Davis also hosted clinical trials for the procedure in 2023.

"We are excited to offer our patients this novel treatment that offers meaningful improvement in quality of life without the high procedural risk often associated with tricuspid surgery," said Gagan D. Singh, associate professor of cardiovascular medicine and the surgeon who performed the first procedure at UC Davis Medical Center.

Tricuspid regurgitation is a condition in which the tricuspid valve of the heart fails to close completely. This can allow blood to leak backward into the atrium from the tricuspid valve, causing the patient's heart to pump harder to move

blood through the valve.

Tricuspid regurgitation affects an estimated 1.6 million Americans. Symptoms include active pulsing in the neck veins, enlarged liver, fatigue and swelling throughout the body.

Current nonsurgical treatments include diuretics (medicines that help remove excess fluid and salt) and drugs aimed at easing symptoms. Left untreated, tricuspid regurgitation can lead to atrial fibrillation, heart failure, kidney disease and even death.

"Severe tricuspid regurgitation is a debilitating condition that is associated with substantial morbidity," said Jason H. Rogers, professor of cardiovascular medicine. "Patients with tricuspid regurgitation are extremely high risk for any type of surgical intervention, so historically they have just been monitored and treated with diuretics."

Tricuspid transcatheter edge-to-edge repair procedure

The human heart has four valves, and if any of them leak, there is no universal way to repair them. For example, the mitral valve can be repaired with a catheter-based system. But the same catheter can't be used on the tricuspid valve due to the valve's location, thinness and variability.

The new system is designed specifically for the tricuspid valve's position, location and shape. With the patient under general anesthesia, the device is delivered to the heart through a catheter, starting

in the groin and guided by X-ray and ultrasound. Once in place, the clip brings together portions of the leaflets (flaps of the valve), improving the seal and reducing the leaking.

The device was tested for its safety and clinical efficacy as part of the TRILUMINATE Pivotal trial. UC Davis Health was one of the sites with the highest enrollment rates in the national trial.

"This minimally invasive approach allows the heart to pump blood more efficiently and relieve symptoms of tricuspid regurgitation," said Rogers, who will be performing additional tricuspid TEER procedures.

A leader in transcatheter edge-to-edge repair

UC Davis Health has been a leader in transcatheter edge-to-edge repair for nearly two decades. In addition to the transcatheter tricuspid valve repair procedure, the medical center's cardiac services offer several minimally invasive catheter-based mitral valve procedures.

"Being one of the first centers in the country to offer commercial availability of the TriClip system is a true honor and a testament to the outstanding team-based approach to patient care at UC Davis Health," added Singh. "The UC Davis Structural Heart Team is among the best and most comprehensive in the nation. Our mission of providing complete, efficient and high-quality care to the patients we care for is what drives us to lead the field." ★



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The A's are Coming to Town

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excitement is building among residents and businesses alike," Laurel said.

According to Laurel, the beer garden Drake's BARN and the French-inspired wine bar Franquette across the street from the stadium are two businesses that will benefit from the A's new location.

"There are also several other restaurants along West Sacramento's Third Street corridor within walking distance of the ballpark," Laurel said. "Together, with our neighbors across the river in Sacramento, there will be no shortage of amenities available to A's fans and those from visiting teams."

Yolo County Supervisor Oscar Villegas, who governs the Sutter Health Park region and serves with Mayor Guerrero on the

Financing Authority board, said he is proud to support the temporary relocation of "this fantastic franchise" to West Sacramento.

"Hosting the Athletics in Yolo County represents a significant opportunity for economic growth and community enrichment," Villegas said. "I am confident that this will foster a profound sense of community among our residents."

Residents now have two mascots to be proud of, with A's mascot, Stomper, joining Dinger and Sacramento River Cat's mascot. The A's have captured nine World Series titles, including four since moving to Oakland in 1968.

"We're prepared to accommodate the A's and the River Cats to ensure a seamless transition for both teams and their fans," Laurel said. ★

Amy's Cafe Feeds Residents for 22 Years

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employees to assist her, Wong remains at the center of the operation. The business hours are 11 a.m. to 9 p.m. and her seven-day-a-week routine usually has Wong arriving an hour before doors open to the public and a half hour after the last egg roll and pork bun are served.

But with more than two decades of experience under her belt, Wong knows that she can duck out for a long break in the afternoon for shopping after the lunch rush at about 2 p.m. Wong will return before dinner patrons arrive during the 5 o'clock hour.

"I work hard for the food," Wong said. "I enjoy it, though."

Although she is from Canton, Wong describes the dishes as being in the tradition of Mandarin cuisine as opposed to Cantonese. The Mandarin

style of cooking, she explains, is more flavorful and spicier. Literally drawing from the cliché, 'too many cooks spoil the broth,' Wong supervises all operations in the kitchen. Employees pitch in but she is decidedly at the helm.

"Most every day, I do it by myself," Wong said.

A personal favorite of hers, along with that of her customers, is the fire chicken wings. However, Wong maintains that it's not too spicy. In addition to this standard, Wong is regularly tinkering with other recipes. At times she will ask patrons to sample her creations to obtain their reaction. Engaging customers, Wong maintains, is always a rewarding experience for her.

When asked what she likes most about Rio Linda, Wong emphatically declares, "The people. There are nice people

around here that mostly know each other. I have very good friends here."

On the right wall of her eatery, Wong proudly displays numerous local Little League teams she has sponsored since 2006. The young ballplayers sport in bold letters, Amy's Café on their backs.

Wong adds that these former tykes are now starting to come back with their own families. Such is the legacy of Amy's Wall of Fame, bright-eyed youngsters in their caps and uniforms along with their adult coaches frozen in time. These photos are indicative of a true Rio Linda dining tradition, still going strong for almost a quarter century.

While there is limited seating at the front of the building as well as picnic tables outside if diners prefer to eat al fresco, Wong said that most of her business is take-out. ★

California Launches New Youth Suicide Prevention Campaign

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certain factors can overlap with others to increase this risk, due to heightened levels of adversity, negative social conditions, and/or decreases in protective factors. Those factors include youth who are American Indian/Alaskan Native, Hispanic/Latinx and African-American/Black; live in rural communities; experience mental health challenges; and/or are impacted by the foster care system.

The "Never a Bother" campaign resonates with youth, according to the Department of Public Health, as it validates their feelings

of not wanting to be a burden to others. It speaks to their need to know that they are never a bother, that no problem is too small and that it is important to check in with one another before, during and after a crisis.

According to the "Never a Bother" campaign: "If you are experiencing thoughts of suicide, you are not alone. Call or text 988 to reach the Suicide & Crisis Lifeline. Trained professionals can reconnect you with your reasons to keep going and show you ways to cope with difficult days.

Support and coping resources are at NeveraBother.org. ★

Development Process Improvements Six-Month Update

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - At the Board of Supervisors Meeting on March 26, Dave Defanti, Deputy County Executive for Community Services, along with representatives from the County Departments of Water Resources, Transportation, and Community Development, gave a report back on progress made on the County's Development Review Process (DRP) Improvement efforts over the last six months.

"I am so incredibly proud of the work County staff from all the Community Services Agency departments have put into these efforts," said Dave Defanti. "We all know that we still have work to do but our staff have made incredible strides, and Sacramento County is well on its way to becoming the best place to build in the region for all of our customers."

Goals of the DRP Improvements include addressing the housing supply and affordability crisis; investing in existing communities, particularly within aging commercial corridors and Environmental Justice communities; facilitating responsible development of new, complete communities to meet the needs of current and future generations while addressing State and local goals to address climate change; providing exceptional customer service and having processes in place that are efficient and easy to navigate while being a trusted and helpful partner to all of our customers.

Two primary themes from the report revolved around staffing and public-private partnerships.

Staffing:
The Department of Transportation (DOT) highlighted their collaboration with the

Department of Personnel Services to host a career fair in fall 2023. The career fair resulted in the hiring of four associate engineers, three assistant engineers, two interns and one bridge operator, and has become a successful model for other County departments to follow for future hiring events.

Partnerships:
DOT also featured a few recent strategies that have been employed to understand the needs of the community and help address solutions for meeting those needs. Examples included utilizing updated data over older projections, where applicable, as well as partnering to design and construct roadway infrastructure projects where delivery and timing were critical.

The Department of Water Resources highlighted recent process streamlining improvements made in collaboration with industry partners, which included updates to submittal requirements for drainage plans and drainage studies.

The Community Development team, particularly the Building Permits and Inspection division, has stepped-up efforts to work closely with the Affordable Housing development community to understand the unique circumstances surrounding the construction of Affordable Housing projects.

Our Chief Building Official shared some recent examples of specific efforts where partnership and understanding resulted in meaningful outcomes and new homes for Sacramento County residents.

In an effort to keep the Board of Supervisors and members of the public up to date on our Development Review Process efforts, these reports back to the Board of Supervisors will continue to occur on a semi-annual basis. ★

NAWBO-CA Announces Propel 2024 Conference

NAWBO News Release

SACRAMENTO, CA (MPG) - The National Association of Women Business Owners, California (NAWBO-CA) is excited to announce the Propel 2024 Conference, taking place at the Kimpton Sawyer Hotel in Sacramento, CA, from April 29 to 30. Themed "Elevate, Transform, Advocate," this two-day event aims to inspire and empower women business owners and emerging leaders through education, networking, and advocacy.

Conference highlights for 2024 include:

The keynote speaker will be Olympian Chaunté Lowe, offering inspiration from her athletic and personal journey. Esteemed guests include Tara Lynn Gray Director of the California Office of the Small Business Advocate (CalOSBA), NAWBO National, CEO, Jen Earle and incoming National Chair, Dr. Janis Shinkawa, Medical Director and Partner of Ohana Pet Hospital and National Board Member Amber Wallace.

The event will be held in a new venue, enhancing the event experience with a fresh location.

There will also be a black-tie awards ceremony celebrating NAWBO-CA's 2024 Woman Business Owner of the Year in addition to outstanding contributions of women entrepreneurs.

Additionally, there will be Advocacy Day at the Capitol, which is an opportunity

for participants to engage in advocacy efforts, making their voices heard in a meaningful setting.

The conference is accessible to all. This year, Amy Graves was appointed to be NAWBO's first-ever Accessibility Director.

The conference will feature powerful speakers, interactive breakout sessions, and opportunities for attendees to engage directly with local legislators.

"Attending NAWBO CA Propel isn't just about expanding your network; it's about expanding your horizons. It's a transformative journey where your business gains insights and opportunities, while you, as a leader, evolve and grow. In this empowering space, collaboration fuels creativity, knowledge cultivates confidence, and together, we rise, both in business and in self," said Melissa Northway, NAWBO CA President.

Attendees can look forward to hands-on sessions for immediate business application, advocacy training for women-owned businesses, and intentional networking to build meaningful relationships. With a focus on overcoming obstacles and achieving success, Propel 2024 promises to be an invaluable experience for women in business.

For tickets and further information, visit the Eventbrite page at <https://www.eventbrite.com/e/nawbo-ca-propel-2024-elevate-transform-advocate-tickets-780406566047?aff=ebdsoporgprofile>. ★

California Spends More on Schools with The Neediest Kids

Here's How It's Succeeded and Failed

By Carolyn Jones,
CALMatters.org

A decade after California revolutionized the way it funds schools, nearly everyone agrees the initiative has done what it was meant to do: improved math and reading scores and brought more resources to students who struggle the most.

And nearly everyone also agrees that the Local Control Funding Formula, as it's known, could use a tune-up. Black and Latino students' test scores have improved but still lag behind their white and Asian peers, and schools in affluent areas still spend far more per student than schools in poorer neighborhoods.

But overall, researchers and superintendents say, the system introduced under Gov. Jerry Brown has remade California's schools for the better.

"Gov. Brown had a good idea," said Adam Clark, superintendent of Mt. Diablo Unified in Concord. "(The funding formula) has given school districts the tools and resources to really address the needs of students. And it gives parents and the community a voice."

Jaime Green, superintendent of Trinity Alps Unified in Trinity County, put it more succinctly: "Without LCFF, our district would not be open."

Under the Local Control Funding Formula, the state gives school districts a base amount of money calculated by attendance, but funnels extra funds for low-income students, English learners and foster youth. Districts have freedom to spend the money on whatever programs they think will help their students, with guidance and accountability through a public local planning process.

Prior to the funding formula, California schools were financed through local property taxes, a system that had been in place for 40 years. Districts with lower tax revenues got extra money from the state, up to a certain limit, and the state doled out dozens of grants for specific programs.

Districts like Trinity Unified, located in California's poorest county, barely stayed afloat under that system because the extra money was not enough to cover expenses, especially considering the large number of students living in poverty.

The overall amount of spending was low due in part to Proposition 13, the 1978 ballot initiative that capped property taxes and resulted in deep cuts to state spending. By the mid-2000s, California was near the bottom of states nationally in school spending, student test scores and nearly every other educational measurement. Linda Darling Hammond, president of the State Board of Education, described it as "a broken system."

Simplifying and Decentralizing School Funding

Brown, who was elected to his second stint as governor in 2010, said he got the inspiration to overhaul school funding from Mike Kirst, who served as president of the State Board of Education during both of Brown's stints as governor. Kirst and his colleagues had proposed the idea of a weighted formula a few years earlier, but it was shelved when the economy crashed in 2008.

Gathering support from legislators, teachers unions, parent groups and school boards, Brown, Kirst and their allies helped get the funding formula enacted in 2013.

The simplicity, along with shifting power away from the state, appealed to Brown.

"I liked the idea of reducing complexity, of giving money where it was most needed," Brown said in December at a conference on the impact of the funding formula. "You need goals, you need standards, but you have to let local people do their thing."

It coincided with a trio of other



The Wellness Center at College Park High School is a place where students can find a quiet and relaxing environment without leaving school. Pleasant Hill, March 15, 2024. Photo by Manuel Orbeago

big changes in California education: passage of Proposition 30, a sales tax which raised about \$6 billion annually for schools; introduction of the Common Core reading and math curriculum; and the Smarter Balanced standardized testing system.

Within a few years, the improvements were obvious in California classrooms. By 2019, before the pandemic, reading and math scores in all grades had improved, graduation rates rose, suspensions and expulsions fell, and more students met college admission requirements for the state's public universities. A report by the Learning Policy

Overall School Spending is Still Unequal

Another problem is the overall amount of school spending generally, some said. Even though low-income schools now have much more money than they did a decade ago, it's not enough to address the needs of students facing complex challenges. And schools in affluent areas still spend far more per student, thanks to parent donations and local bonds and taxes.

Jack O'Connell, who was State Superintendent of Public Instruction prior to the Local Control Funding Formula, agreed. While he considers the

who meet more than one of the formula categories should be counted twice, not once. Schools should receive extra money for English learners who are also low-income, for example.

Basing School Funding on Enrollment, Not Attendance

In Trinity Alps Unified, in the mountains of Trinity County in Northern California, the funding formula has made a world of difference — not just for students but for the entire community, said superintendent Green. Prior to the funding formula, the district received less than \$12,000 per student from all sources; now it's closer to \$20,000.

violate Proposition 209, the affirmative action ban that prevents the state from linking money to students' race or ethnicity.

Gov. Gavin Newsom last year introduced a tweak to the funding formula that directs extra funding to specific schools based on high rates of student turnover, low-income students or students whose parents didn't graduate from high school. The equity multiplier, as it's known, is intended to reach students who have the highest needs.

'Deep inequities' in California

But that's not enough, said Natalie Wheatfall-Lum, director of TK-12 education policy at Ed Trust-West, an education research and advocacy organization. California should repeal or scale back Proposition 209.

"We still have deep inequities across the board," Wheatfall-Lum said. "But by fixing LCFF we have a huge opportunity to support racial equity. ... The stakes are very high. How we fund schools is the foundation of our education system."

Ed Trust-West also recommends that the state hold districts accountable for the academic performance of specific student groups, such as Black and Latino students, and pay more attention to the progress of English learners, whose test scores have barely budged since the finding formula was introduced.

But money isn't always the answer, Brown noted at a conference in December. Bumps in school funding, while helpful, can't be expected to solve problems as deeply embedded as poverty, racism and inequality, he said. Factors beyond school play a huge role in students' outcomes.

'More Than Money' to Help High-Needs Students

At College Park High in Pleasant Hill, the district used funding formula money to open a wellness center two years ago. Furnished with couches, comfy chairs, student-created artwork and private enclaves for one-on-one meetings with counselors, the wellness center is a popular place for students to relax and socialize. In addition to mental health services like peer counseling and therapy dogs, the center offers yoga, meditation, games and a quiet place to do homework. A social worker is always present.

Stephanie Perez, a senior at College Park, said the wellness center has been a lifesaver — literally. It's given her a reason to stay in school and motivation to stay healthy.

"If this place wasn't here, I'd be out drinking, smoking, ditching school, getting bad habits," Perez said. "They really care about you, listen to you, give you a shoulder to cry on. I come here to ease my mind." ★



College Park High School students can visit the Wellness Center during school hours and after school to take a break and reset before returning to their activities in Pleasant Hill on March 15, 2024. Photo by Manuel Orbeago for CalMatters

Institute found that an increase of \$1,000 in per-pupil spending over three consecutive years resulted in a full grade level improvement in math and reading.

California now ranks near the national average in school spending, as well as in math and reading scores. Although scores fell in the wake of the pandemic, they didn't fall as far as they did in other states and are slowly beginning to creep upward.

But challenges persist. One common gripe among superintendents is the annual plan required to chart goals and priorities. The Local Control Accountability Plan is a key part of the funding formula's accountability and parent involvement components, but it can be a headache, superintendents said. It entails community meetings, surveys, data analysis and detailed explanations of spending for the public, county and state to review.

The plans are often so dense with jargon that even though they're posted online, reviewed at school board meetings and shared with parents, few people wade through them — thereby not providing the accountability they're intended to.

funding formula a landmark in California education, he thinks the state needs to increase the base amount of money it gives schools. Currently, that amount ranges from \$11,000 to \$12,300 per student, which poses a challenge for middle-class districts without large numbers of low-income students or wealthy parents willing to donate thousands.

"There's no question things are better off now," O'Connell said. "But increasing the base grant might be the best way to help all students."

Kirst said he was confident the funding formula would work, but he's surprised at its political staying power and how entrenched it's become in the education landscape.

He'd like to see the formula adjusted to take into account regional costs of living, so districts in expensive areas get more money. And he'd like to see the poverty measurement change. Currently it's based on how many students meet the federal standards for a free or reduced price meals. But with so many districts now offering free lunch to all students, he said, the state should consider using other criteria.

He also thinks that students

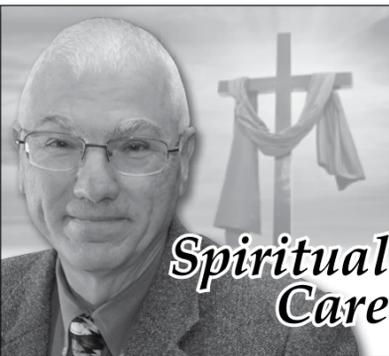
That money goes a long way in Trinity County, funding everything from art classes to after-school programs to special education.

"We feel very blessed to have this formula," Green said. "LCFF allows us to stay open and serve our children at a high level."

An improvement Green and other superintendents would like to see is funding based on enrollment, not attendance. Currently, the state disperses money to districts based on average daily attendance. But chronic absenteeism soared during the pandemic, resulting in lower revenues. While enrollment is also declining in many areas, absenteeism is the bigger challenge, Green said.

Going forward, some advocates are calling on the state to tie extra funding directly to students' race. The impact of systemic racism, they say, is too profound to ignore. They argue that Black and Latino students often fall through the cracks, especially if they attend affluent schools, or if they attend low-income schools in affluent districts. The state has shied away from such a policy for fear it would

Don't Gamble with Faith



BY NORRIS BURKES

I'm not sure you played the Powerball this month, but the jackpot will skyrocket past \$1 billion if no one wins,

I know the odds are terribly impossible, but maybe Chaplain Norris's winning numbers can help you win that jackpot.

That's right. Today I will reveal my divinely inspired numbers.

Well, the "divine" claim is probably an overreach, but I do know that if you pick numbers above 31, you're likely to be the sole winner. That's because most people choose their birth dates.

So with that in mind, can I get a drum roll?

Chaplain Norris's winning numbers are 35-40-45-50-55-60. Bonus number 65.

Yup, I know choosing numbers in multiples of five may seem whacky, but statistics suggest that the odds never change no matter how many times you play or what numbers you choose. Your winning odds are similar to getting struck by lightning on your birthday two years in a row.

Truthfully, you really shouldn't take gambling advice from a chaplain. Unless it's "Don't gamble!"

But the whole lotto game provides some analogy for the way folks choose the right kind of faith.

Why is it that we sometimes think faith is all about luck?

We seek out the nearest weeping statue and drive hundreds of miles to light a candle. We say a prayer and hope a god in a good mood hears it.

Sometimes we search for faith like we are playing scratch cards. We scratch at the deep questions of faith,

hoping to come up with a win.

Still others rely on some lucky combination that their grandfather passed along to them. "My granddaddy prayed for my grandmother inside that church, and she was healed, so I guess it's a winner."

Yet, still others rely on the big-spin approach and take the one they land on. Others see faith like picking the right card out of a newly shuffled deck.

And some play faith the way they play a bluffing poker hand, refusing to let anyone see the cards of doubt they hold.

The problem with these approaches is they produce a routine of losing, much like those who return each night to the same casino only to lose again.

The faith choice made with these methods usually ends up discarded, much like a Lotto ticket on a gas-station driveway.

Faith has little to do with winning or losing. Faith is too important to treat with the same glibness we use to choose our winning numbers. Perhaps it's more about investing in who we are, not about gambling on what we never had.

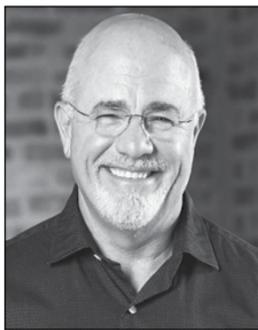
Maybe faith comes about when we invest in the search. We find it inspired by the conversations, the discussions, the questions, and the debates that we have with others. In fact, I believe God prefers honest "searchers" or "questioners," even when they challenge him directly, even when they are unflattering.

Jesus suggested faith might well be something compared to a mustard seed. A mustard seed is the tiniest of seeds, yet in ratio, it grows into one of the biggest plants. Faith starts from the smallest beginnings in the hearts of people and produces not a personal profit, but a powerful and personal transformation.

Well, all this talk about winning the lottery made me wonder what might happen if I actually bought a ticket. I mean, if I ever bought just one, what might happen?

I may never know.

But if you do happen to win with my divine numbers, please remember my favorite charity – Chispa Project. I think it's fair to say that any gift can be an investment in faith. ★



You're Playing with Fire

Dave Ramsey Says

you're playing with fire if you take him up on the offer.

I assume your father-in-law is doing pretty well financially, since he can afford to make this offer. But the downside is just too risky. If I were him, I might offer to pay off the mortgage as a gift to my daughter and son-in-law. But a loan? No way. There are no strings attached to a gift that comes from the heart.

Don't get me wrong, Seth. I'm not bad-mouthing your father-in-law. What he's making is a very generous offer, and it's an incredibly nice thing to do. But in my mind, a very important consideration is being left out of the equation, and it's a spiritual issue. The borrower is always slave to the lender. Always. And sadly enough, nowhere is that more true than within a family.

Accepting this offer could bring instant discomfort into the relationship for you and your wife. This money situation is likely to hang over things like a dark cloud. Thanksgiving, Christmas and other special occa-

sions will feel different—and kind of weird—when you're suddenly celebrating with your mortgage lender instead of just good, old dad.

Even if you come from a reasonable, stable family, and it sounds to me like your in-laws are very good-hearted folks, this debt will always be in the back of your mind. But if you're involved with a dysfunctional or controlling family, that tension is going to be right there—constantly.

I'd thank your father-in-law for his generosity and for the offer. But in my mind, it's just not worth the risk.

– Dave

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

Dear Dave,

My wife and I owe about \$40,000 on our mortgage. My father-in-law, who is a very nice and generous man, said he wants to pay off the house for us, then let us pay him back over time. We've borrowed much smaller amounts of money from him in the past, and we were always able to repay it with no issues and no pressure. How do you feel about us taking him up on his offer?

– Seth

Dear Seth,

I understand you and your wife have been fortunate in these kinds of situations over the years. And I know your father-in-law would probably be a lot easier to work with than a mortgage company when it comes to the size and frequency of payments. But I still think

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Kings Korner

By V.G. Harris



Our Sacramento Kings find themselves in the middle of a Western Conference quagmire, and at this moment, as the Kings prepare to face off with the Oklahoma City Thunder, it's anyone's guess as to who will be in 7th and 8th place when things wrap up in a week.

Sacramento began their road trip with a disappointing loss to the Knicks, a team that they should have defeated. After a close three-and-a-half quarters, the Kings disappeared in the last two minutes of the game, and a competitive game with two minutes remaining turned into an 11-point loss.

To the Kings' credit, they bounced back the very next night and narrowly missed defeating the vaunted Boston Celtics. An up-and-down game, the Celtics took control in the 4th quarter, and with less than two minutes remaining had a seven-point lead.

Showing the stuff that has made them the beloved team they are, led by lightning-quick De'Aaron Fox, the Kings threw a blanket over the Celtics, and drained shot after shot down the stretch. With 15 seconds left and the Kings holding a one-point lead, the Celtics missed the go-ahead shot and Keegan Murray snagged the rebound.

With only seconds remaining, the Celtics stripped the ball and hit a floater in the lane to go up by one point. Now, with only seven seconds in the game, the Kings called a timeout and advanced the ball into the forecourt.

Drama is an understatement, as would-be hero De'Aaron Fox drove into the paint and leaped high for one of his patented eight-foot jump shots to win the game. The ball came off the rim and Keegan Murray collected the rebound while shooting the putback in one motion. The shot narrowly missed, and who of all people was there for the potential winning tip, was none other than Colby Jones. Not who you expected in a pivotal game with under a minute to play, but there he was nonetheless. Colby tipped the ball and was karate chopped across the face, falling to the hardwood. The ball slid off the rim, while every official on the court collectively swallowed their whistles.

Yes, the team with the best record in the NBA stole a game from the Sacramento Kings, that without a doubt should have been decided with no time on the clock from the charity stripe. But once again, the zebras looked the other way, and instead of allowing the game to be played with integrity, it was simply awarded to the home team.

In the industry I have worked in for over 45 years, I have to complete continuing education every year, and the same can be said for real estate agents, cosmetologists, and accountants. If I don't pass the continuing education classes, the state simply doesn't renew my license. In other words, I'm out of a job.

Wow, can you imagine that? Actually oversee the abilities of referees during the offseason, to assess if they have the required skills to officiate at the highest level in the sport of basketball. Oh, would I love to see that.

I hope everyone can get on the same page, and raise their voices for giving our gladiators the officiating they deserve.

Meanwhile, the Kings have 48 hours to lick their wounds and try to upset a team that has already put 53 wins in the win column. The Thunder are a tough team, and the Kings are tasked with defeating them on their home court. Can they do it, and keep alive the hope of avoiding the dreaded Play-in? I, for one, believe in this group, and my prognostication of 48 wins this season remains alive.

Anyone out there want to join me in my optimism?

Domantas Sabonis continues to amaze with a consistency that no Kings player has ever demonstrated. His double-double streak is a nail-biting watch every game, all the while still leading the NBA in triple-doubles!

Yes, it's a magical season for the big man, so enjoy this while you can. No one plays tougher, takes more punishment, and plays with more effervescent joy that has a ubiquitous quality that every player on the team has embraced!

Love this team! Send your thoughts to vgarriskingsfan@gmail.com.

Go Kings! ★

Social Security Matters

When Should My Wife Claim Her Social Security Benefit?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I just saw an article which said that certain spousal options were going away, but there are still good options for when a spouse can claim. I am filing for my Social Security to start in October when I turn 70. My wife's full retirement age (FRA) is in December, and she now plans to file then for half of what my FRA benefit would have been (our original plan was for both to file in August). My wife's main reason for delaying until her FRA is to lock her into my maximum benefit if she has to someday change to Survivor's Benefit. Will this be gone for us? Neither of us was born before January 1, 1954. Please advise. **Signed: Planning for Both**

Dear Planning: I expect that the article you refer to was speaking of the option to claim only a spousal benefit first and allow one's personal SS retirement benefit to grow. That option

was available only to those who were born before 1954 and had reached full retirement age. As you now know that option is not available to you.

Assuming your wife's highest benefit entitlement will be as your spouse, your current strategy – you claim your maximum benefit to start in October at age 70 and your wife starts her benefit in December at her FRA – is a good one which will yield the maximum possible monthly benefit for both of you. But for clarity, your wife's survivor benefit as your widow has nothing to do with when she claims her spouse benefits now.

The only thing which will affect your wife's benefit as your surviving spouse is her age when she claims the survivor benefit. If she has already reached her FRA of 66 years and 8 months when you pass, she will get 100% of the amount you were receiving when you died, instead of the smaller spousal amount she was receiving while you were living. Her survivor benefit would only be less than 100% of yours if she claimed it before reaching her full retirement age (which, of course, we hope would not be the case).

Just so you have the complete picture, your wife could, if desired, claim her Social Security

to start at the same time as you in October but, since that would be earlier than her FRA, the amount she would get would be less than 50% of your FRA entitlement. Her spouse benefit would be reduced by 0.694% for each month earlier than her FRA it starts. For example, if your wife starts her spousal benefit in October when your benefit starts, she will get about 98.6% of the amount she would get if she waited until December to start her benefits. That's a permanent reduction, so if your wife's life expectancy is at least average (about 87), it's likely still wisest for her to wait until her FRA to start benefits. But in any case, when your wife claims her spousal benefit now will have no effect on the survivor benefit she will get as your future widow.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



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Grace Sur, 9545 Folsom Boulevard, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Beauty Solutions By Grace" 9545 Folsom Boulevard, Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 5, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01986
Michelle Green-Clark, 4615 Manzanita Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "KM Dance Arts" 4615 Manzanita Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01925
Surinder Singh Bedwal, 7733 Charmain Court, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Twin River ATMS" 7733 Charmain Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County March 12, 2024

2024 Publish: March 22, 29, April 5, 12, 2024
TWIN 4-12-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01623
Accredited RealEstate Schools Inc, 7840 Madison Avenue #149, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Accredited Real Estate Schools Inc" 7840 Madison Avenue #149, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01932
Amanda Dugan, 6550 Sutter Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Ritual Cookies" 6550 Sutter Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 12, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01213
Best Choice Logistics Inc, 1922 Naomi Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Best Choice Logistics/BC Cab" 1922 Naomi Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01268
JDV Distribution LLC, 3710 Branch Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Jenner Vacation Rentals" 3710 Branch Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County February 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01713
Ryan Stambuk, 3115 Eades Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Off Duty Photography" 3115 Eades Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County March 5, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01622
TNT Industrial Contractors, Inc., 3800 Happy Lane, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "TNT Industrial Contractors, Inc." 3800 Happy Lane, Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02073
Donna R. Chabrier, 1523 Oak Tree Drive, Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Real Experience Group" 1610 R Street Suite 280, Sacramento, CA 95811. Filed with the Clerk of Sacramento County March 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02101
Carlos Derreza, 1420 South Avenue, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Derreza Yard Care" 1420 South Avenue, Sacramento, CA 95838. Filed with the Clerk of Sacramento County March 18, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02097
Aliatta LLC, 7924 Fruitridge Road, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Faisal Market And Restaurant" 7924 Fruitridge Road, Sacramento, CA 95820. Filed with the Clerk of Sacramento County March 18, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01917
T-Rex Auto Repair LLC, 2577 Elkhorn Boulevard, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "T-Rex Auto Repair" 2577 Elkhorn Boulevard, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County March 12, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02256
Critical Path Consulting, PO Box 2924, Rancho Cordova, CA 95741 is doing business under the Fictitious Business Name(s) "Critical Path Training" 4313 Narraganset Way, Mather, CA 95655. Filed with the Clerk of Sacramento County March 21, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02247
Devin Wayne Ford, 8686 Greenback Lane, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Smaiz Studios" 8686 Greenback Lane, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 21, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02323
Victor R Garcia and Victor M Garcia, 7659 Denio Way, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name(s) "CH Café & Grill/Ericas Café/Garcia's Family Cafe" 6215 Sunrise Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 25, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02196
CR1F Group LLC, 5000 Birch Street #100B, Newport Beach, CA 92660 is doing business under the Fictitious Business Name(s) "Credit 1 Finance Group" 5000 Birch Street #100B, Newport Beach, CA 92660. Filed with the Clerk of Sacramento County March 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02078
Elias Caraska, 5518 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "D & W Hobbies" 5518 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County March 15, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02206
Mary Gwaltney, 3416 American River Drive Suite B, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "The Center for Educational and Social Success/ Cognizant Counseling and Assessment" 3416 American River Drive Suite B, Sacramento, CA 95864. Filed with the Clerk of Sacramento County March 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01918
Silverstreak Registration & Permit Services LLC, 8146 Greenback Lane Suite 101, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Silverstreak Registration & Permit Services" 8146 Greenback Lane Suite 101, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 12, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02219
Britanie N. Page and Collin W. Page, 8468 Central Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Page Financial Group" 8468 Central Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02217
German Palomares Karrom, 4 Hondo Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "G Welding Services" 4 Hondo Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 20, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02153
John R. Watt, 7007 Main Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Scorched Fabrication" 7007 Main Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 19, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01708
Pomme Miel Businesses LLC, 4100 Redwood Road Suite 20A-123, Oakland, CA 94619 is doing business under the Fictitious Business Name(s) "PizzaForno" 12401 Folsom Boulevard, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County March 5, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01775
Peter Frank Ochoa, 2201 19th Avenue, Orochova, CA 95822 is doing business under the Fictitious Business Name(s) "Universe Network Services" 2201 19th Avenue, Sacramento, CA 95822. Filed with the Clerk of Sacramento County March 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02411
Denis Voyku, 9329 Orangevale Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "DV Transportation Services" 9329 Orangevale Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County March 28, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02378
ESM Trading Company Inc, 7817 Wooddale Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Crazee 4 Pasta/Florian Café and Deli" 2204 Sunrise Boulevard, Rancho Cordova, CA 95670. Filed with

the Clerk of Sacramento County March 27, 2024

Publish: April 5, 12, 19, 26, 2024
CRAZEE 4-26-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01150
Alpentanzer Schuhplattler, 3349 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Alpentanzer Schuhplattler/ Alpentanzer Schuhplattler/ STV Alpentanzer Schuhplattler/ STV Alpentanzer Schuhplattler/ Sacramento Turn Verein Alpentanzer Schuhplattler" 3349 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 13, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02425
Bashar Bazingan, 3822 El Camino Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Lockwise" 3822 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 28, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01842
Scott Greenwood, PO Box 3087, Carmichael, CA 95609 is doing business under the Fictitious Business Name(s) "Redwood Creek Engineering" 2617 K Street Suite 125, Sacramento, CA 95816. Filed with the Clerk of Sacramento County March 8, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02444
Evergreen Commercial Management, Inc., 2485 Natomas Park Drive Suite 360, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Evergreen Management Company" 2485 Natomas Park Drive Suite 360, Sacramento, CA 95833. Filed with the Clerk of Sacramento County March 29, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02234
Astronaut LLC, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "New House Press" 2108 N Street Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County March 21, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02299
Herrada, Inc., 6970 Sunrise Boulevard, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "3 Rios Taqueria" 6970 Sunrise Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 25, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02334
Kiana O. Flores, 6017 Telesco Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Cat's Meow - Full Body Waxing & Aesthetics" 4719 Manzanita Avenue #3, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 26, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02423
Priority Construction, 11013 Jackson Road, Sacramento, CA 95830 is doing business under the Fictitious Business Name(s) "Priority Construction" 11013 Jackson Road, Sacramento, CA 95830. Filed with the Clerk of Sacramento County March 28, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01698
Trade Key Virtual Media Inc., 11230 Gold Express Drive Suite 310-160, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Regen Nutraceuticals/ Zen Nootropics/Hemp Healthy Naturals/Purelife Natural Wellness/Ayurveda Science of Life" 9915 Fair Oaks Boulevard Suite C, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 5, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01781
Trevor Hubby Performance LLC, 2345 Aerostar Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Sutter Park Fitness" 533 53rd Street Suite 110, Sacramento, CA 95819. Filed with the Clerk of Sacramento County March 7, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01984
Anulari, LLC, 3845 Sierra Gold Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Serene Furniture - Home Decor" 5128 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County March 13, 2024

Publish April 12, 19, 26, May 3, 2024
SERENE 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02293
Pro Haircuts LLC, 8391 Folsom Boulevard Suite 5, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Pro Haircuts" 8391 Folsom Boulevard Suite 5, Sacramento, CA 95826. Filed with the Clerk of Sacramento County March 22, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01866
Dung The Tran, 7205 Alpine Frost Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Chic Nails & Spa Salon" 3443 Laguna Boulevard Suite 136, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County March 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01546
H & F Performance Training LLC, 1850 Fairchild Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Coerver Sac Sierra" 1850 Fairchild Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 29, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-01546
H & F Performance Training LLC, 1850 Fairchild Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Coerver Sac Sierra" 1850 Fairchild Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 29, 2024

Mary Kaye Bartholomew aka Mary Kaye Bassett has filed a petition with this court for a decree changing the name(s) of Mary Kaye Bartholomew aka Mary Kaye Bassett to Mary Kaye Prentice.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 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.

ISAIAH MICHAEL FENNEMA-MONTOYA has filed a petition with this court for a decree changing the name(s) of Isaiah Michael Fennema-Montoya to Isaiah Michael Montoya.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 3, 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.

ISAIAH MICHAEL FENNEMA-MONTOYA has filed a petition with this court for a decree changing the name(s) of Isaiah Michael Fennema-Montoya to Isaiah Michael Montoya.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 28, 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.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 5, 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.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 5, 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.

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV004736

Mary Kaye Bartholomew aka Mary Kaye Bassett has filed a petition with this court for a decree changing the name(s) of Mary Kaye Bartholomew aka Mary Kaye Bassett to Mary Kaye Prentice.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 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.

ISAIAH MICHAEL FENNEMA-MONTOYA has filed a petition with this court for a decree changing the name(s) of Isaiah Michael Fennema-Montoya to Isaiah Michael Montoya.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 3, 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.

ISAIAH MICHAEL FENNEMA-MONTOYA has filed a petition with this court for a decree changing the name(s) of Isaiah Michael Fennema-Montoya to Isaiah Michael Montoya.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 28, 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.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 5, 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.



Call to Local Artists

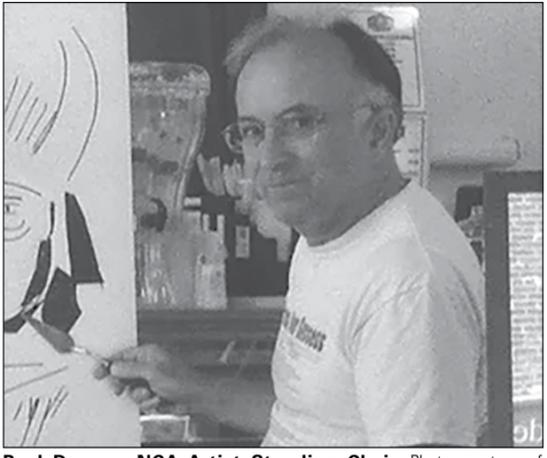
Northern California Arts Inc. News Release

CARMICHAEL, CA (MPG) - If you or somebody you know has an artistic gift, Bold Expressions 2024, Northern California Arts, Inc. is set to have their (NCA) 69th International Open Juried Art Exhibit this coming October.

This is open to fine artists everywhere. Northern California Arts, Inc. is located in the Sacramento Area and invites you to submit your original artwork. Photography, giclees, video, computer generated art, or crafts are not accepted for this show.

The Juror will be Tom Matousek, whose work can be found at <https://disneyfineart.com/collections/tom-matousek>.

The Online application deadline is August 11, 2024. The exhibit



Paul Dessau, NCA Artist Standing Chair. Photo courtesy of Paul Dessau Fine Arts

dates will be October 1, 2024, to October 26th, 2024. The Best of Show will be awarded \$1,000, plus other awards will be given out.

Applicants can enter at <https://www.entrythingy.com/d=norcalartsinc.org?start=list>.

For a detailed Artist's Prospectus, visit

[norcalartsinc.org](http://www.norcalartsinc.org) and click on "call to artists".

For more Bold Expressions 2024 information, email paul@nccn.net or call 530-346-6078. Paul Dessau is the NCA Artist Standing Chair.

For more information about Paul, visit his website at <http://www.pauldessaufineart.com/> ★

California Enjoys Healthy Water Supply But Battles Over Its Uses Continue to Fester



By Dan Walters, CALMatters.org

California's major reservoirs are nearly full thanks to two wet winters, the Sierra snowpack is deeper than usual and the state is likely to receive even more rain and snow this spring.

After years of drought, California's water supply is the healthiest it's been in the 21st century. Nevertheless, the state's age-old jousting over water use priorities continues and may become more intense as climate change affects the amount of water available.

On Tuesday (April 2), Gov. Gavin Newsom strapped on snowshoes to accompany state water officials as they measured the Sierra snowpack near Lake Tahoe and declared that it's well over 100% of average.

The event was streamed online and Newsom used it to warn Californians that the state's water future is uncertain and unveil an update of the state's master water plan.

"You can take a deep breath this year, but don't quadruple the amount of time in your shower," Newsom advised, "then consider that this time next year, we may be at a different place."

The water plan must be revised every five years and the new version dwells on "resilience" - making

the water systems less vulnerable to climate change - and "equity." It notes that "for more than 95 percent of Californians, safe, reliable, and affordable water is perceived to be a daily guarantee, but for approximately 1 million Californians, there is a persistent struggle to access water fit for human consumption."

"These extremes are becoming the new reality, and that new reality requires a new approach," Newsom said, adding, "I'll remind all of you the water system in California was designed for a world that no longer exists."

The updated plan describes itself as a "call to action, an all-hands-on-deck endeavor, in which everyone has a role - state agencies and departments with water, regulatory, and climate responsibilities; regional water and resource managers and stewards at every scale across water sectors; and individual Californians."

It assumes that California will build two major projects: the Sites Reservoir on the west side of the Sacramento Valley to bank 1.5 million acre-feet of water during high precipitation years, and a 45-mile-long tunnel that would carry water from the Sacramento River to the head of the California Aqueduct near Tracy, bypassing the Sacramento-San Joaquin Delta.

"We're seeing real progress," Newsom said of the \$16 billion project. "My goal is to get that permitted by the time you kick me out." Newsom described it as "foundational (and) critical if we're going to address the issue of climate change. It is a climate project. It is one of

the most important projects this state can advance."

Environmental groups contend that the tunnel would deprive the Delta of flows needed to maintain water quality for wildlife. Its future is linked to persuading - or compelling - farmers to reduce their diversions from the San Joaquin River and its tributaries, thereby allowing more water to flow through the Delta.

Environmentalists are pressing the state Water Resources Control Board to mandate reductions by updating Delta water quality standards, but that effort collides with historic water rights. Newsom wants diversions to be reduced through "voluntary agreements" rather than by decrees that would lead to legal battles.

The new water plan dances around the issue, endorsing the concept of voluntary agreements but declaring that the water board needs "increased capacity to halt water diversions when the flows in streams diminish (and) modernize the water rights system in a manner that respects water right priorities and aligns with current public values and needs."

Within those vague words lies what could be a monumental battle.

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. He began his professional career in 1960, at age 16, at the Humboldt Times in Eureka, while still attending high school, and turned down a National Merit scholarship to continue working as a journalist. ★

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by Jeff Pickering



Amber Waves



by Dave T. Phipps

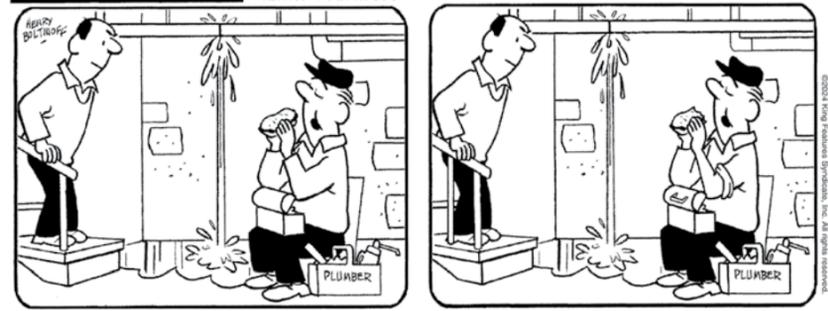


Out on a Limb



by Gary Kopervas

HOCUS-FOCUS

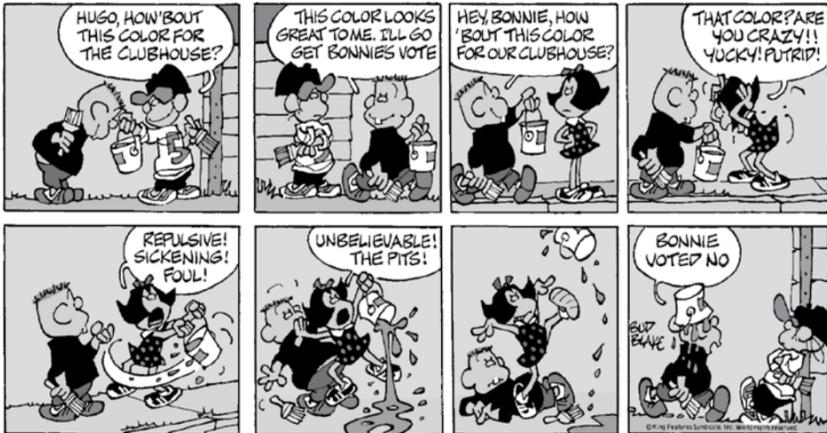


BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Railing is different. 2. Handle is added to lunch box. 3. Sleeve is rolled up. 4. Leak is moved. 5. Pipe is thinner. 6. Bite is missing from sandwich.

TIGER



by BUD BLAKE

GRIN AND BEAR IT



Just Like Cats & Dogs



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

STATEPOINT CROSSWORD • NATIONAL PARKS

CLUES

ACROSS

- Rhymes with, and similar in meaning, to blob
- Refrigerator sound
- Action word
- Left, in Russia
- Departed
- Locomotive hair
- As opposed to St. in a city, pl.
- French cordial
- Type of lily, pl.
- *Voyageurs National Park location
- Like Andersen's duckling
- Poacher's ware
- Unit of pressure
- *Volcanoes National Park location
- Dionysus' female followers
- U.N. labor agency
- Camels' relatives
- Pelvic bones
- Smears
- _____ of the land"
- Gertrude Stein's reception room
- Sicilian rumbler
- Strong influence
- To sum
- Blushes
- *Utah national park
- What blanket and landing have in common
- State before birth
- Eastern European
- *Yosemite's famous monolith (2 words)
- Cockamamie
- Effect of pain?
- First weekly news magazine in U.S.
- South African currency, pl.
- Tolstoy's Karenina
- The 15th of March
- King Kong and Koko, e.g.
- Hot one in a bun
- Copper coin

DOWN

- Type of shot
- Strauss of jeans fame
- Often found under a range
- Herzegovina's partner
- Kind of roll, in school
- Together
- * _____ Verde National Park
- *Shenandoah National Park location
- Twelfth month of Jewish civil year
- Frost-covered
- Like certain relief
- _____ is a byproduct of _____ (2-3-letter words)
- _____ for alarm"
- See nor hear this? pl.
- Faux _____
- Opposite of seeker
- Winged _____
- One of Florence Nightingale's concerns
- American Indians of Yucatan
- Islam's Supreme Being
- D in LED
- White _____ National Park in New Mexico
- Financial help
- *Need one to navigate

CROSSWORD

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16				17				
18					19				20				
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	50	51						52			53	54	55
56								57			58		
59								60			61		
62								63			64		

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

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

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

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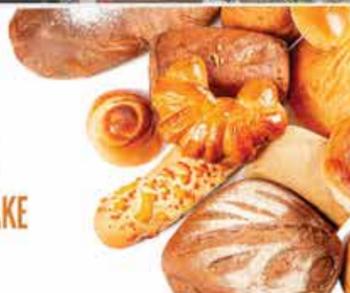
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AMERICAN/HISPANIC GROCERY

REG. \$16.99 12.3 Vegetable Oil 1 gallon \$14.99 ea	REG. \$5.49 Lorrey's Garlic Salt 11 oz \$4.99 ea	REG. \$19.99 Charmin Ultra Soft Toilet Paper 9 rolls \$16.99 ea	REG. \$20.99 Milo Multi Beverage Mix 1.5 kg \$18.99 ea	REG. \$16.99 Rena Detergent Powder 5 kg \$10.99 ea
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ASIAN GROCERY

REG. \$5.99 Three Ladies Viet Pho Noodle 2 lbs \$4.99 ea	REG. \$4.99 First World Sriracha Hot Sauce 2.9 oz \$2.99 ea	REG. \$4.99 D&B Sweet Soy Sauce 21.5 oz 99¢ ea	REG. \$1.29 Bin Bin Rice Cracker 3.75 oz \$1.29 ea	REG. \$2.99 Fao Baked Coconut Water 1 liter \$1.99 ea
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EUROPEAN GROCERY

REG. \$12.99 Ahmad Tea Loose Tea 3 kinds 500 gr \$11.99 ea	REG. \$3.69 Lavada Karveka Condensed Milk 5.5% 550 gr \$2.99 ea	REG. \$6.99 Arbord Red Pepper Sauce Spicy 520 gr \$5.99 ea	REG. \$2.99 ROYAL PASTA 12 x 30 \$2.79 ea	REG. \$3.99 Royal Basmati Rice 20 lbs \$2.99 ea
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REG. \$1.99 Seaweed Seasoned 60 g \$1.99 ea	REG. \$3.99 Wang Doojaya Noodle 2 lbs \$3.99 ea	REG. \$9.99 Sea Salt for Kimchi 2.5 kg \$9.99 ea	REG. \$3.99 Olive Oil Green Layer 4 x 20 \$3.99 ea	REG. \$2.99 Tomatoma Drink 4 kinds 300 ml 99¢ ea
REG. \$2.99 HI Vermont Curry 3 kinds 250 g \$2.99 ea	REG. \$3.99 Picky Sakura Mamiya 85 g \$3.99 ea			

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REG. \$4.99 BIG SPEEDY HAIR COLOR (REFILL ONLY) \$4.99 ea	REG. \$4.99 ELECTRIC BBQ GRILL \$3.99 ea	REG. \$4.99 ELECTRIC RICE COOKER (4 CUPS) \$4.99 ea	REG. \$4.99 ELECTRIC RICE COOKER (6 CUPS) \$4.99 ea	REG. \$4.99 ELECTRIC RICE COOKER (10 CUPS) \$4.99 ea
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FROZEN & FISH DEPT

Vinegared Mackerel 120 g REG. \$5.99/ea \$3.49/ea	Frozen Breaded Oyster 250 g / 10 pcs REG. \$7.99/ea \$4.99/ea
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WEEKLY MEAT SPECIALS

USDA SELECT NB Chuck Roast - Bnds \$4.99/lb	BONUS BUY Beef T-Bone Steak \$5.99/lb	GREAT VALUE Beef Porterhouse Steak \$6.49/lb
GEORGE'S 40 lb Case \$33.99	Country Style Pork Loin Ribs - Bnds \$2.99/lb	Hatfield Pork Spare Ribs (Single Pack) \$3.49/lb
Chicken Leg Quarters 89¢/lb	Hatfield Pork Butts Boneless \$2.99/lb	Hatfield Pork Spare Ribs \$3.49/lb

FROZEN & FISH DEPT

Fermented Soybean Natto 2 kinds 50 g REG. \$2.99/ea \$1.49/ea	Colombus Beef Pastrami \$12.09/ea	Green Cracked Olives \$3.99/ea
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EUROPEAN DELI

REG. \$5.49 Belmont German Ham \$5.49/ea	REG. \$4.99 Hot Piled Green Olives \$4.99/ea	REG. \$4.99 Hot Piled Green Olives \$4.99/ea
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