

Many Ways to Celebrate Family Health and Fitness Day

Honoring Our Fallen Heroes

PAGE 11



Carmichael Times

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JUNE 7, **2024**

SOCIAL STUDIES CHAIR PROMOTED



PAGE 5

SAFE ANNOUNCES SCHOLARSHIP RECIPIENTS



PAGE 3

DAR COMMUNITY SERVICE AWARDS HONORS THREE



PAGE 2

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Carmichael Hails Great Taste



Skip's Kitchen proprietor Skip Wahl, center back, and chef Jeremy Hester, left, lure the multitudes with burgers. The customers are Katie and Kyle Kelly.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - More than 400 foodies last week crammed La Sierra Community Center for the Taste of Carmichael festival.

In its 19th year, the mammoth event broke fundraising records that boosted the Carmichael Kiwanis Club's benevolence to many causes. Raffles and silent auctions further enabled aid for programs benefiting



Deli selections were among samplings offered by event sponsor Raley's supermarket. Staffers are Michelle More, left, and

children, families and culture.

More than 40 restaurants, markets and merchants enriched the culinary experience. Vintners and breweries libated and guests danced off calories in the center's courtyard.

Sponsors included Raleys, Sacramento County Supervisor Rich Desmond, Homes by Towne, Carmichael Improvement District, SMUD, Maita Subaru and Almond Orchard Dental.

For more information on the Kiwanis Club of Carmichael, visit: www. kiwanisclubofcarmichael.

Volunteer Now for California Capital Airshow



Story by MPG Staff

SACRAMENTO REGION, CA (MPG) - California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, invites community members to sign up as airshow volunteers for the 2024 Airshow.

This year's Airshow at Mather Airport on July 13 and 14 features aerial performances by Italian

Jet Team Frecce Tricolori and the United States Air Force Thunderbirds Jet Demonstration Team.

More than 1,000 community members make up the corps of volunteers that help bring the California Capital Airshow to life each year. The Airshow is looking for adults, age 18 and older, to volunteer their time on July 13 and July 14.

"Airshow volun-

teers play a vital role in

supporting California Capital Airshow's mission to inspire the next generation through the wonder of flight," said Darcy Brewer, executive director of the California Capital Airshow. "Their efforts make a huge impact for our nonprofit and they get to build a sense of community while enjoying the behind-the-scenes excitement of producing a truly spectacular event.'

com/ become-a-volun-

and provided with water throughout the day, in addition to receiving a commemorative "Airshow Crew" T-shirt, the opportunity to make new friends, and the Airshow profit event.

team's deepest gratitude for supporting this non-Those interested are encouraged to complete volunteer registration at californiacapitalairshow.

SMUD's Shine **Program Accepting Applications**

SMUD News Release

SACRAMENTO REGION, CA (MPG) - The SMUD Shine Awards' application period opened for nonprofit organizations June 1 and runs through July 31. The Shine Awards program is designed to improve and revitalize communities in the Sacramento region.

Proposals should focus on projects that support zero carbon workforce development, environmental justice and equity, inclusive economic development and STEM education. Shine projects align with SMUD's Clean Energy Vision, which is to eliminate all carbon emissions from the power supply by 2030.

Shine awards 1 range from \$5,000 to \$100,000 and are very competitive. Any incorporated nonprofit organization within SMUD's service area is eligible to apply. Shine awards are available at three funding levels: Spark (up to \$10,000), Amplifier (up to \$50,000) and Transformer (up to \$100,000). Applications will be accepted through

July 31.

While SMUD will consider a broad variety of potential projects, it is primarily interested in proposals that promote the 2030 Clean Energy Vision. That includes utilizing clean energy solutions, advancing zero carbon workforce development and training, promoting energy efficiency, energy conservation and greenhouse gas reduction particularly in diverse and under-resourced communities (environmental justice and equity), supporting inclusive economic development and involving clean energy education related to energy efficiency, renewable energy or related Science, Technology, Engineering and Math (STEM) fields.

SMUD will host multiple technical assistance webinar sessions about Shine and the application process. A registration link and application can be found on smud.org/Shine.

This past year, SMUD awarded more than \$583,000 in Shine funding to 29 local nonprofits. SMUD received a wide range of applications, and the selected projects were able to successfully demonstrate collaboration and the potential for broad community impact.

Each year, SMUD contributes approximately \$3 million in financial support and in-kind services to community-based organizations. SMUD will continue to support

Continued on page 5

www.CarmichaelTimes.com

Volunteers will be fed

2 · Carmichael Times JUNE 7, **2024**

2024 DAR Community Service Awards Honors Three



Shown are Dianne Poppert, Citrus Heights Daughters of the American Revolution Community Service Award chairperson, Kaye Lynn and David Peterson of Sacramento, leaders of the U.S. Constitution Study Group, and Sacramento County Supervisor Sue Frost.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Three community leaders were honored for their community service by members of the Daughters of the American Revolution (DAR) General John A. Sutter Citrus Heights Chapter on May 11 for their many volunteer contributions to the local community.

Lorie Rheams, a resident of Orangevale and an active member of the Orangevale Rotary Club with her husband, Russ, were recognized for two volunteer activities in which they both made a difference in their community.

For the past 17 years, the Rheams have volunteered to distribute Christmas baskets to local families in need at Divine Savior Catholic Church in Orangevale. Some 43 such baskets were distributed at Divine Savior in December 2023.

"There's such an incredible need and so many ways in which all of us can help our community," she said modestly. Rheams acknowledged the support of her husband who is "always by my side," fellow church members at Divine Savior and her fellow Orangevale Rotarians in being able to "model and live a full life of service to others."

Rheams was also cited for leading a clothing collection program for the nonprofit Underground Clothing Connection store in the Citrus Heights Sunrise Mall for young adults and children in need.

"What the Underground needs now, besides clothing donations, is consistent volunteer support hours helping out in the store to better help it thrive," she said. "It's an important resource for so many people it serves," she said.

The free clothing store, exclusively for students and their families of San Juan Unified School District, by school referral only, is the product of a community partnership between the Citrus Heights Homeless Assistance Resource Team (HART), Sunrise Mall, San Juan Unified School District (SJUSD) and Sunrise MarketPlace (SMP).

To volunteer or make a clothing donation to the Underground Clothing Connection, call 916-952-9797 or email The Under Ground 444@gmail.com.

The couple also own and operate Orangevale Copy Center at 9267 Greenback Lane, Suite C5, Orangevale since February 1990.

Kaye Lynn and David Peterson of Sacramento were recognized for volunteering their time leading a non-partisan U.S. Constitution Discussion Group (CDG), which meets at Epic Bible College at 4330 Auburn Boulevard in Sacramento. Both received an award for their outstanding service to the community.

The couple lead a free eight-week course on the U.S. Constitution through Aug. 29 from 6 to 8 p.m. hosted at Epic Bible College with discussion topics including state sovereignty, nullification and taxation, unconstitutional powers, the Electoral College, and the Fourth Amendment to the Constitution prohibiting unreasonable search and seizures.

"We the people, no longer understand our relationship to, and our responsibilities under the Constitution," Kaye Lynn Peterson told the Daughters of the American Revolution members. "Our purpose is to help adults review, re-learn and discuss what a Constitutional Republic is, and review the documents left to us by the Founding Fathers of our nation."

The Sacramento U.S. Constitution Discussion Group, running for the past three years, is conducted in a instruction followed by open discussion and questions. Kaye Lynn is the moderator and searches for material to cover, while David runs the video equipment used to present audio-visual materials. The couple said a "thorough

seminar-style presentation, with

understanding and refresh of the rights and responsibilities of citizenship under the U.S. Constitution are an important part of an active civics education."

The public is also invited to bring a dish to share and attend a Memorial Day patriotic potluck from 6 to 8 p.m. May 30 hosted by the group on the main floor at Epic Bible College, 4330 Auburn Blvd. The General John A. Sutter

Chapter, National Society Daughters

of the American Revolution (NSDAR or DAR), a nonprofit, non-political organization, meets at the Sylvan Community Center, 7521 Community Drive in Citrus Heights. Women who are 18 years of age and older and descended from a parent who aided in achieving

Fresh Produce

membership.

Carmichael Resident **Graduates** from James **Madison** University

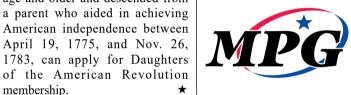
Merit Pages News Media Release

CARMICHAEL, CA (MPG) -Lauren Zuk of Carmichael graduated with a degree in speech language pathology - MS from James Madison University during commencement exercises in May 2024.

Zuk was among more than 4,482 students who received undergraduate and graduate degrees.

Founded in 1908, James Madison University is a public university located in Virginia's Shenandoah Valley. James Madison University is one of the nation's leading lights in higher education, where students enjoy engaging relationships with world-class faculty who drive education innovation and support advanced research. With state-of-the art amenities and facilities, students have access to NCAA Division 1 athletics. James Madison University also has the highest post-graduation job levels of all Virginia colleges.

Congratulations to all graduates and their families.









JUNE 7, 2024 Carmichael Times • 3

SAFE Credit Union Announces Scholarship Award Recipients



Aamina Phineas, a scholarship recipient, is currently studying at Los Rios Community College. Photo courtesy of SAFE Credit Union

SAFE Credit Union

SACRAMENTO REGION, CA

(MPG) - On May 20, SAFE

Credit Union announced this year's scholarship's

recipients. SAFE Credit

Union's Scholarship

Program granted \$4,000

scholarships to graduat-

ing high school seniors

personal statement and

a letter of recommenda-

tion and are SAFE Credit

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were either a graduat-

ing high school senior or

a current community col-

lege student with 60 or

fewer credits with a GPA

of 3.0 or above and must

Scholarship recipients

account.

News Release

currently attend a high school or community college in one of the 13 counties in SAFE's service area: Sacramento,

Placer, El Dorado, Yolo,

San Joaquin, Contra Costa,

share that we increased

Solano, Yuba, Sutter, Butte, Nevada, Alameda, and Amador. "We are thrilled to

our scholarship awards and community college students who met various from \$2,000 to \$4,000 so we can make a larger eligibility requirements. SAFE is pleased to confinancial impact for our gratulate Daniel Fomichev, recipients," said Johnna Ali, Community Relations Fouzia Khan, Aamina Phineas, Jayha Buhs-Program Manager, SAFE Credit Union. "SAFE Jackson and Ronit Prasad understands that college for their continued commitment to their studies is a major expense and within the community. that's why we expanded our application eligibility The recipients were selected based on their from high school students academic achievement, to now include commu-

apply."

The recipients were asked to share how this scholarship will support their academic goals:

nity college students with

60 or fewer credit hours to

"Education plays a crucial role in fostering community engagement and collaboration. As a firefighter with a solid educational foundation,



Daniel Fomichev, one of the scholarship recipients, attends American River College and is a Fair Oaks native. Photo courtesy of SAFE Credit Union



Scholarship recipient Fouzia Khan attends Elk Grove Charter School. Photo courtesy of SAFE Credit Union



Fair Oaks' Jayha Buhs-Jackson is a student at Bella Vista High School. Photo courtesy of SAFE Credit Union

I can actively engage with community members to raise awareness about fire safety, emergency preparedness, and risk mitigation strategies. By organizing workshops, training sessions, and outreach programs, I can empower individuals and communities to take proactive steps towards creating a safer environment for everyone," said Daniel Fomichev of Fair Oaks and a student at American River College.

"I aspire to pursue a career in the medical field.

I plan to attend Cosumnes River College for two years and then transfer to a university. After my four years are done and I graduate with a degree, I plan to attend medical school to become a pharmacist or physician assistant. The medical field is something I'm personally very passionate about," said Fouzia Khan of Elk Grove and a student at Elk Grove Charter School.

"My educational goals in entrepreneurship are intrinsically linked to my desire to positively impact



Scholarship recipient Ronit Prasad is a student at Whitney High School in Rocklin. Photo courtesy of SAFE Credit Union

my community. By harnessing the power of entrepreneurship, I aim to create innovative solutions to address societal needs, generate employment opportunities, advocate for social justice, and foster collaboration and empowerment within my community," said Ronit Prasad of Rocklin, and a student at Whitney High School.

"By being a lawyer, I would be able to advocate for individuals affected by mental illness, or as a physician I would treat and

diagnose patients in the psychiatric specialty," said Jayha Buhs-Jackson of Fair Oaks and a student at Bella Vista High School.

"This scholarship not only represents financial assistance but also signifies a profound acknowledgment of the challenges I have faced and overcome, fueling my determination to make a positive impact in both my life and the lives of others," said Aamina Phineas, a student at Los Rios Community College.

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4 · Carmichael Times JUNE 7, **2024**

Field Day a Celebration for Ham Radio Enthusiasts

Friends & Amateur Radio Communications Enthusiasts News Release

SACRAMENTO COUNTY, CA (MPG)

- Ham radio operators from the Friends & Amateur Radio Communications Enthusiasts in the Sacramento County area will participate in a national amateur radio exercise from 11 a.m. Saturday, June 22 to 12:59 p.m. on Sunday, June 23.

If you are new to Field Day, it is like Ham Radio's Open House.

Hams set up temporary transmitting stations in public places to showcase the science, skill and service of amateur radio. It is an exciting opportunity to learn, connect and demonstrate

the capabilities of this hobby. Use the Field Day Locator at www.arrl.org/field-day-locator to find a site near you and join the celebration. The Friends & Amateur Radio Communications Enthusiasts group will set up operations in Diamond Springs.

The event is the American Radio Relay League (ARRL) Field Day (www.arrl.org/fieldday), an annual amateur radio activity organized since 1933 by the league. Hams from throughout North America ordinarily participate in Field Day by establishing temporary ham radio stations in public locations to demonstrate their skill and service. Their use of radio signals, which reach beyond borders, bring people together while providing essential communication in the service of communities. Field Day highlights ham radio's ability to work reliably under any conditions from almost any location and create an independent, wireless communications network.

from the Sacramento, El Dorado and Placer County area will also use radio stations set up in their homes or take to their backyards and other locations to operate individually or with their families. Many hams have portable radio communication capability that includes alternative energy sources such as generators, solar panels and batteries to power their equipment.

Hams have a long history of serving our communities when storms or other disasters damage critical communication infrastructure, including cell towers. Ham radio functions are completely independent of the internet and phone systems and a station can be set up almost anywhere in minutes. Hams can quickly raise a wire antenna in a tree or on a mast, connect it to a radio and power source, and communicate effectively with

During Field Day 2023, more than 40,000 hams participated from thousands of locations throughout North America. Hams range in age from as young as 9 to older than 100.

For more information about American Radio Relay League Field Day and ham radio, contact the California Department of Technology Radio Association (N6CDT) at soudabeh.najarzadeh@stateofca.gov or visit the Amateur Radio Club (KF6NNM) Friends & Amateur Radio Communications Enthusiasts page at www.kf6nnm.net.

Introductory information can be found at www.arrl.org/ what-is-ham-radio.

A self-study license guide is available from American Radio Relay League: The American Radio Relay League Ham Radio License Manual is online at www.arrl.org/shop/Ham-Radio-License-Manual.

CarmichaelTimes.com









Telcome home to this one-of-Carmichael Experience unparalleled privacy with gated living, a lush, shaded yard, and a charming wrap-around porch, ideal for sipping morning coffee or enjoying warm summer nights. This custom-built 1993 residence boasts 3 bedrooms and 2.5 baths, featuring formal dining and living spaces, a spacious kitchen, and a huge laundry room with abundant cabinetry. Entertain effortlessly in the oversized game room with a custom bar and tons of storage space. Discover the rare 1,548-square-foot shop with all the bells and whistles including its own private bathroom, car lifts, and comprehensive heavy-duty equipment - a haven for heavy machinery enthusiasts! Additional highlights include owned solar panels, a durable tile roof, ample storage, a 2-car garage, and space for RV parking. With potential for a pool and ADU, this property offers endless possibilities. Don't let this opportunity slip away!













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Dave Ramsey Says

St. Francis Social Studies Department **Chair Promoted to Assistant Principal**

St. Francis Catholic High School News Release

EAST SACRAMENTO, CA (MPG) - St. Francis Catholic High School is proud to announce Julie Van Houten as its new assistant principal. Van Houten, who holds a Master of Arts in education, is a member of the executive staff and has been serving as the social studies department chair for the past two years. She will assume her new role effective July 1.

"St. Francis is an amazing school that needs to be celebrated," said Van Houten. "As a current teacher and parent of a St. Francis student, I have a strong understanding of the academic, social and emotional needs of the key stakeholders: students, families and teachers."

"I am excited about the opportunity to continue working and collaborating in an environment where I can contribute to the quality of an all-girls faithbased education," she said.



assistant principal. Photo by Bill Smith Photography

Van Houten started teaching in the Elk Grove Unified School District in 2001 and joined the staff at St. Francis Catholic High School in 2016 as a social studies teacher, including AP U.S. history and AP government and politics. Van Houten is also an Adjunct Professor at Sacramento State University where she teaches aspiring multiple subject and social

science teachers.

"We are excited to have Julie take on this position of leadership at St. Francis," said Principal Elias Mendoza. "Her time as a faculty representative on our executive staff, her innovative approach to curriculum and instructional delivery, and her passion for the mission of St. Francis make her the perfect choice."



That's a Pretty **Good Deal**

Dear Dave,

I'm in college full-time right now, and my parents have been generous enough to pay for some of my school expenses. In addition, they let me live at home while I complete my degree. I work some nights and most weekends so I can go to school debtfree, but I'm trying to figure out how to move out on my own and continue working, while remaining a full-time student and attending career-related campus events. The cost of living is high in our area, so I'm having trouble figuring out how to make it all work. Do you have some advice?

- Will

Dear Will

You sound like a very driven and mature young man. Congratulations on everything you've been able to accomplish so far. I'm glad you're working hard in school with

an eye toward the future. First off, out of the three considerations you mentioned - school, work, and cost of living - I think you need to decide

which is your number one priority. If I were in your shoes, school would come first.

Now, to go to school without borrowing money, you're going to have to keep working. But finishing school on time, while attending some of the extracurricular events that will move you toward your career, might pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic and graduation goals while staying at home just a little bit longer? That sounds like a winner to me. It's a pretty nice deal your parents are offering, but I can understand your desire to be out on your own, too.

I want you to be out on your own as soon as you can, as well. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to throw your entire school process out of whack. Guess what your number one priority was in that scenario? Right, moving out. If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then in my mind you've put your focus on the wrong thing.

Your number goal should be finishing school on time, while attending as many connected events as possible. Meanwhile, keep working enough so that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off, I'd do it!

– Dave

Dave Ramsey is an eight-time No. 1 national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992. Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions.

SMUD's Shine Program Accepting Applications

Protect and Heal your whole family with Affordable

Continued from page 1 healthy, vibrant, and economically sustainable neighborhoods for all customers, with a special focus toward improving

equity in the region through SMUD's

Sustainable Communities program.

For more information about the SMUD Shine program, including a list of previous winners, visit smud.org/



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Inflation Hits California Families Hardest. It's Shaping Their Views on The Economy



By Dan Walters, **CALMatters.org**

On paper, the U.S. economy seems to be doing well with historically low unemployment. Yet most Americans have a sour view in recent polls, with stubborn inflation in living costs cited as the reason for that pessimism.

"As the 2024 general election begins in earnest, voters' assessment of the economy and of the candidates' ability to manage it will, as usual, have a strong impact on the outcome of the race," Brookings Institute stated in a recent analysis of economic attitudes. "With little more than seven months until Election Day, the economy remains a key advantage for former President Donald Trump, and a drag on President Biden's reelec-

tion prospects." Biden needn't worry about losing California to Trump, but it has one of the nation's highest rates of inflation, according to Moody's Analytics, worsening its already outlandishly high costs of housing and other living expenses. It's the biggest factor in California having the highest level of functional poverty of any state, 13.2% according to the U.S. Census Bureau, about 50% higher than the national rate.

Institute of California, using similar statistical methodology, has found that a quarter of Californians are either living in poverty or financially close. More recently, the PPIC has explored the impact of inflation, especially on California families which struggle to pay for housing, food and other necessities.

In 2018-19, PPIC reported, "these necessities cost California's low-income households about \$26,000, on average; by 2024, these households would need to spend over \$32,000 on the same goods and services. By comparison, the top income group spent on average \$82,000 on these basics in 2018-19, which would now cost nearly \$100,000 in 2024."

The PPIC has found that "prices have increased unevenly across goods and services – with varying effects across households at different income levels. Food prices are up 27% compared to April 2019, and gasoline is up 29%. While expenditures on these goods and services make up large portions of most household budgets, lower-income households spend almost all of their resources (83%) on food, housing, transportation (including gasoline), and health care."

Obviously those on the lower rungs of the economic ladder have more difficulty adjusting to increases in living costs. It's not hyperbole to say that inflation is a major reason why so many Californians cannot move up that ladder.

Meanwhile, efforts to

pounding effect. The Federal Reserve System maintains high interest rates to cool off the economy and bring down inflation, but those interest rates make home ownership more difficult and affect businesses, which often raise the prices of goods and services to maintain profits.

Inflation also hits the public sector, increasing the costs of providing services and wreaking havoc on state and local government budgets. It's one of the reasons the state budget suffers from a massive deficit and why many cities, counties and school districts are struggling to balance their

By happenstance, the PPIC issued its report on inflation on the same day that BravoDeal, a website devoted to helping consumers find bargains, released its study of fast food prices, comparing four popular chains state-by-state.

Overall, fast food outlets in Mississippi had the lowest prices while those in Hawaii were the highest, followed by New York, New Jersey and California.

For example, a McDonald's Big Mac costs an average of \$5.11 in California but just \$3.91 in Mississippi.

Dan Walters is one of most widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981. He has been at CalMatters since 2017.



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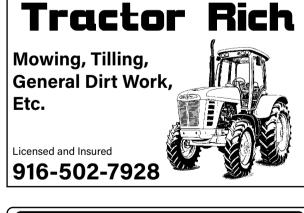
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Resilience

Are you stressed to the MAX? I'm not at all surprised. From jobs, relationships, health, and kids, I would be amazed if you weren't stressed out. But Dr. Stephen Sideroff says you don't have to stay mired in that stress. You can move forward, and he tells us how in "The 9 Pillars of Resilience:" the proven path to mastering stress, slow aging and increase vitality. The good doctor is an Associate Professor of psychiatry at UCLA's Geffen School of Medicine and he shared this synopsis of the 9 pillars with me on my "POPPTALK" radio show in search of truth.

1. RELATIONSHIP WITH SELF. This is the pillar that all others rest on, this is about how you feel about yourself and how you treat yourself. It's important to treat yourself with respect, love, compassion, support, acceptance and care. Despite childhood lessons, it's never constructive to put yourself down, or be hard on yourself. It only creates more tension and undermines confidence. This pillar is about developing a healthy internal voice.

2. RELATIONSHIP WITH OTHERS. This is the ability to communicate and establish close and intimate relationships, and to receive support. Friends and other relationships in which positive affect is expressed, enhance the sense of a safe

RELATIONSHIP WITH SOMETHING GREATER. This can have a spiritual emphasis or it can be involvement with community, charity or other forms of service. Involvement, meaning and belief in something greater than yourself, can include purpose and makes daily hassles less significant. It enhances a sense of security and hope.

4. PHYSICAL BALANCE AND

MASTERY. This is the ability to deeply relax and to quickly recover from stress. It is being able to keep your stress response in proportion to the demands of the specific situation and not over-react. And to fully utilize sleep for optimal recuperation.

5. COGNITIVE BALANCE AND MASTERY. This pillar is about having a positive attitude and positive expectations. It's also the ability to control your thoughts; to let go of thoughts and worry and move on, as well as to be focused and avoid distractions.

6. EMOTIONAL BALANCE AND MASTERY. Unexpressed emotions or emotions that you are unaware of make you more sensitive to hurts and inappropriate over reactions. They are accompanied by physical holding patterns, anxiety and

7. PRESENCE. This component is about being fully in the moment, aware and in contact with your environment, and not distracted by thoughts, worry of other preoccupation.

8. FLEXIBILITY. This is the ability to adapt to changing circumstances and minimizes frustration, anger and tension.

9. POWER. He defines power as your ability to get things done. This includes courage to take action, persistence the face of obstacles and frustration, focus in keeping the goal in view, and assertiveness in making your desires known. It also involves the ability to make decisions as well as planning and being strategic. It enhances your sense of control, self-trust and confidence.

Check out Dr. Sideroff at www. drstephensideroff.com/resilience to stop stress from controlling you. IT'S A WIN FOR LIFE!

5 Over 50 Volunteer Award Winners Announced

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In honor of Older Americans Month, Sacramento County's Adult and Aging Commission proudly presents the 5 Over 50 Volunteer Award to five outstanding individuals. The Commission selects these winners based on nominations from County residents. Each winner is over the age of 50, volunteers each week, and showcases the impact getting involved can have on your community.

District 1 Winner: Ana Marcelo

Ana started volunteering at the South Natomas Library over 15 years ago. She repairs books, some dating back to the 1850s. She has restored more than 60 volumes of archived directories. Ana also assists local school librarians by repairing books.

"This is so extremely very funny that I am receiving an award for something that I love to do," Ana said.

District 2 Winner: Margarita Chavez

Margarita began cleaning up litter more than 20 years ago. She now volunteers with the River City Waterway Alliance. She has participated in more than 300 trash cleanups.

"Why do we do it? Because we love our waterways, we love our wildlife," said Margarita.

Margarita's twin sister also volunteers with the group. Margarita says cleaning up with the group keeps her mentally and physically healthy since she gets to socialize and must use a lot of upper body strength while picking up trash.

District 3 Winner: Adele Kruger

At nearly 90 years old, Adele serves as a volunteer coordinator at the American River Parkway Foundation. She has a mile along the parkway that she is responsible for keeping clean. For the past 12 years, she has walked the mile twice or more each week, picking up trash and greeting people as they enjoy the trails and river. During warmer months, Adele

kayaks along the river to pick up trash. Adele says she loves nature and enjoys going out each week and doing her part in helping upkeep the natural beauty of the area.

"You've got to get rid of the trash, otherwise, it's not enjoyable for people,"

District 4 Winner: Wayne Watts

Wayne Watts has spent over 40 years volunteering. He cleans up trash while maintaining a full-time job. As a dedicated member of the River City Waterway Alliance, Wayne often picks up litter on the weekends with the group. He also picks up litter almost every day on his lunch break.

"I found the parkway and I liked it so much that I just figured if you love something, you take care of it," said Wayne.

While Wayne enjoys cleaning up on his own, he says he is happy to have found a group of people who are as passionate as he is about the parkway.

District 5 Winner: Faye Gaines

Faye fights hunger in her community. She is the CEO and Director of Sunshine Food Pantry and Resource Center, Inc. in Galt. Faye and her team of volunteers feed thousands of people each month. She says none of what she does would be possible without the support of the community and her fellow volunteers.

"I love what I do. I love helping the people, the volunteers that we work with I'm very fond of all of them and we work well together," Faye said.

About the Award:

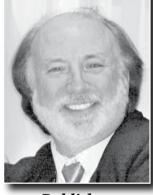
The 5 Over 50 Award celebrates individuals aged 50 and older who dedicate their time, energy, and passion to improving Sacramento County. On May 21, 2024, Sacramento County's Board of Supervisors recognized and thanked this year's winners. Sacramento County's Adult and Aging Commission is proud to honor this year's winners and thank them for helping make our community a better



community.

Whether in times of prosperity or times of crisis, we are with you on the front lines, leading the way and making sure our community emerges stronger than ever.

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03634 James D Ewald, 3629 Sunrise Pines Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) 'Crossing Clouds Consulting' Sunrise Pines Drive, 3629 Sacramento, CA 95827. Filed with the Clerk of Sacramento County May 7, 2024 Publish: May 17, 24, 31, June 7, 2024 CROSSING 6-7-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03467 Aleksei Bakumets and Irina Hunter 3331 Bakumets, Lane, Carmichael, CA 95608 is doing business under the Business Name(s) Fictitious "Optimus Tinting & Wrap" 3331 Hunter Lane, Carmichael, CA

95608. Filed with the Clerk of

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03349 MoseyOnHome Realty Real Estate, Inc., 2740 Fulton Avenue 212, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "MosevOnHome Realty Real Estate, Inc" 2740 Fulton Avenue Suite 212, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 29,

Publish: May 17, 24, 31, June 7, 2024 MOSEY 6-7-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-02646 Soheil Samiee and Shiva 9709 Folsom Sacramento, CA Boulevard, 95827 is doing business under the Fictitious Business Name(s) "Print N Signs" 9709 Folsom Sacramento. Boulevard. 95827. Filed with the Clerk of Sacramento County May 8, 2024 Publish: May 17, 24, 31, June 7, 2024 PRINT 6-7-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03089 Joseph Farley, 3561 Maddiewood Circle. Sacramento, CA 95993 is doing business under the Fictitious Business Name(s) "Joe Farley Construction" 3561 Maddiewood Circle. Sacramento. 95993. Filed with the Clerk of Sacramento County April 22, 2024 Publish: May 17, 24, 31, June 7, 2024

JOE FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-02920 Wake N Lake LLC, 6632 Mirwood Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Wake N Lake" 6632 Mirwood Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 17, 2024 Publish: May 17, 24, 31, June 7, 2024

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03665 Roper Food Services, Inc., PO Box 2515, Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) 'Jimboy's Tacos 45" 39ÒÓ Watt Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 9, 2024 Publish: May 17, 24, 31, June 7, 2024 6-7-24 JIMBOYS45 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03666 Roper Food Services, Inc. PO Box 2515, Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Jimboy's Tacos 7" 3033 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 9, 2024 Publish: May 17, 24, 31, June 7, 2024 JIMBOYS7 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03389 EVO Home Loans, LLC, 7975 N Hayden Road Suite A101, Scottsdale, AZ 85258 is doing business under the Fictitious **Business** Name(s) "Epia Lending" 7975 N Hayden Road Suite A101, Scottsdale, AZ 85258. Filed with the Clerk of Sacramento County April 30, 2024 Publish: May 17, 24, 31, June 7, 2024 6-7-24

EPIQ FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03442 Naqib Jami, 2740 Fulton Avenue Suite 27, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Fast Service Towing" 2740 Fulton Avenue Suite 27, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 2, 2024 Publish: May 24, 31, June 7, 14, 2024 FICTITIOUS BUSINESS NAME

6-14-24 Martin Smith, 6860 Woodlock Way, Citrus Heights, CA 95621 is STATEMENT FBNF2024-03901 doing business under the Fictitious

Eric Lee Van Skike, 5541 Montia Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Morgan-Nels Industrial Supply 5541 Montia Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County May 16, 2024 Publish: May 24, 31, June 7, 14, 2024 MORGAN 6-14-24

is doing business under the Fictitious Business "Rental Turnover Specialist" 8134 Dart Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 3, 2024 Publish: May 31, June 7, 14, 21, 2024

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03881

Poseidon Court, Citrus Heights,

CA 95621 is doing business

under the Fictitious Business "Tiva Electric" 7317

Poseidon Court, Citrus Heights,

CA 95621. Filed with the Clerk

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FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-02848

Jason Francis Morgan, 7705 Fair

Oaks Boulevard, Carmichael,

CA 95608 is doing business

under the Fictitious Business

Name(s) "DJ's Auto and Tire"

7705 Fair Oaks Boulevard

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STATEMENT FBNF2024-03625

Volodymyr Buchynskyi, 1151

Bell Street Apt 8. Sacramento.

CA 95825 is doing business under the Fictitious Business

Name(s) "917 Fridge" 1151 Bell

Street Apt 8, Sacramento, CA

95825. Filed with the Clerk of

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STATEMENT FBNF2024-03896

Phelecia Anne Curtis, 6633 24th

Street, Sacramento, CA 95822

is doing business under the

Fictitious Business Name(s)

Career

6633 24th Street, Sacramento,

CA 95822. Filed with the Clerk

of Sacramento County May 16,

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FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03663

The Bee Box LLC, 4765 J Street

Suite C, Sacramento, CA 95819

is doing business under the

"PollenBoost" 4765 J Street Suite

C. Sacramento, CA 95819. Filed

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STATEMENT FBNF2024-03808

Advanced Equipment Repair,

Inc. 2795 E. Bidwell Suite 100-

334. Folsom, CA 95630 is doing

business under the Fictitious

Business Name(s) "Camp 61 Apparel/Jack Frost Co" 3298

Monier Circle, Suite 130, Rancho

Cordova, CA 95742. Filed with

the Clerk of Sacramento County

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STATEMENT FBNF2024-03672

Mangadu,

Tributary Point Drive Apt-188

Cobble Oaks, Rancho Cordova.

CA 95670 is doing business

under the Fictitious Business

Name(s) "Anuu's Arts & Drapes"

12155 Tributary Point Drive Apt-188 Cobble Oaks, Rancho

Cordova, CA 95670. Filed with

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STATEMENT FBNF2024-03179

Mortuary Support Services of

Northern CA, LLC, 35 Quinta Court Suite C, Sacramento, CA

95823 is doing business under

the Fictitious Business Name(s)

"Postal Source" 7330 Fair Oaks

Boulevard Suite 7, Carmichael,

CA 95608. Filed with the Clerk

of Sacramento County April 24,

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STATEMENT FBNF2024-03518

Pavlo Herasymovych, 5717

Callie Lane Apt D, Sacramento,

CA 95841 is doing business under the Fictitious Business

Name(s) "GP Transportation" 5717 Callie Lane Apt D

Sacramento, CA 95841. Filed

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STATEMENT FBNF2024-03942

BMKT Inc, 10319 Frank Greg

Way, Elk Grove, CA 95757 is do-

ing business under the Fictitious

Business Name(s) "Auto Splash"

7320 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk

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Christian Baird, 3511 Del Paso Road Suite 160, PMB419,

Sacramento, CA 95835 is do-

ing business under the Fictitious

Business Name(s) "On The Fly

Notary" 5433 Duck Walk Way,

Sacramento, CA 95835. Filed with the Clerk of Sacramento

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STATEMENT FBNF2024-04015

Financial" 6860 Woodlock Way,

Citrus Heights, CA 95621. Filed

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FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-02537

Deborah Alexander, P.O. Box #4, Citrus Heights, CA 95610

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RENTAL FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03250 Raymond Dacanay and Mathew Flower, 5208 Heritage Drive, Carmichael, CA 95608 are doing business under the Fictitious Name(s) "Gotcha Business 5208 Heritage Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 26, 2024 Publish: May 31, June 7, 14, 21, 2024 GOTCHA 6-21-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03554 Dr. Kellen Grayson, 4070 Bridge Street Suite 3, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "SacTown Therapy" 4070 Bridge Street Suite 3. Fair Oaks. CA 95628. Filed with the Clerk of Sacramento County May 6, 2024 Publish: May 31, June 7, 14, 21, 2024 SACTOWN 6-21-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03445 Keves Entertainment LLC 9353 Greenback Lane, Suite 9 Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) 9353 Greenback Hideaway" Lane, Suite 9, Orangevale, CA 95662. Filed with the Clerk of Sacramento County May 2, 2024 Publish: May 31, June 7, 14, 21, 2024 **SCOTTYS**

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03879 Katherine Kruser, 10419 Old Placerville Road #252, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Sacramento for Neuropsychology' 10419 Old Placerville Road #252 Sacramento, CA 95827. Filed with the Clerk of Sacramento County May 15, Publish: May 31, June 7, 14, 21, 2024

SACRAMENTO FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04046 Zimei Chinese Culture Academy, LLC, 2848 Arden Way Suite 210A, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Zimei Chinese Culture Academy" 2848 Arden Way Suite 210A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 22, 2024 Publish: May 31, June 7, 14, 21, 2024

ZIMEI 6-21-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03619 Innovations, Guest 1740 Creekside Oaks 175, Sacramento, CA 95833 is doing business under the Fictitious Name(s) Business Rezku POS" 1740 Creekside Oaks 175, Sacramento, CA 95833. Filed with the Clerk of Sacramento County May 7, 2024 Publish: May 31, June 7, 14, 21 REZKU 6-21-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04083 William Hedges, 8405 Dalmeny Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Hedgehog Fab Works" 8405 Dalmeny Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County May 24, 2024 Publish: June 7, 14, 21, 28, 2024 6-28-24

HEDGEHOG FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04075 Danielle Oullet, 5430 Kohler Road #57, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "T Shirts, Hat & Mugs" 5430 Kohler Road #57, Sacramento, CA 95841. Filed with the Clerk of Sacramento County May 23, Publish: June 7, 14, 21, 28, 2024 **TSHIRTS** 6-28-24

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03888 Cheng Corp, 2378 Fruitridge Road, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Encore Dental Services", 2378 Fruitridge Road, Sacramento, CA 95822. Filed with the Clerk of Sacramento County May 15, Publish: June 7, 14, 21, 28, 2024 **ENCORE** 6-28-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03996

Robert John Harris, 7552 Fusion Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) 'Mr Wonderful's Trucking" 7552 Fusion Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County May 21, Publish: June 7, 14, 21, 28, 2024 WONDERFULS FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03883 Golden State Price Inc, 5825 Auburn Boulevard Sacramento, CA 95841 is doing business under the

Fictitious Business Name(s) "Murphy Beds Sacramento" 5825 Auburn Boulevard #4B, Sacramento, CA 95841. Filed with the Clerk of Sacramento

County May 15, 2024 Publish: June 7, 14, 21, 28, 2024 MURPHY 6-28-24 FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-03758 Admin Savings LLC, 8488 Elder Creek Road Suite 1, Sacramento, CA 95828 is doing business under the Fictitious Name(s) 8488 Elder Creek Savings" Road Suite 1, Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 10,

Publish: June 7, 14, 21, 28, 2024 ADMIN 6-28-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-04067 MOAI, 2633 Cardinal Court, Carmichael, CA 95608 is doing business under the Fictitious Name(s) "MOAI Business Living" 4350 Virgusell Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 23, 2024 Publish: June 7, 14, 21, 28, 2024 6-28-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-03867 Hillside Handyman LLC, 12653 Thornberg Way, Rancho Cordova, CA 95742 is doing Rancho business under the Fictitious Name(s) "Hillside n" 12653 Thornberg Business Handyman" Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County May 14, 2024 Publish: June 7, 14, 21, 28, 2024 HILLSIDE

FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04094 Nicholas J. Russo, 7128 Lincoln Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "London and Lauder Property Management/London and Lauder" 6035 Lincoln Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 24, 2024 Publish: June 7, 14, 21, 28, 2024 LONDON 6-28-24 FICTITIOUS BUSINESS NAME

STATEMENT FRNE2024-04000 David Bach, 63 Fallwind Circle. Sacramento, CA 95831 is doing business under the Fictitious Name(s) Financial Literacy Consulting" 63 Fallwind Circle, Sacramento, CA 95831. Filed with the Clerk of Sacramento County May 21, Publish: June 7, 14, 21, 28, 2024

BACH 6-28-24 FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-04157 Roloya Transport LLC, 3836 Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Roloya Transport' 3836 Ivy Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County May 28, 2024 Publish: June 7, 14, 21, 28, 2024

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO

CHANGE OF NAME #24CV009038 Davieon Roshun Hammond has filed a petition with this court for a decree changing the name(s) Davieon Roshun Hammond to Davieon Roshun Jackson.

ORDER TO SHOW CAUSE

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 8, 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: May 8, 2024 Christopher E. Krueger, Judge of the Superior Court

Publish: May 17, 24, 31, June 7, 2024 HAMMOND 6-7-24 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE **CHANGE OF NAME** #24CV008376 Akweley Karene Beecham has filed a petition with this court for

a decree changing the name(s) of Akweley Karene Beecham to Akweley Karene Bortey. IT IS ORDERED that all persons interested in the above-en-

titled matter appear before this court on July 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: April 26, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: May 17, 24, 31, June 7, 2024 6-7-24 SUPERIOR COURT OF **CALIFORNIA**

ORDER TO SHOW CAUSE CHANGE OF NAME #24CV007918 Michelle Yvonne Roush has filed a petition with this court for a decree changing the name(s) of Jonathan

COUNTY OF SACRAMENTO

Michael Roush to Jonathan Carl Roush and Caleb Douglas Roush to Caleb Michael Roush. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 16, 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: April 22, 2024 Christopher E. Krueger, Judge of the Superior Court

Publish: May 17, 24, 31, June 7, 2024 ROUSH 6-7-24 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV008541 Madison Stephens Griffin has a decree changing the name(s) Madison Stephens Griffin to Madison Stephens Griffin-

filed a petition with this court for

Namkung.
IT IS ORDERED that all persons interested in the above-en-

titled matter appear before this

court on August 1, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814. and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 3, 2024

Christopher E. Krueger, Judge of the Superior Court Publish: May 17, 24, 31, June 7, 2024 6-7-24

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV003391 Muhammad Faisal Momand has

filed a petition with this court for a decree changing the name(s) of Muhammad Faisal Momand to Faisal Momand. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on August 8, 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: May 9, 2024 Christopher E. Krueger, Judge of

the Superior Court Publish: May 17, 24, 31, June 7, 2024 SUPERIOR COURT OF

CALIFORNIA **COUNTY OF SACRAMENTO** ORDER TO SHOW CAUSE CHANGE OF NAME #24CV003402 Muhammad Salahuddin Momand & Freeba Momand has

filed a petition with this court for a decree changing the name(s) of Muhammad Aimal Momand to Aimal Momand. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on June 20, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 26, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: May 17, 24, 31, June 7, 2024 MOMAND 6-7-24 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV003397 Muhammad Salahuddin

Momand has filed a petition with this court for a decree changing the name(s) of Muhammad Salahuddin Momand Salahuddin Momand. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on June 20, 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 should not be ıranted. Dated: February 26, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: May 17, 24, 31, June 7, 2024 SALAHUDDIN 6-7-24 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV009845 Tagwaallah Hasnawi has filed a

petition with this court for a decree changing the name(s) of Taqwaallah Hasnawi to Nancy IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on September 18, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 20, 2024 Richard K. Sueyoshi, Judge of the Superior Court

Publish: May 31, June 7, 14, 21, 2024 HASNAWI 6-21-24 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #24CV009907 Alaa Abdulfatah Shatat has filed a petition with this court for a decree changing the name(s) of Alaa Abdulfatah Shatat to Ayla

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

court on September 18, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 20, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: May 31, June 7, 14, 21, 2024

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #24CV009220 Cong Danh Pham has filed a petition with this court for a decree changing the name(s) of Cong

Danh Pham to James Cong Danh Pham. IT IS ORDERED that all persons interested in the above-entitled matter appear before this 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: May 10, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: June 7, 14, 21, 28, 2024

6-28-24

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #24CV008290

PHAM

Kavita Devi and Daniel Chand have filed a petition with this court for a decree changing the name(s) of Hridhaan Chand to Ethan Chand. IT IS ORDERED that all per-

sons interested in the above-en-

titled matter appear before this court July 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: April 25, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: June 7, 14, 21, 28, 2024

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2022-00326934 Melanie Ann Anderson has filed a petition with this court for a decree changing the name(s)

of Melanie Ann Anderson to

IT IS ORDERED that all per-

sons interested in the above-en-

Melanie Ann Bazile

ANDERSON

titled matter appear before this court on August 27, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any why the petition for Change of Name should not be granted. Dated: May 29, 2024 Christopher E. Krueger, Judge of the Superior Court Publish: June 7, 14, 21, 28, 2024

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

6-28-24

#24CV009232 Anh Dung Tran and Thi Kim Huong Le have filed a petition with this court for a decree changing the name(s) of Anh Dung Tran to Dung Anh Tran and Thi Kim Huong Le to Huong Thi Kim Le.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 11, 2024, 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: May 10, 2024 Richard K. Sueyoshi, Judge of the Superior Court Publish: June 7, 14, 21, 28, 2024

SUPERIOR COURT OF **COUNTY OF SACRAMENTO** ORDER TO SHOW CAUSE CHANGE OF NAME #24CV009902

Gurmukh Singh has filed a petition with this court for a decree changing the name(s) of Gurmukh Singh to Gurmukh Singh Nagra. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on September 18, 2024, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 17, 2024

Richard K. Sueyoshi, Judge of the Superior Court Publish: June 7, 14, 21, 28, 2024 6-28-24

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE **CHANGE OF NAME** #24CV010203 Neville Ricardo Ferron has filed a petition with this court for a

SUPERIOR COURT OF

decree changing the name(s) of Neville Ricardo Ferron to Neville Ricardo Fearon. IT IS ORDERED that all persons interested in the above-en-

titled matter appear before this court on September 19, 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: May 22, 2024 Richard K. Sueyoshi, Judge of the Superior Court

Publish: June 7, 14, 21, 28, 2024 FERRON NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF

EUGENE RAY MCCANN, AKA EUGENE R. MCCANN, AKA EUGENE MCCANN CASE NO. 24PR001383 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will

or estate, or both, of Eugene Ray McCann, aka Eugene R. McCann, aka Eugene McCann. A Petition for Probate has been filed by Gillianne McCann, in the Superior Court of California,

County of Sacramento, requesting Gillianne McCann be appointed as personal represencourt on August 13, 2024, at 9:00 tative(s) to administer the estate

Many Ways to Celebrate Family Health and Fitness Day

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG)

- Gather your family and friends and celebrate Family Health and Fitness Day on Saturday, June 8. Sacramento County Regional Parks is excited to partner with several local organizations, businesses and nonprofits to promote this special day.

"The Regional Parks system and our wonderful partners play a key role in providing facilities and programs that positively influence the health of the Sacramento region and contribute to our goal of advancing health equity within Regional Parks," said Liz Bellas, Director of Regional Parks. "This year, we are hosting several events of our own, including a 5k run at the Cosumnes River Preserve, and partnering with several incredible organizations, like Sac Republic FC!"

For Family Health and Fitness Day 2024, Regional Parks is pleased to share these programs and "partnership events" for the community to enjoy.

American River Parkway American River Raft Rentals Special

All participants will receive a 25% off coupon for their next raft rental, and one lucky group wearing their lifejackets will win one free 12-person raft rental. During normal business hours. Raft rental rates apply. \$7 per vehicle entry at American River Parkway entrances.

Turtles at Bushy Lake

Join Dr. Michelle Stevens at Bushy Lake to learn about the native Western Pond Turtle and the Bushy Lake Restoration Project Park near Cal Expo Lot P (Corner of Ethan/Hurley) with a short hike to the lake. Free event, free parking.

Soil Born Farms -Farm Stand Open

Buy farm fresh organic produce and learn about American River Ranch classes and volunteer opportunities.

2140 Chase Drive, Rancho Cordova, CA. 8 a.m. to 1 p.m. Free parking.

Sacramento Valley Conservancy

Volunteer Workday at Camp Pollock! 1501 Northgate Blvd, Sacramento, CA. 8 a.m. to noon. Free event, free parking.

American River Bike Patrol

Join members of the volunteer Bike Patrol at an Information, Hydration and Bike Mechanical Station at William B. Pond Park and take a ride along the trail! \$7 per vehicle entry fee at American River Parkway entrances.



June 8 is Family Health and Fitness Day. Photo by Andrze Rembowski Pixabay

Tree Treasure Hunt and Educational Odyssey

been selected along the American River Parkway to help you learn and recognize the trees along the multi-use trail as you enjoy riding your bicycle. Free event. \$7 per vehicle entry fee at American River Parkway entrances.

Dry Creek Parkway

Cherry Island Sports Complex

Park District and the National Academy of Athletics are hosting sports games and relays to promote positive physical and mental development through sports fundamentals at Cherry Island Sports Complex. Free event, Free

Disc Golf Demonstration

Free event, free parking.

Bring the family to Gibson

Ranch Regional Park and plant a pumpkin to bring home and watch grow. Free event, free parking. Birds and Bees, Flowers

and Trees

Enjoy the beautiful display of

75 Trees and 17 species have

Sac Republic FC Soccer Clinics Join Sac Republic FC for soc-

cer clinics at Cherry Island Sports Complex! Free event, free parking. Sports Games and Relays at

The Rio Linda Elverta Rec and

Join Parks staff and the El Dorado

Disc Golf Sports Foundation to learn about disc golf with a demonstration area to practice your skills at Cherry Island Sports Complex. Pumpkin Planting Event



blooming flowers while learning about the proposed Community Garden and Food Forest concept at Gibson Ranch. Free event, free parking. Family Fun at Cherry Island

Golf Course

Join the crew at Cherry Island Golf Course for a morning of family fun, including bounce houses, face painting, kids' introduction to golf stations and more. 10 a.m. - 1 p.m. Free event, free parking. Night of the Revving

Dead Car Show

Join Alley Cats Car Club for "Night of the Revving Dead" car show, music and family fun. Noon to 8 p.m. Free event for spectators - \$5 parking

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

per vehicle. **Southern Sacramento County**

and Virtual Trek the Trails 5K Fun Run/Walk

Bring the Family out for a 5K Fun Run and Walk along the Cosumnes River Preserve Trails. The timed race begins at 9 a.m. but anyone is welcome to join between 9 and 10 a.m. 13501 Franklin Blvd., Galt, CA. Free event, free parking.

Stroll Around Mather Regional Park Head to Mather Regional Park

to enjoy an easy 1.5 mile walk around Mather Lake, picnic, visit the playground or fish at the lake! Parking Fees are waived on June 8. Free entry.

Re-Introducing: Agents of Discovery

Agents of Discovery is an interactive, augmented reality game and we're bringing it back to Sacramento County Regional Parks. While in participating parks, users will be encouraged to explore missions to find "challenges" that will... well, challenge their knowledge of the parks. Free app download is available in the Apple App and Google Play stores.

To learn more about Family Health and Fitness Day and how parks help keep our communities and families healthy and active, visit the Regional Parks website.

Legal Advertising

7144 Fair Oaks Blvd #5

Carmichael, CA 95608

Legal Advertising Hotline 6-483-2299

Legal Advertising Fax 916-773-2999

NOTICE OF PETITION TO ADMINISTER 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 June 20, 2024, at 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 grant-

ing 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 de-livery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may

affect your rights as a creditor.

You may want to consult with an attorney knowledgeable in California law YOU MAY EXAMINE the file

kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Shaun D. Culbreath, Esq., 1810 Grand Canal Blvd., Suite 6, Stockton, CA 95207; 209-952-4545 Publish: May 24, 31, June 7, 2024 NOTICE OF PETITION TO

ADMINISTER ESTATE OF JOSE HERNANDEZ CASE NO. 24PR000505 To all heirs, beneficiaries, creditors, and contingent creditors of

and persons who may be otherwise interested in the will or estate, or both, of Jose Hernandez. A Petition for Probate has been

filed by Michelle Hernandez, in the Superior Court of California. County of Sacramento, requesting Michelle Hernandez be appointed as personal representative(s) to administer the estate

of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the

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, howev-

er, the executor will be required

to give notice to interested per-

sons 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 June 27, 2024, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should

appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the 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 de-livery 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 YOU MAY EXAMINE the file

California law. 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 ap-

praisal of estate assets or of any

petition or account as provided

in Probate Code section 1250. A

Request for Special Notice form is available from the court clerk.

The name, address and telephone number of the Attorney for Petitioner is: Huck Ingram, 110 Bank Street, Grass Valley, CA 95945; 530-432-1996. Publish: May 31, June 7, 14, 2024 HERNANDÉZ 6-14-24 SUMMONS

SUMMONS (CITACION JUDICIAL)

CASE NUMBER: 23CV007544 NOTICE TO DEFENDANT: Ravo Logistics Inc., Ravinderjit Singh and Does 1-10 inclusive. YŎU ARE BEING SUED BY PLAINTIFF: Transportation

Alliance Bank, Inc. dba TAB NOTICE! You have been sued. The court may decide against you without your being heard un-

less you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear our case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and

your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an

attorney right away. If you do not

know an attorney, you may want

to call an attorney referral ser-

vice. If you cannot afford an attor-

ney, you may be eligible for free

legal services from a nonprofit

legal services program. You can locate these nonprofit groups at the California Legal Services Website (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), or by contacting your local court or county bar as sociation. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. 30 DE DIAS Tiene

CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que hava un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www. sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hav otros requisitos legales.

un abogado inmediatamente. Si

no conoce a un abogado, puede

llamar a un servicio de remision

a abogados. Si no puede pagar

(Adjunto) Es recomendable que llame a

a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes California, (www.sucorte. ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por lev. la corte tiene derecho a reclamar las cuotas v los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar The name and address of the court is: (El nombre y direc-

cion de la corte es): Superior Court of California, County of Sacramento - Gordon D Schaber Courthouse, 720 9th Street, Sacramento, CA 95814. The name, address and telephone number of plaintiff's at-

torney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Melissa Robbins Coutts, Esq., McCarthy & Holthus, LLP, 2763 Camino del Rio S, Suite 100, San Diego, CA 92108, 619-685-4800. Date: (Fecha) August 29, 2023 Clerk (Secretario) S. Fry, Deputy

Publish: May 17, 24, 31, June 7, 2024



COMICS & PUZZLES





















Amber Waves









by Dave T. Phipps







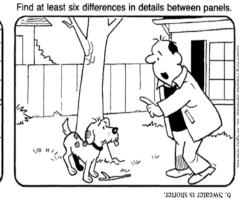


Out on a Limb







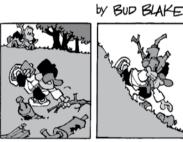


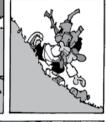
Differences: 1. Arm is not showing. 2. Dog's tongue is moved. 3. Leg is moved. 4. Ear is moved. 5. Tree limb is higher. Just Like Cats & Dogs by Dave T. Phipps















mean you get them for nothing!"



C|O|W|B S L A B S Ε О M S Η Α Ε S Η Ε W Ε Т Α Ε G В В R R 0 Ε S Ε Ε Н Α В M Ν D S S Α D C U Ν Т R U S R Α 0 O 0 N Ν R Α Ν D Т Ε Ν Ε Α R Ε R R G O

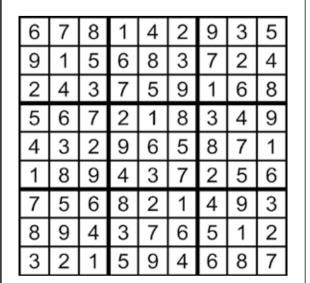




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CLUES

ACROSS

1. House pest 6. Emergency respond-

9. Meme dance moves

Below, prefix

14. Swimmer's distance

16. Take a base

17. Grazing spot 18. Stressful or un-

nerving 19. *Clint Eastwood's "Space

21. *First U.S. space station

23. Salty dog's domain 24. Fail to mention 25. Spermatozoa

counterpart 28. Ukrainian person,

e.g. 30. State of submission

35. Network of nerves 37. Muscle or strength

39. ____ Mara, Africa 40. Shapeless form 41. Cliffside dwelling

43 *Saturn's environs 44. Poetic feet

46. Darn a sock, e.g.

47. Per person 48. Rendezvouses 50 Mine entrance

52. After-tax amount

53. Litter's littlest 55. French vineyard

57. *Sun's outer layer, not beer brand

60. *Second S in ISS 64. Ancient Celtic priest

." or "my 67. "Mea_

fault"
68. *"From the Earth to

the Moon" author 69. In the past

70. Judge 71. Education station

72. Order's partner 73. Food between meals

DOWN 1. Reduced Instruction Set Computer

2. "I'm ____ you!" 3. Not many (2 words)

4. Dungeness and snow,

e.g. 5. *Circles of light around sun and moon

6. 90-degree pipes, e.g.

_ Jamison, the first African-American woman

in space 8. Tetanus symptom 9. Two-fold

10. Diva's solo

11. Prickle on a wire 12. Sylvester Stallone's

nickname 15. Johnny Cash's "Get

20. Churchill/Roosevelt/

Stalin meeting site 22. Model-builder's

purchase

24. Gorge oneself 25. *Planet's path

26. Type of consonant 27. Skeleton, archaic

29. Attention-getting interjection 31. Like pink steak 32. Of the Orient

33. Jousting pole 34. *____-year

CROSSWORD

35 40 41 48



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36. Opposite of flows 38. *Solar ____, sun's emission 42. Authoritative procla

mation 45. Walked with long steps

49. *Solar System center 51. Parcels

54. Birth-related 56. One-eighty

57. Manitoba native 58. Couple's pronoun 59. Dorothy Hamill's turf 60. Jon of "Game of

Thrones"
61. Pelvic parts 62. Petroleum-exporting grp. 63. Police informer

64. VHS successor

66. Palindromic title

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

Carmichael Times • 11 JUNE 7, 2024

Fair Oaks Honors Fallen Heroes

By Elizabeth Ruygt

FAIR OAKS, CA (MPG) - The 26th annual Memorial Day ceremony at the Fair Oaks Cemetery on Olive Street had an overflowing crowd honoring the country's fallen heroes on May 25.

The ceremony started off with bagpipers marching through the cemetery with the Avenue of Flags fluttering in the light breeze and every veteran's grave with a cross or Star of David topped with an American flag on it.

Fair Oaks Cemetery District Chairperson Pete Schroeder welcomed the attendees.

Mark Rice provided the invocation and benediction.

Soloist Anne Peter added to the ceremony, inviting the audience to sing along with her.

Dignitaries speaking for a few minutes were Deputy Chief of Staff Matt Ceccato representing U.S. Representative Ami Bera, M.D.; State Sen. Roger Niello; and Sacramento County Supervisor Rich Desmond.

Guest speaker Lily Rodriguez, a Troop 380 Eagle Scout, spoke on the ceremony's theme, "Women in a Time of War from the American Revolution to World War II," highlighting the contributions women made before they were allowed to be combat soldiers.

Boy Scouts of America Troop 380 members did a memorable flag ceremony as they retired the current flag flying on the Memorial Monument. The Scouts replaced it with a flag that had flown over the nation's



Boy Scouts of America Troop 380 on March 25 presents the colors for the raising of the flag donated by U.S. Representative Ami Bera, M.D. Courtesy photo





Above left: The 26th annual Memorial Day ceremony May 25 at the Fair Oaks Cemetery had an overflowing crowd. In the front row are event Chairperson Elizabeth Ruygt, guest speaker Lily Rodriguez and State Sen. Roger Niello. In the back row are Matt Ceccato (U.S. Representative Ami Bera's deputy chief of staff), Supervisor Rich Desmond and Fair Oaks Cemetery District Chairperson Pete Schroeder. Courtesy photo

Capitol donated by Bera as "Taps" were played and the bagpipers and drummer played "Amazing Grace."

The ceremony ended with a laying of the wreath

honoring those who sacrificed their lives for citizens' freedoms. After the service, attendees enjoyed homemade cookies, ice cream, fruit cups

and lemonade served by Barbara Roper and her volunteers.

American Legion 383 Auxiliary members, as they do every Memorial

free. The poem, "Flanders Day ceremony, handed Field," is the inspiration out poppies and explained for this practice. to children and others that the poppy is a reminder of the sacrifices so many have

Elizabeth Ruygt is the 26th annual Memorial Day ceremony chairperson. ★

Defendant Convicted of Murdering Wife

Sacramento County District Attorney's Office News Release

SACRAMENTO, CA (MPG) - On April 26, Asghar Ehsan was convicted by a jury of first-degree murder. The jury also found true the allegation that Ehsan personally used a knife in the commission of the

murder. On January 14, 2020, Asghar Ehsan stabbed and strangled his wife, Assmaa Ehsan Ashooqullah, to death while she was sleeping next to their 7-month-old son. Ehsan then left the home with his son and met with a friend. Ehsan told his friend he killed his wife because Allah instructed him to do so. His friend tried to convince Ehsan to turn himself in, but Ehsan refused. He left his son with his friend and was later located by law enforcement in Placer

After a standoff with the Roseville Police Department, their SWAT team and the Sacramento Police Department, he engaged in a high-speed pursuit. Ehsan was eventually taken into custody.

During the investigation, it was discovered Ehsan had attempted to kill his roommate in Santa Rosa in 2000. In that case, Ehsan reported he had been commanded by Allah to start a holy war and needed to kill someone close to him. Ehsan was found legally insane by the Sonoma Superior Court. In 2002, he was released from the state hospital with a diagnosis of bipolar disorder. Ehsan went on to get an associate degree in psychology and worked for Sonoma County as a mental health worker for over a decade. He was also a member of the Sonoma County Mental Health Panel and presented at critical incident training for law enforcement on how to handle mentally ill suspects.

In this case, Ehsan entered a plea of not guilty by reason of insanity. On May 2, the jury found Ehsan was legally sane when he committed the murder.

Ehsan faces a maximum sentence of 27 years to life in prison. Sentencing is set for July 12 at 9:00 a.m. in Department 41.

Gov. Newsom Announces New Appointments to Sacramento Superior Court

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Superior Court of California, County of Sacramento News Release

SACRAMENTO, CA (MPG) - Gov. Gavin Newsom recently announced the appointment of three judges to the Sacramento Superior Court bench.

"The court looks forward to these additions to the bench," Presiding Judge Bunmi O. Awoniyi. "The collective experience that comes with Commissioner Badiga, Ms. Holliday and Ms. Zuvela will serve continued access to justice in Sacramento County."

Jaya Badiga, of Sacramento County, has served as a Commissioner at the Sacramento Superior Court since 2022. She was a Sole Practitioner from 2018 to 2022. She served as an Attorney at the California Department of Health Care Services in 2020 and at California Governor's Office of Emergency Services

Badiga was Managing Attorney at WEAVE Inc. from 2013 to 2018 and Attorney Advisor at Galaxy Architects & Infrastructure from 2010 to 2013. She served as Staff Counsel at the California Employment Development Department from 2009 to 2010.

Badiga earned a Juris Doctor degree from the Santa Clara University School of Law and a Master of Arts degree in International Relations and International Communications from Boston University. She fills the vacancy created by the retirement of Judge Robert S. Lapham.

Amy Holliday, of Sacramento County, was elected in March 2024 to fill a vacancy created by the retirement of Judge Allen H. Sumner. The Governor's interim appointment allows her to immediately assume the position she would otherwise begin in January 2025.

Since January 2020, Holliday has served as Assistant Chief Deputy managing prosecutors in the Central Operations Bureau and use of Forensic Investigative Genetic Genealogy to solve and prosecute cases. She has prosecuted several cold cases including People of the State of California v. Joseph James DeAngelo (the East Area Rapist/Golden State

Holliday earned a Juris Doctor degree from the University of the Pacific, McGeorge School of Law.

Allison Zuvela, of Sacramento County, has served as a Retired Annuitant Deputy Public Defender at the Yolo County Public Defender's Office since 2023 and served in several positions there from 2003 to 2021, including Chief Deputy Public Defender and Assistant Chief Deputy Public Defender. She served as a Deputy Public Defender in the Tulare County Public Defender's Office from 1995 to 2003.

Zuvela earned a Juris Doctor degree from California Western School of Law. She fills the vacancy created by the retirement of Judge Sharon A. Lueras. ★

Man Killed After Allegedly Forcing His Way into Ex-Girlfriend's Apartment

Sacramento County Sheriff's Office News Release

CARMICHAEL, CA (MPG) - Just before 2 a.m. May 26, the Sheriff's Communications Center received a 9-1-1 call from a resident inside an apartment on the 5900 block of Sutter Avenue in Carmichael, stating that he shot someone who had entered his

apartment and assaulted him. Sheriff's North Patrol deputies responded to the scene and discovered an adult male deceased inside of the apartment. The caller and his girlfriend were inside the residence when the incident occurred and remained on scene when

deputies arrived. Homicide detectives and Crime Scene Investigators responded to the scene, interviewed witnesses and gathered evidence. Detectives said that the male subject fatally shot was in a previous

dating relationship with the female who lived at the apartment. Just before the incident, according to the Sheriff's Office, he loudly knocked on the door for about 20 minutes before the female opened the door. The male subject forced his way into the apartment, confronted the new boyfriend (the caller) and physically assaulted him, according to the Sheriff's Office. During the physical altercation, the caller shot the male subject one time and then called 9-1-1, according to the Sheriff's

Detectives submitted their findings to the Sacramento County District Attorney's Office, where it was determined that no criminal charges would be filed. The firearm used in this incident was legally owned and registered by the caller. The Sacramento County Coroner's Office will release the identity of the deceased in accordance with their protocols.

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12 • Carmichael Times JUNE 7, 2024



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