



Women's Empowerment Receives \$60,000

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De'Aaron Fox Named Player of the Week

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THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

NOVEMBER 29, 2024

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A Holiday Tradition for All

4th Annual Rio Linda Christmas Bazaar:



From 9 a.m. to 3 p.m. Dec. 14, the Rio Linda High School gym and cafeteria will be transformed into a Christmas shopper's wonderland. Photo courtesy of LeeAnn Williams

By Annie Kerr

RIO LINDA, CA (MPG) - The Rio Linda community is gearing up for the highly anticipated fourth annual Christmas Bazaar, set to take place from 9 a.m. to 3 p.m. Saturday, Dec. 14 at the Rio Linda High School gym and cafeteria.

According to LeeAnn Williams, one of the event organizers, the space is rented out and the high school is not affiliated with the event, but the venue has proven to work best for the size of the event.

This beloved event promises to be a festive celebration of local talent, holiday cheer and seasonal fun for all ages, while supporting

local businesses.

Organized by Williams and Tonia Silva, the Christmas Bazaar was originally the idea of Silva, who owns a complex at 825 M St. The pair were doing small craft fairs at Silva's complex, and then planned the first Christmas Bazaar in 2020.

"We began on M Street, but bad weather in 2021 made us do a last-minute location switch to the high school, thanks to Stacey Bastian, who is an amazing advocate for our community," Williams said. "So many people enjoyed the day at the high school, that we decided to keep the event there."

The bazaar is an opportunity to support local vendors while finding

unique gifts and enjoying the holiday spirit. With more than 100 local vendors showcasing their handmade crafts, jewelry, home decor and more, attendees are sure to find one-of-a-kind treasures perfect for holiday gifting.

To name a few examples of what attendees can expect, vendors include Chef B, who sells an "everything rub" with free samples to try. Valentine Freezerie will be selling their freeze-dried candy, having sold out of product at last year's bazaar. Renewal Soaps, Williams' business, will be selling stocking stuffers. A photographer taking holiday family photos will be available with a festive

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Sac County Fentanyl Deaths Declining

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County has made remarkable progress in the battle against the opioid crisis, reporting a 56% reduction in fentanyl-related deaths between 2023 and 2024.

According to the latest data, the Sacramento County Coroner's Office reported 180 fentanyl-related deaths so far this year, down from 406 in 2023.

"This reduction isn't necessarily due to fewer people using fentanyl but rather a direct result of the comprehensive support systems we've implemented," said Lori Miller, Behavioral Health Division manager for the Sacramento County Department of Health Services. "The coordinated efforts of local law enforcement, first responders, healthcare providers and community organizations are saving lives."

Sacramento County's approach includes an extensive network of partnerships and initiatives designed to combat the opioid crisis. Law enforcement agencies, including Sacramento County's Sheriff's Office and Probation Department and the Sacramento City Police Department, conduct enforcement actions, make arrests and seize fentanyl supplies. The partnership with the Sacramento Fire Department and Sacramento Metro Fire's Mobile Medicine Teams have been instrumental in administering Narcan and providing medication-assisted treatment.

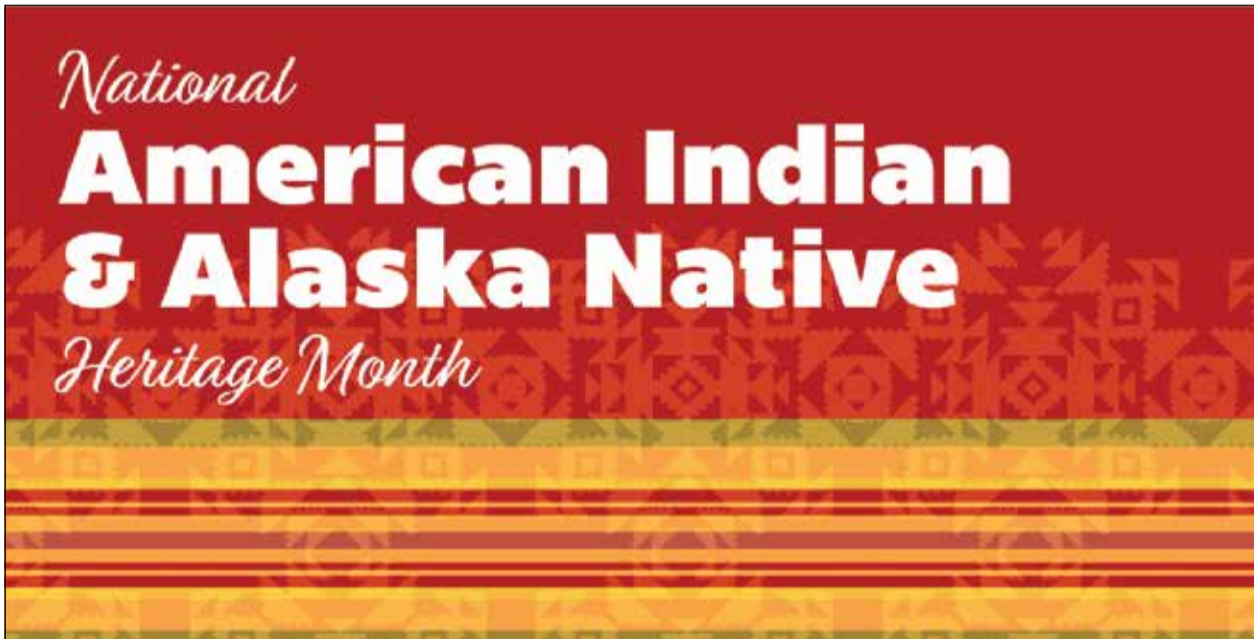
In addition, the Sacramento County Department of Child, Family and Adult Services, along with Sacramento County Public Health, has raised awareness about the dangers of fentanyl through education and distributing Narcan and fentanyl test strips.

The county's Adult Correctional Health Services has also played a role by expanded access to medication-assisted treatment in jails, while community-based organizations continue to provide prevention education, treatment options and harm reduction resources.

"By working together, we've built a robust system of care and support that is not only addressing substance use but also

Continued on page 3

ARC Honors Native American Heritage Month



American River College News Release

SACRAMENTO, CA (MPG) - In November, we observe National Native American Heritage Month – a time to honor the rich cultures, languages, histories, and enduring resilience of Native American Nations. We recognize the sovereignty and invaluable land stewardship practices of Tribal Nations and reflect on Sacramento's history, which includes the

dispossession, challenges, and resilience of present-day Tribal citizens not only in this region but also across the United States.

American River College takes this moment to share the official Land Acknowledgement Statement, which has been carefully crafted in consultation with local Tribes to pay respect to the Tribal Nations. We encourage everyone to reflect on this statement and recognize the history, resilience, and sovereignty of Indigenous

peoples.

"We acknowledge the land which we occupy at American River College as the traditional home of the Nisenan, Maidu, and Miwok tribal nations. These sovereign people have been the caretakers of this land since time immemorial. Despite centuries of genocide and occupation the Nisenan, Maidu, and Miwok continue as vibrant and resilient tribes and bands, both Federally recognized and unrecognized. We take this

opportunity to acknowledge the generations that have gone before as well as the present-day Nisenan, Maidu, and Miwok people."

This month and throughout the year, we are committed to honoring Tribal sovereignty and to continuing our work to establish and maintain legal and ethical relationships with local Tribal Nations. We also support our American Indian and Alaskan Native students and employees. ★



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Women's Empowerment Receives \$60,000 From U.S. Bank



Graduates from Women's Empowerment's latest job readiness session gather after their ceremony in September. Photo courtesy of Kristin Thebaud Communications

**Kristin Thebaud
Communications
News Release**

SACRAMENTO, CA (MPG) - Women's Empowerment has received a \$60,000 contribution from U.S. Bank to provide Sacramento women experiencing homelessness with job-readiness programs, paid job training and transitional workforce housing so they can secure employment with upward mobility as they work toward affording permanent housing.

"U.S. Bank continues to be an important partner in our work," said Lisa Culp, executive director, Women's Empowerment. "We are grateful for this contribution

to support unhoused women as they search for permanent homes during the ongoing housing crisis."

Each woman in Women's Empowerment's initial two-month employment-readiness and empowerment program receives free transportation assistance and child-care for children up to age 5 in the group's onsite child development center. She works one on one with a social worker, housing specialist, employment specialist and volunteer career mentor, and attends a range of classes on job-readiness, empowerment and more.

Graduates of the two-month program can enroll in Women's Empowerment's paid job training programs in manufacturing,

property management, mobility, solar energy, medical assisting and more. Women's Empowerment also offers its Trellis Gardens transitional workforce housing program for graduates who have secured employment, but still cannot afford market-rate housing for their families. At Trellis Gardens, they can live in cottages for 12 to 18 months as they work to increase income, savings and credit scores and prepare to move into permanent housing.

"Supporting the development of a dynamic workforce is an investment in today and our future," said Ashley Bocek, community affairs manager, U.S. Bank. "We're proud to work

with organizations like Women's Empowerment to help people succeed in their careers, gain greater financial literacy and build thriving communities."

In 2023, 165 jobs were secured by Women's Empowerment graduates, and 189 graduates secured or maintained housing. Since 2001, 1,903 women have graduated from the program with more than 4,000 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation: Womens-Empowerment.org.

U.S. Bancorp, with more than 70,000 employees and \$686 billion in assets as of Sept. 30,

is the parent company of U.S. Bank National Association. Headquartered in Minneapolis, the company serves millions of customers locally, nationally and globally through a diversified mix of businesses including consumer banking, business banking, commercial banking, institutional banking, payments and wealth management. U.S. Bancorp has been recognized for its approach to digital innovation, community partnerships and customer service, including being named one of the 2024 World's Most Ethical Companies and Fortune's most admired super-regional bank. Learn more at usbank.com/about. ★

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A Holiday Tradition for All

4th Annual Rio Linda Christmas Bazaar:

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backdrop. Book lovers can stop by local author Elaine Faber's booth, where she will be selling her 12 published mystery books.

In addition to the shopping opportunities, the event will feature free and low-cost kid's crafts, making it a family-friendly outing. Children can enjoy a variety of fun and creative activities, ensuring that even the youngest visitors have a memorable experience. And with plenty of food available, visitors can enjoy a delicious bite to eat while taking in the festive atmosphere.

"The Grinch will be hanging out with us most of the day," Williams said. "Bring the kids to say hello!"

One of the highlights of the event is the chance to win a \$500 cash raffle. This exciting raffle will add an extra layer

of excitement to the day, with the lucky winner walking away with a generous cash prize. In addition to the grand raffle prize, there will be other raffle prizes throughout the event, giving attendees multiple chances to win.

The Christmas Bazaar is the perfect way to kick off the holiday season, offering something for everyone. Whether you're looking to do some early holiday shopping, enjoy delicious food or simply have a great time with family and friends, this event is not to be missed.

For those interested in becoming a vendor or with questions about the event, contact the organizers at 916-256-6701.

Rio Linda High School is located at 6316 Dry Creek Road, making it a convenient location for attendees from across the North Highlands area.



The Grinch is set to make another appearance at this year's Christmas Bazaar. Photo courtesy of LeeAnn Williams

Come out and enjoy the festivities, support local businesses and make lasting memories at the fourth annual Rio Linda Christmas Bazaar! ★

Sacramento Suburban Water District Appoints Diana Lynch

Sacramento Suburban Water District News Release

SACRAMENTO, CA (MPG) - The Sacramento Suburban Water District (SSWD) Board of Directors has appointed Diana Lynch to fill the Division 1 seat on the Board, effective Nov. 12.

Division 1 includes portions of North Highlands and Antelope.

Lynch has been a Division 1 resident for over a decade and brings a wealth of financial expertise and dedication to community service to her new role on the Board. Originally from Auburn, she holds



Diana Lynch has been appointed to fill the Division 1 seat of the Sacramento Suburban Water District Board of Directors as of Nov. 12. Photo courtesy of Sacramento Suburban Water District

a Bachelor of Science in Finance and a Bachelor of Arts in Economics from Azusa Pacific University.

Her 12 years of experience in financial planning includes investment portfolio management, capital project planning, and financial analysis. She currently serves as a Senior Finance Budget Analyst at California State University, Sacramento.

Lynch joins the Board in setting policy, managing budget priorities, and overseeing District operations. The Board convenes on the third Monday of each month at 6 p.m.

For more information about the Sacramento Suburban Water District, its services, and its Board of Directors, visit sswd.org. ★

Students Making the Grade

MPG Staff

RIO LINDA, CA (MPG) - Biola University is excited to welcome incoming students to the Biola community as they start their journey as an Eagle this fall. The following local residents started their journey as an Eagle (10/23/24):

Lukas Siegler of Antelope majoring in theatre.

Approximately 1,500 students were named to the Biola University Dean's List in spring 2024. Biola students are placed on the Dean's List to honor those with a GPA of 3.6 or

higher while enrolled in 12 or more credits and whose cumulative GPA is at least 3.2. Local awardees include (10/23/24):

Serena Andrade of Antelope majoring in nursing.

Trine University student named to the President's List for the Summer 2024 term (9/4/24):

Katrina Love of Antelope, majoring in general studies.

To earn President's List honors, Trine University students must complete a minimum of 12 hours and have a grade point average of 3.750 to 4.000. ★

Sac County Fentanyl Deaths Declining



The Sacramento County Coroner's Office reported 180 fentanyl-related deaths so far this year, down from 406 in 2023. Courtesy photo

Continued from page 1
providing people with the tools they need to survive and recover," Miller said.

Maintaining this positive trend requires a continued commitment to education, awareness and accessible resources. Narcan distribution, fentanyl test strips and public education are essential tools in reducing overdoses and keeping residents informed. Sacramento County is dedicated to

expanding access to these resources, providing community members with the support needed to prevent and respond to fentanyl-related incidents.

While this is an encouraging trend, county officials are cautious as the holiday season approaches, which is a time of year that can be challenging for individuals struggling with mental health and substance use disorders. County officials will continue their efforts

and are hopeful that they will end the year with a decrease of 50% or more.

If you are in need of substance use help, need access to Narcan and fentanyl test strips or want to know more about the county's collaborative efforts, visit the Sacramento County's Department of Health Services page at dhs.sac-county.gov and type in Substance Use Prevention and Treatment Services. ★

Murder-Suicide Occurs in Antelope

Sacramento County Sheriff's Office News Release

ANTELOPE, CA (MPG) - Just before 4 p.m. Nov. 13, Sacramento County Sheriff's North Patrol Deputies responded to a residence on the 3900 block of Running Bear Way in Antelope regarding a welfare check.

The complainant, a concerned neighbor, reported they had not seen the residents for approximately one week and was concerned for his welfare. When deputies arrived on scene, they looked through a window and observed an adult male lying on the ground. Concerned for his safety,

deputies entered the residence, where they discovered an adult male and an adult female suffering from fatal gunshot wounds.

The Sheriff's Homicide Detectives and Crime Scene Investigators responded to the scene, began their investigation, interviewed witnesses and began to gather evidence. Based on their investigation, detectives determined that the adult male fatally shot the female and then turned the gun on himself.

The Sacramento County Coroner's Office will release the identity of the deceased in accordance with their protocols. ★

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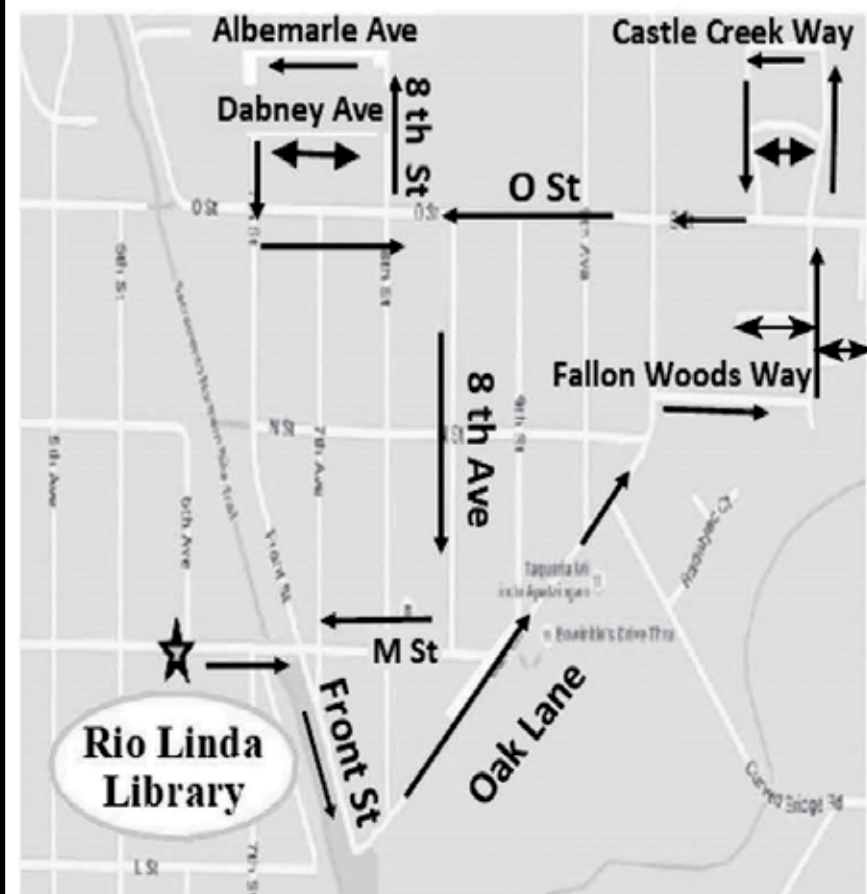
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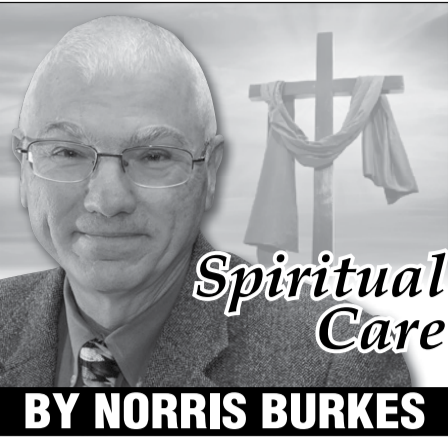
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We will be in your neighborhood collecting canned goods for "RUBY'S BASKET". You can drop off your donations at the Rio Linda Library parking lot or meet us along our route. We will be all dressed up in the holiday spirit, singing christmas carols and handing out candy. There will be a truck following us, collecting goodies along the way.
See you there!!!

Thanksgiving in Godawfulstan



That line of reasoning never did much for me.

The problem with that perspective is that gratitude and thankfulness has never been about comparing your good fortune to the misfortunes of others. Thanksgiving will never be about trying to equalize the imbalance of those fortunes.

Thanksgiving isn't just about being grateful you don't have a loved one deployed to a war-torn country. It's also about being thankful we have brave service members who are willing to serve when their country calls.

Thanksgiving isn't just about being grateful you aren't poor. It is also about being grateful you have resources to give to the poor.

It is not only about being grateful you aren't hungry. It is also about sharing your gratitude with the hungry.

Being truly thankful is not about comparing what you have with what others do not have. It is not about being glad your home is not a shanty cardboard shack under the freeway. It's about the help we give the homeless as we humbly realize that most of us are one paycheck away from building our own shack.

Gratitude is not about giving thanks for what you have, where you work, where you live or even who you are. Thanksgiving is not about you at all.

Thanksgiving is about keeping perspective between recognizing the blessings we've received and utilizing our capacity to return those blessings to others.

At the end of the calorie-laden day, perspective will be a constant reminder that we are not alone on this planet. It is the perspective of gratitude that teaches us we've all journeyed from the same place and, as Scripture suggests, "to dust we will return."

That is the perspective from which humility comes, and humility will always be about gratitude. ★

As I built a post-election gratitude list and remembered a question routinely asked by the minister of music in a church I pastored.

He'd stand behind the big Baptist pulpit and ask this question of his sleepy and aging congregation:

"Would you rather be in the best prison in America or here in church today?"

He used the question to roust our aging congregation and inspire them to sing louder. He often used it at the Thanksgiving service because he felt like it gave congregants a bit of gratitude perspective.

I find the reasoning a bit haggard as it's the same kind of sermonic reasoning ministers use every year that urge us to remember those less fortunate.

I ask you, can't we just hold the guilt this year and sit back and relax with our holiday pie?

Newspaper columnists like myself, and most especially ministers, of whom I am both, try to make you see that your life is not as bad as it could be.

This approach comes off sounding a lot like a parent trying to get their kid to eat turnips. "At least we have turnips and broccoli on our table," goes the paternal reasoning, "I'll bet the kids in Godawfulstan wish they had turnips."



Virtual Fencing 'Game-Changer' for Ranchers Grazing Cattle

After the Caldor Fire destroyed 7 miles of fencing on their cattle ranch in 2021, Leisel Finley and her family needed to replace the fence. Finley, a sixth-generation rancher at Mount Echo Ranch in Amador County, learned about a pilot program for virtual fencing that uses GPS enabled collars to monitor each animal's location in near real time. Livestock producers can draw a perimeter on a map of their pasture using a laptop or smartphone application and send those instructions to the collar. The collar then uses audio and tactile cues to contain the animal in the area.

Farm Families Emphasize Importance of Mental Health

The Voice of California Agriculture podcast, produced by the California Farm Bureau, discussed the importance of mental health on farms. Tricia Stever Blattler, executive director of the Tulare County Farm Bureau, spoke with host Gary Sack about losing her husband, Robert, to suicide, and about the need to speak up about mental health in farming communities that face many stressors. "We have to keep normalizing and bringing that conversation forward," Stever Blattler said. The episode also covers efforts in California to combat the oriental fruit fly and a message from the California Farm Bureau

to president-elect Donald Trump and other newly elected leaders.

Port of Oakland Continues to be an Agricultural Export Powerhouse

The Port of Oakland continues to be one of the most important gateways for U.S. agricultural products. As of October, the port has exported nearly \$8.5 billion in agricultural commodities this year, ranking No. 1 in the nation in the volume of international refrigerated exports. "Agricultural exports are especially important commodities for our port's business," said Port of Oakland Maritime Director Bryan Brandes. "In any given year, agricultural products comprise between 37% and 45% of total exports from Oakland." **Probiotics and Prebiotics: Hype or Health?**

Consumers may have noticed a recent trend in food and beverage products labeled probiotic or prebiotic. The products often say they "support a healthy gut" or "boost your immune system" by providing good microbes that are often missing from people's diets. But how can consumers know if these products are really good for them? A new episode of the University of California, Davis, podcast Unfold took a closer look at the proliferation of probiotics and interviewed Maria Marco, a microbiologist and professor in the department of food science and technology at UC Davis. ★

LifePointe's Church Sisters in Christ

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WE WOULD LIKE TO THANK THE COMMUNITY for their response to our needs this holiday season. We were able to give out **37 turkeys and all the fixins!** Your donations have meant so much to us!

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December 14th see us in the **Light Parade in Rio Linda.**
December 21st is the **Lil Drummer Boy Christmas present give away** from 10 AM to 1 PM.
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<p>LIFEPOINTE FAMILY OF CHURCHES 7200 Rio Linda Blvd. lifepointenaz.com (916) 991.4624</p> <p>SUNDAY 9:30AM COFFEE & FELLOWSHIP 10AM ALL AGE CONNECTION GROUPS 11AM WORSHIP SERVICE NURSERY (0-3YRS) KIDZ CLUBHOUSE (4YRS - 6TH GRADE)</p>	<p>ZION LUTHERAN CHURCH (LCMS)</p> <p>3644 Bolivar Ave. North Highlands (916) 332-4001</p> <p>Sunday Schedule Worship at 9:30 AM Bible Hour for All Ages at 11:00 AM</p> <p>ZionLutheranNH.org</p>	<p>Calvary Lutheran Church 5th and L Streets Rio Linda <i>Pastor Kirsten Moore</i> Sunday Worship 10:30 a.m.</p> <p><i>Children's Bible stories & crafts during adult worship</i> (916) 991-2135 www.clcrl.org Mail@clcrl.org <i>Open Arms, Open Hearts</i></p>
<p>Church of Christ <i>Worship God's Way</i> <i>Minister Eric Smith</i> 6818 4th Avenue Rio Linda, CA 95673 (916) 991-2668 Church 10:30 a.m.</p>	<p>HARVEST MISSIONARY CHURCH 6715 18TH STREET RIO LINDA, CA 95673</p> <p>PASTOR VALERIE BAYKO SUNDAY SCHOOL 10.00 AM SUNDAY SERVICE 10.30 AM COFFEE & FELLOWSHIP 12.30 AM</p> <p>(916) 915-4611 WWW.HARVESTMC.ORG</p>	<p>NEW BEGINNINGS FELLOWSHIP <i>Pastor Deonte Walters</i> 10th and O Streets (916) 991-2918 Sunday School 9 a.m. Sunday Worship 10:30 a.m.</p>
<p>Rio Linda Seventh Day Adventist Church 7535 - 10th St. and U Rio Linda Sabbath School 9:15 a.m. Worship Services 11 a.m.</p>	<p>North Metro Church of Christ 4191 Norwood Ave., Sacramento 95838 (916) 923-1147 <i>Minister Pete Savage</i> SUNDAY Bible Classes: 10 a.m. Worship: 11 a.m. Worship: 6 p.m. Wed. Bible Classes: 7 p.m.</p>	<p>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP <i>Pastor Shannon Fannin</i> Liberty Ministries extends an invitation to come and join us for Celebration Worship Sunday 9 a.m. Youth Extreme & Food Closet</p> <p>(916) 922-6442 4840 Marysville Blvd. www.libertymcf.net</p>
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Women's Soccer Ends Season in NCAA Tournament First Round

Sacramento State University Athletics News Release

SACRAMENTO, CA (MPG) - The Big Sky Conference Tournament champion Sacramento State women's soccer team made its first appearance in the NCAA Tournament in 14 years on Sunday Nov. 17, but its run through the postseason was cut short at the hands of top-seeded USC, falling to the Trojans by a 5-0 score at the Dignity Health Sports Park Track Stadium in Carson, Calif.

The Hornets, who entered the postseason unbeaten in their previous nine matches, finishing their year at 5-7-9 overall and placed fifth in the Big Sky with a 3-2-3 overall record. Sacramento State's nine-match unbeaten streak was tied for the second-longest in school history while the nine draws set a new school single-season record.

USC, which improved to 16-1-3 overall with the win and moved its unbeaten streak to 14 consecutive contests, advanced to



Homet sophomore goalkeeper Izzy Palmatier directs teammates during the Hornets' NCAA Tournament first round playoff match against USC on Nov. 17. Photo courtesy of Sacramento State Athletics

the second round where it hosts eighth-seeded Saint Louis.

Sunday's appearance in the NCAA postseason was the program's third, but the first since claiming the conference's automatic berth in both 2007 and 2014. The Hornets were fresh

off a Big Sky Tournament run that saw them become the first school to advance and claim the title via penalty kicks in all three of their contests, upsetting the No. 4 (Northern Arizona), No. 1 (Montana), and No. 2 (Idaho) seeded teams along the way.

Five Sacramento State players were named to the All-Big Sky team while six student-athletes were named to the Big Sky All-Tournament team, including gaining the MVP.

The Trojans opened the scoring just 3:16 into the match when

they were awarded a penalty kick following a tackle in the box that was deemed overly aggressive by the official. USC converted for the 1-0 lead and led 3-0 at the break following scores in the 13th and 17th minutes.

After the break, the Trojans tacked on two more, scoring just 4:26 into the second half and capping the day with a goal with 48 seconds remaining in regulation.

With her seven saves on Sunday, sophomore goalkeeper Izzy Palmatier finished the year with a Big Sky-best 107 stops, a mark that ranks third on the school's single-season list behind only Stacy Himes (123 in 1996) and Amy Seely (108 in 2001). Her seven shutouts this year were also tied for fifth on the single-season list, two of those scoreless draws against the Grizzlies and Vandals in the Big Sky Tournament semifinals and finals, respectively.

In all, 17 players gained NCAA Tournament experience on Nov. 17, with Candace Ching, Ariana Scholten, Ellie Farber, and Ali Fuamatu-Ma'afala, all attempting shots. ★

Hornet Tennis Signs Germany's Lisann Brinkman



Lisann Brinkmann, a native of Bielefeld, Germany, has signed a National Letter of Intent to continue her academic and athletic career with the Hornets. Photo courtesy of Sacramento State Athletics

Sacramento State University Athletics News Release

SACRAMENTO, CA (MPG) - Sacramento State head women's tennis coach Sophie Breault announced that Lisann Brinkmann, a native of Bielefeld, Germany, has signed a National Letter of Intent to continue her academic and athletic career with the Hornets.

"We're thrilled to welcome Lisann to our team," Breault said. "Her talent, work ethic, and competitive spirit align perfectly with our program's goals, and we're excited to see the impact she'll have on our success both on and off the court."

"Lisann's powerful yet consistent game will add valuable depth to our roster, making her an important asset in

our pursuit of more Big Sky Conference championships."

Brinkmann is one of the top juniors in Germany, reaching the finals at the Westphalian State Championships in the women's division before falling to the No. 16-ranked player in the ITF Junior rankings in a three-set marathon. She won the German Team Championships with the WTV state team and has claimed multiple Westphalian State Championships in her youth.

Finishing third on three different occasions in the German Youth Championships, Brinkmann has been ranked as high as No. 109 in the women's division (currently ranked No. 139) and is ranked 21st in the Under-18 division. ★

De'Aaron Fox Named Western Conference Player of the Week

National Basketball Association News Release

SACRAMENTO, CA (MPG) - Sacramento Kings guard De'Aaron Fox has been named the Western Conference Player of the Week for games played between Nov. 11 and Nov. 17, the NBA announced on Nov. 18. Fox averaged 40.5 points (57.4 FG%, 57.1 3pt%, 81.0 FT%), 4.5 rebounds, 7.3 assists and 2.0 steals in four games over the course of the week.

Fox has now earned Western Conference Player of the Week honors six times in his career, passing DeMarcus Cousins (5) for the second-most Player of the Week awards in franchise history. He led the league in several categories over the past week, including points per game, total points (162), field goals made (58), free throws made (34), total clutch points (21) and clutch field goals made (7).

Fox posted his fourth double-double of the season with 29 points and 10 assists in a win vs. Phoenix on Nov. 13. He followed that up with a 60-point performance vs. Minnesota on Nov. 15, setting the single-game



Sacramento King De'Aaron Fox became the first player to total 109+ points in two consecutive NBA games since Kobe Bryant scored a total of 110 points in back-to-back games in March 2007. Photo by the National Basketball Association

franchise scoring record, shooting 22-of-35 from the field, 6-for-10 from 3-point range and 10-of-11 at the free-throw line. Against the Timberwolves, Fox scored 33 second half points, the second-most by a Kings player since the 1996-97 season, including 20 in the fourth quarter alone. He then posted 49 points, going 16-for-30 from the floor, and knocking down 14 free throws, to go with nine assists and a pair of steals in a win vs. Utah on Nov. 16. Per Elias Sports Bureau, Fox is the first player to total 109+ points in consecutive days since Kobe Bryant (110, 3/22-3/23/2007), and just the third player in NBA history, also joining

Wilt Chamberlain. His 109 points set a franchise record for total scoring over a two-game stretch, surpassing Cousins (104, 1/23-1/25/2016).

This season, Fox is posting averages of 28.9 points (50.9 FG%, 84.2 FT%, 61.1 TS%), 5.0 rebounds, 5.6 assists and 1.8 steals in 14 games. Among league leaders this season, he ranks sixth in scoring average while tied for seventh in steals per game. Fox is one of four players this season averaging 28.0 points, 5.0 rebounds and 5.0 assists per game while shooting 50.0% or better from the floor and holding a true shooting percentage of 60.0% or higher. ★

ARC Football Secures Fifth Straight Conference Championship



The 2024 American River College Football team went undefeated in league play and earned their fifth straight National NorCal Conference championship.

Story and photo by American River College Athletics

SACRAMENTO, CA (MPG) - The American River College football program secured their fifth straight National NorCal Conference championship on Nov. 9, with a 45-21 road victory over Santa Rosa Junior College.

After a slow start that saw the Beavers fall behind 7-0 in the first quarter, the Beavers were able to regroup and take control of the game. Kicker Cameron Smith was able to convert field goals from 47 yards, 32

yards, and 21 yards. Running backs Elias Brown, Akil Sohan, and Hakeem Anderson each contributed a rushing touchdown. Quarterback Jett Harris connected with tight end Gavin Correia on a 55-yard touchdown pass, while the special teams unit returned a blocked punt for a touchdown. Defensively the Beavers were able to force two interceptions and several sacks.

The Beavers followed up the victory at Santa Rosa with a 48-21 home win against Feather River College on Saturday, Nov. 16. With the wins the Beavers are now 5-0 in conference and 7-3 overall. ★

ARC Volleyball Earns Big 8 Conference Champions



The American River College women's volleyball team celebrates during their journey to 2024 Big 8 Conference Champions.

Story and photo by American River College Athletics

SACRAMENTO, CA (MPG) - The American River College women's volleyball program closed out the regular season as Big 8 Conference Champions after defeating Modesto Junior College and Sacramento City College.

The Beavers swept Modesto Junior College on Wednesday, Nov. 12, winning

3 sets to none, 25-13, 25-18, 25-21. The Beavers followed that performance up with another sweep on Friday, Nov. 15, against Sacramento City College, winning 25-17, 25-19, 25-16.

With the wins, the Beavers improved to 25-4 overall and 14-2 in conference. The Beavers will now await their seeding for the NorCal Regional playoffs which will begin for them on Tuesday, Nov. 26th (after press time). ★

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DPSK Corp, 6431 Riverside Boulevard, Sacramento, CA, 95831 is doing business under the Fictitious Business Name(s) "Campus Shell" 2270 Fair Oaks Boulevard, Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 28, 2024
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CAMPUS 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08194
DPSK Corp, 6431 Riverside Boulevard, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Greenhaven Shell" 6431 Riverside Boulevard, Sacramento, CA 95831. Filed with the Clerk of Sacramento County October 28, 2024
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GREENHAVEN 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08224
LW Tumble LLC, 4010 Las Pasas Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Little Whale Tumble School" 2458 Avalon Drive, Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 29, 2024
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LITTLE 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08055
Gabriel McCrea LLC, 4505 Armadale Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "McCrea Motors Automotive Brokers/Gabriel Cray/Monevisor/Avid Closet" 4505 Armadale Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 21, 2024
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MCCREA 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08171
Malik Anan Liddawi, 5800 Madison Avenue, #T, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "BaBas BBQ TriTip" 5800 Madison Avenue, #T, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 28, 2024
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BABAS 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08164
NorCal Quick Transport LLC, 6916 5th Avenue, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Norcal Quick Transport" 6916 5th Avenue, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County October 25, 2024
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NORCAL 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08159
Stacy Alicia Tyler, 665 New York Ranch Road, Suite 3, Jackson, CA 95642 is doing business under the Fictitious Business Name(s) "Gold Country Legal Group" 665 New York Ranch Road, Suite 3, Jackson, CA 95642. Filed with the Clerk of Sacramento County October 25, 2024
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GOLD 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08165
Infinite Management Group, LLC, 3837 Sunnyvale Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Infinite House/2Infinite House" 3837 Sunnyvale Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 25, 2024
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INFINITE 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08172
Liddawi Enterprise, 2110 Big Sky Drive, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Commercial Shared Kitchen" 5800 Madison Avenue, Suite T & S, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 28, 2024
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COMMERCIAL 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07439
Christian Tyler Pack, 8808 Dryden Court, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Pool pHorce" 8808 Dryden Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 27, 2024
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POOL 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08163
Krystina Davis, 2212 U Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Friendlates" 801 Alhambra Boulevard, Suite 3, Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 25, 2024
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FRIENDLATES 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08157
Joseph George Medeiros, 7597 Sycamore Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Plants By Joe" 7597 Sycamore Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 25, 2024
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PLANTS 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08149
Chafic El Hayek, 7886 Bothwell Drive, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Reliable Cooling & Heating" 7886 Bothwell Drive, Sacramento, CA 95829. Filed with the Clerk of Sacramento County October 25, 2024
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RELIABLE 11-29-24

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Emerald Kitchen & Bath Inc, 4909 Auburn Boulevard, Suite 1, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Emerald Kitchen & Bath" 4909 Auburn Boulevard, Suite 1, Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 28, 2024
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EMERALD 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08218
Advanced Machine Group, LLC, 2205 Brunton Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Apex Auto Group" 1564 Sana Ana Avenue, Unit 100A2, Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 29, 2024
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APEX 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08229
Christopher Johnson, 8007 Sunrise Boulevard, #116, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Zen-Air Solutions" 8007 Sunrise Boulevard, #116, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 29, 2024
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ZEN 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08178
Samiullah Yawari, 1114 Southwick Lane, Lincoln, CA 95648 is doing business under the Fictitious Business Name(s) "Union Auto Glass" 1114 Southwick Lane, Lincoln, CA 95648. Filed with the Clerk of Sacramento County October 28, 2024
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UNION 11-29-24

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Sandhiveeraswamy LLC, 1350 Broadstone Parkway, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Chennai Bamboo Garden" 2784 E Bidwell Street #300, Folsom, CA 95630. Filed with the Clerk of Sacramento County October 15, 2024
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CHENNAI 11-29-24

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Bizcoach, LLC, 1968 S Coast Highway, Suite 2535, Laguna Beach, Ca 92651 is doing business under the Fictitious Business Name(s) "Bizcoach, LLC" 1968 S Coast Highway, Suite 2535, Laguna Beach, Ca 92651. Filed with the Clerk of Sacramento County October 29, 2024
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BIZCOACH 11-29-24

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Aviation Fuel Services, LLC, 6133 Freeport Boulevard, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Mather Jet Center" 10360 Macready Avenue, Mather, CA 95655. Filed with the Clerk of Sacramento County October 30, 2024
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MATHER 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08124
Mark Kozachenko, 6537 Campfire Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Koz General Contracting" 6537 Campfire Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 24, 2024
Publish: November 8, 15, 22, 29, 2024
KOZ 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07986
Lisa M Cannon and Jeffrey L Cannon, 9175 Stageline Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Premier Multi-Services & Investigations" 6137 Watt Avenue, #1, North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
Premier 12-6-24

SM Ebiga Korean Restaurant, 7860 8th Street, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "SM Ebiga Korean Restaurant" 5825 Manzanita Avenue Suite 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 18, 2024
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SM 11-29-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07828
Jim Paul Armenta, 1949 Kilchoan Way, San Jose, CA 95122 is doing business under the Fictitious Business Name(s) "Flava Bombs" 3982 Kings Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 15, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
SOAPWORKS 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08435
Lovely Chews LLC, 3982 Kings Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Flava Bombs" 3982 Kings Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 15, 2024
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FLAVA 12-6-24

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MPI Productions, Inc, 621 NW 53rd Street, Suite 125, Boca Raton, FL 33487 is doing business under the Fictitious Business Name(s) "MorningSide Productions, Inc" 621 NW 53rd Street, Suite 125, Boca Raton, FL 33487. Filed with the Clerk of Sacramento County October 17, 2024
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MORNINGSIDE 12-6-24

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Tracylyn Browne and Ceon Cheddie Sr., 5603 Drifton Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Monically Photography/Ping to the Pong Table Tennis Academy" 5603 Drifton Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
MONICALYN 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08375
RFMG Enterprises LLC, 2320 Downar Way, Suite C, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "R&F Auto" 2320 Downar Way, Suite C, Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 5, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
R&F 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08392
Tim Imai, 408 Meister Way, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "T Event Graphics" 408 Meister Way, Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 6, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
EVENT 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07960
Anthony James Hermosillo Jr, 5536 Winding Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Premier Home Services" 5536 Winding Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 17, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
HOME 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07934
Rufino Arango, 3100 26th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Ruffo's Tamales" 3100 26th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County October 17, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
TAMALES 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08393
Eddie Amoraby Arango Carreño and Juana Maribel Carreño Jimenez, 3100 26th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Los Altos de Oaxaca" 3150 26th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 6, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
OAXACA 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08294
Friendly Talk - Marriage and Family Therapy, Inc., 225 30th Street, Suite 311, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Friendly Talk Therapy" 225 30th Street, Suite 311, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
KAMIE 12-13-24

CA 95816 is doing business under the Fictitious Business Name(s) "Friendly Talk Therapy" 225 30th Street, Suite 311, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 1, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
FRIENDLY 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08316
Victoria Vyse, 3329 11th Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Eve Sinclair/Eve X. Sinclair" 3329 11th Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 17, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
SWAY 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08303
Liilit Movsesyan, 10450 S White Rock Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Restoration 911" 10450 S White Rock Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 4, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
EVE 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08298
Evgeny Podbutskiy, 4904 Ruger Court, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Handygene" 4904 Ruger Court, Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 4, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
HANDYGENE 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08476
Hamid Halal Market LLC, 7220 Fair Oaks Boulevard, Suite A & C, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Lottery Market & Restaurant" 7220 Fair Oaks Boulevard, Suite A & C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 15, 22, 29, Dec 6, 2024
LOTTERY 12-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08500
Ahamd Asil Shams, 3845 Sierra Gold Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Innovational Builder" 3845 Sierra Gold Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 12, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
INNOVATIONAL 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08123
Oleg Mudrik, 5413 Nyoda Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Stellar Thermal Solutions" 5413 Nyoda Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 24, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
STELLAR 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08514
428 Associates, LP, 2870 Gateway Oaks Drive, #110, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "The Celine" 428 J Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County November 12, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
CELINE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08390
Elizabeth Jones, 8636 Westhaven Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Westhaven Solutions" 8636 Westhaven Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 5, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
WESTHAVEN 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08436
Treveon James, 3600 Data Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Top-Tier Safety Solutions" 3600 Data Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
SAFETY 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08479
Anize Madriz, 2435 Iron Point Road, #1004, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Adenium Beauty" 2435 Iron Point Road, #1004, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 8, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
ADENIUM 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08422
Matthew Whittle, 7576 Community Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "KAMIE" 7576 Community Drive, Citrus

Heights, CA 95610. Filed with the Clerk of Sacramento County November 6, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
KAMIE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08516
Cain Fluers, 7873 Michigan Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Twiggs Floral Design Gallery" 3250 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 12, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
TWIGGS 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08462
First Step Housing, P.O. Box 188228, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "First Step Communities" 2111 Q Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
FIRST 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08312
Quiescence Care Homes By RNS, 4970 Walnut Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Quiescence Care Home/Care Home By RNS" 4970 Walnut Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 4, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
QUIESCENCE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08431
Tia J King, 9140 Blue Point Lane, #3, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Ellie 82 Hair Studios" 1440 Ethan Way, Suite 14, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 6, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
ELLIE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08487
Muscle Balance LLC, 7598 Macfinley Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Muscle Balance" 915 Howe Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 8, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
MUSCLE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08467
Tanya and Fiona Hair Studio, 3610 N Freeway Boulevard, Suite #117, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Tanya and Fiona Hair Studio" 3610 N Freeway Boulevard, Suite #117, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
TANYA 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08444
Sintia Mejia, 2700 S Las Vegas Boulevard, Las Vegas, NV 89109 is doing business under the Fictitious Business Name(s) "Its Just a Poke Sacramento" 2031 K Street, Suite B, Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
POKE 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08432
Trinidad Janet Arriaga Castellanos, 5020 34th Street, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "YOLO The Sunset Destinations" 5020 34th Street, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 6, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
YOLO 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-07052
Salveo Home Care, Inc., 15954 S Mur-Len Road, #315, Olathe, KS 66062 is doing business under the Fictitious Business Name(s) "BeyondWell Home Care/Home Care Assistance of Carmichael/Home Care Assistance of Roseville" 4005 Manzanita Avenue, Suite 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 13, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
BEYOND 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08292
Austin Schlocker, 4536 Millrace Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Sacramento Public Affairs Collaborative" 4536 Millrace Road, Sacramento, CA 95864. Filed with the Clerk of Sacramento County November 1, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
PUBLIC 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08602
Rigoberto Garcia, 10946 Disk Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Garcia Sweepers Services" 10946 Disk Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
GARCIA 12-13-24

is doing business under the Fictitious Business Name(s) "Renew Massage" 4140 Sunrise Boulevard, #C, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
RENEW 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08244
Joseph Rexford, 2734 Albatross Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Rexford Home Solutions" 2734 Albatross Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 30, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
REXFORD 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08446
Mutsumi Lawson, 3332 Hedgerow Court, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Leinani Leis" 3332 Hedgerow Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 7, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
LEINANI 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08160
Robert L Riggs, 11775 Justinian Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "B R Sales" 11775 Justinian Drive, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 25, 2024
Publish: Nov 22, 29, Dec 6, 13, 2024
SALES 12-13-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08820
Olivia Shilra Moon, 6609 Penney Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Object Dialogue" 6609 Penney Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 21, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
OBJECT 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08531
New American Funding, LLC, 1 MacArthur Place, Suite 800, South Coast Metro, CA 92707 is doing business under the Fictitious Business Name(s) "Monument Home Loans US" 1 MacArthur Place, Suite 800, South Coast Metro, CA 92707. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
MONUMENT 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08610
Robert Wellman, 4265 Brookview Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "BusinessWise Brokers/BusinessWise Brokers & Consultants" 4265 Brookview Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
BUSINESS 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08508
Dung Huynh Quoc Nguyen and Trang Thi Huyen Nguyen, 24988 Blue Ravine Road, #100B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "BeBe Nails" 24988 Blue Ravine Road, #100B, Folsom. Filed with the Clerk of Sacramento County November 12, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
BEBE 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08578
Danny Robert McCluskey, 8699 Salmon Avenue, #1362, Kings Beach, CA 96143 is doing business under the Fictitious Business Name(s) "Crest Pro Services" 1173 1st Avenue, Sweet Home, OR 97386. Filed with the Clerk of Sacramento County November 13, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
CREST 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08719
Mohammad Eissa Eissa and Khanzada Ahmadi, 2502 El Sutton Lane, Suite B, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Aatoon Auto Repair" 2502 El Sutton Lane, Suite B, Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 19, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
AATOON 12-20-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08822
Nasrin Varshochi, 4335 Hazel Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "NV Martial Arts & Fitness Academy" 4335 Hazel Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 21, 2024
Publish: Nov 29, Dec 6, 13, 20, 2024
NV 12-2

COMICS & PUZZLES

The Spats



by Jeff Pickering



Amber Waves



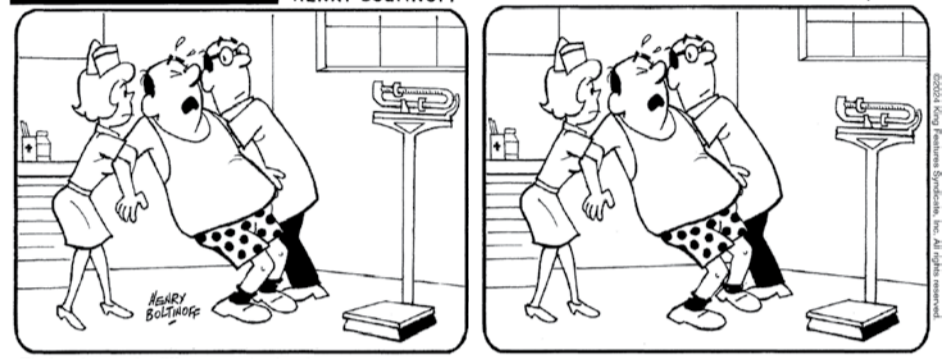
by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Leg is moved. 2. Scale is shorter. 3. Window is not as wide. 4. Cabinet is not as wide. 5. Nurse's foot is shorter. 6. Sock is shorter.

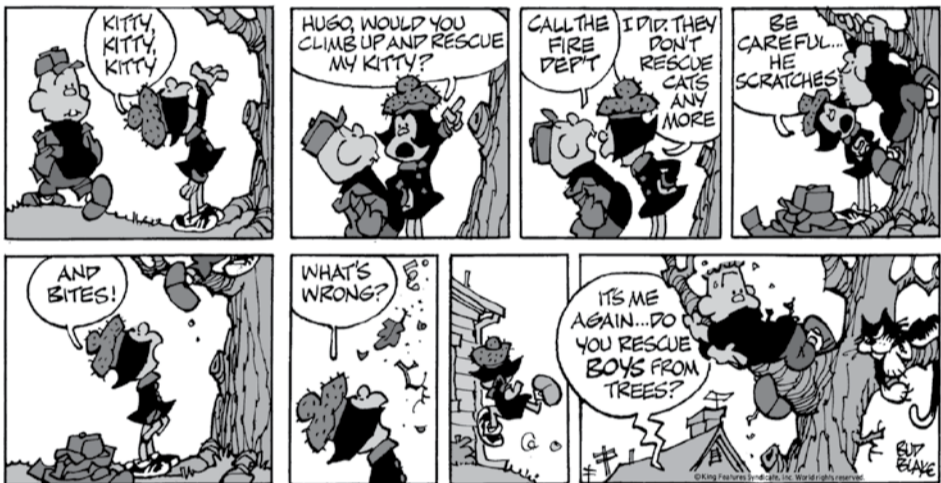
Out on a Limb

by Gary Kopervas



TIGER

by BUD BLAKE



GRIN AND BEAR IT



Just Like Cats & Dogs by Dave T. Phipps

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STATEPOINT CROSSWORD • SPORTS

CLUES

- CROSSWORD**
- ACROSS
- Combat vehicle
 - Semi
 - *Biathlon gear, sing.
 - Keiko of "Free Willy"
 - *Ashi Waza and jugodi sport
 - Audience's approval
 - Tandoori bread
 - Ned Stark's daughter, "Game of Thrones"
 - Röntgen beams
 - *Warning track sport
 - Monetary "thank you," pl.
 - Indigo dye shrubs
 - "Arabian Nights" bird
 - Destroyer
 - Danced to certain Polish music
 - Crematorium container
 - One without magic powers in Harry Potter stories
 - Largest volcano in Europe
 - Do nothing (2 words)
 - Singer Yoko
 - Be at the helm
 - Tropical tuber
 - *Player who delivers in a crucial sports moment
 - Recipe qty.
 - Display proudly (2 words)
 - Smells
 - Lake, in France
 - Clean a spill (2 words)
 - #8 Across, pl.
 - *Cornerback and direct snap sport
 - Pasta option
 - Go cold turkey
 - *Reward for multiple sports championships, pl.
 - "Breaking Bad" victim
 - The Beehive State
 - King Kong, e.g.
 - Type of lightbulb, acr.
 - Spooky
- DOWN**
- Boatload
 - Riyadh native
 - *Collegiate sports grp.
 - Topeka native
 - Not urban
 - Short poems of pastoral life
 - *Hockey score
 - *Powerful shot in hockey
 - 11th letter of Roman alphabet, pl.
 - Elvis' "___ Now or Never"
 - White and black stork
 - Glorify
 - *Gully and deep mid wicket sport
 - Foe
 - Fish eggs
 - Corrodes
 - Heep of "David Copperfield"
 - Preface
 - Scheme
 - Mr. T's TV show "The ___"
 - Olden days constipation treatment
 - *Bag of nails and baby

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7	4	8	3	6	9	1	2	5
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Social Security Matters

When Should My Wife Claim Social Security Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I turned 64 in July and my wife turned 62 in August. My wife has not worked for approximately 15 years but does qualify for Social Security on her prior work record. My wife is having some physical issues and would like to not return to work. Since she is eligible to collect Social Security, that would be an option to provide additional income, so she doesn't have to work. My question is how would it affect her future SS spousal benefits based on my record if she begins collecting her own benefit now? I plan to work until at least my full retirement age (67), and maybe longer, but plan to start collecting SS at 67 even I continue working. **Signed: Working Husband.**

Dear Working: If your wife has the required 40 SS quarter credits, she is eligible to collect reduced retirement benefits at 62 (for that needed extra income), but her age 62 benefit will be about 70% of what it would be if she waited until her SS full retirement age (FRA) to claim. That reduction would, in turn, carry over to her spousal benefit when you eventually claim your SS benefit. Here's why:

Your wife's spousal amount when you claim will be a combination of her

own SS retirement benefit, plus an auxiliary amount (a "spousal boost") that she is entitled to as your spouse. At age 62, her own benefit will be cut by 30% and she can collect that reduced amount until you claim, at which point her spousal boost will be added to make her benefit equal her spousal entitlement. So, her total benefit as your spouse (when you claim) will consist of her reduced age-62 amount, plus an additional amount as your spouse.

If you claim at 67, your wife will be about 2 years short of her own FRA, which means that her spousal boost amount will also be reduced for early claiming. That reduced spousal boost will be added to her already reduced (age 62) SS retirement benefit, which will make her total benefit less than 50% of your FRA benefit amount.

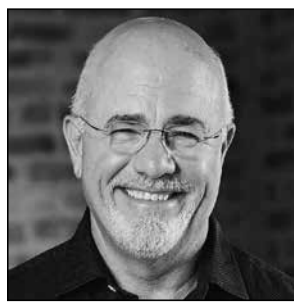
So, your wife claiming her own reduced SS retirement benefit at 62 also means her spousal benefit amount will be affected, and taking her spousal boost before her FRA means that the boost amount will also be reduced for early claiming. The only way your wife can get the full 50% of your FRA entitlement is to wait until she reaches her own FRA (67) to claim Social Security benefits.

Having said all of that, if your wife's physical issues suggest that she claims her benefits early and she is comfortable with the smaller benefit she will get, then that may be the right choice. For reference, the reduction to your wife's spousal boost amount (if you claim at your FRA) will be about 17%, and that reduced

spousal boost will be added to her reduced age 62 SS retirement amount. The end benefit for your wife (if you claim at age 67) will likely be about 42% of your FRA entitlement (instead of 50%).

FYI, you can further delay your own SS retirement benefit (up to age 70) for a higher benefit yourself, but that would also mean your wife would need to wait longer to get her spousal boost. You could also wait to claim your SS until your wife reaches age 67 (her FRA), which would give you a higher personal amount and also ensure your wife gets her maximum spousal boost (but her total will still be less than 50% of yours because she claimed her own SS retirement benefit at 62). When to claim Social Security depends on financial need and life expectancy. If a long life expectancy is anticipated, waiting longer to claim is often the best move. But financial need always trumps waiting longer

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Dave Ramsey

Dear Dave,

My wife and I are currently on Baby Step 2 of your plan. We attend church regularly, and we've always made sure we tithed 10% to 15% in the past. Do you think it would be okay to lower our tithe while we're getting out of debt and working through our debt snowball?

– Karl

Dear Karl,

When you look up the Hebrew word "tithe," it means tenth. Not 10 to 15 percent—a tenth. I've studied Scripture on this subject for about 25 years and taught in Christian settings. But please keep in mind you shouldn't do this because I gave you a "rule." I'm not the final authority on this. What we're about to get into comes from God.

In Proverbs, it refers to the tithe as first fruits, off the top, before anything else. The book of Deuteronomy says to give a tenth of your net in-

Dave Ramsey Says He Knows What's Best for Us

crease. Centuries of protestant Christian teaching has focused on the idea that the tithe goes to the local church, because it's the New Testament representation of the Old Testament storehouse. The storehouse took care of the Levites, which were the priests—or pastors—and the orphans and widows. Today, the New Testament church is supposed to use it for the same kinds of things: pastor's salaries and helping people who are struggling.

Before we go any further, I want you to remember one thing. Tithing isn't a salvation issue. God doesn't love you more just because you tithe a larger amount than the person sitting next to you in church. God loves you. Period. You're His child, and He's going to love you even if you don't tithe. But He knows what tithing does for us. It makes us focus on something other than ourselves. Doing it makes us less selfish, and more selfless. It makes us a little more Christ-like. And he wants us to be

giving and loving to the people around us.

Do you see what I'm saying, Karl? God doesn't need your money. He doesn't need my money. It was my choice decades ago when I hit bottom financially to continue tithing all the way into bankruptcy court and all the way out. But if someone literally can't afford to tithe for some reason—or can't hit 10% and still wants to attend and support a church—I'm pretty sure God understands.

– Dave

Dave Ramsey is a 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. ★

CHP Secures Federal Grant to Enhance Older Driver Safety

California Highway Patrol News Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP), in partnership with the Office of Traffic Safety, announced the receipt of a \$225,000 federal grant to launch the "Keeping Everyone Safe" (KEYS) program.

This program is designed to enhance traffic education and health awareness for drivers aged 65 and older and aims to ensure older drivers remain safe, confident and informed on the road.

A vital feature of this program is the "Age Well, Drive Smart" class. This free, two-hour course addresses older drivers' unique challenges, such as age-related changes, crash risk factors, safe driving strategies and Department of Motor Vehicles licensing requirements. This class also provides helpful self-assessment resources.

Classes are offered at all CHP area offices and taught by experienced CHP public information officers (PIOs), who

bring the class directly to community locations for added convenience. In addition, public information officers will engage with older drivers at local events and community gatherings. "Ensuring the safety of California's older drivers is essential as they remain active on our roads. This federal grant allows us to provide targeted resources and support to help them drive confidently and safely," said CHP Commissioner Sean Durycie. "Our goal is to enhance their independence while reducing risks, making our state's roads safer for everyone."

The CHP is committed to supporting California's older drivers with the education and the resources they need to continue driving safely and confidently.

For more information on the "KEYS" program or to enroll in an upcoming "Age Well, Drive Smart" class, contact your local CHP office.

This program is funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. ★

Judge Lindquist Designated Presiding Judge of Sacramento County Juvenile Court

Sacramento County Superior Court News Release

SACRAMENTO, CA (MPG) - Superior Court Judge Kristina B. Lindquist will serve as Presiding Judge over Sacramento County's Juvenile Court.

Judge Lindquist had been serving as interim Presiding Judge of the Juvenile Court with the elevation of Judge Dena M. Coggins to the federal bench in September.

"I want to thank Judge Lindquist for her recent work in the Juvenile Division and am pleased to make her assignment as Presiding Judge permanent, effective immediately," said Superior Court Presiding Judge Bunmi O. Awoniyi, who signed the order effective Nov. 12.

Former Gov. Jerry Brown appointed Judge Lindquist to the Sacramento County bench in 2018. Since then, she has presided over traffic arraignments, trials, juvenile dependency, and delinquency matters.

Before joining the judiciary, Judge Lindquist served as the deputy legal affairs secretary for the Office of the Governor, advising on criminal justice issues such as prison inmates' parole consideration and the commutation of sentences. She remained in that position until Brown's term as governor ended.

Previously, Judge Lindquist served as tax counsel at the State Board of Equalization and worked as staff counsel at the California Department of Corrections and



Judge Kristina Lindquist has been named the new Presiding Judge over Sacramento County's Juvenile Court. Photo courtesy of Sacramento County Superior Court

Rehabilitation.

Judge Lindquist received a B.A. in philosophy and European studies from the University of Notre Dame. She completed a J.D. from the University of the Pacific, McGeorge School of Law in 2007.

Kings Korner

By V.G. Harris

Wow, major media networks have taken to calling the Sacramento Kings an average NBA basketball team. As a fan of nearly 40 years and living through 16 straight seasons of missing the playoffs, that hurts.

I would almost rather you just called them bad, as opposed to the dreaded average.

Who wants to be average? Just an obscure number in a host of other numbers. No one I know, and I have high hopes that this team as it's assembled, will change this narrative and do it quickly.

After the Kings won three games in a row, I was all but certain that DeMar DeRozan had found his niche and was set to do great things for the Sac Town ballers. However, in the Nov. 24 game against the Brooklyn Nets, I witnessed DeRozan pass up 12–15-foot jumpers, only to pass off to other teammates for less desirable shots.

The past week wasn't kind to the Kings, as they had perhaps their worst one week stretch of the season. The week started with a 109-108 loss to the Atlanta Hawks, in a game that the Kings had in hand, and should have won.

Two nights later, in Los Angeles, the Clippers put on a clinic and embarrassed Sacramento, holding the Kings to a season low 88 points. The only good news was that the game was on the road, and the hometown fans didn't have to witness a second quarter that saw Sacramento score a season low 12 points. The game was decided early, and it was hard on the eyes.

Thinking this game had to be an anomaly, Golden One Arena was filled with expectant fans on Sunday Nov. 24 to welcome back former assistant coach Jordi Fernandez, who captured the head coaching job for the Nets in the off season.

Sadly, it was not to be, as the hometown team turned the ball over 16 times, while missing 11 shots from the charity stripe.

Last season saw the Kings finish dead last in the NBA in free throw shooting, but 10 games into the 2024/2025 campaign they were actually leading the

league in free throw percentage. The game against the Nets saw the Kings take a step back, in a game that was entirely winnable.

In today's NBA nine 3-pointers won't win many games, and in particular if your opponent sinks 19. Combine that with 20 made free throws in 31 attempts, and even without regard to the 16 turnovers committed by the Kings, this game was a real stinker.

Stalwart standouts De'Aaron Fox and Domantas Sabonis showed up as they always do, as Fox contributed 31 points, and was the only player for the Kings that could seemingly hit a three. DeAaron sank 3 of 4 3-pointers while Sabonis gathered in 18 rebounds and added 13 points for another solid double-double.

Huerter continues to struggle in spite of the fact that coach Brown has him in the starting five every night. Kevin went 1-5 from 3-point land, bringing his season average to a startling 29%. His 63% 2024/2025 free throw percentage tells me something is off with Huerter, and I'm convinced that either Keon Ellis or Malik Monk when he returns, would be better options in the starting lineup.

I'm just as convinced that Huerter can overcome his slow start but bringing him off the bench would give him a different look at things, and perhaps ease the pressure just a bit.

The game against the Nets saw a return to coach Brown's difficulties as it relates to coach's challenges. I witnessed no less than three occasions that the Kings could have potentially won a challenge, but sadly the game ended, and coach Brown had yet to challenge a single call.

Yes, Kings fans, the hometown boys have some cleaning up to do, and it's difficult to put a happy face on the games of the past week. Still, one game below 500 is not the end of the world, and with over 60 games to play, let's demonstrate a degree of patience. Let's root them on and see if this squad can come together.

All the best Kings fans!
Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★

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CHP Swearing-In Ceremony Marks Milestone

California Highway Patrol News Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) proudly announces a major achievement in its ongoing recruitment efforts as it officially swears in 121 new officers, bringing the Department past its goal of hiring over 1,000 officers. This milestone underscores the CHP's commitment to enhancing public safety and strengthening its presence within communities across the state.

The swearing-in ceremony at the CHP Academy in West Sacramento on Nov. 15 marks the culmination of months of rigorous training for these new officers. Each will report for duty to one of the CHP's 102 Area offices throughout the state. This is the largest graduating class since June 2022, when 128 officers were sworn in.

"Two years ago, we set an ambitious goal of recruiting 1,000 new CHP officers – and today, with this class, we have officially surpassed that goal. But I want to be clear: that goal has always been about more than just filling slots or hitting a number. Each officer is the very manifestation of public service, of peacekeeping. Every cadet graduating today felt a calling to do right by their community and to make the world safer. On behalf of the state and all who call California home, I want to thank each and every member of this graduating class," said Governor Gavin Newsom.

"Today marks a significant step forward for our agency and all of our communities," said CHP Commissioner Sean Duryee. "By surpassing our recruitment goal, we're adding



CHP swears in 121 new officers on Friday, Nov. 15 at the CHP Academy in West Sacramento. Photo courtesy of the CHP

highly-trained, committed officers who are ready to make a positive impact and meet the evolving needs of California. We're grateful for the dedication and passion these officers bring to their new roles."

The CHP started its successful multi-year recruitment campaign in June 2022. With over 21,000 applications submitted in the first ten months of 2024, the CHP has already surpassed last year's application total of more than 16,300 over the same period, representing a 29% increase. To accommodate this increase, the CHP conducts three concurrent cadet classes at its live-in training facility, where more than 250 cadets are currently in training. A new



A graduate is being officially pinned with his CHP badge by a loved one. Photo courtesy of the CHP

class of 160 cadets will arrive at the CHP Academy on Dec. 1. Training at the CHP Academy is comprehensive, beginning

with a foundation of nobility in policing, leadership, ethics, and cultural diversity. Cadets also receive specialized

instruction in responding to mental health crises, vehicle patrol, crash investigation, first aid, and impaired driver evaluation. Additional training covers traffic control, report writing, stolen vehicle recovery, assisting motorists, emergency scene management, and mastery of the California Vehicle, Penal, and Health and Safety Codes.

The CHP is continuing its recruitment efforts. Join us in shaping the future of public safety in California. For more information about a life-changing career with the CHP, visit our website, recruitment.chp.ca.gov.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

Tips for a Holly Jolly Holiday Season

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - As the holidays approach, many of us look forward to gatherings with friends and family, enjoying delicious food and taking part in festive celebrations. However, this time of year can also bring feelings of stress, loneliness or sadness for some. The holiday season is a complex time that can amplify both the highs and lows of life.

"It's normal to feel overwhelmed by the demands of the season," said Sacramento County Director of Behavioral Health Dr. Ryan Quist. "High expectations, separation from loved ones, personal grief and financial pressures can all impact our mental well-being. It's important to remember that it's okay not to feel joyful all the time."

To help navigate the season and its challenges, Sacramento County's Department of Health Services, Behavioral Health Division, offers these tips:

Acknowledge your feelings and stress levels. Recognizing when you need a break is essential. During this time of year, we try to squeeze in a bunch of different events. Maintaining regular routines, especially consistent sleep schedules and meal times can also support mental health.

"We often underestimate how critical a regular sleep routine is to our emotional well-being. It can impact your mental health and your ability to function effectively," Quist explained. "Also, simply staying consistent with meals can help avoid unnecessary stress."

Plan for managing stress. Whether it's taking a walk, reading or cooking with loved ones,

identifying activities that bring calm and joy can be a valuable resource when emotions run high.

Connect with others. The holidays don't have to revolve around material gifts. Giving your time and support to friends or community members can lift spirits for both you and them.

Avoid excessive alcohol and/or substance use. For those in recovery, the holidays can be especially challenging. It's important to have a plan for navigating social events and leaning on support systems if needed.

For those needing additional support, Sacramento County Behavioral Health provides a variety of resources for residents including:

9-8-8 (National Suicide Hotline). This hotline will connect you to a local call center, which can then dispatch the

Sacramento County's mobile crisis team to meet you where you are.

CalHOPE. For less urgent support, residents can also reach out to CalHOPE at 833-317-HOPE or visit its website at www.calhope.org.

The Source Support Line for Youth and Caregivers. Feeling alone, stressed or sad? Call or text 916-SUPPORT (787-7678) for 24/7 support.

Mental Health Urgent Care Clinic (MHUCC). The Mental Health Urgent Care Clinic provides 24/7 crisis services on a walk-in basis to individuals of all ages needing mental health and/or co-occurring substance use supports. The clinic can be accessed by visiting 2130 Stockton Blvd., Building 300, Sacramento, CA 95817 or by calling 916-520-2460. Go online to dhs.saccounty.gov/BHS/

Documents/MHUCC_Flyer.pdf for more information.

Substance Use Prevention and Treatment Services. Substance Use Prevention and Treatment Services provides prevention and treatment services for alcohol and drug use/abuse through contracting with an array of community-based service providers throughout Sacramento County. Call 916- 874-9754 or toll-free (888) 881-4881 from 8 a.m. to 5 p.m. Mondays through Fridays, and after hours, use the toll-free number.

The holidays can be stressful and that's OK. If you need help, don't hesitate to reach out, whether to a friend, family member or professional resource.

Learn more about Sacramento County's various Behavioral Health resources on its website at dhs.saccounty.gov. ★

LET OUR TEAM WORK FOR YOU!
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WE WORK HARD SO YOU DON'T HAVE TO.

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PROPERTY MANAGEMENT

<i>you say...</i>	<i>Jesus says...</i>
I can't figure this out	I will direct you
I'm not enough	You are more than enough
I can't keep going	I will carry you
I'm not strong enough	I am
I'm too tired	I will give you rest
I can't forgive myself	I forgive you
I hate myself	I love you

He is the solution to every problem. Let Him help you.

LIFEPOINT CHURCH

11am on Sundays | 6:30pm on Wednesdays
 7200 Rio Linda Blvd. Rio Linda, ca 95673
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