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# Grapevine Independent

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## Big Red Football Awards!



The six players awarded with team honors are, from left, Makhai Stewart, Trey Wallace, Orlando Gomez, TJ McDonald, Julian Drahn and Sunntavion Hall-Carson.

Story and photos by Rick Sloan

**RANCHO CORDOVA, CA (MPG)** - On Friday, Nov. 22, the Cordova High Lancer football team wrapped up its 61st season with an awards banquet at the Hagan Park Community room. The season ended with a 5-5 overall record and a 2-4 record in league play.

The team said goodbye to 17 seniors this year, which was almost half the active roster of 35 players. The rest of the team included 11 juniors, five sophomores and two freshmen.

All the coaches had great  
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The five players honored by the Metro League are, from left, Zachary McIntire, Damajae Moses, Masiyah Meija, Julian Drahn and Sunntavion Hall-Carson. Head coach JP Dolliver is on the far right.

## First Property Taxes Installment Due Dec. 10

Sacramento County News Release

**SACRAMENTO, CA (MPG)** - The deadline for paying the first installment of your 2024-2025 Sacramento County property taxes is coming up shortly. Payments are due no later than Dec. 10. Late payments will incur a 10-percent penalty for each tax bill and partial payments are not accepted.

Payment must be received in the Tax Collector's Office by 5 p.m. Dec. 10 or either be postmarked or paid through the county website at [eproptax.sac-county.gov](http://eproptax.sac-county.gov) by Dec. 10. The Tax Collector also reminds property owners to include the appropriate installment payment stub from the tax bill or website, or write the parcel number of the property on the check being submitted to make sure that you receive proper credit for the payment.

Payment can be mailed to P.O. Box 508, Sacramento, CA 95812-0508. Be sure to mail your payment early enough to ensure a timely postmark and avoid penalties.

### Making Payments

Property taxes can be paid by online e-check or credit card through Sacramento County's Property Tax Bill Information System or over the telephone at 1-844-430-2823, using the 14-digit parcel number. Credit card payments are processed by a contractor and a 2.29% convenience fee will be applied if you elect to pay the annual property tax bill using this method. This convenience fee is not revenue to the county. There is no fee to make a payment via e-check.

To avoid penalties, transactions made either on the internet or over the telephone must be completed before midnight on the payment day by date. Plan ahead and do not wait until the last minute to make your payment. If you are unable to get through on the internet or telephone, causing you to miss the payment deadline, penalties will not be waived.

Verify your data entry very carefully when making online payments. If your payment is rejected by your financial institution for any reason, you will be charged a return payment fee as well as penalties if your payment is rejected after the due date.

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## See How They Run

Story and photo by Susan Maxwell Skinner

**SACRAMENTO, CA (MPG)** - Endangered Chinook salmon are now running in full force.

Fall/winter migration peaks for the giants before the new year. Fish that hatched in the American River or were artificially bred at Nimbus Fish Hatchery reach adulthood by their third year. Cool fall river temperatures spur a mass homecoming from the Pacific.

To reproduce, the behemoths seek home waters and mates. Spawning occurs in gravel beds below where Nimbus Dam blocks the up-river path.

Some Chinook males weigh more than 50 pounds and can measure up to four feet. As they traverse riffles, much of



Migratory Chinook salmon crowd American River shallows near Sailor Bar. The giant fish die soon after breeding. Armies of gulls await easy pickings.

their bodies are exposed. Hooked profiles and toothy jaws are clearly visible. Thrashing, churning and full-body leaps from the water are common phenomenon.

Battered by their long swim, females use waning tail strength to scoop up to four feet. As they

fertilized and buried. Male and female spawners die soon after mating; their rotting bodies contribute a winter buffet for river scavengers.

The Chinook run is closely followed by a similar steelhead migration. In an effort to revive decreasing salmonid numbers, fishing is

banned in much of the American River during breeding seasons.

The best places to observe Chinook and steelhead migrations include River Bend (Rancho Cordova), Ancil Hoffman Park (Carmichael), Gold River, Sailor Bar and Nimbus Basin. ★

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# Santa Kicks Off Season of Giving with Charitable Vending Machines

By Gary Zavoral

**GREATER SACRAMENTO REGION, CA (MPG)** - With a twinkle in his eye, Santa Claus cut the ceremonial red ribbon at the Light the World Giving Machines on Monday and then showed the world the joy of giving by selecting a few gifts for those in need in the Greater Sacramento Area.

This wasn't just any Santa. It was the global icon Santa J. Claus, who is a mega-influencer with 5-million followers around the world. He stopped by the Giving Machines in the Westfield Galleria at Roseville to kick off the season of giving and encourage all to give to the less fortunate.

"My mission is to light the world with giving and that's the same mission these charitable vending machines have," Santa said. "You, too, can play Santa for someone who really needs it by purchasing gifts in the Light the World Giving Machines."

Santa's visit highlighted a ribbon-cutting ceremony that also featured remarks from William Jessup University President John Jackson representing the inter-faith community, mayors from cities throughout the region, and the local charities that will benefit from the Giving Machine purchases.

This is the third year that the Giving Machines are located in the Sacramento area, where they have been some of the most successful in the world. Area residents can make purchases now through New Year's Day.

Light the World Giving Machines, sponsored by The Church of Jesus Christ of Latter-day Saints, are part of a global effort to promote the true spirit of the holidays by giving gifts to those in need. This holiday season, the Light the World Giving Machines are located in 106 cities internationally.

In addition to the Westfield Galleria at Roseville, the machines are located in Modesto's Vintage Faire Mall. Together, they are the



Santa J. Claus cuts the ceremonial ribbon of the Light the World Giving Machines with representatives of the charities, who have items for those in need in the charitable vending machines. Photo courtesy of Gary Zavoral

only ones this year in Northern California.

"These vending machines offer a unique and memorable way to light the world with love by serving and caring for others both locally and globally," said Bruce Anderson, director of the local effort. "For many parents, it offers an effective way to teach children about giving to good causes and the joy there is by helping others."

Each of the machines in Roseville contain 30 opportunities to give: 25 opportunities from local charities and five opportunities from global nonprofit organizations.

Among the many items that can be purchased are a winter coat for a homeless person in the region, a suicide prevention therapy session for a local youth and newborn essentials for a local young mother in need. Shoppers can even purchase two

piglets for a family in an economically challenged country to help them start a business and become self-reliant.

The global Giving Machines initiative first launched in a few U.S. locations in 2017. Since then, more than \$32-million worth of goods for those in need has been donated. The Church of Jesus Christ of Latter-day Saints covers all program operational expenses. This ensures that participating nonprofits receive 100% of the collected funds.

The local charities with items in the Westfield Galleria at Roseville Giving Machines are Al-Misbaah, Catholic Charities - Diocese of Sacramento, Rancho Cordova Food Locker, First Step Communities of Sacramento and Lighthouse Counseling & Family Resource Center in Placer County.

Helena Madera-Silmi with Al-Misbaah said many families

want to give to local charities that make a difference in the lives of those who are under-privileged but they don't know how to do it. The Giving Machines, she said, give them this opportunity while at the same time teaching children the importance of charity.

"A lot of youth love shopping at the mall and you're teaching them how to be empathetic, you're teaching them how to give back," Madera-Silmi said. "It's just an amazing way to give back."

Carrie Johnson, executive director of the Rancho Cordova Food Locker, is impressed with the Giving Machines concept and hopes they will help to stock the charity's pantries.

"This is the most incredible way to give people the opportunity to give back to their communities," Johnson said. "We're all familiar with vending machines. What a fun way to give

a donation to someone in need."

Among the items that shoppers can purchase for Lighthouse Counseling and Family Resource Center of Placer County are gifts of counseling for those experiencing abuse, domestic violence and suicidal thoughts.

"The Giving Machines give an opportunity to take the greed out of Christmas and bring Christ back into the holiday," said Gary McDonald, Lighthouse's executive director. "It really is about service and giving to people in need. It's really touched my heart. It really gives people an opportunity to think about other people besides their own families during this holiday season."

To see the items that can be purchased and more information on the Giving Machines, visit the local Light the World Giving Machines website at [www.givingmachinesgreatersacramento.org](http://www.givingmachinesgreatersacramento.org). ★

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**ASIAN GROCERY**

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**EUROPEAN GROCERY**

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**KOREAN/JAPANESE GROCERY**

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**WEEKLY MEAT SPECIALS**

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**WEEKLY HALAL SPECIALS**

Boneless/Skinless Chicken Breasts \$2.19/lb	Australian Lamb Chop Bone In \$2.99/lb	Beef Rump/Bottom Round Roast - Brls \$4.59/lb
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**FROZEN & FISH DEPT**

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# SacRT's Holiday Bus Returns



The Holiday Bus will roll through town through Jan. 2. Photo courtesy of Sacramento Regional Transit

## Sacramento Regional Transit News Release

**SACRAMENTO, CA (MPG)** - The Sacramento Regional Transit District (SacRT) Holiday Bus has returned. The Holiday Bus is a festive tradition offering free rides to passengers while spreading holiday cheer throughout the region.

The 2024 Holiday Bus, featuring seasonal decorations, hit the streets on Dec. 1 and will roll through Jan. 2, traveling on a different route each day.

This year, SacRT partnered with

the Health Education Council, a local nonprofit organization dedicated to improving health equity in historically under-served communities. Together, they're raising awareness about the importance of access to health resources while celebrating the season of giving.

"The SacRT Holiday Bus is one of our favorite traditions and we are thrilled to offer free rides to our riders while highlighting the incredible work of the Health Education Council," said Henry Li, SacRT general manager/CEO. "This partnership exemplifies our

commitment to supporting community well-being and ensuring that everyone has equitable access to vital resources for a healthier life."

Said Debra Oto-Kent, executive director of the Health Education Council, "We are honored to partner with SacRT to spread awareness of the Health Education Council's mission to support families and individuals in achieving healthier lifestyles. The Holiday Bus is a wonderful way to bring the community together and inspire positive change during the holiday season."

The SacRT Holiday Bus will operate on regular SacRT bus routes, offering passengers free rides while highlighting the region's commitment to community health and connection. It is free to ride but passengers have the option to donate to the Health Education Council by dropping money into the bus fare box or using a QR code to donate online.

Each day, the Holiday Bus will serve a new route, ensuring riders throughout the area have the chance to experience it. The SacRT Holiday Bus will also participate

in the Sacramento Santa Parade in downtown Sacramento on Saturday, Dec. 14.

Visit [sacrt.com/holidaybus](http://sacrt.com/holidaybus) for the full schedule and route details.

By riding the Holiday Bus, passengers can learn more about the Health Education Council's impactful work in areas such as nutrition education, chronic disease prevention, and improving access to care. Together, SacRT and the Health Education Council aim to make Sacramento a healthier and more connected community. ★

# Don't Let Fats, Oils and Grease Ruin Holiday Cheer

## Sacramento Area Sewer District News Release

**SACRAMENTO, CA (MPG)** - As the holiday season approaches, the Sacramento Area Sewer District (SacSewer) is urging residents to help prevent sewer backups, a common yet costly and disruptive issue that peaks during this time of year.

Improper disposal of fats, oils and grease (F.O.G.) often leads to blockages, which can result in unpleasant sewer backups that disrupt holiday gatherings. To help keep festivities running smoothly, SacSewer reminds the community to follow two simple steps,

can it and scrape it, for safe fats, oils and grease disposal.

Can it. Once cooled, put hardened fats, oils and grease into a sturdy container such as a leftover soup can. Then put the container in the garbage.

Scrape it. Scrape all food scraps, including fatty and greasy leftovers, into the organics cart, not down the drain.

When fats, oils and grease containing items from holiday cooking, such as food scraps, gravies and oils, go down kitchen sink drains and garbage disposals, they can cause blockages in sewer pipes that lead to overflows. Fats, oils and grease cools and solidifies,

sticking to the sewer pipes. Over time, fats, oils and grease restrict sewage flow and can cause a sewer backup into customers' homes and businesses.

For large amounts of cooking oil, such as what's needed for deep-fried turkeys, pour the cooled liquid oil back into gallon jugs and make sure the lid is screwed on or taped shut. Check with your local waste service provider to determine the proper disposal method or visit [SacSewer.com/sactown-clog-squad](http://SacSewer.com/sactown-clog-squad) for a listing of local fats, oils and grease recycling sites.

For more tips on proper fats, oils and grease disposal, visit [sacs sewer.com/stop-clog](http://sacs sewer.com/stop-clog).

Are you experiencing a sewer problem, such as a slow drain or backup? Call SacSewer 24 hours a day, seven days a week, even on holidays, at 916-875-6730.

The Sacramento Area Sewer District (SacSewer) is the Sacramento region's largest sewage collection, treatment and resource recovery utility, providing service to more than 1.6-million residents. The second largest sewage collection utility in California, the Sacramento Area Sewer District owns and operates the second largest water resource recovery facility of its kind in the nation, the EchoWater Resource Recovery Facility near Elk Grove. Learn more at [sacs sewer.com](http://sacs sewer.com). ★



## Golden Pond

Senior Living

### Golden Pond Holiday Craft Fair, Parade & Toy Drive!

DEC. 11TH 3PM  
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95827

Join us for our annual Holiday Craft Fair and stick around as the Rosemont Santa Parade comes through to pick up the toy donations for the Sacramento Sheriff's Toy Project! Cookies, music, cocoa, and artisan crafts—a fun and festive time for the whole family!

Holiday Vendor Fair  
from 3 pm-6pm

The Rosemont Santa Parade  
& Toy Drive at 6:15 pm

You are welcomed to bring an unwrapped gift for the Toy Drive so Santa can deliver to ALL good little girls and boys in the area!

Interested in touring our community? Give us a call!  
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[heather@crmscommunities.com](mailto:heather@crmscommunities.com)



Register For the  
2024 Toy & Grocery Giveaway

We are now accepting application for our  
5th annual  
Toy & Grocery Giveaway,  
December 21, 2024

Eligibility Requirements

Kids living in the home must be:

- 0-17 years old.
- Must provide acceptable ID.
- Live in zip codes, 95827, 95670, 95741, 95742, 95755, & 95630.
- Provide ID for children.

All the info is at [BibSac.org](http://BibSac.org).

We have moved to a new facility at the FCUSD Adult Learning Center 10850 Gadsten Way, Rancho Cordova



Merry Christmas



BIBSAC.ORG



FCUSD SCUSD  
BLESSINGS IN A  
BACKPACK

Who Will Feed the Kids This Weekend?

# Women's Empowerment to Hold Annual Holiday Drive

# SIR Keeps Local Retired Men Active

**Kristin Thebaud  
Communications  
News Release**

**SACRAMENTO, CA (MPG)** - Local residents can spread holiday cheer to Sacramento women and children who have experienced homelessness by contributing to Women's Empowerment's annual Holiday Drive.

The nonprofit is seeking fully assembled gift bags that include a \$25 Target and Walmart gift card, winter hat, socks and holiday candy. Assembled gift bags are needed for all ages from infant to adult. For those who prefer to make a financial donation, the average cost of a gift bag is \$40, but any amount is helpful. Items also can be purchased individually through the group's Amazon Wishlist at [www.womens-empowerment.org](http://www.womens-empowerment.org). Items are needed at Women's Empowerment, 1590 North A St. in Sacramento, by Dec. 11.

"These gift bags provide warm and celebratory items for the women and children in our programs during the holiday season, but they also demonstrate that they have a community of love and support encouraging them as they work to break the generational cycle of homelessness," said Lisa Culp, executive director of Women's Empowerment.

Items will be distributed to families at Women's Empowerment's upcoming Holiday Craft Party in mid-December where women and children will create gifts for



**A Women's Empowerment graduate makes holiday gifts with her grandson at the annual Holiday Craft Party where they also received gifts from the group's annual holiday drive. Women's Empowerment is seeking items for its 2024 Holiday Drive. Photo courtesy of Kristin Thebaud Communications**

family and friends. At the event, mothers also will have the opportunity to choose gifts for their children, thanks to a toy drive held by California State Assemblymember Kevin McCarty, District 6.

Women's Empowerment provides a two-month employment-readiness and empowerment program, paid job training, childcare and support services so women and their children can break the generational cycle of homelessness. Women's Empowerment offers the most comprehensive

job-readiness program in the Sacramento area designed specifically for women experiencing homelessness and their children.

In 2023, 165 jobs were secured by graduates, and 189 women either secured or maintained housing. Since 2001, 1,903 women have graduated from Women's Empowerment with their 4,000 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit [Womens-Empowerment.org](http://Womens-Empowerment.org). ★

**By Jerry Westerman**

Looking to stay active in retirement? I have a club for you.

As many of us approach retirement age, we may find that our activity level and social interactions start to ebb. Like myself, many may feel a sense of vacuum or void in our lives when we retire that needs to be filled. We realize that staying active physically, mentally and socially improves our health, vigor and hopefully longevity.

Becoming a member of a club or organization is often just the thing to get out and enjoy some activities with other men in my age group. I joined one such group eight years ago. There are several branches in the Sacramento area called SIR (formerly Sons in Retirement).

SIR's mission is to enhance the lives of its members through fun activities and events while making friends for life. SIR has over 100 branches in California from Bakersfield to the Oregon border. The branch I belong to, SIR Branch 23, has nearly 200 members and meets monthly at the Dante Event Center located on Fair Oaks Boulevard just past Howe Avenue behind Pavilions Car Wash.

Members of the branch reside in surrounding neighborhoods such as River Park, East Sacramento, Arden Arcade, Carmichael and Fair Oaks, although many live in farther-flung parts of the Sacramento region.

Our monthly luncheons provide an opportunity for members to socialize,

enjoy a great meal and hear from interesting speakers from our community on a variety of subjects.

Our branch has many organized activities including an outstanding golf program with weekly 18-hole and 9-hole tournaments at courses around the Sacramento area (during spring, summer and fall); bowling at Country Club Lanes (weekly league play fall and winter); bocce ball at Carmichael Park, hiking, fishing trips, a free library, a book club, poker and bridge. Annual events include the "Ladies Day" luncheon during the holiday season and the Spring Family Picnic, also at Carmichael Park. While membership in most SIR branches is limited to men, spouses/partners are welcome to participate in many activities.

Our branch is always looking for new members. Many new members were friends, family, neighbors or former co-workers of our current members. But many joined after hearing about our great program and activities.

Annual dues are very low (currently \$25), since SIR is a nonprofit social organization and joining is easy.

If you are interested, call our friendly Branch 23 membership chairman, Ray Zelinski, at 916-961-4222, and for more information, visit SIR at <https://sirinc2.org/branch23>. Or feel free to call me, Jerry Westerman, at 916-801-7879. I live right here in Fair Oaks and would be happy to share more information with you. ★



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# Big Red Football Awards!

*Continued from page 1*  
 comments to make regarding how hard this year's team worked during the off-season and throughout the year.

Being the first season competing in the more competitive Metro League, the Lancers found themselves up against some impressive talent. West Park and Destiny Christian made it all the way to the semi-finals in the California Interscholastic Federation (CIF) Sac-Joaquin Section Division 2 playoffs. On Nov. 29, the Grant Pacers defeated the Rocklin Thunder by a score of 30-28 for the CIF Sac-Joaquin Section Division 2 championship.

Cordova had five players honored by the Metro League. Junior Julian Drahn and senior Sunntavion Hall-Carson were chosen to the All-Metro League First Team. Sophomore Zachary McIntire and Damajae Moses were chosen to the All-Metro League Second Team. Sophomore Masiyah Meija was awarded All-Metro League Honorable Mention.

The coaches also awarded players with seven team honors.

The "Most Valuable Player" award was presented to junior Sunntavion Hall-Carson.

The "Defensive Player of the Year" was awarded to junior defensive tackle Julian Drahn.

Senior Orlando Gomez was honored with two awards. They were for "Offensive Player of the Year" and

"Dominate the Line."

Sophomore Trey Wallace was awarded the "4C's" player of the year. The 4C's are Commitment, Courage, Compassion and Confidence.

Junior Makhai Stewart walked away with the "Breakout Award."

The "Rising Star" award was given to freshman TJ McDonald.

Head coach John "JP" Dolliver, in his second year at the helm, was particularly pleased with the way his team stepped up to the challenge at hand in their new league.

"As this season began, I quickly realized that this 2024 team was up for the challenge as both playmakers and leaders emerged. Sunny Hall-Carson and Orlando Gomez were two of those players. But just as the leaders of the past, they too will have to be replaced by solid kids of character to fill their shoes. I believe we have the pieces in place to be even more competitive this next season. We are young but experienced and what this new team will have is confidence" Dolliver said.

The Lancers definitely have their work cut out for them in the off-season to prepare for next year. They have the coaching staff in place to help them find their focus. They also have the talent of some gifted returning players. Look for Wallace, Moses, Drahn and Hall-Carson to be major factors in next year's leadership. ★

## GO BIG RED!



# Holiday Survival

It's fun, family and friends. That's what the holidays bring, but they also bring celebrations, shopping and stress. And, it takes a toll on the body. But Dr. Susan Smith-Jones gave me nine surefire tips to look and feel your best and emphasize the FUN factor. Dr. Jones has traveled the world and helped many celebs in Hollywood hold their own, and she's authored some 25 books on health. Soooooo:

1. **NUTRIFY YOUR SHOPPING.** Malls tempt wallets and taste buds, so bring healthy snacks like nuts, cut up veggies or fruit when shopping. Keeping your body fueled will help with long stressful checkout lines too.

2. **GET HANDS ON.** Give yourself a mini massage or ask your partner to give you one. Restore vitality even more with this Mediterranean secret. Combine extra-virgin olive oil with three to four drips of Olbas Oil and rub it all over your body or simply do a foot massage. You can take a clue from Chinese medicine and apply pressure to the fleshy place between your thumb and index finger for 30 seconds. It's been shown to reduce upper body stress.

3. **SLOW DOWN.** When you constantly direct your attention and energies outward, it's easy to lose your sense of inner wonder, calmness and happiness. Your body will relax and you will feel less bogged down.

4. **SET A POSITIVE TONE FOR THE DAY.** The first 40 minutes of each day sets the tone for your entire day. Choose to make the first few moments as peaceful, positive and uplifting as possible. Spend a few minutes in quiet meditation and prayer time.

5. **SLEEP LIKE A BABY.** Avoid nighttime calls and turn off your cell phone before going to bed. A study at University of Zurich found that exposing people to electromagnetic fields from cell phones altered their brain waves during sleep, which resulted in sleep disturbances.

6. **KEEP HYDRATED.** Our bodies are 70% water. Our cells and planet are 70% water. Drink eight glasses of purified water or more to maintain good health.

7. **BATHE IN LAVENDER.** The flowers of lavender are an age-old remedy for stress. Bathing by itself is calming, but a bath infused with lavender oil significantly reduced anger, frustration and negativity.

8. **REFRESH WITH HONEY.** Honey has been used for centuries to keep skin looking youthful. Apply raw, unfiltered honey on your face like a mask for 20 minutes and rinse with warm water afterwards. It moisturizes the skin and helps it to look taut and supple.

9. **BOOST YOUR MOOD WITH DARK CHOCOLATE.** Chocolate is a wonderful mood booster because it stimulates the production of endorphins, which are the chemicals in the brain that promote pleasure. Dark chocolate contains serotonin, which is a natural mood booster. Keep a small square with you at all times for emergencies.

Dr. Jones has a free monthly newsletter. Sign up at [www.susansmithjones.com](http://www.susansmithjones.com). You can get personally autographed copies of her books there like "A Hug in a Mug." I think we all need those HUGS! HAPPY HOLIDAYS! ★

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# Kings Korner

By V.G. Harris



## Sacramento Region Gained People but Flubbed Economic Opportunities Over 50 Years



By Dan Walters, CALMatters.org

Fifty years ago this month I moved to Sacramento and a few months later, just after Jerry Brown became governor, began covering politics for the long-defunct Sacramento Union newspaper.

I have lived in five different homes — soon to be six — and my workplaces have always been in downtown Sacramento, near the Capitol.

That experience, plus research for my 1985 book on California megatrends, forms the background of some observations about the Sacramento region's evolution. So here goes:

In 1974 the six-county region (Sacramento, Yolo, Yuba, Placer, Sutter and El Dorado) was home to barely a million people. However it was on the cusp of explosive growth, as was the entire state, thanks to a wave of migration and a baby boom. Today the region has about 2.5 million residents, making it the nation's 28th largest metropolitan region, equal to the Las Vegas and Austin, Texas areas.

Much of the growth has been in Sacramento's suburbs, so the city now contains just a fifth of the region's population and has ceased to be its economic center, while jobs and businesses have flourished in the suburbs.

As the local economy evolved from state and federal government employment — including four large military

bases — into technology and other fields, voters had two opportunities to merge the city with what were mostly unincorporated communities in Sacramento County.

Merger would have made Sacramento the nation's seventh or eighth largest city, with the economic and cultural clout that comes with size. But voters rejected both proposals, one in 1974, the other in 1990, and several suburbs incorporated into cities.

The consolidation failures reflected historic economic and political conflicts between the city and its suburbs which today still undermine cooperative policymaking and are visible in chaotic responses to the ever-growing homelessness crisis and the perpetual wrangling over transportation issues.

Glen Sparrow, who headed the 1974 consolidation effort, later blamed Sacramento's "civic gentry" — its long-dominant families — for torpedoing its passage because they didn't want Sacramento to grow.

The 1990 effort died because suburban voters saw city officials as incompetent ideologues, while Sacramento's dominant Democrats feared that suburban Republicans would take control.

The failures blocked the city from controlling development outside its borders, and its downtown commercial district, once full of department stores, withered. It regained some momentum after the Sacramento Kings downtown basketball arena opened in 2016. But the proliferation of homeless encampments, a fatal gang shootout, a violent demonstration and the pandemic, which emptied state offices, erased much of that progress.

Meanwhile city government has become a model of

dysfunction, with officials squabbling over mundane issues, chronic budget deficits and ceaseless conflicts with the county government, particularly over homelessness.

The lack of cohesion means that Sacramento has flubbed opportunities to gain status among metro regions.

Two examples involve its unique positioning at the juncture of two major rivers, the Sacramento and the American.

Local officials blocked a canal that would have connected the Sacramento River to the channel that carries ocean-going ships to a Yolo County port and its lake, thereby missing an opportunity for spectacular waterfront development a la Southern California's Marina del Rey.

While the city is redeveloping an old railyard adjacent to downtown, it could have done something truly special by redirecting some American River water through canals, emulating San Antonio's famous Riverwalk.

A third is a failure to fully capitalize on the closure of McClellan Air Force Base in the 1990s. While the base has undergone a workable conversion to civilian use, its unique facilities also could have become another campus of the California Polytechnic State University, fueling off-campus technology businesses.

Regions prosper when they have united and visionary leadership — such as North Carolina's Research Triangle. Sacramento lacks that vision.

Dan Walters is one of most decorated and 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. ★

Malik was the spark plug he always seems to be, but despite the auspicious start, the Kings played poorly in the fourth quarter, and although they made it close, came away with a 2-point loss.

As is oft the case, the zebras did not help their cause, and the game was replete with calls that one would expect at a high school game, not in the highest court of basketball.

The last week began on a high note, as the Sactown boys went into Minnesota, and after losing the prior two games to the Wolves this season, the Kings put on a fourth quarter show that was a pure pleasure to watch. Surprisingly, while only connecting on 32% of their 3-point efforts, and scoring only 12 3-point field goals all night, the Kings sent the Timberwolves home with a 115-104 spanking.

For Kings fans, this type of overall efficiency, which included solid team defense all night, is what gives everyone hope that this team can turn things around.

Sadly, after breaking a 4-game losing streak by besting the Wolves, Sacramento could not back it up, losing to both Portland and San Antonio back-to-back.

The bright spot for me this past week was the emergence of small forward Isaac Jones. Nearly forgotten at the end of the bench, the rookie out of Washington State brought energy, spirited defense, and added 12 points that were sorely needed against the young and talented Timberwolves.

Why it's taken this long to give Isaac a look is a hard question to answer but look for coach Brown to move this young forward closer to the top of the bench.

Another bright note is hearing Malik Monk in the post-game interview say it's taken him three years in Sacramento to get a single start, and he likes being a starter where he's spent the majority of his career.

Hang on Kings fans. It's not time to pull your hair just yet. Christmas is right around the corner, and something tells me the Sac Town ballers may have some presents in store for basketball hungry Sacramento fans in the month of December.

All the best Kings fans!  
Your thoughts are always welcome at [vgharriskingsfan@gmail.com](mailto:vgharriskingsfan@gmail.com). ★

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# 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

## 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 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.sacramento.gov](https://dhs.sacramento.gov) and type in Substance Use Prevention and Treatment Services. ★

# SacRT Awarded Extreme Heat and Community Resilience Grant

## Sacramento Regional Transit News Release

**SACRAMENTO, CA (MPG)** - The Sacramento Regional Transit District (SacRT) was recently selected as a Round 1 Grantee of the Extreme Heat and Community Resilience Program by the Governor's Office of Land Use and Climate Innovation (LCI).

The \$449,900 grant funding will help provide much-needed heat-resilient bus shelters in the Sacramento region to protect transit riders from extreme heat.

The funding will enable SacRT to deploy up to 20 heat-resilient shelters at bus stop locations that are shelter-ready with space requirements, many of which serve disadvantaged and low-income communities disproportionately affected by rising temperatures.

The "Enhancing Public Health with Heat-Resilient Shelters" project aligns with SacRT's Bus Stop Improvement Plan (BSIP), developed in collaboration with Civic Thread, a community-based organization focused on advocacy and public engagement.

The project will deploy new shelters in locations identified in the Bus Stop Improvement Plan, including Sacramento County, and in the cities of Citrus Heights, Folsom, Rancho

Cordova and Sacramento. As part of this project, SacRT will research and design by assessing innovative shelter designs with a focus on heat resilience, ventilation and sun protection.

SacRT will engage communities by partnering with stakeholders and community members to align on project goals and incorporate feedback on shelter options. SacRT will also install and monitor by procuring and installing shelters at pre-identified "shelter-ready" stops and conducting ridership and satisfaction evaluations post-installation to ensure these shelters meet rider needs and improve comfort.

SacRT is honored to be recognized for its proactive approach to protecting transit-dependent communities from the challenges of extreme heat. By creating cooler, safer spaces for transit riders, SacRT aims to foster healthier, more sustainable and inclusive communities. This project is expected to kick off during next spring.

Find more information about the Extreme Heat and Community Resilience Program and the Integrated Climate Adaptation and Resilience Program on the Governor's Office of Land Use and Climate Innovation website at [www.lci.ca.gov](https://www.lci.ca.gov). ★

# First Property Taxes Installment Due Dec. 10

Continued from page 1

If you use your bank's Online Bill Pay service, a paper check will be printed and mailed to the Tax Collector. Because the check is sent without a payment stub, enter the parcel number, current year's bill number and installment being paid in the online account number field for payment identification. Be sure you are familiar with your bank's online bill pay processing timelines. The Tax Collector uses the date appearing on the check from your bank's Payment Processing Center

as the payment date. Online bill pay checks dated after the due date will be returned for penalty without exception. Be aware that because bank online bill pay checks are delivered in large batches without stubs, they will need to be individually handled and the posting of your payment might be delayed.

### How to Obtain Information About Your Tax Bill

If you have not received a tax bill, you can obtain your tax bill information and payment stubs at the Tax Collector's website, over the automated

telephone system or by contacting the Tax Collector's Office at 916-874-6622.

Sacramento County offers an online email subscription service for property tax information. To receive e-mail notifications when the annual secured property tax bills are available each year and reminders before the first and second installments delinquent dates, visit the Sacramento County Homepage and enter your email address or mobile number under the "Connect with us" header, located at the bottom right-hand of the page. This service is provided at

no cost to subscribers.

For additional information about property taxes, the Sacramento County Tax Collector's website provides answers to common questions from taxpayers regarding property taxes and links to tax bill information and online payments.

*Failure to receive a tax bill does not relieve the property owner of their liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment.* ★

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### FICTITIOUS BUSINESS NAME STATEMENTS

under the Fictitious Business Name(s) "Donna's Delights" 7802 Lakeshore Drive, Granite Bay, CA 95746. Filed with the Clerk of Sacramento County November 7, 2024. Publish: December 6, 13, 20, 27, 2024. DONNAS 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08920 Flaming Grill Burger LLC, 2819 Panay Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Flaming Grill Burger" 2380 Watt Avenue, Unit 150, Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 25, 2024. Publish: December 6, 13, 20, 27, 2024. FLAMING 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08530 TBConsulting L.L.C., an Arizona LLC, 8328 E Hartford Drive, Suite 102, Scottsdale, AZ 85255 is doing business under the Fictitious Business Name(s) "TBC" 8328 E Hartford Drive, Suite 102, Scottsdale, AZ 85255. Filed with the Clerk of Sacramento County November 13, 2024. Publish: December 6, 13, 20, 27, 2024. TBC 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08665 Flor Silvia Trias, 9132 Terramore Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "E=MC2 Daycare & Preschool" 9132 Terramore Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 15, 2024. Publish: December 6, 13, 20, 27, 2024. E=MC2 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08427 SF Cellular Group LLC, 3637 Hallelujah Court, 4, Carmichael, CA 95608 is doing business

under the Fictitious Business Name(s) "SF Cellular Group LLC" 3637 Hallelujah Court, 4, Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 6, 2024. Publish: December 6, 13, 20, 27, 2024. SF 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08973 Urban Subs LLC, 451 Lentini Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Subway" 451 Lentini Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 27, 2024. Publish: December 6, 13, 20, 27, 2024. SUBWAY 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08357 ES Cal II LLC, 9350 S Dixie Highway, Suite 950, Miami, FL 33156 is doing business under the Fictitious Business Name(s) "Bergamo Montessori School" 8200 Pocket Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 5, 2024. Publish: December 6, 13, 20, 27, 2024. BERGAMO 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08473 ES Call II LLC, 9350 S Dixie Highway, Suite 950, Miami, FL 33156 is doing business under the Fictitious Business Name(s) "Bergamo Montessori School" 8144 Pocket Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 13, 2024. Publish: December 6, 13, 20, 27, 2024. MONTESSORI 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08473 Yassin Spid Consulting Services LLC, 1700 Dornie Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Yassin Spid Consulting Services LLC" 1700 Dornie Circle, Folsom, CA

95630. Filed with the Clerk of Sacramento County November 7, 2024. Publish: December 6, 13, 20, 27, 2024. YASSIN 12-27-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08845 Saleh Zarrouk, 4404 Malana Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Ethos Real Estate Solutions/Eureka Real Estate Services" 4404 Malana Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 21, 2024. Publish: December 6, 13, 20, 27, 2024. ETHOS 12-27-24

**ORDER TO SHOW CAUSE CHANGE OF NAME**  
 SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE CHANGE OF NAME #24CV023018  
 Molly Katherine Roof has filed a petition with this court for a decree changing the name(s) of Molly Katherine Roof to Molly Kathryn Fitzgerald Roof. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 13, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 12, 2024. Christopher E. Krueger, Judge of the Superior Court. Publish: Nov 29, Dec 6, 13, 20, 2024. ROOF 12-20-24

**ORDER TO SHOW CAUSE CHANGE OF NAME**  
 SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE CHANGE OF NAME #24CV023738  
 Heshmat Ataei has filed a petition with this court for a decree changing the name(s) of Heshmat Ataei to Danny Ataei. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 20, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 20, 2024. Christopher E. Krueger, Judge of the Superior Court. Publish: December 6, 13, 20, 27, 2024. ATAEI 12-27-24

**NOTICE OF PETITION TO ADMINISTER ESTATE**  
 NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT GENE MINER, AKA ROBERT G. MINER AND BOB MINER  
 CASE NO. 24PR003286  
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Robert Gene Miner, aka Robert G. Miner and Bob Miner.

Quang Tuan Duong to Johnny Quang Duong. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 20, 2025, at 9:00 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 19, 2024. Richard K. Sueyoshi, Judge of the Superior Court. Publish: Nov 29, Dec 6, 13, 20, 2024. DUONG 12-20-24

A Petition for Probate has been filed by Lindsay Tachella, in the Superior Court of California, County of Sacramento, requesting Lindsay Tachella be appointed as personal representative(s) to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows December 12, 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 deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under

section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Kerry L. Krueger, Kroloff, Belcher, Smart, Perry & Christopherson, 7540 Shoreline Drive, Stockton, CA 95219; (209) 478-2000. Publish: Nov 22, 29, Dec 6, 2024. MINER 12-6-24

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME**  
 STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2021-08580  
 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of: Friendly Talk Therapy, 225 30th Street, Suite 311, Sacramento, CA 95816. Peter-Nam Hoang Dinh, 5412 V Street, Sacramento, CA 95817. The Fictitious Business Name Statement was filed on 9/27/2021 in the County of Sacramento. Filed with the clerk of Sacramento County: 11/01/2024. Publish: Nov 15, 22, 29, Dec 6, 2024. TALK 12-6-24

MPG logo



# Dave Ramsey Says Social Security Matters

## My Best Piece of Advice? Am I entitled to more Social Security from my Ex-husbands?

### The Unexpected is Always Lurking



Dave Ramsey

Dear Dave,

One of my credit card bills was turned over to a collection agency, because I was late making payments several times. The agency has offered me two or three different payment options I can afford. If I agree to one of these, does the original creditor get paid, as well?

– Bethany

Dear Bethany,

You're facing one of two possibilities. The collection agency is either directly representing the credit card company, or it owns the debt outright. Neither way of handling it is unusual when someone has defaulted on a loan.

Here's the deal. You've already got a mark against you on your credit report for the bill being turned over to collections. So, at this point settling on a credit card you've defaulted on is really no big deal. Unless you have the cash on hand right now to make good on the debt outright, I'd accept whichever deal makes the most sense for you financially at the moment.

But if you want my very best piece of advice for

you, and anyone else finding themselves in this kind of situation, Bethany, it goes something like this. Stop using credit cards!

– Dave

Dear Dave,

When I leave my job in two or three years, I'll still have a good income of around \$80,000 thanks to my pension. I talked with my wife recently about us not needing an emergency fund with a continuing steady income like this, but she thinks we should still have money set aside strictly for emergencies. I think we would be fine with my pension and our other investments, but she says a fund set aside strictly for the unexpected would make her feel safer. What are your thoughts?

– Barrett

Dear Barrett,

I always recommend folks have an emergency fund of three to six months of expenses. Put it in a good money market account with check writing privileges and a decent interest rate. That way, your money will work for you a little bit until it's needed.

I know a good pension can feel really solid. But there's always the possi-

bility of lost income or very large, unexpected expenses. Life can take a big financial chunk out of you at any time. What if one, or both of you, have a major medical event? Even with the other investments you mentioned, you should have an emergency fund. Period.

In your case, you could probably lean toward three months of expenses in your emergency fund. If it were me, I'd go ahead and make it a full six months of expenses. Trust me, a fully funded emergency fund will make both of you feel better. It can turn a disaster into nothing more than an inconvenience.

– 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. ★



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I am 76 years old and a retired high school counselor/teacher. I was married to my first husband from 1968 until 1981. He is still living, and he remarried two more times and, I believe, he is currently divorced. He is 77 years old. His income was always much higher than mine. I was married to my second husband from May 1989 until we divorced in April 2017. My second husband died in June 2023. What I wonder is if I am entitled to receive Social Security benefits based upon the income of either of my ex-husbands? **Signed: Twice Divorced Spouse.**

**Dear Twice Divorced:** Divorced spouses are entitled to the same benefits as a current spouse if their marriage lasted at least 10 years which, in both cases, yours did. The other caveat is whether your own SS retirement benefit is less than you are entitled to

from either of your ex-husbands. If your own SS retirement benefit is less, then you will get an incremental amount on top of your own SS retirement to bring your total monthly benefit up to your spousal (or surviving spouse) entitlement.

Since your first husband is still living, it is likely that your best financial option is to claim a surviving ex-spouse benefit from your deceased 2nd husband. The reason is that survivor benefits from husband #2 are based on his actual benefit at his death, whereas benefits from a living ex-spouse (husband #1) are based upon his full retirement amount. In other words, it is likely that 100% of deceased husband #2's benefit at his death is more than 50% of living husband #1's current benefit at his full retirement age (FRA).

It is, of course, possible that 50% of your first husband's FRA entitlement is more than 100% of your second husband's benefit at death, in which case your ex-spouse benefit from your first husband could be more. The only way to sort this out is to contact Social Security (1.800-772-1213) to make an appointment to apply for surviving ex-spouse benefits from your deceased second husband. Explain that your first

ex-husband is still living, and that you are unsure of what your benefits are as your first husband's ex-spouse. Social Security will be able to determine from their records which one provides you with a higher benefit amount (provide each husband's Social Security number when you call). As I said, your best financial option will likely be to take your survivor benefit from your deceased second ex-husband (note, however, if your first ex-husband also dies before you, you can subsequently file for a survivor benefit from him, if that is more than you are getting from your second husband's record).

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

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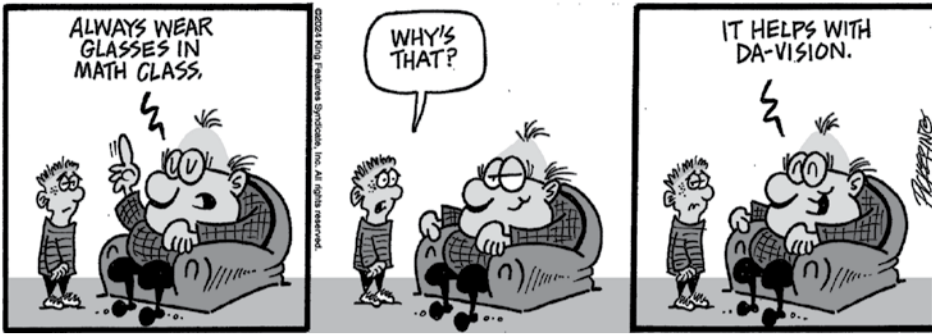
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# COMICS & PUZZLES

## The Spats

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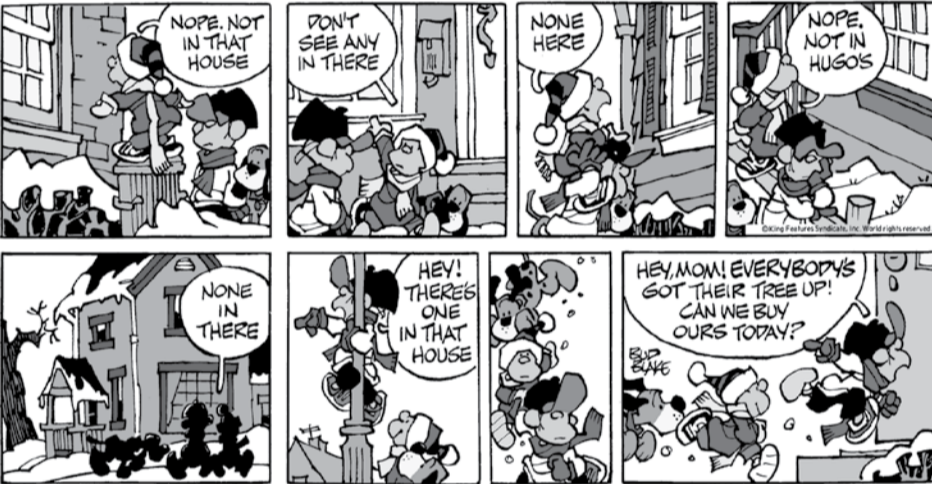
## Out on a Limb

by Gary Kopervas



## TIGER

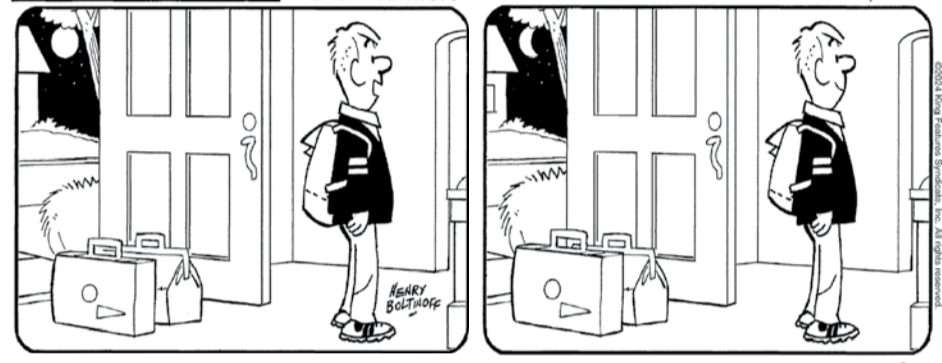
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Find at least six differences in details between panels.



Differences: 1. Silliness is added; 2. Backpack is larger; 3. Moon is different; 4. Window is closed; 5. Mouth is smaller; 6. Bush is larger.

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- CLUES**
- ACROSS**
1. F, unit of electrical capacity
  6. \*Buche de Noël, e.g.
  9. What influencers do?
  13. Yemen's neighbor
  14. Another word for Tokyo
  15. Singer Ross of "Where Did Our Love Go" fame
  16. Laundry room fire hazard, pl.
  17. Much of it about nothing?
  18. Furnish with a fund
  19. \*\*"A Bad Moms Christmas" actress Bell
  21. \*Tiny Tim creator
  23. Tibetan ox
  24. Khrushchev's domain
  25. \*Goo on real Christmas tree
  28. Sketch
  30. \*Poinsettia's motherland
  35. "\_\_\_\_\_ Good Men", movie
  37. Brussels' org.
  39. Plant fungus
  40. Reluctant
  41. Klutzy
  43. \*\*"It's beginning to look \_\_\_\_\_ like..."
  44. Domains
  46. Bog down
  47. Oxen connector
  48. Under epidermis
  50. Mums' mums
  52. Over, poetically
  53. Alleviate
  55. \_\_\_\_\_ Mahal
  57. \*Tanne in "O Tannenbaum" (2 words)
  61. "It is felix to Feliciano
  65. Radioshow host: "Hello, you're \_\_\_\_\_"
  66. Knot-tying vow (2 words)
  68. Dispatch boat
  69. Carthage's ancient neighbor
  70. \*Egg\_\_\_\_\_
  71. Oil lamp dweller
  72. Fishing poles
  73. Bigheadedness
  74. Painter Degas
- DOWN**
1. Lore people
  2. Mideast ruler
  3. Hindu princess
  4. Jittery
  5. Farthest from point of origin
  6. Ground beef description
  7. Like Lemmon and Matthau together
  8. Merchandise
  9. Swim's alternative
  10. Dwyane, once of Miami Heat
  11. Any day now, to Shakespeare
  12. Swerves
  15. King's order
  20. Increasing
  22. Philosophy ending
  24. Undo, as in strings
  25. Green side
  26. Before, in the olden days
  27. J.M. Barrie's Pan
  29. "Howdy, \_\_\_\_\_!"
  31. Internal picture
  32. Meltable home
  33. Singer Sam of "Twistin' the Night Away" fame
  34. Weasel's aquatic cousin
  36. \*\*"Last Christmas" band, with !
  38. Edible pod
  42. Busybody, in Yiddish
  45. Mountain range
  49. Certain fraternity house letters
  51. Cruel
  54. Île de la Cité river
  56. Tripped the light fantastic
  57. \*Number of ghosts in "A Christmas Carol"
  58. \*\*"He's Just Not That You", movie
  59. Police's surprise
  60. Habitual twitches
  61. Not happening (2 words)
  62. Minor bumper damage
  63. "Heat of the Moment" band
  64. Opposite of talker?
  67. \*The Grinch's Max

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# ARC Coach Named NorCal Coach of the Year



**American River College Athletics News Release**

**SACRAMENTO, CA (MPG)** - The American River College Men's Water Polo program has achieved a lot of great things throughout the 2024 season. As the program prepares to open up the 3C2A State Championships, the Beavers can add another achievement: NorCal Coach of the Year.

The Beavers men's water polo head coach, Zac Koerner, was named the 3C2A NorCal Coach of the Year after leading the Beavers to back-to-back Big 8 Conference Championships, a 2nd place finishing in the NorCal Championships, and an opportunity to compete for the 3C2A State Championship.

This is Coach Koerner's first NorCal Coach of the Year award. Congratulations Coach! ★



Beaver Head Coach, Zac Koerner, was named the 3C2A NorCal Coach of the Year. Photo by ARC Athletics

## Sac Republic FC to Host Open Tryouts

**Sacramento Republic Football Club News Release**

**SACRAMENTO, CA (MPG)** - Ahead of the 2025 USL Championship season, Republic FC is hosting its annual Open Tryout, giving the region's top players a chance to impress the technical staff and earn an invitation to training camp.

The 2025 Open Tryout will take place on Saturday, Jan. 18 and Sunday, Jan. 19 at Bartholomew Sports Park in Elk Grove, and is open to players aged 18 and older. Players are encouraged to sign up early to secure their spot and take advantage of Early Bird Pricing – a \$50 discount – through December 31. At least one participant will be invited to join the club for its 2025 training camp ahead of the season.

Tryouts have been an important part of Republic FC's roster development since 2014. In total, six attendees have gone on to sign professional contracts with the club, as well as others who have earned a spot in the youth academy. In 2023,

Aldair Sanchez attended the Open Tryout and earned an invitation to training camp, where he would compete in preseason friendlies against USL Championship and MLS clubs and go on to sign his first professional contract with the Indomitable Club. He appeared in 30 appearances in his rookie season and in 2024 was one of five players to appear in every game.

Tryouts are open to eligible males, 18 years or older. Registration fees apply and are non-refundable. In addition to registration fees, each trialist is solely responsible for all accommodation bookings and costs. Players must come prepared for the tryouts with their own boots, socks, shorts, gloves, shin guards or any other equipment related to their position. Republic FC's athletic training and medical services personnel will be onsite throughout tryouts.

For more information on tryout registration and requirements, visit [SacRepublicFC.com/Tryouts](http://SacRepublicFC.com/Tryouts) or e-mail [Tryouts@SacRepublicFC.com](mailto:Tryouts@SacRepublicFC.com). ★



## Hornet Volleyball Standouts Named All-Big Sky



Hornet senior Bridgette Smith is the first four-time first team all-Big Sky selection in Hornet program history (2021-24). Photos courtesy of Sacramento State Athletics



Sacramento State senior Caitlin Volkmann has tallied double figures in kills on 24 occasions in the 2024 season, and 71 times during her career as a Hornet.



Hornet senior rightside hitter Ellie Tisko named second team all-Big Sky for the second straight season.

**Sacramento State Athletics News Release**

**SACRAMENTO, CA (MPG)** - Three Hornet seniors were named all-Big Sky Conference on Nov. 26, including outside hitters Bridgette Smith and Caitlin Volkmann being named to the first team, and rightside hitter Ellie Tisko named second team.

The Hornets received three all-league honors after finishing the regular season with an 18-11 overall record and 11-5 conference mark. Sacramento State finished in a tie for second place in the conference

standings and will be the No. 3 seed at the Big Sky Tournament at the Nest.

Smith was named to the first team for the fourth straight year, becoming the first player in program history to be named first team on four occasions. Counting her pandemic season of 2020 when she was named to the second team, Smith is also the first player in school history to receive all-conference accolades on five occasions.

Volkmann was named to the first team for the first time in her career, and Tisko received second team honors for the second consecutive season. ★

# Sacramento State Women's Basketball Finishes Third

**Sacramento State University Athletics News Release**

**SACRAMENTO, CA (MPG)** - Senior Katie Peneueta finished with a career-high tying 20 points to go with nine rebounds while three other Hornets finished in double figures on Sunday Dec. 1, helping push the Sacramento State women's basketball team past Wagner, 73-34, to finish third at the FIU Thanksgiving Classic in Miami.

The Hornets snapped their three-game skid, improving to 5-3 overall on the year, while the Seahawks fell to 1-6 overall with the result. The 39-point victory was the largest of the year and the largest against a Division I opponent since a 48-point triumph over Portland State on Jan. 23, 2016.

Sunday's 34 points allowed are the fewest in the program's Division I history and the fewest since

defeating Concordia College, 78-29, on Nov. 22, 1990. Sacramento State limited Wagner to just 15 first-half points — the lowest scoring first half by a Hornet opponent since Northern Colorado trailed, 24-15, at the break on Jan. 6, 2007.

Overall, from the field, the Hornets stifled the Seahawks to the tune of a .245 (12-for-49) field goal percentage for the game, which is the lowest by an opponent since Pacific Union shot the same percentage on Dec. 19, 2019.

In only her second game back after missing the first six games of the season due to injury, Peneueta came off the bench to finish 7-of-10 from the field and 5-of-7 from long distance in 29 minutes, matching her career high set at Northern Arizona on Feb. 3, 2022, and tied against Montana State just over a year later on Feb. 23, 2023.

Her nine rebounds were also two shy of her career high of 11 set

against Idaho on Jan. 5, 2023.

She was followed closely by sophomore Lina Falk, who finished with 15 points on 6-of-13 from the field and added six rebounds, three assists, and three steals. Senior Jaydia Martin chipped in 12 points on 5-of-11 from the field, adding four rebounds and six assists, while freshman Sofia Alonso finished with 11 points, five rebounds, and six assists.

Freshman Brooklyn Taylor also blocked four shots on the day, the most since Summah Hanson had four against Eastern Washington on Dec. 30, 2023.

The Hornets surrendered the first basket of the game, but it was all Sacramento State from that point on, outscoring Wagner by a 21-2 count the rest of the quarter — including a 14-0 run to close the period. The run grew to 17-0 with the first three points of the second quarter as the Hornets led by as many as 27 points

in the first half en route to the 41-15 halftime advantage.

Sacramento State limited the Seahawks to four points in both the first and third quarters — tied for the fewest in a single quarter this season along with the four-point fourth quarter at Cal State Fullerton back on Nov. 14 — and tallied the fourth and fifth single-digit quarters defensively this year.

Meanwhile, the offense was clicking, finishing the day shooting 49 percent from the field overall (26-of-53) — its second-highest single-game shooting performance of the year behind only the 55 percent against Lincoln University on Nov. 10. The Hornets were also 11-of-25 (.440) from behind the arc as a team, setting season highs for both makes and percentages and the best in both categories since hitting 13-of-24 from three-point range against Idaho State at last year's Big Sky Conference Tournament.

Sacramento State opened the second half on a 9-0 run, holding Wagner to without a point for the first six minutes of the period and to without a field goal until the final 30 seconds of the period. The Hornets led by as many as 46 points with two minutes to play in the fourth quarter and led nearly the entire game save for the 15 seconds that the Seahawks went in front to start the day and the 3:55 during which the contest was tied.

Following three straight games away from home, Sacramento State returns to The Nest this coming week, hosting Kansas City to open the second-annual Big Sky-Summit Challenge on Wednesday, Dec. 4, at 6:30 p.m. The Hornets then travel to Nebraska to take on Omaha on Saturday, Dec. 7, at Noon PT prior to the start of final exams. Both games are scheduled after press time. ★

# 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



The holiday season is a complex time that can amplify both the highs and lows of life. Photo by cottonbro studio

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](http://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](http://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](http://dhs.saccounty.gov). ★

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