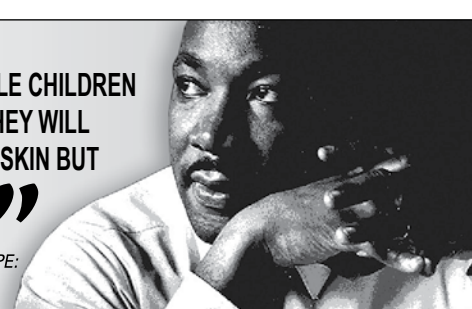




**One Nation  
Under God**

“ I HAVE A DREAM THAT MY FOUR LITTLE CHILDREN WILL ONE DAY LIVE IN A NATION WHERE THEY WILL NOT BE JUDGED BY THE COLOR OF THEIR SKIN BUT BY THE CONTENT OF THEIR CHARACTER. ”

— MARTIN LUTHER KING, JR., A TESTAMENT OF HOPE: THE ESSENTIAL WRITINGS AND SPEECHES



# Citrus Heights Messenger

VOLUME 15 • ISSUE 4

Serving the City of Citrus Heights & Sacramento County

JANUARY 24, 2025

**SEE  
INSIDE**

**KOREAN BBQ  
COMING TO FORMER  
BOSTON PIZZA**



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PROGRAM  
SETS SAIL**



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**KINGS  
KORNER**  
By V.G. Harris



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## Teriyaki Madness Opens



Franchise owners Jas Deol and his wife Amol joined corporate representatives in a parking lot ribbon cutting before welcoming first time patrons.

Story and photos  
by Thomas J. Sullivan

**CITRUS HEIGHTS, CA (MGP)** - Let the “Madness” begin!

Teriyaki Madness, at 5975 Birdcage Center Lane, is a new quick-service Asian-fusion restaurant that celebrated its grand opening Friday, Jan. 17 in the Market Place in Birdcage.

Customers lined up well before doors opened at 10 a.m., ready to craft their own teriyaki bowls and win opening day free bowl specials.

Franchise owners Jas



Teriyaki Madness celebrated its grand opening Friday, Jan. 17 in the Market Place in Birdcage.

Deol, his wife, Amol, and their infant daughter joined corporate representatives in a parking lot ribbon cutting

ceremony before welcoming first-time patrons. Inside, the savory scent of fire-grilled fresh teriyaki

chicken filled the air within the restaurant as staff made final preparations for the grand opening.

Teriyaki Madness opened in the former location of Starbucks, which closed in October 2021, adjacent to Barnes & Noble and just next door to Noodles & Company. The 1,400-square foot restaurant is separated by a brightly themed mural wall from the bookseller next door.

“It took two years from the time I signed the franchise agreement with the

*Continued on page 3*

## Stop Stigma Sacramento: Overcoming Seasonal Slumps

Sacramento County  
News Release

**SACRAMENTO COUNTY, CA (MPG)** - The winter season gives us the many joys of the holidays – family gatherings, festive celebrations and cozy nights by the fire. It’s important to recognize that colder months also bring challenges. Shorter days, darker skies and gloomy weather often make people feel “off” or down. Add the stress of holiday pressures to the mix and a seasonal slump start may start to present itself.

Stop Stigma Sacramento, an initiative funded by Sacramento County Behavioral Health Services, is stepping in to share some uplifting strategies to feel your best this winter, both mentally and physically.

The technical medical condition for winter slump is Seasonal Affective Disorder (SAD) and the first thing we want you to know is that it’s temporary and beatable with the right resources and tools. Feeling tired more than usual, oversleeping and over-eating, experiencing a dip in mood during the colder months and a lack of energy or motivation for day-to-day activities? You may be experiencing Seasonal Affective Disorder.

A few mindful changes can start to lift your mood and energy are listed below.

**Soak up the sunshine:** Try to get outside for a bit of fresh air each day, especially when the sun peeks through. Natural light can help regulate your mood and keep your energy up.

**Stay active:** Regular physical activity helps boost endorphins and can keep your energy levels high. It doesn’t have to be a major workout - simple stretches, a walk or dancing to your favorite music will help.

**Meditate or practice mindfulness:** Daily meditation can help you stay grounded and reduce stress during the busy holiday season.

**Stay connected:** Spend time with friends and family, even if it’s virtual. Social connections can help lift your spirits and remind you that you’re not alone.

**Maintain a regular sleep routine:** Sleep is crucial for mental and physical health. Try to keep a consistent schedule, even during the holidays, to ensure you’re well-rested.

**Nourish your body:** A balanced diet, along with staying hydrated, can help keep your energy steady. It’s also a good time to reduce alcohol or caffeine, which

*Continued on page 3*

## San Juan Board of Education Welcomes New Members



The San Juan Unified School District Board of Education held a ceremony Dec. 17 to welcome new and returning members. Photo courtesy of San Juan Unified School District

**San Juan Unified  
School District  
News Release**

**SACRAMENTO, CA (MPG)** - San Juan Unified held a special ceremony Dec.

17 to welcome new and returning members to the Board of Education.

Pam Costa (Area 2) started her fourth term while Nick Bloise (Area 4) and Abid Stanekzai (Area

1) joined the board for the first time.

At the meeting, Ben Avey (Area 6) was chosen as president for 2025. Tanya Kravchuk (Area 5) was selected as

vice-president and Manuel Perez (Area 7) will be the clerk.

Bloise lives in Carmichael and has lived in Sacramento County his

*Continued on page 3*



# A New Chapter for District 4

# Navy Week Program Sets Sail for Sacramento

By District 4 Supervisor  
Rosario Rodriguez

It's official, I am now your Sacramento County District 4 Supervisor! Words can hardly express how honored and grateful I feel to have the opportunity to serve our community. When I decided to run for Supervisor, I didn't begin by reaching out to super-PACs or big donors. Instead, I focused on connecting with real people throughout District 4. I visited neighborhoods, schools, businesses, and community events to listen directly to your challenges, hopes, and priorities. These conversations shaped my campaign and will continue to guide me in office. To me, representation means amplifying the voices of the people, and that starts with truly listening.

As I step into this role, I want to share my top five immediate priorities for District 4 — priorities rooted in the values and concerns you've shared with me.

1. Addressing Homelessness with Real Solutions: Homelessness has touched nearly every corner of our district, from businesses to schools and neighborhoods. The current situation is unacceptable. We need a comprehensive approach that not only addresses the immediate effects on our community but also provides meaningful services to help individuals break free from the cycle of homelessness. This includes funding programs that target root causes like substance abuse and mental health issues, expanding access to supportive housing, and partnering with nonprofits, faith-based organizations, and local governments to create innovative solutions. The time for empty promises is over—it's time to take action.

2. Fighting Crime and Keeping Our Communities Safe: Public safety is essential to any thriving community. As your Supervisor, I will focus on fighting crime and ensuring our neighborhoods are safe places to live, work, and raise families. I will support our District Attorney and Sheriff in cracking down on crime and holding offenders accountable, while also advocating for programs that build trust between law enforcement and the community. Collaboration is key to creating safer neighborhoods for everyone.

3. Improving Roads and Transportation: If you've driven through

District 4, you know how desperately our roads and highways need attention. From potholes to gridlock, our transportation infrastructure has been neglected for far too long. I'll prioritize securing funding to repair and improve our roads and advocate for major projects like completing the Capitol Connector to ease congestion along Highway 50. These improvements will enhance daily life for residents and attract businesses and investors to our region.

4. Supporting Local Businesses and Job Creation: Thriving businesses are the backbone of thriving communities. I'm committed to making it easier for businesses in our district to succeed by cutting red tape, streamlining regulations, and providing the support they need to grow and create jobs. Whether it's a small, family-run business or a larger enterprise, my goal is to foster an environment where entrepreneurs can thrive, employees feel valued, and opportunities are abundant.

5. Engaging with the Community: I believe government works best when it is transparent, accountable, and inclusive. That's why I'm committed to staying connected with you through newsletters, community meetings, and surveys. Your input will shape our decisions and ensure we're addressing the issues that matter most. We'll continue the tradition of quarterly community meetings, with updates to encourage participation and collaboration. Additionally, we're forming citizen advisory committees to focus on pressing issues like homelessness, public safety, and transportation. If you're interested, please join us—we want your voice at the table.

Thank you again for trusting me with this responsibility. I'm excited to get to work and make a real difference for our community. If you have any questions, concerns, or ideas, don't hesitate to reach out. You can call my office at 916-874-5491 or email me at SupervisorRodriguez@saccounty.gov. I look forward to working with you to make District 4 the best it can be.

Let's get started!  
Sacramento County Supervisor Rosario Rodriguez represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta and Rancho Murietta. ★

By Lt. Josh Keim,  
U.S. Navy,  
Navy Office of  
Community Outreach

SACRAMENTO COUNTY, CA (MPG) - The U.S. Navy's Navy Week Sacramento takes place March 17 to March 23. As part of a nationwide outreach effort, Sacramento Navy Week will bring 50 to 75 sailors to engage directly with the community through a week-long series of performances, educational events and service projects.

This year's Sacramento Navy Week holds special significance as it coincides with the U.S. Navy's 250th birthday, a historic milestone celebrating a quarter-millennium of maritime excellence, national security and global leadership.

"America is a maritime nation and 90% of commerce travels through the seas that the Navy has protected for 250 years," said Cmdr. Julie Holland, Navy Office of Community Outreach director. "We're thrilled to bring your Navy sailors to Sacramento. Though America's Navy operates the world's most sophisticated weapons systems, it is our highly skilled people at sea and ashore who provide an unmatched advantage. At Navy Weeks, Americans connect with sailors who have tremendous character, competence and dedication to the mission and who continue a tradition of decisive power from seabed to space."

Sacramento hosted four previous Navy Weeks, most recently in 2018.

This year promises an impressive lineup designed to inform, educate and inspire the Sacramento



As part of Navy Week, sailors will engage with the Sacramento community through educational events and service projects. Photo courtesy of the U.S. Navy



The U.S. Navy's Navy Week Sacramento on March 17 to March 23 will bring 50 to 75 sailors to engage directly with residents through a week-long series of performances, educational events and service projects. Photo courtesy of the U.S. Navy

community.

Meet and hear from senior Navy officials, including those with local ties to Sacramento.

Interact with sailors serving aboard the USS California (SSN 781), a Virginia-class submarine.

Enjoy live musical performances and masterclasses led by talented Navy musicians in the U.S. Navy Band Southwest.

Explore the rich connection between Sacramento and the Navy through interactive presentations and educational programs.

Witness demonstrations featuring the Navy's oldest commissioned ship, the USS Constitution, and its enduring legacy.

Engage in STEM-focused sessions highlighting oceanographic and atmospheric

science with the U.S. Naval Meteorology and Oceanography Command.

Discover opportunities within the Navy through community projects, displays and career discussions.

Navy Weeks bring the Navy to regions without a major naval presence, fostering connections and showcasing how the Navy's mission ensures the security, prosperity and freedom of our nation. The Navy Week program has visited more than 95 U.S. markets since the program's inception in 2005.

For more details on Sacramento Navy Week, visit <https://outreach.navy.mil/navy-weeks>. Follow Navy Outreach on social media: Instagram (@navy.outreach), Facebook, YouTube, LinkedIn (@navyoutreach) and #NavyWeek. ★

**KP International MARKET**  
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Market - 7 Days: 8am - 9pm  
Food Court - 7 Days: 11am - 3pm  
Korean/Mex/Viet: 7:30pm last call  
Chinese/Japanese: 7:00pm last call

**KP KARAOKE SPECIAL**  
Sun-Thu Come before 6pm (Valid Time)  
Fri-Sat Come before 5pm (Valid Time)

- For 6 people \$95.00 + Gratuity  
3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room)
- For 12 people \$210.00 + Gratuity  
3 Hours Karaoke + 2 Pizza + Pitcher Soda + 4 Main Dishes (Medium Room)
- For 14 people \$230.00 + Gratuity  
3 Hours Karaoke + 2 Pizza + Pitcher Soda + 5 Main Dishes (Family Room)
- For 18 people \$295.00 + Gratuity  
3 Hours Karaoke + 3 Pizza + Pitcher Soda + 7 Main Dishes (Large Room)
- For 28 people \$385.00 + Gratuity  
3 Hours Karaoke + 3 Pizza + Pitcher Soda + 8 Main Dishes (Party Room)

Dishes To Choose From: Beef, Chicken, Pork, Shrimp, Salmon, Tofu, Veggie, etc.

## FROZEN & FISH DEPT

**Frozen Swai Fillets** 2 lbs  
REG. \$8.99/EA  
**\$5.99/ea**

**Frozen Tempura Shrimp** 250g  
REG. \$6.99/EA  
**\$3.99/ea**

## WEEKLY MEAT SPECIALS

**Beef Rump/Bottom Round Roast - Brnds** \$4.99/lb

**Beef New York Roast - Boneless** \$5.99/lb

**Boneless/Skinless Chicken Breast** \$2.19/lb

**Pork Neck Bones** \$1.99/lb

**Pork Butt Bone-In** \$2.99/lb

**Pork St. Louis Ribs** \$3.99/lb

## WEEKLY HALAL SPECIALS

**Boneless/Skinless Chicken Breast** \$2.29/lb

**Australian Lamb Stew - Bone In** \$2.99/lb

**Beef Rump/Bottom Round Roast - Brnds** \$5.29/lb

**FRESH PRODUCE**

- Lemon 3 lbs Bag \$2.99
- Green Bellpepper XL \$1.79/lb
- Italian Squash Fancy 79¢/lb
- Yukon Gold Potato 89¢/lb
- Grape Tomato 10.5 oz \$2.19
- Jalapeno 69¢/lb
- Russet Potato 10 lbs Bag \$2.99
- Fuji Apple 69¢/lb

**AMERICAN/HISPANIC GROCERY**

- Capriano Bottin Waters Tropical Punch 10 pk. 60 L oz \$1.99
- Mirra 1 Minute Yellow Rice 2 pk. 8.5 oz \$3.99
- Ritz Bits \$1.59
- Nabisco Ritz Bits Peanut Butter 8.5 oz \$4.99
- Super Lucky Elephant Jasmine Rice 5 lbs \$7.49
- Boregio Red Wine Vinegar 12.7 L oz \$2.99

**ASIAN GROCERY**

- Honey Lavon Gourmet Crisp Selection 127 kg \$19.99
- Chr. Jiang Bridge Yellow Book Candy 16 oz \$1.79
- Tasty Bite Indian Jaipur Vegetables 10 oz \$1.19
- Saison Mini Shrimp Egg Rolls Snack 4 oz \$3.49
- Mae Ploy Panang Curry Paste 14 oz \$1.49

**EUROPEAN GROCERY**

- Organic Raw Linden & Wildflower Honey 450 gr \$6.99
- Safal Turmeric Powder 332 gr \$3.99
- Lloyd Regular & Black Tea 20 T/B \$1.99
- Kinder Joy with Surprise 2 kinds 20 gr \$1.79
- Kinder Chocolate 100 gr \$2.69

**KOREAN/JAPANESE GROCERY**

- Rice Charming Rice 5 lbs \$5.99
- Korean Red Ginseng Drink 20 x 50 ml \$15.99
- Red Ginseng & Wild Ginseng 30 x 70 ml \$24.99
- O'Fool Lunchbox Mese 340g \$2.49
- Love Choco Pie Regular & Black Sugar 12 x 2.5g \$2.99
- Solo Canned Tuna 2 kinds 4 x 150g \$7.99
- Orange Cooled Rice Box 12 x 210g \$11.99
- Bulgur Barana Milk 6 x 6.68 oz \$5.99
- Garlic Shrimp Chips 25g 99¢
- Korean Vermicelli 680g \$3.99
- Java Curry Sweet Mix 2 kinds 185g \$3.49
- Sho Chitoi Hot Juvenile Sake 1.5 liters \$8.99
- Kewpie Mayonnaise 500g \$3.99

**HOUSEWARES**

- BIGEN SPEEDY HAIR COLOR (REFILL ONLY) REG. \$7.99 **\$5.99/EA**
- ELECTRIC BBQ GRILL \$39.99
- KAIJEN WORK PAN 20 CM \$14.99
- ELECTRIC RICE COOKER (4 CUP) \$49.99
- ELECTRIC RICE COOKER (6 CUP) \$54.99
- ELECTRIC RICE COOKER (10 CUP) \$59.99

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# New Korean Barbecue Opening at Former Boston's Pizza



Must Be Cow is the name of a new restaurant opening this summer in the former Boston's Pizza site at 5511 Sunrise Blvd., Citrus Heights.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Cowabunga!

Must Be Cow is officially the business name of a new Korean barbecue restaurant opening this summer in the former Boston's Pizza site at 5511 Sunrise Blvd. in Citrus Heights.

It's the first commercial restaurant for Jason Duan and a business partner, both of whom reside in the Bay Area. Duan said construction plans by the project engineer, Sun Construction and Engineering of Sacramento were submitted to the city building department for review on Nov. 14.

"We're excited to be opening in Citrus Heights," Duan told the Citrus Heights Messenger. "We considered the location to be exactly what we were looking for."

A restaurant menu is being finalized, Duan said.

"We also thought the name was clever to describe what our restaurant will offer and we think our customers will also agree," Duan said.

Korean barbecue typically emphasizes a variety of meats, often thinly sliced and marinated for quicker cooking times on a tabletop grill. The marination process is

crucial, imparting complex flavors to the meat. Additionally, meat is often cut into bite-sized portions, making it easy to cook and share among diners over a communal grill.

The shuttered former Boston's Pizza and Sports Bar, located at the corner of Sunrise Boulevard and Uplands Way, is adjacent to the shuttered former Marie Callendar's Restaurant and Bakery on Sunrise Boulevard.

The commercial retail property was previously listed by the Dallas, Texas broker CBRE Group and is inactive LoopNet.com. Terms of the lease were not disclosed.

News of a lease signing had been previously reported but the identity of the business owner or the business name was not, according to Kathilynn Carpenter, Sunrise MarketPlace executive director.

Marisa Brown, Citrus Heights communications officer, confirmed that the city is currently reviewing submitted permits for the transformation of the former restaurant space into a new dining establishment.

The 8,570-square-foot restaurant, built in 1978 along what was once Citrus Heights restaurant row on Sunrise Boulevard, was previously the site of the Peppermill Restaurant and Lounge and later became a Logan's Roadhouse location before becoming Boston's. ★

# Teriyaki Madness Opens



Teriyaki Madness celebrated its grand opening Friday, Jan. 17 in the Market Place in Birdcage.

Continued from page 1

company to today's opening day," Deol said. "We had hoped to open late this summer, but we experienced permitting delays."

Deol is a serial entrepreneur who owns a laundromat, a car wash and a Mountain Mike's Pizza franchise location.

He said he's delighted to offer customers a new healthy choice and said he doesn't mind the friendly competition between Noodles & Company next door and Panda Express further down Sunrise Boulevard.

"It's healthy competition, and we're in a very busy location with great visibility," Deol said. The restaurant intends to offer patio seating to its patrons this spring as the weather warms.

Teriyaki Madness is open for dine-in, take-out, online or app ordering, Deol said.

"All our dishes are prepared with all natural, fresh ingredients," he said. Bowls can be customized by protein with white, brown, or fried rice or with Yakisoba-style noodles. Available proteins included marinated, grilled chicken, steak, tofu or

salmon. Appetizers include edamame, chicken pot stickers, chicken eggroll and crab Rangoon. Sides and drinks are also available.

The fast-casual Asian restaurant chain was founded in 2003 and currently has over 150 locations in the U.S., according to its website. The franchise was named one of Denver Business Journal's fastest-growing companies in 2022, according to Sacramento Business Journal, and was listed in the top 100 franchises of 2024. The company surpassed the 100-unit mark in 2021, ending the year with 101 locations.

Teriyaki Madness has expanded to the Sacramento area with two known locations so far in 2024. A location in West Sacramento on the company's website is to open soon.

The Market Place at Birdcage is anchored by Walmart Neighborhood Market, Best Buy, Old Navy, Michaels, Barnes & Noble and Chuze Fitness.

Teriyaki Madness in Citrus Heights is open daily from 10 a.m. to 9 p.m. Monday through Sunday. For information, call 918-721-0163. ★

# San Juan Board of Education Welcomes New Members

Continued from page 1

whole life. He served more than 23 years in the U.S. Army and retired as a major. Bloise enjoys helping his community by serving on local boards and running a small genealogy business.

Stanekzai works hard to support the community. Since 2021, he has helped run programs that improve lives and bring people together. Stanekzai has three children who go to Greer Elementary

School, where he has been an active parent.

Costa has served on the San Juan Unified Board of Education for 12 years. She has been a student, teacher, principal and director in the district. Now, Costa is a proud grandparent who stays involved in the schools.

To learn more about the Board of Education, visit the San Juan Unified website at <https://www.sanjuan.edu>. ★

# Kiwanis and Soroptimist Clubs Raise Walls for Habitat for Humanity

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Members of the Citrus Heights Kiwanis Club and Soroptimist International of Citrus Heights co-host their 39th annual Crab Feed fundraising dinner on Saturday, Jan. 25 at the Citrus Heights Event Center, (formerly the Community Center) at 6500 Fountain Square Drive.

Members of the Citrus Heights Kiwanis and Soroptimist clubs are "wall raiser" co-sponsors for the event. Doors open at 5:30 p.m. and dinner starts at 7 p.m. For information on available tickets, call Jim Putnam at 916-849-1040 or email [kiwaniscitrusheights@gmail.com](mailto:kiwaniscitrusheights@gmail.com).

The dinner helps raise funds towards the construction of new moderate to low-income housing on Sayonara Drive scheduled to break ground in spring/summer 2025. These new single-family homes will provide stable housing for nearly 120 low-income individuals, including children.

The joint development project between Habitat for Humanity of Greater Sacramento (HfHGS) and the city of Citrus Heights will build 26 half-plex ownership housing units in the 7800 block of Sayonara Drive.

"This is our 39th Annual Crab Feed, it is our major fundraiser which supports the local programs which we partner with," said club member Vernon Brown, responding on behalf Katie Escajeda, Kiwanis Club president.

A colorful smiling crab wearing a bright yellow hard hat, holds the logos of the Soroptimists and the Kiwanis in its pincers.

"This year, one of our Kiwanis Club members has made a generous donation to Habitat for Humanity of Greater Sacramento in the amount of \$15,000 and our Citrus Heights club has committed to donate

another \$10,000," Brown said. "That's a great start towards the funds necessary to help build this important new housing project in our city."

Members of the Citrus Heights Kiwanis Club will also participate in the project's designated build days, with a number of cumulative volunteer hours to be determined, he said.

The Citrus Heights Kiwanis Club was chartered on July 25, 1972. The club has been a dedicated force for good in our community for over 50 years, Brown said. "As part of Kiwanis

International, a global network of over 7,700 clubs in 80 countries, our mission is clear: 'Serving the Children of the World,'" Brown said.

Annual scholarships are provided to graduating high school seniors at Bella Vista High School, Center High School, Mesa Verde High School and San Juan High School by the club. The Mesa Verde High School Key Club, Mesa Verde Community Garden, Mesa Verde Girl's Basketball, the Sayonara Center, Shriner's Hospital, the Rusch Park Annual Easter Egg Hunt, the Citrus Heights Police Athletic League (PAL), Citrus Heights HART and the Citrus Heights Community Marching Band are just some of the community groups supported by club members.

The Kiwanis Club of Citrus Heights will host its 18th annual Golf Tournament at the Sierra View Country Club in August, Brown said.

"The upcoming crab feed has in the past raised a net profit of about \$35,000 each year," Brown said. "We appreciate the generosity and support of the greater Citrus Heights community who come together to help support this fundraiser and make it successful each year." ★



# Overcoming Seasonal Slumps

Continued from page 1

can disrupt your mood or sleep.

Seasonal Affective Disorder is a real condition and is often pawned off as "just a phase" or misunderstood by others who think "you should just be stronger." In actuality, it deserves the same care as any other health condition. The days of stigmatizing seasonal slumps are over.

There are resources available to help those struggling with the effects of seasonal depression, so don't hesitate to seek support. You can visit the Stop Stigma Sacramento services page for local mental

health resources or reach out to a trusted professional. For immediate support, the 988 Suicide and Crisis Lifeline is available for anyone in a mental health crisis. It's free, confidential and available 24/7. Help is just a call away.

Winter can bring its challenges but with the right tools and support, we can navigate it in a way that promotes a healthy and happy community.

Stop Stigma Sacramento is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA). ★

## Del Campo Boosters

*Annual Crab Feed*

**\$80 SINGLE TICKET**

**\$660 RESERVED TABLE OF 8**

*Get Your Tickets at Eventbrite*

**FRESH CRAB, PASTA, SALAD,  
STUNNING GRAZING TABLE, NO HOST BAR,  
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Saturday, February 8, 2025  
La Sierra Community Center  
Doors open at 5 o'clock





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# COMMUNITY CONNECTION

Informing, Empowering and Engaging Readers with Their Community



By Patsy McGavock  
JustServe.org

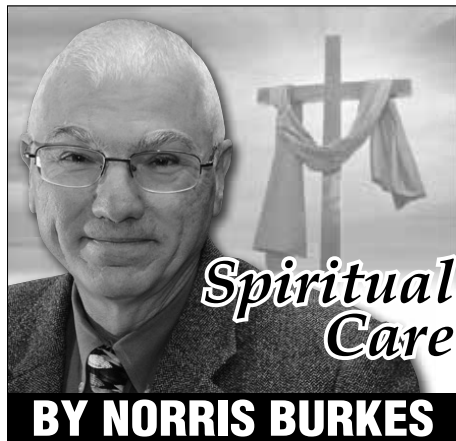
**ORANGEVALE/FAIR OAKS, CA (MPG)** - How do miracles happen? I submit it's when proactive people provide the opportunity through small, consistent means. While interviewing those making good in both small and large ways, the common thread is clear: just get started, stay courageously consistent and let it grow naturally. Add a small team as you invite others and your efforts become far greater than the sum of their parts. In 2007, Brad Squires, then in his mid-30s, sought a way to make a difference. He wasn't planning to found an Orangevale food bank or community foundation but while leading small group Bible studies at church, he asked himself what he could do that was meaningful. He identified needs through informal conversations with local leaders and joining the Orangevale Chamber of Commerce. "We really needed to feed our neighbors," Squires said. He gathered friends to run food drives. By 2011, they leased a space and started a food bank. "The process was organic," Squires recalled. "We didn't seek sponsors or funding. Four or five of us pooled resources and did it." As programs grew, they identified skill sets among regular volunteers and invited them to take on leadership roles. "It takes good people with the capacity, heart and ability to do good work," Squires said. Squires outlined his process: act on a desire, share it with friends, write a simple one-page vision (who, what, when, why, how), circulate it for

## From Idea to Impact: Lessons from Neighbors Who Sparked Community Change

feedback, identify leaders and maintain a regular routine, such as a weekly volunteer time. "Be comfortable figuring things out as you go and trust it will grow naturally," Squires advised. "Just take the first step. You don't need everything planned or funded; just start." MaryAnne Povey, of Orangevale Live, echoes this approach. "Don't hesitate or overthink. Make one call," Povey said. "You'll be amazed at how welcoming people are and what you'll accomplish together. It's so rewarding." Orangevale Live began in 2019 as a simple idea: parent volunteers wanting to live stream high school sports. Today, this Facebook channel dedicated to sharing the good news of Orangevale has 6,500 followers and 1.2 million views. "We didn't intend to start anything. It just grew organically," Povey said. "As people watch, they want to help. People join and efforts grow." When the Chamber of Commerce asked her to volunteer her marketing skills, the following growth surprised Povey. "It's a full circle," Povey said. "Connecting with businesses brought connections to community organizations, which circled back to schools and youth sports." "I couldn't do this without a team," Povey emphasized. "If you feel moved to get involved, take the first step. Reach out to someone connected, like our unofficial leaders, to find the right organization or referral. There are always people willing to help." The beauty of our community, Povey noted, lies in its existing framework, much of it built through Squires' early and continued collaborative approach. Matt Hedges, a longtime Sacramento

County supervisor staff member, credits a strong, engaged Chamber of Commerce for helping this "non-city" achieve city-level community engagement. "It's remarkable and attainable," Hedges said. The continued growth lies in those people consistently dedicated to the work they step up to. Such as a local congregation member, who wishes to go unnamed, who organizes yard work with fellow church members one hour every Saturday morning. Feeling a prompting during a routine church council meeting, he simply asked to get started. For months, it was just him, his wife and one other person. Frustration was inevitable. But over time, as others recognized the opportunity, the effort grew naturally, because he and his wife remained consistent, not easily dissuaded. So I will end where I began with an invitation. Sit for a moment, set a time, and ask yourself what is missing in your neighborhood, community or family? Write down a one-page vision plan. Share it and invite feedback. Start small and stay consistent. You don't need to have everything figured out. Just start and let each step guide the next. Miraculous things will follow in your home, in your life and in your community. Patsy McGavock is a volunteer writer seeking to inform, empower and engage readers with their community. I need your help. An Orangevale resident, I am getting to know Citrus Heights as I write. Help me share your stories by connecting me with people and groups you see leading in your community. My email is PatsyMcGavock.JustServe@gmail.com and my Facebook group is Community Connections. ★

# What's it To You?



BY NORRIS BURKES

I first met Bill at Baylor University. He was a fellow ministerial student who imprinted his fraternity shirt with a mock Latin phrase, "Quid tibi est?" In 1978, Google was still a long way off, so my fellow pledges asked him to translate it. "What's it to you?" he asked with some defiance. "Oh, come on," we implored, "Just tell us what it means." Regarding us as lowly plebes, he weighted his last two words, "What's it TO YOU?" The puzzle game went on a few minutes until we heard the literal translation – "What's-it-to-you?" Game, set match. He had us. But, I just shrugged it off because I'd dealt with folks like him in my past who were sanctimonious, always a self proclaimed expert who never offered any level ground to those of us who were searching. One of my earliest such encounters was a church youth group leader named Sherry. She always flashed bright smile before she pitched her loaded question, "Have you received the gift of the Holy Spirit?" The question is a fallacious one, much like the one "Have you stopped beating your wife?" It was impossible to give Sherry a good answer. If I said, "Yes, I'm full of the spirit," she'd lay out her Bible like a religious yardstick to determine if my holy spirit measured up to hers. If I said "No," I confirmed her first impression that I wasn't a good Christian. Worse yet, a "no" answer brought the worst question, "Do you want to

speak in tongues?" This question was a reference to the ecstatic and unintelligible language spoken by thousands of people in charismatic churches. But, no, I wasn't ready for that one. I bring up the examples of Bill and Sherrie because I suspect that some of you have been turned off religion by people like them. If so, you're the victim of the loaded questions fired by the pious church goers into innocent bystanders. These inquisitors are trying to reduce your spirituality to some kind of test that only they can pass with questions such as: "Don't you believe in Jesus? Don't you want the spirit in your life?" or "If you were to die tonight, did you know you'll go to hell?" How do you answer questions like that from folks like this? Fellow columnist Carolyn Hax suggests that we regard people's "nutritional label" and ask if they are worth the time. If not, she says, "Friends with a low decency content need to be treated as junk food." I think this is true in our efforts to find a spiritual community too. Some people and places are just gonna be junk food, but we can also find quality people when we make the effort to look for them. At the end of the day, spiritual junk food doesn't "fill" you any more than this woman's version of the "holy" spirit. You only encounter God through a spiritual relationship. And like all relationships, you ask questions, you must dialogue, you can even lose your temper, but you will also learn to laugh at yourself and forgive others. In the meantime, to all you who've had someone discourage you from involvement with the local church, I leave with the strategy suggested in one more pseudo-Latin phrase, "Illegitimi non carborundum." The humorous phrase originated as an informal motto in the British Armed Forces. It roughly means, "Don't let the idiots get you down," but if you Google it you'll find a more colorful version mock-Latin aphorism that is best left out of this family newspaper. ★

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# Kings Korner

By V.G. Harris



Who's the hottest team in the NBA right now?! Well, if you're Steve Kerr, he's telling his Golden State Warriors it's the Sacramento Kings, as the former world champs embark on their short journey from the bay area to Golden One Arena on Wednesday night.

Winners of 9 out of the last 10 games, only the Milwaukee Bucks kept the Kings from riding a 10-game win streak.

Solid playoff bound teams like the Celtics, Bulls, and Rockets met with the defensive minded Sactown boys, and each came away wondering what just hit them.

Is there reason for optimism in Sacramento? You bet there is, and if there's one thing the Kings need to be cautious of, it's making an ill-advised trade.

You find many fans or commentators that will argue that the Kings need to strengthen their front court, and the reason is that the current alignment is not living up to their billing.

Third year player, and much lauded Keegan Murray is having a subpar season, and if he doesn't watch out, fans will stop looking at him as a 3-point shooter. As of late, Keegan has made more impact on the boards and on defense than he has as a shooter. Sadly, in a 23-point blow-out of the Wizards, Keegan contributed only 4 points and failed to connect on all 5 of his 3-point attempts.

Not to be left out, Trey Lyles, who has been playing abysmal basketball as of late, scored only 4 points as well, while taking up 20 minutes of play on the hardwood.

Once considered the Kings 3-point assassin, Kevin Huerter took a total of six 3-point shots, connecting on just one. So, Murray, Lyles, and Huerter made exactly one 3-point field goal while putting in a combined 61 minutes of play on the hardwood.

Why do I point out the negatives with the Kings winning 9 out of 10 games and climbing above the 500 mark? Sadly, none of the three just mentioned are likely to bring anything of value on the trade market.

While Keegan Murray held significant value on the trade market just one year ago, his interest and value has dropped to an all-time low, and many teams are likely

not interested in Keegan at all.

Similarly, Kevin Huerter is fortunate to make a basket from 3-point land at all, and the former starter for the Kings and 3-point specialist is likely to fall into the same disinterest category as Keegan Murray.

As for Lyles, like Keegan, he's having a subpar performance in 2024/2025, and his lack of offensive productivity will likely garnish him little interest from other teams.

Unfortunately, while teams turn away from trade offers for Murray, Lyles, and Huerter, they will be coming strong for players like Fox, Monk, and possibly even Keon Ellis.

Of all the players the Kings have currently, it's possible that Keon Ellis has the most prolific upside. Ellis remarkably is supplanting other players on the team, as a Bonafide 3-point shooter. In Sunday night's win over the Washington Wizards, all Keon did was score 18 points in 18 minutes, while connecting on six 3-point shots to lead all players from beyond the arc.

Pay attention Sacramento, and I'm talking to you Monte McNair. Keon Ellis brings game on both ends of the court.

Sabonis remains untouchable if there is such a term in NBA circles today, but the gossip surrounding DeAaron Fox needs to die down, as any trade involving Fox from this writer's perspective is a bad idea.

The Kings need to hold the fort, pay little attention to trades involving Fox and Monk, and hope that Murray, Lyles, and Huerter will return to some form on shooting acumen. Slumps don't last forever, and the fact that the Kings have played with such assiduous vigor and success over the past 3 weeks gives Sactown some much-needed breathing room.

Shout-out to Domantas Sabonis for taking player of the week in the Western Conference last week, and continuing to lead the league in rebounding and double-double's once again. Appreciate this remarkable big man, he's possibly the best we've ever had.

All the best Kings fans and enjoy this team!

Your thoughts are always welcome at [vgharriskingsfan@gmail.com](mailto:vgharriskingsfan@gmail.com). ★

# SacRT Awarded Grant to Fund Construction of New Light Rail Station

Sacramento Regional Transit News Release

**SACRAMENTO, CA (MPG)** - The US Department of Transportation (DOT) announced Jan. 10 that Sacramento Regional Transit District (SacRT) has been awarded \$9.5 million from the Rebuilding American Infrastructure with Sustainability and Equity (RAISE) program.

The grant provides the final funding needed to construct the Dos Rios Station, a new light rail station on SacRT's Blue Line. The station will serve the Mirasol Village housing development and Sacramento's River District, just north of downtown Sacramento.

"SacRT continues to be at the forefront of innovation and community-centric development – making sure our neighborhoods are connected and Sacramentans can get where they need to be," said Congresswoman Doris Matsui. "The new Dos Rios Light Rail Station is a critical investment for the future of the River District. With this transformative project, we are enhancing mobility and igniting economic growth to improve the quality of life for those residents. I was proud to fight to secure this funding and look forward to seeing its positive impact in the near future."

The Dos Rios Station is a \$43 million dollar project at the intersection of Ahern, Sproule and North 12th Streets. Preliminary work has already begun at the site, constructing a retaining wall and leveling ground. Major construction is scheduled to begin this spring, with riders to expect service disruptions this summer. The station is anticipated to open by the end of 2026.

"Expanding public transit infrastructure strengthens our communities," said U.S. Senator Alex Padilla. "Thanks to funding from



Here is a rendering of the Dos Rios Light Rail Station. Photo courtesy of Sacramento Regional Transit

the Bipartisan Infrastructure Law, the Dos Rios Station will increase access to reliable and affordable transportation for Sacramento residents, connect historically underserved neighborhoods, and boost local economic growth."

State Senator Angelique Ashby, a key supporter of the project, highlighted the station's impact on mobility.

"The Dos Rios Station provides critical access to the families living or working in the River District," said Ashby. "Public transportation provides opportunities otherwise unavailable to many Sacramento residents. We want riders to move about the city for work, school, and recreation – improving quality of life regardless of income level."

"With the strong support of our congressional delegation and our local partners, we've been making tremendous progress to deliver the new Dos Rios Station. This funding award is the last piece of the puzzle to complete project delivery to increase connectivity for the community," said SacRT General Manager/CEO Henry Li. "Thank you to US Senator Padilla, Congresswoman Matsui, and State Senator Ashby for helping Sacramento to lead the way."

"I'm proud that SacRT, in conjunction with our federal partners, has been

able to respond swiftly to the community's needs to secure funding for the Dos Rios Station," said SacRT Board Chair, Sacramento County Supervisor Patrick Kennedy. "This project is a testament to what we can accomplish when we come together with a shared vision and determination."

"We're extremely excited to be part of this long-awaited celebration for the SacRT Dos Rios Station project which will create a key link in connectivity that has been missing in the River District for decades," said La Shelle Dozier, SHRA executive director. "The new station will serve an important transportation need for residents at the new Mirasol Village development across 12th Street to be able to get to work, school, appointments and other places, while also enhancing access to the new housing, public amenities, and attractions in the district."

The Dos Rios Station represents a collaborative effort to improve accessibility and equity in the Sacramento region. The RAISE grant completes the financing required for the project, enabling SacRT to preserve other funding for system operations and maintenance.

For more information on the Dos Rios Station project and updates, visit [sacrt.com/dosrios](http://sacrt.com/dosrios). ★

# Disaster-Prone California Should Adopt a Preventive Approach, Rather Than a Reactive One



By Dan Walters, CALMatters.org

As horrific as they may be, the wildfires sweeping through Los Angeles neighborhoods, destroying homes and businesses and killing dozens of people, are certainly not unprecedented.

Rather, they join a California continuum of natural and human-caused disasters that have afflicted the state throughout its history — fires most recently, but also earthquakes, floods, dam collapses and deadly riots. It's as if Californians must endure periodic calamities as the cosmic cost of enjoying unmatched attributes of weather, scenic beauty, mineral wealth and enormous amounts of arable land.

Precisely 60 years ago, for example, the ruggedly beautiful northwestern corner of California coped with immensely destructive flooding from epic storms. The Eel River basin received 22 inches of rain in just two days.

Several small towns along the Eel and Klamath rivers were destroyed, drowned in as much as 50 feet of water, and dozens of state and local bridges were demolished, isolating the region. The federal government even sent naval ships, including an aircraft carrier, to bring relief supplies and assist in search and rescue efforts.

Less than a year earlier,

Crescent City, a Del Norte County town afflicted by the floods, had been clobbered by a tsunami touched off by a massive earthquake in Alaska.

The persistence of disasters befalling California is underscored by just one data point: During Pete Wilson's governorship in the 1990s, every California county was declared a disaster area at least once, and several times in some counties.

Wilson's emergencies included the 1994 Northridge Earthquake, the 1992 Rodney King riots and heavy flooding in 1997 that sparked disaster declarations in 48 of the state's 58 counties.

Simultaneously during his time in office, California experienced the worst recession since the Great Depression, a severe drought and was just beginning to recover from the 1989 Loma Prieta earthquake in the San Francisco Bay Area that destroyed a section of the Bay Bridge, among other things.

It was as if the four horsemen of the apocalypse were galloping across California, dragging Wilson behind them.

To his credit, Wilson figuratively shrugged his shoulders and assumed the role of crisis manager, even though, ironically, the disasters undermined his plans for "preventive government" that would deal with issues before they became crises.

If disasters of one kind or another are baked into California's existence, what could be done to mitigate their impacts?

When it comes to floods and wildfires, we could — if we had the political will — either stop building homes in areas prone to flood or

fire, or at least impose strict standards on construction to make buildings less vulnerable, as we do for earthquakes.

There is some anecdotal evidence that homes built with fire-resistant materials, including non-flammable roofs, have fared better in the Los Angeles fires. We could start by imposing tough new building standards when neighborhoods scorched by current fires are rebuilt.

We also need to plan for better escape routes and install better systems for warning people to evacuate. The narrow winding streets in Southern California's upscale communities became death traps for some.

Finally, we need a new approach to insurance coverage. Insurance Commissioner Ricardo Lara is finalizing a new regulatory system that would let insurers include estimates of future losses and costs of reinsurance in their premiums, hoping that it would prop up a very unstable market.

Maybe we should go beyond that. Maybe we need the state to provide basic casualty coverage in a master statewide policy financed by mandatory fees on property, with the option for property owners to purchase supplemental coverage.

If disasters are unavoidable in California, we need to accept that fact and adopt Pete Wilson's preventive approach, rather than merely reacting after the fact.

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. ★

# Social Security Matters About When to Claim Social Security and Taxation of Benefits



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I am 65 and currently working full-time. Can I apply for and start receiving my Social Security benefit? I'd expect to have to pay income tax on it if/when I do. **Signed: Curious Worker**

**Dear Curious Worker:** If you are working full time, you should likely delay claiming Social Security at this time. At age 65, you haven't yet reached your SS full retirement age (FRA), so you will be subject to Social Security's "annual earnings test" which limits how much you can earn from work while collecting early benefits. The earnings limit for 2025 is \$23,400 and if you earn more than the annual limit, SS will take away \$1 in benefits for every \$2 you are over the limit. If you earn significantly over the limit, you may even be

temporarily ineligible to collect SS benefits. FYI, the annual earnings limit goes away when you reach your full retirement age, which for you is 66 years and 10 months, or March 2026.

As you obviously already know, a portion of your Social Security may be subject to income tax after you start collecting. The threshold for taxation of SS benefits depends on your IRS filing status — if you file your taxes as a single and your combined income from all sources (including half of the SS benefit you received during the tax year) exceeds \$25,000 then 50% of your received SS benefits are taxable. But if you file taxes as "married/jointly" and your combined income is over \$32,000, then up to 85% of your received SS benefits are taxable. Thus, whenever you claim SS, you may wish to consider having income tax withheld from your SS benefit. This is optional, and you can do this by submitting IRS Form W-4V to your local Social Security office, or you could choose to increase your income tax withholding at work or, alternatively, pay estimated income taxes quarterly.

So, whether you can claim Social Security now

depends entirely on how much you will earn from working full time prior to your FRA. If you exceed the annual earnings limit before your FRA, SS will take away some of your benefits or, if you greatly exceed the earnings limit, you may even be temporarily ineligible to get benefits (until you either reach your FRA or earn less). But note, if you decide to claim early and any SS benefits are withheld because you exceeded the earnings limit, you will get credit for that (in the form of a slightly increased benefit) after you reach your full retirement age.

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**CITY** 1-31-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00037**  
 Veniamin-Oleksii Halperin, Viktoria Davydenko, Danil Halperin and Oleksandra Devydenko, 7853 Paseo De Aiston, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Pan Baran" 7853 Paseo De Aiston, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County January 3, 2025  
 Publish: January 10, 17, 24, 31, 2025  
**PAN** 1-31-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00046**

Anastasios Papadopoulos, 5885 Stockton Boulevard, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Papadopoulos Flowers" 5885 Stockton Boulevard, Sacramento, CA 95824. Filed with the Clerk of Sacramento County January 3, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**FLOWERS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09360**  
 TN3 Enterprises LLC, 8215 Auburn Boulevard, Suite A, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "TN3 Automotive" 8215 Auburn Boulevard, Suite A, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 16, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**TN3** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00064**  
 Charles Hewitt, 9475 Golden Gate Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Wash Works" 9475 Golden Gate Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 6, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**WASH** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00009**  
 999 Thai Inc, 3609 Don Julio Blvd, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Yummy Sushi Express" 1501 N C Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 2, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**YUMMY** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00004**  
 CJVA Construction, Inc, 8219 War Horse Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "CVA Construction" 8219 War Horse Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 2, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**CVA** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08940**  
 Emmanuel Santiago Salas, 2640 29th Ave, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Manny General Construction" 2640 29th Ave, Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 26, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**MANNY** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08985**  
 Pocket Pilates, LLC, PO Box 331, Loomis, CA 95650 is doing business under the Fictitious Business Name(s) "Club Pilates, Natomas" 2860 Del Paso Road, Suite 102, CA 95834. Filed with the Clerk of Sacramento County November 27, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**PILATES** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00021**  
 Yvette Estrada-Rocha, 6231 Riverside Boulevard, #12, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Best You Esthetics" 902 Florin Road, Suite A, Sacramento, CA 95831. Filed with the Clerk of Sacramento County January 2, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**ESTHETICS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00002**  
 Thanh Tat Nguyen and Lan Phuong Ngoc Nguyen, 2460 Venture Oaks Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Gojee Sandwiches" 2460 Venture Oaks Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County January 2, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**GOJEE** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09501**  
 Daniel Ellison, 3626 Fair Oaks Boulevard, Suite 100, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Trobe Realty" 1610 R Street, Suite 280, Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 20, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**TRIBE** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09036**  
 Andrey Kovalenko, 7731 Sayonara Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "SimpleNet" 7731 Sayonara Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 2, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**SIMPLE** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00096**  
 MKT Brothers Inc, 5135 Archcrest Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Expo Car Wash and Detail" 2105 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 7, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**EXPO** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09672**  
 Chief of Staff Academy LLC, 2108 N Street, Suite 4758,

Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Transcend FX" 2108 N Street, Suite 4758, Sacramento, CA 95816. Filed with the Clerk of Sacramento County December 30, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**TRANSCEND** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00017**  
 OctaHexa Media LLC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "WP DevOps" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 2, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**DEVOPS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00090**  
 Nunziato Kuykendall Inc., 639 39th Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Actor's Workshop of Sacramento" 639 39th Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 7, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**ACTORS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08504**  
 Aabdara LLC, 8887 Folsom Boulevard Suite 8, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Luca Mart & Cafe" 8887 Folsom Boulevard Suite 8, Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 12, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**LUCA** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00050**  
 Melina Ghoroufi, 161 Buckingham way, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Kiddo Learning Castle" 161 Buckingham way, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 3, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**KIDDO** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09166**  
 John Bordeaux, 964 Swanston Drive, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Mr. Pickles" 3200 Folsom Boulevard, Sacramento, CA 95816. Filed with the Clerk of Sacramento County December 6, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**RECORDS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00124**  
 A and R World, 4800 Stepp Court, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Mr. Pickles" 3200 Folsom Boulevard, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 8, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**PICKLES** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09413**  
 Ishoniqua Boyd, 7470 Sylvia Way, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "iB Kustom Printing" 7470 Sylvia Way, Sacramento, CA 95822. Filed with the Clerk of Sacramento County December 17, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**KUSTOM** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00130**  
 Roger Allen Hanney, PO Box 60364, Sacramento, CA 95860 is doing business under the Fictitious Business Name(s) "Roger A. Hanney & Associates" 3581 El Ricon Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County January 8, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**HANNEY** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00112**  
 PCW Ventures, LLC, 9506 Lake Natoma Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Pacific Custom Woodworks" 9506 Lake Natoma Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 8, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**PACIFIC** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09471**  
 Golden State Price Inc, 5825 Auburn Boulevard, Suite 3B, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Sacramento Mattress Store/ Mattress Stores Near Me" 5825 Auburn Boulevard, Suite 3B, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 19, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**MATTRESS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08866**  
 Vedaa Inc, 281 Catterline Way, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "American Veterans Community Foundation (AVCF)" 281 Catterline Way, Folsom, CA 95630. Filed with the Clerk of Sacramento County November 21, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**AVCF** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00027**  
 Scott Charles Taylor, 6047 Woodminster Circle, Unit 11, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "SacPrints"

1912 O Street, Sacramento, CA 95662. Filed with the Clerk of Sacramento County January 2, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**SACPRINTS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09301**  
 Short Sale Cooperative Inc, 1800 Camden Road, Suite 107-141, Charlotte, NC 28203 is doing business under the Fictitious Business Name(s) "The Lowell Firm" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County December 12, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**LOWELL** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00034**  
 Jamal Strawder and Jessenia Morales-Strawder, 9273 Deddington Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "IT Support Group" 9273 Deddington Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County January 3, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**SUPPORT** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-08418**  
 Ruben Gallardo, 3760 N Country Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Flawless Finish Mobile Auto Detailing" 3760 N Country Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County November 6, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**FLAWLESS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09154**  
 Drew Whitney Harman, 4748 Ravenstone Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "iFixPools - Sacramento" 4748 Ravenstone Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 6, 2024  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**IFIXPOOLS** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00152**  
 Elite Product LLC, 5625 Manzanita Avenue, Apt 89, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Boogeyman" 5625 Manzanita Avenue, Apt 89, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 9, 2025  
 Publish: Jan 17, 24, 31, Feb 7, 2025  
**BOOGEYMAN** 2-7-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00098**  
 Bogdan Ozhevan, 5326 Hemlock Street, #241, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Bogdan's Guitar & Piano Music Studio" 5326 Hemlock Street, #241, Sacramento, CA 95841. Filed with the Clerk of Sacramento County January 7, 2025  
 Publish: Jan 24, 31, Feb 7, 14, 2025  
**BOGDAN** 2-14-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00140**  
 Footology Ony Care, 650 Howe Avenue, Suite 1010, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Footology Ony Care" 650 Howe Avenue, Suite 1010, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 8, 2025  
 Publish: Jan 24, 31, Feb 7, 14, 2025  
**FOOTOLOGY** 2-14-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09610**  
 Atheist Alliance of America Inc, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "SecularHelp.org/SecularHelp" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 27, 2024  
 Publish: Jan 24, 31, Feb 7, 14, 2025  
**SECULAR** 2-14-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00290**  
 Esperanto League for North America, 2014 Capitol Avenue, #100, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Esperanto-USA" 2014 Capitol Avenue, #100, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 15, 2025  
 Publish: Jan 24, 31, Feb 7, 14, 2025  
**ESPERANTO** 2-14-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00092**  
 Vitalii Krystyniuk, 4725 Amber Lane, #2, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Vitos Home Services" 4725 Amber Lane, #2, Sacramento, CA 95841. Filed with the Clerk of Sacramento County January 7, 2025  
 Publish: Jan 24, 31, Feb 7, 14, 2025  
**VITOS** 2-14-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00302**  
 Jose A. Lopez, 9349 Zambra Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Pro Handyman & Cleaning Services" 9349 Zambra Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 15, 2025  
 Publish: Jan 24, 31, Feb 7, 14, 2025  
**HANDYMAN** 2-14-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00008**  
 S.A. Woodworkers, 7357 Souza Circle, Sacramento, CA 95831 is doing business

under the Fictitious Business Name(s) "Sacramento Area Woodworkers" 7357 Souza Circle, Sacramento, CA 95831. Filed with the Clerk of Sacramento County January 2, 2



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### FICTITIOUS BUSINESS NAME STATEMENTS

Sacramento, CA 95835. Filed with the Clerk of Sacramento County January 10, 2025  
Publish: Jan 24, 31, Feb 7, 14, 2025  
HS 2-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09322  
Sherry Dickhoff, 4080 Truxel Road, #100, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "River Mist Realty" 4080 Truxel Road, #100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 13, 2024  
Publish: Jan 24, 31, Feb 7, 14, 2025  
MIST 2-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00228  
Esbeydi Aguilera and Yesenia

Aguilera, 3820 Nisenan Lane, Wheatland, CA 95692 is doing business under the Fictitious Business Name(s) "The Eagle's Janitorial Faster Service" 3820 Nisenan Lane, Wheatland, CA 95692. Filed with the Clerk of Sacramento County January 13, 2025  
Publish: Jan 24, 31, Feb 7, 14, 2025  
JANITORIAL 2-14-25

### ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV019103  
Sharlee Bates and Timothy Bates have filed a petition with this court for a decree changing the name(s) of Myah Beatrice

Bates to Aquarius Beatrice Bates.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 10, 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: December 9, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: January 3, 10, 17, 24, 2025  
BATES 1-24-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV024603  
Leilani Bailey and Parambir Singh have filed a petition with

this court for a decree changing the name(s) of Zara Dove Singh to Zara Dove Bailey.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 8, 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: December 4, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: January 3, 10, 17, 24, 2025  
BAILEY 1-24-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV026271  
Christopher Alan Glaubig has filed a petition with this court for a decree changing the name(s) of Christopher Alan Glaubig to Christopher Alan Gray and Arianne Michelle Ortega to Arianne Michelle Gray.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 29, 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: December 24, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: January 3, 10, 17, 24, 2025  
GLAUBIG 1-24-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV026597  
Fatemeh Mohammadi has filed a petition with this court for a decree changing the name(s) of Muhammed Ahmadi to Mahdi Ahmadi.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 13, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: December 27, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: January 3, 10, 17, 24, 2025  
MOHAMMADI 1-24-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV026708  
Karina M Herrera has filed a petition with this court for a decree changing the name(s) of Armani Jordan Pablo Espinoza to Armani Jordan Pablo Herrera.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 1, 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: December 30, 2024  
Christopher E. Krueger, Judge of the Superior Court  
Publish: January 10, 17, 24, 31, 2025  
HERRERA 1-31-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#24CV025998  
Stepan Gorodnyy has filed a petition with this court for a decree changing the name(s) of Stepan Gorodnyy to Stepan Kovalchuk.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 6, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: December 20, 2024  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: January 10, 17, 24, 31, 2025  
STEPAN 1-31-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV000170  
Deyanira Nava Nixon has filed a petition with this court for a decree changing the name(s) of Deyanira Nava Nixon to Deyanira Nava.

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

court on May 15, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: January 3, 2025  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: January 10, 17, 24, 31, 2025  
NIXON 1-31-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV000430  
Joshua Kenneth Kent has filed a petition with this court for a decree changing the name(s) of Joshua Kenneth Kent aka Joshua Kenneth Blackwell aka Joshua Kenneth Beachem to Jai Edwards.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 7, 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: January 7, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 17, 24, 31, Feb 7, 2025  
EDWARDS 2-7-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV000215  
Javid Vahdat has filed a petition with this court for a decree changing the name(s) of Javid Vahdat to Yaqob Naseri and Nahideh Vahdat to Wahideh Naseri and Masihullah Vahdat to Masihullah Naseri and Manewereh Vahdat to Manewereh Naseri.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 18, 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: January 3, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 17, 24, 31, Feb 7, 2025  
NASERI 2-7-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV000578  
Diego Antonio Cruz-Ramos has filed a petition with this court for a decree changing the name(s) of Diego Antonio Cruz-Ramos to Diego Antonio Cruz.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 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: January 8, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 17, 24, 31, Feb 7, 2025  
CRUZ 2-7-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV000785  
Linda Michelle Francis has filed a petition with this court for a decree changing the name(s) of Linda Michelle Francis to Linda Michelle Babski.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 15, 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: January 10, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 17, 24, 31, Feb 7, 2025  
BABSKI 2-7-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV000610  
Aneva Ruth Rhode has filed a petition with this court for a decree changing the name(s) of Aneva Ruth Rhode to Aneva Ruth Mounkes.

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

court on May 14, 2025, at 9:00 a.m. in Department 54, located at 720 9th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: January 8, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 24, 31, Feb 7, 14, 2025  
ANEVA 2-14-25

SUPERIOR COURT OF CALIFORNIA  
COUNTY OF SACRAMENTO  
ORDER TO SHOW CAUSE CHANGE OF NAME  
#25CV001304  
Valjean Marie Bryant aka Valjean Marie Breinke Reinke aka Valjean Marie Bryant Breinke Reinke has filed a petition with this court for a decree changing the name(s) of Valjean Marie Bryant aka Valjean Marie Breinke Reinke aka Valjean Marie Bryant Breinke Reinke to Valjean Marie Breinke.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 4, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.  
Dated: January 17, 2025  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Jan 24, 31, Feb 7, 14, 2025  
VALJEAN 2-14-25

### STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2020-06725  
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Fenton Consulting, 2641 Riverpine Court, Carmichael, CA 95608.  
Fenton Baker Inc, 2641 Riverpine Court, Carmichael, CA 95608  
The Fictitious Business Name Statement was filed on 9/23/2020 in the County of Sacramento.  
Filed with the clerk of Sacramento County: 9/23/2020.  
Publish: January 10, 17, 24, 31, 2025  
FENTON 1-31-25

### REQUEST TO CONTINUE COURT HEARING

REQUEST TO CONTINUE COURT HEARING (TEMPORARY RESTRAINING ORDER) (CLETS-TRO)  
CASE NUMBER: S-DR-0066245  
Filed January 6, 2025, in the Superior Court of California, County of Placer Hon. Howard G. Gibson Courthouse 10820 Justice Center Drive Roseville, CA 95678  
**Protected Party:** Keana Artero  
**Restrained Party:** Andrew Wooster  
The request to reschedule the court date is granted. The new court date February 10, 2025, at 8:30 am, at 101 Maple Street, Auburn, CA 95603 Dept 2  
**Option to Attend Court Hearing by Phone or Videoconference**  
You may attend the Court date remotely, such as by phone or videoconference. For more information go to the court's website for the County listed above.  
**A Temporary Restraining Order (TRO) is in full force and effect because:**  
The court extends the TRO previously granted on July 2, 2024. It now expires on February 10, 2025  
Published 01/17/2025, 01/24/2025, 01/31/2025, 02/07/2025  
WOOSTER 2-7-2025

### STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2019-01368  
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Butterfly Soul Healings, 6205 Kiernan Drive, Carmichael, CA 95608.  
Lauren Navarro, 6205 Kiernan Drive, Carmichael, CA 95608.  
The Fictitious Business Name Statement was filed on 2/11/2019 in the County of Sacramento.  
Filed with the clerk of Sacramento County: 1/06/2025.  
Publish: Jan 24, 31, Feb 7, 14, 2025  
BUTTERFLY 2-14-25



## CITY OF CITRUS HEIGHTS NOTICE TO BIDDERS

SEALED BIDS will be received at the office of the City Clerk, City Hall, 6360 Fountain Square Drive, Citrus Heights, California, until the hour of **2:00 PM on TUESDAY, February 11, 2025**, at which time the bids will be publicly opened and read for the **ARCADE CREEK REPAIRS- MEL COURT**, City of Citrus Heights, California. Any bid received after this date and time will be deemed non responsive. Bids received by fax or e-mail will not be considered.

The work to be performed consists, in general, of removal of existing concrete, installation of gabion baskets, native planting for erosion protection, placement of concrete rip rap, and all other work shown in contract documents.

It is the bidder's responsibility to check the website for any updated information at least 24 hours prior to the scheduled bid opening.

Bidders shall obtain copies of the Contract Documents by logging on to <https://www.citrusheightsplanroom.com> or by calling BPX Printing and Graphics at (916) 760-7281 or emailing [sac@bpxprinting.com](mailto:sac@bpxprinting.com). Cost of Contract Documents shall be Forty Dollars (\$40.00) per set, non-refundable. Shipping and handling costs are extra and prices range depending on the delivery method. At the bidder's request and expense, the Contract Documents can be sent by overnight mail. Bidders can supply their shipper account number to expedite processing. Electronic Contract Documents (PDF format) can also be ordered for a non-refundable fee of \$40 per set. All bidders must purchase a complete set of contract documents (hard copy or PDF format) from BPX Printing and Graphics to be included on the planholders list and to receive addenda notifications. It is the responsibility of each prospective bidder to confirm his/her firm is on the planholders list held at BPX Printing and Graphics to ensure receipt of any subsequent communications, including addenda. Contract Documents are not available directly from the City.

All questions regarding this project are to be submitted in writing by email to [stormwater@CitrusHeights.net](mailto:stormwater@CitrusHeights.net) with a CC to [dkehrer@CitrusHeights.net](mailto:dkehrer@CitrusHeights.net) by **MONDAY, FEBRUARY 3, 2025 at 5:00 PM**.

In accordance with the provisions of Section 1770 of the Labor Code of the State of California, the Director of the Department of Industrial Relations has ascertained the general prevailing rate of wages applicable to the work to be done in accordance with the standards set forth in Section 1773 and which is on-file in the office of the City Clerk.

The successful bidder shall pay not less than the specified prevailing wage rates to all laborers, workers, and mechanics employed in the performance of the work specified herein. The successful bidder will be required to post a copy of the general prevailing rates per diem wages in a conspicuous place at the job site forthwith upon undertaking the public work called for herein. The successful bidder shall also keep an accurate certified payroll record in accordance with requirements set forth in Labor Code Section 1776 and the Contract Documents.

Each bid must be accompanied by cash, cashier's check, certified check or Bidder's Bond made payable to the City of Citrus Heights in the amount of 10% of the total bid amount, such guaranty to be forfeited should the bidder to whom the Contract is awarded fail to enter into the Contract within the time period required by the Contract Documents.

No bid will be accepted unless it is made on a proposal form furnished by the General Services Director and is for the entire work described herein. The bid bonds for the three acceptable lowest bidders shall be retained until the City Council has accepted the successful bidder. All other Bidder's Bonds shall be returned to the bidder five (5) working days after bid opening. The Contract shall be awarded, if an award is made, to the lowest responsive and responsible bidder within sixty (60) calendar days from the date the bids are publicly opened and declared. If the award is not made within that period, all bids submitted are deemed rejected by the City Council and all remaining Bidder's Bonds shall be returned to the bidder. The successful bidder shall apply for and obtain at its costs any permits required for all work, except as otherwise specified in the Contract Documents.

A bidder may propose one or more "equals" or substitutions for products listed in the Contract Documents by manufacturer name, brand or model number, unless the Contract Documents specify that the product is necessary to match others in use. Complete information for products proposed by a bidder as an equal must be submitted to the General Services Director for review, at least ten (10) working days before the time specified for bid opening in accordance with the Instructions to bidders contained in the Contract Documents.

The successful bidder will be required to furnish, prior to the performance of any work hereunder, a payment bond in an amount equal to one hundred percent (100%) of the Contract price, and a faithful performance bond in an amount equal to one hundred percent (100%) of the Contract price. The bonds must be approved by the City.

The successful bidder shall also furnish a Warranty Bond, in a form acceptable to the City in an amount of one hundred percent (100%) of the total Contract price plus change orders, to hold good for a period of one year after the completion and acceptance of the work, to protect the City against the results of defective materials, quality of work, and equipment during that time. This bond shall be delivered to the City before the final payment under this Contract will be made. The successful bidder will also be required to furnish insurance as set forth in the Contract Documents.

Pursuant to Public Contract Code Section 22300, bidders may substitute securities for any monies which the City may withhold pursuant to the terms of this Contract to insure performance. Such securities must be furnished on a form acceptable to the City and by a company, acceptable to the City, that is authorized and licensed by the Insurance Commissioner as an "admitted surety insurer" and which maintains at least one officer in California for conducting business. Prior to such approval, the surety shall provide the documentation required by California Civil Code Section 995.660.

The City of Citrus Heights reserves the right to reject any or all bids or portions thereof, to accept a bid or portion thereof and to waive any minor informality or irregularity.

The license classification required for this project is **Class "A": General Engineering Contractor**, issued by the State of California. The license must be active and in good standing as of the date of receipt of bids and must be maintained in good standing throughout the term of the contract. For contracts involving federal funds, the license must be active and in good standing as of the date of the Contract award and must be maintained in good standing throughout the term of the contract.

Each bidder, and any subcontractor listed in a bid proposal pursuant to Public Contract Code Section 4104, must be currently registered with the Department of Industrial Relations and qualified to perform public work consistent with Labor Code Section 1725.5, except in limited circumstances as referenced in Labor Code Section 1771.1(a).

Amy Van, City Clerk

1-17-2025  
Date

Citrus Heights Messenger 1-24-2025



# California Continues to Prioritize Young Children

## 2025-2026 Budget Highlights Initiatives for All California Kids

### First 5 California News Release

**SACRAMENTO, CA (MPG)** - First 5 California thanks the Governor and administration for their ongoing dedication to early childhood education, infant and early childhood health, and the protection of early childhood care systems outlined in the 2025-2026 budget proposal.

“As a champion for children aged 0 to 5, First 5 California commends the Governor and Legislature for advancing a budget rooted in values that prioritize young children and families,” said Jackie Thu-Huong Wong, executive director of First 5 California. “We are grateful for the Governor’s commitment to initiatives that provide meaningful support to families, such as free diapers for newborns, smaller class sizes and expanded learning opportunities in Transitional Kindergarten, and English proficiency tools for multilingual learners. These investments, along with First 5 California’s statewide programs like Raise CA Strong to address the childcare



**First 5 California remains steadfast in its mission to support the well-being of children during their critical early years.** Image by kp yamu Jayanath from Pixabay

crisis, the Fatherhood Initiative and This Is How Dads Do It podcast to support fathers, and the Dragon Song campaign to promote young children’s mental health, create a lasting foundation for California’s families and communities.”

First 5 California remains steadfast in its mission to support the well-being of children during their critical early years. The organization drives impactful statewide initiatives such as the Stronger Starts campaign, which raises awareness of toxic

stress response in young children. Additionally, programs supporting maternal health, educator professional development, and parenting resources are further strengthening California’s early childhood landscape.

Wong added, “While the

decline in tobacco tax revenue challenges the sustainability of our programs, this budget represents a vital step in protecting and expanding essential services that reflect a deep commitment to equity and opportunity for all.”

The budget proposal underscores significant long-term investments aligning with First 5 California’s mission to deliver healing-centered, equity-focused programs. Recognizing that 90 percent of brain development occurs during the first five years of life, First 5 California provides essential services to children ages 0 to 5, including family strengthening programs, infant and early childhood mental health services, and high-quality early learning and literacy initiatives.

To maintain this momentum, First 5 California will continue advocating for robust state investments that help ensure the future of these essential programs so that all of California’s youngest children thrive for generations to come.

To learn more, visit [www.cafc.ca.gov](http://www.cafc.ca.gov). ★

## Nonstop Flights to Anchorage Offered



**Sacramento International Airport will offer seasonal direct flights to Anchorage starting June 14.** Photo courtesy of Sacramento County

### Sacramento County News Release

**SACRAMENTO REGION, CA (MPG)** - Beginning June 14, Sacramento International Airport (SMF) will offer a new seasonal nonstop flight to Anchorage, Alaska with Alaska Airlines. This marks the first-ever nonstop service from Sacramento to the State of Alaska in the airport’s history.

Perfect for a summer vacation, Anchorage offers a wide range of exciting activities, from breathtaking cruises to wildlife viewing, hiking and exploring the majestic landscapes that make Alaska so special. Whether you’re an adventure-seeker or simply looking to relax in nature’s beauty, Anchorage has something for everyone.

“We’re thrilled to partner with Alaska Airlines to announce Anchorage as our newest nonstop destination from SMF,” said Stephen Clark, C.M., deputy director of Airport Commercial Development at the Sacramento County Department of Airports. “This new route reflects the strong partnerships we’ve built to deliver travel

options that balance the needs of our business community and the growing demand for family-friendly and leisure destinations. It’s another step in our commitment to serving our region with convenient and exciting travel opportunities.”

The new nonstop service to Anchorage comes on the heels of Alaska Airlines starting four new flights, including the launch of new nonstop service to Orlando, Cabo San Lucas, Mexico and Tucson, Arizona. Additionally, this past Saturday, Alaska Airlines began nonstop services from Sacramento International Airport to Puerto Vallarta, Mexico.

This new flight is just one of many recent additions as Sacramento International Airport continues to grow and enhance its offerings. By July, Sacramento International Airport expects more than 196 daily nonstop flights on 12 domestic and international carriers, connecting travelers to 36 destinations across the globe.

For more information, visit the Sacramento County Department of Airports website at <https://sacramento.aero/smf>. ★

## Supervisor Chair, Vice-Chair Elected



**At the Jan. 7 Board of Supervisors meeting, Phil Serna and Rosario Rodriguez were elected as chair and vice-chair respectively.** Photo courtesy of Sacramento County

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The annual vote to elect a new chair and a new vice-chair of the Board of Supervisors was held on Tuesday, Jan. 7.

This year’s elected chair is Supervisor Phil Serna of District 1, and Supervisor Rosario Rodriguez of District 4 was elected vice-chair.

“I am honored to be sworn as the 2025 Chair of Sacramento County’s Board of Supervisors,” said Serna. “As we move forward, my priority will be to foster collaboration and unity in our community and ensure that all voices are heard. I am ready to address the challenges our county faces and build a stronger, more inclusive future for all residents. I look forward to serving with my colleagues and continuing the important work that lies ahead this year.”

Board chair responsibilities are listed below.

The board chair presides over the board

meetings; the vice-chairperson assumes the role in the chairperson’s absence or inability to act. If the chair and vice-chair are absent or unable to preside, the members present will select a member present to act as temporary chairperson.

The board chair also acts on procedural matters or questions, recognizes a board member desiring to speak on an item; is entitled to vote on all matters before the board, participate in discussion relating to any matter, make motions without relinquishing the chair, and second any motion without relinquishing the chair.

The board chair also sits on other boards/commissions as a representative of Sacramento County and is the point of contact for questions from the public regarding the meetings (i.e., coordination of resolutions/presentations and general questions not specific to a district).

The chair and vice-chair serve annual terms. ★

## California Farm Bureau Elects Three New Board Members

### California Farm Bureau News Release

**SACRAMENTO, CA (MPG)** - Three new members joined the California Farm Bureau Board of Directors, and another seven were re-elected, during the organization’s 106th Annual Meeting in Monterey.

Richard Schmid, a beekeeper from Homeland, replaces Scott Hudson in serving District 2, representing Farm Bureau members in Inyo-Mono, Riverside and San Bernardino counties. Schmid is the past president and a longtime member of Riverside County Farm Bureau. He has served on the California Farm

Bureau Rural Health and Safety Committee for many years.

Steve Kafka, a forester from Avery, replaces Paul Sanguinetti in serving District 12, representing Farm Bureau members in Calaveras and San Joaquin counties. Kafka is a graduate of Leadership Farm Bureau, a longtime member and chairman of the Forestry/Public Lands Committee, and past president and a longtime board member of Calaveras County Farm Bureau.

Martin Spannaus, a hay farmer and cattle rancher from Corning, replaces Jim Morris in serving District 20, representing Farm Bureau members in Shasta, Siskiyou, Tehama and

Trinity counties. He is a past president and current board member of Tehama County Farm Bureau.

Each will serve two-year terms.

Daniel Jones of Dixon was elected to a one-year term as chair of the Young Farmers & Ranchers State Committee. He is a member of the American Farm Bureau YF&R Committee, a Leadership Farm Bureau graduate and a member of Solano County Farm Bureau. He works full time as an insurance adjuster and raises cattle, almonds, hay and olives.

Re-elected to two-year terms on the California Farm Bureau

board were Kevin Merrill of Los Alamos in District 4 (Santa Barbara and Ventura counties); Roger Everett of Porterville in District 6 (Tulare County); April England of Hollister in District 8 (Monterey, San Benito and San Luis Obispo counties); Jan Garrod of Saratoga in District 10 (Santa Clara, Santa Cruz, San Francisco and San Mateo counties); Joe Fischer of Auburn in District 14 (Amador, El Dorado, Placer and Sacramento counties); Garrett Driver of Woodland in District 16 (Colusa, Glenn and Yolo counties); and Daniel Suenram of Kelseyville in District 18 (Lake

and Mendocino counties).

California Farm Bureau President Shannon Douglass and First Vice President Shaun Crook were elected to serve as delegates at next month’s American Farm Bureau Federation Annual Convention in San Antonio. Second Vice President Ron Peterson and Mary Lou Coffelt of Hollister, San Benito County, were elected to serve as alternate delegates.

The California Farm Bureau works to protect family farms and ranches on behalf of more than 26,000 members statewide and as part of a nationwide network of 5.8 million Farm Bureau members. ★

## Farm Bureau Responds to State Budget Plan

### California Farm Bureau News Release

**CALIFORNIA STATE (MPG)** - California Farm Bureau President Shannon Douglass commented on the budget plan announced Jan. 10 by Gov. Gavin Newsom: “Fees, taxes and increasing labor costs continue to negatively impact

California food producers. The latest data shows that the state lost more than 7,000 farms and fallowed nearly 1.5 million acres of productive lands in the past five years, all while costs increased more than \$150,000 per farm in the same timeframe. These are family farms and businesses disappearing from California at an alarming

pace, preventing opportunities for beginning farmers and underserved populations from any pathway to launch agricultural businesses. We’ve heard promises from legislative leaders about focusing on California’s affordability, and we hope that every regulation and law that the governor and Legislature propose keeps affordability top of

mind. It’s clear that any action on key issues such as Cap-and-Trade reauthorization, the insurance crisis and agricultural overtime laws must work for farmers and ranchers and, importantly, the employees who put food on our tables. Only with agriculture as a partner will the governor’s goals to advance economic development in rural

communities find success. The future of California’s rural economy depends on it.”

The California Farm Bureau works to protect family farms and ranches on behalf of more than 26,000 members statewide and as part of a nationwide network of 5.8 million Farm Bureau members. ★



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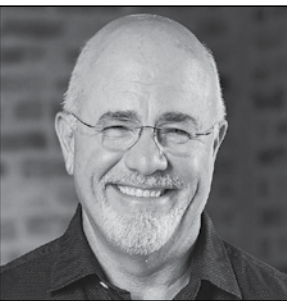
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Dave Ramsey

## Dave Ramsey Says Approach it Like a Sales Call

able to do. Thank them again for their time, and respectfully tell them you understand any hiring decision can be a lengthy process, but you'd like to know when you can expect an answer.

I'm talking about using your experience and the idea that you're a great sales person, who has transformed herself into a great sales manager. In other words, treat it almost like a professional sales call. And don't be afraid to have a little fun with it. If you're still under consideration, that means they like you and you have a shot at the position. You might even hint at the fact they don't want to hire a sales manager who doesn't know how to follow up.

You obviously have sales skills if you worked your way up to a manager's position. So, put those skills to work. If you're on a sales call, and the customer needs to perform some due diligence before deciding,

a smart salesperson will request to schedule a follow-up. In your email, ask if checking back on a certain day in the next couple of weeks will work. You don't want to be obnoxious, but you're looking for an appointment of sorts—a time frame—so you'll know when to follow up without seeming pushy or desperate.

I hope this helps, Tiffany. Good luck!

– 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. ★*

Dear Dave,

I had an interview for a sales management position during the first week of January. Since then, I've sent two follow-up emails. One was to thank the human resources representative for their time and for considering me for the job. In the second, I reiterated my interest in the position and desire to work for the company. Was this a proper and professional approach? If not, how would you suggest handling things after a first interview?

– Tiffany

Dear Tiffany,

In this situation, I would recommend sending another email. You want to walk right up to that fine line that separates bold and confident from pushy, because that's one of things a good sales manager should be



With Mary Jane Popp

## Achieve Your Wild Goals In '25

Do you have some wild goals you dream about, and never told anyone? You probably think you can never achieve them, so why try? How would you like the map to get there in four steps? **Sean Covey**, along with co-authors **Chris McClesney** and **Jim Huling**, have put together "**The 4 Disciplines of Execution**" to change your behavior and achieve your wildly important goals. I had Chris on my Radio Show and he led me through these disciplines. So put aside your old ideas and get ready for some new ones. Here is the capsulated version right from their book.

**1. Focus on the Wildly Important.** Basically, the more you try to do, the less you actually accomplish. This is a stark, inescapable principle that we all live with. Somewhere along the way, most leaders forget this. Why? Because smart, ambitious leaders don't want to do less, they want to do more, even when they know better. Isn't it really difficult for you to say no to a good idea, much less a great one? And yet, there will always be more good ideas than you and your teams have the capacity to execute. So, Discipline 1 requires you to start by selecting one, or at the most, two extremely important goals, instead of trying to significantly improve everything all at once.

**2. Act on the Lead Measures.** This is the discipline of leverage. It's based on the simple principle that all actions are not created equal. Whatever strategy you're pursuing, your progress and success will be based on two kinds of measures: lag

and lead. Lag measures are the tracking measurements of the wildly important goal, and they are usually the ones you spend most of your time praying over. Revenue, profit, and market share are all lag measures, meaning when you receive them, the performance that drove them is already in the past. Lead measures are quite different in that they are the measures of the most high-impact things you must do to reach the goal.

**3. Keep a compelling Scoreboard.** People play differently when they're keeping score. This is the discipline of engagement. In principle, the highest level of performance always comes from people who are emotionally engaged and the highest level of engagement comes from knowing the score...that is, if people know whether they are winning or losing. And you must know the scoreboard.

**4. Create A Cadence of Accountability.** This is where execution really happens. The first 3 disciplines set up the game, but number four is based on the principle of accountability: that unless we consistently hold each other accountable, the goal naturally disintegrates in the whirlwind. The secret to Discipline 4, in addition to repeated cadence, is that members create their own commitments.

This is a very condensed version of what "**The 4 Disciplines of Execution**." You can check out [www.4DXBook.com](http://www.4DXBook.com). Press on. Now it's all up to you. It begins with you and it ends with you and your desire to succeed. But know **YOU CAN MAKE IT HAPPEN!** ★

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## Aches, Pain and Another Year Older

**Dr. James L. Snyder**

It's hard to believe another year has already started. How many of these new years can a person have without going crazy?

The past year was rather challenging. I had some health issues, not too serious, but aggravating all the same. I've seen my doctor more than my wife this past year. Believe me, I'm not too excited in seeing my doctor. He must be related to Dracula because he always wants my blood.

However, when I have a physical issue, The Gracious Mistress of the Parsonage makes sure I see my doctor. I tell her that I'm okay and don't need to see a doctor. She smiles at me and says, "I didn't hear what you said, but you're going to see the doctor."

As this year begins, I've noticed that I am achy with pain in just about every area of my body. I can't remember ever having this kind of pain before but there it is.

Every once in a while, I have trouble with my right leg, and it seems to pass out or something. I have a hard time walking when my leg is like that. It is not really serious just aggravating.

My doctor has

prescribed a lot of medication for me, and The Gracious Mistress of the Parsonage ensures I take my medicine daily. If I didn't know better I would think I was a drug addict.

Keep this a little secret between you and me, but sometimes, The Gracious Mistress of the Parsonage forgets to give me my medicine. Being the crazy guy that I am, I never remind her of that. I just snicker on the inside and count it one victory for me.

I don't get away with very much, but when I do get away with something I'm thrilled.

Once in a while The Gracious Mistress of the Parsonage will come into my office and see me smiling and then say, "Okay, what did I forget to do?"

Even when she forgets something, she remembers that she forgot something. There's no winning in this situation.

I was complaining about my body aching in various places, and I looked at my wife and said, "I think I'm going to go to a body shop and get some parts replaced. Do you have any recommendations?"

Without skipping a beat, she replied, "I know an antique store you could go

to."

I pretended not to hear that, but she knew I heard it. It's interesting that there are a lot of things that I can't hear, but then there are things that I can hear, and it's aggravating.

I'm beginning to see some good aspects to getting old. This year, my New Year's resolution is to find all of these good aspects and cash in.

It doesn't pay to complain; rather, it pays to find out how to look on the positive side of things.

In my devotions I read some scripture that was encouraging.

"My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing" (James 1:2-4).

My focus this year must not be on my pain, but on the One who gives me strength everyday to life for Him.

*Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnyder51@gmail.com](mailto:jamesnyder51@gmail.com), website [www.james-snyderministries.com](http://www.james-snyderministries.com) ★*

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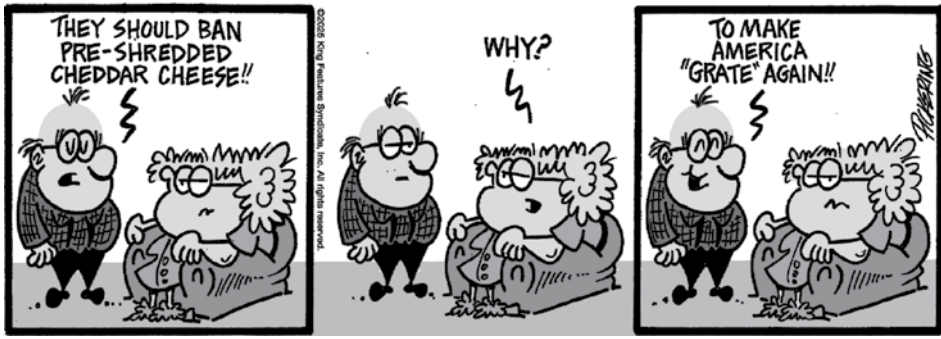
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# COMICS & PUZZLES

## The Spats



by Jeff Pickering



## Amber Waves



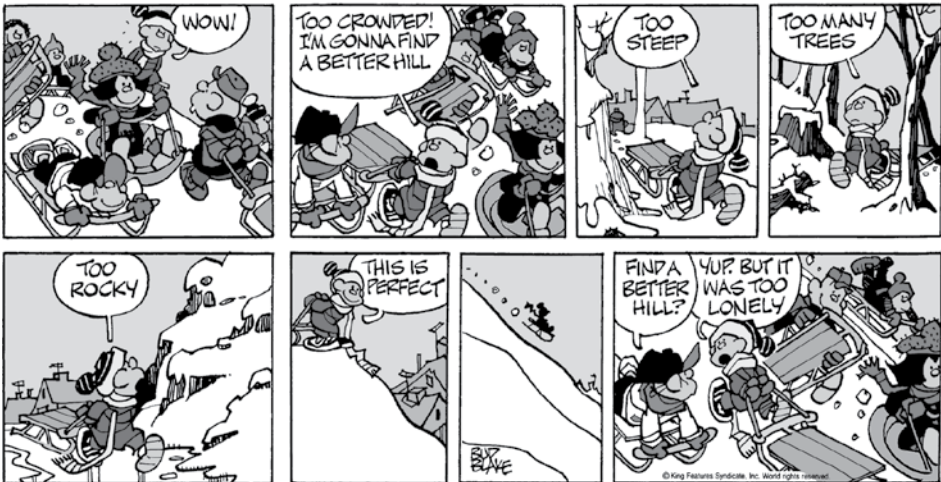
by Dave T. Phipps

## Out on a Limb



by Gary Kopervas

## TIGER

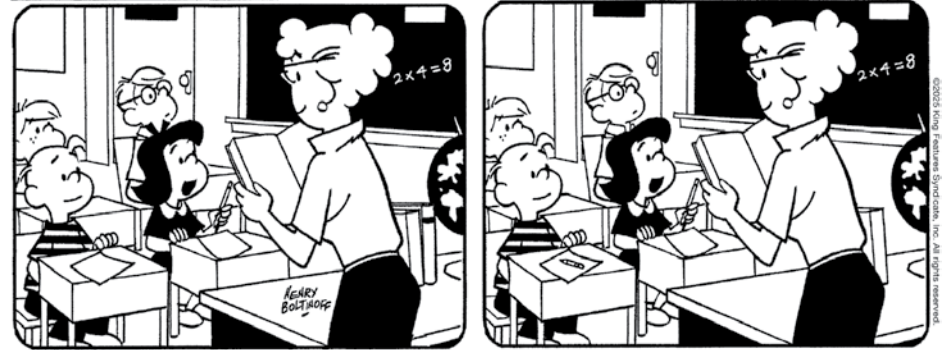


by BUD BLAKE

## HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



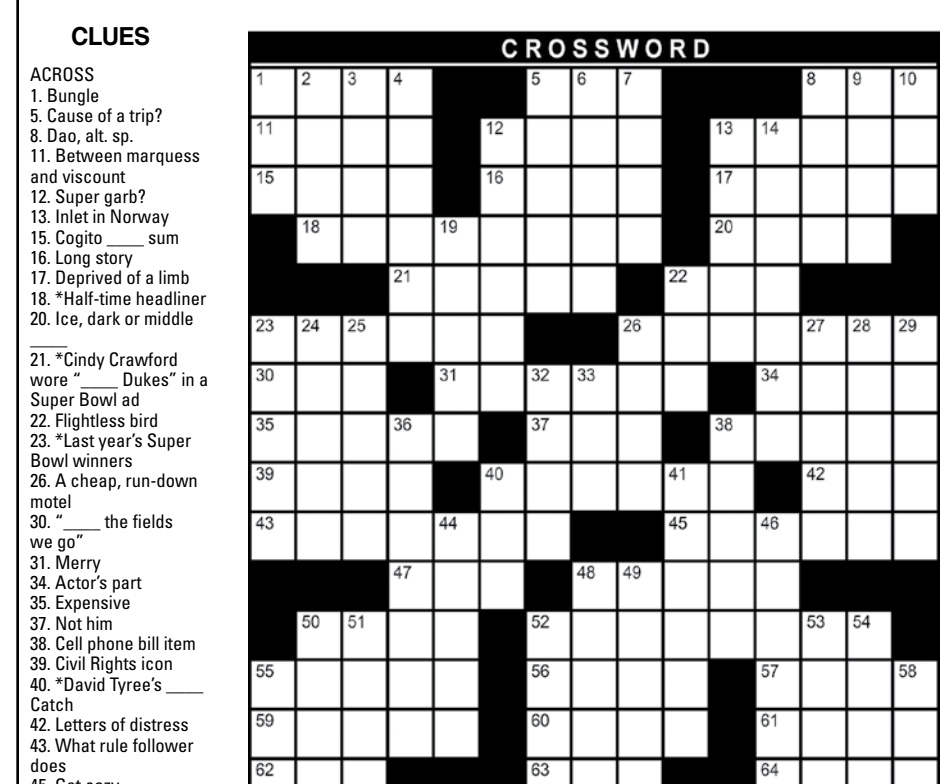
## GRIN and BEAR IT



Just Like Cats & Dogs by Dave T. Phipps



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- CLUES**
- ACROSS**
- Bungle
  - Cause of a trip?
  - Dao, alt. sp.
  - Between marquess and viscount
  - Super garb?
  - Cogito \_\_\_\_ sum
  - Long story
  - Deprived of a limb
  - \*Half-time headliner
  - Ice, dark or middle
  - \*Cindy Crawford wore \_\_\_\_ "Dukes" in a Super Bowl ad
  - Flightless bird
  - \*Last year's Super Bowl winners
  - A cheap, run-down motel
  - \_\_\_\_ the fields we go"
  - Merry
  - Actor's part
  - Expensive
  - Not him
  - Cell phone bill item
  - Civil Rights icon
  - \*David Tyree's \_\_\_\_ Catch
  - Letters of distress
  - What rule follower does
  - Get cozy
  - Greed, biblical-ly-speaking
  - Grieve for the dead
  - Time period
  - \*Team with most Super Bowl appearances
  - 3600 seconds, pl.
  - Casino chip
  - Salmon's output
  - En \_\_\_\_, all together
  - Like Piper of Hamelin
  - Uber alternative
  - \_\_\_\_ Robinson
  - Acronym, abbr.
  - "Come Sail Away" band
- DOWN**
- Service charge
  - Songbird
  - Craving
  - Marilyn Monroe, e.g.
  - \_\_\_\_ lazuli
  - Hot
  - 52 cards
  - Hefty volume
  - Greek god of war
  - 10, 1, e.g.
  - Cherry red
  - Post vitriol
  - \*Team with no Super Bowl appearances
  - Looney Tunes duck
  - Architectural add-on
  - Meat of coconut
  - Roman king of Judea
  - Like certain whiskey
  - Grow crop
  - Brag
  - Algorithmic language
  - Ganders' companions
  - Tom Jones's "\_\_\_\_ a Lady"
  - Rolodex abbr.
  - \*\_\_\_\_ Superdome
  - Wombs
  - Lady lobster
  - Hardened
  - Follows wash
  - Pig sounds
  - Bouncing off the walls
  - Weasel's aquatic

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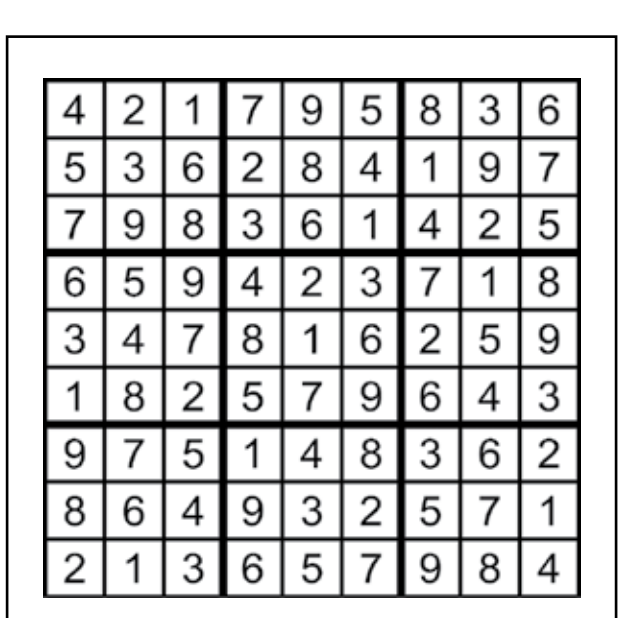
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# Sacramento State Opens New Art Studio Lab

By Daniel Wilson,  
Sacramento State  
University

**SACRAMENTO REGION, CA (MPG)** - Sacramento State University's new Art Studio Lab is officially open and will begin welcoming students for classes for the spring 2025 semester.

A ribbon cutting on Nov. 12 welcomed members of the campus community and public to celebrate the milestone as art department students and faculty prepare to move in.

"This creative space has been designed with purpose," said Christina Bellon, interim dean of the College of Arts and Letters, during the ceremony. "Each square foot, from the studios to the communal workspaces to the indoor and outdoor installation areas, is thoughtfully planned to give students and faculty access to the resources they need to grow as artists and as professionals."

The 20,377-square-foot, \$18.5-million building, between the old Art Sculpture Lab (ASL) and the ASI Children's Center, meets LEED Silver Standards and features large windows, a lobby gallery, a 3D technology lab, drawing and painting labs, a metal shop, graduate studios, an outdoor sculpture yard and more significant amenities.

During the ceremony, art



Sacramento State University President Luke Wood is joined by local dignitaries, university staff and students for the ribbon cutting ceremony for the new Art Studio Lab building. Photos courtesy of Sacramento State University

department Chair Rachel Clarke thanked many individuals associated with the project.

"The new ASL affirms the Sacramento State Art department's reputation as the preeminent institution to study art in Northern California," Clarke said. "The high level of instruction, along with the excellent new facilities, will give students all the tools they need to succeed, fulfilling the art department's mission to educate the next generation of artists, educators and scholars."

The new Art Sculpture Lab replaces its predecessor, which served as a California Department of Fish and Wildlife warehouse from 1951 until 1971, when Sacramento State University acquired it and utilized it as an art education and creation space.

Sacramento State

University broke ground on the new Art Sculpture Lab, which was designed by HGA and built by Otto Construction, on June 30, 2023. The university continues to offer potential donors opportunities to support the project, including naming the building and its rooms. Clarke said ongoing fundraising efforts, such as selling engraved bricks that are installed in key locations outside the building, have been successful.

"We are still looking for a building and studio naming donors because we would like to have a substantial endowment that we can use to support new initiatives, like the ASL sculpture garden and our 3D technology space," Clarke said. "It will mean that we can continue to invest in and sustain the technology, machinery and equipment we use in our programs."



AI generated the new art building provides students with an advanced artistic environment.

The department originally planned to move students into the building this semester but construction delays altered those plans. Over winter break, the department is moving in more equipment and furniture, including \$300,000 worth of items funded by the university, as they prepare for students to use the new space full-time in the spring.

"We are on target to start teaching there at the beginning of next semester," Clarke said. "In the spring, there will be drawing and painting classes, sculpture classes and all the shops - wood, metal, wood construction, wax and plaster - will be in full use. The kilns will be working and the grads will be in their studios."

The old Art Sculpture Lab will be used by the department for the foreseeable future. The art department produced a book

commemorating the old structure that will be made available to donors of \$250 or more, in addition to an engraved brick. The book will also be available at a donation level of \$75.

The book was a collaboration with photography professor Eliza Gregory and her students. It includes photos from the last time the old Art Sculpture Lab was fully operational, along with photos submitted by alumni and emeritus faculty, as well as interviews with former students and faculty.

Sacramento State University President Luke Wood suggested the new structure will have significant long-term impact.

"This facility stands as a testament to what we can achieve together, and it will serve as a beacon of creativity and innovation for generations of Sacramento

State students for years to come," Wood said. "We are here to celebrate our ongoing commitment to providing innovative, hands-on learning experiences for our students and providing the space for our faculty that they need to guide our students as we they grow the next generation of artists."

Master of Fine Arts graduate student Sokthea Chan, who also earned a bachelor's degree in studio art from Sacramento State University in 2014, talked about the importance of collaborative art spaces.

"I hope for the future of the new ASL, there will be opportunities for artists in all fields to be able to connect with each other, have a collaborative space and also share innovative ideas with one another, regardless of where we are in our academic journey," Chan said.

Amari C. Moore, a Bachelor of Fine Arts student studying studio art, expressed gratitude for all the opportunities afforded by the art department and compared the old and new spaces.

"(The old ASL) has been a place of learning, refining our gifts and talents while building this strong sense of community and friendship," Moore said. "It is my hope that this new space will continue to do just that on an even bigger level." ★

## SAFE Accepting Applications for Grant to Support Financial Literacy



SAFE Financial Educators and Volunteers help with a Budget Cents budgeting simulation at Mesa Verde High School. SAFE supports financial education through its own programs like Budget Cents and by awarding grants to nonprofits offering courses to youth and underserved communities. Photo courtesy of SAFE Credit Union

### SAFE Credit Union News Release

**FOLSOM, CA (MPG)** - SAFE Credit Union will grant \$20,000 to a Sacramento-region nonprofit offering financial literacy programs to help people gain the fundamental knowledge and skills necessary to build solid financial futures.

Applications are being accepted online through Monday, Feb. 3 on SAFE's website.

"As a financial institution that serves thousands of families, we see firsthand how important it is for people to understand basics like how credit works, saving for emergencies, and budgeting to be sure you can cover all your expenses," said SAFE Credit Union Vice President Community Relations and Financial Education Rebecca Delmundo. "Unfortunately, not everyone learns this from their families or in school. We're happy to see more nonprofits offering programs that help people learn how to successfully handle their finances, and SAFE is

ready to help support their efforts."

The grant will be awarded to support a program operated by a nonprofit that provides financial education programs to youth and/or underserved communities.

SAFE Credit Union has four grant cycles a year, awarding up to \$20,000 each round to nonprofits with programs that support financial wellbeing, education opportunities, affordable housing and workforce development. More information on SAFE's grant program and other philanthropic efforts is available at [safecu.org/community/community-impact](http://safecu.org/community/community-impact).

Grants are just one way SAFE supports financial education in the community. The credit union offers no-cost financial education programs to high school students and young adults through its interactive budgeting simulation, Budget Cents. It also hosts in-person workshops and webinars on general topics such as saving strategies, handling debt, setting up trusts and home buying. ★

## United States Population Exceeds 340 Million

By Daniel Canfield,  
Compiled from the  
United States Census  
Bureau Website

**SACRAMENTO REGION, CA (MPG)** - The U.S. Census Bureau projected the U.S. population would reach 341,145,670 at midnight EST, on Jan. 1, 2025. This represents an increase of 2,640,171 (0.78%) from Jan. 1, 2024, and an increase of 9,696,329 (2.93%) from Census Day (April 1) 2020.

By comparison, just before the nation's independence nearly 250 years ago, the 13 colonies had about 2.5 million residents.

In January 2025, the United States is expected to experience one birth every 9.0 seconds and one death every 9.4 seconds. Net international migration is expected to add one person to the U.S. population every 23.2 seconds.

The combination of births, deaths and net international migration increases the U.S. population by one person every 21.2 seconds.

The projected world population on Jan. 1, 2025, is 8,092,034,511, up 71,178,087 (0.89%) from New Year's Day 2024. During January 2025, 4.2 births and 2.0 deaths are expected worldwide every second.



The U.S. Census Bureau projected the U.S. population would reach 341,145,670 at midnight EST on Jan. 1, 2025. Photo courtesy of Pixabay

The Census Bureau's Population Clock, located at [www.census.gov/popclock/](http://www.census.gov/popclock/), displays simulated real-time growth of the United States and world populations. The U.S. Population Clock shows the population by age (0 to 100+) and sex, as well as the highest-density states, counties and cities.

At the end of each year, a revised series of population estimates from the census date forward is used to update the short-term projections for the population clock. Once the updated series of monthly projections is completed, the daily population clock values are derived by interpolation. Within each calendar month,

the daily numerical population change is assumed to be constant, subject to negligible differences caused by rounding.

The U.S. Population Clock identifies California as currently the most populous state in the U.S. with a population of 39,431,263, up 466,070 (1.2%) from a year ago.

Rounding out the top five most populous U.S. states is Texas in second-place with a population of 31,290,831, Florida in third-place with a population of 23,372,215, New York in fourth-place with a population of 19,867,248 and Pennsylvania in fifth-place with a population of 13,078,751. ★

## UC Davis Tallies Record Enrollment Numbers

By Julia Ann Easley,  
University of California, Davis

**SACRAMENTO REGION, CA (MPG)** - The University of California, Davis, released systemwide enrollment statistics on Jan. 7. The University of California, Davis, welcomed one of its most diverse entering classes and became eligible to be one of the nation's few research-intensive universities designated as a Hispanic-Serving Institution, as it enrolled a record 41,239 students in fall 2024.

At Davis, overall enrollment,

including undergraduate, graduate and professional students as well as 1,174 veterinary and medical residents and interns, increased by 391 students, or 0.9%, over fall 2023.

UC Davis enrolled 9,443 new undergraduates: 6,767 as first-year students direct from high school, 2,656 as transfer students and 20 others seeking a second undergraduate degree.

In late October, UC Davis announced Latinx enrollment had reached a new peak of about 8,100 students or 25.1% of undergraduate full-time-equivalent students. That

surpasses the U.S. Department of Education's criteria of at least 25% to be considered a Hispanic-Serving Institution.

The campus has long-sought Hispanic-Serving Institution designation to underscore its commitment to serving Latinx students. The status would also make the university eligible to apply for competitive grants from the federal government and foundations to support student success, innovation and institutional transformation benefiting all students.

The new undergraduates come

from 56 of California's 58 counties, 47 states and U.S. territories, and 48 countries. Approximately 83.4% are California residents, 4.6% are U.S. domestic students from outside California, and 12.1% are international students.

Among new California undergraduates, the percentage of students from historically underrepresented groups (African American, American Indian, Hispanic/Latino(a) and Pacific Islander) increased to 37.5%, the highest percentage in more than 25 years. Last fall, the percentage was 36.2%.

Among the new students, 40.8% indicated they would be in the first generation of their family to graduate from a four-year university. About 31.3% of all new undergraduates were considered low income, and 38.8% were recipients of the federal Pell Grant for low-income students.

Robert Penman, executive director of Undergraduate Admissions, said the average grade point average, or GPA, for first-year students was 4.04, and the median was 4.08. More than 75% of first-year students had a weighted GPA above 3.92. ★