



### It's Girl Scout Cookie Season

PAGE 5

### Center High School Students Learn to Master Media

PAGE 3



# THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

FEBRUARY 28, 2025

## SEE INSIDE

### DRUMMING UP HISTORY



PAGE 5

### CURLING COMES TO SACRAMENTO



PAGE 10

### KINGS KORNER: QUESTIONS THE POINT GUARD



PAGE 9

## Little League Season Opens Saturday



The Little League parade last year had several team floats decorated. Photo courtesy of Rio Linda Little League

By Ormella Rossi

**RIO LINDA, CA (MPG)** - The Rio Linda Little League will mark the start of its 66th season on Saturday, March 8, with a festive parade down M Street, beginning at 9 a.m. The parade will feature 29 team floats, all decorated in line with this year's theme: mascots.

In addition to the colorful floats, the parade will be led by 15 classic cars from the Cherriettters Car Club, with several local organizations also joining the procession. Participating groups include the Rio Linda Lions Club, American Legion Hall Post 521 and Capitol Quarter Midget Association.

"Opening Day is more than just the start of the season; it's a celebration of our community, our players and the love of the game," said Rio Linda Little League President Brooke



At the 2024 Rio Linda Little League events, the parade made its way through town. Photo courtesy of Rio Linda Little League

Riley-Sowles. "At Rio Linda Little League, we're proud to provide a place where kids can learn teamwork,

build confidence and create lifelong memories. We're excited to kick off another season of fun, growth and great baseball and softball. Let's play ball."

This beloved tradition has become a fixture in Rio Linda, with the community eagerly awaiting the parade each year. The league is one of the few still holding such an event, according to the Rio Linda Little League.

The opening day festivities will continue after the parade with a variety of activities at Babe Best Park, including food and craft vendors, a recognition ceremony for the 2024 All-Star players, and the announcement of the top parade float winners. Additionally, top fundraiser sellers will be honored, and opening day games will kick off the new season.

The Rio Linda Little League serves *Continued on page 3*

## Drain After Rain to Prevent Mosquitoes



Eliminating mosquito breeding grounds now will significantly reduce their population later in the season. MPG file photo

### Sacramento-Yolo Mosquito and Vector Control District News Release

**SACRAMENTO REGION, CA (MPG)** - The recent rain has left behind stagnant water. Since temperatures are expected to increase over the next few days, this can create the perfect combination for mosquitoes to breed, according to the Sacramento-Yolo Mosquito and Vector Control District on Feb. 20.

The Sacramento-Yolo Mosquito and Vector Control District reminds the public to "drain after the rain" to prevent mosquitoes from breeding.

"Mosquitoes complete their life cycle much faster in warm weather. We encourage all residents to do their part and help us drain standing water from common backyard sources such as buckets, flowerpots, bird baths, old tires and other small containers that may breed mosquitoes. Eliminating mosquito breeding grounds now will significantly reduce their population later in the season," said district manager Gary Goodman.

This is particularly important for preventing the spread of invasive mosquitoes *Aedes aegypti* and *Aedes albopictus*, which continue to expand across both counties. Invasive mosquitoes are a public health threat because they are capable of transmitting debilitating diseases such as Zika, dengue and chikungunya. Invasive mosquitoes were detected for the first time within district boundaries in 2019 and since then have been spreading quickly.

As spring begins next month and warm, dry weather sets in, mosquitoes are likely to keep thriving. Although it's still early in the year, it's crucial for the public to stay protected against mosquitoes and diseases such as West Nile virus.

"The best protection against mosquitoes is to wear an effective repellent when spending time outdoors" Goodman said.

To report any stagnant water, mosquito breeding problems or request a free home-service inspection including mosquito fish for your pond/fountain, call *Continued on page 3*

## Commemorating 175 Years of Service

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - This year marks a significant milestone in the history of Sacramento County as it celebrates its 175th anniversary, also known as its demisemiseptennial.

Since its founding on Feb. 18, 1850, Sacramento County has been at the forefront of service delivery, evolving to meet the needs of its residents with integrity and innovation. Sacramento County was incorporated in response to the needs of a growing population. The county is one of the original 27 counties of California. The county charter was established in 1933 and is still in use today.

Sacramento County's population in 1850 was 9,087. Today, the county serves more than 1.6 million residents across its landscape. Over the past 175 years, Sacramento County has remained



The current Sacramento County Board of Supervisors are, from left, Patrick Kennedy (District 2), Phil Serna (District 1), Rosario Rodriguez (District 4), Rich Desmond (District 3) and Pat Hume (District 5). Photo courtesy of Sacramento County

committed to providing essential services that enhance the quality of life for all who call it home.

The county's responsibilities to its residents have grown over the years, pursuant to the county charter

or ordinances or by state or federal mandate to provide health and welfare, criminal justice and municipal services (including law enforcement), as well as other services to county residents.

Major services include the Airport System, Animal Care and Regulation, Clerk-Recorder, Criminal Justice, Health and Welfare, Property Tax System, Regional *Continued on page 4*



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# Sac State Recognized for High Research Activity

By Cynthia Hubert, Sacramento State University

**SACRAMENTO, CA (MPG)** - Sacramento State University has joined a prestigious group of universities across the country that boast a significant commitment to research and scholarly activities.

The Carnegie Foundation for the Advancement of Teaching has, for the first time, recognized Sacramento State University for its “high research activity” and number of awarded research doctoral degrees by designating the university as an R2 institution.

The recognition is a point of pride for the university, one that signals its ongoing commitment to scholarly work and that will help it attract and retain top faculty, provide students with valuable research opportunities and impact the larger community.

Research is nothing new at Sac State, which annually is awarded millions of dollars in funding for such projects. But in recent years, the university has increased the number of doctoral degrees necessary to earn the coveted Carnegie designation.

“In many ways, the R2 designation is a natural progression for us,” said Lisa Hammersley, interim associate vice president for Research, Innovation, and Economic Development. “This is recognition of the level of scholarship that our faculty has engaged in for quite some time,” she said. “I’m very excited about the designation.”

President Luke Wood



The Carnegie Foundation for the Advancement of Teaching has, for the first time, recognized Sac State for its “high research activity” and number of awarded research doctoral degrees by designating the University as an R2 institution. Photo courtesy of Sacramento State University

said the recognition marks a “pivotal moment” for the University.

“It’s a testament to the exceptional work of our faculty, students and staff who have taken our research and creative activities to new heights,” Wood said. “Their dedication to engaging in critical research focused on solving real-world problems and to creating new knowledge has transformed our campus into a hub of innovation and discovery.”

Carnegie classifies academic institutions as either R1, R2, or “Research Colleges and Universities” to illuminate the depth of their research footprints and resources.

Sac State has been classified in the R2 category, putting it among

institutions that spend at least \$5 million on research and development and produce at least 20 research doctorates in a single year.

In fiscal year 2023, Sac State University received \$28 million in research funding and awarded 26 research doctorates. The university joins 138 other institutions, including 16 in California, that have achieved R2 status.

R1 institutions are those that spend at least \$50 million on research and development and produce at least 70 research doctorates each year. The third category, where Sac State previously resided, focuses solely on research activity.

Even as it celebrates the milestone, however, Sac State will continue to prioritize teaching.

“We already have been recognized as a high-quality teaching institution,” Hammersley said. “Our graduation rates have increased. We have a diverse student body with great support programs. We are a caring institution that supports mental health and wellness. Now we are being recognized for our research, which we really have been doing all along.”

“It’s all part of the student success story.”

Students play an active role in many research programs at the University, allowing them to build their resumes while working on meaningful projects that benefit the region and beyond.

Among many examples, Chemistry Professor Katherine McReynolds and

her students study agents capable of slowing the spread of deadly viruses. In collaboration with University of California, Davis, graduate students in biology are studying stem cells and their potential to treat and cure devastating illnesses including cancer. Psychology students led by Professor Erin Rose Ellison are working with elementary school children to research ideas for improving a creek that runs behind their campus.

The ability to engage in high-impact research at an institution that still prioritizes teaching can be attractive to prospective students who are considering where to attend college.

“The R2 designation beautifully complements Sacramento

State’s longstanding reputation for teaching excellence,” said Carlos Nevarez, interim provost and vice president of Academic Affairs.

“When our faculty engage in high-level research, it enriches the learning experience for our students, from undergraduates working alongside professors in laboratories to doctoral candidates developing groundbreaking research of their own. This synergy between teaching and scholarship creates a dynamic learning environment where students don’t just learn about discoveries; they help make them.”

The designation is a catalyst for advancing Sac State’s fundamental commitments to student success; diversity, equity and inclusion; innovation and wellness, Nevarez said.

Practically speaking, Nevarez added, it opens doors to expanded funding opportunities, enhanced industry partnerships and deeper community engagement.

“This recognition will expand opportunities for our diverse student population to engage in meaningful research that addresses real community challenges,” he said. “It strengthens our ability to support innovative research that promotes health equity, social justice and community well-being.”

“Most importantly, it will help us create more inclusive pathways into research careers, ensuring that tomorrow’s researchers and innovators will reflect the rich diversity of California,” Nevarez said. ★



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# Center High School Students Learn to Master Media

By MPG Staff, compiled from the Center Unified Joint School District website

**ANTELOPE, CA (MPG)** - The February edition of the Center Unified Joint School District Newsletter includes a video message from Superintendent Scott Loeher. The message is refreshing and positive but perhaps most noteworthy is the video is completely produced by Center High School students within the Center High School Media Communication Academy.

The Center High School Media Communication Academy is an award-winning school within a school.

The academy was created to assist students who were looking for more than the traditional high school model. Student schedules include four media communications courses for sophomore and junior years and three to four media communications courses in senior year. By signing an annual contract, Media Communication Academy students become responsible for their own success.

Media Communication Academy teachers work as a team to assist students with



Center Unified Joint School District Superintendent Scott Loeher poses for a photograph with Center High School students from the school's Media Communication Academy. Photo courtesy of Center Unified Joint School District

goal setting, personal development and academic success while monitoring progress. The benefits from being in the academy are numerous. The benefits include smaller class sizes, cross curricular projects, real world field trips, hosting and participating in media events, state of the art computer labs and television studio.

The use of technology during instruction enhances student learning. Students create integrated curriculum projects as well as digital presentations

all three years in the academy, while mastering common core standards.

Mentoring is a key component for success. Local business partners mentor students to provide real world experiences and opportunities for internships.

Field trips are designed to improve attendance and academic performance, while creating unique bonding experiences. Media Communication Academy students visit several colleges and television studios, film studios, as well as tour

historical locations and attend cultural events.

Freshmen have the opportunity to take the pre-academy electives that may increase their opportunity for acceptance into the academy their sophomore year.

Center High School's Media Communication Academy graduates have been accepted into CSU, UC, and private colleges and many are currently working in the various media fields.

The mission of the Media

Communication Academy is to prepare students for life; thus, the academy's motto has become, "LIFE PREP".

The Media Communication Academy is supported by California Partnership Academies and the California Department of Education. Funding for the academy programs comes from California Department of Education, Center Joint Unified School District and local businesses. ★



Students from the Center High School Media Communication Academy work on video editing equipment. Photo courtesy of Center Unified Joint School District

## Drain After Rain to Prevent Mosquitoes

Continued from page 1

1-800-429-1022 or fill out a free service request online at FIGHTtheBITE.net.

The Sacramento-Yolo Mosquito and Vector Control District provides year-round mosquito and vector control services in Sacramento and Yolo counties. The main goal for the district is to protect public health by preventing the transmission of diseases and improving the quality of life for all residents.

Practice the District D's of Mosquito Prevention:

Drain standing water that could

produce mosquitoes.

Dawn and dusk are times to avoid being outdoors.

Dress appropriately by wearing long sleeves and pants when outside.

Defend yourself by using an effective insect repellent. Make sure to follow label directions.

Door and window screens should be in good working condition.

District personnel are also available to address any mosquito problems. Call 1-800-429-1022 or visit FIGHTtheBITE.net for help. ★

## Little League Season Opens Saturday



The Rio Little League is one of the few still holding such a parade, according to local representatives. Photo courtesy of Rio Linda Little League

Continued from page 1

about 347 local youth, providing baseball and softball programs. The season will run through May 17.

Local businesses have supported the league through sponsorships, and the league is grateful for their continued partnership.

Sponsors include Tunnel Vision 916, Tummy's Sub Shop, Gregory Realty, CBARC Ranch, Yui Marlu Japanese Restaurant, Dick's Sporting Goods, Meg's Creamery, Legendary Lawn and Pool, Home Run Plumbing, Rio Linda Dental, MC

Transportation, Rio Pub, T-Rex Auto, A-1 Storage, Cherrieters Car Club, Elkhorn Moose Lodge, Door Pros, Rio Linda Gas & Mart, Salon Cuvee, Rio Linda Lions Club, Napa Auto of North Highlands, RCI Plumbing and Totten Tubes. ★



The Rio Linda Little League provides baseball and softball programs for about 347 local children. Photo courtesy of Rio Linda Little League

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I can't figure this out	I will direct you
I'm not enough	You are more than enough
I can't keep going	I will carry you
I'm not strong enough	I am
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I hate myself	I love you

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# Over-the-Counter Medication Free at County Jails



An over-the-counter medications program has safeguards in place to prevent misuse. Photo courtesy of Sacramento County

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is improving health-care services for its justice-involved population by implementing free over-the-counter medications to patients through the jail commissary. This initiative marks a significant step toward enhancing the quality and accessibility of medical care within the correctional system.

The program is designed to empower individuals in custody to manage their basic health needs, allow them access to items normally purchased at a pharmacy, and ensure patients receive timely relief for minor health concerns without waiting for a nurse or doctor visit. Through this initiative, which rolled out in late 2023 and was heavily advertised in early 2024, patients have access to medications for common conditions such as allergies, mild pain, constipation and rashes.

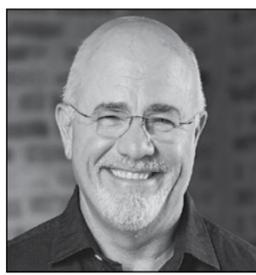
“Having free medications in the commissary empowers patients to take care of their own basic needs and lessens the burden on our healthcare system. It has been a great addition and the patients appreciate it,” said Tianna Hammock, Department of Health Services Division Manager.

The program is thoughtfully designed with safeguards in place to prevent misuse. High-risk patients, including those in intensive mental health housing, are required to be seen by medical staff before accessing medication, ensuring their

unique needs are appropriately addressed. The introduction of free over-the-counter medications has already had a significant impact on the efficiency of the county correctional health system. Before the program’s launch, an additional 10% of Health Service Requests were submitted by patients, each requiring a nurse visit, medication orders and distribution through pharmacy and nursing staff. By addressing these minor health concerns directly through commissary, the program has dramatically reduced the workload for nurses, allowing them to focus on more critical and complex medical cases. This not only enhances the overall quality of care but also optimizes the use of resources across the system.

This approach aligns closely with the best practices outlined by the National Commission on Correctional Health Care, reflecting Sacramento County’s commitment to meeting and exceeding national standards in correctional healthcare. The program has garnered attention from other counties, which have reached out to learn from Sacramento’s successful implementation process.

Sacramento County Department of Health Services and Adult Correctional Health’s mission is to provide for the health and well-being of every inmate patient in a county jail. To learn more about Sacramento County’s Adult Correctional Health, visit its website at [dhs.saccounty.gov](http://dhs.saccounty.gov). ★



Dave Ramsey

## Dave Ramsey Says

### It’s Not the Answer

Dear Dave,

I just finished paying off my credit card bills from last Christmas, and I’ve made a resolution that it’s the last time I’m going into debt for the holidays. With that in mind, how do you feel about using layaway programs when it comes to buying Christmas gifts, instead of putting purchases on credit cards?

– Marty

Dear Marty,

Here’s a good rule of thumb for pretty much all spending, not just Christmas gifts. If you can’t buy it with cash up front, you can’t afford it. The only thing I generally give folks a little wiggle room on is when it comes to buying a house. Very few people have enough money set aside to write a check for a home.

Now, sometimes there might be cases when certain popular items are on sale, and you can set them

aside through layaway if you don’t have cash at the moment. I don’t have a huge problem with this sort of thing, as long as it’s not habitual behavior. But in general, I’m not a big fan of layaway programs. I know they seem harmless to most folks, but some stores attach hidden fees and other “gotchas” to their layaway programs. On top of that, they’re not the best answer to the problem of running up a mountain of debt at Christmas.

Think about it. Christmas comes at the same time every year, right? I mean, it’s not like it sneaks up on you. So, wouldn’t it be a better to start living on a written budget, and saving up money for Christmas ahead of time? Set aside a little bit each month leading up to December, and by the time Christmas 2025 rolls around, you’ll have a big pile of cash just waiting to be turned into Christmas gifts. And the best part? No financial hangover in January and

February from all the debt you piled up.

So, if you’re not already doing this, Marty, I want you to start living on a budget. Give every dollar you bring in a job to do, on paper, before the upcoming month begins. Include Christmas spending in your budget, too.

And always remember, Christmas is about God’s love for us. Not about impressing people by spending money you don’t have!

– 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. ★*

## Commemorating 175 Years of Service

*Continued from page 1*  
Parks, Transportation, Waste Management and Recycling, Voter Registration and Water Resources.

As part of our 175th anniversary celebration, we invite you to share your historic photos of Sacramento County. Whether it's a beloved landmark, a community

event or a special moment in time, we want to showcase your memories on our county website. Share your historic photos at [sac-county.wufoo.com/forms/celebrate-sacramento-countys-175th-anniversary](http://sac-county.wufoo.com/forms/celebrate-sacramento-countys-175th-anniversary).

Join us throughout the year as we commemorate 175 years of service, innovation and community spirit.

For more information about Sacramento County’s demisemiseptcentennial celebrations and to learn more about the essential services provided, visit the county’s 175th Anniversary website at [pio.saccounty.gov/anniversary175](http://pio.saccounty.gov/anniversary175).

This newspaper will also run monthly updates about the demisemiseptcentennial celebrations. ★

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<p><b>Church of Christ</b> <i>Worship God’s Way</i> <i>Minister Eric Smith</i> 6818 4th Avenue Rio Linda, CA 95673 (916) 991-2668 Church 10:30 a.m.</p>	<p><b>HARVEST MISSIONARY CHURCH</b> 6715 18TH STREET RIO LINDA, CA 95673 <b>PASTOR VALERIY BAYKO</b> SUNDAY SCHOOL 10.00 AM SUNDAY SERVICE 10.30 AM COFFEE &amp; FELLOWSHIP 12.30 AM (916) 915-4611 <a href="http://WWW.HARVESTMC.ORG">WWW.HARVESTMC.ORG</a></p>	<p><b>NEW BEGINNINGS FELLOWSHIP</b> <i>Pastor Deonte Walters</i> 10th and O Streets (916) 991-2918 Sunday School 9 a.m. Sunday Worship 10:30 a.m.</p>
<p><b>Rio Linda Seventh Day Adventist Church</b> 7535 - 10th St. and U Rio Linda Sabbath School 9:15 a.m. Worship Services 11 a.m.</p>	<p><b>North Metro Church of Christ</b> 4191 Norwood Ave., Sacramento 95838 (916) 923-1147 <i>Minister Pete Savage</i> SUNDAY Bible Classes: 10 a.m. Worship: 11 a.m. Worship: 6 p.m. Wed. Bible Classes: 7 p.m.</p>	<p><b>LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP</b> <i>Pastor Shannon Fannin</i> Liberty Ministries extends an invitation to come and join us for Celebration Worship Sunday 9 a.m. Youth Extreme &amp; Food Closet (916) 922-6442 4840 Marysville Blvd. <a href="http://www.libertymcf.net">www.libertymcf.net</a></p>
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# It's Girl Scout Cookie Season

**Girl Scouts Heart of Central California News Release**

**SACRAMENTO, CA (MPG)** - Girl Scouts Heart of Central California (GSHCC) is excited to announce the 2025 Girl Scout Cookie Season, running from Feb. 21 through March 16. This Cookie Season will span communities in the Greater Sacramento, Stockton, and Modesto regions.

When girls participate in the Girl Scout Cookie Program, the largest entrepreneurial program in the world, they acquire a host of invaluable entrepreneurial skills, including goal setting, money management, decision making, people skills, and business ethics. Each box of cookies sold allows Girl Scouts to develop an inextinguishable entrepreneurial spirit, gaining courage, confidence, and character as they conquer new feats and embark on new adventures. Girl Scouts obtain transferable life skills through various badges and awards, including Cookie Business badges, Financial Literacy badges, Cookie Entrepreneur Family pins, and Entrepreneur badges.



Girl Scouts of Northern California with their cookie display. Photo courtesy of Girl Scouts of Northern California.

“GSHCC’s Cookie Program goes beyond selling fan-favorite cookies; it ensures a bright and promising future for our Girl Scouts,” said Girl Scouts Heart of Central California CEO Linda E. Farley, Ed.D. “Through the Cookie Program, girls acquire important skills in goal setting,

decision-making, money management, people skills, and business ethics — skills that will help them make an impact in the world and become our future leaders.”

Starting on Feb. 21, Girl Scouts will be selling cookies at booths

grocery stores, shopping centers, and community events across the region. Girl Scouts Heart of Central California encourages cookie enthusiasts to support Girl Scouts by using the Girl Scouts Heart of Central California Cookie Finder website feature, which provides

an easy and convenient way to locate cookie booths in the community.

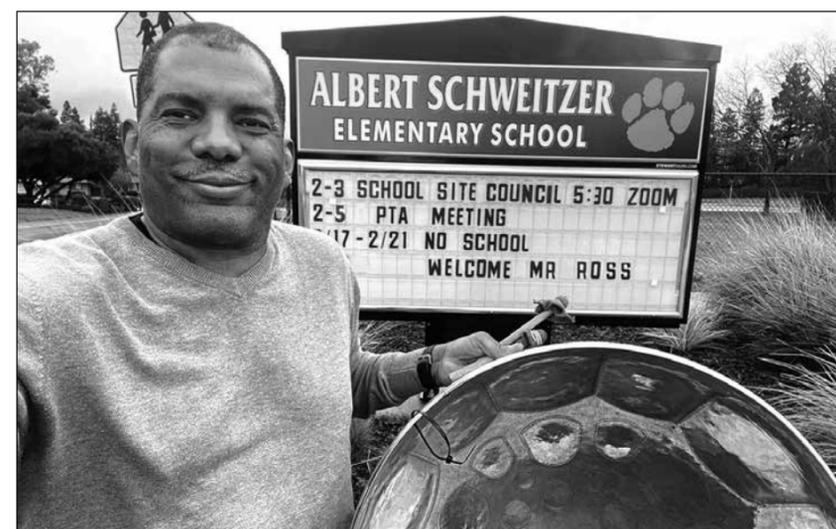
About Girl Scouts Heart of Central California

Girl Scouts Heart of Central California is dedicated to building girls of courage, confidence, and character, who make the world a better place. Through various programs and initiatives, the organization empowers girls to take the lead in their lives and communities.

Headquartered in Sacramento, Girl Scouts Heart of Central California serves more than 16,000 girl and adult members across 18 counties including: Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yuba, and Yolo.

Backed by trusted adult volunteers, mentors, and millions of alums, Girl Scouts lead the way as they find their voices and make changes that affect the issues most important to them. To join us, volunteer, reconnect, or donate, visit [www.girlscoutshcc.org](http://www.girlscoutshcc.org). ★

## Drumming Up History



Martin Ross takes his steel drum to Albert Schweitzer Elementary to illustrate the development of African music during Black History Month. Photo courtesy of Martin Ross

**By Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Musician and community activist Martin Ross marked Black History Month (February) with a presentation detailing the evolution of Black percussion at Carmichael’s Albert Schweitzer Elementary School.

Hauling his steel drums to the class of teacher Suzanne Anderson, Ross (55) faced fourth- to sixth-graders. His tutorial demonstrated African polyrhythm and its eventual collision with European music.

“The kids and I were able to conclude that sometimes, out of difficult circumstances, beautiful things arise,” Ross said. “They danced, they played instruments and we all had fun. We agreed that sharing love is the best way forward for everyone.”

Ross, a former Salvation Army pastor who uses music and sports to reach children, was recently listed among the 20 “Top Black Changemakers” for Sacramento.

He first heard steel drums while studying at University of California, Berkeley.

“The musicians told me what their instruments were,” Ross said. “I loved the joyous sound. Next semester, I joined them.”

In the Salvation Army, Ross got 10,000 hours of steel drum practice while collecting outside stores at Christmas.

“Music’s done so much good in my life and career,” Ross said. “I’ve used it in tutoring, particularly with kids from underserved

areas. The steel drum’s festive sound crosses many cultures. When I’m playing, I feel I’m connecting with everyone.”

Ross is now an executive for the non-profit Health Education Council. He sits on the Carmichael Park District board; chairs Sacramento County’s Equal Employment Opportunity Advisory Committee and is a Sacramento Housing and Redevelopment Agency commissioner. The six-foot-plus taekwondo black belt teaches martial arts to youth and has coached basketball, track and race-walking.

His Schweitzer School workshop was presented by the Carmichael Kiwanis’ K-Kids group and club Treasurer Wayne Lang, as part of Black History Month programs.

Ross also told students about his uncle, Warner Freeman, who helped the integration of high schools with the historic “Little Rock 9” effort during the 1950s.

“Uncle Warner is a proud part of my family and an inspiration,” Ross said. “Like me, he was a musician. He played classical guitar and sometimes jammed with Bob Dylan and Joan Baez. He also taught martial arts. He knew all along that he wanted to teach.”

“The arts and sports create a sense of belonging for some kids who don’t do so well academically,” Ross continued. “Both are additional motivations for kids to stay in school and graduate.”

Contact Ross at [rossmtca@gmail.com](mailto:rossmtca@gmail.com) for more information. ★

## Shelf-Ready ADU Plans Welcomed

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - On a roughly one-acre property in rural northern Sacramento County, Rick Field is one of the first county residents to build an Accessory Dwelling Unit (ADU) using the county’s shelf-ready plans.

Sacramento County’s new shelf-ready Accessory Dwelling Unit plans have been met with enthusiasm from residents in the unincorporated areas, with the first units already in the construction phase. The program, which offers free, pre-approved detached Accessory Dwelling Unit plans, has made the process of adding secondary housing units more affordable and efficient for homeowners.

The plans, which adhere to the 2022 Residential Building Code and have received prior approval from the county’s Building Permits and Inspection Division, speed up the permitting time frame and remove the added expense of having a full set of drawings prepared for a permit. By providing ready-to-use designs, Sacramento County is significantly reducing permitting times and saving homeowners thousands of dollars in architectural and engineering costs.

“We’ve recently set a goal to make Sacramento County the best place to build in the region, and these shelf-ready ADU plans are one way of the ways we are doing just that,” said Troy Givans, Community Development director. “We are thrilled that these plans have been so well-received by our residents. So far, 15 residents have submitted site plans for their ADUs.”

The available plans include two 460-square-foot studio/one-bedroom units, an 870-square-foot two-bedroom unit, a 1,000-square-foot two-bedroom unit and a 1,184-square-foot three-bedroom unit.

To use these plans, applicants must submit a site plan to indicate where on their property the Accessory Dwelling Unit will be placed. While modifications to the pre-approved designs are not permitted, their variety and thoughtful layouts cater to a wide range of needs.

These plans might not work on all parcels within the unincorporated county due to setback and firewall requirements but they should work with most.

Since the launch of the shelf-ready Accessory Dwelling Unit program, residents have responded positively, taking advantage of the cost savings and streamlined approval process. Many homeowners see these Accessory Dwelling Units as a practical solution to housing needs, whether for extended family members, rental income or downsizing while remaining on their property.

One of those residents is Rick Field, the second customer to use Sacramento County’s shelf-ready Accessory Dwelling Unit plans.

“We decided to build an Accessory Dwelling Unit about a year ago,” Field said. “We saw that some other counties had ADU plans available and were on the lookout for plans from Sacramento County.”

Field applied for his Accessory Dwelling Unit in October 2024 and is currently in the construction phase. Although he had hoped for completion in March, some delays have pushed the timeline to April. Despite this, he remains enthusiastic about the program and its benefits.

“The hardest part was getting the site plan drafted. Once that was done, I had the permit within about a week or two,” Field said. “I’m all for these plans. Nothing’s perfect in its first draft but these plans are good.”

Field also praised the responsiveness of the permit department and the continuity of inspections, noting that having the same inspector throughout the process was a huge benefit.

“The Building Permit division has been very responsive. I’ve had an inspector come out and issue a correction ticket and the same guy came out to re-inspect,” Field said. “The continuity was great! Overall, I’ve been very happy with the process and department.”

Living on just under an acre of land, Field saw the Accessory Dwelling Unit as a great way to utilize previously unused space. He plans to rent out the unit, once it’s completed, adding valuable housing to the community.

With interest growing and the first projects moving toward completion, Sacramento County’s initiative is proving to be an effective strategy for expanding housing options in the region.

For more information on the shelf-ready Accessory Dwelling Unit plans, visit [building.saccounty.gov/pages/adu.aspx](http://building.saccounty.gov/pages/adu.aspx). ★

# Mental Health Help Available 24/7

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - In the heart of Sacramento County, a team of compassionate professionals is reshaping the way that mental health crises are addressed.

The Community Wellness Response Team, staffed by trained behavioral health professionals, provides trauma-informed crisis response, ensuring that those in need receive care without law enforcement intervention.

Every call that Community Wellness Response Team members answer highlights the significant impact that they have on individuals in distress.

Earlier this year, a middle-aged man

called, overwhelmed by depression and frustrated from waiting weeks for medication. He had reached a breaking point. He called 988, desperate for help after learning his next medical appointment was still three weeks away. He was angry and ready to end his life.

At the time of the call, he was outside of City Hall and had a plan to provoke an officer so they could help “end it all.” He hung up the call.

Community Wellness Response Team’s mental health counselors sprang into action, meeting the caller at City Hall. Through patient conversation, Community Wellness Response Team specialists provided the

support that the overwhelmed man needed to de-escalate, ultimately transporting him to a mental health urgent-care clinic where he could receive immediate care. By simply showing up and listening, the team changed the course of his life.

This is just one of the thousands of individuals finding hope in moments of despair from the Community Wellness Response Team. From individuals struggling with anxiety, facing loneliness and suicidal ideation to overcoming addiction, the team has been a beacon of support.

“The biggest success is saving lives,” said Alexandria Lose, the Community Wellness Response Team’s mental-health program

coordinator. “Every day, we remind people that they are not alone.”

The work is not without its challenges but the rewards far outweigh them.

“Every day is an honor to serve,” Lose added. “We support each other as a team, and together, we’ve helped over 1,000 callers find a path forward.”

For those facing mental health struggles, the message is clear: Community Wellness Response Team is here 24 hours a day, seven days a week. By dialing 988 anytime, residents can reach this dedicated team that is ready to help, free of judgment and full of compassion. In Sacramento County, hope is just a call away. ★

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ZINFANDEL 2-28-25

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LAU 2-28-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09616  
Jason Powell Hair, 4825 Hazel Avenue, Apt 48, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Jason Powell Hair" 4201 Sunrise Boulevard, Suite E, Fair Oaks, Ca 95628. Filed with the Clerk of Sacramento County December 27, 2024  
Publish: February 7, 14, 21, 28, 2025  
POWELL 2-28-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00484  
LT Realty Investments Inc, 6171 Stockton Boulevard, Suite 190, Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "LTMN Group Inc" 6171 Stockton Boulevard, Suite 190, Sacramento, CA 95824. Filed with the Clerk of Sacramento County January 24, 2025  
Publish: February 7, 14, 21, 28, 2025  
LTMN 2-28-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00435  
Penny Pouneh Ryan, 2351 Sunset Boulevard, Suite 170-#127, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Premium Spirits Wholesale Co" 2351 Sunset Boulevard, Suite 170-#127, Rocklin, CA 95765. Filed with the Clerk of Sacramento County January 22, 2025  
Publish: February 7, 14, 21, 28, 2025  
SPIRITS 2-28-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00437  
BCGC Consulting and Contracting LLC, 807 Douglas Boulevard, Suite 160, Roseville, CA 95678 is doing business under the Fictitious Business Name(s) "Agency Cutting Edge" 701 Howe Avenue, Suite C3, #155, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 22, 2025  
Publish: February 7, 14, 21, 28, 2025  
AGENCY 2-28-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00586  
World Imports Inc, 4005 Manzanita Avenue, Suite 6-131, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Loadup Hauling & Junk Removal" 4555 Auburn Boulevard, #28, Sacramento, CA 95841. Filed with the Clerk of Sacramento County January 29, 2025  
Publish: February 7, 14, 21, 28, 2025  
LOADUP 2-28-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00832  
Marianflor Lantin, 6617 Madison Avenue, Suite 1B, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Marila Esthetics" 6617 Madison Avenue, Suite 1B, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 5, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
MARILA 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00678  
Aleksandr Gornakov, 6200 Desimone Lane, Apt 11A Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Proglass Auto Care" 6200 Desimone Lane, Apt 11A Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 3, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
PROGLASS 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00481  
Don Sanders, 2120 Contra Costa Boulevard, #1085, Pleasant Hill, CA 94523 is doing business under the Fictitious

Business Name(s) "Multitude Private Security" 3829 Whitney Avenue, #20, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 24, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
MULTITUDE 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00542  
Perretti Tours LLC, 3511 Del Paso Road, Suite 160 PB 330, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Perretti Tours/Curio Italia/Curio Italia Tours" 2139 Moonstone Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County January 28, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
PERRETTI 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00643  
Angelica Govind, 730 Frayne Way, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Frayne Home Health" 730 Frayne Way, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 31, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
FRAYNE 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00274  
Marina Bekic, 900 N Lake Shore Drive, Unit 2712, Chicago, IL 60611 and John Bekic, 1861 Hidden Hills Drive, Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Helena Apartments" 6105 44th Street, Sacramento, CA 95824. Filed with the Clerk of Sacramento County January 14, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
HELENA 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00759  
Stonebridge Home Services, Inc., 9506 Lake Natoma Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Pacific Custom Woodworks/Stonebridge Home Services" 9506 Lake Natoma Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 4, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
PACIFIC 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00732  
Major Singh Randhawa, 9211 Sweet Acacia Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Major R Express" 9211 Sweet Acacia Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County February 4, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
MAJOR 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00698  
Shahwali Sulaimanzog, 5800 Madison Avenue, #T, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Baba Corn & Patata" 8189 Hemingway Drive, Sacramento, CA 95828. Filed with the Clerk of Sacramento County February 3, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
BABA 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00065  
Bill Johnson, 11005 Fair Oaks Boulevard, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "ABRCO" 11005 Fair Oaks Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 6, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
ABRCO 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00363  
H K Treat LLC, 4316 Hummingbird Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Pinkberry" 280 Palladio Parkway, Suite #933, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 16, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
PINKBERRY 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00359  
Gurpreet Singh, 595 Bartlett Court, Brentwood, CA 94513 is doing business under the Fictitious Business Name(s) "Kwik Mini Mart" 7218 Florin Mall Drive, Sacramento, Ca 95823. Filed with the Clerk of Sacramento County January 16, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
KWIK 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00574  
Janet L. Avers, 2114 59th Street, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "The Plumber" 2114 59th Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County January 29, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
PLUMBER 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00572  
Chrissy Goblrirsch-Miller, 118 Elm Street, Ripon, CA 95366 is doing business under the Fictitious Business Name(s) "Focus Realty Group" 4080 Truxel Road, Suite 100, Sacramento, CA 95834. Filed with the Clerk of Sacramento County January 29, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
FOCUS 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00646  
World Imports Inc, 5110 Richon Vista Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s)

"World Imports" 5110 Richon Vista Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 31, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
WORLD 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00879  
Naveed Asghar, P.O. Box 1564, Elk Grove, CA 95759 is doing business under the Fictitious Business Name(s) "Transportation Solutions" 6020 Rutland Drive, Building 3, Unit 20, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
SOLUTIONS 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00882  
Aviel Mizrahi, 2494 Quiet Trail Lane, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "A&M Garage Door Service" 2494 Quiet Trail Lane, Sacramento, CA 95834. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
A&M 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00081  
John Champlin MD, 6600 Madison Avenue, Suite 7, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Med Center Medical Clinic" 6600 Madison Avenue, Suite 7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 6, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
MED 3-7-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00941  
Sukhdev Singh, 12 Outer Banks Place, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "DSA Trucking" 12 Outer Banks Place, Sacramento, CA 95835. Filed with the Clerk of Sacramento County February 10, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
DSA 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00940  
Chands Trans Inc, 3200 Truxel Road, Apt 266, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "CTI" 3200 Truxel Road, Apt 266, Sacramento, CA 95833. Filed with the Clerk of Sacramento County February 10, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
CTI 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00896  
John Todd Stakes, 4090 Wayside Lane, Suite C, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "California RV Glass" 4090 Wayside Lane, Suite C, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
RV 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00791  
Alexey Panasenko, 5010 Marconi Avenue, Apt 81, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fix-it Alexi" 5010 Marconi Avenue, Apt 81, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 5, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
FIX 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00891  
Felipe Sanchez 2820 Albatross Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "FLP Heating & Airconditioning" 2820 Albatross Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
FLP 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00866  
Transport Plus MKD, LLC, 1500 W El Camino Avenue, #642, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Transport Plus MKD" 5320 Finsbury Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County February 6, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
MKD 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00631  
Alexandre Frolov, 867 Woodside Lane E, Unit 5, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Frolov Enterprise" 867 Woodside Lane E, Unit 5, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 31, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
FROLOV 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00868  
Summit Building Group, 1401 21st Street, Suite 7958, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Summit Kitchens and Baths/Summit ADU's/Summit Restoration" 1401 21st Street, Suite 7958, Sacramento, CA 95811. Filed with the Clerk of Sacramento County February 6, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
SUMMIT 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00944  
CalSun Pool Care, LLC, 11367 Trade Center Drive, Suite 125, Rancho Cordova,

CA 95742 is doing business under the Fictitious Business Name(s) "Premier Pool Service of Sacramento" 11367 Trade Center Drive, Suite 125, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County February 10, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
PREMIER 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00784  
Brandon Lindsay, 3441 Data Drive, #559, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "The Outlaw Meats" 3441 Data Drive, #559, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County February 5, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
OUTLAW 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00249  
Mount Olives Group of Companies LLC, 2981 Fulton Avenue, Suite A, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Mount Olives Group of Companies" 2981 Fulton Avenue, Suite A, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 13, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
OLIVES 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00634  
Iulia Ardellian, 4921 Travertine Circle, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Shevonails" 6720 Madison Avenue, #8, Room 2, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 31, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
SHEVONAILS 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00633  
Svetlana Gavriulyuk, 4801 Hidden Meadow Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Luxe Nails" 6720 Madison Avenue, #8, Room 2, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 31, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
LUXE 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00913  
Richard KwangJae Oh, 1021 Sibley Street, Apt B, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Master Sushi" 194 Blue Ravine Road, Suite 100, Folsom, CA 95630. Filed with the Clerk of Sacramento County February 10, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
SUSHI 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00810  
Arbite, LLC, 3317 El Valle Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Tenley" 3317 El Valle Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County February 5, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
TENLEY 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00758  
Vladislav Solovey, 1548 Bartlett Lane, Apt 21101, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Protech-Mobile Locksmith" 1548 Bartlett Lane, Apt 21101, Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 4, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
PROTECH 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00767  
Ahmad Usufy, 2496 Pheasant Hollow Drive, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Halal King" 2496 Pheasant Hollow Drive, West Sacramento, CA 95691. Filed with the Clerk of Sacramento County February 4, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
HALAL 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00107  
Bodyluxe Glow Bar LLC, 4343 Marconi Avenue, Suite 3, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Elevé Medspa & Aesthetics" 4343 Marconi Avenue, Suite 3, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 7, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
ÉLEVÉ 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00884  
Oh Sacramento Inc., 1407 Howe Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Tang Jip" 1407 Howe Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
TANG 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00770  
United Studio LLC, 122 Via Del Milagro, Monterey, CA 93940 is doing business under the Fictitious Business Name(s) "United Studios" 122 Via Del Milagro, Monterey, CA 93940. Filed with the Clerk of Sacramento County February 4, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
UNITED 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00898  
Affordable Truck Rental, LLC, 3331 Fruitridge Road,

Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Affordable Truck Rental" 3331 Fruitridge Road, Sacramento, CA 95820. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
RENTAL 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00443  
Assurgent Medical Billing Solutions, LLC, 5230 Sky Parkway, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Assurgent Consulting Group" 5230 Sky Parkway, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 22, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
GROUP 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00822  
Equitable Talent Strategies, Inc., 951 El Dorado Way, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Rooted Personal Fitness/Rooted Business Solutions" 951 El Dorado Way, Sacramento, CA 95819. Filed with the Clerk of Sacramento County February 5, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
ROOTED 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00762  
Jeffrey D. Aston, 9608 Kiefer Boulevard, Suite 6, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Trustee Estate Services" 9608 Kiefer Boulevard, Suite 6, Sacramento, CA 95827. Filed with the Clerk of Sacramento County February 4, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
TRUSTEE 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00628  
Aziz & sons Inc., 6416 Franklin Boulevard, Suite A, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Xpress Auto Care" 6416 Franklin Boulevard, Suite A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 30, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
XPRESS 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00901  
Barry James Larson Jr., 408 V Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s)

# COMICS & PUZZLES

## The Spats



by Jeff Pickering



## Amber Waves



by Dave T. Phipps

## Out on a Limb



by Gary Kopervas

## HOCUS-FOCUS

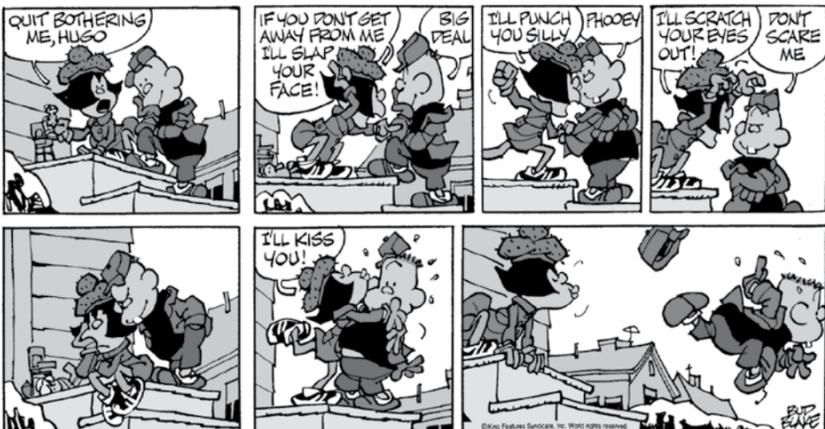
BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Sign is lower. 2. Log is moved. 3. Flow patch is longer. 4. Cap is different. 5. Thumb is moved. 6. Jacket is

## TIGER

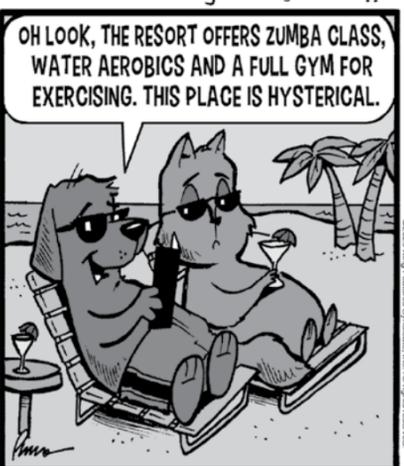


by BUD BLAKE



## Just Like Cats & Dogs

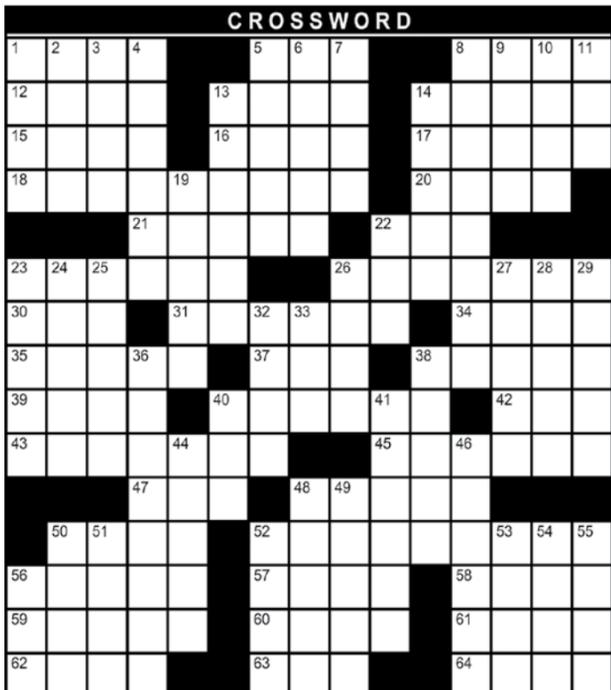
by Dave T. Phipps



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### CLUES

- ACROSS**
- Mrs. in Germany
  - \*Nae Nae's partner
  - m in F = ma
  - Deadly sin
  - Hindu serpent deity
  - Blood line
  - State location of Miami University
  - Last word on radio
  - Best friend quality
  - \*Sideways dance step
  - Buzzing pest
  - "That is" in Latin
  - Corvine bird's sound
  - Omicron or Delta, e.g.
  - Verb derived from "wreath"
  - Although, for short
  - Demijohn
  - Kings of \_\_\_\_\_ band
  - Act against
  - Bruin legend Bobby
  - Southern cuisine pods
  - Cold war initials
  - Transmitted radio signal
  - French vineyard
  - Strong suits
  - Overnight flight
  - Like a dancer in The Royal Ballet company
  - Polynesian island country
  - Dracula's bane
  - \*Dancer's gardening tool simulation
  - Cass Elliot and Michelle Phillips
  - Eon, alt. sp.
  - Reminiscent of certain hardwood, to sommelier
  - In a tilted position
  - Flower holder
  - Cartoon lightbulb
  - Police informer
  - Before, poetically
  - Koppel and Turner, e.g.



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### DOWN

- Use cat o' nine tails
- German industrial valley
- "Heat of the Moment" band
- Sir Thomas More's famous book
- Actress Viola \_\_\_\_\_
- \_\_\_\_\_ provocateur
- Like some necessities
- \*Michael Jackson's backward move
- Maisie Williams on "Game of Thrones"
- Immediately, to a doctor
- Salt, in Mexico
- Nine-day Christian devotion
- Aquatic scum
- Authoritative proclamation
- "\_\_\_\_\_ Me a River"
- Pull strings
- Not those
- Comedy Central's public humiliation
- \*a.k.a. caterpillar, with The
- 9 a.m. prayer
- Ancient
- Follow as a consequence
- Sturgeon output, pl.
- Lingerie staple
- \*Serena Williams' Super Bowl LIX move (2 words)
- Theater, to Socrates
- Sis' sibling
- King's mantle fur
- Painter Max or Director Lubitsch
- Armed gang member in India
- Asparagus unit
- What phoenix did
- Numbers
- Gulf V.I.P.
- "Keep this information" button
- Place a load on
- Augmented
- Swedish shag rugs
- \*Running \_\_\_\_\_

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# Kings Korner

By V.G. Harris



The stretch drive has begun in earnest and the new version of the Sacramento Kings is front and center. Take a long look, because what you see assembled is largely what you'll see for the remainder of the season.

The question on the minds of every fan is whether we are better or worse after the consummation of the DeAaron Fox trade.

Many fans and pundits have focused on DeAaron's attributes as a scorer and distributor, but many never gave him credit for being the defender that he is. Already the Kings are having difficulty replacing Fox on the offensive end, and turnovers are markedly up since his departure.

This is partly due to players taking on new roles, and Malik Monk has struggled to some degree moving from his natural position as a 2-guard to running the point. Part of the problem is the increased energy it takes to be the primary ball handler and distributor on offense. Malik is capable of running the point, but with the addition of Markelle Fultz, and rookie Devin Carter coming off the bench, it may be possible for Malik to assume his natural place as the 2-guard.

Without question Fultz is a mystery, but a fully healthy Markelle Fultz may surprise Kings fans, and perhaps make people remember that he was the overall No.1 pick in the 2017 draft. Yes, the very same draft in which the Sacramento Kings drafted DeAaron Fox in the fifth spot.

No one wants to hear that this new assembly needs time to gel, but in reality, it will take several games before coach Christie will have a better understanding of his new talent.

So, with less than 30 games to go, and every game becoming more and more meaningful, what are the keys to Kings making the playoffs this year.

No. 1, know the talent on your team. Sounds simple, but are the right players coming off the bench every game?

Newcomer Jake LaRavia has been eating up minutes but has had little to show. In the game against the Warriors LaRavia clocked 16 minutes and scored

0 points and 0 assists. That simply can't happen. At 6'7" Jake is another tweener, and what the Kings need is someone to compliment Domantas Sabonis with post defense and rebounding help.

Sitting idly on the bench is 6'9" Isaac Jones, who at 245 pounds has a wing span of 7'3". Just in his rookie season, the Kings have yet to fully see what Jones can bring to the table. When sent to G-league he played like a man among boys, but coach Christie has been reluctant to give this big man any meaningful minutes.

This writer would much rather see an athletic Isaac Jones logging minutes than Jake LaRavia, who is largely just taking up space.

It's time to stop experimenting and stick with a rotation that can produce on both ends of the floor.

Although it's early, I believe newcomer Markelle Fultz can run the point and allow Malik to fill the 2-guard spot where he's more comfortable.

The 2nd key to making the playoffs is that individual players need to step up and play the way they can play. We have yet to see the best of Zach LaVine, and not to be left out, Keegan Murray simply needs to shoot the ball better. We know he's capable, but his lack of consistent offense leaves us wondering what's wrong. Murray needs to look for his shot and not fear shooting it.

Monday night's game against the Charlotte Hornets will give fans a better barometer as to where the Kings are, but without a doubt, LaVine and Murray are key players that can make an appreciable difference, and I want to see both of these players step up and make a statement.

Keep your eye on bench rotations, and especially who is bringing the ball down-court. I'm a huge fan of Malik Monk, but I want to see him used where he benefits the team the most.

Stay tuned Kings fans. A lot can happen in a ten-game stretch, so let's see where we are after the next 10 games.

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

# Social Security Matters

## Can I Get Extra Social Security for my Military Service?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** Please help. I served from 1964 to 1966 in the US Army. I have been trying to contact Social Security in order to request extra benefits for veterans. The telephone is a recording, and you never get to speak to anyone. The web site at [www.ssa.gov](http://www.ssa.gov) is useless to me. I went to the SS office and there was a huge line outdoors in the freezing cold. I am disabled and cannot stand on a line in this cold. Please advise me about my options. Financially, is it worth the trouble? **Signed: Disabled American Veteran**

**Dear Disabled Veteran:** My profound thanks for your service to our country. FYI, the "special extra credit for military service" you refer to does not provide an incremental Social Security benefit amount for military veterans. Rather, it adds an additional amount to your recording earnings for the years you served, which may - or may not - affect your Social Security benefit. FYI, I've written numerous articles on this topic, one of which you can read at this link: [www.socialsecurityreport.org/ask-rusty-older-veteran-asks-about-special-social-security-credit-for-military-service/](http://www.socialsecurityreport.org/ask-rusty-older-veteran-asks-about-special-social-security-credit-for-military-service/).

In your case (serving between 1964 and 1966), if you told Social Security of

your military service when you applied for benefits (or gave them a copy of your DD-214), they would have added up to \$1,200 per year to your recorded military pay record (FYI, those who served after 1967 were automatically given earnings credit for their military service years). However, whether those special extra credits would affect your SS benefit depends on what your lifetime earnings record was when you later claimed SS. When you applied for benefits, Social Security reviewed your lifetime earnings record and used the highest earning 35 years of earnings over your lifetime (adjusted for inflation) to calculate your "Primary Insurance Amount" (or "PIA," which is what you get if you claim benefits to start at your SS full retirement age. If, after your military service, you had 35 or more years of earnings which were higher than what you earned while serving, Social Security would have used those later higher earnings to calculate your benefit, and your military earnings wouldn't affect your benefit. If, however, any of your military earnings (including the "special extra credits") were among the highest over your lifetime, then those higher military earnings would be included when calculating your benefit.

So, whether you will benefit from these "special extra credits for military service" depends largely on your post-service earnings history. If your military earnings were among the highest earning years over your lifetime, and you provided SSA with a copy of your DD-214 when you applied for Social Security, then your current SS

benefit already includes consideration of your military service. Social Security should have asked about your military service when you applied. If you didn't advise SS of your military service when you applied for Social Security, or if you aren't sure, you should contact the SSA at 1.800.772.1213 and ask if you were given those "special extra credits for military service" when you applied. However, if you had at least 35 years of higher earnings after you left military service, your current SS benefit is already based on those later higher earning years, and you will not get anything additional from those "special extra credits" for your military service years.

FYI, we know it is often difficult to contact the Social Security Administration by phone, as well as trying to visit SSA offices without an appointment (which is why our AMAC Foundation provides this free service). SSA is now allowing in-person visits "by appointment only" and you can call the above number to schedule an in-person appointment at your local SSA office. But before you do, please consider what I've said above. And remember that your SS benefit is based on the highest earning 35 years over your entire lifetime and each year represents only 1/35th of your benefit amount. So, is it worth the trouble? That depends on whether your military earnings, including the "special extra credits for military service," are among the highest over your entire lifetime. If the answer is "yes" then it is likely worth it; if "no" then perhaps not.

*This article is intended for information purposes only and does not represent legal or financial guidance.* ★

# Los Angeles Wildfires Intensify Political Jousting Over Home Insurance Premiums



By Dan Walters, CALMatters.org

The timing could not have been better — or worse.

The horrendously destructive and deadly Los Angeles wildfires erupted in January just as Insurance Commissioner Ricardo Lara's historic and very controversial overhaul of how insurers calculate premiums was taking effect.

On one hand, the disaster drove home the insurance industry's contention that California's propensity for such catastrophes creates immense potential losses that cannot be profitably insured without changes in the rate-making system.

However as fire victims inundated insurers with claims, Lara faced pressure to crack down on companies that minimized or delayed settlement payments. Meanwhile, his critics accuse him of being too cozy with the industry he regulates, as a Los Angeles Times article detailed this week.

It is, to put it mildly, a yeasty situation.

Lara, a former state legislator who was elected as insurance commissioner in 2018, began drafting his new regulatory plan in response to decisions by major insurers to cut back on policies in California — or even leave the state altogether — because of seemingly endless waves of destructive wildfires.

They contended that California's long-standing system for calculating premiums, basing them on past experiences, was inadequate. They wanted to include estimates of future exposure, and the costs of obtaining reinsurance to ease their losses, in the process.

Lara incorporated those changes in his plan, but only if insurers were more willing to write policies in fire-prone regions.

"Giving people more choices to protect themselves is how we will solve California's insurance crisis," Lara said as he released details of the plan. "For the first time in history we are requiring insurance companies to expand where people need help the most. With our changing climate we can no longer look to the past. We are being innovative and forward-looking to protect Californians' access to insurance."

It drew sharp criticism from Consumer Watchdog, the Southern California organization that wrote the 1988 ballot measure making the insurance commissioner's position elective and increasing regulatory powers. The group had been sniping at Lara ever since his election, accusing him of taking campaign money from insurers and not aggressively overseeing their operations.

The group had benefited handsomely from "intervenor fees" in rate-making cases awarded by previous commissioners. Lara has been less generous, although the organization got \$643,530 in 2024, 100% of the year's awards.

The Los Angeles fires have forced Lara to juggle his long-term efforts to stabilize the insurance market with immediate responses to issues

arising from the disaster.

Lara authorized insurers to impose assessments on their policyholders to shore up the shaky finances of California's FAIR plan, a last-ditch system that covers property owners unable to get coverage from the regular market that has seen a huge increase in applications.

However, he refused to immediately approve a request by State Farm, California's largest insurer, for a 22% emergency rate hike, saying the company had to prove a need.

If nothing else, the Los Angeles fires underscored the absolutely vital role of a healthy insurance market — not only in protecting the investments that Californians have in their homes and businesses, but as a key component in buying and selling of real estate. Lenders simply will not issue mortgages for property that is uninsured.

The insurance commissioner must, of course, protect the interests of consumers, but one of those interests is a healthy insurance market, and a parallel duty is making insurance profitable enough to keep insurers willing to do business in California.

Whether Lara's rate-making overhaul will fulfill both of those imperatives remains uncertain. He at least deserves credit for trying to fix a dysfunctional system after the Legislature and Gov. Gavin Newsom bowed out and gave him the task.

*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.* ★

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# River Cats Announce 2025 Coaching Staff

## Sacramento River Cats News Release

**SACRAMENTO REGION, CA (MPG)** - The Sacramento River Cats, proud Triple-A affiliate of the San Francisco Giants, have announced their full coaching staff for the 2025 campaign.

Returning in 2025 are four of Sacramento's five on-field coaches from last season, Manager Dave Brundage, Pitching Coach Alain Quijano, Fundamentals Coach Jolbert Cabrera and Assistant Hitting Coach Robert Riggins.

They will be joined by P.J. Pilittere, who will serve as Sacramento's new hitting coach. Other returning names include Brian Reinker (trainer), Chris Walsh (trainer), and Emmanuel Gaspard (home clubhouse manager), while new to the staff this year is Chris Harms (strength & conditioning coach) and Nick Solitario (player development associate).

Brundage returns for his ninth year at the helm of the River Cats, first assuming the role prior to the 2017 campaign. In his seven seasons (no season in 2020), Brundage has amassed a 460-535 (.462) record, including a magical 2019 season in which Sacramento won 73 contests and were both Pacific Coast League and Triple-A champions.

In 2024 Brundage guided the River Cats to an overall record of 80-70, his most wins in a single year with Sacramento. Currently, Brundage has totaled the second-most managerial wins in Sacramento franchise history, trailing only the 578 of Tony DeFrancesco (2003-07, 2009-10).

Cabrera prepares for his ninth season in the Giants' organization, the sixth as fundamentals coach of the River Cats after assuming the role in time for Sacramento's championship 2019 season. Twice Cabrera has helped the team set franchise records, tying the mark for fewest errors committed in 2021 (103) before rewriting it in 2024 (98).

Quijano returns to Sacramento for his second season, his fifth total in the San Francisco organization after spending his first three as pitching coach with the Eugene Emeralds. Under his tutelage, the River Cats recorded 80 wins for the first time since 2012 and pitched their most innings in Sacramento franchise history (1,326.0). Additionally, the 1,460 strikeouts totaled were the second most in franchise history, while the .258 opponent batting average was the fourth lowest.

Riggins returns for his second year with the River Cats, his fourth in the San Francisco organization after also serving as the hitting coach/strategist for the DSL Giants Black from 2022-23. Alongside former River Cats hitting coach Damon Minor, Riggins helped mentor the team to their best batting average (.265) since 2021 with the most at-bats as a team in Sacramento franchise history. The 837 runs scored last year by the River Cats were the fourth-most in franchise history, as were the 689 walks drawn.

Pilittere joins the San Francisco organization and the River Cats for his first season, most recently spending time as the assistant hitting coach for the Colorado Rockies for the 2022-2024 seasons. For all three seasons under Pilittere, the Rockies finished top five in the National League for doubles, and last season finished seventh in the N.L. in triples. Prior to his stop with Colorado, Pilittere worked the 2018-21 seasons with the New York Yankees, making the playoffs in all four seasons while twice coaching in the ALCS.

The season begins on March 23 when the River Cats battle their parent affiliate in The 2025 Exhibition Game presented by Sky River Casino. A full season schedule is available online at [www.rivercats.com](http://www.rivercats.com), with game dates and times subject to change. Tickets and ticket memberships are currently available by calling a Sutter Health Park ticket representative at (916) 371-HITS (4487), or by visiting [www.rivercats.com/tickets](http://www.rivercats.com/tickets). ★



# Sac State Mourns Longtime Coach

## Sacramento State University News Release

**SACRAMENTO REGION, CA (MPG)** - Sacramento State University is saddened to announce the passing of former Hornet gymnastics coach Randy Solorio following a lengthy battle with cancer. He was 63 years old.

A fixture on the Sacramento State campus for nearly 40 years, Solorio served as an assistant coach, head coach and kinesiology instructor since 1986.

"The man loved Sac State, this was his home, and his family," current head coach Melissa Genovese said. "Randy's impact goes far beyond the gymnastics floor. Some could argue his ballroom dance class was the most popular class on campus. You couldn't go anywhere on campus without someone knowing Randy. His personality and love of life was contagious, and he always looked at the positive side of everything. That outlook and his years of dedication had a profound impact on Sac State gymnastics and every person he met."

Solorio was the head coach of the Hornets from 2016-23. His first season at the helm saw Sacramento State win the Mountain Pacific Sports Federation championship and saw four Hornet gymnasts advance to the NCAA West Regional. That season, the team posted three top 10 overall scores, including the two best scores in school history. His teams went on to add three more top 10 marks and account for over half of the top totals in program history.

Following his retirement, Solorio remained close to the program, frequently stopping by practice and serving as an analyst for the team's video streams of home meets. One of his largest contributions to Sacramento State gymnastics came to fruition this past summer when the team moved into its new training facility. Solorio was instrumental in the creation and design of the facility and worked closely with University Enterprises Inc., from a dream to completion.

"This is a sad day for Sacramento State

and we are mourning with his family and loved ones," Director of Athletics Mark Orr said. "Randy was a beloved member of the campus and left a positive impact on countless people. He dedicated a large portion of his life to the University and his legacy will carry on through the hundreds of student-athletes he coached and the staff that he mentored."

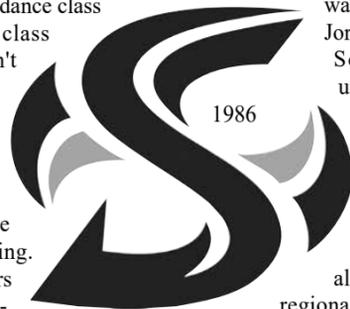
Outside of gymnastics, Solorio taught ballroom dancing and weightlifting classes for the kinesiology department and was also a member of the UEI board. Throughout his life he starred in local theater, musicals and commercials in Sacramento. Solorio regularly showcased his vocal skills by singing the national anthem prior to meets where he was accompanied by his wife, Jori, and daughter Kaycee.

Solorio began his tenure at Sacramento State in 1986 as an assistant coach under Kim Hughes. The duo proved to be a great team, guiding the Hornets to seven conference titles. The Hornets also made their first NCAA regional team appearance during the stretch, advancing to the postseason in 1999, 2006, 2007 and 2008.

Those efforts did not go unrecognized as he was named the West Region Assistant Coach of the Year in 1990 and 2006, the USA Gymnastics Assistant Coach of the Year in 1997 and the MPSF Assistant Coach of the Year in 2014 and 2015.

Solorio was elected to the NCAA Women's Gymnastics Committee in 2018 where he helped establish rule changes for the sport and oversaw the national championships. During his time on the committee, the NCAA Women's Gymnastics Championships reached new heights, setting record numbers for viewership and appearing on national broadcast television for the first time.

Prior to coaching, Solorio was a decorated gymnast himself, earning All-America honors on vault, high bar and floor exercise while competing for UC Davis from 1980-82. He finished his academic career at Sacramento State where he earned a bachelor of science in exercise science and master's in sports performance. ★



# Aggie Earns Pitcher of the Week Award

## UC Davis Athletics News Release

**SACRAMENTO REGION, CA (MPG)** - UC Davis senior right-hander Noel Valdez held Gonzaga scoreless for six innings in the Aggies' 3-1 win on Feb. 15 and was honored with the season's first Big West Pitcher of the Week award, the conference announced on Feb. 17.

Valdez, the South San Francisco native, kept the Bulldogs off balance in an efficient manner, allowing just four hits, striking out three, and surrendering zero walks, setting the tone for the rest of the pitching staff over the final two days of the series.

Valdez's six innings pitched tied for the most among all Big West pitchers

this past weekend, along with Cal State Fullerton's Mikiah Negrete.

This is Valdez's first Big West Pitcher of the Week honor, and the first weekly award for an Aggie since the 2019 season when both Logan Denholm and Chris Brown swept the weekly awards after a dominating series win over Northern Colorado.

The Aggies were back in action on Feb. 18, hosting Pacific for the first mid-week game of the season with the Aggies using a 5-run first inning to propel themselves to a 11-7 victory over the Tigers. ★

**UC Davis senior right-hander Noel Valdez was honored with the season's first Big West Pitcher of the Week award on Feb. 17.** Photo courtesy of UC Davis Athletics



# Curling Comes to Sacramento Region

## Wine Country Curling News Release

**SACRAMENTO REGION, CA (MPG)** - Wine Country Curling Club is excited to once again host our annual Barrel Bonspiel at Skatetown Ice in Roseville from March 14 to March 16.

The club has 20 teams from Sacramento, Roseville, Northern California, Nevada and Oregon coming to Skatetown Ice to curl in pool-play-to-bracket tournament with the winning team getting their name added to the legacy trophy.

Each team will play two games on Friday, March 14, and two games on Saturday, March 15. There is also a HOT SHOTS contest on March 15 at 8:30pm. Finals are scheduled for Sunday, March 16.

This year's tournament will also include a banner-unveiling ceremony for the current USA Curling Arena Nationals Champions: Team Spangler.



**The Wine Country Curling Club is hosting the annual Barrel Bonspiel at Skatetown Ice in Roseville from March 14 to March 16.** Photo courtesy of Pixabay

Team Spangler [Camren Spangler (Meadow Vista), Chris Hillman (El Dorado Hills), Junior Feldman (Sacramento), and Brian Feldman (Sacramento)] won GOLD

at the 2024 Arena National Championships held last fall in Wausau, Wisconsin. The Arena National Championship was created for curlers who curl on ice that is shared with hockey

players and ice skaters.

Curling is an ice sport that requires players to slide 42-pound stones over an ice sheet to a target at the other end. Clubs around the country

and the world host tournaments (called bonspiels) which brings players together in friendly competition. Wine Country Curling Club hosts two tournaments a year, The Barrel Bonspiel in March and the Crush Bonspiel on Labor Day weekend.

Considered to be one of the most captivating sports, curling is popularly known as chess on ice and a hybrid of bowling and shuffleboard. Americans flocked to the sport with intrigue and fascination when the Winter Olympics were televised from Torino in 2006, Vancouver in 2010, Sochi in 2014, South Korea in 2018, and Beijing 2022.

Readers might also remember that Team Shuster from the United States brought home GOLD in the 2018 Olympics from South Korea. Shuster's win catapulted curling to the front page of every newspaper and the lead story in every newscast. ★