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# THE NEWS

*Established 1983 ... The best little paper in these parts!*

VOLUME 44 • ISSUE 10

*Serving Rio Linda, Elverta and Sacramento County*

MARCH 7, 2025

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## Airshow Coming to Town



The 2025 California Capital Airshow will be headlined by the world-renowned U.S. Navy Blue Angels flight demonstration squadron. Photo courtesy of the California Capital Airshow

**California Capital Airshow  
News Release**

**SACRAMENTO, CA (MPG)** - The 2025 California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, returns to Mather Airport on March 22 and 23.

A limited quantity of tickets are now on sale for this highly-anticipated event, which is headlined by the world-renowned U.S. Navy Blue Angels flight demonstration

squadron.

Gates to the Airshow will be open from 9 a.m. to 5 p.m. on Saturday, March 22 and Sunday, March 23. Each day will feature four hours of non-stop flying performances from noon to 4 p.m. Performers include the U.S. Navy Blue Angels, U.S. Marine Corps F-35B Lightning II, U.S. Air Force F-16 Viper and C-17 Globemaster III demonstration teams, Tucker's Air Patrol, vintage World War II aircraft and more.

The event also offers miles of

exhibits, aircraft displays and entertainment on the ground.

"With the Blue Angels headlining for the first time since 2019, this year's Airshow promises to be an unforgettable experience for aviation fans of all ages," said Darcy Brewer, executive director of the California Capital Airshow. "Our team has worked tirelessly to create an event that showcases the awe-inspiring power of flight, and we can't wait to welcome everyone for a weekend

*Continued on page 2*

## Age, Disability- Friendly Action Plan Launched

**Sacramento County  
News Release**

**SACRAMENTO, CA (MPG)** - Sacramento County is taking a significant step toward ensuring a more livable and accessible future for its aging and disabled residents.

By 2030, one-fourth of Sacramento County's population will be 60 or older, and approximately 200,000 residents currently live with a disability.

In response to these growing needs, the Department of Child, Family and Adult Services has launched the Local Age and Disability-Friendly Action Plan (LADAP), a comprehensive initiative shaped by years of advocacy and community input. Sacramento County is proud to partner with the California Department of Aging and AARP's Age-Friendly Network of States and Communities to achieve this goal.

On Feb. 25, the Sacramento County Board of Supervisors formally adopted the Local Age and Disability-Friendly Action Plan resolution, reinforcing the county's commitment to improving access to essential resources for older adults and people with disabilities. This plan aligns with the five bold goals of California's Master Plan for Aging.

The first goal is Housing for All Stages and Ages which is ensuring accessible and affordable housing options for residents of all ages. The second goal is Health Reimagined that is expanding healthcare access and wellness programs tailored to older and disabled adults.

The third goal is Inclusion and Equity, Not Isolation, which is fostering community connections and reducing social isolation.

The fourth goal is Caregiving That Works, which means strengthening support for caregivers and long-term care services.

The fifth and final goal is Affording Aging, which is addressing economic challenges that impact aging residents.

Come celebrate the Local Age and Disability-Friendly Action Plan Launch. Sacramento County will celebrate the launch of the Local Age and Disability-Friendly Action Plan from 10 a.m. to 2 p.m. March 17 at the Sacramento State Union Ballroom, 6000 J St. All Sacramento County residents are invited to attend, with registration open until

*Continued on page 4*

## Spring and Summer Activity Guide Released

**By MPG Staff,  
Compiled from the  
Rio Linda Elverta  
Recreation and Park  
District Website**

**RIO LINDA, CA (MPG)** - The days are starting to get longer and the weather has been getting warmer. Spring is in the air and summer is right around the corner.

That means it is time for the Rio Linda Elverta Recreation and Park District Spring/Summer 2025 Recreation and Activity Guide.

The 2025 Activity Guide is being produced electronically this year and is available for review through the district website at [www.rleparks.com](http://www.rleparks.com).

Some of the upcoming special park events include the district's annual Eggstravaganza, scheduled for Saturday, April 12, and both the swim-in movies and movies in the park returning during the summer at the Rio Linda High School Pool, the Community Center and Babe Best Park.

The district's summer activities are going to be full of energy and excitement for family fun. This summer, the district expects to produce amazing experiences



The Rio Linda Elverta Recreation and Park District Spring/Summer 2025 Recreation and Activity Guide is available for review through the district website at [www.rleparks.com](http://www.rleparks.com). Courtesy photo

for residents of all ages, according to the Rio Linda Elverta Recreation and Park District website.

The pool is scheduled to open on June 13 and the summer camp is looking at some incredible changes for all campers, according to the Rio Linda Elverta Recreation and Park District website.

Check out the aquatics section of the activity guide for your swimming lesson needs. Also, the Rio Linda Elverta AquaKnights youth swim team will begin their season in April. Registration

is open now for youth and teens. The swim team program continues to be the "Place to Be" for youth in the summer.

The Recreation and Park District is looking for summer staff and lifeguards. Application forms are available on the district website at [rleparks.com](http://rleparks.com) as well as at the Recreation and Park District office.

The Recreation and Park District is finalizing its District Strategic Plan Update. Stay tuned to the recreation and park district's social media and website for upcoming

events to get involved. If you would like to be included on Strategic Plan updates, reach out to the Recreation and Parks District at [info@rleparks.com](mailto:info@rleparks.com) or call 916-991-5929 and ask about the Strategic Plan update.

If members of the public have any suggestions or ideas for new or different programs and events for any age level or to comment on a current program, contact the District Offices at 916-991-5929 or fill out a contact form at [www.rleparks.com/contact-us](http://www.rleparks.com/contact-us). ★



# Sacramento Zoo Celebrates Baby Giraffe Birth

**Sacramento Zoo News Release**

**SACRAMENTO, CA (MPG) -** The Sacramento Zoo is thrilled to announce that Amirah the giraffe gave birth to a female calf on Saturday, March 1, at 2:56 p.m.

Amirah's calf is healthy and nursing well from mom. The pair will be given bonding time but may be visible at their habitat's side yard periodically beginning in the next few weeks.

The official debut date will be dependent on the health and welfare of mom and calf. Keep an eye out on Sacramento Zoo social media pages for when this new addition to our herd will be visible.

Sacramento Zoo is now home to five female Masai giraffes, Shani, Amirah, Glory, Cheyenne and the new calf. This is the 22nd calf born at the Sacramento Zoo going back to 1954 when giraffes were first housed in Sacramento.

Senior Manager of Animal Care, Melissa McCartney, said "Our entire team is thrilled by how well Amirah and her new baby are doing. We are thankful this was a textbook labor and delivery, with a strong and healthy calf on her feet within two hours of her birth and nursing shortly thereafter. Mom and calf are bonding behind the scenes and the entire herd is enjoying looking on and greeting the newest member of our zoo family."

The Masai giraffe is the largest giraffe subspecies



**On March 1, Amirah the giraffe gave birth to a female calf at the Sacramento Zoo.** Photo courtesy of Sacramento Zoo

and is found in southern Kenya and Tanzania. Gestation is 14 to 15 months. When a calf is born, it can be as tall as six feet and weigh as much as 150 pounds. Within minutes, the calf is able to stand on its own.

Sacramento Zoo is one of 34 institutions managing 136 Masai giraffes in the Association of Zoos and Aquariums population. The zoo partners with and supports the Wild Nature Institute, a field research organization that is currently studying Masai giraffe demographics and the African Savanna ecosystem with photo recognition software.

The zoo's partnership with Wild Nature Institute is critical to giraffe research and conservation efforts.

Wild giraffes are experiencing a silent extinction as their populations continue to plummet due to poaching and habitat loss. It has been estimated that the mammals' numbers have fallen by more than 50 percent over the last 30 years.

In 2018, the International Union for Conservation of Nature moved giraffes from "Vulnerable" to "Endangered" on its Red List of Threatened Species. ★

# Airshow Coming to Town



**The Blue Angels headlining for the first time since 2019, this year's Airshow promises to be an unforgettable experience for aviation fans of all ages.** Photo courtesy of the California Capital Airshow

*Continued from page 1*

with amazing performances and family fun."

The event offers several ticket types, with a range of experiences and accommodations. General Admission tickets for the 2025 Airshow includes free parking and event admission for up to six children (ages 15 and under).

New this year is an exclusive event entrance and venue for all attendees with upgraded tickets. Guests will have access to food trucks and upgraded restrooms dedicated to upgraded ticket holders. The Airshow has several tiers of ticketed experiences, including the Capital Club, Flight Line Club and Mather Club, which offer a range of benefits such as shaded seating, complimentary beverages, buffet lunch and prime views of the aerial performances. Returning this year is The Hangar experience, which includes unlimited craft beer and spirits from the City of Rancho Cordova's Barrel District and wine from Starfield Vineyards.

For those seeking a more premium experience, First Class, a brand-new offering for 2025, includes exclusive access to VIP amenities, a pilot meet-and-greet, and premium food and drink options.

Tickets are now available for purchase

online. With the popularity of the Blue Angels and limited availability for all ticket types, fans are encouraged to buy early. Tickets will not be sold at the event gates.


Special thanks also to California Capital Airshow sponsors: Modern Aviation, SMUD, Verizon, Keurig Dr. Pepper, Donaghy Sales, Monster Energy, Thunder Valley, UPS, Five Star Bank, Teichert, Atlas Disposal and Golden 1 Credit Union.

For more information about tickets, pricing and packages, visit online [californiacapitalairshow.com](http://californiacapitalairshow.com).

## About California Capital Airshow

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. California Capital Airshow gives back to the community through STEM scholarships, charitable group donations and exciting educational youth programming throughout the year.

For more information, visit [CaliforniaCapitalAirshow.com](http://CaliforniaCapitalAirshow.com). ★



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# Companion Set to Help Vet

Story and photo  
by Susan Maxwell  
Skinner

**SACRAMENTO, CA (MPG)** - A 45-pound (and growing fast) bundle of canine comfort has brought new confidence to Major Abri Green.

Suffering from post-traumatic stress disorder (PTSD), the Air Force veteran ended a 10-year career in service last year.

During three Middle East deployments, Electronic Combat officer Green flew reconnaissance over enemy territory, often under missile attack. In an incident of engine failure, her team's E-3 jet plunged 10,000 feet in seconds. In a separate instance, onboard equipment caught fire and filled the plane with smoke.

"We were scrambling to get on oxygen with our eyes burning," Green recalled. "Luckily, airmen were able to put out the fire. But it was terrifying."

Aged 32, Major Green was honorably discharged last year. But PTSD stalled her hopes for a civilian career.

"I had anxiety and trouble sleeping," said the Natomas resident. "I'd sweat and fidget with my hands. I was paranoid and stressed. All I could do was find a dark spot and stay there."

Living with her Air Force Veteran mother provided emotional support. Thanks to mother Janet Green's intervention, Abri Green last year connected with Rocklin-based RRUFF Healing Heroes.



Air Force veteran Abri Green (center) and retriever Biscuit rejoice in a donation of \$5,000 toward the service puppy's training. Presenter (left) is RRUFF representative Vicki Curtis. All Stage Canine Development owner Miranda Vianni (right) will oversee Biscuit's education.

The nonprofit organization in Placer County funds service dog training for vets and first responders with PTSD and sometimes also covers dog acquisition costs.

In December, Green met her newly-weaned chum at Crème Brulee Goldens (retriever breeders) in Roseville (Placer County).

"He just rolled over in my arms," Green grinned. "One cuddle and I was in love."

A week later, Green took him home.

"With all that white fur, the puppy looked like a ball of cookie dough," said his new boss. "We decided to call him Biscuit."

For now, Biscuit is a high-octane handful. Over coming months and years, he'll be trained by a service-dog specialist at All-Stage Canine Development. Operated by former Carmichael Honorary Mayor Miranda

Viani, the Citrus Heights facility welcomes his weekly visits. Through a \$5,000 donation, RRUFF sponsors the lessons.

"We've trained dogs to help with PTSD before," said Viani. "We know how much they can help."

Biscuit will learn to recognize and interrupt Green's anxiety attacks.

"He'll respond with deep pressure," explained All Stage Canine trainer Unea Cardenas. "He's a living

weighted blanket. He'll re-set Abri's nervous system and make sure her attacks don't escalate."

Reported Green: "He's helping me live a better life and regain my independence. None of this would be possible without the help we've got from RRUFF."

The veteran has been accepted to study law at University of California, Davis this fall.

"Biscuit will go with

me to school," Green said. "He'll love the library. He can sleep while I feel safe and secure to get on with my studies. We'll go hiking and take my kayak out on Lake Folsom. We'll have a great life together."

Learn about the RRUFF Healing Heroes organization online at [RRUFFhealingheroes.org](http://RRUFFhealingheroes.org).

All Stage Canine Development is located at 5948 Auburn Blvd., Citrus Heights. ★

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## Button Up



Rancho Cordova button collector Barbara Alfidi (right) and Dawn Healy are among Button Bazaar fans.

Story and photos  
by Susan Maxwell  
Skinner

**SACRAMENTO, CA (MPG)** - The Californian Button Society will bring its potpourri expo back to Carmichael on March 8.

Dealers from throughout the West Coast will demonstrate that many antiques can slip easily through buttonholes. Enthusiasts might snag a Civil War uniform fastener for \$50.

Those who crave exquisite 18th-century pieces should be prepared to unbutton the billfold.

Snipped from long-ago rotted garments, many are thumb-nail masterpieces.

"We often look at old buttons and imagine the stories they could tell," said Button Club member Susan Rhoades. "They were traded, stolen and inherited. Lives were lost in making them; pearl dust and mercury (for gold plating) killed many. You learn



Art deco buttons commissioned by the House of Chanel are among many Button Bazaar displays.

so much about history, art and manufacturing from buttons. They reflect the culture of fashion and the art that celebrates it."

Historically, no material has been too grand for button artisans. At the court of Louis XIV, aristocrats cinched bodices with diamonds. They fastened vests with commissioned miniature paintings of lovers, landscapes or pets.

Though zippers and Velcro have revolutionized modern fastening, nifty little buttons have never been

completely undone.

"People visit our shows show seeking that one perfect item," said Sacramento collector Faye Wolfe. "Who knows what else they might find on the quest."

The Button Bazaar runs from 10 a.m. to 5 p.m. March 8 at the La Sierra Center, 5325 Engle Road, Carmichael. The show offers a free service for valuing buttons. Admission is by \$2 donation. For more information, visit online [sacramentobuttonclub.org](http://sacramentobuttonclub.org). ★



# Former Teacher Convicted of Child Sexual Assault

**Sacramento County District Attorney's Office News Release**

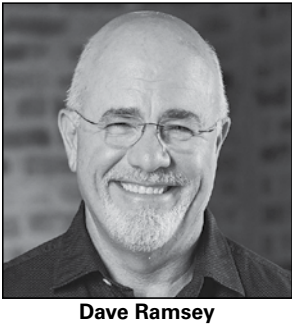
**SACRAMENTO COUNTY, CA (MPG)** - On Feb. 25, Kim Kenneth Wilson pled to nine counts of committing lewd acts upon a child. Wilson also admitted to multiple allegations of multiple victims as well as substantial sexual conduct and aggravating factors of vulnerable victim and position of trust.

Wilson was a longtime teacher at Del Paso Heights Elementary School. He also established a media/broadcasting club for students, which had its own designated room assigned to the club. Throughout his tenure, Wilson took female students alone to the private broadcasting room. While in the room, he committed sex acts on the students, often photographing or recording the sex acts. While most of the sexual assaults occurred in the school broadcasting room, some of the victims were also assaulted at Wilson's home during events he hosted.

Upon learning about the sexual assaults, Sacramento police detectives searched Wilson's home. Officers located a number of child-sized sex toys, including child-sized artificial genitalia and a child-sized torso with artificial genitalia. Additionally, detectives located a substantial amount of VHS tapes, DVDs and other digital storage devices containing videos depicting Wilson sexually assaulting his students. The videos depicted conduct spanning multiple years with numerous students. The recorded content also showed Wilson forcing students to look into the camera while saying and depicting sexual acts.

Under the plea agreement, Wilson will be sentenced to 215 years to life in prison. Sentencing is set for 8:30 a.m. Aug. 22 in Department 63.

Under current California law, Wilson, 64, will become eligible for release at an Elder Parole hearing once he serves 20 years of his 215-years-to-life sentence. With his in-custody credits, that will be in approximately 17 years. ★



Dave Ramsey

Dear Dave,

My wife and I are on Baby Step 4 of your plan. Recently, we were offered the opportunity to take part in a three-day, hands-on stock trading class. The only problem is we don't have the \$5,000 registration fee at the moment. What do you think about us temporarily taking that amount from our emergency fund, then replacing it over a few months' time? We would still have the minimum three months of expenses you recommend still there for emergencies even after taking the class.

– Pete

Dear Pete,

I wouldn't waste my money on the course. And I especially wouldn't blow any of my emergency fund on something like that. Your emergency fund is for, repeat after me, emergencies only! In my mind, a short course on single stock investing

## Dave Ramsey Says A High-Risk Proposition

is about as far from an actual emergency as you can get.

Now, I don't know the exact course you're talking about, but I do know quite a bit about the concept of buying and selling stocks—or day trading—if you want to call it that. Research shows over 90% of day traders lose money over time. And I can tell you something else, too. One hundred percent think they'll never be the ones losing out. That includes people who take courses like the one you're looking at.

I've seen no data points—none—showing that on a consistent, level basis across a broad population, that people who take courses like these make money and become wealthy as a result. Buying and selling single stocks is an ultra-high risk proposition. That's why I don't buy them. I know some people who buy and sell single stocks as a very small percentage of their financial world. And

when I say “very small percentage,” I mean it's like a hobby they dabble in once in a blue moon, with a very small amount of cash.

But my best advice, Pete, is to stay away from this kind of thing. Someone might make a little money playing around like this from time to time, but it's nothing you should spend a lot of time on, or make a serious financial investment in. And it should never, ever be the main focus of an investing strategy.

– Dave

*Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.* ★

# Age, Disability-Friendly Action Plan Launched



*Continued from page 1* room capacity is reached.

To learn more about the action plan, visit the Age & Disability-Friendly Sacramento County website at [agefriendlysac-county.org](http://agefriendlysac-county.org). Register for the Local Age and Disability-Friendly Action Plan launch on Eventbrite.com. For more information, visit the Master Plan for Aging website at [mpa.aging.ca.gov](http://mpa.aging.ca.gov). ★

you say...

I can't figure this out

I'm not enough

I can't keep going

I'm not strong enough

I'm too tired

I can't forgive myself

I hate myself

Jesus says...

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I will carry you

I am

I will give you rest

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**Pastor Jeff Duncan**



# UC Davis Offers Doctor of Nursing Program

*University of California, Davis News Release*

**SACRAMENTO REGION, CA (MPG)** - The Betty Irene Moore School of Nursing at the University of California, Davis has earned accreditation for its Doctor of Nursing Practice – Nurse Anesthesia degree program by the Council on Accreditation of Nurse Anesthesia Educational Programs (COA).

This significant milestone marks the first Doctor of Nursing Practice – Nurse Anesthesia program within the University of California system and only the sixth of its kind in California. The program is set to welcome its inaugural cohort of students in June.

The Doctor of Nursing Practice – Nurse Anesthesia program is an integrated, full-time, three-year curriculum designed to equip experienced critical-care registered nurses with the knowledge and hands-on training required to become Certified Registered Nurse Anesthetists.

The program blends rigorous online coursework with in-person simulation training and extensive clinical experience, ensuring students receive a comprehensive and immersive education.

“Earning COA accreditation validates the quality of our curriculum and faculty and highlights the caliber of the dedicated and supportive staff here at the School of Nursing,” said Program Director Jakkarin “Jake” Sareerak. “As a new program, we prioritized hiring the highest caliber of Certified Registered Nurse Anesthetists faculty, many of whom have served in program administrator



University of California, Davis has earned accreditation for its Doctor of Nursing Practice – Nurse Anesthesia program, the first of its kind within the University of California system. Photo courtesy of Pixabay

roles and bring extensive experience in both education and clinical practice.”

Certified Registered Nurse Anesthetists programs have transitioned from the master’s degree to the Doctor of Nursing Practice level to better prepare clinicians for the increased complexity of patient care and to equip them with advanced leadership and quality improvement skills. This change, supported by accrediting bodies, ensures that Certified Registered Nurse Anesthetists are ready to meet modern health care challenges and effectively lead interdisciplinary teams.

Applicants must hold either a bachelor’s degree in nursing science or an equivalent major or a bachelor’s degree in another specialty in addition to a Master of Science in Nursing or an

equivalent graduate degree.

Graduates of the Doctor of Nursing Practice – Nurse Anesthesia program will be fully prepared to take on leadership roles in anesthesia care, Sareerak said, which addresses critical gaps in health care access across California.

### Addressing the Shortage

The demand for anesthesia providers continues to outpace supply nationwide. The American Association of Nurse Anesthesiology reports that by 2033, the anesthesiology workforce could experience a shortage of approximately 12,500 providers. That is further exacerbated in California’s rural and underserved areas.

With 40-million residents, the state has a growing need for anesthesia services, especially

as its aging population requires more procedures. In addition, non-operating-room anesthesia sites are increasing due to technological advancements, which require more anesthesia care beyond traditional surgical settings.

By expanding nurse anesthesia education, the School of Nursing is actively addressing this workforce challenge and strengthening the future of anesthesia care in California.

“With the growing shortage of anesthesiologists and Certified Registered Nurse Anesthetists across the nation, this program is poised to help bridge the gap by preparing highly-skilled nurse anesthetists to serve diverse patient populations,” said Dean Stephen Cavanagh.

UC Davis Health is also

meeting this need head-on by partnering with the School of Nursing through its expansion efforts. A key milestone in this expansion is the integration of the 48X Complex as part of the program's primary clinical training site.

Expected to open for patients in July, the four-story, 268,228-square-foot complex will feature 14 operating rooms. The large facility is ideal for presenting learning opportunities for Certified Registered Nurse Anesthetist students and addressing the shortage of ambulatory operating room capacity at the main hospital.

“This initiative will provide invaluable hands-on experience for future Certified Registered Nurse Anesthetists while ensuring a steady pipeline of highly trained anesthesia providers within UC Davis Health. We hope to retain many of the graduates which will help us reinforce our commitment to delivering safe, high-quality anesthesia services and shaping the future of health care excellence,” said Kimberly Beres, the health system’s chief nurse anesthetist.

The Doctor of Nursing Practice -Nurse Anesthesia program is the latest offering from the Top 25 15-year-old nursing school. The school already offers a popular Doctor of Nursing Practice - Family Nurse Practitioner program that is helping to fulfill California’s shortage of primary care providers, along with master’s degrees in nursing, physician assistant studies, a Doctor of Philosophy program and a psychiatric mental health nurse practitioner post-graduate certificate program. ★

## California Comment on Latest Small Business Optimism Index



Overall, small business owners remain optimistic regarding future business conditions but uncertainty is on the rise. Photo by Gustavo Fring Pexels

*National Federation of Independent Business News Release*

**SACRAMENTO REGION, CA (MPG)** - Small business optimism across the nation fell a bit in January but for the third consecutive month, came in higher than its 51-year average, according to the release Feb. 11 of the monthly Small Business Optimism Index by the National Federation of Independent Business (NFIB).

“Prior to this nice three-month stretch, the Small Business Optimism Index went 34 consecutive months below its 51-year average,” said John Kabateck, state director for National Federation of Independent Business in California. “What we could be witnessing is a possible rebound for all sectors of the economy. A rebound that could get some serious traction with the right state and federal policies. A possible rebound that could just as easily be undercut by the wrong ones.”

The National Federation of Independent Business’s legislative agenda for California can be read at [nfib.com/news-article/nfib-announces-legislative-agenda-for-california](https://nfib.com/news-article/nfib-announces-legislative-agenda-for-california). For National Federation of

Independent Business’s congressional agenda, visit [nfib.com/news-article/nfib-to-congress-advance-the-small-business-growth-agenda](https://nfib.com/news-article/nfib-to-congress-advance-the-small-business-growth-agenda).

The National Federation of Independent Business’s monthly Small Business Optimism Index is the gold standard measurement of America’s small business economy. Used by the Federal Reserve, Congressional leaders, administration officials and state legislatures throughout the nation, it’s regarded as the bellwether on the health and welfare of the Main Street enterprises that employ half of all workers, generate more net new jobs than large corporations, and gave most of us the first start in our working life.

The Optimism Index (aka Small Business Economic Trends report) is a national snapshot of the National Federation of Independent Business member, small-business owners not broken down by state. The typical National Federation of Independent Business member employs between one and nine people and reports gross sales of about \$500,000 a year.

“Overall, small business owners remain optimistic regarding future business conditions but uncertainty is on the rise. Hiring challenges

continue to frustrate Main Street owners as they struggle to find qualified workers to fill their many open positions. Meanwhile, fewer plan capital investments as they prepare for the months ahead,” said National Federation of Independent Business chief economist Bill Dunkelberg.

### Highlights from the Latest Small Business Optimism Index

The net percent of owners expecting the economy to improve fell five points from December to a net 47% (seasonally adjusted).

Thirty-five percent (seasonally adjusted) of all owners reported job openings they could not fill in the current period, unchanged from December.

Twenty percent (seasonally adjusted) plan capital outlays in the next six months, down seven points from December.

A net 3% of owners reported that their last loan was harder to get than in previous attempts (down one point). The last time it was this low was June 2022.

A net 0% (seasonally adjusted) of owners plan inventory investment in the coming months, down six points from December’s highest reading since December 2021. ★

## Drivers See a Slight Break at the Pump



Gas prices are expected to remain steady as March arrives and routine seasonal maintenance wraps up. Photo by Engin Akyurt Pexels

*AAA Northern California News Release*

**SACRAMENTO REGION, CA (MPG)** - With winter nearly in the rearview, temperatures warmed up while gas prices cooled down. Last week, gas prices dropped by three cents, bringing the national average to \$3.12 per gallon.

Gas prices are expected to remain steady as March arrives and routine seasonal maintenance wraps up.

On Feb. 27, California drivers saw an average price of \$4.81, a three-cent drop from two weeks ago.

Fuel prices throughout the state on Feb. 27 included San Francisco at \$5.05, Oakland at \$4.98, San Jose at \$4.91, Sacramento at \$4.95, Fresno at \$4.82 and Stockton at \$4.77.

Regarding the Oil Market Dynamics, at the close of the Feb. 26 formal trading session, the West Texas Intermediate (WTI) rose \$2.54 to settle at \$80.04 a barrel. The Energy Information Administration (EIA) reported that crude oil inventories decreased by 2 million barrels from the previous week. At 412.7 million barrels, U.S. crude oil inventories are about 6% below the five-year average for this time of year.

A quick analysis of gas stats shows that the nation’s Top 10 most expensive gasoline markets are California (\$4.81), Hawaii (\$4.54), Washington (\$4.14), Nevada (\$3.84), Oregon (\$3.76), Alaska (\$3.46), Arizona (\$3.40), Pennsylvania (\$3.33), Washington, D.C. (\$3.25) and Illinois (\$3.24).

The nation's Top 10 least expensive gasoline markets are Mississippi (\$2.67), Texas (\$2.69), Oklahoma (\$2.73), Kentucky (\$2.74), Louisiana (\$2.76), Arkansas (\$2.78), Alabama (\$2.78), South Carolina (\$2.79), North Carolina (\$2.80) and Tennessee (\$2.80).

Taking a glance at the electricity stats in the nation shows that the Top 10 most expensive states for public charging per kilowatt hour are Hawaii (55 cents), West Virginia (47 cents), Montana (45 cents), Idaho (42 cents), Arkansas (42 cents), New Hampshire (42 cents), Tennessee (42 cents), Kentucky (41 cents), Alaska (41 cents) and South Carolina (41 cents).

The nation’s Top 10 least expensive states for public charging per kilowatt hour are Kansas (22 cents), Nebraska (24 cents), Maryland (25 cents), Missouri (25 cents), Delaware (28 cents), Iowa (28 cents), Texas (29 cents), Michigan (29 cents), Utah (29 cents) and North Dakota (30 cents). ★



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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 44<sup>th</sup> Street, Sacramento, CA 95824. Filed with the Clerk of Sacramento County January 14, 2025  
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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 Panasenکو, 5010 Marconi Avenue, Apt 81, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fix-it Alex!" 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

16, 2025  
Publish: Feb 14, 21, 28, March 7, 2025  
PINKBERRY 3-7-25

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 21<sup>st</sup> 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 21<sup>st</sup> 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  
Iulilia Ardelian, 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 Gavriluyuk, 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)

"Élevé 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  
Azziz & 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) "Jazcat Mobile Entertainment" 408 V Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County February 7, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
JAZCAT 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00990  
She Bringz Fashion by Marisaa Nicole LLC, 3936 Senate Avenue, #B, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "E'LAN Noir" 3936 Senate Avenue, #B, North Highlands, CA 95660. Filed with the Clerk of Sacramento County February 13, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
ELAN 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-09655  
Sun City Towing and Auto Care LLC, 3408 Hunter Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Local Tow Guys" 3408 Hunter Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 30, 2024  
Publish: Feb 21, 28, March 7, 14, 2025  
LOCAL 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00457  
Forever Coaching LLC, 1867 Oak Bluff Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Forever Coaching LLC" 1867 Oak Bluff Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County January 23 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
FOREVER 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01007  
Ryan J Rielley, 6225 Sunnivist

Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "We Mean Clean" 6225 Sunnivist Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 13, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
WE 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00992  
Vineet Singh Pamami, 7837 Abbingdon Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bargain Super Market" 7817 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County February 13, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
BARGAIN 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01044  
SAP Solutions, 2740 Fulton Avenue, Suite 124, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Clearinghouse C/TPA & Background Check Services" 2740 Fulton Avenue, Suite 124, Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 14, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
CTPA 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00318  
Adoboink LLC, 6824 Gold Run Avenue, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Adoboink Filipino Food" 6824 Gold Run Avenue, Sacramento, CA 95842. Filed with the Clerk of Sacramento County January 16, 2025  
Publish: Feb 21, 28, March 7, 14, 2025  
ADOBOINK 3-14-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01188  
Katherine Renee Nygren, 7130 Beech Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Bread Baby" 7130 Beech Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 19, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
BREAD 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00608  
AYBM Solutions LLC, 2108 N Street, #8639, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Naïla Pond" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 30, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
NAILA 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00854  
Bayvista Tech LLC, 2443 Fillmore Street, PMB 380-6162, San Francisco, CA 94115 is doing business under the Fictitious Business Name(s) "Apogee IT Consulting/Nerd Busters" 2108 N Street, Suite N, CA 95816. Filed with the Clerk of Sacramento County February 6, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
APOGEE 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00123  
Rowell Enterprises Inc, 9028 Elm Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Rowell Equipment" 9028 Elm Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County January 8, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
ROWELL 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01073  
Tracy Swanson, 1137 41<sup>st</sup> Street, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Three Swans Signature Events" 1137 41<sup>st</sup> Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County February 14, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
SWANS 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00673  
Daniel McElroy, 7113 Goodyear Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "McElroy Renovations" 7113 Goodyear Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County February 3, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
MCELROY 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00648  
New Belgium Brewing Company, Inc., 500 Linden Street, Fort Collins, CO 80524 is doing business under the Fictitious Business Name(s) "Kirin/Kirin Brewery" 500 Linden Street, Fort Collins, CO 80524. Filed with the Clerk of Sacramento County January 31, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
KIRIN 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00877  
Pavel Tiskiy, 4724 Dry Creek Road, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Envisioned Spaces" 4724 Dry Creek Road, Sacramento, CA 95838. Filed with the Clerk of Sacramento County February 6, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
SPACES 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01100  
Kaz Brodovsky, 3126 O Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "KB Facility

Solutions" 3126 O Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 18, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
KB 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00512  
Northern California Logistics LLC, 2800 Greymere Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Northern California Logistics LLC" 2800 Greymere Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County January 27, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
NORTHERN 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01125  
Blue Collar Coaching, LLC, 2135 Butano Drive, Suite 210, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Next Level Coaching" 2135 Butano Drive, Suite 210, Sacramento, CA 95825. Filed with the Clerk of Sacramento County February 18, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
NEXT 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01204  
Palmers Iron Fence LLC, 2970 La Rosa Road, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Palmer Fence" 2970 La Rosa Road, Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 20, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
PALMER 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01126  
Monique Huston, 6617 Madison Avenue, #5, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Pro-Health Therapies" 6617 Madison Avenue, #5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 18, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
PRO 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01015  
Positively Fit Within LLC, 2314 E Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Iron Roots Fitness" 1409 16<sup>th</sup> Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County February 13, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
IRON 3-21-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01146  
Shawanna L Kennedy, 1104 Corporate Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Next Level Consulting" 1104 Corporate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County February 18, 2025  
Publish: Feb 28, March 7, 14, 21, 2025  
CONSULTING 3-21-25



# COMICS & PUZZLES

The Spats

by Jeff Pickering

WHAT'S YOUR FAVORITE SUBJECT IN SCHOOL?

GEOLGY ROCKS!!

...BUT GEOGRAPHY IS WHERE IT'S AT!!

Amber Waves

by Dave T. Phipps

THAT FARMER IS ALWAYS SERVING UP SLOP. I'M GONNA GIVE HIM A PIECE OF MY MIND.

OINK! OINK! OINK!

OH, TRUST ME...WHEN TRANSLATED THAT WAS CHOCK-FULL OF OBSCENITIES.

Out on a Limb

by Gary Kopervas

LOOK, OUR BOOKINGS ARE WAY DOWN. THE CROWDS AREN'T WHAT THEY USED TO BE. I'M SICK OF THE ROAD AND HOTELS. I WANT TO MEET A GIRL, SETTLE DOWN, MAYBE START A FAMILY OF MY OWN... C'MON, DANNY, YOU'RE NOT GOING TO MAKE ME SAY IT, ARE YOU?!!!

TIGER

by BUD BLAKE

HEY, YOU GUYS!!

I DROPPED A COIN. WILL YOU HELP ME FIND IT?

HERE'S YOUR COIN, BONNIE. A NICKEL.

I FOUND YOUR QUARTER, BONNIE.

HERE'S YOUR DIME, BONNIE.

I'VE GOT A FEELING WE'VE BEEN HAD!

THIMBLE THEATRE PRESENTS

POPEYE

BY KENDY MURKIN

NOT A DAY TODAY IS EVERYONE IS HAPPY, NICE AND PEACEFUL!

EXCUSE ME!

COULD YOU FREE ME BEFORE THE SPIDER RETURNS?

IS VA OKAY? IT'S BEEN A ROUGH FEW WEEKS, HONESTLY.

TO THANK YOU FOR FREEDING ME, I WILL GRANT YOU ONE WISH.

I WISH I'D TAKE BETTER CARE OF MYSELF.

CAREFUL WHAT YOU SAY! YOU MIGHT WASTE A WISH!

BUT THAT WAS ME WISHING.

OK, THIS IS GETTING ANNOYING, GUY.

STOP BEING WORRIED. MY COURT-APPOINTED DEFENDER.

CLOSE YOUR EYES, COUNT TO THREE, AND WISH FOR THE FIRST THING YOUR HEART WANTS. OK?

ONE... TWO... THR...

WHAT BRINGS YOU TO THERAPY TODAY?

A JERK.

THAT'S PRETTY COMMON.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

SALE

SALE

Differences: 1. Purse is smaller. 2. Tie is missing. 3. Hair is longer. 4. Item in display case is different. 5. Lapel is missing. 6. Necktie is missing from display stand.

GRIN AND BEAR IT

by Dave T. Phipps

I GET IT, YOU SAID TO DO THE LAUNDRY WHILE YOU WERE AWAY, BUT TO BE FAIR, I DID MANAGE TO FIND ONE LAST CLEAN SHIRT.

"This is in case you take his side!"

Y	E	T	I			M	I	D				G	I	N								
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STATEPOINT CROSSWORD • MARCH MADNESS

CLUES

ACROSS

1. Giant Himalayan

5. \*M in MAC

8. Bathub libation

11. Joie de vivre

12. Do like fly fisherman

13. East side of Jersey

15. Tucked in

16. Diva's solo

17. Length of a forearm

18. \* \_\_\_\_ Sunday

20. Osiris' wife

21. Freshwater fish

22. Stir fry pan

23. Victorian era overcoat

26. Smallest

30. \*Like attending band at the NCAA Tournament

31. Kaa of "The Jungle Book"

34. Great Lake

35. Prep mushrooms for steak, e.g.

37. Cooking fat

38. Bible song

39. Second to last word in some fairytales

40. False

42. Dip oreo into milk, e.g.

43. Tiresome

45. Hoariest

47. NBC's sketch comedy show

48. Misrepresent

50. South American monkey

52. \*2025 NCAA Championship game venue

56. Renaissance fiddle

57. "To \_\_\_\_ and to hold"

58. \_\_\_\_-friendly

59. Founding Father Thomas \_\_\_\_

60. Damien's prediction

61. Reunion group

62. Bancroft to Hoffman in "The Graduate"

63. Agreement word

64. Ages and ages

DOWN

1. Nay opposers

2. River in Bohemia

3. 1.3 ounces, in Asia

4. Owes money (2 words)

5. Angelina Jolie's 2024 singing role

6. "Kick the bucket," e.g.

7. \* \_\_\_\_ Smith, coach of 2 champs and 11 Final Four teams

8. Mongolian desert

9. Fleur-de-lis

10. "Cut down at end of last game

12. Like rheumy eyes

13. Descendant

14. \*2024 winners

19. Thin pancake

22. \* \_\_\_\_ and move on

23. \*Cinderella's victory

24. Furlough

25. Spew, past tense

26. Cough syrup balsam

27. Use other end of pencil?

28. Farm structures

29. Dangle a carrot

32. \* \_\_\_\_-up or evenly matched game

33. Step on it

36. \*2024 Most Outstanding Player Newton

38. Paralyzing disease,

for short

40. Afghan monetary unit

41. Neolithic tomb

44. "Riunite \_\_\_\_ that's nice"

46. Figure out

48. Scapegoat's due

49. Roof overhang

50. Salty drop

51. Avian wader

52. Sailor call

53. Capital of Norway

54. Statistics calculation

55. Sea eagles

56. Dashboard acronym

CROSSWORD

1 2 3 4 5 6 7 8 9 10

11 12 13 14

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18 19 20

21 22

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



# Kings Korner

By V.G. Harris



Breaking news, the Sacramento Kings can win games against playoff quality teams without all-world center Domantas Sabonis. It happened Saturday night in Houston Texas against a playoff bound Rockets team, as iron man Sabonis grabbed his right hamstring and was forced to leave the game only two minutes into the action.

Not to be esoteric, but intended for every fan and pundit to understand, this team even short-handed can make the playoffs. Yes, I said playoffs, not playin.

Even with the news that Sabonis will be sidelined for 2-3 weeks, every fan should find the positive where it takes you. With Sabonis resting his ailing hamstring, players such as Keon Ellis, Trey Lyles, and hopefully Markelle Fultz, will get much more court action, and Fultz in particular needs more time getting used to his new teammates.

I'm excited to see the athleticism and deft ball handling that Fultz brings to the hardwood, and without question Malik Monk needs time without the ball. Monk is getting exhausted handling the ball every possession, and he is leading the team in turnovers nearly every night. This comes from trying to do too much, and I love the effort Malik brings every game. No one gives more, but he is more comfortable in the role as a 2 guard, and with either Devin Carter or Markelle Fultz on the court, Malik can assume his former role.

Not to be overlooked as the Kings have put together a 3-game winning streak, is the work of big man Jonas Valanciunas. Jonas looks like the NBA starter he's always been and will fill the void left by Sabonis as he nurses his hamstring over the next half dozen games.

Valanciunas is an excellent rebounder and has a low post game that is second to none. He gets criticism for his defense, but I believe he is a more than capable team defender, and he accepts a challenge well. Without question the acquisition of Jonas Valanciunas was bound to pay dividends, and Sacramento is about to see what this quality NBA center can do.

While pundits criticized the trade that brought Zach Lavine to the Kings from Chicago, all that Zach has done is play better and better with every game. The initial jitters that led to poor 3-point shooting has been replaced by stellar knock-down 3's, that ignite the home crowd and show naysayers that this former NBA all-star can make a difference every night.

This is exactly the type of team Sacramento fans have been hoping to see for years. A team that can take any team to the wire every night, and as this newly assembled group has found time together, they are looking like a bonified playoff contender.

Just percentage points ahead of the Dallas Mavericks in the Western Conference standings, Monday night's game looms large.

The Kings occupy the No. 9 spot in the standings but are amazingly only a half-game out of the No. 6 spot. Five quality teams are vying for No. 6, but the Kings are finding their collective stride at just the right moment. Tested they will be as they enter American Airlines arena and face Kyrie Irving and Klay Thompson.

If ever in a frenetic season it is time for optimism, that time is now! It should come from every corner, and regardless of what occurs against the Mavericks and the Nuggets on Wednesday night in Denver, everyone should be looking forward to Friday night's contest against the visiting San Antonio Spurs.

Much has been said about the back story of DeAaron Fox leaving the Kings, and for one night that needs to take hiatus. When DeAaron is introduced as a member of the opposing team, every fan needs to get on their feet and put their hands together. What Fox did for the Sacramento Kings in nearly eight seasons is legendary, and without question No. 5 will have his jersey retired someday.

Stand up Kings fans, because the best is truly yet to come! It's a great time to be a Sacramento Kings fan, so remember the glass is half full, and the playoffs are right around the corner!

All the best!

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

# Social Security Matters

## Should I Wait until Age 70 to Claim Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I am a married woman, at my full retirement age, and the primary earner in my marriage. How do I know if I should take my Social Security now or wait till 70? I will lose quite a bit if I take it now. How will it affect my taxes if I take it now while still working a full-time job? **Signed: Undecided**

**Dear Undecided:** As you apparently already know, waiting until you are 70 to claim Social Security will result in you getting your maximum possible monthly SS retirement benefit. After your full retirement age, you get about 8% more each year you delay claiming up to age 70. But deciding exactly when to claim should consider both your financial needs and, importantly, your life expectancy. If you don't urgently need the money

now and your life expectancy is at least "average," then waiting until age 70 to claim is usually the right choice. But if you urgently need the money, or your life expectancy is less than average (mid-80s for a woman your current age), then claiming before age 70 is usually prudent.

Regarding taxation, Social Security benefits may be taxable if your combined income from all sources exceeds the threshold for your IRS filing status. If you file taxes as "married/jointly" and your combined income (including your work income) exceeds \$32,000, then half of the SS benefits you received during the tax year becomes part of your taxable income. But if your combined income is over \$44,000, then up to 85% of your SS benefits becomes taxable income (the thresholds are lower for those who file as a single). So, your full-time work income will likely affect how much of your Social Security benefits are subject to income tax by the IRS.

In the end, only you can decide when you should claim Social Security. Taxation of benefits may be a factor to consider since you are still working full time (thus more

of your SS benefits will be taxable). But waiting longer to claim results in a higher benefit for the rest of your life (your SS retirement benefit will be .667% more for each month you delay, up to age 70). If the "rest of your life" is a long time and you don't urgently need the money, waiting is often the right choice. If not, claiming earlier may be wiser.

If you want to get a more personalized estimate of your life expectancy, I suggest you use the tool we use here at the AMAC Foundation: [www.socialsecurityreport.org/tools/life-expectancy-calculator/](http://www.socialsecurityreport.org/tools/life-expectancy-calculator/).

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# Lacking the Capacity to Store Water That Atmospheric Rivers Dump on the State



By Dan Walters, CALMatters.org

President Donald Trump is obsessed with how California manages its water supply, demanding changes as one price of giving the state billions of dollars in aid to cope with Southern California's deadly and destructive wildfires.

However, Trump's specific complaints are not grounded in hydrologic or managerial reality — such as his insistence that a lack of water from Northern California was a factor in either the fires' eruption or the firefighting efforts. Hydrants dried up largely because systems were designed to deal with individual structure fires, not widespread wildfires involving thousands of buildings.

That said, there's much to criticize in how California, once a global leader in large-scale water management, has faltered. Population growth and evolving agricultural practices have increased demand, while federal and state environmental laws, judicial decisions, political foot-dragging and climate change have restricted supply.

One major failing has been a slow response to an obvious need for more water storage — either in reservoirs or underground aquifers — to capture winter rains and spring snowmelts as a buffer for dry years.

Scientists believe that even if California's overall water supply from rain and snow storms doesn't decline, wet and dry cycles have become more intense, and more precipitation is coming as rain instead of snow. Thus the natural reservoirs of snow-packs in the Sierra and other mountain ranges are becoming less dependable, increasing the need for supplemental storage.

California's most recent experiences — two wet winters that defied some forecasts — underscore the need.

A new report from the Public Policy Institute of California points out that the atmospheric rivers that dropped immense quantities of rain and snow on the state this month, following a very dry January, did not result in substantial new storage in the state's major reservoirs.

"Rather than storing all the water they can, during the winter reservoir operators are required to maintain enough space in their reservoirs to capture high inflows and reduce the risk of flooding downstream," PPIC researchers Jeffrey Mount and Greg Gartrell wrote.

"When the February storms arrived, the surge of water into the state's two largest reservoirs — Shasta and Oroville — quickly filled the flood reserve space. Because the winter flood season is far from over, dam operators had no choice but to let the water go to make space for possible future floods.

"And they let go a lot of water. Between February 1 and 18, those two reservoirs alone released more than 2 million acre-feet of water into the Sacramento and Feather Rivers to maintain space for future stormwater."

An acre-foot is 325,851 gallons and 2 million-acre feet equates to more than half of Oroville's capacity, or about 20% of what Californians consume each year for non-agricultural purposes.

Overall, Mount and Gartrell calculated, 5.1 million acre-feet of water flowed into the Sacramento-San Joaquin Delta from storm runoff and reservoir releases during that period in February. Just 4% of it could be diverted into storage because of insufficient capacity and operational mandates.


Even a relatively tiny increase in storage capacity could pay huge dividends when wet winters such as this evolve into periods of drought. Had the long-proposed Sites Reservoir on the west side of the Sacramento Valley existed, it could have banked as much as 1.5 million acre-feet of that excess flow.

California's water managers acknowledge the need for more storage to take advantage of high-precipitation winters such as this one, but clearing all of the legal and financial hurdles and actually building it take decades.


Sites, first proposed seven decades ago, is just now beginning to appear feasible.

The hydrological reality of California's water supply is changing faster than our willingness to deal with it. The outcome of that disparity is perilous.


*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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# Hornet Nets Pitcher of the Week Award

## Sacramento State University News Release

**SACRAMENTO REGION, CA (MPG)** - Fresh off a performance that earned him his first victory of the season, senior right-hander Evan Gibbons was named the Western Athletic Conference (WAC) Pitcher of the Week on Monday, Feb. 24.

It is the first career honor for Gibbons, who became the first Hornet hurler to win the award since teammate Kade Brown did so on April 22 of last season.

The three-time WAC All-Academic Team selection put up a stellar start in game three of the series against Ball State on Feb. 21, picking up his first "quality start" of the season while combining on a three-hit shutout.

Brown allowed only two



On Feb. 24, Hornet senior right-hander Evan Gibbons was named the Western Athletic Conference Pitcher of the Week. Photo courtesy of Sacramento State Athletics

hits and five baserunners total over six shutout innings, walking a pair and tying his career high with eight strikeouts. Of the five Cardinals that reached base during his time on the mound, Gibbons stranded four of those in scoring position as Sacramento State went on to win the game, 2-0.

The eight strikeouts matched his high bar set in 2023 against Utah Tech and tied twice in 2024 in starts against Utah Valley and Stephen F. Austin. Gibbons is tied for second on the team with 10 strikeouts over 10.2 innings of work, holding opposing hitters to a .231 batting average.

Following a short break, the Hornets returned to the diamond on Feb. 26, defeating South Dakota State 14-2 in the opening game of a four-game home series at John Smith Field. ★

# Women’s Tennis Adds International Talent



Cami Maldonado Gutierrez, ranked as one of the top 10 juniors in her home country of Mexico, has committed to join the Sacramento State women's tennis team for the 2025-26 season. Courtesy photo

## Sacramento State University News Release

**SACRAMENTO REGION, CA (MPG)** - Cami Maldonado Gutierrez, ranked as one of the top 10 juniors in her home country of Mexico, has committed to join the Sacramento State women's tennis team Head Coach Sophie Breault announced on Feb. 21.

“We’re thrilled to welcome Camila to our program and can’t wait to see her growth over the next four years,” Breault said. “Cami is a crafty lefty with incredible skill in moving the ball around the court. With so much untapped potential, she has everything it takes to become a top collegiate player.”

“Aside from her talent, she’s a kind, hardworking, and passionate competitor who will be a perfect fit for our team culture and the Hornet family. We have no doubt she’ll make an immediate impact as we pursue our goals of winning the Big

Sky Championship and beyond.” Originally from Tuxtla Gutierrez, Chiapas, Mexico, she ranked as high as No. 561 in the world according to the Jan. 6 International Tennis Federation’s Juniors ranking and is currently No. 584 as of Feb. 17.

A member of the Chiapas State Team in 2022, she reached the quarterfinals of the Conade National Olympics and is well-versed in both singles and doubles competition.

Among her career highlights, she claimed five doubles titles from 2023-24 and was a semifinalist in a sixth event, while claiming a singles championship and another singles finals appearance at a pair of J30 Intercollegiate Tennis Association tournaments in Nicaragua. She also reached the semifinals of an event in Tabasco, Mexico in late May of 2024.

Overall, Gutierrez posted a 25-11 overall record in singles play and was 25-8 in doubles matches in 2024. ★

# Aggie Earns Player of The Week Honor



On Feb. 26, UC Davis sophomore Mika Ikemori was named Big West Player of the Week. Photo courtesy of UC Davis Athletics

## UC Davis Athletics News Release

**SACRAMENTO REGION, CA (MPG)** - UC Davis sophomore Mika Ikemori was named Big West Player of the Week, the conference announced on Feb. 26.

This marks Ikemori's first career Big West Player of the Week honor.

Ikemori went 4-0 across three different matches over

the course of a week. On Feb. 21, Ikemori and her partner Daisy Maunupau beat Oregon’s No. 1 doubles team of Tilde Jagare and Juliett Santitto, currently ranked No. 80 in the nation. Ikemori followed that up with a straight sets victory at No.1 singles against Santitto 6-4, 6-3.

On Feb. 22, Ikemori and Maunupau won at No. 1 doubles against Cal State

Stanislaus’ Emma Yu and Annabelle Mulick, 6-3. That afternoon, Ikemori secured her fourth win of the weekend when she beat Jessup University’s Briana Smith, 6-4, 6-0.

UC Davis was back in action against Cal Poly on March 1 for their first-ever theme day, We Stand We See, bringing awareness to illnesses that affect many around the world. ★

# Sacramento Kings Working to Enhance Accessibility

## Sacramento Kings News Release

**SACRAMENTO REGION, CA (MPG)** - On Feb. 24, the Sacramento Kings in collaboration with Ticketmaster and OneCourt announced an innovative way for blind and low vision fans to experience live basketball action at Golden 1 Center. Beginning immediately and continuing through the NBA 2024-25 regular season, One Court’s haptic display will be available at all home games, free of charge, allowing fans to feel the game in real time.

OneCourt devices will be available for checkout at Guest Services, located near Section 109 and 207, on a first-come, first-served basis. Five devices will be available at each home game, expanding access to this groundbreaking technology and ensuring more fans can engage with the action in an inclusive way.

This cutting-edge technology converts live game action into audio and trackable vibrations, allowing users to follow plays with their fingertips.

The Kings worked closely with the NBA to integrate OneCourt with the league’s live gameplay tracking system, ensuring fans receive real-time updates through the device’s intuitive interface.

“At the Kings, we are committed to



The Sacramento Kings are implementing an innovative way for blind and low vision fans to experience live basketball action at Golden 1 Center. Photo courtesy of Sacramento Kings

making live sports more accessible and inclusive for all fans,” said Sacramento Kings President of Business Operations John Rinehart. “Partnering with Ticketmaster to make OneCourt technology available at Golden 1 Center allows us to deliver an innovative, real-time experience that ensures Blind and Low Vision fans can feel the excitement of every play.”

“Our partnership with the Sacramento Kings brings OneCourt’s adaptive technology to fans at Golden 1 Center, helping make gamedays more immersive and inclusive,” said Ticketmaster Senior Director of Client Development Scott Aller. “Live experiences are for everyone, and this

initiative is part of Ticketmaster’s ongoing work to expand opportunities for how every type of fan can connect with and experience their favorite events.”

“We believe that sports are for everyone and at OneCourt, we have created an intuitive tactile broadcast that makes sports more enjoyable for fans of any age, background, or visual ability,” said OneCourt Founder and CEO Jerred Mace. “Fans feel more empowered than ever before to attend live sporting events and join in on the action. We are thrilled to partner with the Sacramento Kings and Ticketmaster to make OneCourt available to basketball fans at Golden 1 Center.” ★

# Sac Pro Sport Venues Promote Sustainability

## Sacramento River Cats News Release

**SACRAMENTO REGION, CA (MPG)** - On Feb. 25, the Golden 1 Center and Sutter Health Park announced a new multi-year, sustainability-focused partnership with Kimberly-Clark Professional™. Fans attending Kings, River Cats and Athletics home games will benefit from Kimberly-Clark Professional’s high-quality paper towels, soap, and toilet paper, reinforcing both venues’ commitment to cleanliness and environmental responsibility.

“As an organization, we are always looking for ways to enhance sustainability efforts while improving the fan experience,” said Sacramento Kings President of Business Operations John Rinehart. “Kimberly-Clark Professional products provide innovative hygiene

solutions for Golden 1 Center and Sutter Health Park, and we are excited to partner with a company that shares our commitment to health, safety, and environmental stewardship.”

“We’re dedicated to the teamwork it takes to help create better fan experiences,” said Kimberly-Clark Professional Chief Customer Officer Ignacio Suit. “Customers can count on our towel, tissue and hand hygiene brands, Kleenex and Scott, to stand for safety and cleanliness from a responsible and ethical source.”

Kimberly-Clark recently earned the No. 2 spot on Barron’s list of most sustainable U.S. companies for its achievements in reducing its environmental footprint and announced its ambition to be 100% natural forest free across its portfolio. ★