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# Carmichael Times

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MARCH 14, 2025

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## Rosie Buck is Woman of the Year



Assemblyman Josh Hoover presents his Woman of the Year award to community leader Rosie Buck. Carmichael Park staff and supporters applaud. A formal ceremony at the Capitol's State Assembly crowned the honor.

**Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Assemblyman Josh Hoover has chosen community leader Rosie Buck as his 2025 Woman of the Year.

The award cements Buck's reputation as a District 7 mover and shaker. In conjunction with National Women's Month, senators and assembly members nationwide have bestowed similar honors on exemplary women.

Californian honorees last week converged on the Capitol from throughout the state. Fair Oaks resident Buck joined a formal parade into the Assembly's green-carpeted Chamber. On Hoover's arm, Buck heard her achievements read aloud. Politicians and the public applauded.

"Some amazing women were being honored," Buck marveled. "I couldn't believe I was among them."

The ceremony followed lunch at Prelude, a favored hobnobbing spot for politicians, hosted by the

District 7 leader.

"Having known Rosie since my (2022) election, I couldn't think of anyone more deserving of the award," Hoover said. "She's a business owner who is really giving back. Her efforts are of huge benefit to the community."

Woman of the Year Buck recently began a second year as Carmichael Chamber of Commerce president. The 36-year-old also sits on Carmichael's Improvement District Board. Buck organizes public events in her role as a Carmichael Parks Foundation director.

She's also a Kiwanis member and an Elks Lodge member.

Buck and her mechanic husband, Jeff Buck, provide curriculum feedback and internships for the San Juan School District. In addition, the supermom does daily lunchbox prep and chauffeur duties for 7-year-old son, Archer.

Assemblyman Hoover last year named Buck Family Automotive, owned by the couple, as a "Small

Business of the Month" winner.

"My office represents many communities in our region," Hoover said. "We see Rosie at lots of events. She's everywhere. She has tremendous energy and organizational skill. I'm in awe of how much this young woman does as a volunteer, along with being a mom, a wife and a businesswoman."

The 5-foot, 2-inch dynamo encountered Hoover's award as a "delightful surprise and a proud moment" in her action-packed life.

"I'm deeply honored," Buck said. "I love representing my community. I didn't tell many people when I learned I was Woman of the Year. When my friends found out, they were thrilled for me."

"At the Capitol ceremony, it was great to have my husband and my mom applauding from the public gallery. They were so proud. I was a bit teary and I couldn't stop smiling," Buck added. "But I really felt it was our community that was being honored." ★

**2025 Citizens  
Academy  
Accepting  
Applications**



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

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County District Attorney's Office is now accepting applications for its 2025 Citizen's Academy. This unique 10-week program offers an opportunity to learn about the criminal justice system and engage with local law enforcement agencies, all at no cost to participants.

Running from April 1 to June 10, the academy will be held from 6 to 8 p.m. Tuesdays at the Jan Scully Conference Room, located at 906 G St., Sacramento. Participants will gain insight into a range of topics, including the anatomy of a criminal case, specialized prosecution areas, CSI and crime lab analysis, use of force, and community-focused public safety initiatives. Additionally, there will be an exciting field trip to the District Attorney's Crime Lab and the Sacramento Police Department's 911 Communications Center.

Program graduates have praised it as an invaluable educational experience. Sylvia Franklin, a past participant, shared, "It's a wonderful program, we found out about it through Nextdoor. It helps educate you and get you involved. It bridges the gap between the community and law enforcement."

Zabrina Torres, a college student, added, "I really enjoyed this program. It gave me a better understanding of the District Attorney, the Defense Attorney and law enforcement."

The academy is a collaborative effort between the Sacramento County District Attorney's Office, Sacramento Police Department, Sacramento County Sheriff's Office and Sacramento County Probation Department. The program aims to engage citizens from all backgrounds in discussions about public safety and criminal justice issues.

The application deadline is March 21. For more information and to apply, visit [sacda.org/in-the-community/citizens-academy/](http://sacda.org/in-the-community/citizens-academy/). Don't miss out on this opportunity to deepen your understanding of local law enforcement and the criminal justice system. ★

## Bits and Bobs Back

**Story and photo  
by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - A mini world of vintage glamor was unfastened on March 8 during Sacramento Button Club's expo at La Sierra Community Center in Carmichael.

Held every two years, the Button Bazaar event attracts dealers and fans from all over the West Coast and Nevada. Many thousands of specimens, from an industry that has been securing seams since mammoth bone toggles, were on display.

Exhibits included fasteners tooled for fashionistas from ancient China to contemporary Paris. Items displayed included antique buttons, fashion buttons, vintage buttons, glass art buttons and novelty buttons.



Sacramento Button Club member Susan Rhoades, left, examines a "poke tray" offered by California Button Club Vice-President Dixie Hersh on March 8 at La Sierra Center in Carmichael.

Held every two years in Carmichael, the Button Bazaar attracted more than 100 visitors.

According to the Sacramento Button Club, the nonprofit club was

founded on Jan. 17, 1955 "dedicated to the love and appreciation of collectible clothing buttons. Club members meet the second Saturday of each month "to further our knowledge,

discuss new finds and learn from other collectors.

For more information, visit online [sacramento-buttonclub.org](http://sacramento-buttonclub.org) or email [sacramento-buttonclub@gmail.com](mailto:sacramento-buttonclub@gmail.com). ★

# 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. ★

# Roger Niello Appointed to Little Hoover Commission



Roger Niello

## Little Hoover Commission News Release

**SACRAMENTO REGION, CA (MPG)** - State Sen. Roger Niello (R-Fair Oaks) has been appointed to the Little Hoover Commission by the Senate Rules Committee, chaired by Senate President pro Tempore Mike McGuire (D-Healdsburg).

Niello replaces Senator Scott Wilk (R-Santa Clarita), who served on the Little Hoover Commission from 2023 until he termed out of office in 2024. Wilk automatically left the commission when his legislative service ended.

"It is both a privilege and a profound responsibility to be appointed to the Little Hoover Commission and contribute to its mission of improving state government. I am looking forward to collaborating with my fellow Commissioners to make

a meaningful impact in shaping a government that addresses Californians' needs," Niello said.

Niello has been senator for California's Sixth Senate District, representing portions of Placer and Sacramento counties, since 2022. In 1974, he joined his family business, the Niello Auto Group, and spent the next 25 years running retail automobile dealerships with his family partners.

Niello was elected to the Sacramento County Board of Supervisors in a special election in 1999 and in 2004 was elected to the California State Assembly and re-elected twice. After his time in the Assembly concluded, Niello accepted an appointment as president and CEO of the Sacramento Metro Chamber of Commerce.

Niello has served as president of the Golden State Voter Participation, chair of the Sacramento Valley Lincoln Club Board, co-chair of the California Civic Learning Partnership in Sacramento County, member of the University of California Center Sacramento Advisory Board, the Dignity Health Sacramento Service Area Hospital Community Board, the Greater Sacramento Economic Council Board, and Sacramento Rotary.

In February 2011, he was named the University of California Center Sacramento Governance Fellow, the first to serve in that position.

Niello earned his undergraduate degree from the University of California at Berkeley and his master's degree from the University of California at Los Angeles.

The Little Hoover Commission is America's only permanent, independent citizens commission working to improve state government. A nonpartisan oversight agency created in 1962, the commission includes 13 commissioners appointed by the governor and legislative leaders. The commission's mission is to investigate state operations and promote efficiency, economy and improved service.

State Sen. Roger Niello represents District 6, which includes Antelope, Arden-Arcade, Carmichael, Citrus Heights, Clay, Fair Oaks, Folsom, Foothill Farms, Franklin, Galt, Gold River, Herald, Mather, Orangevale, Rancho Cordova, Rancho Murieta and Wilton in Sacramento County. The district includes Auburn, Granite Bay, Lincoln, Loomis, Newcastle, Penryn, Rocklin, Roseville and Sheridan in Placer County. ★

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Welcome home to this beautiful 3-bedroom and 2.5-bath home located in Canyon Falls Village, a desirable gated community. The kitchen features luxury vinyl plank flooring, a gas range, a built-in microwave, and a double sink. Enjoy fantastic natural lighting throughout. Second bath includes a convenient tub-over-shower combo, while two additional bedrooms provide flexibility for family, guests, or a home office. The spacious master suite has a step-in shower, his-and-her sinks, and a standard closet. Outside, the backyard is ready for your vision, with plenty of space for an outdoor kitchen and entertaining. With a new HVAC compressor, a tile roof, durable stucco siding, an inside laundry room, and an attached garage, this home is designed for both comfort and convenience.

This move-in-ready home has been completely remodeled with modern style and convenience in mind! Every detail has been updated, from the gorgeous new vinyl plank flooring to the brand-new dual pane windows that flood the space with natural light. The sparkling kitchen features new stainless steel appliances, white quartz countertops, and ample storage. Enjoy all-new electrical, plumbing, a tankless water heater, and a brand-new roof. Additional upgrades include new doors, hardware, siding, fencing, a new garage door, and new sprinklers in both the front and back yards. The updated bathrooms are fresh, while the roomy master suite offers both a walk-in closet and an extra closet, plus a modern step-in shower. Great neighborhood with easy access to Highway 80, Haggin Oaks Golf Complex, shopping, and dining.

Welcome to this beautiful 2-bedroom, 2-bath home in the sought-after Destinations at Vineyard Point Village, a gated 55+ community offering the perfect blend of comfort and connection. This well-maintained Lennar home features an open and inviting floor plan filled with natural light. The kitchen boasts granite countertops and a spacious island with bar seating. The primary suite has a large walk-in closet, dual sinks, and a step-in shower. Outside, enjoy a private backyard bordered by a greenbelt, offering added serenity and privacy. The vibrant community offers a luxurious clubhouse, sparkling pool, spa, fitness center, library, and an active calendar of events. Plus, it's just minutes from Bradshaw Ranch Golf Course

Experience the charm of this beautifully updated Oak Park home, conveniently located just minutes from downtown and the UC Davis Med Center! This 2-bedroom, 1-bath home features a bright and airy floor plan with newer laminate flooring throughout. The dreamy kitchen offers granite countertops, sleek white cabinets, a gas cooktop stove, and ample storage. A private European courtyard and landscaped front yard add fantastic curb appeal. Enjoy spacious bedrooms, a newly remodeled bathroom, and a large backyard with a tool shed, RV access, and space for a potential ADU. This property is a must-see!

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Experience the charm of this beautifully updated Oak Park home, conveniently located just minutes from downtown and the UC Davis Med Center! This 2-bedroom, 1-bath home features a bright and airy floor plan with newer laminate flooring throughout. The dreamy kitchen offers granite countertops, sleek white cabinets, a gas cooktop stove, and ample storage. A private European courtyard and landscaped front yard add fantastic curb appeal. Enjoy spacious bedrooms, a newly remodeled bathroom, and a large backyard with a tool shed, RV access, and space for a potential ADU. This property is a must-see!

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# Capital Stage Apprentice Program Accepting Applications



Capital Stage Apprentice Company participants will experience everything from casting, rehearsals and directing to technical production, design and marketing. Photo courtesy of Capital Stage



Capital Stage is seeking passionate, self-motivated candidates who are eager to learn and contribute to the company's diverse productions. Photo courtesy of Capital Stage

**Capital Stage News Release**

**SACRAMENTO REGION, CA (MPG)** - Capital Stage, Sacramento's innovative and professional nonprofit theatre company, is accepting applications for its 2025/26 Apprentice Company. This program offers aspiring theatre artists a valuable opportunity to gain hands-on experience in the professional theatre world while learning from industry experts.

The Apprentice Program at Capital Stage is designed to bridge the gap between academic theatre and the professional world, offering practical training and exposure to all aspects of theatre production and administration.

Apprentices will be fully immersed in the production process, taking part in everything from casting, rehearsals and directing to technical production, design and marketing. Opportunities also include assisting with dramaturgy, stage management, props and costume building, public relations, and more. Apprentices will also participate in the production of the annual Apprentice Showcase, a public presentation that highlights the skills and creativity

developed throughout the program.

The program runs for a minimum of six months, with a 12-month commitment preferred. Apprentices will receive a weekly stipend of \$250 to \$350, although housing is not provided. The schedule is flexible, accommodating apprentices' availability, and will include a mix of day-times, nights and weekends. While Capital Stage cannot guarantee a job offer after the apprenticeship completion, this experience provides a strong foundation for those pursuing a career in theatre.

Capital Stage is seeking passionate, self-motivated candidates who are eager to learn and contribute to the company's diverse productions. Ideal applicants should be dedicated, able to work in a fast-paced environment and have the ability to collaborate with a wide range of personalities.

The deadline to apply is May 31. Interested candidates should submit their application materials to Logan Germano Heller, education manager, at [lheller@capstage.org](mailto:lheller@capstage.org). Interviews will be scheduled for select applicants. For more information, visit [capstage.org](http://capstage.org) or email Logan Germano Heller. ★



The Apprentice Company program runs for a minimum of six months, with a 12-month commitment preferred. Photo courtesy of Capital Stage



The Apprentice Program at Capital Stage is designed to bridge the gap between academic theatre and the professional world. Photo courtesy of Capital Stage

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# Kings Korner

By V.G. Harris



There are tough losses and then there are tough losses.

The Sacramento Kings went into Inglewood Sunday night winners of four out of the last five games and came within a gnat's eyelash of supplanting the L.A. Clippers for the eighth spot in the western conference. Sadly, that did not happen, largely because future hall of famers Kawhi Leonard and James Harden exercised their collective will and made shots when it mattered most.

After the western conference player of the week Zach Lavine missed a tough game ending 17 ft. shot to end regulation, the Kings played the talent laden Clippers to a standstill and actually took a one-point lead with less than 22 seconds remaining in overtime.

Shaking off a poor shooting night in which Kawhi Leonard went 1-7 from 3-point land and was held to 17 points for his nights work, Leonard made his only shot attempt in overtime. King's fans watched in agony as with no time left on the clock, Kawhi's shot bounced twice before finally falling through the twine for a 1-point victory.

Cream rises to the top, and players with the talent of a Kawhi Leonard may miss shots all night but always seem to be there when it matters most.

So, Kings fans and players alike must defenestrate the Clippers loss, because in 24 hours the 40-win New York Knickerbockers will invade Golden One Arena, and the Kings need this game like few they've needed all season.

Much like the Clippers, the Knicks are laden with talent, and this contest will test the mettle of this newly assembled team.

The Kings have been shorthanded with both Domantas Sabonis and Malik Monk sidelined with injuries but tonight may see the return of Monk to the starting lineup. Sidelined for three games with a sprained toe, Malik would be a welcome sight against a formidable Knicks lineup.

Fans should be taking note that this new version of the Kings not only has taken care of business as it relates to sub 500 teams, but has given every opponent a tough out, night in and night out. This team plays tough, and every fan wants to see is a team

that brings their best effort every night.

Whether it's Keon Ellis, newcomer Jake LaRavia, or the reemergence of Keegan Murray, this version of the Kings is playing better defense than any team in recent memory. It takes great energy to hold teams to under 110 points per night, and the Kings are approaching those numbers.

Rising to 15th overall in defensive rating, the Kings are allowing opponents 113 points per game, but without question the newcomers have made a difference.

All their collective skills will be needed Monday night against a New York Knicks team that is averaging just a shade under 117 points per game, and I expect a play-off atmosphere at Golden One Arena on Monday night.

For those pundits and fans that have been critical of Keegan this year, I will say that this season has seen two versions of Keegan Murray. Early on Keegan's 3-point shooting was so bad I just wanted anyone else to shoot, and his percentage was in the low 20's. But, as Keegan's defense became a theme that seemed to inspire his game, his second half 3-point shooting has nearly doubled to over 40% in the second half.

Not to be overlooked was last Friday nights game against the San Antonio Spurs. Sacramento Kings fans welcomed back DeAaron Fox and family to Golden One Arena with a rousing win, besting the Spurs from start to finish and winning by a margin of 127-109.

King's fans were classy in their pregame ovation, and later when DeAaron handled the ball, boos could be heard as well.

What I say is, I'm glad this game is in our rear-view mirror. It had to happen and it's a game that can only occur once. DeAaron will undoubtedly play many more games at Golden One Arena, but none will come with the emotion that was present at the arena on Friday night.

It's time for Kings fans to come together, realize that this new version of the Kings is making a legitimate run for the playoffs, and enjoy the process!

Stay tuned Kings fans, this is going to be fun!

All the best!

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



## Dare to Live Without Limits

by Bryan Golden

### Optimism vs. Pessimism



*"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty. For myself I am an optimist - it does not seem to be much use being anything else."*

- Sir Winston Churchill

Optimists see the glass half-full while pessimists see the glass half-empty. This is the classic illustration of the difference between optimists and pessimists. Although the statement captures one element of optimism, there is much more.

Optimism is deeper than how one views a particular situation. Optimism is a core belief system that influences attitude, action, and outlook. Optimism drives accomplishment whereas pessimism inhibits progress. Optimists never give up. Their drive is endless. Regardless of the challenges encountered, they keep going until the desired goal is reached.

There has never been a pessimist responsible for any innovation, discovery, or invention. Pessimists are prone to mental stress and physical ailments. Pessimists give up in the face of adversity. Pessimists experience much less happiness than their optimistic counterparts.

Pessimists justify their outlook as being realistic. They deny being pessimistic and label optimists as unrealistic dreamers. Pessimists claim they don't want to be disappointed. Pessimists don't expect things to work out. When their self-fulfilling prophecy comes true, their outlook is reinforced.

Since there aren't any advantages to being a pessimist, you may as well be an optimist. As an optimist, your life will be more enjoyable. You will find solutions for problems, overcome obstacles, and achieve your goals.

Pessimistic tendencies are common. Even optimists can have pessimistic thoughts. What distinguishes optimists from pessimists is their fundamental attitude. An optimist will not be deterred by a negative thought. They understand that a single thought is not nearly as significant as one's overall outlook. ★

It's great if you are an optimist. You understand first hand all of the benefits. Although you may be criticized by pessimists, your perspective holds fast. You can't understand why anyone would maintain a negative view of life.

But what if you are a pessimist. Is it possible to become an optimist? Yes, if you want to. A good place to start is by monitoring what you say to yourself and others. You want to purge the following negatives: I can't, it won't work, I don't know how, there is no chance, I'll probably fail, or I don't have what it takes. Instead, use this positive language: I can, I'll find a way to make it work, I'll learn how, there is a chance, I won't stop until I succeed, and I have what it takes.

At first you will catch yourself with mostly, if not entirely, negative self-talk. Each time, replace the negatives with positives. It will take time and practice to change your language. Don't get discouraged.

As you change your internal concepts you must apply them. When faced with any obstacle or adversity, believe in yourself and your ability to find solutions. Answers always exist. It's the optimists that discover them.

Don't allow others to dampen your spirit. Ignore any assertions that you are dreaming or being unrealistic. Dreaming is a source of inspiration. "Unrealistic" thinking enables you to evaluate any and all possible paths for your journey.

Your transformation to optimism will be eminently worthwhile. From my own experience, along with studying the lives of many others, being an optimist will empower you to accomplish much more than you ever thought possible. At times, it may seem difficult to remain optimistic. But look for, and you will find, the spark which will keep you going.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2025 Bryan Golden ★

## California Uses Gimmicks Instead of Addressing the Heart of Its Budget Problem



By Dan Walters, CALMatters.org

One of the many gimmicks that California's governors and legislators employ to paper over budget deficits, thus avoiding real spending cuts or increasing taxes, is to assume some level of savings from making state agencies and programs more efficient.

They will plug arbitrary numbers into the budget from such supposed efficiencies, then, along with other gimmicks, declare that the budget gap has been closed and pat themselves on the back for the feat.

The 2024-25 budget is a prime example of such political expedience. As enacted last June it totaled \$297.9 billion, of which \$211.5 billion was general fund spending. But the budget assumed that the state would receive \$207.2 billion in general fund revenues, so it had a gap to bridge.

Gov. Gavin Newsom and legislators turned to a series of gimmicks and indirect loans to close the gap, including \$2.9 billion from assumed efficiency savings in state agencies and state universities.

However, when Newsom unveiled a 2025-26 budget proposal in January, the plan acknowledged that while the universities met their relatively tiny savings goal of \$200 million, other agencies would reduce spending

by just \$800 million, or less than a third of their \$2.7 billion goal.

The new budget also revealed that 2024-25 general fund spending had ballooned to an estimated \$232 billion — \$21 billion more than the final version had assumed — and while projected revenues had also increased to \$217 billion, the 2024-25 deficit would widen to \$15 billion.

Last month, the Legislature's budget analyst, Gabe Petek, reported that his staff was having difficulty getting accurate information from the administration about the underachieving efficiency decree.

"We have tried to get information from some of the larger departments to better understand what types of operational changes are being implemented to achieve the identified savings," Petek wrote. "As we discuss in greater detail later, we have received limited information thus far."

This venture into the weeds of state budgeting generates two observations: One, that gimmickry is an integral part of the current process, and second, that the state faces chronic gaps between income and outgo, a condition dubbed a "structural deficit."

It is an ongoing mismatch between what the state's tax system can produce in revenues and what current law says must be spent. The problem dates back to 2022 when Newsom declared that the state had a \$97.5 billion surplus, based on surging revenues.

He and legislators raised spending sharply on that assumption, but it proved to be an illusion, resulting in the income and outgo gap that will continue at least for the

remainder of Newsom's governorship — unless he and legislators make real spending cuts or increase taxes.

Moreover, the destructive and deadly wildfires that swept through Los Angeles will impact both the revenue and spending sides of the state's ledger, more than likely increasing the structural deficit.

Newsom and legislators have already approved a \$2.5 billion appropriation for fire-related costs, which would increase the deficit even more unless he can persuade President Donald Trump to send federal aid. Even with a federal bailout, however, Newsom is likely to leave his successor, whomever that might be, with a fiscal headache.

Newsom surely hopes to skate through without either deep spending cuts or increasing taxes, while continuing to cover the chronic gaps with gimmicks such as arbitrary efficiency savings, direct and indirect loans and creative bookkeeping.

He has even increased spending in some categories despite the sluggish revenues, most spectacularly — and most irresponsibly — jacking up state subsidies for the Southern California film and video industry.

Sending more money to Hollywood while telling state universities to tighten their belts, potentially impacting enrollment, would seem to be the height of misplaced priorities.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column that offers his view and analysis of the state's political, economic, social and demographic trends. ★

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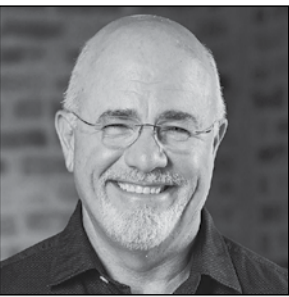
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## Dave Ramsey Says

### Help, Don't Enable



Dave Ramsey

to handle things. But your wife should be the one to address this, because she's their child. The last thing you need is to be labeled as the nosy or stingy son-in-law.

Believe me, I understand and respect your position. And I agree with the notion you two don't want to enable any bad habits. But this is family we're talking about. You and your wife should try to find a way to help them if they really need help. If that includes some kind of guidance or counsel, that's fine. If it means giving money, make certain you know exactly where it's going, and why it became an issue in the first place. I mean, when you give someone \$5,000 to help with a problem, you automatically earn the right to have a say in exactly how the money's going to be used.

Maybe your wife could go over to their house for a visit and just talk about things. In the process, she might learn some details on the situation that would help you guys make a bet-

ter, more informed decision on moving forward. Chances are her mom and dad didn't raise her to have dessert first, then eat her vegetables. But in a sense, it sounds like that might be what they're doing.

Long story, short? They need to pay their property taxes now. It sounds like they've got the money to take care of what needs to be done *and* have some fun. But if they don't, some kind of course correction needs to happen. And I mean soon! Otherwise, they're liable to see their financial dignity slip away.

- 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. ★*

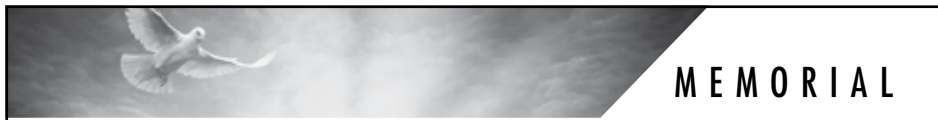
Dear Dave,

We've been following your plan, and it's been a real blessing to us. Last week, my mother-in-law told my wife they haven't paid their property taxes. They owe \$5,000, which was originally due in January, but she didn't say why they hadn't paid the bill. I love my in-laws. They're good people, but they're big spenders—and in my mind—a little irresponsible with their money sometimes. We make a good living, and we could help them out. But my wife and I have talked, and we're both afraid this situation may be just the tip of the iceberg. Can you give me some advice?

- Bill

Dear Bill,

My best advice is this. First of all, you shouldn't do anything. This is a really touchy situation. You and your wife definitely need to be on the same page about how you want



## MEMORIAL

### KAREN MAMIE WALTON • 12/31/1937 - 12/31/2025

Karen was born in Parma OH near Cleveland. Her parents divorced when she was a toddler so she was raised by her mother Elsie and her maternal grandparents.

Due to her mother's poor health, the family moved to Phoenix when Karen was in early grade school. They moved back to Cleveland when she was in mid high school. Karen graduated from Cleveland Lutheran High School.

Her higher education was a B.A. in Business and Social Work from Valparaiso University in IN, and Master's in Social Work from Indiana University in Indianapolis.

During her education, she worked in two different Lutheran Children's Homes in IN. After completing her MSW, she worked in the Indiana University Medical Center Children's Hospital.

Karen married James Houchin (the first Jim) while in graduate school, and had two children while working at Indiana University. Kevin, her son, and her daughter Sherrill, who came 19 months later. Karen did not return to work after her second baby.

Most of a year later the young couple moved west at the encouragement of one of Jim's siblings, who owned a property in Orangevale, CA that wasn't prospering as a rental. Their arrival in CA was in late August 1965. Jim found a job quickly, and was going to fix up the house they were staying in. All that changed suddenly on December 3rd, 1965 when he was killed in an automobile accident as a passenger riding back from a business meeting.

Suddenly Karen was alone very far away from her parents with two very small children. Many people in such a spot would have gone back home, but she stayed here.

The first job Karen had in CA was with Sacramento County, doing adoptions. During a strike by county workers she was recruited from a picket line by Sutter Hospitals, being one of very



few people locally with medical social work experience. She stayed with Sutter for many years, and became Director of Social Work for the entire Sutter chain which was three hospitals.

A couple years after the first Jim's death, she remarried to a man named Bob Smith, with whom she moved to Sacramento near Land Park, and later to Carmichael. Bob and Karen lasted about four years, and after divorcing him she moved to College Greens in Sacramento. Burl Coghill was her next husband, who stayed with her around ten years until his son died tragically after which Burl went back to his ex-wife. By this time, Karen's son Kevin had joined the Navy and daughter Sherrill was almost grown up as well. Also around this time, she met James Walton (the second Jim), and he became her fourth husband and is still with us today, over 37 years after they were married.

Karen eventually tired of Sutter Hospitals, and she moved to a consulting role later in her career. She worked locally for Eskaton, and then travelled more extensively throughout CA working with Foundation Health and Vital Care. She was also appointed to the Board of Behavioral Science Examiners by the CA Governor's office and served in this capacity in addition to her job until she retired, by which time she had become chairperson of the Board. She was also active in Soroptimist Int'l., a women's service organization, for many years.

Upon retiring Karen and Jim moved to Citrus Heights

CA and became very active in a senior living community there, as well as in their Church and a few RV travel groups. They adventured with their thirty five foot Airstream trailer pretty much every month for a number of years, up until advancing age made such travel too strenuous and the couple sold the camper and truck. A couple years after that they moved to a senior apartment community in Carmichael with a dining room, where Karen retired from cooking, and lived her last few years there with Jim until she passed away on Feb. 22nd, 2025.

About the cooking - Karen made dinners for her family throughout her life, all during the working years and most of her retirement as well, and the food was good! She put out big feasts for holidays, always ensuring the different dishes came ready at the same time, and her table always looked amazing as did her home. She orchestrated even bigger feasts for RV groups of various sizes on many occasions, and sometimes even enjoyed decorating the venues. She loved entertaining and was always a gracious host.

Despite a number of medical issues, especially during the last few years, Karen enjoyed her life up until the very end. During her last few days, she had over fifty visitors to the hospital, which she enjoyed very much. She was amazed by the turnout, but for those of us who knew her well it was no surprise. She was loved by many and will be sorely missed in the communities she joined or built around herself wherever she went.

Karen leaves behind her very devoted husband James Walton, son Kevin and daughter Sherrill, Kevin's daughters Megan and Melissa, and Megan's daughter and son Piper and Dallas.

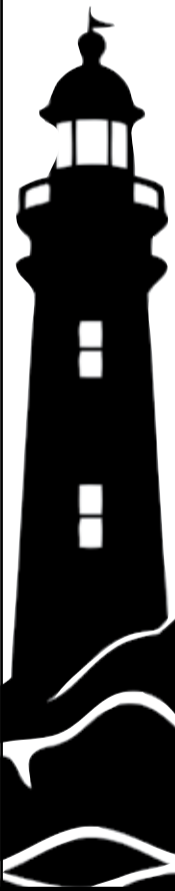
**A Memorial Service will be held in Karen's honor on March 15th, 2025 at Lutheran Church of the Ascension, 7607 Garden Gate Dr., Citrus Heights CA.**

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## Make Room For Laughter

Dr. James L. Snyder

After about two months in recovery mode, I had an opportunity to go to the neighborhood Publix. It's been a long time since I've been in a store, and I was happy to get out of the house and give The Gracious Mistress of the Parsonage a break.

There is something about me that makes me want to bring a smile to someone sad. I'm not always successful, but at least I try.

I approached an older couple pushing a cart and said, "Pardon me, do you know who I am?"

They looked at me a little confused and shook their heads. The woman said, "No, I don't know who you are."

I smiled at them and replied, "That's great. I thought I was the only one who didn't know who I was. Thank you."

As I walked away, I heard them giggle and laugh. I heard the man say, "He sure was crazy." Then they laughed some more.

I also noticed the store staff seemed rather stressed. The store was overly crowded with customers, particularly the people at the checkout counter seemed

rather stressed.

I grinned as I waited in line, and finally, my turn came. I looked at the lady behind the register and said, "There was a lady in the back of the store that told me if I mentioned how nice you look today, you could give me a discount." Then I smiled the biggest smile I had all day.

Looking at me, she said, "What?"

At first, she didn't know what to do and looked over her shoulder to see if anybody was watching her. Then she finally looked at me and said, "Sir, I'm new here and have never heard of that discount before, and I do not believe that I can do it for you today. I'm so sorry for the misunderstanding." Then, much to my surprise, she smiled. After all, that's all I wanted.

I thanked her for her service, smiled, and told her to have a great day.

As I walked out, I could hear some customers behind me giggling. They were talking, but I couldn't understand what they were saying. At least I got a couple of people to smile.

Driving home from the store, the traffic was rather congested. There was a lot of horn blowing and some old guys screaming. They

must have had a hard day at work.

A couple of drivers looked a little religious in my mind. One person was pointing me to heaven. I smiled and was very appreciative. I nodded, affirming that I was planning to go to heaven. I noticed, though, that, being as religious as he was, he got his fingers mixed up and used the wrong finger to point to heaven.

My day was successful because I made about five people laugh and several others smile. That makes for a great day.

I couldn't help but think of one of my favorite Bible verses. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22).

Laughter is the best medicine we could have. And, we never run out of this medicine, no matter our circumstances. My goal is to share my medicine with as many people as possible.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnsnyder51@gmail.com, website www.jamesnsnyderministries.com ★



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**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00896**  
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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  
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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**  
Iuliana 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 Gavriyuk, 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**  
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) "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 Sunmist Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "We Mean Clean" 6225 Sunmist 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 Abbington 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, #639, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Naila 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 41st Street, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Three Swans Signature Events" 1137 41st 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 16th 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

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00955**  
Anh Tran, 7647 Broadhead Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Modern Acupuncture Medicine" 7647 Broadhead Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County February 10, 2025  
Publish: March 7, 14, 21, 28, 2025  
MODERN 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01233**  
Khaled Musa, 4114 Sea Drift Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Microsur" 4114 Sea Drift Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County February 21, 2025  
Publish: March 7, 14, 21, 28, 2025  
MICROUSA 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01258**  
Reneeka Williams, 6805 Kermit Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Heart Connection Consulting" 6805 Kermit Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County February 21, 2025  
Publish: March 7, 14, 21, 28, 2025  
HEART 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01081**  
Xpert Home Lending Inc., 1100 Satellite Boulevard NW, Suwanee, GA, 30024 is doing business under the Fictitious Business Name(s) "Key Home Loans" 1100 Satellite Boulevard NW, Suwanee, GA, 30024. Filed with the Clerk of Sacramento County February 18, 2025  
Publish: March 7, 14, 21, 28, 2025  
KEY 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00958**  
Lucas Brown, 120 Rambling Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Best in Town Award" 120 Rambling Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County February 11, 2025  
Publish: March 7, 14, 21, 28, 2025  
BEST 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01343**  
Miguel Angel Guerrero Barragan, 3829 Kimberly Road, Cameron Park, CA 95682 is doing business under the Fictitious Business Name(s) "Guerrero's Handy Work" 3829 Kimberly Road, Cameron Park, CA 95682. Filed with the Clerk of Sacramento County February 25, 2025  
Publish: March 7, 14, 21, 28, 2025  
GUERREROS 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01281**  
Carolyn Gardner, PO Box 1682, Loomis, CA 95650 is doing business under the Fictitious Business Name(s) "Transformative Healing Therapy" 110 Blue Ravine Road Suite 104, Folsom, CA 95630. Filed with the Clerk of Sacramento County February 24, 2025  
Publish: March 7, 14, 21, 28, 2025  
HEALING 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00575**  
Mother Lode Van & Storage, Inc., 11255 Pyrites Way #400, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Right Way Receiving & Delivery" 11220 Pyrites Way #100, Gold River, CA 95670. Filed with the Clerk of Sacramento County January 29, 2025  
Publish: March 7, 14, 21, 28, 2025  
RIGHT 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00957**  
Jeffrey Tong, 2108 N Street #4237, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Sinamark" 2108 N Street #11237, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 11, 2025  
Publish: March 7, 14, 21, 28, 2025  
SINAMARK 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01283**  
Morales Group Enterprises LLC, 30 N Gould Street Suite R, Sheridan, WY 82801 is doing business under the Fictitious Business Name(s) "Angel's Junk & Dump" 7228 Roca Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County February 24, 2025  
Publish: March 7, 14, 21, 28, 2025  
ANGELS 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01248**  
Sampson Wang, 711 Bridgeside Drive, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Wang Consulting" 711 Bridgeside Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County February 21, 2025  
Publish: March 7, 14, 21, 28, 2025  
WANG 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01072**  
Diane Milenkovich, 7419 Garden Gate Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "American River Bookkeeping" 7419 Garden Gate Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 14, 2025  
Publish: March 7, 14, 21, 28, 2025

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01405**  
Modamedia Communications, LLC, 2508 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Groundswell/ Groundswell Art" 2508 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 26, 2025  
Publish: March 7, 14, 21, 28, 2025  
GROUND 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01299**  
Maria E Mariscal, 7605 Rincon Villa Lane, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Mr. and Mrs. Pro Cleaning Services" 7605 Rincon Villa Lane, Sacramento, CA 95828. Filed with the Clerk of Sacramento County February 24, 2025  
Publish: March 7, 14, 21, 28, 2025  
MR. 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01177**  
Hollybank LLC, 3017 Arden Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "GOAT Barbershop" 3025 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County February 19, 2025  
Publish: March 7, 14, 21, 28, 2025  
GOAT 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01458**  
Kevin & Luz Enterprises Inc, 1600 Sacramento Inn Way, Suite 216, Sacramento, CA 95815-3461 is doing business under the Fictitious Business Name(s) "Epic Homehealth Services" 1600 Sacramento Inn Way, Suite 216, Sacramento, CA 95815-3461. Filed with the Clerk of Sacramento County February 27, 2025  
Publish: March 7, 14, 21, 28, 2025  
EPIC 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01345**  
Satinder Pal Singh, 1605 F Street, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Singh Jeweler" 1605 F Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County February 25, 2025  
Publish:



# March is for Celebrating

# Planned Water Deliveries Increases Following Recent Storms



Disability Awareness Month is not just about recognizing the barriers that individuals with disabilities face but also celebrating the diverse talents and abilities they bring. Photo courtesy of United Cerebral Palsy of Sacramento and Northern California

## United Cerebral Palsy of Sacramento and Northern California News Release

**SACRAMENTO, CA (MPG)** - March marks Disability Awareness Month, a time to celebrate the achievements, contributions and resilience of people with disabilities. It's an opportunity to raise awareness, promote understanding and work toward a more inclusive world for everyone.

Disability Awareness Month is not just about recognizing the barriers that people with disabilities face but also celebrating the diverse talents and abilities they bring to every community, workplace and society. It's a reminder to continue challenging stereotypes, breaking down barriers, and advocating for equality and accessibility.



Disability Awareness Month is an opportunity to raise awareness, promote understanding and work toward a more inclusive world for everyone. Photo courtesy of United Cerebral Palsy of Sacramento and Northern California

Although United Cerebral Palsy started by serving children with Cerebral Palsy, United Cerebral Palsy today serves all individuals with developmental disabilities.

United Cerebral Palsy is the region's leading provider of evidence-based practices that enable children and adults living with disabilities and their families to better their abilities to live a life with increased

independence, productivity and self-confidence.

With more than 54 percent of United Cerebral Palsy of Sacramento and Northern California's clients considered low- or middle-income, the organization's services are pivotal to improving their quality of life, alleviating barriers to independence and helping individuals of all ages reach their full potential. ★

## California Department of Water Resources News Release

**SACRAMENTO REGION, CA. (MPG)** - On Feb. 25, the California Department of Water Resources (DWR) announced that recent storms have allowed for another increase to the State Water Project (SWP) allocation forecast for 2025.

The allocation has increased to 35 percent of requested water supplies, up from 20 percent in January based on increases in precipitation, snowpack and reservoir storage. The State Water Project provides water to 29 public water agencies that serve 27-million Californians and 750,000 acres of farmland across the state.

The latest allocation forecast takes into account precipitation and snowpack conditions up to Feb. 10, prior to a cold storm that brought welcome snow to the Sierra. That snowpack will be included in future water supply calculations, along with any forecasted dry conditions ahead.

"California is experiencing a winter of extremes. We've seen predominately dry conditions broken up by very wet, short storm events. Those conditions mean we must move as much water when it's available and as safely as possible," said California Department of Water Resources Director Karla Nemeth. "Ultimately it will require new infrastructure to move and store enough water for California as dry spells last longer and wet periods become shorter and flashier."

Projects such as the proposed Sites Reservoir and Delta Conveyance Project would have been hugely beneficial if they were in place this season, allowing California to capture more water for use during the dry summer months. For example, the Delta Conveyance Project could have captured more

than 700,000 acre-feet of additional storage so far this winter, which is enough to support more than 7 million people and nearly 2.5 million households. That also would have translated to approximately a 15- to 20-percent increase in the current State Water Project allocation, on top of the increase announced on Feb. 25.

Managing the existing system to capture as much stormwater as possible, water managers made required flood control releases from Lake Oroville in February and still were able to add 300,000 acre-feet of storage to the reservoir, bringing it up to 84 percent capacity.

Also in February, water managers took advantage of increased flexibility in new operating permits for the State Water Project to move approximately 16,000 acre-feet of additional water into San Luis Reservoir, which is now at 81 percent capacity. The pumping increase was made possible in part by the "storm flex" provisions in the State Water Project's 2024 federal and state endangered species act permits, which allow for additional diversion of water supply when certain ecological conditions are met during storms. The action aligned with Governor Newsom's Jan. 31 direction to the Department of Water Resources to maximize diversion of excess storm flows to boost the state's water storage.

Each year, the Department of Water Resources provides the State Water Project allocation forecasts based on available water storage, projected water supply and water demands. Allocations are updated monthly as snowpack, rainfall and runoff information is assessed, with a final allocation typically determined in May or June. Learn more about how the State Water Project allocation process works at [water.ca.gov/News/Blog/2025/Jan-25/Get-the-Facts-About-the-State-Water-Project-Allocation](http://water.ca.gov/News/Blog/2025/Jan-25/Get-the-Facts-About-the-State-Water-Project-Allocation). ★



**SUNDAY, APRIL 27<sup>TH</sup>**  
**4:30PM**

**Location to be Announced**

**ORIENTATION: SUNDAY, FEBRUARY 23RD,**  
**FROM 3:00 PM TO 4:00 PM**

**PRACTICE DATES: March 16, March 23, March 30,**  
**April 6, April 13, and April 27 from 3:00 PM to 4:00 PM.**

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# A Better Building Permit Experience is on the Way

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is making significant improvements to its Accela online permitting system, enhancing transparency and efficiency for residents and businesses navigating the building permit process. As part of these upgrades, the building permit portal will be temporarily unavailable from March 15 to 19. Additionally, the County's in-person Building Assistance Center will be closed to the public from March 17 to 19, while our staff is hard at work implementing these improvements.

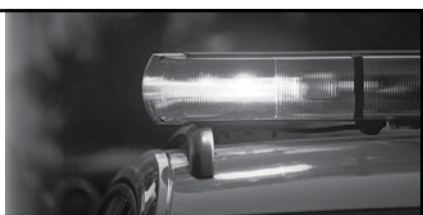
Accela is the County's online permitting and development management system, allowing residents, contractors and developers to apply for building permits, track project progress and communicate with County staff. The upcoming improvements will provide users with greater insight into their project status, including identification of which plan reviewers their project has been assigned to, estimated completion dates for plan reviews, real-time updates on review status.

Additionally, customers will benefit from all plan review comments being consolidated into a single letter, streamlining the response process and improving communication between design teams and reviewers.

"These upgrades to Accela are designed to improve overall efficiency and clarity for our customers," said Troy Givans, Director of the Sacramento County Community Development Department. "By offering better visibility into project status and a more user-friendly review process, we are making it easier for customers to navigate the permitting system and get their projects moving forward."

While the Building portal of Accela is offline, customers will be unable to submit new building permit applications or access existing project details. The County advises residents and businesses to plan accordingly and complete any time-sensitive transactions before March 15. During this planned outage, residents will still be able to schedule inspections, they simply need to call (916) 875-5296 and press 0 to speak with a representative. ★

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### NOTICE OF PETITION TO ADMINISTER ESTATE

Road, Sacramento, CA 95826.  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the

hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months

from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California

statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for

Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney

for Petitioner is: Michael A Sawamura, Corporate Counsel Law Group LLP, 901 H Street, Suite 210, Sacramento, CA 95814; (916) 441-2685  
Publish: March 7, 14, 21, 2025  
MIDDLETON 3-21-25



# COMICS & PUZZLES

**The Spats** by Jeff Pickering

**WHERE'S POPEYE** by Randy Murkland

**Amber Waves** by Dave T. Phipps

**HOCUS-FOCUS** BY HENRY BOLTINOFF

**Out on a Limb** by Gary Kopervas

**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Boy is moved. 2. Window is missing. 3. Bush is larger. 4. Dog's leg is moved. 5. Tail is different. 6. Dog's leg is larger. 7. Tail is different.

**TIGER** by Bud Blake

**GRIN & BEAR IT** by Wagner

**Just Like Cats & Dogs** by Dave T. Phipps

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**STATEPOINT CROSSWORD • THE 1980s**

**CLUES**

**ACROSS**

- \*\*Sunday Bloody Sunday\*\* author, with The
- \*Saget of "Full House" fame
- Last month
- "Howdy, \_\_\_!"
- Hurtful remark
- \*Actor Hudson of Winston Zeddemore fame
- Give the cold shoulder
- \*Musical based on 1980s rock "Rock of \_\_\_"
- \*Comedy horror "\_\_\_ Hell!"
- \*Transparency, to Gorbachev
- Slangy "Follow me!"
- Coffee shop order
- Pro vote
- Heart abnormality
- Act out Civil War battle, e.g.
- Eisenhower, familiarly
- Mediterranean island
- Small island
- \*Oscar-winning "Tootsie" actress Jessica
- Not hers
- Dionysus' pipe-playing companion
- Not on land
- Water pipe
- Dog tags, e.g.
- First lunar phase (2 words)
- Higher education reward
- Biblical mother
- \*"What "I love Lucy" did in the '80s
- Name of the Blue Ox
- \*Gull-winged sports car
- Party handout
- Smoothie berry
- Clickable image
- Follows orders
- Mixed breed canine
- \*"Air Jordan, e.g.
- \*\*Cheers" setting
- Byron: "Maid of Athens, \_\_\_ we part"
- Dispatched

**DOWN**

- Ambulance squad, acr.
- "Shoot!"
- Person of French descent
- Preserve, as in body
- Prejudiced one
- Falstaffian in body
- Cr me de la cr me
- "Do \_\_\_ others as..."
- Property right
- \_\_\_ Aviv
- Bridge-like structure
- Wedding singer, e.g.
- \*Ceausescu's country
- Pasta accompaniment
- \*\*"Owner of a Lonely Heart" band
- \*Arrigo Sacchi's Associazione Calcio \_\_\_
- Tsar's edict
- Re-establish
- Zwieback
- Up and about
- \*Blinky, Pinky, Inky and \_\_\_

**CROSSWORD**

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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.

# Keanna Abraham Earns AAI Award Nomination

**UC Davis Athletics  
News Release**

**SACRAMENTO REGION, CA (MPG)** - UC Davis gymnastics senior Keanna Abraham has been named a 2025 American Athletic, Incorporated (AAI) Award Nominee, highlighting not just her great season but career as a record setting Aggie.

Abraham, who just as recently as Feb. 28 broke her own school record in the vault with a score of 9.950, has had a decorated career qualifying for the NCAA Regionals three times, and being named a five-time All-Mountain Pacific Sports Federation honoree. She has also been named the 2024 Mountain Pacific Sports Federation Specialist (MPSF) of the Year and won the floor routine to be crowned MPSF Floor Champion in 2024 and she owns the school record on floor (9.975) to go along with her vault record.

During that 2024 season, Abraham posted four scores of 9.925 on vault, the most in conference history and her 9.950



**UC Davis gymnastics senior Keanna Abraham has been named a 2025 American Athletic, Incorporated Award Nominee.** Photo courtesy of UC Davis Athletics

record setting vault tied the conference for best all time and she became just the fourth gymnast all-time in conference history to score 9.950.

Her 2025 season started off slow with the Aggie senior battling

through injuries, even missing the opening tri-meet at Sacramento State. But since then, she has gone on to post three 9.9 scores on floor, a 9.8 on beam and a pair of 9.875's on vault to go along with her record setting mark.

The American Athletic, Incorporated Award was started in 1982 and has since then become a one of the most prestigious awards in women's gymnastics, recognizing the top senior female gymnasts in

the nation for their dedication, leadership, and excellence in the sport.

The award is a coach's award, facilitated by AAI. Each year, collegiate coaches are invited to submit their nominations for the candidates they believe deserve recognition. This peer-driven process makes the award especially meaningful, as it reflects the respect and admiration of those who have witnessed these athletes' hard work and achievements firsthand.

"Every year, the AAI Award reminds us of the incredible impact these athletes have on collegiate gymnastics. It's not just about their performance, but their leadership, resilience, and the way they inspire others," said Lisa Ebersole, Senior Marketing Manager for AAI. "We're proud to be part of recognizing their hard work and dedication. This year's nominees exemplify the very best of the sport, and we are excited to see how their legacies continue to shape the future of gymnastics." ★

## LaVine Named Western Conference Player of the Week



**Sacramento Kings guard Zach LaVine was named the Western Conference Player of the Week for games played between Feb 24. and March 2.** Photo by Alex Slitz, NBA.com

**National Basketball Association  
News Release**

**SACRAMENTO REGION, CA (MPG)** - Sacramento Kings guard Zach LaVine has been named the Western Conference Player of the Week for games played between Feb 24. and March 2, the NBA announced. LaVine averaged 28.0 points (62.3% FG, 63.6% 3P), 5.7 rebounds, and 3.0 assists per game over three games, helping Sacramento achieve a 3-0 record for the week.

This marks the first time in LaVine's career that he has been awarded Player of the Week honors.

On Feb. 24 against the Charlotte Hornets, LaVine recorded a season-high 42 points on 16-of-19 shooting from the field and 8-of-9 from beyond the arc. He achieved this while posting a true shooting percentage of 103.3%, making him the first player in NBA history to record multiple 40+ point games with 100% or better true shooting efficiency.

This performance marked his highest scoring game since his career-high 51 points on Oct. 23, 2023, at Detroit.

LaVine followed that performance with a 22-point game on 9-of-18 shooting from the field and 4-of-8 from 3-point range, while pulling in eight rebounds in a 17-point win at Utah on Feb 26. He completed the week with 20 points, six

rebounds, four assists and two steals in a double-digit victory on the road against the Houston Rockets on March 1. In that game, LaVine tallied his 24th game of the season with 20 or more points on 50% shooting from the floor with at least 15 field goal attempts, the sixth-most in the NBA. That outing marked his third consecutive game shooting 50% or better from the field.

LaVine finished the week tied for seventh in points per game and tied for sixth in total 3-pointers made (14). He was also the only player to average 25.0+ PPG while shooting 60.0% or better from both the field and from 3-point range. Additionally, he was one of seven players to score 40+ points in a game this past week, tied for the fifth-highest single-game point total. His eight 3-pointers against Charlotte were tied for the second-most in a game during the week.

This season, LaVine is averaging 23.7 points (50.7% FG, 43.2% 3P), 4.7 rebounds, and 4.4 assists per game over 52 games (52 starts). He holds a 63.3% true shooting percentage and is 23rd in the NBA in scoring while ranking sixth in the league for 3-point shooting percentage. He is one of just three players this season to average at least 23.0 points per game while shooting 50.0% from the field, 40.0% from 3-point range, and 60.0% true shooting percentage. ★

## Hornets Elevate Soccer Coach



**Sacramento State women's soccer coach Chris Malenab was elevated to the position of Associate Head Coach on March 4.** Photo courtesy of Sacramento State Athletics

**Sacramento State University  
News Release**

**SACRAMENTO REGION, CA (MPG)** - Having wrapped up his second season on the sidelines with the Sacramento State women's soccer program, Chris Malenab will enter his third year with the Hornet program with a new title, elevated to the position of Associate Head Coach it was announced on March 4.

"Chris has been a tremendous asset to our program since joining us in 2023," Head Coach Randy Dedini said. "He is a great coach, recruiter and human being. Over the past two years Chris and I have developed excellent chemistry, trust, and respect for one another. I'm excited to elevate Chris to Associate Head Coach and looking forward to a successful future together."

Malenab joined Sacramento State right before the start of the 2023 campaign and began to lay the foundation for a run that culminated in the program's first Big Sky Conference Tournament championship and berth in the NCAA Tournament in nearly 15 years in 2024.

"I am excited to have the responsibility to continue to contribute to the growth and success of the program," Malenab said. "The last two seasons have been amazing and I have had the chance to serve the student-athletes who have helped elevate me to this position. Working with Randy, DD, Leo, and Connor on a daily basis has allowed me to grow and become a better coach and leader each and every day."

A 2004 Sacramento State graduate who earned his degree in sociology, Malenab has

helped mentor eight Hornets to All-Big Sky honors in his two seasons on the sidelines, including two-time first-team selection Abigail Lopez, who finished her career among the top 10 in school history in goals scored, points, and shot attempts.

Malenab brought with him a wealth of experience from the professional ranks upon joining the Sacramento State staff, spending time with Sacramento Republic FC (2014-17), Reno 1868 FC (2018-20), and Oakland Roots FC (2021) of the United Soccer League. His time with those three clubs resulted in a 2014 USL Championship, a 2016 Western Conference regular season title, 12 combined play-off berths, a pair of conference semifinal appearances, and a 2020 Supporters Shield.

He has also lent his talents as a coach and technical director with the California Storm of the USL W-League and Women's Premier Soccer League, as well as serving on the coaching staff with the Grenada Men's National Team and both the men's and women's national teams of Guam.

Starting his coaching career with various club and high school programs in the greater Sacramento area, Malenab's collegiate experience includes stops as an assistant at Cosumnes River College (2004), Stanislaus State (2009-11), and San Joaquin Delta College (2012-14), as well as a season with the Sacramento Knights FC of the National Premier Soccer League, helping the club qualify for the U.S. Open Cup.

He currently holds an A-Senior license from the U.S. Soccer Federation and a United Soccer Coaches Director of Coaching Diploma among others. ★

## Sac Republic Games to be Televised this Season

**By Grace Ogata-Beutler,  
Sacramento Republic Football Club**

**SACRAMENTO REGION, CA (MPG)** - Ahead of opening weekend, the United Soccer League announced the 2025 national television broadcast schedule. Twelve Sacramento Republic Football Club (FC) matches are on the docket, including 10 home contests.

Sacramento Republic FC will be featured on CBS Sports Network three times this season, beginning with a NorCal derby against Oakland Roots SC on Sunday, May 4. The match, which was originally scheduled for May 3, will now kick off at 4 p.m. and will be the first time the rivals face off at the Oakland Coliseum.

Full schedule of Republic FC matches to



**Here is an architectural rendering of the new Sacramento Republic Football Club stadium proposed to be built at the Sacramento railyards.** Photo courtesy of Manica Architecture

be featured CBS Sports Network include, Sunday, May 4 at Oakland Roots SC, Wednesday, Oct. 1 vs. Orange County SC and Sunday, Oct. 5 vs. Charleston Battery.

On March 22, the Indomitable Club will play its first of eight nationally-streamed matches on CBS Sports Golazo Network, when it hosts defending champion

Colorado Springs Switchbacks FC at Heart Health Park.

Other marquee streaming matches include regional rivalries against Oakland Roots and Monterey Bay FC, as well as both legs of the season series with league debutant Lexington SC. The free streaming channel is available via CBSSports.com

and the CBS Sports app on mobile devices and smart televisions and is also offered for Paramount+ subscribers.

Last season, the United Soccer League announced a landmark multi-year broadcasting rights agreement with CBS Sports, making USL the most widely-available soccer league in the United States. Additional national broadcasts on CBS, CBS Sports Network, and ESPN will be announced throughout the season.

All of Republic FC's 34 regular season matches will be available through the club's local broadcast partnership with FOX40. With both English and Spanish coverage, the contests will be shown on Antenna TV 40.2 and streaming on FOX40.com and through the FOX40 News mobile app, with select matches on FOX40. ★

# Two-Ribbon Snip for Business



Capital Valley Marketing founder Celia Surridge, center, with scissors matches scissors with mother, Mary Coughlin, during an event sponsored jointly by the Rancho Cordova Area Chamber of Commerce and the Carmichael Chamber of Commerce. Surridge owns Capital Valley Marketing in Sacramento. Son, George, 5, lends mom a hand.

**Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - A two-ribbon ceremony last week opened Arden Arcade offices for the Capital Valley Marketing agency.

Because owner Celia Surridge is a member of both the Rancho Cordova Area Chamber of Commerce and the Carmichael Chamber of Commerce, both organizations converged and satin ribbons were slashed in tandem.

Welding two sets of giant shears, Surridge and her mother, Mary Coughlin,

did the honors. Her son, Adam, and husband, Adam Surridge, loaned extra scissor muscle.

“A double-ribbon cutting is a first for us,” noted a Carmichael Chamber of Commerce director. “We hope it means doubled success for this business.”

Capital Valley Marketing agency provides innovative services to promote small business growth. The office is located at 3626 Fair Oaks Blvd. It serves Alpine, Colusa, El Dorado, Glenn, Placer, Sacramento, Sutter, Yolo, and Yuba counties.

Contact Capital Valley Marketing via [capitalvalleymarketing.com](http://capitalvalleymarketing.com). ★

## BREAKFAST WITH THE BUNNY

Join the Bunny and the Kiwanis Club of Carmichael for a yummy pancake breakfast, crafts, pictures with the bunny, and more!

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Dishes To Choose From

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## WEEKLY MEAT SPECIALS

<p><b>Beef Rump/Bottom Round Roast-Birds</b> Cajitas de Cerdo sin Hueso <b>\$4.69/lb</b></p>	<p><b>Beef T-Bone Steak</b> Filete Chuletón <b>\$6.49/lb</b></p>	<p><b>Chicken Leg Quarters</b> Pernas y Muslo de Pollo <b>99¢/lb</b></p>
<p><b>Pork Hocks</b> Carvejones de Cerdo <b>\$2.29/lb</b></p>	<p><b>Pork Loin Roast Boneless</b> Lomo de Cerdo Asado Desahogado <b>\$2.99/lb</b></p>	<p><b>Pork St. Louis Ribs - Single Pack</b> Costillas de San Luis <b>\$3.99/lb</b></p>

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## WEEKLY HALAL SPECIALS

<p><b>Chicken Leg Quarters</b> Pernas y Muslo de Pollo <b>99¢/lb</b></p>	<p><b>Australian Lamb Shoulder Chop Bone-In</b> Chabras de Cordeiro <b>\$3.99/lb</b></p>	<p><b>Beef Rump/Bottom Round Roast-Birds</b> Cajitas de Cerdo sin Hueso <b>\$4.99/lb</b></p>
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<p><b>Navel Orange</b> 10 lbs Bag <b>\$5.99/bag</b></p>	<p><b>Russet Potato</b> 10 lbs Bag <b>\$2.99/bag</b></p>	<p><b>Jicama</b> 89¢/lb</p>	<p><b>English Cucumber</b> 99¢/ea</p>

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<p>REG. \$8.99 <b>\$6.99/ea</b> Ox &amp; Palm Corned Beef 15 oz</p>			

## EUROPEAN GROCERY

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<p>REG. \$11.99 <b>\$9.99/ea</b> Schlafmout Milk Cream Fudge 1 kg</p>			

## KOREAN/JAPANESE GROCERY

**SALE DATE: 3/15 - 3/21 SAT~FRI**

<p>REG. \$4.99 <b>\$1.99/ea</b> Kini Korean Pancake 3 Kinds 340 g</p>	<p>REG. \$3.99 <b>\$1.59/ea</b> Rhee Chun Premium Grade Brown Rice 2 lbs</p>	<p>REG. \$5.99 <b>\$3.50/ea</b> CJ Udon Noodles 3 Kinds 1 lb</p>	<p>REG. \$6.99 <b>\$3.99/ea</b> Low Sodium Roasted Seaweed 16 X 64 g</p>
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## FROZEN & FISH DEPT

**Bibigo Sweet Red Bean Waffle** 300 g  
REG. \$6.99/EA  
**\$3.29/ea**

## EUROPEAN DELI

<p>REG. \$15.99 <b>\$12.99/ea</b> German Head Cheese</p>	<p>REG. \$15.99 <b>\$4.99/ea</b> Olive Medley</p>
<p>REG. \$15.99 <b>\$11.79/ea</b> Hickory Smoked Turkey Breast</p>	<p>REG. \$15.99 <b>\$4.99/ea</b> Pitted Green Olives</p>

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 12 - MARCH 18, 2025.