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# Carmichael Times

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MARCH 28, 2025

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## Spreading Disability Awareness



Students experienced the handling of wheelchairs, artificial limbs and mobility canes, learned and practiced how to write in Braille. Photo courtesy of San Juan Unified School District

### San Juan Unified School District News Release

**CARMICHAEL, CA (MPG)** - Fourth-grade students from Mission Avenue Open Elementary School gathered around their carpet on Feb. 13 for a special day introducing them to an empowering workshop.

Mission Avenue has partnered with A Touch of Understanding for 15 years to bring their disability-awareness workshop to the fourth-grade classrooms and provide students with an understanding of the challenges associated with disabilities. As students learn from the guest speakers and through hands-on activities, they increase their acceptance and respect for all

individuals.

Volunteers from A Touch of Understanding described their lives with disabilities through an interactive presentation with the students, including a question-and-answer session. Students raised their hands and asked questions to gather an understanding of the volunteers' disabilities as well as to get to know them.

"The students get the opportunity to experience what it might be like to live with a disability," said fourth-grade teacher Samantha Sidebotham. "A Touch of Understanding is giving the students specific things they can take from today and practice when they're out in the real world."

Classes were divided into smaller groups to join activity stations led by A Touch of Understanding volunteers. Students experienced the handling of wheelchairs, artificial limbs and mobility canes, learned and practiced how to write in Braille and immersed themselves in an audio recording to understand the challenges of individuals with autism.

"If you put yourself in their shoes, you can see how they face life every day," said fourth-grader Vivian Skinner.

San Juan Unified School District is proud to partner with community organizations to provide students with real-world experiences and cultivate a welcoming environment for all. ★

## SMUD to Hold Public Proposed Rate Action Workshops

### SMUD News Release

**SACRAMENTO REGION, CA (MPG)** - The SMUD Board of Directors is holding two public workshops and a public hearing to discuss proposed rate changes.

The Chief Executive Officer & General Manager's Reports and Recommendation on Rates and Services, released by SMUD CEO & General Manager Paul Lau, outlines a proposed rate increase of 3 percent on Jan. 1, 2026, and another 3 percent increase on Jan. 1, 2027. The proposed changes also include an optional Time-of-Day (low use) Rate, updates to transmission rates and other miscellaneous changes.

While SMUD works hard to control costs and operate efficiently, the need for a modest rate increase is attributed to several factors including wildfire prevention and mitigation, new generation projects, higher commodity costs for California clean energy compliance, infrastructure

investment to maintain a reliable grid, the Folsom Administrative Operations Building and increased operating costs due to inflation, according to SMUD officials.

SMUD officials say that SMUD is committed to keeping rate increases within inflation, and if the proposed changes are

stakeholders, including community groups, service organizations, business groups, elected officials and more, to discuss these changes.

In addition, two public workshops and a public hearing will be held for customers to learn more about the process and comment on the proposed

or other aid, or have questions about the proposal, visit [smud.org/RateInfo](http://smud.org/RateInfo) or call SMUD at 855-736-7655. Written comments can be emailed to [ContactUs@smud.org](mailto:ContactUs@smud.org) or mailed to SMUD, P.O. Box 15830, B256, Sacramento, CA 95852-0830.

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity to Sacramento County for more than 75 years. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies and for its sustainable solutions for a healthier environment. In 2023, SMUD's power supply was, on average, 78 percent carbon free, and SMUD has a goal to reach zero carbon in its electricity production by 2030. For more information on SMUD's Zero Carbon Plan and its customer programs, visit [smud.org](http://smud.org). ★



approved, SMUD's rates would remain among the lowest rates in the state, currently on average more than 50-percent lower than neighboring PG&E's rates.

Detailed information on the proposed rate action and a complete copy of the Chief Executive Officer and General Manager's Report and Recommendation on Rates and Services can be found on [smud.org/RateInfo](http://smud.org/RateInfo).

SMUD will work closely with customers and other

changes. Meetings will be held in-person at SMUD's Headquarters building and virtually via Zoom.

A public workshop is scheduled for Wednesday, April 30 at 5:30 p.m., followed by another public workshop on Tuesday, May 13 at 10 a.m. Additionally, a public hearing will be held on Wednesday, June 4 at 6 p.m.

Accommodations are available for disabled individuals. If you need a hearing assistance device

## Sacramento Hosts March for Life

By MPG Staff

**SACRAMENTO REGION, CA (MPG)** - The California March for Life is set to take place on March 31 at 1315 10th St., Sacramento with a series of events to bring together pro-life advocates from across the state. The rally and march will begin at noon, following a pre-rally concert at 11 a.m.

This year's event will feature keynote speaker Melissa Ohden, a survivor of abortion and the founder of the Abortion Survivors Network.

In addition to Ohden, several other influential advocates will speak, including Lila Rose, founder of Live Action; Jonathan Keller from the California Family Council; Dr. John Jackson of William Jessup University; Jackie Turner from Acres of Hope; and John Gerardi of Right to Life of Central California. The rally will also hear from Kathleen Jones of Life Choice Pregnancy Centers and Hannah Gautsch from March for Life.

The March for Life, first held in Washington, D.C., in 1974 as a response to the Roe v. Wade decision, has since grown into the largest pro-life event in the world.

"We march because we envision a future world where the beauty and dignity of every human life are valued and protected. We promote the beauty and dignity of every human life by working to end abortion - uniting, educating, and mobilizing pro-life people in the public square," according to the event's website.

Alongside the rally and march, several auxiliary events will take place. A prayer breakfast for pastors, hosted by the California Family Council, will begin at 8:30 a.m. March 31. Participants are also invited to join Love Life's prayer walk at 11 a.m. to Planned Parenthood, located near the Capitol. Additionally, a prayer and worship rally will occur at the West Steps of the Capitol at 11 a.m.

The California March for Life is open to all and encourages attendees to bring creative, pro-life signs. While registration is not required for the rally or march, organizers recommend registering to stay updated on event details.

To register and learn more, visit [marchforlife.org/california](http://marchforlife.org/california). ★



# Re-brand for Health Center



Urgent care center manager Julie Haywood (with scissors) makes a surgical cut to declare the Carbon Health facility part of the Carmichael community. Chamber of Commerce members and center staffers join the celebration.

**Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - A Carmichael resource for many years, the urgent care center at Lincoln and Manzanita avenues recently became part of the nation-wide Carbon Health Corporation.

To celebrate the rebranding, facility management hosted a ribbon-cutting with the Carmichael Chamber of Commerce.

Carmichael Honorary Mayor, neurological surgeon Dr Kawana Carter, was among professionals on the welcome wagon.

The center operates between the hours of 8 a.m. to 6 p.m. every day and employs

a staff of 10, including doctors, nurses, X-ray techs and medical assistants.

In addition to emergency treatment, the center is equipped to handle lab tests, X-rays, employment injuries and pre-employment physicals and drug screens.

In-person and virtual consultations are available.

“Life is full of unexpected events,” said urgent care center manager Julie Haywood. “We’re here to help when they happen.”

Patients are seen with and without appointments and most insurance is accepted.

Carbon Health is located at 4156 Manzanita Ave., Carmichael. ★

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# CHP Celebrates Largest Academy Graduation

By California Highway Patrol News Release

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP) promoted 125 cadets to the rank of officer. The graduation ceremony on March 21 marked the successful completion of a 26-week intensive training schedule at the California Highway Patrol Academy in West Sacramento.

The new officers will now report to one of the CHP's 102 area offices throughout the state to begin their careers in public service.

"Today, we celebrate the dedication and perseverance of our newly-promoted officers," said California Highway Patrol Commissioner Sean Duryee. "Their commitment to integrity, service and the safety of our communities embodies the core values of the CHP. As these officers begin their new role, they will carry the trust of those they serve, and with that, the ability to make a lasting impact."



The California Highway Patrol is actively recruiting dedicated individuals to make a difference in communities throughout California. Photo courtesy of California Highway Patrol



This is the largest graduating class since June 2022, when 128 officers were sworn in. Photo courtesy of California Highway Patrol

This is the largest graduating class since June 2022, when 128 officers were sworn in. Nearly 300 cadets remain in training at the California Highway Patrol Academy, with another 160 cadets scheduled to arrive on April 7 in preparation to serve the people of California.

During their California

Highway Patrol Academy training, cadets receive comprehensive instruction in critical areas, including traffic enforcement, collision investigation, defensive tactics, firearms proficiency, emergency vehicle operations and community policing. Training also includes a focus on legal responsibilities,



As part of California's efforts to improve public safety, in June 2022, the state funded a multi-year California Highway Patrol recruitment campaign aimed at filling 1,000 officer positions by hiring qualified individuals. Photo courtesy of California Highway Patrol

communication skills, ethical conduct and cultural diversity awareness, ensuring that cadets are equipped with the knowledge and skills necessary to protect and serve California's communities effectively.

As part of California's efforts to improve public safety, in June 2022, the state funded a

multi-year California Highway Patrol recruitment campaign aimed at filling 1,000 officer positions by hiring qualified individuals. In November 2024, the California Highway Patrol met and surpassed the administration's ambitious hiring goal.

The California Highway Patrol is actively recruiting dedicated

individuals to make a difference in communities throughout California. As a California Highway Patrol officer, you can make a meaningful impact by enhancing road safety, enforcing traffic laws, and responding to emergencies. With comprehensive training, competitive benefits, and opportunities for career advancement, the California Highway Patrol offers a rewarding and fulfilling career path for individuals committed to upholding the highest standards of service and professionalism.

To learn more about joining the California Highway Patrol, visit its website at [chp.ca.gov](http://chp.ca.gov) to take the first step toward a career in law enforcement.

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# California Capital Airshow Educates Next Generation

By Idaly Valencia

**SACRAMENTO REGION, CA (MPG)** - Mather Airport hosted its 19th annual California Capital Airshow through Saturday, March 22 and Sunday, March 23, where families from throughout the Sacramento region viewed stunning flight performances and learned hands-on about the aircrafts soaring in the sky.

Opening day on March 22 was a completely sold-out event. Headliner U.S. Navy Blue Angels' performance captivated the audience with precise maneuvers and coordination.

"This was my first time seeing the Blue Angels perform and it was absolutely incredible to watch," said spectator Sara Mysaysana from Sacramento.

Other performances included United States Air Force F-16 Viper Demo Team, U.S. Air Force C-17 Globemaster III Demonstration Team and Tucker's Air Patrol.

The event, presented by Sacramento County in collaboration with the City of Rancho Cordova, showcased the history of aviation at the Mather Airport with a display of older aircraft used throughout the years. There was also an emphasis on the importance of how to get youth excited about career opportunities in the field of science, technology, engineering and mathematics (STEM). Families received hands-on experience by getting inside planes and helicopters and speaking with professionals about their work.

Although the airshow is primarily to entertain the community, California Capital Airshow Executive Director Darcy Brewer said, the event's main goal is to be a giant career fair to engage the youth.

"It's about learning about all the jobs that are out there and meeting someone who is cool and that'll talk about how they got there and what a day



Since 2010, the Capital Airshow Group has offered a variety of programs year-round to teach the next generation about STEM, aviation and aerospace. Photo by Rick Sloan



As part of the effort to engage youth with STEM, several aircraft were open to the public to go inside and explore the aircraft that the military uses. Photo by Rick Sloan

of their life looks like when they go to work, right? With an eight-year-old, that makes a big impression," said Brewer.

The Tuskegee Airmen Heritage Chapter of Greater Sacramento was at the event to educate airshowgoers about the Tuskegee Airman, a group of primarily African American military pilots who fought in World War II.

Lanelle Brent, a member of the chapter and daughter of Tuskegee Airman Major Geroge "Spanky" Roberts, shared how continuing their legacy influences youth to get involved in the aviation field.

"We give our scholarships geared toward the kids. We explain to them to be in the aerospace industry doesn't mean you have to be an astronaut or a

pilot," said Brent. "We explain to them that you can also become a chef in the field and go to culinary school. That's one of the STEMs, OK, that's science."

The chapter had a demonstration plane on display that is an exact replica of the aircraft flown by the Tuskegee Airman. Chapter member Leonard Johnson explained how the replica is a

scaled-down version of the P-51 Mustang plane used in combat by the airman group. The plane is often referred to as the Red Tails because of their distinctive, red-painted tails.

As part of the effort to engage youth with STEM, the youth could look inside several aircraft used in the military.

"There are city agencies here and they're all giving kids stickers, letting them get on the helicopters and talk about what they do so they can see what they might want to do when they get older," said Brewer. "All we're trying to do is find things that kids love. Things that kids love so they can go and work in doing what they love."

Since 2010, the Capital Airshow Group has offered a variety of programs year-round to teach the next generation about STEM, aviation and aerospace. Free experiential learning opportunities are available to students. To learn more about the year-round youth programs, visit online [californiacapitalairshow.com/year-round-youth-programs](http://californiacapitalairshow.com/year-round-youth-programs). ★



Alexandra Rader and husband, Dylan, with their children, Dasher and Hazel, from Woodland hop on to explore a U.S. Air Force aircraft. Photo by Idaly Valencia

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# Kings Korner

By V.G. Harris



I made the mistake this morning of tuning into Kings radio station 1140 am and listened to the morning show hosts trashing the Kings coaching staff, general manager and the owner. All this while the hometown team is making a run at the play-in spot that could still lead to the playoffs.

Disappointing to say the least and considering two amazing wins over the Memphis Grizzlies and of all teams the Cleveland Cavaliers, the last thing I expected to hear was a diatribe that basically told anyone silly enough to listen, that the Kings are the worst run organization in basketball.

There is plenty of time to cast aspersions at ownership when the season has concluded, but right now, despite the unpredictable nature of the current squad, these players need the full commitment of every fan and that should certainly include the Kings radio station.

Fans deserve the truth to be sure, and the truth is that this team is laden with talent and has found ways to beat the best teams in the NBA.

Besting a payoff bound Grizzlies squad just one week ago was unexpected but just what the Kings needed as they welcomed the team with the best record in basketball to Golden One Arena, the Cleveland Cavaliers.

Facing a team that had won 16 consecutive games twice in the current season was bad enough, but to face this Goliath in back-to-back games seemed like a recipe for disaster.

Shaking off anything resembling tiredness, the Kings spoiled the Cavaliers' night with a shorthanded squad and bested the Cavs by the score of 123-119. Malik Monk played both ends of the floor in championship style scoring 22 points while adding 6 boards and 8 assists. Malik made his presence felt all night, and made his leadership felt as 7 players contributed double digit scoring and gave fans a completely different look at what is possible with this team.

Rookie Devin Carter had his best game as an NBA pro, and it could not have come at a better time. Playing a season high 31 minutes Carter contributed 16 points, 5 rebounds, and 3 assists, all the while adding a level of defense that reminded me of

Davion Mitchell when he was a rookie for the Kings.

For every Kings fan on the planet, this game was a moment in time that said, "See, this team has something special!"

Consistency has been the problem all season, and it reared its ugly head later in the week as the Sactown ballers fell victim to both the Milwaukee Bucks and the Chicago Bulls. Both contests were winnable games, and if ever the absence of Domantas Sabonis was noticed the most it was in these two games.

I say to every fan, DO NOT lose spirit. This team has something about it that is certainly unpredictable, but fascinating at the same time.

Stories have yet to be played out as many are wondering if rookie Devin Carter can double down on his stellar play against the Cleveland Cavaliers, and will former all-star Zach Lavine find himself down the stretch after missing one game for personal reasons and then contributing anemic results upon his return.

Yes, there are mysteries, but on any given night this squad even shorthanded can hand defeats to some of the best teams in the NBA, and they've given some of their best performances against the very best the NBA has to offer.

The vaunted Boston Celtics come to town on Monday night, and they surely haven't forgotten the pasting the Kings handed them on their home floor in January when the Kings walked away with a 114-97 win.

Look for the Celtics to bring it strong on Monday night, and with Sabonis still sidelined with a sprained ankle and sore hamstring, the Kings will be called upon to bring their best performance if they hope to win.

That's why we play the game they say, and I know every Kings fan will be watching this one.

Just 12 games to go Kings fans and it's time to bring it strong. Give these gladiators all you have and let's see what our hometown boys can do!

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

# Social Security Matters

## Will My Medicare Premium Change Because I Sold Investment Property?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I have questions concerning the deduction of money from my Social Security benefit amount as relates to the sale of investment property. I am 66 years old and have been drawing Social Security since I turned 62. My wife is 56 and is a housewife and has no taxable income. Our income comes from our rental property and my Social Security benefit. I have decided to liquidate two of our properties - one was sold in December 2024, and one is in Escrow and is scheduled to close in March 2025.

My normal Adjusted Gross Income (AGI) has been running about \$30K-\$32K. However, last year with the sale of the property I will receive a long-term capital gain profit of about \$255K. I did a rough calculation on what my AGI will be for 2024, and it looks to be about \$318K. How will this affect my Social Security benefit, and will it have an effect on the amount I pay for my Part B Medicare Plan going forward? I have a Medicare Advantage plan.

My next question is about 2025 (after the next

property closes and I file taxes), my AGI with the long-term capital gain profit could be between \$700k-\$800K. How will this affect my benefits going forward? **Signed: Prudent Investor**

**Dear Prudent Investor:** Actually, the GROSS amount of your Social Security benefit will not be affected by these transactions, but the NET amount of your SS benefit payment will change due to a provision known as "IRMAA" (Income-Related Monthly Adjustment Amount). IRMAA affects the Medicare premiums you pay from your Social Security benefit, and a higher Medicare premium will result in a lower net Social Security payment. Here's how this will work for you:

Your Medicare premiums each year (typically for Medicare Part B and Part D) are determined by looking at your "Modified Adjusted Gross Income," or "MAGI", from two years prior (MAGI is your normal AGI plus any non-taxable interest you may have had). Since the property you sold in 2024 will be reflected as part of your 2024 income, IRMAA will cause your 2026 Medicare premiums to be higher than the standard monthly 2026 amount. How much higher depends on how much you exceed the income level for your IRS filing status. Using 2025 rules, if you file as Married/jointly and your taxable income (MAGI) is more than \$212,000 but less than \$334,000 then,

instead of paying the standard 2026 monthly Part B premium, you'll each pay \$370 per month for Medicare Part B (and likely a supplemental amount of \$35.30 if your Advantage plan includes prescription drug coverage).

Your Medicare premiums are recalculated every year (again based on income from two years prior). Thus, in 2027, IRMAA will also affect your Medicare premiums and your net Social Security payment because of your 2025 real estate transaction. If your MAGI in 2025 will be over \$750,000, then IRMAA will increase each of your 2027 Medicare Part B premiums to \$638.90 (and likely also add a supplement of \$85.80 per month each to your Medicare Advantage premium for prescription drug coverage).

The good news is in 2028 all of this will be behind you and your Medicare premiums will revert to whatever the standard monthly premiums are for that year (because your income levels thereafter will presumably be below the then-IRMAA thresholds).

For reference, here is a link to Medicare's information on the Income-Related Monthly Adjustment Amount, or "IRMAA:"

[www.cms.gov/newsroom/fact-sheets/2025-medicare-parts-b-premiums-and-deductibles](http://www.cms.gov/newsroom/fact-sheets/2025-medicare-parts-b-premiums-and-deductibles)

To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). ★

# Lobbyists are a Growth Industry in a State as Complex as California



By Dan Walters, CALMatters.org

In the late 1990s, the late Jay Michael and I coauthored a book, published by the University of California, that explored why and how interest groups employ lobbyists to represent them in Sacramento.

Michael was a retired lobbyist who provided innumerable stories about what happens out of public view to shape legislation and other official policy, such as the notorious "napkin deal" Willie Brown brokered in a Sacramento restaurant that changed tobacco liability and other tort law. I framed the process in the context of an ever-changing state and a Legislature undergoing a cultural and ideological evolution.

At the time there were about 1,200 registered lobbyists working the Capitol, not only those who sought to affect legislation but those who concentrated on regulations, contracts and other acts in California's vast bureaucracy.

As a hobby Chris Micheli, a lobbyist whose firm represents 15 widely varying clients, dives into legislative minutiae and recently generated data on the growth of lobbyist activity.

Micheli found that the number of lobbying firms has grown from 433 to 484 over the last 10 years. More interestingly, the number of registered lobbyists had nearly tripled from 1,270 when Michael and I were writing

our book to 3,245 in the current legislative session.

That seemingly huge increase is, Micheli explains, a little misleading because it includes 1,116 newly registered lobbyists in 2011-12 due to a change in law. Reacting to a corruption scandal in the California Public Employees Retirement System, the Legislature required registration of "placement agents," who persuade the immense pension system to place millions or even billions of dollars into their clients' investment firms.

"While the number of registered lobbyists has grown by 1,975 over the past 25 years, more than half of those registrations are attributable to the addition of placement agents," said Micheli. "Even taking those registrations out of the total figure, the number of registered lobbyists has still grown over 65% during the past quarter century."

The California Public Employees' Retirement System (CalPERS) scandal is a stark example of why interest groups employ lobbyists and why their numbers are likely to continue growing indefinitely.

The decisions officialdom makes often have immense financial impacts. The state budget, currently about \$300 billion, is just one of those high-impact policy venues. Who gets shares of that money, and who doesn't, is the subject of perpetual lobbying activity, and there are always winners and losers in what legislators and the governor decree.

In relatively lean times the budget lobbying grows even more intense, a cyclic phenomenon now playing out as politicians wrestle with multi-billion-dollar shortfalls.

However, the budget is only one of many venues for the clashes of financial interests, and California's left-of-center politics spawn an ever-expanding array of laws, agencies and officials with regulatory authority.

Decrees of regulatory agencies, such as the California Public Utilities Commission and the Department of Insurance, can make or break the bottom lines of regulated industries and professions. That's very evident now as Insurance Commissioner Ricardo Lara copes with the fire insurance crisis.

Many high-value issues are virtually invisible such as decisions over which drugs will be included on the Medi-Cal "formulary" and what the state will pay pharmaceutical companies for those medications.

When one combines the state budget with the electric power rates set by the Public Utilities Commission, the insurance premiums that Lara approves and countless other legislative and non-legislative issues, it becomes evident that decisions made in Sacramento control an immense portion of the state's \$3.5 trillion economy.

Therefore, those affected believe they need skilled professional advocates, much like anyone facing serious civil or criminal court actions needs a savvy lawyer.

Maybe it shouldn't work that way, but in a state as immense and complex as California, it does.

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. ★

Donald Kendrick, Music Director

## Season 29 2025 Finale

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# Shred Day 2025

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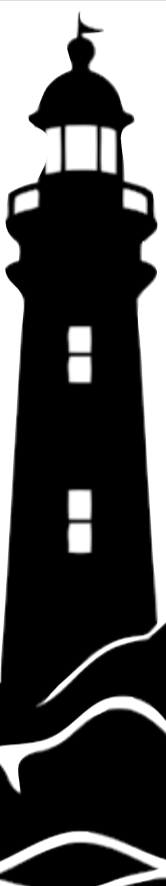
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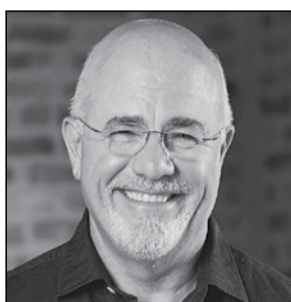
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Dave Ramsey

## Dave Ramsey Says

### Determination and Hard Work

Dear Dave,

I started listening to your show, and following the Baby Steps, three months ago. I'm already seeing great results with my money. Over the weekend, I spent time looking at part-time jobs to help me pay off debt faster and keep moving forward with my finances. I found a few work-from-home ideas that were intriguing. But how can I tell the difference between real opportunities and all the scams featured online and on television?

- Bonna

Dear Bonna,

Congratulations on making the decision to gain control of your money! You sound motivated, and I believe it will translate into some really good things.

Truth be told, the vast majority of things you see online and in late-night infomercial presentations are scams. I'm not talking about ads

for legitimate job hunter sites, I'm talking about the business-in-a-box kind of thing. I know you've probably seen the advertisements that go something like, "My sister-in-law makes \$500 an hour working from home, and you can, too!" These clowns are the worst of the worst. Please, don't waste a second of your time on that kind of stuff. If it sounds too good to be true, it probably is.

There's no shame in picking up a normal, part-time gig a couple of nights a week after work and on weekends. You'd be surprised at how much extra cash you can earn just delivering pizzas, or working at a local retail store. If that doesn't sound like something you'd enjoy for a little while, you might try thinking of something you love doing, and find a creative way to make some extra money doing that. Your idea might even be something that would allow you to work from home. I've known lots of folks who make wonderful sec-

ond incomes by turning a hobby or hidden talent into extra cash.

But the big thing is to just find a real and honest idea to help you make extra money. Remember, short-term sacrifice for long-term gain. You won't be doing this side gig forever. But whether you're looking for a little help in building your emergency fund or paying off debt, creativity, determination and hard work go a long, long way.

Best of luck, Bonna. And God bless. You can do this!

- 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. ★*

## There's No Place Like Home

Dr. James L. Snyder

Finishing my morning work, The Gracious Mistress of the Parsonage appeared at my office and asked, "Do you know what day it is?"

I didn't know if this was a trick question because she always puts a trick question before me.

"I think," my dear, "that it is Tuesday."

She looked at me, giggled, and said, "Yes, it is Tuesday, but it is also something else."

"Is it somebody's birthday today?"

She shook her head and said, "Keep on guessing."

I knew I was never going to get it right. So, finally, I confessed and said, "I give up. What day is it?"

Looking in my direction, she flashed a smile and said, "Today is the third anniversary of your retirement." Then she laughed.

"What retirement are you talking about?"

"You don't remember that three years ago you retired from the church? I know you've been busy with ministry projects but I would think you would remember moving away from the church."

Thinking about that for a moment, it finally came

to me. I can't believe it's been that long. It just seemed like yesterday that I retired.

One thing I did just before retiring was to add a room to our house. That room was my office, and to tell the truth, it was a little bigger than the office I had at the church. But in the middle of that office, I am surrounded by all kinds of books, about 10,000.

Sitting at my desk is a delightful experience looking at those books.

Back in the church office, I could do things and hide things that The Gracious Mistress of the Parsonage would not know of. She was the church secretary, so her office was right next to mine.

But in my office, I had opportunities to eat Apple fritters. At that time, McDonald's carried Apple fritters, and I would stop there on my way to my office after lunch and get a coffee and an Apple Fritter.

I have discovered working at home is a lot better. I can work for an hour and then take a break, sit in my easy chair, and drink some hot coffee. I can even watch the news on TV. Then, when I'm ready, I can shuffle off into my office and get back to work.

Something struck me as I thought about this. When I was at my church office, whenever the phone rang, I had to answer it. You never know who's calling, and they might need some help, so I needed to answer the phone.

Now that my office is at home, when the phone rings, I can let it ring and ring and ring. Do you know how refreshing it is to sit there, listen to the phone ring and not answer it?

I never knew how wonderful it would be to work at home. Some days, don't let this get around, I work in my pajamas all day.

There is no place like home.

Jesus said something along these lines in John 14:2, "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

I can't imagine how wonderful that home in heaven is going to be, and I'm sure I'm not going to miss my home here on earth.

*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](mailto:jamesnsnyder51@gmail.com), website [www.james-snyderministries.com](http://www.james-snyderministries.com) ★*



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**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) "Microusa" 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  
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**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  
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**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**  
 Carolin 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  
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**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  
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**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  
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**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  
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**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  
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**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  
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**AMERICAN** 3-28-25

**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 7, 14, 21, 28, 2025  
**SINGH** 3-28-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01359**  
 US Mortgage Corporation, 201 Old Country Road, Suite 140, Melville, NY 11747 is doing business under the Fictitious Business Name(s) "Regal Mortgage of the High Desert" 201 Old Country Road, Suite 140, Melville, NY 11747. Filed with the Clerk of Sacramento County February 25, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**REGAL** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00393**  
 McMiller Enterprise LLC, 1401 21<sup>st</sup> Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "The Shalon Hair Loss Solutions & Wellness Clinic" 5252 Sunrise Boulevard, #3, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 17, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**SHALON** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01448**  
 Christa Newkirk, PO Box 340244, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "EclctickRead Consulting" 3616 E. Commerce Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County February 27, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**ECLCTIK** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00726**  
 Michael Bullington, 6501 Sudden Wind Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Safety First Firearms Training/ Confident Carry" 6501 Sudden Wind Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County February 4, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**SAFETY** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00605**  
 Victory Life Church, 1136 Elderberry Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Don Eldridge Ministries" 1136 Elderberry Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 30, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**ELDRIDGE** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01089**  
 Chin Up Creative LLC, 2108 N Street, Suite N, Sacramento, CA

95816 is doing business under the Fictitious Business Name(s) "Chin Up Creative/Haley's Comment" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County February 18, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**CHIN** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01566**  
 Parkmade LLC, 1104 Corporate Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Anavi Botanics/Mellobun Bakery" 1104 Corporate Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County March 3, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**BOTANICS** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01612**  
 Homchui99 LLC, 424 E Bidwell Street, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Fam Thai Street Food" 424 E Bidwell Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County March 4, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**FAM** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01665**  
 Muhammad Hameez Ashraf, 427 V Street, #A, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Cold Fusion Ice Cream" 427 V Street, #A, Sacramento, CA 95818. Filed with the Clerk of Sacramento County March 5, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**COLD** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01179**  
 Kelly Mac Millan, 112 Little Court, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Wilderbeeds.com" 112 Little Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County February 19, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**WILDER** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01070**  
 HB Project LLC, 2121 Ohio River Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Fire & Spice BBQ" 2121 Ohio River Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County February 14, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**FIRE** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01663**  
 Smart Auto Dismantling LLC, 3569 Recycle Road, Suite 10, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Smart Auto Dismantling LLC" 3569 Recycle Road, Suite 10, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County March 5, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**SMART** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01664**  
 Blue Sky Auto Dismantling LLC, 3569 Recycle Road, Suite 16, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Blue Sky Auto Dismantling LLC" 3569 Recycle Road, Suite 16, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County March 5, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**BLUE** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01576**  
 Alexander H Huynh and To Nga Em Bien, 10855 Olson Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Nail Studio +" 10855 Olson Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County March 3, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**NAIL** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01424**  
 Meow Me Cafe LLC, 1714 1/2 14<sup>th</sup> Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Meow Me" 1714 1/2 14<sup>th</sup> Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County February 26, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**MEOW** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01569**  
 Reed Thomas Leonard, 3401 Barbary Lane, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Topaz Window Cleaning" 3401 Barbary Lane, Sacramento, CA 95864. Filed with the Clerk of Sacramento County March 3, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**TOPAZ** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01362**  
 Abhishek Rai MD Inc, 2600 East Bidwell Street, Suite #220, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Sacred Balance Integrative Health" 2600

East Bidwell Street, Suite #220, Folsom, CA 95630. Filed with the Clerk of Sacramento County February 25, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**SACRED** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01270**  
 Arash Taghikhani, 3300 Auburn Boulevard, #17, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Riton Auto Sales" 3300 Auburn Boulevard, #17, Sacramento, CA 95821. Filed with the Clerk of Sacramento County February 21, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**RITON** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01551**  
 Jesus Arturo Jimenez, 7260 Pepperwood Knoll Lane, Apt 168 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Aqua Spray Pressure Washing" 7260 Pepperwood Knoll Lane, Apt 168 Sacramento, CA 95842. Filed with the Clerk of Sacramento County March 3, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**AQUA** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01309**  
 Bay Area Best Locksmith Inc., 6449 Mojave Drive, San Jose, CA 95120 is doing business under the Fictitious Business Name(s) "Sacramento Locksmith" 2120 Blumenfeld Drive, Sacramento, CA 95815. Filed with the Clerk of Sacramento County February 24, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**LOCK** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01665**  
 Muhammad Hameez Ashraf, 427 V Street, #A, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Cold Fusion Ice Cream" 427 V Street, #A, Sacramento, CA 95818. Filed with the Clerk of Sacramento County March 4, 2025  
 Publish: March 14, 21, 28, April 4, 2025  
**COLD** 4-4-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01782**  
 The Parent Company, 2704 Panay Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Macy's Lounge/The Home Decor THD/CBNA" 5903 Watt Avenue, Unit B, North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 7, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**LOUNGE** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-00973**  
 Dan Dyer, 6501 Deaderick Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "GRMCRM" 6501 Deaderick Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County February 11, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**GRM** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01761**  
 Colleen M. Lopez, 6106 Lincoln Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sacramento Tapping into Wellness" 6106 Lincoln Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County March 7, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**TAP** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01827**  
 Darin Thomas Stull, 7432 Whiteriver Lane, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "DTS Tile & Stone" 7432 Whiteriver Lane, Sacramento, CA 95842. Filed with the Clerk of Sacramento County March 11, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**DTS** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01372**  
 Yasmeen Nazir, 4850 Natomas Boulevard, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "YN Coaching" 4850 Natomas Boulevard, Sacramento, CA 95835. Filed with the Clerk of Sacramento County February 26, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**YN** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01683**  
 Liac Fig LLC, 5650 Whitelock Parkway, Suite 130-1058, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "iDrive EZ Traffic School" 717 K Street, Suite 431, Sacramento, CA 95814. Filed with the Clerk of Sacramento County March 5, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**IDRIVE** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01619**  
 Francisco J Cuevas, 18 Marilyn Circle, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Color Care" 18 Marilyn Circle, Sacramento, CA 95838. Filed with the Clerk of Sacramento County March 4, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**COLOR** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01708**  
 Xpert Home Lending Inc., 1100 Satellite Boulevard NW, Suwanee, GA 30024 is doing business under the Fictitious Business Name(s) "Home

Wise Lending" 1100 Satellite Boulevard NW, Suwanee, GA 30024. Filed with the Clerk of Sacramento County March 6, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**HOME** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01796**  
 RP-HITE INC., 30 N Gould Street, #48502, Sheridan, WY 82801 is doing business under the Fictitious Business Name(s) "RPHITE Construction Services" 1065 L Alouette Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County March 10, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**RPHITE** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01789**  
 Jesus Saldana F., 216 Withington Avenue, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Gold Star Landscape" 216 Withington Avenue, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County March 10, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**GOLD** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01460**  
 Carmichael Disc Center LLC, 5150 Fair Oaks Boulevard, Suite 104, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Carmichael Disc Center LLC" 5150 Fair Oaks Boulevard, Suite 104, Carmichael, CA 95608. Filed with the Clerk of Sacramento County February 27, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**DISC** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01615**  
 Dessert Studio LLC, 7416 Court Parkway, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Velvecake" 8525 Madison Avenue, #127, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County March 4, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**VELVE** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01811**  
 Blue Wave Company Inc, 3340 Sunrise Boulevard, Suite H, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Trailer Heaven" 3340 Sunrise Boulevard, Suite H, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County March 10, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**TRAILER** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01762**  
 Chaz Halbert, 4117 Peter's Way, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Trailhead Real Estate" 1610 R Street, Suite 280, Sacramento, CA 95811. Filed with the Clerk of Sacramento County March 7, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**REAL** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01785**  
 Phonsavanh Maria Savatphone and Derek Lee Colston 3631 43<sup>rd</sup> Street, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Energy Sacramento" 6511 Savings Place, Suite 125, Sacramento, CA 95828. Filed with the Clerk of Sacramento County March 7, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**ENERGY** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01792**  
 Margi Herzog, 5683 Rolling Oak Drive, Sacramento, CA 95841 and Michael Herzog, 4890 Hackberry Lane, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Shasta Properties" 5901 Rosebud Lane, #200, Sacramento, CA 95841. Filed with the Clerk of Sacramento County March 10, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**SHASTA** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01760**  
 Kasakegs Inc, 9941 Horn Road B, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Kegforce" 9941 Horn Road B, Sacramento, CA 95827. Filed with the Clerk of Sacramento County March 7, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**KEG** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01868**  
 Gary Sleppy, 2849 Marshall Way, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Gary's Property Solutions" 2849 Marshall Way, Sacramento, CA 95818. Filed with the Clerk of Sacramento County March 12, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**GARY** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01795**  
 Ismael Rodriguez and Anna Voznenko, 2400 Sierra Boulevard, Apt #112, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Dogs2go/Poopsie Kit" 2400 Sierra Boulevard, Apt #112, Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 10, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**DOGS** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01883**  
 AVS Construction LLC, 3813 Presidio Street, Sacramento, CA

95838 is doing business under the Fictitious Business Name(s) "AVS Construction LLC" 3813 Presidio Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County March 12, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**AVS** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01323**  
 Kingofcurls-EveryThingRasta, 2491 Fruitridge Road, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Kingofcurls-EveryThingRasta LLC" 2491 Fruitridge Road, Sacramento, CA 95822. Filed with the Clerk of Sacramento County February 24, 2025  
 Publish: March 21, 28, April 4, 11, 2025  
**KING** 4-11-25

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-01241**  
 Global Angels of Kerala LLC, 4372 Hummingbird Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "The GAK" 4372 Hummingbird Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County February 21, 2025  
 Publish: March 21, 28





# Check this Out

# The Power of Arts in Education

**By San Juan Unified School District Superintendent Melissa Bassanelli**



**Superintendent Melissa Bassanelli.** Photo courtesy of San Juan Unified School District

education is not just about creativity, it strengthens critical thinking, communication and problem-solving skills that students will carry into their academic and professional lives.

We are proud to share that this year, 100 percent of elementary and K-8 students now have access to arts education and 60 percent of secondary students are enrolled in an arts-based course or club. Thanks to voter-approved state funding, we've been able to expand arts course offerings ensuring that more students than ever can participate in music, theater, dance, media and visual arts.

From Encina High School's Black History Month art showcase to Del Paso Manor Elementary's hip-hop dance program, the arts provide students with meaningful ways to

express themselves. Mira Loma High School's Asian Culture Festival recently highlighted how the arts can bring students together in celebration of diversity, while Mesa Verde High School's Theatre Career Technical Education (CTE) pathway is preparing students for careers both on and off the stage.

At San Juan Unified, we believe that the arts are essential to student success and are committed to ensuring that every child has access to high-quality, engaging and culturally inclusive creative experiences. As we celebrate Arts Education Month, I invite you to reflect on the role the arts have played in your own life and the impact they have on our students.

Thank you for being our partners in supporting the arts as an integral part of your child's education. ★

Greetings, San Juan Unified families!

March is Arts Education Month, a time to celebrate the role of the arts in helping students grow into confident, creative and well-rounded individuals. Across San Juan Unified, we know that access to arts

attainment throughout San Juan Unified School District's 64 schools.

The Carmichael Chamber of Commerce's gift will go directly to classroom grants, according to San Juan Education Foundation board member Charles Cochran. "Teachers come to us when they see a high-impact lesson their school doesn't have funding for.

"A gift like this can support several classroom programs, inspiring a love of learning among students," Cochran said. "We're very grateful to have the support of the community."

Learn more about the San Juan Education Foundation at [sanjuaneducationfoundation.org](http://sanjuaneducationfoundation.org). ★



San Juan Education Foundation members accept a donation from Carmichael Chamber of Commerce representatives during a chamber event last week at the Milagro Centre.

**Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - A \$2,860 donation has boosted the San Juan Education Foundation. The gift follows the foundation's nomination as 2025 Nonprofit of the Year by the Carmichael Chamber of Commerce.

Funds are part of proceeds from the chamber's recent Community Awards gala. Chamber officers made the presentation during a business mixer at the Milagro Centre last week.

Through grants and scholarships, the 34-year-old San Juan Education Foundation supports educational



# Celebrating National Social Work Month

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is recognizing and celebrating social workers as part of National Social Work Month.

This national recognition takes place in March and honors the contributions of social workers who have dedicated their lives to helping families thrive. This year's theme is Social Work: Compassion + Action.

Sacramento County employs hundreds of social workers in different departments, including the Department of Child, Family and Adult Services (DCFAS) and the Department of Human Assistance (DHA).

Sacramento County Department of Child, Family and Adult Services' social workers demonstrate compassion and action by working in the



The National Social Work Month recognition takes place in March and honors the contributions of social workers who have dedicated their lives to helping families thrive. Photo courtesy of Sacramento County

community every day, providing support for children, families, older adults and people with disabilities. Their work ensures that the most vulnerable members of our community receive the care, resources and protection they

need to lead safe and healthy lives.

Having worked as a social worker herself, Sacramento County Department of Child, Family and Adult Services Director Shelby Boston

recognizes the importance of compassionate social work.

"During Social Work Month, we celebrate the profound impact of social workers who embody compassion in their actions every day," Boston said. "Their

dedication to uplifting individuals, strengthening families and empowering communities reflects the heart of our mission. By combining empathy with purposeful efforts, social workers drive meaningful change and provide hope where it's needed most."

Social work dates back more than 120 years. According to the National Association of Social Workers (NASW), the first social work class at a university was offered in 1898.

Today, hundreds of thousands of social workers are employed in the U.S. While the job has changed over time, the mission to serve vulnerable community members remains the same in Sacramento County and nationally.

To learn more about how social workers help community members, visit [socialworkers.org](http://socialworkers.org). ★

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The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 - March 21, 1988

Legal Advertising 7144 Fair Oaks Blvd #5 Carmichael, CA 95608

**NOTICE BY PUBLICATION**

JUDITH DIAMANT, Individually and as Surviving Heir of the Estate of EDWARD DIAMANT, Deceased, Plaintiff, v. AIR & LIQUID SYSTEMS CORPORATION, Successor-by-Merger to BUFFALO PUMPS,

INC., et al., Defendants. NOTICE IS GIVEN YOU, WILLIAM JOSEPH DIAMANT, ROBYN WELLS BOUSHEY, and TRACY LYNN DICKERSON, AS NEXT OF KIN OF EDWARD DIAMANT, that a Motion to Allocate Settlement

Proceeds in this case, which involves a claim you may have as a relative of Edward Diamant to receive settlement funds, is pending before the Honorable Judge Joan L. Moriarty, St. Louis City Circuit Court, Carnahan Courthouse 1114 Market Street, Division 20, St. Louis, MO.

UNLESS YOU file your answer or otherwise file your appearance in this case in the office of the Clerk of this Court, within 30 days of the date of publication of this notice, A JUDGMENT MAY BE ENTERED ADJUDICATING YOUR RIGHTS AND THIS HEARING MAY PROCEED IN

YOUR ABSENCE. Dated: March 12, 2025 By: Thomas Kleppinger, Circuit Clerk /s/ Michael J. Hertz Michael J. Hertz, #70613 Lucco Brown & Hertz LLC 224 St. Louis Street P.O. Box 539 Edwardsville, IL 62025

Telephone: (618) 656-2321 Facsimile: (618) 656-2363 MHERTZ@LBDHLAW.COM Publish: March 21, 28, April 4, 11, 2025 DIAMANT 4-11-25



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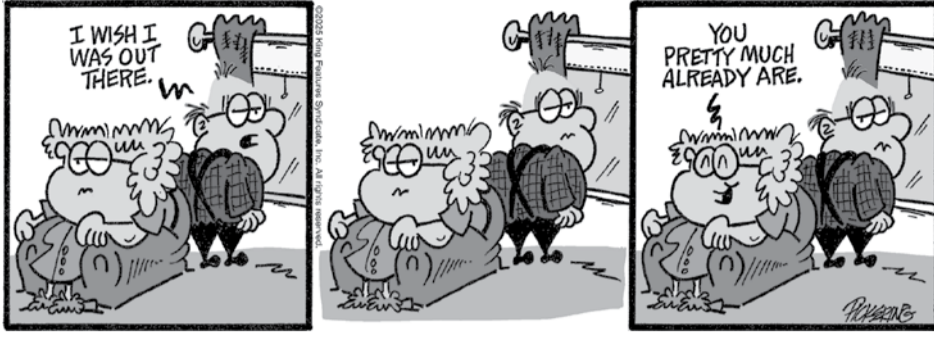
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# COMICS & PUZZLES

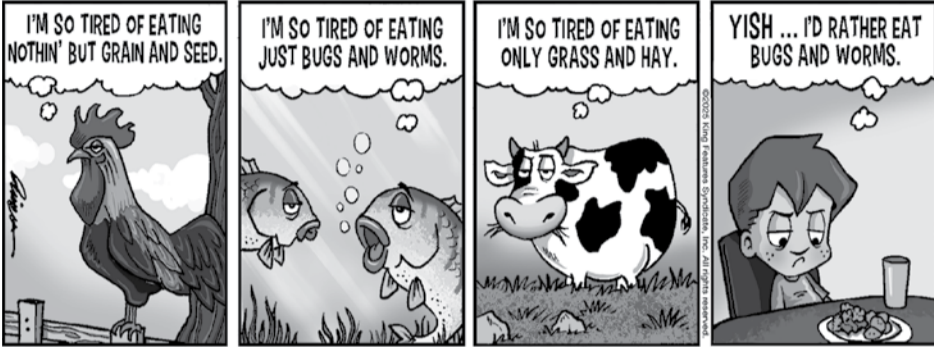
The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps

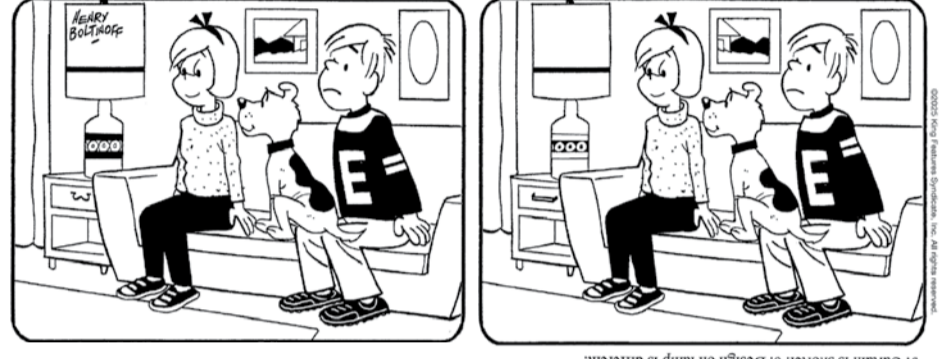


Out on a Limb

by Gary Kopervas



HOCUS-FOCUS BY HENRY BOLTINOFF Find at least six differences in details between panels.



TIGER

by BUD BLAKE



GRIN and BEAR IT by Dave T. Phipps



B	R	I	T			C	N	N			V	O	T	E						
L	A	M	A			V	I	I			T	I	L	E	R					
A	J	A	R			E	G	O	S		I	C	I	E	R					
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**CLUES**

**ACROSS**

- London native, e.g.
- Major news network, acr.
- Elect democratically
- Dharma teacher
- \*Henry \_\_\_\_, a serial husband
- Mosaic artist
- Cracked open
- Between ids and super-egos
- More unfriendly
- \*Babylonian ruler, code creator
- Minute bit
- Cavern or cave
- Not amateur
- Sapodilla tree gum
- \*Akhentatun or Tutankhamun
- Be bedridden
- a.k.a. crown vetch
- \*Viracocha, the eighth Sapa \_\_\_\_ of Kingdom of Cusco
- Like some peppers
- been
- Trots and canters
- And others, for short
- Shred of clothing
- Aptitude test, acr.
- a.k.a. sodium carbonate
- In ignoble manner
- One behind plate, for short
- Patrick Swayze/ Demi Moore movie
- George Lucas' warrior-monk
- \*Egypt's famous queen
- Capital of Tunisia
- Military status
- "High" time
- River in India
- Rainbows, e.g.
- Al Capone, e.g.
- Difficult situation
- Striped stinger
- Biblical paradise

**DOWN**

- Ho-hum
- Indian royal
- Mosque V.I.P.
- Plane road
- "Sometimes a cigar is just a \_\_\_\_"
- She turned to stone
- Not yet final, legally speaking
- \*Second-longest reigning British monarch
- Spaghetti aglio and \_\_\_\_
- Do like bees?
- Go wrong
- Top of a mountain, e.g.
- #8 Down's headdress, e.g.
- Untwist a rope
- Third degree
- Lawyers' loads
- Informed of latest trends (2 words)
- Homeric epic
- Exterminator's target
- Liquorice flavor
- Based on number 8
- Rash
- \*Mohammad Reza \_\_\_\_ Pahlavi
- Get calories
- \*Robert Graves' "I, \_\_\_\_"
- Comprehend
- Medicinal amt.

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**MPG**

# Gymnasts Achieve Season-Best Score

By Sacramento State University

SACRAMENTO REGION, CA (MPG)

The Sacramento State gymnastics team followed up its season-high score against Eastern Michigan on March 9 by raising the bar once again on March 14 at The Nest, scoring a new season-best 195.250 in the regular season finale against UC Davis.

The Aggies, however, won the team title with a score of 195.800.

Following the meet against the Aggies, the Hornets celebrated their seniors.

The March 14 meet against UC Davis marked the third time in the last five meets that the Hornets topped the 195-point plateau, besting its previous season-high of 195.225 against the



Sacramento State celebrated its senior gymnasts following the March 14 dual meet with UC Davis at The Nest. Photo courtesy of Sac State Athletics

Eagles on March 9 and joined the 195.150 at Alaska Anchorage back on Feb. 21.

Sacramento State led by two-tenths after the first rotation, scoring a 48.900 on vault compared to the Aggies' 48.700 on bars. The Hornets were led by junior Rylin Zimmerman, who scored a career-high 9.825 to finish in a tie for third and match junior Sarah Lutrel's score against Southern Utah on Feb. 28 for the highest score by a Sacramento State vaulter this year.

Senior Emma Morgenthaler finished fifth with a season-high tying score of 9.80, which is tied for third on the season list, while Lutrel scored a 9.775 to place sixth and tie for ninth on the season list. Freshman Lexi Frank also set a career high with a 9.70. ★

## Jimmy Kvarme Tribute Tournament Supports Community

By Park Terrace Swim and Tennis Club Staff

SACRAMENTO REGION, CA (MPG)

The annual Jimmy Kvarme Tribute Tournament returns on Oct. 18 to Oct. 19 at the Park Terrace Swim and Tennis Club.

The tournament brings together tennis players, families and the local community for a weekend of competition and giving back.

More than just a United States Tennis Association (USTA) Gold Cup Series event, the Jimmy Kvarme Tribute Tournament honors the memory of Jimmy Kvarme, a passionate young tennis player, while raising funds for meaningful causes.

Since its inception in 2017, the tournament has raised more than \$50,000 for various charities, including the V Foundation for Cancer Research and has supported local high school tennis programs by providing funding, tennis balls and equipment to schools such as Christian Brothers, River City, John F. Kennedy and C.K. McClatchy.

This year, the Jimmy Kvarme Tribute Tournament is proud to partner with Mama Bears Fighting Childhood Cancer, a nonprofit organization dedicated to supporting families facing pediatric cancer. Founded by mothers who have been through the battle firsthand, Mama Bear provides caregivers with essential hospital supplies through their Hospital Wagon program, ensuring they have what they need during their child's treatment.

"Mama Bear was founded to fill the gaps we experienced firsthand as caregivers," said Monica

Vera Padilla, Director of Advocacy for Mama Bear. "We've supported more than 500 local families to date, and thanks to community events like JKTT, we can continue helping kids and

caregivers through their fight against cancer." During the 2025 Jimmy Kvarme Tribute Tournament player-sponsor barbecue, organizers will shine a spotlight on the tournament's growing impact and the strong community partnerships that make it possible. The event will recognize local businesses, sponsors, and individuals who have contributed to the tournament's success, ensuring its mission of supporting youth tennis and charitable causes continue.

With the FITT Foundation and Park Terrace already presenting a \$1,000 donation to Mama Bears Fighting Childhood Cancer on March

3, this year's player-sponsor barbecue will also serve as a moment to reaffirm the tournament's commitment to giving back.

FITT Foundation Chief Financial Officer Jason Wagner emphasized the ongoing support, stating, "We plan on giving another donation after this year's event in October."

The tournament has grown into more than just a United States Tennis Association Gold Cup Series competition; it has become a celebration of philanthropy and sportsmanship, drawing players and supporters from across the country.

For Matt Bult, a longtime tournament participant and a major donor, the event holds

deep meaning.

"My wife, Maria, and I have supported this memorial tournament since its inception, and it's an event my son, Nick, and I look forward to playing in every year," Bult said. "However, it's bittersweet: the bitter being the heartbreaking reality of childhood cancer makes this tournament necessary. The sweet is the opportunity to come together with like-minded tennis players and philanthropists, united by a shared purpose. We've been friends with Jimmy's parents, Julie and Michael Kvarme, for many years, and being part of this event is a reward in itself."

Among the many events he has organized in his 33-year coaching career, the Jimmy Kvarme Tribute Tournament holds a special place for tournament director Monty Basnyat. "I've run everything from junior tournaments to USTA professional events but JKTT is one of my favorites. It truly

brings the whole community together."

Beyond the competition, Basnyat is passionate about the tournament's larger mission, which is fighting cancer.

"Getting cancer is absolutely tragic in this day and age," he said. "It's not enough to just put a Band-Aid on the disease; we need to eradicate it," Basnyat said.

Park Terrace Swim and Tennis Club has been an essential partner in making the Jimmy Kvarme Tribute Tournament a success, donating its facility to host the event and reinforcing its commitment to giving back.

"We are proud to open our courts for a tournament that blends competition, camaraderie and charity," said Megan Bossemeyer, general manager of Park Terrace. "It's about more than tennis; it's about supporting a cause that impacts families right here in our community."

The tournament continues to grow, drawing players from across the country, including Georgia, Los Angeles, Santa Barbara and San Jose. Tennis players of all levels are encouraged to sign up and compete, with the opportunity to play great tennis while making a real impact.

Those who can't compete can still be part of the mission by donating to the Jimmy Kvarme Tribute Tournament, supporting Mama Bear and ensuring that families battling pediatric cancer receive the help they need.

For more information, contact tournament director Basnyat at [mbasnyat@fitt10s.com](mailto:mbasnyat@fitt10s.com) or 916-316-7577.

The Park Terrace Swim and Tennis Club is at 5500 Parkfield Court, Sacramento. Let's serve up hope, one match at a time. ★

## Hornet Named to Big Sky All-Tournament Team

Sacramento State University News Release

SACRAMENTO REGION, CA (MPG)

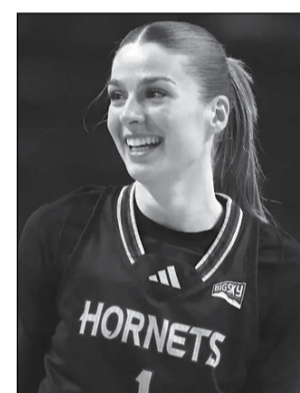
Sacramento State junior guard Benthe Versteeg was named to the Big Sky Conference All-Tournament Team for the second time in her career on March 12 following the conclusion of the league's championship event.

Already among a group of six Hornets to ever earn all-tournament honors, Versteeg becomes the first Sacramento State player to be named to the all-tournament team twice in a career after picking up her first honor following the 2023-24 championship. Just as she was last year, she is the only member of the six-woman honor roll not on a team that reached the semifinals.

During the Hornets' two-game run in the postseason event, Versteeg nearly averaged a triple-double, putting up 17.5 points, 8.5 rebounds, and 8.0 assists per game while playing almost 37 minutes per contest.

In the Hornets' opening-round victory over Eastern Washington, Versteeg finished with 11 points, eight rebounds, and 11 assists for her fifth consecutive double-double as Sacramento State upended the Eagles, 71-67.

Twenty four hours later, Versteeg exploded for a game-high 24 points — just two shy of her career high



On March 12, Sacramento State junior guard Benthe Versteeg was named to the Big Sky Conference All-Tournament Team. Photo courtesy of Sacramento State University

— to go with nine rebounds and five assists, hitting 10-of-24 from the field and playing all 40 minutes in a four-point defeat against second-seeded Northern Arizona. The 24 points are tied for seventh in school history for a single Big Sky Tournament game, while the 10 makes from the field are also tied for third.

An All-Big Sky first team selection for the first time in her career and one of three players to be named to the Big Sky All-Defensive Team for the second straight season, Versteeg finished the 2024-25 campaign averaging 12.0 points per game, 5.0 rebounds per game, and 6.5 assists per game, shooting .411 from the floor.

Her 208 assists this season tied her own single-season school record set last year and she became the first Hornet to post back-to-back 200-assist seasons. ★

## Youth Football Helmet Law Proposed

Office of Assemblymember Avelino Valencia News Release

SACRAMENTO REGION, CA (MPG)

California Assemblymember Avelino Valencia (D-Anaheim) has introduced Assembly Bill 708 to protect young athletes by permitting the use of soft-shelled helmet add-ons during practices and games.

"Assembly Bill 708 empowers parents to make informed decisions about their children's safety in youth football," said Assemblymember Valencia. "As a former player, I know the excitement and risks of the game, especially during the critical developmental years of childhood. It is our responsibility to ensure that parents have access to the best safety equipment available."

Currently, some youth football leagues prohibit players from

wearing soft-shelled helmet add-ons. Research conducted by Virginia Tech University has demonstrated that soft-shelled helmet add-ons can significantly reduce the forces of impact, leading to a 24.7% decrease in concussion risk.

Notably, the National Football League (NFL) has already adopted this technology for its players, highlighting its effectiveness and reliability.

Assembly Bill 708 addresses this issue by granting parents the autonomy to decide whether their children can wear soft-shelled helmet add-ons. This legislation empowers families to take proactive steps in reducing the risk of concussions and aligns youth football safety regulations with those of the NFL.

Through this bill, we aim to foster a safer environment for young athletes, ensuring them and their families can enjoy the game with greater peace of mind. ★

## River Cats Announce Partnership

By River Cats Media Relations

SACRAMENTO REGION, CA (MPG)

The Sacramento River Cats and Sutter Health Park have announced a new multi-year partnership with Advanced Building Maintenance to lead engineering and janitorial services for the team and Sutter Health Park.

"We are pleased to be partnering with Advanced Building Maintenance as we embark on a new venture here at Sutter Health Park," said Sacramento River Cats Vice President of Partnerships Greg Coletti. "It is our goal to have a clean and safe environment for our fans to enjoy whether

they are watching baseball or attending a special event in the ballpark. We are looking forward to seeing the partnership come to fruition in the foreseeable future."

"This partnership is about more than exceptional service—it's about being part of something bigger, your experience at the park," said Advanced Building Maintenance CEO and Owner Patrick Ferguson. "We're honored to work alongside the Sacramento River Cats and Sutter Health Park to deliver an outstanding experience for all. We believe great partnerships elevate great experiences. Working with the Sacramento

River Cats and Sutter Health Park is an opportunity to support a thriving sports culture while delivering the highest standards of service."

Headquartered in Sacramento, Advanced Building Maintenance is a family-owned and operated facility services provider delivering reliable, sustainable and cost-efficient solutions for buildings across the nation.

Beginning this year, Advanced Building Maintenance will provide cleaning, maintenance and engineering to the Sacramento River Cats and Sutter Health Park, helping maintain the stadium to the highest of standards. ★

# SPCA Doggy Dash Returns for 32nd Year



Grab your pack to help the animals at the Sacramento SPCA at the Doggy Dash on April 12. Photo courtesy of Sacramento SPCA



Leash up your pup for a 2K/5K walk through William Land Park at the 32nd annual SPCA Doggy Dash on April 12. Photo courtesy of Sacramento SPCA



Participate in PUP Show competitions, including best costume, at the 23rd annual SPCA Doggy Dash on April 12. Photos courtesy of Sacramento SPCA

By MPG Staff

**SACRAMENTO, CA (MPG)** - The Sacramento SPCA (Society for the Prevention of Cruelty to Animals), open to all dogs, their owners and dog lovers, will hold its 32nd Doggy Dash on April 12.

Northern California's largest 2K/5K dog walk and pet festival, according to the SPCA, brings together animal lovers to raise funds for the Sacramento SPCA's lifesaving programs.

In addition to the 2K/5K dog walk, event participants will

enjoy Bark at the Park Festival activities, including food trucks, a beer and cocktail garden, games, demos, prizes and most importantly the opportunity to meet adorable, adoptable dogs.

The funds raised through the Doggy Dash registration fees help to provide direct care to more than 40,000 animals in the community each year. The Sacramento SPCA also assists cats, bunnies and other small animals in need.

"The Doggy Dash offers a wonderful opportunity to

have fun with your dog while also supporting the animals in our community," said Sarah Varanini, Sacramento SPCA communications manager. "Whether your dog is athletic or prefers to be carried or pushed in a stroller, there is fun to be had for all!"

The 2025 Doggy Dash will take place at William Land Park (near Village Green) at 3800 W. Land Park Drive, Sacramento on April 12. Event day registration starts at 8:30 a.m.

The 2K/5K walk is scheduled

to begin at 10 a.m. and the Bark at the Park Festival will immediately follow the walk.

Participants do not need to have a dog to participate. Everyone is welcome to walk and support the Sacramento SPCA with or without a dog and/or attend the festival.

Registration fees are \$35 for individuals and \$45 for teams in advance of the event day. Day-of-the event registration is \$50. The registration fee includes an event short-sleeved T-shirt, access to the 2K/5K walk route

and admittance into the Bark in the Park Festival.

To register prior to the event day, visit [www.sspca.org/dash](http://www.sspca.org/dash).

For more information about the event, call special events coordinator Gina Guerriere at 916-504-2868 or email [gguerriere@sspca.org](mailto:gguerriere@sspca.org).

*The Sacramento SPCA mission is to foster a loving and compassionate community for companion animals and people by providing assistance, creating lifelong relationships and saving lives.* ★

## Sacramento State Professor Restores Dormant Campus Herbarium



Sacramento State University's campus herbarium, dormant for nearly two decades, has been restored to serve as a research and teaching tool with approximately 20,000 plant specimens. Pictured (from left) are students Cami Patiño and Mel Weber with assistant biological sciences professor Marina LaForgia, who oversees the herbarium, examining plant samples that are being digitized for public research access. Photo courtesy of Sacramento State University, Bibiana Ortiz

By Cynthia Hubert, Sacramento State University

**SACRAMENTO REGION, CA (MPG)** - For nearly two decades, Sacramento State University's campus herbarium lay dormant, its plant specimens hidden and nearly forgotten inside a shuttered lab in Sequoia Hall.

Then, in January 2024, plant ecologist Marina LaForgia joined the Department of Biological Sciences as an assistant professor after completing a postdoctoral fellowship at UC Davis.

LaForgia looked at the herbarium, contaminated by chemical fumes, covered in dust and cluttered with books as well as piles of papers and faulty equipment, and saw potential for bringing it back to life.

Now, the herbarium serves as important research and learning tool for LaForgia and her students. As part of a Plant Taxonomy class, they are combing through 20,000 pressed plant specimens, some dating to the late 1800s.

"The hands-on aspect is my absolute favorite. If I can touch the things that I'm studying, it's great. Nothing like it," said Mel Weber, a student assistant.

By fully identifying them and converting them to a digital format, they are helping to fill gaps in understanding of plant distribution over the last century and enabling researchers worldwide to explore past and future plant communities.

"These specimens are super valuable," said LaForgia. "A lot of people might look at them and just think they are beautiful but they offer so much knowledge. We are creating a really useful scientific record of what grew here and when."

Most of the Sacramento State specimens, which LaForgia discovered inside closed cabinets, were collected in California by Sac State Professor Emeritus Michael Baad. But others are from places as far away as Japan, the Philippines and Greenland.

The collections hold potential for understanding evolutionary and ecological responses to climate change, land development, plant diseases and pest invasion.

"It's a snapshot into past plant communities," LaForgia said.

But Sacramento State's herbarium, which is attached to the classroom where LaForgia teaches, needed a major overhaul before she could even begin exploring its contents.

"It was a bit overwhelming," she said.

With the help of Sacramento State Environmental Health and Safety crews, LaForgia and student volunteers

decontaminated the specimens stored in cabinets, did some deep cleaning and organized thousands of books and papers.

Additionally, campus facilities staffers patched walls, repainted the room and added a door plate that now proudly reads "Herbarium."

The formerly neglected space now offers a hands-on learning experience for students, such as Cami Patiño and Mel Weber, who are evaluating the specimens and adding them to a public database, CCH2, operated by the Consortium of California Herbaria.

Specimens are mounted on paper and kept in folders that were left unopened for over 20 years. Some even contain detailed handwritten notes from collectors.

Weber and Patiño described opening each folder as similar to unwrapping a Christmas present.

"You never know what you're going to find," said Weber.

After evaluating each specimen, the students attach a barcode to it and upload it to the CHH2 database.

"The hands-on aspect is my absolute favorite," said Weber, who works as a student assistant on the project. "If I can touch the things that I'm studying, it's great. Nothing like it."

Thus far, students have imaged more than 4,000 specimens, with many cabinets yet to be explored.

Working with the specimens in the Plant Taxonomy lab is one of Patiño's favorite activities at Sac State, she said.

"I love the lab here," Patiño said. "Some labs can be tedious, but this one is super fun."

The students hope to parlay their studies into graduate programs or jobs in plant ecology.

Restoring the herbarium has been satisfying work and will pay dividends for years to come, LaForgia said, adding that student involvement in the project has been especially rewarding.

The once-dormant herbarium is now contributing to new discoveries about the history and diversity of plant life in California and beyond and offers an unprecedented learning opportunity for Sacramento State students, LaForgia said.

"I never thought I would be running a herbarium but the experience has been really great," said LaForgia. "I absolutely love our students. They are driven and I really enjoy working with them. And once we have everything digitized, we will have all kinds of interesting research questions to explore." ★

## Spring Bill Relief for PG&E Customers

PG&E News Release

**OAKLAND, CA (MPG)** - Millions of Pacific Gas and Electric Company (PG&E) customers will automatically receive the California Climate Credit on their April energy bill.

Residential households with an active electric account will receive an electric credit of \$58.23. Residential households with an active gas account will receive a credit of \$67.03. Customers receiving both gas and electric service from PG&E will receive a total April credit of \$125.26.

Residential and eligible small business customers receive identical electric credits in April and October. Residential natural gas customers receive a credit in April.

The California Climate Credit is funded by the state's Cap-and-Trade Program. It is distributed by PG&E to customers as directed by the California Public Utilities Commission (CPUC). The Cap-and-Trade Program requires companies to pay for certain emissions. Revenue from the program is also used by the state to improve public health and the environment and provide meaningful benefits to the most disadvantaged communities. The bill credit is designed to help customers during the transition to a more sustainable future.

"We know many of our customers are feeling the pressure of rising energy bills. We support bill relief for families and fostering a more climate-resilient future," said Vincent Davis PG&E senior vice president for customer experience.

Since 2014, the California Public Utilities Commission calculates PG&E residential customers have received an average of

nearly \$1,000 in California Climate Credits, totaling more than \$12.9 billion in Cap-and-Trade Program benefits statewide.

The following programs are for income-eligible assistance: California Alternate Rates for Energy (CARE) provides a monthly discount of 20% or more on gas and electricity bills, Family Electric

Rate Assistance (FERA)

provides a monthly discount of 18% on electricity for households of three or more people, Energy Savings Assistance (ESA) provides energy-savings improvements at no charge, Relief for Energy Assistance through Community Help (REACH) offers a one-time energy credit for income-eligible customers of up to \$300 based

on a past-due balance and the Arrearage Management Plan (AMP) which is a debt forgiveness plan for eligible residential customers.

Other programs include Medical Baseline, which offers a reduction on energy bills for customers who depend on power for certain medical needs.

To explore other ways to save energy, reduce monthly bills, and protect the planet, customers are encouraged to use savings finder, enroll in the budget billing program, or visit the save energy and money page available through [pge.com](http://pge.com).

*Pacific Gas and Electric Company, a subsidiary of PG&E Corporation (NYSE: PCG), is a combined natural gas and electric utility serving more than sixteen million people across 70,000 square miles in Northern and Central California. For more information, visit [pge.com](http://pge.com) and [pge.com/news](http://pge.com/news).* ★



## Personnel Services Director Appointed

Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors, at its March 11 meeting, concurred with the county executive's appointment of Joseph Angelo as the director of Personnel Services, effective April 7.

"We are thrilled to welcome Joseph Angelo to our team as the new Personnel Services director," said Sylvester Fudal, Deputy County Executive for Administrative Services. "Joseph's executive personnel experience, including significant leadership roles in both city and county agencies, will bring a wealth of expertise to our organization. His impressive track record in driving operational excellence, fostering a strong

organizational culture and dedication to public service make him an ideal fit for this critical position. We look forward to the valuable contributions he will bring to our team and the county as a whole."

Angelo has more than 13 years of executive human resources experience. He currently serves as the chief people and culture officer for the Best Friends Animal Society, based in San Antonio, Texas, a position he has held since 2023. In this role, he oversees all HR-related services and advanced operational and organizational outcomes across the society's 47-state workforce.

Prior to his current position, Angelo served as the human resource services director for the County of Alameda from 2017 to 2023, overseeing all HR-related services.

Before that, Angelo was the human resources director for the City of San Jose from 2014 to 2017 and was the chief innovation officer and human resources director for the City of San Antonio from 2011 to 2014.

In addition to his professional experience, Angelo has a bachelor's degree in business administration from the University of Pennsylvania, a master's degree in business administration from the University of Miami, and a master's degree in public administration from Harvard University.

Angelo was formerly the treasurer of California Counties HR (previously known as County Personnel Administrators Association of California) and was also a member of the International Public Management Association. ★

# San Juan Unified Students Recognized in Competition

**San Juan Unified School District News Release**

**SACRAMENTO REGION, CA (MPG)** - Students across San Juan Unified School District were honored for their creativity and talent at the Northern California Youth Art Month (YAM) competition at PBS KVIE's Art Gallery on March 1.

Their work stood out among young artists from the region, earning awards in multiple categories, including painting, mixed media, two-dimensional and three-dimensional art.

Among the winners, 11th-grade student Parker Holzgang from El Camino Fundamental High School received the Ruth Jansen Award for Best of Show for his piece "The Conflagration of Man." PBS KVIE's art curator, Jill Stroff, selected Holzgang's work for its striking imagery and emotional depth.

"The Conflagration of Man is alive!" said Stroff. "The threatening flames are beautifully rendered with sparks and embers spreading beyond the already blackened trees engulfed in clouds of smoke, in contrast to the lush green trees the animals are fleeing to."

Holzgang said his painting was inspired by the impact of wildfires on wildlife, a reality he sees in California.

"I wanted to show how animals are forced to flee, but also how the fire's destruction keeps spreading," Holzgang said.

The painting, which took three weeks to complete,



Here is 11th-grade student Parker Holzgang from El Camino Fundamental High School posing with the Ruth Jansen Award for Best of Show that he received for his piece, "The Conflagration of Man." Photo courtesy of San Juan Unified School District

was also a personal challenge for Holzgang.

"I don't usually paint this many different animals, so I had to relearn how to draw each one," Holzgang said. "Capturing the movement of fire and smoke was also tricky, and I experimented with acrylic paint more than I had before."

Winning Best of Show was an unexpected honor.

"I was really shocked," said Holzgang. "I've done a few smaller shows but this is the biggest recognition I've ever received."

The achievement has also given Holzgang confidence in pursuing art further.

"This award means a lot to me because it motivates me to continue my art journey," said Holzgang.

Holzgang also credited his school's art program and teachers for their support.

"Ms. McDonald encouraged me to enter, and without her, I probably wouldn't have. She and the other art teachers create such a positive environment

that helps students grow," Holzgang said.

In addition to Holzgang's recognition, students from El Camino Fundamental High School, Mira Loma High School, Rio Americano High School and Gold River Discovery Center earned awards in various categories. That include third- to fifth-grade mixed media where Ani Khachatrya from Gold River Discovery Center K-8 won first- place and Grace Tucker earned second-place.

In the sixth- to eighth-grade mixed media, Angelina Isayan from Gold River Discovery Center K-8 secured first- place, followed by Aliyah Rust in second-place. For sixth-to eighth grade two-dimensional, May Nguyen from Gold River Discovery Center placed second.

Their achievements reflect the strong arts programs across San Juan Unified and the dedication of students and educators alike. ★

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Market: 7 Days 8am - 6pm  
 Food Court: 7 Days 11am - 7:30pm  
 Korean/Mex/Viet: 7:30pm last call  
 Chinese/Japanese: 7:00pm last call

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

**For 6 people \$95.00** + Gratuity  
 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Bowls)

**For 12 people \$210.00** + Gratuity  
 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (Medium Bowls)

**For 14 people \$230.00** + Gratuity  
 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Medium Bowls)

**For 18 people \$295.00** + Gratuity  
 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (Large Bowls)

**For 28 people \$385.00** + Gratuity  
 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (Large Bowls)

Dishes To Choose From: Beef, Pork, Chicken, Fish, Vegetarian, etc.

**FROZEN & FISH DEPT**

Braised Fish w/ Radish 3 kinds 1.65 to 26.45 lbs  
 REG. \$16.99/EA **\$9.99/ea**

Punjabi Samosa 25 pcs  
 REG. \$18.99/EA **\$12.99/ea**

**WEEKLY MEAT SPECIALS**

Beef London Broil Top Round Roast **\$4.99/lb**

Beef T-Bone Steak **\$6.49/lb**

Chicken Leg Quarters **99¢/lb**

Pork Loin Chops Bone In **\$2.59/lb**

Pork Cushion Meat Boneless **\$2.99/lb**

Country Style Pork Loin Ribs - Binds **\$2.99/lb**

**WEEKLY HALAL SPECIALS**

Chicken Leg Quarters **99¢/lb**

Australian Lamb Shoulder Chops Bone In **\$3.99/lb**

Beef London Broil Top Round Roast **\$4.99/lb**

**FRESH PRODUCE**

Fuji Apple **69¢/lb**

Golden Kiwi 1 lb **\$3.29/ea**

Red Potato 5 lbs Bag **\$2.49/bag**

Cilantro Premium **59¢/ea**

Jicama **89¢/lb**

Shallot Onion **\$1.29/lb**

Cara Cara Orange 10 lbs **\$5.99/bag**

Aloe Vera **79¢/lb**

**AMERICAN/HISPANIC GROCERY**

Lawry's Garlic Salt 11 oz **\$4.99/ea**

Sunny D Energy Orange Drink 1 gallon **\$3.49/ea**

Kingford Charcoal Original 16 lbs **\$14.99/ea**

SPAM **\$3.99/ea**

Spam Classic 12 oz **\$3.99/ea**

Town House Oven Baked Crackers 13.8 oz **\$4.99/ea**

**ASIAN GROCERY**

Mae Ploy Sweet Chili Sauce 2.5 Ltr **\$2.99/ea**

Sunlee Coffee Drink 8.1 fl oz **2 for 99¢**

Sun Luck Thai Peanut Sauce 7 oz **\$3.59/ea**

Pho Story Instant Pho 2.3 oz **\$1.49/ea**

Caffino Barista Mix Coffee 10.56 oz **\$2.99/ea**

**EUROPEAN GROCERY**

High Oleic Organic Sunflower Oil 2 liters **\$14.99/ea**

Army Brand Chopped Pork Tusshonka 425 gr **\$5.49/ea**

Riverca Vermicelli 500 gr **\$1.69/ea**

Sofal Brown Fava Beans 16 oz **\$4.99/ea**

Pumpkin Seeds Roasted with Sea Salt 15 oz **\$5.99/ea**

**KOREAN/JAPANESE GROCERY**  
 SALE DATE: 3/29 - 4/04 SAT~FRI

Bibigo Orange Chicken 16 oz **\$6.99/ea**

Pho Rice Noodle Cup Beef Flavor 8 x 2.59 oz **\$6.99/ea**

Sushi Nori Roasted Seaweed 20 g **\$1.49/ea**

Fresh Tempura Udon 14 oz **\$2.99/ea**

Aloe Vera Juice 1.5 liters **\$1.99/ea**

**FROZEN & FISH DEPT**

Fisherman Choice Crawfish Meat 12 oz **\$5.99/ea**

**EUROPEAN DELI**

Columbus Beef Pastrami **\$12.09/lb**

Mixed Olives Salad **\$5.79/lb**

Green Cracked Olives **\$4.59/lb**

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 26 - APRIL 01, 2025.

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