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THE NEWS

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VOLUME 44 • ISSUE 21

Serving Rio Linda, Elverta and Sacramento County

MAY 23, 2025

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Make a Splash at Pool Bash



Pool Bash is the pool's opening day at Rio Linda High School, 6309 Dry Creek Road, which will be open throughout the summer for the community to cool off and swim. Photo courtesy of the Rio Linda Elverta Recreation and Parks District

By Idaly Valencia

RIO LINDA, CA (MPG) - The Rio Linda Elverta Recreation and Parks District is kicking off the start of the summer season by hosting a Pool Bash on June 13 at the Rio Linda High School pool.

This is a family, fun-filled evening of open swim, music and concession food for folks in the community to enjoy. The event will be from 4 to 8 p.m. June 13 and there is a \$4 entry fee for the pool.

The Rio Linda Lions Club is partnering with the Rio Linda Elverta Recreation and Parks District to provide free meals for everyone in attendance. Lions Club president Gene Kypke said that the meal

includes hot dogs, a bag of chips and ice water, as well as a few other treats such as brownies.

Pool Bash is the pool's opening day at Rio Linda High School, 6309 Dry Creek Road, which will be open throughout the summer for anyone to cool off and swim.

Recreation district supervisor Yanni Lage said that this event has been a recurring summer event for four years and is held to welcome the community back to the pool.

"Families in the community typically look forward to free swim, music and food. It's a great way to reconnect with neighbors and we usually get a solid turnout of around 200 to 300 attendees, from the last two years' numbers," said Lage.

The pool is open for public swim from June 13 through Aug. 10. The schedule is from 1 to 4 p.m. Mondays through Wednesdays and from 1 to 4 p.m. Fridays through Sundays. The pool will be closed on Thursdays. Other dates that the pool will be closed include June 19, June 28, July 4 and July 12.

Students with the Twin Rivers Unified School District enter free with valid school identification. Students without valid identification will be required to pay entrance fee to use the aquatic facilities.

For more information about pricing for pool entry and swim lessons available at the Rio Linda High School pool throughout the summer, visit rleparks.com/aquatics. ★

Keeping Pets Safe in the Heat: Essential Tips for Pet Owners



Sacramento County encourages residents to be aware that hydration is key, so make sure that your pets always have access to fresh, clean water on hot days. Photo courtesy of Sacramento County

**Sacramento County
News Release**

SACRAMENTO REGION, CA (MPG) - Summer is just around the corner and the days are already heating up in Sacramento County.

As temperatures rise, it's important for pet owners to take precautions to ensure that their furry friends stay safe and comfortable. While we might be able to seek out shade, sip cold drinks or turn on the AC, pets rely on us to protect them from the dangers of extreme heat. Whether you're heading out for a walk, relaxing in the yard or running errands, here are some must-know tips to help your pets beat the heat.

Never leave pets in parked cars! Even on a seemingly mild day, the inside of a parked car can become dangerously hot within minutes. It's not only incredibly risky, it's also illegal in California. Leaving your pet in a vehicle, even with the windows cracked, can be deadly. Always take your pets with you or leave them safely at home.

Hydration is key, so make sure that your pets always have access to fresh, clean water. On hot days, they'll need to drink more than usual to stay hydrated.

If your pet shows signs of heat-related illness, avoid giving them cold water or submerging them in cold baths, as this can shock their system. Instead, offer cool (not cold) water and contact a veterinarian immediately.

Avoid the heat of the day by scheduling walks and outdoor playtime during the cooler parts of the day, such as early morning or late evening. Pavement and asphalt can get extremely hot and could burn your pet's paw pads. A good rule of thumb is to place the back of your hand on the surface for seven seconds and if it's too hot for you, it's too hot for them.

Provide shade and cool spaces if your pet is outdoors and make sure they have

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Washing Away Mental Health Stigma



Sacramento County is making a splash to raise awareness about mental health through the #SpeakYouMIND Ice Bucket Challenge for Mental Health Awareness. Photo courtesy of Sacramento County

**Sacramento County
News Release**

SACRAMENTO, CA - This May, Sacramento County is making a splash to raise awareness about mental health.

In a powerful show of leadership, Sacramento County Board of Supervisors Patrick Kennedy and Pat Hume participated in the University of South Carolina's #SpeakYouMIND Ice Bucket Challenge for Mental Health Awareness, demonstrating that

addressing mental health should be seen as strong, courageous and community-driven.

Mental illness impacts every ethnic, racial, economic, religious and age group. Roughly one in every five adults will experience a diagnosable mental health condition during their lifetime, yet many never seek the support they need due to stigma, discrimination or shame. In Sacramento County, there is a belief that has to change. If you had a general health issue, you would seek help and it should be the same for mental/

behavioral health.

Sacramento County is proud to offer a range of behavioral health services that address both mental health and substance-use needs. Individuals have different experiences, needs and paths to recovery, and Sacramento County services reflect that. Whether it's prevention, treatment or ongoing support, Sacramento County is committed to helping individuals access the care that fits their unique journey.

To determine treatment needs and

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TheRioLindaNews.com

Remembering the 1973 Roseville Bomb Explosion

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Can you remember where you were when the bombs went off?

Citrus Heights Historical Society President Larry Fritz during a May 1 presentation somberly took some 70 attendees at a Citrus Heights City Hall conference room back to 8:03 a.m. Saturday April 28, 1973. On that fateful day, 21 Department of Defense (DOD) boxcars loaded with some 7,000 bombs suddenly exploded on a Southern Pacific Yard track in Roseville.

The 70-plus audience members at the May 1 presentation at Citrus Heights City Hall recalled the day quite vividly. Many who were wounded by flying glass were childhood witnesses to the event and evacuated their homes with their families.

The freight train, carrying munitions to the former Concord Naval Weapons Station, hurled chunks of shrapnel high into the sky, causing extensive property damage and injuries to 350 people.

When the explosions were over, the small town of Antelope, right across the tracks from the train yard in Roseville, which would later become a bustling city, was leveled, Fritz said.

The cause of the explosions has never been officially determined, Fritz said.

Fritz, a 1973 graduate of San Juan High School, had just turned 18 years old when the explosions at the Roseville Railyards happened. He still has a copy of the original accident investigation report.

Continuing for hours, the massive explosions sent huge plumes of smoke rising into the air, destroyed buildings, mangled rail sections and left huge craters in the ground. Windows were shattered some three to four miles away.

About 5,500 structures were damaged in varying degrees, including a newly-opened fire station in Antelope. No deaths were reported. Many of the reported injuries were due to broken glass as windows blew out from the blasts, residents recalled.

In the explosion’s aftermath, a helicopter inspection of the railyard showed a mass of craters and twisted debris.

Fritz acknowledged the courage of the many first responders who responded to the disaster and the members of the original Citrus Heights Fire Department that later merged with Sacramento Metro Fire when the city was incorporated.

In one of the slides which Fritz presented, he pointed to and recognized a “Lady in White” wearing white coveralls among first responders on the scene.

The “Ladies in White” provided volunteer emergency-response services throughout the greater Citrus Heights area from 1951 to 1986, pioneering the concept of medical response teams working in conjunction with local fire departments.

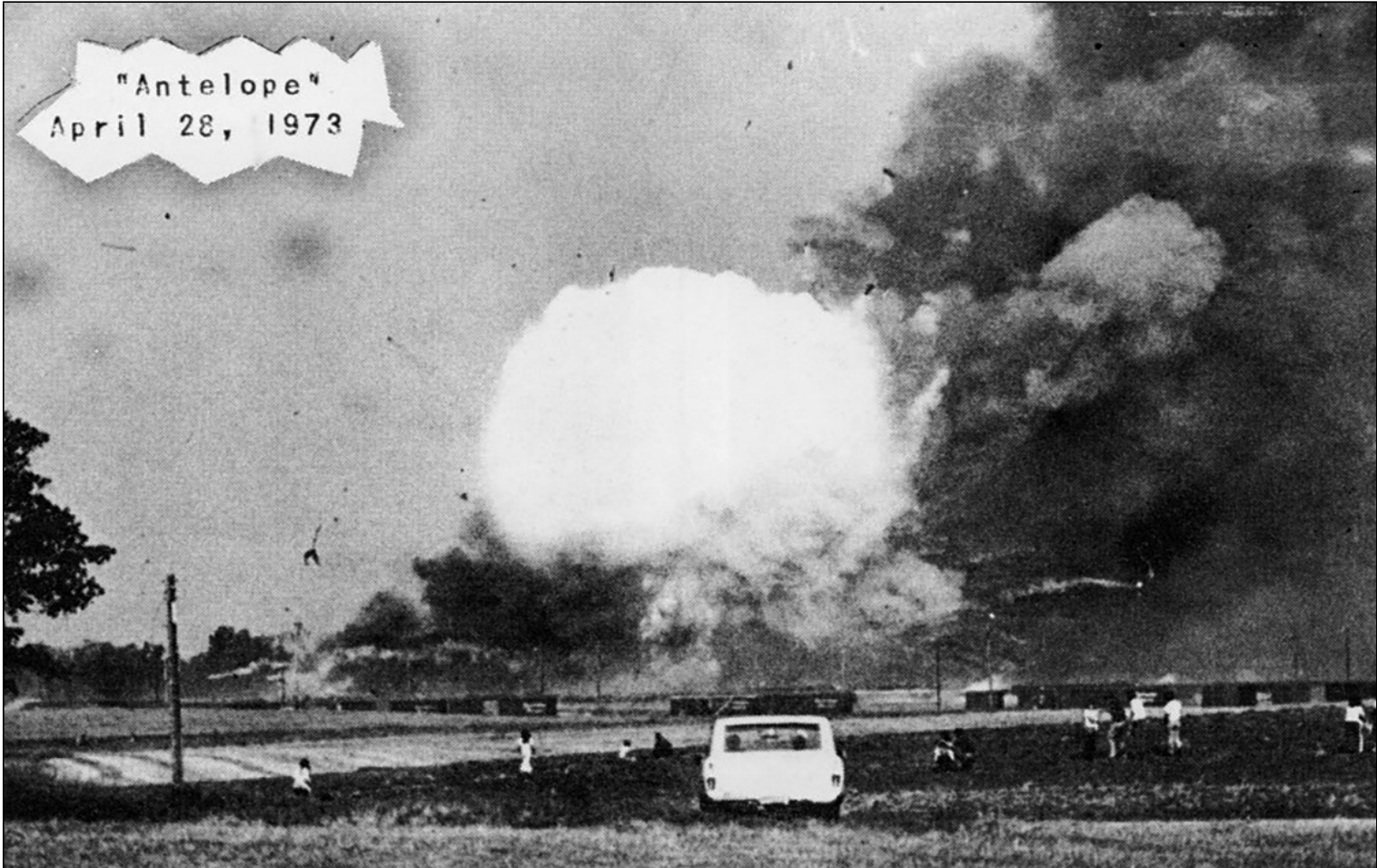
In all, about 30,000 people were soon evacuated from the nearby towns of Antelope, Roseville and Citrus Heights, Fritz said.

Nine emergency-service agencies, local, state and federal; responded to the explosions.

The California Army National Guard also maintained a heavy presence within a two-mile radius of the explosions, which extended to Sylvan Corners.

Paul Lucky, then 24, and three months into his career as a Citrus Heights Fire Department firefighter, later wrote an account of his experience that day for his family, “The Day the Trains Stood Still.”

Lucky was assigned to Citrus Heights Fire Station Three, which was three miles away from the sudden explosion. The blast was so loud and strong that it knocked him off his feet. Still wearing his turnout gear, Lucky clung to the back of the fire truck, Engine Nine, which sped to the scene.



Here is a photo of the explosion in Antelope on April 28, 1973. Photo courtesy of Citrus Heights Historical Society



Here is one of the 250-pound general purpose aerial bombs that split without exploding. Photo courtesy of the Citrus Heights Fire Department



Citrus Heights Historical Society President Larry Fritz took attendees back to 8:03 a.m. the fateful Saturday, April 28, 1973. That’s when 21 boxcars loaded with 7,000 bombs suddenly exploded on a track in the Southern Pacific Yard in Roseville. Photo by Tomas J. Sullivan



A map of the same yard showing the blast impact area and evacuation zone. Map courtesy of Citrus Heights Historical Society Photo



Original Citrus Heights Fire Station 6, circa 1980 in Antelope, similar to the station that was demolished in the 1973 explosions. The fire station was relocated to U street (present day Antelope Road) about 1.5 miles further away from the railroad yard. Photo courtesy of the Citrus Heights Fire Department

“A large piece of a boxcar was stuck in a railroad signal pole about 15 feet up the pole. The piece of metal was about 10 or so feet long, and a foot or so wide, and about an inch thick,”

Lucky wrote. “My jaw dropped, if this explosion is throwing that size and weight of metal around with enough force to stab a telephone pole, I wondered just what I was doing there.”



Shown are two pieces of rusty twisted shrapnel recovered after the April 28, 1973 explosion. Bomb debris littered the railyard in Roseville and the surrounding area of Antelope. Photo by Tomas J. Sullivan



California Highway Patrol motorcycle officers observe the April 28, 1973 explosions at the Southern Pacific railyard in Roseville on Interstate 80. Photo courtesy of Citrus Heights Historical Society

After the presentation, resident Jeffery Flores held two scarred rings which typically attach to a bomb nose cone which he found and kept that day.

Flores was a young boy at the time, living with his 12 siblings. Injured by flying glass inside his family home which was heavily damaged, Flores and his family soon became evacuees.

Flores vividly recalled the blasts.

“We started seeing rolls of fire going up, then it formed a mushroom,” Flores said. “Then here comes the blast. Boom! Then the sound was terrible; it blew our eardrums out. That wasn’t the worst of it; the scrap metal started coming down, bam, bam, bam, everywhere.”

Citrus Heights resident Bobbie Gibson, then living on Vernon Way in the Country Club Center area in Sacramento County, was finishing classes at Sacramento State University for a teaching credential when the explosions started. She welcomed a friend from Antelope who stayed with her for three days while being evacuated.

“So many of us wanted to help and opened our homes to those in Antelope who needed a place to stay,” Gibson said. “I was glad to do so.”

In the explosion’s aftermath, U.S. Army Explosive Ordnance Disposal (EOD) personnel recovered as much of the shrapnel and unexploded bombs strewn over the disaster area as possible.

Many of the bombs were scattered half a mile from the explosion site. Two were found embedded in a street one and a half miles away.

“A lot of them were just thrown free and without exploding. So I’m sure they cleaned up as many as they could. But, you know, there were so many of them; they didn’t catch them all,” Fritz said in an earlier interview.

The Roseville rail yard, operated then by Southern Pacific Railroad before its merger with the Union Pacific Railroad, was back in operation three days after the initial incident, resuming regular freight traffic.

Southern Pacific eventually paid out \$23 million (in 1973 dollars) for the damages. Of the 32 buildings in the town of Antelope that were closest to the blasts, 12 were slightly damaged, 11 received heavy damage and nine were completely destroyed, which included the Citrus Heights Fire Station Six in Antelope.

In October 1997, eight more unexploded bombs were discovered by Union Pacific crews who were grading land at the rail yard north of Sacramento in preparation for new track construction.

Another unexploded bomb was found in the Union Pacific railyard in Roseville in December 2024.

It’s possible that other unexploded bombs or bomb fragments might still be found, according to Fritz. ★

A Survival Story for Memorial Day

Editor's note: This story was recently told to Sandy Evans, a registered nurse and a Citrus Heights Veterans Community Center volunteer, by Skip. Skip is one of thousands of veterans who returned home from war facing challenges in his future. Many nurses returned with the same challenges. In honor of Memorial Day, we're running Skip's story and we are reminding readers to never forget our veterans' courage and sacrifices they made to protect and defend our country.

By Sandy Evans

SACRAMENTO COUNTY, CA (MPG) - U.S. nurses who served in the Vietnam War from 1965 to 1973 did heroic things that most people have never heard occurred. The war ended with no one wanting to hear what went on in an undeclared war. Thanks to military men in all branches of service, many of the frontline casualties had a chance to survive.

One of these men who helped in the cause was Skip, today a Citrus Heights resident. Skip was in the Army, D Troop, 1st Regiment, 1st Squadron of Dragoons, Air Calvary.

He was only 17, eager to serve and, with his parents' permission, enlisted. His training took him to Fort Lewis, Washington; helicopters in Eustis, Virginia and USA Rotor School in Fort Rucker, Alabama.

By 18 years old, Skip was sent to Chun Lai, Vietnam as a Huey mechanic and eventually crew chief.

Like many war-torn vets, he returned with Post-traumatic stress disorder (PTSD), something nurses saw on a regular basis in Vietnam. Nurses also regularly saw catastrophic injuries and death. The hospitals were temporary with everyone hoping the war would quickly end and all be able to safely return home.

Skip and crew would provide medi-vac operations daily and often multiple times a day. Medics and nurses airlifted in helicopters with door gunners their only protection. Radio communications were a help with safe landing sites but often snipers or hostile ambush occurred.

Medi-vac missions often required "duck and run" tactics running toward the injured on stretchers while the helicopter provided cover fire and held fast until the wounded were aboard.

Skip would watch the nurses do their job with admiration. A nurse could look into a dying man's eyes and hold his hand so he would know he was not alone. It was touching. It was standard practice for the medical staff to use the "patch and save" method until they returned to base. The critical cases were expedited and given top priority.

The helicopter, huge and noisy, would



We are reminding readers to never forget our veterans' courage and sacrifices they made to protect and defend our country. Photo courtesy Pixabay

lift off quickly as other helicopters were coming in to do the same work. The helicopter crew hours could be grueling. No time off for months. Special runs for needed supplies, transport surgeons or medical personnel. It was grabbing sleep when they could.

A new offensive required more troops and helicopters. The jungle terrain prohibited trucks or planes.

Skip survived being shot down twice and saw many of his friends die. You learn not to make personal attachments, become numb to the horrors of war. "Do your job," "move forward," "get the job done."

Skip served 23 months before his return to the U.S.

Returning home was disappointing. Lack of respect, being spat on and being called "baby killers" by the general public was debilitating. Family who didn't understand or want to talk about his life-saving endeavors or good work "in country" made it more

difficult to cope with returning to the U.S. This all led to depression for him.

He was a young man when he returned home and for the rest of his life, Skip will have to deal with the Vietnam memories.

Many nurses had the same experience. The diagnosis of PTSD was prevalent for returning soldiers. It is real and devastating for most who serve in a war.

PTSD can lead to alcohol abuse, drugs and uncontrolled anger. It has now been determined that suicide is the leading cause of Vietnam veterans' deaths.

The U.S. now accepts Vietnam vets for their service. They have been given a memorial wall and some benefits for what they endured, although not enough. No amount of recognition will heal the scarred lives or the unending anguish of a Vietnam veteran.

Visit the Citrus Heights Veterans Community Center on Memorial Day
The nonprofit Citrus Heights Veterans

Community Center, open since 2013 and run completely on donations, is a gathering place for all Sacramento County vets. The center helps all Sacramento County veterans and their families gain access to free services and programs for disabilities as well as provide a safe place for them to gather, enjoy a meal and share their stories.

The center is open 9 a.m. to 1 p.m. Tuesdays through Fridays at 6921 Sylvan Road. For more information, call 916-806-4852 or go online to veteranscommunitycenterch.com or facebook.com/VeteransCommunityCenter.

The Citrus Heights Veterans Community Center will hold its free annual Memorial Day concert from noon to 1 p.m. Monday, May 26, Memorial Day, featuring the Citrus Heights Marching Band. The concert is open to the public and to all ages. ★

Youth, Dedication and Innovation Honored

2025 DOVIA Volunteer Awards Ceremony

By Omella Rossi

SACRAMENTO REGION, CA (MPG) - Volunteer leaders and advocates gathered May 14 at The Center at District 56 to celebrate the 2025 Directors of Volunteers in Agencies (DOVIA) Awards Ceremony, honoring exceptional contributions in volunteerism across the Sacramento region.

DOVIA Sacramento, a professional association that supports volunteer managers and leaders, recognized outstanding individuals in three categories: Youth Volunteer of the Year, Individual Volunteer of the Year and Volunteer Manager of the Year.

"Our mission is to help people who are volunteer program managers with their jobs," said Leslie Fritz, DOVIA vice-chair. "I want attendees today to take away from this event the richness we have in the community. And maybe if we can continue to show that richness, it won't slip away."

This year's event recognized 23 nominees across all categories. Each nominee received a certificate from Sacramento County Board of Supervisors representatives, including Supervisors Phil Serna (District 1), Rich Desmond (District 3), Rosario Rodriguez (District 4), and Pat Hume (District 5).

Among the 11 youth nominees, Raymond Ran and Nicole Wang, both seniors and volunteers at the Sacramento Public Library's Arcade Branch, were named Youth Volunteers of the Year. The duo co-founded a weekly drop-in coding club for tweens, the first of its kind at the branch, helping dozens of children and their families engage with STEM (Science, Technology, Engineering, and Mathematics) education in a welcoming, community-driven environment.



DOVIA staff and volunteers beam with pride after another successful Volunteer Awards Ceremony. Photo by Bill Taylor

"The most rewarding part is definitely watching the kids learn throughout the program and better understand the coding concepts," Wang said.

Ran added, "We didn't do this project because of an award but it is nice that we got it. We didn't even know we had been nominated so that was a surprise. It was cool seeing the kids gradually get better and faster at responding to questions."

Their nominator, librarian Molly Millazzo, was struck by their initiative and professionalism.

"I have never had volunteers who came to me with such a complete idea and were so committed to following it through,"

Millazzo said. "It even gave me ideas for how to better work with the youth we serve."

Lisa Couper, a longtime docent for the Sacramento Valley Conservancy, was honored as Individual Volunteer of the Year. Since 2011, Couper has led public education efforts at Deer Creek Hills Preserve, bringing passion and deep environmental knowledge to every hike and program.

"My volunteering started from wanting to preserve that open space and how critical that open space is," Couper said. "I didn't even know about the nomination, so winning is an even bigger surprise. It's nice to have the volunteerism recognized but the

recognition is not why I do it."

Karly Towne, outreach coordinator at the Sacramento Valley Conservancy, praised Couper's commitment.

"Lisa is an easy person to nominate. If I have any sort of activity, any questions, Lisa is always there. She can do anything and be anywhere," Towne said.

Hollis Sweet, volunteer manager at the Sacramento LGBT Community Center, was named Volunteer Manager of the Year for his transformative leadership in expanding and enhancing the community center's volunteer and internship programs. Under his guidance, the community center now supports more than

400 volunteers across daily services and major events such as Sacramento Pride.

"When I am building a volunteer system, there are two steps I always try to keep in mind: is it going to reduce barriers and is it going to provide a meaningful opportunity?" Sweet said. "I want volunteers to have a good time and know they are having a positive impact. I'd continue this work without the award but it sure feels nice to be recognized."

Luis Cortes, the community center's chief development and external affairs officer, emphasized Sweet's impact.

"We really wouldn't be able to do half of what we do without him," Cortes said.

The nominees for Youth Volunteer of the Year included Ethan Minton of E Train Talks, Inc.; Hadash Perez, Monica Castillo, Ran, Wang, and Sofia Guo of the Sacramento Public Library; Inta Rasmusson of Vitalant; Mary Saucedo and Sofia Maltease of WEAVE; Sara Matoba of WEAVE; and Siri Robinson of Mercy Hospital of Folsom.

For the Individual Volunteer of the Year category, nominees were Amy Labowitch of the Elk Grove Chamber of Commerce; Ann Taniguchi and Kathy Tourtillott of Vitalant; Brandon Whittle of Lavender Library; Carol Cacy, Julia Mee, and Terri Halahan of Court Appointed Special Advocates (CASA) Sacramento; Harry Weller of the American River Parkway Foundation; Joanna Johnson Felt of the American Red Cross; and Couper of the Sacramento Valley Conservancy.

The nominees for Volunteer Manager of the Year were Athena Di of CASA Sacramento and Sweet of the Sacramento LGBT Community Center and Sacramento Pride. ★

Whatcha Gonna Do May 31? Come See Pablo Cruise!

By Idaly Valencia

SACRAMENTO REGION, CA (MPG) - Fans of the early '70s/late '80s California sun and surf sound will be in for a treat to hear that the platinum-selling pop/rock group Pablo Cruise will perform at the Hard Rock Casino on May 31.

Originally from the Bay Area, founding members of the band Cory Lerios (vocals, piano) and David Jenkins (vocals, guitar) formed Pablo Cruise in 1973, fresh out of high school. Original band members when the group first started also included Bud Cockrell (bass, vocals) and Steve Price (drums).

The early days for Pablo Cruise members, before they gained national recognition, included playing at bars and clubs in the Bay Area and Sacramento, doing four-to-three-hour sets, “with no one really tuning in,” Lerios told the Messenger Publishing Group on May 14. When their first album, “Pablo Cruise,” was released in 1975, Lerios said, audiences “started listening and grooving” to their catchy melodies.

The process to getting hits on the radio in those days was a vastly different process that required starting out at local clubs to be heard compared to today, where streaming platforms are the main way to get people listening, said Lerios.

“No one was listening, you know, and then eventually as we started to release music, put our records out, even the first album that we put out, it sold enough and got played enough, especially locally,” said Lerios. “We’d go into these clubs where it was normally just glasses clanging, people talking and all of a sudden, they got very quiet. That really affects you when you’re performing because you’re like, oh my God, now they’re listening.”

Pablo Cruise members got their first taste of stardom when their first hit, the R&B



In 2005, Pablo Cruise got back together without any underlying plan to reignite the band but for a brief reunion to play at former drummer Steve Price’s wedding after a 20-year hiatus. Photo courtesy of Pablo Cruise

tinged “Whatcha Gonna Do?” reached the Billboard 100 Top Five songs in the country. A&M Records, a major music label at the time, had a big role in the band’s success by signing a deal with them in 1975 that allowed their music to be promoted to radio stations, according to Lerios.

Young, college-age audiences jammed to the tunes of Pablo Cruise through the radio and at live performances. Being youngsters themselves at the start of their success, Lerios said, the beginning of the band’s touring was “all about the party.”

In 1979, the band broke records at the High Sierra Theatre at Sahara Tahoe Casino, now the Golden Nugget Lake Tahoe Hotel & Casino, in Stateline, Nevada. The legendary Elvis Presley previously held the record for the most in attendance at the High Sierra Theatre until Pablo Cruise instantly sold out shows three days in a row. They had also become the first band to play at a casino.

“It was unbelievable, really. Because bands hadn’t been playing the casinos,” said Lerios. “It was an amazing weekend, just so much fun and so much energy with these sold-out shows.”

In 1983, Pablo Cruise “threw in the towel” due to members leaving the band to work on their own individual careers and projects. Lerios headed in the direction of producing music for film and television, having an impressive portfolio of work in popular shows such as the “Baywatch” TV series, “Days of Our Lives,” “Child’s Play 3” and “One Crazy Summer.”

Creating music for the entertainment industry was a complete 180-turn for Lerios. He had months to write songs for an album, compared to strict deadlines of typically seven days for TV. Lerios shared that he didn’t mind the change in pace of writing because he actually “loved the deadlines.”

In 2005, Pablo Cruise got back together without any underlying plan to reunite the band but for a brief reunion to play at former drummer Price’s wedding. However, “after having a great time performing at Price’s wedding,” Lerios said, they decided to work their way back into touring together and playing their evergreen hits.

“We had not played, not even

hadn’t even really talked to each other. And then, he (Price) called and said, ‘Would you guys mind getting together and playing a few songs at my wedding?’” Lerios said. “And that was sort of the beginning of us touring again. So, we took a good 20 years off and then we went back out.”

Now that the band members are older and have families to go back to after tours, there isn’t much time or energy for extravagant parties but the band members still put their all into every performance. Loyal fans who come to today’s shows might not be as young as they used to; however, they do bring their own kids to enjoy classic hits from their heydays. And, according to Lerios, the band has begun to build a younger audience with the rise of popularity of ’70s music in recent years.

After having recorded seven studio albums and two live

albums, Lerios said, there are no plans for Pablo Cruise to release any new music because fans want to hear the music that they’re already familiar with. The last single released, “Breathe,” was during the COVID-19 lockdown and was remotely put together.

Theatres and casinos continue to be two of Lerios’ favorite kinds of venues to play. Going to a Pablo Cruise show these days, concertgoers will hear a long set full of hits from the ’70s and ’80s, including “Place in the Sun,” “Cool Love” and “Love Will Find a Way.”

“I like venues where the audience is up close. And we used to play for thousands of people. But these days, we play smaller venues. I like the smaller rooms because they’re intimate and you can have fun with the audience and you can see the audience, you know?” Lerios said.

While Pablo Cruise tours throughout the country, a majority of their 30 to 50 shows a year are in California. Two of the original band members, Lerios and Jenkins, remain active in the band. The other current members are Larry Antonio (bass/vocals), Robbie Wyckoff (lead vocals) and Sergio Gonzalez (drums).

As an aside, when Lerios isn’t touring, he spends time at his home, located on a golf course, enjoys skiing and spending time at the lake. Music holds a big role in his life, even outside of performing, as playing piano is his favorite hobby that he calls a “hobby job.”

Pablo Cruise has played frequently in Northern California, but May 31 will be the first time that the band performs at the Hard Rock Casino Live venue, 3317 Forty Mile Road, Wheatland. Gates will open at 6 p.m. and the opening act at 7 p.m. will be OutOfTheBlue. Show tickets range from \$30 to \$60 and can be bought at pablocruise.com/shows or at the box office located on the north side of the casino open on show days from 11 a.m. to 9 p.m. ★



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Keeping Pets Safe in the Heat: Essential Tips for Pet Owners

Continued from page 1

plenty of shade and cool drinking water. Indoors, use fans or keep them in an air-conditioned room to help them stay comfortable. A cooling mat or damp towel on the floor can also help pets beat the heat.

Use pet-safe sunscreen for pets with light-colored fur or exposed skin, especially on the nose and ears, as they can get sunburned. Use a veterinarian-approved pet-safe sunscreen to protect these sensitive areas, especially if they spend time outdoors.

Not all pets are natural swimmers. Always supervise pets around pools or open water and consider using a pet life jacket. Avoid strong currents and cold water, which can cause shock or panic.

Know the signs of heatstroke by recognizing symptoms early, which can save your pet's life. Symptoms include excessive panting or drooling, glazed eyes, a

rapid heartbeat, vomiting, lethargy and collapse. If you suspect heatstroke, move your pet to a shaded or cool area immediately and seek emergency veterinary care. Gradual cooling is best; use a damp towel or gently mist them with water while you wait for help.

To stay informed and prepared for more hot weather pet safety tips and information on how to recognize heat-related illnesses in animals, visit the Sacramento County Animal Care Services website at animalcare.saccounty.gov/Pages/default.aspx.

Looking to adopt a pet? Come meet your future best friend at 3839 Bradshaw Road in Sacramento. The shelter is open from noon to 5 p.m. Tuesdays through Sundays and from noon to 6 p.m. Wednesdays.

To license your pet, report a lost or found animal or learn about other available services, visit BradshawShelter.net. ★

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Rio Linda Seventh Day Adventist Church 7535 - 10th St. and U Rio Linda Sabbath School 9:15 a.m. Worship Services 11 a.m.	North Metro Church of Christ 4191 Norwood Ave., Sacramento 95838 (916) 923-1147 <i>Minister Pete Savage</i> SUNDAY Bible Classes: 10 a.m. Worship: 11 a.m. Worship: 6 p.m. Wed. Bible Classes: 7 p.m. <i>Pastor Jeff Duncan</i>	LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP <i>Pastor Shannon Fannin</i> Liberty Ministries extends an invitation to come and join us for Celebration Worship Sunday 9 a.m. Youth Extreme & Food Closet (916) 922-6442 4840 Marysville Blvd. www.libertymcf.net
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you say...

Jesus says...

I can't figure this out

I will direct you

I'm not enough

You are more than enough

I can't keep going

I will carry you

I'm not strong enough

I am

I'm too tired

I will give you rest

I can't forgive myself

I forgive you

I hate myself

I love you

He is the solution to every problem.

Let Him help you.

11am on Sundays | 6:30pm on Wednesdays
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CIRCULATION VERIFICATION COUNCIL

State Controller Cohen Responds to May Budget Revision

California State Controller’s Office News Release

SACRAMENTO, CA (MPG) - On May 14, Controller Malia M. Cohen issued the following statement on Governor Gavin Newsom’s May Revision:

“When I released my April Cash Report on Friday, I cautioned that although current revenues are exceeding projections and the state has enough reserves to cover expenses this fiscal year, budget forecasts show significant deficits in the years ahead. Addressing these shortfalls will require the governor and legislature to establish clear spending priorities in this budget and upcoming budget cycles.

As the state’s chief fiscal officer, with a clear view of what comes in and out of California’s checking, savings and credit accounts, I know, just like every Californian does, that we must be extremely cautious about new commitments. Proposals for long-term funding of new programs and services must be weighed carefully. The financial uncertainty ahead is too great to make promises we may not be able to keep.

Like all Californians who check their bank accounts to decide whether they can afford gas, groceries, or the commute to work, I see you, and I understand those daily decisions. That’s why I urge all of us to be fiscally prudent. With growing uncertainty around federal funding and other state revenue sources, we must prepare for the possibility of tougher financial times ahead.

I look forward to working with the governor and all members of the legislature to ensure that we have the appropriate cash and reserves to get us through this financially turbulent time so that we can continue to move California forward so that families, individuals, vulnerable populations and businesses can continue to thrive.”

Chief Fiscal Officer of California Controller Cohen independently oversees and manages California’s financial resources with integrity and transparency to build trust. The controller is responsible for accountability and disbursement of the state’s financial resources. Follow the Controller on X at @CAController and on Facebook at California State Controller’s Office. ★

Newsom Continues Freefall in 2028 Presidential Candidate Polls

Latest polls give Newsom only 5% support

By Evan Symon, California Globe

Governor Gavin Newsom continued to fall in nationwide 2020 Presidential candidate polling last week, with the most recent Echelon poll giving him only 5% of the vote.

Originally the favorite candidate for the 2028 Presidential Election, Newsom has dramatically fallen in polls in the ensuing months. Issues over Newsom’s response to the January wildfires in L.A., making Democrats angry over the reversal of positions like transgender athletes, federal reversals of pet state projects, and many more have cratered support since the beginning of the year. In January he was second only to Harris. Now he sits at a distant fifth with only 5% support.

Currently, the former Vice President sits at 28% support, 13 points ahead of the next closest candidate, former Secretary of Transportation Pete Buttigieg. Without Harris in the race, Newsom jumps up to third in polling, but only climbs up to 10 percent, well behind Buttigieg and Senator Cory Booker (D-NJ).

And the latest Echelon poll, which was released on Monday isn’t rosy for him either. Harris leads with

32%, followed by Buttigieg with 10%, Congresswoman Alexandria Ocasio-Cortez (D-NY) with 8% and Booker with 6%. Newsom is tied for fifth with 5%, along with Governor Tim Walz (D-MN) and Governor JB Pritzker (D-IL). By contrast, for the GOP side of the poll, Vice President JD Vance sits at 44%, with former South Carolina Governor garnering 8% and Florida Governor Ron DeSantis leveling at 7%.

While polling this early is by no means an indicator who the candidate will be, they do give a good baseline on how Americans, and especially people within their respective parties feel about them. Harris is high right now coming off the 2024 election and constant media attention over speculation that she might run for Governor in 2026. Buttigieg has the same air of mystery around his political future after declining to not run for the Senate in Michigan. Booker has been very outspoken against Trump policies, and thus has seen his star rise amongst Dems since Trump was inaugurated. AOC has been AOC. Newsom though has seemingly done everything possible to sabotage himself this early on, and thus giving other candidates more ammunition against him

should he bounce back up.

This is by no means the end for Newsom. He has plenty of time to get back up. If Harris opts to be Governor instead and a few other candidates fall into a tailspin, Newsom could be right back up there. What happens in the 2026 midterms could also influence what Newsom does, or what happens to the other candidates.

But right now, viewing it all at a metric standpoint, Newsom needs to shake things up fast if he wants to get the Democratic slot in 2028. He is rapidly running out of things to tout in California. His electric car policies are swiftly fading, homelessness he is currently taking more drastic measures on, and that’s not even counting all things from his past that would come up in a debate. All candidates would have to likely defend what they did during the COVID pandemic, and as soon as someone mentions the French Laundry incident, Newsom will have to be on the defensive.

There are numerous reasons why Newsom is down right now. And even though primaries are two and a half years away, polling shows that he needs to start doing all he can now. It kind of explains that new homeless ordinance. ★

Rep. Kiley Responds to Medicaid for Illegal Immigrants Proposal

U.S. Rep. Kevin Kiley News Release

WASHINGTON (MPG) - Rep. Kevin Kiley (R-CA), author of the No Medicaid for Illegal Immigrants Act, responded to the Energy & Commerce Committee’s decision to include a provision in the budget reconciliation text reducing the Affordable Care Act (ACA) Federal Medical Assistance Percentage (FMAP) for states that provide Medicaid to illegal immigrants.

“I have spent the last several months meeting with healthcare providers throughout my district, along with nonprofits, with patient advocates, and many other stakeholders. All of these groups have conveyed to me the importance of protecting Medi-Cal. That is why I have opposed cutting benefits for eligible beneficiaries. But now, thanks to Governor Newsom and the Legislature’s reckless actions, we could lose billions in federal funding, harming the very

vulnerable populations I have fought to protect,” Rep. Kiley said.

Kiley also responded to Governor Newsom’s recent proposal to freeze his policy of providing free Medi-Cal to income-eligible undocumented immigrants.

“Gov. Newsom is ending his reckless policy of giving free Medi-Cal to undocumented immigrants. The Governor is finally acknowledging what has long been obvious: this policy is misguided, unsustainable, and should never have been enacted. However, Gov. Newsom has only partially repealed his disastrous policy. It needs to be reversed entirely, or Californians will continue to spend billions on coverage for illegal immigrants and our state will lose an even larger amount in federal Medicaid funding,” Rep. Kiley said. ★

Revised State Budget Draws Fire and Praise from Business Leaders

California Business Roundtable News Release

SACRAMENTO, CA (MPG) - On May 14, California Business Roundtable President Rob Lapsley gave a statement in response to Governor Gavin Newsom’s revision to the May budget:

“In 2021, Governor Newsom stood before Californians announcing a \$75 billion budget surplus. Four years later, the state faces a \$12 billion deficit. The governor attributes this downturn to the so-called ‘Trump Slump,’ but the reality is that the state’s spending problem was created in California and must be solved in California. In his revised May budget proposal, the governor has simply shifted spending. Proposed cuts to the state’s general fund are nearly equal to increased spending in the state’s special funds. This accounting maneuver does nothing to solve the underlying deficit.

We support the governor in his

initial efforts to renew market-based climate programs like cap-and-trade while the business community works with the legislature on the details of the reauthorization. We also believe that it is critically important to fund the implementation of Proposition 36 in order to protect communities and businesses.

Importantly, the governor has not proposed new taxes as Californians struggle with the highest cost of living in the country. It is critically important for the governor and the legislature to pass policies that stimulate private sector investment and job creation to ensure the State of California can generate the revenues needed to fund all priority programs and ensure long-term economic stability.”

Established in 1976, California Business Roundtable has brought together top executives from California’s largest companies, providing a platform for collaboration and strategic advocacy on issues critical to the state’s economic health. ★

Gallagher Condemns Newsom’s Budget

Assembly of Republicans News Release

SACRAMENTO, CA (MPG) - Assembly Republican Leader James Gallagher (East Nicolaus) responded on May 14 to Governor Gavin Newsom’s May Revision of the 2025 to 2026 state budget. California is now facing a \$12 billion deficit, and instead of taking responsibility, Newsom opened his press conference by blaming President Donald Trump.

“Newsom’s finger-pointing on the budget shortfall is the biggest load of crap I’ve ever seen from a politician, and he shovels out a lot of it,” said Gallagher.

“We’re in this mess because of his reckless spending, false promises, and failed leadership... Newsom needs to stop blaming everyone else and own up like a man.”

“He promised free healthcare to illegal immigrants. California can’t afford it, so he’s backpedaling, but still charging taxpayers billions for it over the next year. Meanwhile, our citizens are struggling with the highest costs in a generation, failing infrastructure and underperforming schools.”

Under Governor Newsom, state spending has grown by tens of billions of dollars while

outcomes in public safety, education, and affordability have declined. Instead of correcting course, the May revision relies on accounting tricks, reserve raids and delayed payments, without fixing the underlying problems.

Californians are paying more and getting less, and this budget fails to change that. The answer isn’t gimmicks or blame games. It’s living within our means and putting taxpayers first.

Assembly Republican Leader James Gallagher represents California’s 3rd Assembly District, which includes Butte, Glenn, Sutter, Tehama and Yuba counties, and parts of Placer County. ★

Newsom Blames California’s Worsening State Budget Outlook on Trump’s Tariffs



By Dan Walters, CALMatters.org

As Governor Gavin Newsom unveiled a revised 2025 to 2026 budget on May 14, he blamed a “Trump slump” from President Donald Trump’s tariffs and other economic moves as the major factor in increasing the state’s deficit by another \$12 billion.

“California is under assault,” Newsom told reporters at a budget briefing, declaring that Trump’s actions had created “a climate of deep uncertainty.”

The initial budget Newsom proposed in January already had at least an \$11 billion gap between income and outgo that he filled with reserves, loans, deferrals, raids on special funds and accounting maneuvers.

State tax receipts were running ahead of expectations during the early part of the year, but after Trump imposed tariffs on imported goods, saying it would spur domestic production, Newsom and his budget staff revised revenue estimates downward, particularly personal income taxes.

“Washington’s imposition of tariffs has driven a downgrade in both the economic and revenue forecasts,” the revised budget declares. “Combined with increased expenditure growth above the governor’s (January) budget, most notably in Medi-Cal, the state must now close an estimated shortfall of \$12

billion to balance the budget and provide for a prudent discretionary reserve. This will require difficult but necessary decisions to reduce ongoing expenditure growth to maintain budget resilience and stability for critical state programs.”

The revised budget maintains overall spending at virtually the same level of the January version, \$322 billion, but drops general fund expenditures by \$2 billion to \$226 billion.

As noted, the state also experienced a multibillion-dollar spike in costs for Medi-Cal, the state’s health care system for the poor, which contributed to the \$12 billion deficit estimate. Newsom proposed a series of maneuvers to close the new deficit, primarily reductions in Medi-Cal, including a freeze on adult enrollments and \$100 per month premiums for Medi-Cal enrollees.

By singling out Medi-Cal as a major driver of state spending and urging reductions, Newsom was doing a 180-degree political pirouette from a year ago, when he was boasting about achieving nearly 100% medical care coverage for Californians with the addition of thousands of undocumented immigrants to the programs rolls.

The latest expansion of California’s chronic budget gap, what fiscal experts deem a “structural deficit,” makes it virtually certain that Newsom’s governorship will end 19 months hence with the state’s finances still unbalanced. The governor’s own budget staff and the Legislature’s nonpartisan budget advisor, Gabe Petek, have both projected multibillion-dollar deficits well into the future. It doesn’t appear

that a sudden economic boom will provide fiscal salvation.

The revised budget projects that California’s economy faces a sluggish future, with little overall job growth and unemployment rates, which are now among the nation’s highest, virtually unchanged. Accordingly, state revenues are projected to increase slowly.

The forecasts don’t assume that the national economy will drift into recession, as some economists are predicting due to Trump’s tariffs. If one occurred, it would depress revenues even more.

The budget also does not assess the potential reductions in federal aid to states, particularly in health care, that Trump and Republicans in Congress have proposed. Medi-Cal and other social and medical programs are targets in both Washington and Sacramento because they are among the largest items in both federal and state budgets.

As services are trimmed to close budget gaps, advocates for the poor, public employee labor unions and progressive groups are increasing pressure for tax increases to balance the state’s books.

Newsom has resisted those calls, but if the projected multi-year deficits become reality, the tax increase drumbeat will grow louder. He can and probably will continue to shun tax increases but if he does, the pressure will hit his successor, whomever that is, immediately upon inauguration.

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

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CUBE 5-23-25

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STATEMENT FBNF2025-03000
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WIN 5-23-25

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CBH 5-23-25

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CARRIE 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02944
Sue Vang, 1 Summergate Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Capture by Sue" 1 Summergate Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 17, 2025
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CAPTURE 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02986
Serhii Tymoshenko, 5829 San Juan Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Locksmith Handiworkers/Locksmiths" 4921 Stamas Lane, #3, Fair Oaks, CA 95828. Filed with the Clerk of Sacramento County April 18, 2025
Publish: May 2, 9, 16, 23, 2025
LOCK 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02818
Ohana Sports Group, LLC, 5533 Shaver Court, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Ohana Storm/Ohana Storm Volleyball" 5533 Shaver Court, Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 11, 2025
Publish: May 2, 9, 16, 23, 2025
OHANA 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02912
DVBE Media & Strategy, Inc., 1750 Prairie City Road, Suite 130, PMB 240, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Liftpoint Media" 400 Plaza Drive, Suite 102, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 16, 2025
Publish: May 2, 9, 16, 23, 2025
LIFT 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02971
Ronald Cabading, 9119 Cobblefield Drive, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "RC Systems/RC Systems Consulting" 9119 Cobblefield Drive, Sacramento, CA 95829. Filed with the Clerk of Sacramento County April 18, 2025
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RC 5-23-25

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STATEMENT FBNF2025-02383
Milestone Mortgage Solutions, LLC, 128 Union Street, Suite 101, New Bedford, MA 02740 is doing business under the Fictitious Business Name(s) "Peak Mortgage/Adrian Webb Mortgage Advisors" 128 Union Street, Suite 101, New Bedford, MA 02740. Filed with the Clerk of Sacramento County March 27, 2025
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PEAK 5-23-25

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STATEMENT FBNF2025-02204
A2B Storage and Moving Inc, 101 Parkshore Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "A2B Moving and Storage" 101 Parkshore Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County March 21, 2025
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A2B 5-23-25

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Kabita Grewal, 2828 Q Street, Suite B, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Sactown Burgers" 2828 Q Street, Suite B, Sacramento, CA 95816. Filed with the Clerk of Sacramento County

April 9, 2025
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SAC 5-23-25

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Steve Grialou, 4511 Valmonte Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Dragon Hoops" 4511 Valmonte Drive, Sacramento, CA 95864. Filed with the Clerk of Sacramento County April 18, 2025
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DRAGON 5-23-25

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STATEMENT FBNF2025-02568
Iurii Khivrych, 5900 Sperry Drive, Apt 67, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Euro Painting" 5900 Sperry Drive, Apt 67, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 3, 2025
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EURO 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03074
HKH Co, LLC, 5406 Crossings Drive, Suite 102, Box 376, Rocklin, CA 95677 is doing business under the Fictitious Business Name(s) "Lindora, Folsom" 404 Blue Ravine Drive, Suite D-100, Folsom, CA 95630. Filed with the Clerk of Sacramento County April 22, 2025
Publish: May 2, 9, 16, 23, 2025
LINDORA 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03111
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MSK 5-23-25

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Galina Furdul, 2961 Weston Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Haircut and Massage by Galina" 4800 Manzanita Avenue, B7, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 23, 2025
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GALINA 5-23-25

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Niet Inc., 4849 N Kilbourn Avenue, Apt 2, Chicago, IL 60630 is doing business under the Fictitious Business Name(s) "Chokberry" 5930 Sunrise Vista Drive, Apt 169, Citrus Heights, CA 95610-7094. Filed with the Clerk of Sacramento County April 9, 2025
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CHOK 5-23-25

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STATEMENT FBNF2025-03095
Street Philly Truck LLC, 5281 Balhan Court, Apt #3, Concord, CA 94521 is doing business under the Fictitious Business Name(s) "Street Philly Truck" 1100 Richards Boulevard, Sacramento, CA 95811. Filed with the Clerk of Sacramento County April 23, 2025
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STREET 5-23-25

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BEBE 5-23-25

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STATEMENT FBNF2025-02543
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LOGIC 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-01192
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HYPER 5-23-25

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STATEMENT FBNF2025-02252
Dalin Movement LLC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Well With Avril" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County March 24, 2025
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WELL 5-23-25

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STATEMENT FBNF2025-03127
Krystina Davis, 2212 U Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Ryze Pilates & Pelvic Health" 3400 Broadway, Suite 260, Sacramento, CA 95817. Filed with the Clerk of Sacramento County April 23, 2025
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RYZE 5-23-25

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STATEMENT FBNF2025-03108
MaryEllen Stroh-Wahab, 6547 Hazel Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "The Dancing Fork" 6547 Hazel Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 23, 2025
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FORK 5-23-25

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Day2Day Autoparts LLC, 7248 30th Street, Unit G, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Day2Day AutoBody Shop and Parts Sale" 7248 30th Street, Unit G, North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 24, 2025
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DAY 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02803
Esthetics by Dolly LLC, 1446 Ethan Way, Suite 101, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Esthetics by Dolly" 1446 Ethan Way, Suite 101, Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 11, 2025
Publish: May 2, 9, 16, 23, 2025
ESTHETICS 5-23-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03286
Deborah L Munger, 3411 Pope Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "SoulSeare Art/SoulSeare" 3411 Pope Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 30, 2025
Publish: May 9, 16, 23, 30, 2025
SOUL 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02771
Kercell Stowes and Tameica Stowes, 3511 Duet Court, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Before You Let Go" 3511 Duet Court, Sacramento, CA 95826. Filed with the Clerk of Sacramento County April 10, 2025
Publish: May 9, 16, 23, 30, 2025
BEFORE 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02837
Anfal Abu-Jarad, 2868 Westwood Lane, #3, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Foodtastic by Anfal" 2868 Westwood Lane, #3, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 14, 2025
Publish: May 9, 16, 23, 30, 2025
FOOD 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02937
Heritage Inn of Rancho Cordova, LLC (NV), 4520 36th Avenue S, Fargo, ND 58104 is doing business under the Fictitious Business Name(s) "Homewood Suites Rancho Cordova Sacramento" 10700 White Rock Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 17, 2025
Publish: May 9, 16, 23, 30, 2025
HOME 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03004
Little Whale Land Park, 4010 Las Pasas Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Little Whale Swim Schools Inc." 1331 Broadway, Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 21, 2025
Publish: May 9, 16, 23, 30, 2025
LITTLE 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03003
Little Whale LLC, 4010 Las Pasas Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Little Whale Swim School" 4106 El Camino Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 21, 2025
Publish: May 9, 16, 23, 30, 2025
WHALE 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02638
Erin Katherine O'Leary-Gore, 8479 Noel Drive, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Daisy Grace Storybooks" 8479 Noel Drive, Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 4, 2025
Publish: May 9, 16, 23, 30, 2025
DAISY 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03131
Lovely Love Enterprise LLC, 5808 Shadow Creek Drive, #4, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Down Home Cooking" 5808 Shadow Creek Drive, #4, Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 24, 2025
Publish: May 9, 16, 23, 30, 2025
DOWN 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03086
Sara Fletcher, 7968 Cavalli Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Loan Signings By Sara" 7968 Cavalli Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 22, 2025
Publish: May 9, 16, 23, 30, 2025
LOAN 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03184
Active Life Wound Center A Professional Medical Corporation, PO Box 661587, Sacramento, CA 95866 is doing business under the Fictitious Business Name(s) "Active Life Wound Clinic" 2 Scripps Drive, Suite 202, Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 25, 2025
Publish: May 9, 16, 23, 30, 2025
ACTIVE 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03186
Liddawi Enterprises Inc, 2118 Big Sky Drive, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Yalla Yalla Steak House" 7800 Sunrise Boulevard, #11, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 25, 2025
Publish: May 9, 16, 23, 30, 2025
YALLA 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02907
Potter's Pallet LLC, P.O. Box 13, Fontana, CA 92334 is doing business under the Fictitious Business Name(s) "Potter's Pallet" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County April 16, 2025
Publish: May 9, 16, 23, 30, 2025
POTTER 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02739
DaggerPoint Capital 2108 N Street, #8288, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "DaggerPoint Capital" 2108 N Street, #8288, Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 9, 2025
Publish: May 9, 16, 23, 30, 2025
DAGGER 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02817
Isabel C Trujillo Ramirez, 555 Fox Hunt Way, Rio Linda, CA 95673 and Cecilia Michao Trujillo, 7832 Bellingrath Drive, Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "Yoli's Cafe" 555 Fox Hunt Way, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County April 11, 2025
Publish: May 9, 16, 23, 30, 2025
YOLI 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02827
Gabrielle Stevens, 2417 U Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Care Team for Seniors" 2417 U Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 11, 2025
Publish: May 9, 16, 23, 30, 2025
CARE 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03197
Philip Mathew Bernas, 5056 North Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Thunderlipsmarket" 5056 North Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 25, 2025
Publish: May 9, 16, 23, 30, 2025
THUNDER 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02968
Adonai Estates, 3501 Bradshaw Road, Space 50, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Adonai Estates" 3501 Bradshaw Road, Space 50, Sacramento, CA 95827. Filed with the Clerk of Sacramento County April 18, 2025
Publish: May 9, 16, 23, 30, 2025
ADONAI 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03298
Sandra L. Mizer, 6855 Fair Oaks Boulevard, Suite 700, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mizer and Associates" 6855 Fair Oaks Boulevard, Suite 700, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 1, 2025
Publish: May 9, 16, 23, 30, 2025
MIZER 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02811
Prestige Home Construction Inc., 5130 Papaya Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Prestige Windows" 5130 Papaya Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 11, 2025
Publish: May 9, 16, 23, 30, 2025
PRESTIGE 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03213
Radical and Tender Care Companion LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Tending Becomings" 2108 N Street, #6399, Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 28, 2025
Publish: May 9, 16, 23, 30, 2025
TENDING 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02113
Purple Mango LLC, 783 Turnstone Drive, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Golden Motors" 2548 Albatross Way, Unit #C, Sacramento, CA 95815. Filed with the Clerk of Sacramento County April 30, 2025
Publish: May 9, 16, 23, 30, 2025
GOLDEN 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03432
Stephen Bryant Walker, 650 University Avenue, Suite 108, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Wearkindness" 650 University Avenue, Suite 108, Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 7, 2025
Publish: May 16, 23, 30, June 6, 2025
WEAR 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03264
Trung Huynh, 8450 Pine River Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Goi Tien 3 Sieu" 6333 Stockton Boulevard, Suite A, Sacramento, CA 95824. Filed with the Clerk of Sacramento County April 29, 2025
Publish: May 16, 23, 30, June 6, 2025
GOI 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02680
Team G&C, LLC, 8107 Oahu Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Peck N' Trim" 8107 Oahu Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 8, 2025
Publish: May 16, 23, 30, June 6, 2025
PECK 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02687
Chanel Nicole Cameron, 8012 St Helena Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Bask Farm" 8012 St Helena Court, Sacramento, CA 95829. Filed with the Clerk of Sacramento County April 8, 2025
Publish: May 16, 23, 30, June 6, 2025
BASK 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03449
Central Valley Towing Inc., 8240 14th Avenue, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Central Valley Towing/City Tow" 8240 14th Avenue, Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 7, 2025
Publish: May 16, 23, 30, June 6, 2025
TOW 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03396
OBJJ Inc., 2839 Zinfandel Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Ohgane Korean BBQ" 2839 Zinfandel Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 6, 2025
Publish: May 16, 23, 30, June 6, 2025
OHGANE 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03339
Pauline Roselada, P.O. Box 22842, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Zac Rose & Associates" 1042 Lake Glen Way, Sacramento, CA 95822. Filed with the Clerk of Sacramento County May 2, 2025
Publish: May 16, 23, 30, June 6, 2025
ZAC 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03388
Dina Nelson, 14 Baywind Court, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Splash Soda" 14 Baywind Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County May 5, 2025
Publish: May 16, 23, 30, June 6, 2025
SPLASH 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-02639
Susan Kim Sandell, 7305 Rollingwood Boulevard, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "The Pro CruiseMuse" 7305 Rollingwood Boulevard, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 4, 2025
Publish: May 16, 23, 30, June 6, 2025
PRO 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03347
Sage's Tile Inc., 4505 Robertson Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Aloha Tile" 4505 Robertson Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 2, 2025
Publish: May 16, 23, 30, June 6, 2025
ALOHA 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03177
Susan M. Osborn, 7541 Wooddale Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "LifeThread Publications" 7541 Wooddale Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County April 25, 2025
Publish: May 16, 23, 30, June 6, 2025
LIFE 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03196
Hajoca Corporation, 2001 Joshua Road, Lafayette Hill, PA 19444 is doing business under the Fictitious Business Name(s) "Heick Supply/Buttes Center State Pipe and Supply" 950 Richards Boulevard, Sacramento, CA 95811. Filed with the Clerk of Sacramento County April 25, 2025
Publish: May 16, 23, 30, June 6, 2025
HEIECK 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03363
Jeannine Hewitt and Darrell Hewitt, 7974 California Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious

Business Name(s) "Geri's Garden Spa" 7974 California Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 5, 2025
Publish: May 16, 23, 30, June 6, 2025
GERI 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03294
More Than A Dreamer LLC, 3450 Sweet Pea Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Authority Creators" 3450 Sweet Pea Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County April 30, 2025
Publish: May 16, 23, 30, June 6, 2025
AUTHORITY 6-6-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03270
NorCal Marine Towing & Salvage, LLC, 1302 W. Fremont Street, Stockton, CA 95203 is doing business under the Fictitious Business Name(s) "TowBoatU.S. Sacramento" 2710 Ramp Way, Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 29, 2025
Publish: May 16, 23, 30, June 6, 2025
BOAT 6-6-25

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2023-03070
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Mod Pizza, 10909 Olson Drive, Rancho Cordova, CA 95670.
SFP Development Company, LLC, 804 Reading Street, Suite B, Folsom, CA 95630.
The Fictitious Business Name Statement was filed on 4/20/2023 in the County of Sacramento.
Filed with the clerk of Sacramento County: 4/16/2025.
Publish: May 9, 16, 23, 30, 2025
MOD 5-30-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03592
Janani Venkateswaran, 4813 El Camino Avenue, Suite A, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sukha Counseling" 4813 El Camino Avenue, Suite A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 12, 2025
Publish: May 23, 30, June 6, 13, 2025
SUKHA 6-13-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03645
Patrick Farris, 1978 San Juan Road, #94, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Im Not Finished Yet Publishing" 1978 San Juan Road, #94, Sacramento, CA 95833. Filed with the Clerk of Sacramento County May 14, 2025
Publish: May 23, 30, June 6, 13, 2025
IM 6-13-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-03346
Triple 9 Nutrition LLC, 9629 Country Falls Lane, Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Triple 9 Nutrition" 9629 Country Falls Lane, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County May 2, 2025
Publish: May 23, 30, June 6, 13, 2025
TRIPLE 6-13-25

ORDER TO SHOW FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#25CV009993
Justin Lee Clausen has filed a petition with this court for a decree changing the name(s) of Justin Lee Clausen to Justin Lee Tucker.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 20, 2025, at 1:30 p.m. in Department 53, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: April 25, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: May 2, 9, 16, 23, 2025
TUCKER 5-23-25

ORDER TO SHOW FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#25CV010260
Amah Richards has filed a petition with this court for a decree changing the name(s) of Amah Lee Richards to Ashley Shawnta Murphy.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 19, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: April 29, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: May 16, 23, 30, June 6, 2025
MURPHY 6-6-25

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Washing Away Mental Health Stigma

Continued from page 1

level of care, Sacramento County offers confidential brief screenings through the Behavioral Health Services-Screening and Coordination (BHS-SAC) Team with no appointment necessary.

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Additionally, the county's Stop Stigma Sacramento campaign continues to challenge misconceptions and build understanding through education and community dialogue. The campaign highlights real voices and

real stories, proving that recovery is possible and that support makes a difference. Learn more at stopstigmatasacramento.org. Mental health is health. With the right support, individuals can and do recover and thrive.

This month, and every month, let's work together to wash away the stigma. For more information on Sacramento County Department of Health Services, visit dhs.saccounty.gov/BHS/Pages/BHS-Home.aspx. ★

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Kings Korner

By V.G. Harris

Without question the season for the Sacramento Kings ended too soon. I’m a believer that had the front office not panicked and traded away DeAaron Fox, the Sactown boys may very well still be playing.

We will never know if I’m right, but the San Antonio Spurs were the big winners in that deal, and their team is set up for NBA heights heading into next season.

Bringing in Scott Perry to take over the reigns as the Kings new GM bodes well for Sacramento, and I hope BJ Armstrong coming alongside as Perry’s assistant will give the Kings someone who can judge talent.

The Kings have consistently misjudged talent in the draft as Sacramento fans are only too aware, so filling your front office with people that can separate the wheat from the chaff is essential if the Kings are to become a playoff team year in and year out.

I listened to the words from Jonas Valanciunas when he told reporters that Domantas Sabonis was rated the third most efficient center in the NBA. Jonas went on to say how much he respected Domantas’ game and that he would gladly come off the bench to spell Sabonis anytime. No question these two are good friends, but before the organization blows up the team, it’s time to take a deep breath and understand exactly what we have.

First and foremost, value what you have in Domantas Sabonis. Underrated, without a doubt, but never by Kings fans. Three consecutive years leading the NBA in rebounding and the undisputed double-double King, this big man plays both ends of the court and is among the most durable players in the NBA. Any talk of trading Sabonis should be squashed immediately. Build around Sabonis and Valanciunas and let these two gladiators show Sacramento how the paint should be played.

Just as Mike Brown saw promise in Keon Ellis and brought him along, so should Doug Christie work with Isaac Jones. In Jones short time in the G-league he excelled and is perhaps the most athletic player on the Kings squad, with tremendous jumping ability and is a natural shot blocker. Playing alongside Sabonis and Valanciunas Jones could be a real asset, and he has a nice offensive game and

touch around the rim as well.

I’m hoping the new brain trusts looks closely before making any hasty moves. There is real talent on this Sacramento team that never really had time to gel.

I look for Keegan Murray to take a step forward and in his fourth season put it all together. He has the talent and shooting ability to do that, and I believe he can once again claim the 3-point land and bring his percentage to something north of 40%.

Jake LaRavia was a nice find and playing alongside Keon Ellis gives the Kings the defensive presence they’ve been looking for.

Devin Carter needs more time, but his athleticism is unquestionable. Can he be the point guard the Kings need and are looking for? Remains to be seen, and if the Kings find a starting point guard via trade in the offseason, Carter remains a capable backup and can provide consistent minutes every game.

The message remains, don’t panic!

NBA GM’s can smell blood in the water, and sometimes the most difficult thing to do is have patience. That doesn’t sell tickets, but this is Sacramento, home to the best basketball fans in the NBA.

Scott Perry and BJ Armstrong have to build a new image in Sacramento, and that means an organization that won’t be taken advantage of. No more giving away quality players like Davion Mitchell for nothing in return, and certainly not trading away the face of your franchise.

There is a new day dawning, and making the assumption that Vivek Ranadive is going to let Scott Perry do his job without interference, the 2025/2026 season could be a pleasant surprise for many fans.

I will say it again, there is talent on this team! Let’s see if Doug Christie and Bobby Jackson can harness some of the skills they enjoyed as NBA players and teammates and let that translate into coaching.

The opportunity is here for a new coaching staff and a new front office to show what they can do.

Don’t lose your excitement, Kings fans. The best is yet to come!

All the best!

Your thoughts are always welcome at
vgharriskingsfan@gmail.com.

Social Security Matters

Must I take Medicare Part A even if I have VA or Medicaid Coverage?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: Does everyone need to sign up for Medicare part A, even if you are ex-military? Or only on Medicaid, regardless of whether you are eligible for Social Security or not? Also is there a cost for just part A? **Signed: Confused Senior**

Dear Confused: FYI, there is no cost for Medicare Part A (inpatient hospitalization coverage) for those who are also eligible for Social Security benefits. And it is mandatory to enroll in Medicare Part A if you are age 65 or over and are collecting Social Security benefits. If you are ex-military and get all your healthcare services from the VA, you must still enroll in Medicare Part A (which is free) to collect Social Security benefits after age 65.

Enrollment in

Medicare Part B (which is healthcare coverage for outpatient services) is always optional because there is a premium associated with Part B. But if you receive all of your healthcare services from the VA, you can – if you wish – decline Medicare Part B and, thus, save the monthly Part B premium. Enrolling in Medicare Part B when you get all your healthcare services from the VA is a matter of having the convenience to choose any healthcare provider you wish (versus using only VA healthcare services).

If you receive Medicaid benefits, and are also eligible for Medicare, you should probably enroll in both Medicare Part A and Part B (Medicare would be primary payor and Medicaid the secondary payor). You would be considered “dually eligible” and likely exempt from most healthcare costs with coverage from both programs. That said, it is sometimes not mandatory to enroll in Medicare Part B to get Medicaid benefits, but each state has separate Medicaid eligibility rules. Thus, you should check with your state’s Medicaid office to see if it is mandatory

to take Medicare Part B to keep your Medicaid benefits. FYI, in most instances, Medicaid will pay your Medicare Part B costs, so there is little reason not to enroll in Medicare Part B while on Medicaid. Regardless, enrollment in Medicare Part A is required to collect Social Security benefits after age 65.

I would like to thank you for your service to our country and also assure you that we are always here for you if you have any further questions.

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Ask

DR. UNIVERSE

What is a Supernova?

– Grady, 7, Oklahoma

Dear Grady,

I was exploding with excitement to ask my friend GuyWorthey about supernovas. He’s an astronomer at Washington State University.

He told me a supernova is a very energetic explosion in space.

There are different kinds of supernovas. One kind—called a type II supernova—happens when a really big star dies.

“Why would a star bother to blow up?” Worthey said. “It seems dramatic. Human beings don’t blow up when they die.”

But humans don’t have cores that do nuclear fusion. Deep inside a star, protons and neutrons bang together and make new chemical elements. That nuclear fusion is why stars shine.

Our sun is a smaller star. It only fuses hydrogen and makes helium. When the hydrogen runs out, it’ll start fusing the helium. Someday—about five billion years in the future—the sun will run out of energy and start to die. But it’s not big enough to supernova.

To do that, a star needs to be at least eight times heavier than our sun. Those high-mass stars fuse all kinds of stuff in their cores—like carbon, neon, silicon and iron.

“They end up building this central part that’s full of ashes from all those fusion episodes,” Worthey said. “And that’s not stable. It collapses under its own weight, and then there’s kind of a bounce that comes out. That causes some more runaway fusion, and that propels this explosion.”

Inside the supernova, particles keep banging together. That makes heavy elements—like iron. The explosive power of a supernova throws elements out



This is the Crab Nebula. It’s what’s left over from a supernova that happened in 1054. Ancient astronomers in China and Japan wrote about seeing it. The blue glow in the middle is from the neutron star that formed after the supernova. Image: NASA/ESA

into the universe. That’s how those elements ended up on planet Earth.

Without supernovas, we wouldn’t have oxygen in the air. We wouldn’t have iron in our bodies to transport that oxygen. We wouldn’t have most other elements—like the silicon that powers the device you’re using to read this.

A supernova leaves behind a black hole or a neutron star. They both cram lots and lots of mass from the dead star into a super small space. That gives them tons of gravity. It’s why they’re so weird and interesting. Like how black holes are invisible because light can’t escape their gravity.

Or how one teaspoon of a neutron star weighs as much as ten million cars.

Another kind of supernova is called type I. That happens when two stars orbit each other. One star may start siphoning the matter from its companion star—basically stealing its mass. Eventually, the star will lose so much that it collapses and explodes. A type I supernova can also happen when two stars collide.

These supernovas are more common and extra bright. Astronomers use their bright light like a ruler to measure distances in space.

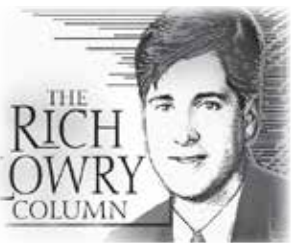
But a supernova isn’t something astronomers see every day.

“Supernovas don’t happen that often,” Worthey said. “We’re kind of overdue for a supernova in our galaxy—which is exciting.”

Nobody knows which star will supernova next. It’s going to be an explosive surprise.

Sincerely,

Dr. Universe



THE RICH LOWRY COLUMN

The On-Again, Off-Again Trade War Never Mind.

President Trump’s 145% tariffs on China ran smack into Stein’s law, the late economist Herb Stein’s famous axiom that “if something cannot go on forever, it will stop.”

What was effectively an instant embargo on the biggest importer into the United States wasn’t sustainable, and sure enough, it’s not going to be sustained. The U.S. and China have mutually agreed to back off a tit-for-tat trade war that quickly spiraled into territory that meant wanton economic destruction for both sides.

The U.S.-China trade relationship wasn’t built in a day, and it couldn’t plausibly be ended over a few days via presidential Truth Social posts, either.

During a 90-day pause, the U.S. is taking its tariffs down from 145% to 30%, while China is dropping from 125% to 10%. If it always seemed likely that there’d be a fig-leaf deal with China, there isn’t even a fig leaf here -- just a promise to keep talking and perhaps fashion one later.

The problem with tariffs is that they are a way of harming a foreign trade partner via imposing pain on your own businesses and consumers. The 145% tariff was hitting Beijing

hard but also was due to impose severe costs on U.S. concerns dependent on Chinese manufacturing.

Small businesses were looking at potential extinction and retailers warning of empty store shelves. When the president of the United States is musing about little girls having to do with fewer dolls, it’s not a reassuring signal about the direction of U.S. economic policy.

We’ve imposed embargoes on foreign countries before -- for instance, the so-called ABCD encirclement that cut Japan off from raw materials during the early stages of World War II. But we were about to go to war with Imperial Japan, whereas one hopes we won’t be engaged in active hostilities with China any time soon.

While markets are relieved that the 145% tariffs are off for now, we aren’t in a great place. A 30% tariff on China, plus the other tariffs that are in play around the globe, mean we still have lurched into the highest U.S. tariff regime since the 1930s.

Earlier this year, there was a surge of imports in anticipation of Trump’s tariffs, in the phenomenon known as front-loading. Then, imports were basically shut off as the 145% tariffs took hold. And now there will be more front-loading to avoid what comes next.

An on-again-off-again-on-again approach forces U.S. economic actors to deal with wildly gyrating uncertainty for no good reason. Who knows what will happen in 90 days?

The Soviet Union was governed by Five-Year Plans; now, we are governed by 90-Day Pauses.

Trump prides himself on his deal-making, but he hasn’t gotten anything from the U.K. or China over the last week that he couldn’t have achieved with much less disruption. We could have gotten an outline of a trade deal with the Brits by working with them behind closed doors, and we could have gotten a 30% tariff on China by imposing one at the outset, rather than 145%.

There is no doubt that China is a hostile power and bad economic actor, and we should be putting our relationship on a different basis. The risk is that Trump has, by tariffing everyone, friend or foe, made it harder for us to deepen relationships with our allies and isolate our adversary.

As Robert Atkinson of the Information Technology and Innovation Foundation points out, the current tack will also hamper the most strategically important, technologically advanced U.S. firms that are all globally integrated. The Trump tariffs will increase their costs by making imported inputs more expensive, while limiting their foreign markets by inviting foreign retaliation for Trump’s tariffs.

This is not a winning formula, and if China gets an upper hand as a result, there will be no easy do-over.

Rich Lowry is editor of the National Review.

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