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Lancers Set to Kick Off Season



The Lancers will travel to Sheldon in their season opener on Friday, Aug. 22. Kickoff is set for 7:15 p.m.

Story and photos by James Darnell

RANCHO CORDOVA, CA (MPG) - After an offseason of preparation and hard work, the Cordova Lancers are ready for those beautiful Friday night lights.

Coming off a season in which the team narrowly missed out on the California Interscholastic Federation Division II playoffs a year ago, the Lancers are chomping at the bit to get the ball rolling on a brand-new campaign.

Under third-year head coach JP Dolliver, the Lancers will return several young players who helped the program have their most success since 2018, finishing with a 6-4



The Lancers will host Mesa Verde in their home opener on Friday, Aug. 29 inside Lancer Stadium, with kickoff set for 7 p.m.

overall record.

Offensively, junior quarterback Trey Wallace figures to be the straw that stirs the drink for the Lancers this fall.

Last year, Wallace threw for 1145 passing yards and

nine touchdowns in his nine starts and also led the team in rushing with 371 yards and five additional scores using his legs.

The young signal caller put in a ton of work in the weight room during

the offseason, adding 20 pounds of muscle in effort to deal with the physical nature of a long season.

Additionally, junior running back Zachary McIntire will be relied upon heavily in the run game. Wallace will also have a solid group of wide receivers to throw to, including senior Damajae Moses and newcomer Carnell Jones, who transferred from Del Campo to Cordova for his senior year. Both McIntire and Moses were named to the All-Metro League Second Team last fall.

Defensively, it all starts up front for Cordova. The unit is led by senior defensive tackle Julian Drahn, who led the team in total

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West Nile Virus Activity Increases

Sacramento Yolo Mosquito & Vector Control District News Release

SACRAMENTO REGION, CA (MPG) - Further West Nile virus activity (WNV) evidence was detected throughout Sacramento and Yolo counties, as 13 mosquito samples and three dead birds tested positive Aug. 13, the highest number of positive results reported in a single day this year, according to the Sacramento-Yolo Mosquito & Vector Control District.

The mosquito samples and dead birds were collected from different locations; however, most of the West Nile virus activity for Aug. 13 was in Davis and other rural areas in Yolo County.

"Mosquito and West Nile virus season is definitely underway and it's important for residents to be vigilant in preventing mosquitoes from breeding in their backyards," said Sacramento-Yolo Mosquito & Vector Control District Manager Gary Goodman. "Mosquito control is a collaborative effort, and we encourage everyone to do their part."

In Sacramento County, 17 dead birds and 29 mosquito samples have tested positive for West Nile virus, as of press time. In Yolo County, 16 mosquito samples have tested positive for West Nile virus.

Last week, the district's laboratory surveillance program detected an increase in virus activity and overall mosquito populations due to the very warm temperatures of recent days. Hot weather accelerates the mosquito lifecycle and can quickly amplify the virus putting residents at a higher risk.

"While it has been a relatively mild season for WNV so far, we are in the middle of summer and conditions can change quickly," Goodman said. "We expect to see continued activity over the next few weeks. Protecting yourself is key: always apply an effective mosquito repellent when spending time outdoors."

The Centers for Disease Control and Prevention recommends using an insect repellent that contains the active ingredients DEET, Picaridin, IR3535 or the plant-based Oil of Lemon Eucalyptus.

In response to the recent findings, the Sacramento-Yolo Mosquito & Vector Control District has increased its surveillance and will continue with ground fogging around areas where positive mosquitoes and birds have been found.

For current information about any treatments planned, visit www.FIGHTtheBITE.net. ★

Food Locker's "Food for Thought"



Pictured from left are Jane Jackson, Rancho Cordova Food Locker board member; Carrie Johnson, executive director; Heather Tankersley, co-owner, Tankersley Construction; Teri Crisanty, board member; Al Crisanty; and Ross Johnson, board member and fiscal consultant. Photo by Margaret Snider

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - The full program for the Aug. 15 Rancho Cordova Luncheon was the screening

of the film, "Food for Thought," which was about the Rancho Cordova Food Locker.

Produced by Charles Lago, executive director of the Rancho Cordova

Film Office, and edited by Rafael Portillo, the film began with this statement: "Food insecurity is an official term from the U.S.D.A. It's

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SAFE Credit Union, Volunteers Prepare Flags for Retirement

SAFE Credit Union News Release

SACRAMENTO REGION, CA (MPG) - SAFE Credit Union collected more than 500 flags during its second annual employee-led U.S. flag collection drive this summer.

SAFE employee resource group VALOR (Veterans and Loved Ones Resource) invited the community to bring aging and worn flags to its 17 branches in the Greater Sacramento area, its Folsom headquarters and the Aerospace Museum of California.

More than 60 volunteers folded 206 U.S. flags at SAFE's headquarters on Aug. 6 during their final day of sorting and preparing flags for retirement. The drive ran from Memorial Day weekend through July 30.

"We especially want to thank the community once again for assisting us in ensuring the respectful and proper retirement of worn and old flags," said SAFE Credit Union Executive Vice-President and VALOR executive sponsor SAFE Executive Vice-President and Chief Technology Officer Mike McCarthy.

"VALOR recognizes that our United States flag is not only an important symbol of our nation and military but has special meaning to many of our employees, members and those in our communities," said McCarthy, a California Army National Guard veteran who served overseas deployments in Iraq and Afghanistan during 12 years of active service. "We were so happy to find a useful and significant way to honor their own military service, as well as the services of their friends and family."

VALOR is forwarding the collected flags to Veterans of Foreign Wars (VFW) Post 6604 in Folsom who is assisting in readying the flags to be then given to the American Legion Post 362 also in Folsom. The



SAFE Credit Union employees and volunteers Amy Gonzales of Rancho Cordova and Samantha LaCasse of the Pocket-Greenhaven volunteer during their workday to help VALOR (Veterans and Loved Ones Resource) prepare flags for proper retirement by the American Legion Post 362 in Folsom. Photo courtesy of SAFE Credit Union



SAFE employees Tiffany Porter of Carmichael and Joseph Mayeux of Sacramento County's Vineyard area fold U.S. flags ready for retirement during VALOR's (Veterans and Loved Ones Resource) second annual Flag Collection Drive.

legion conducts and arranges retirement ceremonies in adherence to the U.S. Flag Code.

SAFE Credit Union Senior Loan servicing specialist Adam Jarrett of Citrus Heights said he volunteered in recognition of both his grandfathers, one who served during the Vietnam War and the other who was stationed in Germany.

"It felt good to honor these flags and to give them a proper send-off," Jarrett said.

IT service specialist and volunteer Nate Garcia of Elk Grove said, "It's nice to know that these flags that have been through whatever life they've been through, that we are able to give them a nice final touch before they are officially retired."

Compliance specialist and volunteer Amy Gonzalez of Rancho Cordova said, "It's important to me to respect the flag. I'm a former Girl Scout so I thought I'd put my skills to use. It felt great to do something patriotic in the middle of the day."

And SAFE Credit Union Vice-President of Marketing and volunteer Amber DiBernardo of

Rancho Cordova said that "it was important to everyone" who was there to help fold the flags. "Seeing the participation is so cool."

SAFE's 85-year heritage stretches back to its founding in 1940 to serve Army Air Corps personnel at what is now McClellan Park. While being a credit union member no longer requires military affiliation, SAFE proudly continues to celebrate and support its many employees and members who are active National Guard and reservists, veterans, and families of active and retired military.

SAFE Credit Union branches that participated in the flag drive include the Antelope branch, 7887 Walerga Road; Citrus Heights branches, 7475 Madison Ave. and 7601 Sunrise Blvd.; Elk Grove branches, 9312 Elk Grove Blvd. and 9162 Bruceville Road; East Sacramento branch, 6341 Folsom Blvd.; and the El Camino branch in Arden-Arcade, 3560 El Camino Ave.

Other branches include the Hazel branch on the border of Fair Oaks and Orangevale, 5261 Hazel Ave.; Land Park branch, 4700 Freeport Blvd.; North Natomas branch, 2761 Del Paso Road; the Watt Avenue branch in North Highlands, 4636 Watt Ave.; and the West Sacramento branch, 2105 Town Center Plaza.

In addition to banking services available through online, chat, mobile or phone options, SAFE offers in-person services for members and small businesses at service centers throughout the Greater Sacramento region. SAFE is a not-for-profit, state-chartered credit union with membership open to businesses and individuals living or working in Sacramento, Placer, Yolo, El Dorado, Sutter, Butte, Nevada, Solano, San Joaquin, Contra Costa, Yuba, Amador and Alameda counties. For more information, visit online www.safecu.org. ★

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<p>Pork Loin Chops Bone-In \$2.49/lb</p>	<p>Pork Tenderloin \$3.29/lb</p>	<p>St. Louis Ribs \$3.99/lb</p>

WEEKLY HALAL SPECIALS

<p>Chicken Leg Quarters 99¢/lb</p>	<p>Lamb Shoulder Chops Bone-In \$5.49/lb</p>	<p>London Broil/ Top Round Roast \$5.99/lb</p>
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FRESH PRODUCE

<p>Russet Potato 10 lbs \$1.99/bag</p>	<p>American Cucumber 59¢/lb</p>	<p>Jalapeno Pepper 79¢/lb</p>	<p>King Oyster Mushroom \$1.49/lb</p>
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<p>REG. \$4.99 \$1.99/lea EED Saline Crackers 16 oz</p>			

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<p>REG. \$11.99 \$10.99/lea China Slim Tea Herbal Tea Delight 72 ct 6.34 oz</p>			

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<h3 style="text-align: center;">FROZEN & FISH DEPT</h3> <p>REG. \$49.99/EA \$26.99/lea Red Abalone Sashimi Grade 2.2 lbs</p>	<h3 style="text-align: center;">HOUSEWARE</h3> <p>REG. \$10.99 \$8.99/lea ELECTRIC RICE COOKER (1.5 QT ONLY) REG. \$10.99 \$5.99/lea ELECTRIC RICE COOKER (1.5 QT ONLY) REG. \$16.99 \$16.99/lea ELECTRIC BBQ GRILL</p>
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Lancers Set to Kick Off Season

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tackles (74) and sacks (8.0) a season ago en route to All-Metro League First Team honors. Additionally, juniors Terryn "TK" King and Masiyah Mejia will be counted on to make an impact as well.

After a 2-1 start in league competition last fall in what was the Lancers' first year in the Metro League, the team stumbled down the stretch as they faced tough opponents. This year, Dolliver knows that his team will need to be playing their best football when the games matter the most.

"Playing in the Metro is one of the more daunting tasks for any team," Dolliver said. "You've got your blend of



The Cordova Lancers hosted a preseason scrimmage event inside Lancer Stadium on Saturday, Aug. 16.

programs like Kennedy and McClatchy that are going to be well-coached, then you've got Destiny Christian and Grant

who had been on the rise and now they're at the top of the food chain. You have West Park who is always going to

be consistent. Just playing well and showing well is the most important. Of course you want to win games but you want to

make sure you come out and you show well."

Each season is its own entity however, and then after several months of putting in the time and effort necessary to get better, Dolliver is pleased with how his team looks.

"The kids have a really good positive outlook," Dolliver said. "They've put the work in. The weight room has been good all year. I think the preparation... We've set the table to have a real good season. I think for the most part our guys are just really, really excited about getting started." The Lancers will take to the field for their first game Aug. 22 when they travel to Sheldon High School to face the Huskies. Kickoff is set for 7:15 p.m. ★

Lady Lancers Energized Entering Season

By James Damell

RANCHO CORDOVA, CA (MPG) - For Cordova Lady Lancers varsity girls' volleyball coach Jaimee Stevenson, it's all about the energy.

During a recent practice, her team could be overheard emphatically communicating during team drills and an intrasquad scrimmage.

Entering the season with a young team hoping to gain some valuable experience, keeping up the energy will play a big role in how Stevenson's team performs in the coming months as they begin their fall schedule.

Last season, the Lady Lancers struggled during their first season in the Metro League. But with an infusion of youngsters who appear hungry to earn their spot on varsity, Stevenson is optimistic about what's to come.

"I'm really excited," Stevenson said. "The energy of this team is really positive. They gelled together really easily out the gate considering a small amount of the girls are returners from last year's varsity team. A good amount are



The Cordova Lady Lancers, led by head coach Jaimee Stevenson, will begin their season on Aug. 22 at Union Mine. Photo courtesy of head coach Jaimee Stevenson

coming up from JV (junior varsity) but some even jumped from freshmen to JV because they've put in that much work. I'm really excited about it."

Key returners include junior libero

and team captain Isabel Stevenson, who is a steady force on the back row of the Lady Lancers' lineup.

Additionally, several newcomers have caught the eye of their coach with

their effort early on. A trio of sophomores in outside hitter Madisyn Keys, opposite Annabelle Cody and middle blocker Asena Qoro have all impressed Stevenson in recent weeks.

Despite having a younger team, the group has come together in a hurry when it comes to on-court chemistry, according to Stevenson.

Camaraderie is a primary goal for the group this year, along with their approach to the game on a daily basis.

"Our goal this year is to have mental endurance no matter what the scoreboard says," Stevenson said. "We start our practices every day self-assessing. How am I coming into the gym today? How am I feeling? What am I bringing? That mental endurance and camaraderie are our non-technical goals this year. As far as our technical goals, we want to increase our arsenal of plays and attacking, just being more aggressive overall."

The Lady Lancers begin their season this Friday, Aug. 22 with their season opener at Union Mine. The game gets underway at 6:30 p.m. ★

Food Locker's "Food for Thought"

Continued from page 1

when people don't have enough to eat and don't know where their next meal will come from. It's a big problem in the United States, where over 44 million people, including 13 million children, experience food insecurity annually."

The Rancho Cordova Food Locker was founded in 1987 by Deacon Walter Little.

"(The food locker) stayed the same for a long time," Little said. "We got to the point that we knew changes had to be made."

Little continued with the Rancho Cordova Food Locker through 2020 to help with the transition when Carrie Johnson became executive director.

Johnson was commissioned

in 2020 by the City of Rancho Cordova to perform a feasibility study.

"They recognized that it was an important piece of the community and social service, and they wanted to make sure it was sustainable," Johnson said.

The first year of the study was one of observation.

"During the pandemic, it became clear that the food locker offered critical support to families, seniors and veterans," Johnson said. "In 2021 the City of Rancho Cordova funded a 90-day project to support RCFL to better understand its growth and capacity needs and to help identify future impact priority areas for the fledging organization, which had one year as a freestanding nonprofit

organization under its belt."

Johnson found deficiencies in the food locker's sustainability.

"It's a problem that doesn't affect everyone equally," Johnson said in the movie. "... While people experience food insecurity in every community, children, seniors and people of color are disproportionately affected."

As a result of her study, Johnson said, there will be a new Food Locker, renamed the Food Hub, to be built at 2771 Don Juan Drive in Rancho Cordova with an estimated timeline in early spring 2026.

Current operations will continue to run in the meantime, "in order to serve the over 6,000 households who are facing hunger in our community

each month," Johnson said.

One of Johnson's findings was that people were ashamed to ask for food. The process did not allow for dignity.

"Really looking at who you're serving and taking care of them, that became paramount to me," Johnson said. "I wanted people to come to the Food Locker and feel safe and comfortable and have a good experience... It's a hard thing to do, to come to the Food Locker, and if we can smile when we see them and we can shake their hand and treat them like our neighbor, it makes their life a little bit easier."

Johnson initiated changes to make the process easier and more pleasant for those using the Food Locker. Volunteers

and workers who spoke different languages were brought in to help.

Rancho Cordova Food Locker representatives attended community events, such as Kid's Day to share information about the food locker, did news interviews and met with other nonprofit organizations to promote the food locker.

Little received no compensation when he was director of the Food Locker.

"It wasn't my project," Little said. "The first thing I'd say when I got up in the morning to go over there is, 'This has got nothing to do with me, Lord. You're going to have to tell me what to do. I have no answers.'" And it just worked." ★

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PoppTalk

With Mary Jane Popp

Media Anxiety

We watch the news and cringe. We see the news before we go to bed and we can't sleep. It's that 24/7 crazy news cycle. According to psychiatrist **Dr. Shila Patel**, news noise causes depression, fear, division, and results in an anxiety epidemic. So I asked her on POPPTALK if she has some suggestions to overcome the problem. Here goes.

1. THE NEWS AND SOCIAL MEDIA RELY ON NEGATIVE STORIES AND NEGATIVE NEWS. This attracts attention and keeps the audience. This creates a negative view of reality. You need to choose two or three reputable outlets to listen to or read that you can trust to be fair and truthful in their reporting.

2. LIMIT HOW MUCH AND HOW OFTEN YOU LISTEN TO OR READ THE NEWS. Take breaks from all digital devices...TV, Phone, Computer, Laptop, iPad, etc. Studies have shown that even 14 minutes a day of negative news can increase in someone's depressive symptoms.

3. SEEK OUT OUTLETS THAT REPORT POSITIVE, UPLIFTING AND HOPEFUL NEWS. This balances out the negative ones that are broadcast all day.

4. EXCESSIVE EXPOSURE TO NEGATIVE OR EMOTIONALLY CHARGED NEWS CAN TRIGGER A BODY'S STRESS RESPONSE. This can cause an increase in heart rate, shallow breathing, stomach upset, and increase in anxiety and depressive symptoms. Check the headlines and be choosy about what you want to read about in more details.

5. PEOPLE START FEELING HELPLESS AND HOPELESS WHEN THERE IS A CONSTANT BARRAGE OF DEPRESSING NEWS OR INFORMATION. Even the "small man" on the street can make a difference. Write to your House

representatives or Senators on issues that affect your life or those you are passionate about.

6. LOOK UP FACTS. Be armed with these facts and sources so when someone is regurgitating what is being broadcast, you can correct them or direct them to factual sources.

7. DO NOT GET EMOTIONAL WHEN DISCUSSING TOPICS WITH OPPOSING VIEW POINTS WITH FAMILY, FRIENDS OR COLLEAGUES. Some people do not want to "hear the other side" and no matter how much you try to convince them, it will not change the way they think. Best to walk away without raising your own blood pressure. Be respectful, not defensive.

8. AVOID CHECKING THE NEWS FIRST THING IN THE MORNING. This may put you in a bad mood for the rest of the day. Same thing for the last thing before bedtime as the anxiety generated over negative news may interfere with your getting a restful sleep.

9. LEARN TO RELAX, TAKE DEEP BREATHES, MEDITATE, JOURNAL TO UNDERSTAND WHY YOU ARE GETTING UPSET. Listen to music, take walks, and connect with nature. Find a hobby or passion to keep your mind off from what may or may not affect you directly.

10. FIND YOUR COMMUNITY WHICH SHARES YOUR VALUES. Take action together. People are getting out to rallies voicing their displeasure to what is happening. This way you don't have to feel lonely or helpless.

You can check out **Dr Patel's** website www.drshilapatel.com for her books. **HERE'S WHAT I DO. HAVE SOME ICE CREAM OR POPCORN AND RELAX!** Oooops. Diet time! ★

Mayor in Motion

Connect and Chat in Your Neighborhood



Rancho Cordova Mayor Siri Pulipati kicks off the Mayor in Motion events during Concert in the Park on Aug. 22 at Village Green Park, 3141 Bridgeway Drive. Courtesy photo

City of Rancho Cordova News Release

RANCHO CORDOVA, CA (MPG) - Mayor Siri Pulipati is coming to a neighborhood near you for Mayor in Motion, a casual and welcoming way to connect outside City Hall.

Pull up a chair, share your thoughts and enjoy some great conversation. Whether you want to talk about what's working well, share a concern or simply get to

know your mayor, this is your chance to chat in a relaxed setting.

On Aug. 22 for Concerts in the Park, located at Village Green Park (Capital Village, 3141 Bridgeway Drive) from 6 to 7 p.m., Mayor Pulipati is excited to hear directly from residents and learn more about your hopes for our city's future.

Bring your questions, ideas, and community spirit. More dates in September and October will be announced soon, so stay tuned. ★

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UC Davis Ranked No. 7 In Preseason



University of California, Davis returns a large collection of talent from its historic 2024 squad that finished ranked No. 5 in the nation after going 11-3. Photo courtesy of UC Davis Athletics

UC Davis Athletics News Release

DAVIS, CA (MPG) - As the season is about to start, University of California, Davis football continues to be placed among the nation's best, earning the No. 7 ranking in the 2025 American Football Coaches Association Football Championship Subdivision Coaches Poll as announced Aug. 11 by the coaches association.

The No. 7 ranking goes along with the Aggies being ranked No. 8 in the Stats Perform Preseason Top 25 Poll. Both rankings are the highest preseason rankings that the Aggies have earned since entering

the 2019 season.

The Aggies are coming off a 2024 season where they finished with the highest ranking in program history, coming in at No. 5 in the final American Football Coaches Association Football Championship Subdivision Coaches Poll. During that season, Aggies finished 11-3, getting program defining wins over then-ranked No. 5 Idaho, on the road at Eastern Washington and a home playoff win over then-ranked No. 12 Illinois State.

Within the Big Sky Conference, UC Davis is one of six teams ranked by the American Football Coaches Association.

Montana State comes in at No. 2, Montana at No. 9, Idaho sits at No. 12, while California State University, Sacramento comes in at No. 14 and

Northern Arizona rounds things out at No. 18.

UC Davis returns a large collection of talent from its historic 2024 squad that

finished ranked No. 5 in the nation after going 11-3. Up front, the Aggies bring back the entire starting offensive line to

go along with a deep tight end and wide receiver room. While in the backfield, Jordan Fisher, Carter Vargas and Matteo Perez bring with them experience into a deep room.

On the defensive side of the ball, preseason All-American Rex Connors leads a mixed bunch of returning Big Sky All-Conference honorees and incoming talented player

that includes preseason All-American transfer Jacob Psyk (Harvard) and California transfer Nate Rutchena.

UC Davis opens the 2025 season on Aug. 23 in Montgomery, Alabama, when they face No. 12 Mercer in the 2025 Football Championship Subdivision Kickoff Classic. That game is set to kick off at 4 p.m. and will be aired on ESPN and can be heard on Sactown Sports 1140. The Aggies open UC Davis Health Stadium on Sept. 20 when Southern Utah visits Davis for a 7 p.m. kick off.

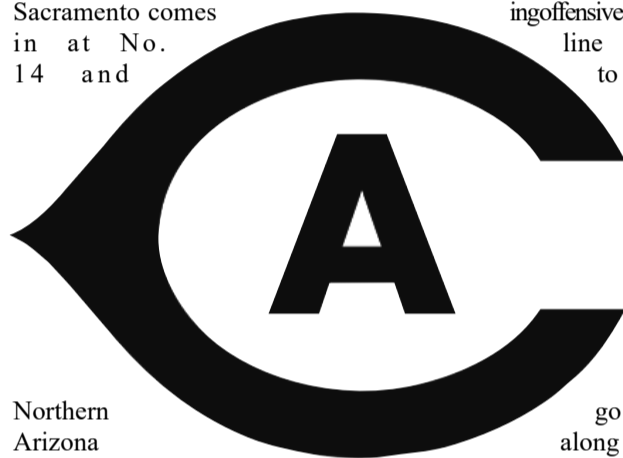
Season tickets are on sale now, and fans can visit <https://ucdavisaggies.eventue.net> to secure their spot in Shredville for the 2025 season. Tickets start at \$100 for new alumni and \$140 for the general public.

Football group ticket discounts start at 10 or more tickets and provide a great opportunity for gatherings and parties to enjoy Aggie football. If you would like

to create an unforgettable experience with your group, the Aggie Ticket Office will help you customize your day. Fans can head to <https://ucdavisaggies.eventue.net/events/FBS> to purchase their group ticket packages.

Mini Plans are a great way for Aggie fans to save on tickets by bundling multiple games. Choose from two options to get the biggest bang for your buck with the games you want. The Pick Any 2 or Pick Any 3 plans allow fans to pick and choose which games they want to attend at a discounted rate versus buying single-game tickets. Both plans can be purchased at <https://ucdavisaggies.eventue.net/events/FBPACK>.

Single-game tickets are on sale now and fans can secure their spot at one of five home games for as little as \$13 a ticket. Visit <https://ucdavisaggies.eventue.net/events/FBS> to buy single-game tickets today. ★



Hornet Duo Honored Women's Soccer Picked Fourth in Big Sky Preseason Poll

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - California State University, Sacramento senior defender Sydney Sharts and junior midfielder Ellie Farber were among 12 student-athletes named to the preseason All-Big Sky Conference team while the reigning league tournament champion Hornets were picked to finish tied for fourth, according to a vote of the conference's head coaches on Aug. 11.

Picking up one of the nine first-place votes and 39 points overall, Sacramento State was tied for the spot with Northern Arizona for the fourth spot. Reigning regular season champion Montana was picked to repeat, receiving six first-place votes and 60 points overall to finish ahead of Eastern Washington (52 points, two first-place votes) and Idaho (49 points) in the Top Three.

Weber State in sixth, Northern Colorado in seventh, Portland State in eighth, and Idaho State in ninth rounded out the poll.

Meanwhile, Sharts and Farber were

among the inaugural group of Big Sky standouts to pick up honors from the coaches, named to the inaugural preseason all-conference squad.

Sharts was an All-Big Sky first-team selection and earned a spot on the league's all-tournament team after helping the Hornets to the title. The senior started 19 of the team's 20 contests in her first season in the green and gold, finishing the year with a pair of goals against Idaho State and Weber State en route to league player of the week honors on Oct. 8.

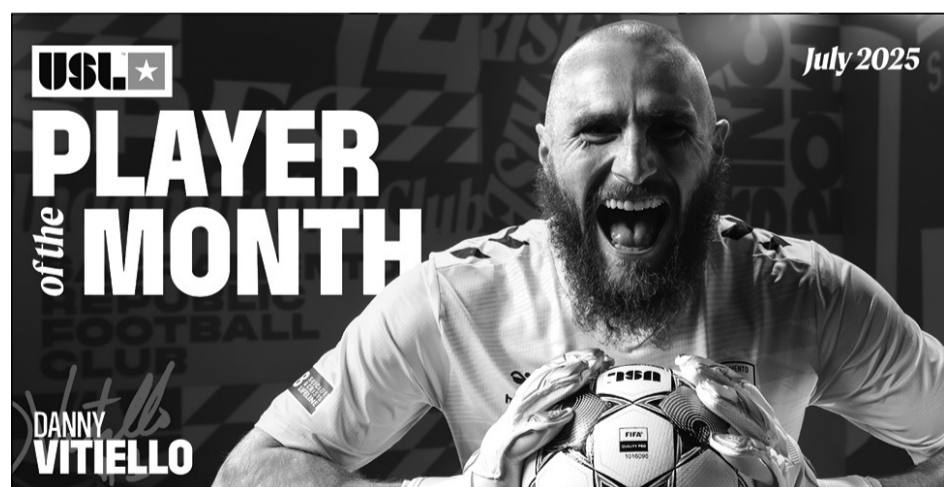
Farber, an All-Big Sky honorable mention choice and all-tournament team member, is the team's leading returning scorer after scoring three goals and adding three assists a season ago. Farber enters this season ranked in the Top 10 among active Big Sky players in shots (68), shots per game (1.74) and assists (6), while her six assists and 12 points are the most among returning Hornets.

Following a pair of exhibition contests last week, Sacramento State officially kicks off the 2025 season on the road on Aug. 14, after press time, traveling to Pacific for a 7 p.m. start against the Tigers in Stockton.

The 2025 Big Sky conference preseason coaches' poll included Montana with six first-place votes for a total of 60 points, Eastern Washington with two first-place votes and a total of 52 points, Idaho with a total of 49 points, tied for fourth is Sacramento State with one first-place vote and Northern Arizona for a total of 39 points each, Weber State for a total of 27 points, Northern Colorado for a total of 26 points, Portland State for a total of 22 points and Idaho State for a total of 10 points.

The 2025 preseason All-Big Sky Conference team includes F: Chloe Pattison, Eastern Washington (Preseason MVP); F: Micala Boex, Northern Arizona; F: Aliayha Saldana, Portland State; M: Annika Farley, Idaho; M: Chloe Seelhoff, Montana; M: Maddie Ditta, Montana; M: Ellie Farber, Sacramento State; D: Izzy Thoma, Idaho; D: Ally Henrikson, Montana; D: Liv Frazier, Portland State; D: Sydney Sharts, Sacramento State; and GK: Bayliss Flynn, Montana. ★

Vitiello Named July Player of the Month



Sacramento Republic FC's goalkeeper, Danny Vitiello, has three clean sheets in July that helped the Indomitable Club go undefeated throughout the month and sits tied at the top of the league leaderboard with seven clean sheets. Image courtesy of Sacramento Republic FC

Sacramento Republic FC News Release

SACRAMENTO, CA (MPG) - United Soccer League Championship announced that Republic FC goalkeeper Danny Vitiello had been named the league's Player of the Month for July on Aug. 7.

The monthly award is voted upon by the United Soccer League Championship National Media Panel and the United Soccer League Championship Technical Committee, as well as an online fan vote that consists of 51% of the results. Vitiello took 42% of the weighted poll to earn his first career Player of the Month honor.

"I'm incredibly honored to be named Player of the Month. It's a reflection of the hard work put in by the entire team," said Vitiello. "The clean sheets and results wouldn't be possible without everyone doing their part. I'm proud of what we have accomplished so far and I'll keep working hard to help the team continue building momentum."

Said Republic FC head coach Neill

Collins, "We know that success for our players comes through us being successful as a team. The team's been on a good run and Danny's played a big role in that, so this is a well-deserved award and we're very pleased for him."

Vitiello's three clean sheets in July helped the Indomitable Club go undefeated throughout the month and sits tied at the top of the league leaderboard with seven. Vitiello leads the league with 0.72 goals-against average and has conceded just 13 goals, the best mark among goalkeepers with at least 10 appearances.

Vitiello recorded his 100th regular season appearance and 39th regular season clean sheet for the club with a two-save shut out against Lexington on July 19. He's now the seventh goalkeeper in league history to record at least 100 regular season appearances for a single club.

He was previously nominated for Player of the Month in May when he recorded 10 saves, a 90.9% save percentage, and two clean sheets in three matches on the way to a 3-0-1 record for the month. ★



Following a pair of exhibition contests last week, California State University, Sacramento officially kicks off the 2025 season on the road on Aug. 14, after press time, traveling to Pacific for a 7 p.m. start against the Tigers in Stockton. Photo courtesy of Sacramento State Athletics

LEGAL ADVERTISING

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05322
Ruslan Zavorotynskyy, 8362 Hillsbrook Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Zee Paint" 8362 Hillsbrook Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 1, 8, 15, 22, 2025
ZEE 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05306
HS Trucklines Inc, 8320 Bramble Bush Circle, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "HS Transport" 8320 Bramble Bush Circle, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 1, 8, 15, 22, 2025
HS 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05321
AVH Consultants LLC, 3400 Cottage Way, Suite G2 #30107, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Ship it 916" 6019 Cowewood Court, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 1, 8, 15, 22, 2025
SHIP 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05326
pH Core Collective LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Trevoro/TrevoroHQ" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 1, 8, 15, 22, 2025
TREVORO 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04585
Kray-z Munchies LLC, 5822 Madison Avenue, Suite S, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Kray-z Munchies" 2646 Los Nogales Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 20, 2025
Publish: August 1, 8, 15, 22, 2025
KRAY 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05319
North Sacramento Rock & Ready Mix, 3316 Elkhorn Boulevard, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Steve's Rock N' Ready Mix" 3316 Elkhorn Boulevard, North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 1, 8, 15, 22, 2025
STEVES 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05345
John Michael Gonzales Jr., 7850 Doe Trail, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Gonzales Fitness" 7850 Doe Trail, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 21, 2025
Publish: August 1, 8, 15, 22, 2025
GONZALES 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05381
Sergey Lyasota, 4537 Loch Haven Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Sota Handyman Services" 4537 Loch Haven Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County July 22, 2025
Publish: August 1, 8, 15, 22, 2025
SOTA 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05363
MXC Ventures LLC, 6117 Palmaya Lane, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Luxe Hemp Co/Luxe Hemp" 3033 52nd Avenue, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 21, 2025
Publish: August 1, 8, 15, 22, 2025
LUXE 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05315
Derek Andrew Savage, 8841 La Rivera Drive Unit D, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Savage Consulting" 8841 La Rivera Drive Unit D, Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 1, 8, 15, 22, 2025
SAVAGE 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05369
Pacific Charter Institute, 2241 Harvard Street, Suite 310, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "New Pacific Charter Arden-Arcade" 2331 St Marks Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 21, 2025
Publish: August 1, 8, 15, 22, 2025
NEW 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05404
Freedom Investment Management Team, 4464 Lonetree Way, Suite 620, Antioch, CA 94531 is doing business under the Fictitious Business Name(s) "Rootfund Collective" 3527 20th Avenue, Sacramento, CA 95820. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
ROOTFUND 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05296
SparkFR LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "SparkFR" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 21, 2025
Publish: August 1, 8, 15, 22, 2025
SPARK 8-22-25

ICARE Realty, 3461 Fair Oaks Boulevard Suite 125, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "HomeSmart ICARE Realty/TC Assist/Applied Commercial/Smart Advance" 3461 Fair Oaks Boulevard Suite 125, Sacramento, CA 95864. Filed with the Clerk of Sacramento County July 17, 2025
Publish: August 1, 8, 15, 22, 2025
HOMESMART 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05283
Michelle Lee Rodriguez, 11053 Essey Circle, Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Feel The Heal Sound Therapy" 11053 Essey Circle, Mather, CA 95655. Filed with the Clerk of Sacramento County July 17, 2025
Publish: August 1, 8, 15, 22, 2025
FEEL 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05409
Yuen Fong Wong, 4119 Wayside Lane 2B, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Action Driving School" 4119 Wayside Lane 2B, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
ACTION 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05366
Danielle Pimentel, 2751 River Plaza Drive Apt 205, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "The Sunflour Bakery" 2751 River Plaza Drive Apt 205, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 21, 2025
Publish: August 1, 8, 15, 22, 2025
SUNFLOUR 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05417
A R S Hospitality Inc, 2230 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Hampton Inn Suites Cal Expo" 2230 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
HAMPTON 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05418
Sonny's Market Inc, 3291 Mather Field Road, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Sonny's Market" 3291 Mather Field Road, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
SONNYS 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05419
Twins Hospitality Inc, 2230 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Twins Hospitality Inc" 2230 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
TWINS 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05420
Nihal LLC, 2224 Auburn Boulevard, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Holiday Inn Express Cal Expo" 2224 Auburn Boulevard, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
HOLIDAY 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05406
Golchechreh & Dokhanchifar Chiropractic Corp, 14341 San Pablo Avenue, San Pablo, CA 94806 is doing business under the Fictitious Business Name(s) "Family Chiropractic Clinic" 5321 Elkhorn Boulevard, Sacramento, CA 95842. Filed with the Clerk of Sacramento County July 23, 2025
Publish: August 1, 8, 15, 22, 2025
BOTTUM 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04606
Tess Cosby, 5501 W Ripon Road, Manteca, CA 95337 is doing business under the Fictitious Business Name(s) "It Girl Styles" 609 Fulton Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County June 23, 2025
Publish: August 1, 8, 15, 22, 2025
GIRL 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05352
SparkFR LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "SparkFR" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 21, 2025
Publish: August 1, 8, 15, 22, 2025
SPARK 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05459
MSK Garage LLC, 8500 Fruitridge Road Unit #15, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "MSK Garage" 8500 Fruitridge Road Unit #15, Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 24, 2025
Publish: August 1, 8, 15, 22, 2025
MSK 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04745
Jet & Rotor Aviation LLC, 6151 Freeport Boulevard, Suite 166, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Jet & Rotor Aviation LLC" 6151 Freeport Boulevard, Suite 166, Sacramento, CA 95822. Filed w/County June 26, 2025
Publish: August 1, 8, 15, 22, 2025
JET 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04380
Sierra Logistics Solutions, 4619 Auburn Boulevard Suite #G, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Shipsierra.com" 4619 Auburn Boulevard Suite #G, Sacramento, CA 95841. Filed with the Clerk of Sacramento County June 11, 2025
Publish: August 1, 8, 15, 22, 2025
SHIPSIERRA 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04745
Jet & Rotor Aviation LLC, 6151 Freeport Boulevard, Suite 166, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Jet & Rotor Aviation LLC" 6151 Freeport Boulevard, Suite 166, Sacramento, CA 95822. Filed w/County June 26, 2025
Publish: August 1, 8, 15, 22, 2025
JET 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05438
Stark Enterprises, 7532 Cedar Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Creatures Of The Cosmos" 7532 Cedar Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County 7-24-2025
Publish: August 8, 15, 22, 29, 2025
CREATURES 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05530
Ruvn Katuzhinsky, 10366 Buena Plaza Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Platinum Mobile Equipment Repair/Platinum Mobile Diesel Repair" 10366 Buena Plaza Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County 7-28-2025
Publish: August 8, 15, 22, 29, 2025
PLATINUM 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04978
Altaf Hussain, 717 Turnstone Drive, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Digital Edge Solutions" 717 Turnstone Drive, Sacramento, CA 95834. Filed with the Clerk of Sacramento County 7-8-2025
Publish: August 8, 15, 22, 29, 2025
DIGITAL 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05531
Jose Martinez and Alberto Martinez, 8740 La Riviera Drive, Suite B, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Taqueria Ay Jalisco Express" 8740 La Riviera Drive, Suite B, Sacramento, CA 95826. Filed with the Clerk of Sacramento County 7-28-2025
Publish: August 8, 15, 22, 29, 2025
TAQUERIA 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05531
Jose Martinez and Alberto Martinez, 8740 La Riviera Drive, Suite B, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Metalworking Education Academy" 6412 Oakcreek Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County 7-14-2025
Publish: August 8, 15, 22, 29, 2025
METALWORKING 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05531
Jose Martinez and Alberto Martinez, 8740 La Riviera Drive, Suite B, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Metalworking Education Academy" 6412 Oakcreek Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County 7-14-2025
Publish: August 8, 15, 22, 29, 2025
METALWORKING 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05568
Conscious Ventures, LLC., 3400 Cottage Way, Suite G2 #30082, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Conscious Goods Co." 21311 Canterra, Lake Forest, CA 92630. Filed with the Clerk of Sacramento County 7-28-2025
Publish: August 8, 15, 22, 29, 2025
CONSCIOUS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05650
Fabiola Valdez Cortes, 2912 Albatross Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Toy's Daycare" 2912 Albatross Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County 7-31-2025
Publish: August 8, 15, 22, 29, 2025
TOYS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05378
Exotic Motorsports Group, LLC, 2808 Marshall Way, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Exotic Motorsports Group-5, LLC/EMG-5, LLC" 2808 Marshall Way, Sacramento, CA 95818. Filed with the Clerk of Sacramento County 7-22-2025
Publish: August 8, 15, 22, 29, 2025
EXOTIC 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05378
Joshua Race Miller, 1620 51st Street, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Lucy's Window and Gutter Cleaning" 1620 51st Street, Sacramento, CA 95819. Filed with the Clerk of Sacramento County 7-22-2025
Publish: August 8, 15, 22, 29, 2025
LUCKYS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05504
Erik Timothy Johnson, P.O. Box 362, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Nordic Pro Services" 7767 Olive Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County 7-25-2025
Publish: August 8, 15, 22, 29, 2025
NORDIC 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05620
1 Stop Locksmith, 3033 Olive Glen Court, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Lala's Lashes" 1721 Eastern Avenue Suite 3, Sacramento, CA 95864. Filed with the Clerk of Sacramento County 7-3-2025
Publish: August 8, 15, 22, 29, 2025
LALAS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05620
1 Stop Locksmith, 3033 Olive Glen Court, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Lala's Lashes" 1721 Eastern Avenue Suite 3, Sacramento, CA 95864. Filed with the Clerk of Sacramento County 7-3-2025
Publish: August 8, 15, 22, 29, 2025
LALAS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05054
Lincoln-Leavitt Insurance Agency, Inc., PO Box 130, Cedar City, UT, 84721 is doing business under the Fictitious Business Name(s) "Far West Leavitt Insurance Services" 650 North Main Street, Lakeport, CA 95453. Filed with the Clerk of Sacramento County 7-11-2025
Publish: August 8, 15, 22, 29, 2025
FAR 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05647
Jerome Lumsey, 5601 Natomas Boulevard Apt 20104, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "The Smooth Sounds of Jerome" 5601 Natomas Boulevard Apt 20104, Sacramento, CA 95835. Filed with the Clerk of Sacramento County 7-31-2025
Publish: August 8, 15, 22, 29, 2025
SMOOTH 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05339
Complementary Healthcare Plans, Inc., 6600 SW 105th Avenue, Suite 115, Beaverton, OR, 97008 is doing business under the Fictitious Business Name(s) "Heraya Health" 6600 SW 105th Avenue, Suite 115, Beaverton, OR, 97008. Filed with the Clerk of Sacramento County 7-21-2025
Publish: August 8, 15, 22, 29, 2025
HERAYA 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05085
Timothy John Schaefer, 6412 Oakcreek Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Metalworking Education Academy" 6412 Oakcreek Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County 7-14-2025
Publish: August 8, 15, 22, 29, 2025
METALWORKING 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05658
Conscious Ventures, LLC., 3400 Cottage Way, Suite G2 #30082, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Conscious Goods Co." 21311 Canterra, Lake Forest, CA 92630. Filed with the Clerk of Sacramento County 7-28-2025
Publish: August 8, 15, 22, 29, 2025
CONSCIOUS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05650
Fabiola Valdez Cortes, 2912 Albatross Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Toy's Daycare" 2912 Albatross Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County 7-31-2025
Publish: August 8, 15, 22, 29, 2025
TOYS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05071
WB Enterprise, LLC., 1020 Caslada Way, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Explore the Extinct" 2009 J Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County 7-11-2025
Publish: August 8, 15, 22, 29, 2025
EXPLORE 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05600
TXEN Partners, LLC, 1325 J Street, Suite 1550, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Service Direct Insurance Services" 1325 J Street, Suite 1550, Sacramento, CA 95814. Filed with the Clerk of Sacramento County July 29, 2025
Publish: August 15, 22, 29 Sept 5, 2025
SERVICE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05576
FM Home Loans, LLC, 2329 Nostrand Avenue, 3rd Floor, Brooklyn, NY 11210 is doing business under the Fictitious Business Name(s) "Powercap Funding" 2329 Nostrand Avenue, 3rd Floor, Brooklyn, NY 11210. Filed with the Clerk of Sacramento County July 28, 2025
Publish: August 15, 22, 29 Sept 5, 2025
POWERCAP 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05682
Roper Food Services, Inc., PO Box 2515, Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "The Secret Lab/Dream Space Books/Divine Agnt" 25025 Blue Ravine Road, Suite 112-118, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "The Secret Lab/Dream Space Books/Divine Agnt" 25025 Blue Ravine Road, Suite 112-118, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 1, 2025
Publish: August 15, 22, 29 Sept 5, 2025
JIMBOYS 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05683
Roper Food Services, Inc., PO Box 2515, Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Reliable TC" 7708 Claypool Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 30, 2025
Publish: August 15, 22, 29 Sept 5, 2025
RELIABLE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05621
Sarah Abicht, 7708 Claypool Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Reliable TC" 7708 Claypool Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 30, 2025
Publish: August 15, 22, 29 Sept 5, 2025
RELIABLE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05712
Paul Bernal, 2848 Kerria Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "PB Plantae" 2848 Kerria Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
PLANTAE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05705
Edward Condon, 2035 Hurley Way, Suite 250, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Mimi's Ice Box" 7437 Windjammer Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
MIMIS 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05724
Demetrius Boyd, 3904 Arden Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Arden Park Fitness" 3904 Arden Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
ARDEN 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05482
Andrew Wayne Saunders, 6400 Creekside Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Air Republic HVAC Solutions" 1401 21st Street, Suite R, Sacramento, CA 95818. Filed with the Clerk of Sacramento County July 24, 2025
Publish: August 15, 22, 29 Sept 5, 2025
TELECOM 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05480
All Temp CA Holdings LLC, 14884 S Heritagecrest Way #D, Bluffdale, UT 84065 is doing business under the Fictitious Business Name(s) "Tawhid Halal Market" 6747 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
TAWHID 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05716
FNU Attaullah, 3311 Bluegrass Road, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Tawhid Halal Market" 6747 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
TAWHID 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05723
Alysha Marie Larson, 4444 South Park Drive, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "All True Signings Notary" 4444 South Park Drive, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
ALL 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05463
KC Kombucha Sacramento, LLC, 878 Lake Front Drive, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "KC Kombucha" 878 Lake Front Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County July 24, 2025
Publish: August 15, 22, 29 Sept 5, 2025
ALL 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05750
Alejandro Isidro Merlos, 9341 Honeywood Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Alejandrax Publishing" 9341 Honeywood Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 7, 2025
Publish: August 15, 22, 29 Sept 5, 2025
ALEJANDRIX 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05750
My City Church, 9707 Cook Riolo Road, Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "MC Russian-Ukrainian School" 3800 Bolivar Avenue, North Highlands, CA 95821. Filed with the Clerk of Sacramento County August 7, 2025
Publish: August 15, 22, 29 Sept 5, 2025
ALL 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05785
Mehroz Baig Consulting, LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Bear Hugs Studios" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 5, 2025
Publish: August 15, 22, 29 Sept 5, 2025
BEAR 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04201
Bellmore Services LLC, 2500 Tourbrook Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Bellmore Films" 2500 Tourbrook Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County June 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
BELLMORE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05492
Atma V LLC, 25025 Blue Ravine Road, Suite 112-118, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "The Secret Lab/Dream Space Books/Divine Agnt" 25025 Blue Ravine Road, Suite 112-118, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 25, 2025
Publish: August 15, 22, 29 Sept 5, 2025
SECRET 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05729
Deborah Ahl, 12175 Coal Creekway, Rancho Cordova, CA 95472 is doing business under the Fictitious Business Name(s) "Second X Around Hair Salon" 3106 Arden Way Suite 103, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
SECOND 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05785
Mehroz Baig Consulting, LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Bear Hugs Studios" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 5, 2025
Publish: August 15, 22, 29 Sept 5, 2025
BEAR 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04201
Bellmore Services LLC,

Legal Advertising Hotline
916-483-2299
Legal Advertising Fax
916-773-2999

LEGAL ADVERTISING

*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020
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

FICTITIOUS BUSINESS NAME STATEMENTS

95660. Filed with the Clerk of Sacramento County August 5, 2025
Publish: August 15, 22, 29 Sept 5, 2025
MC 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05925
Gurpreet Singh, 3724 Sport Drive Apt-11., Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Gurpreet Singh Services" 3724 Sport Drive Apt-11., Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 8, 2025
Publish: August 15, 22, 29 Sept 5, 2025
GURPREET 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05707
Siyaram Hotels, LLC, 6610 Stockton Boulevard, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Value Suites/Value Suites Extended Stay" 6610 Stockton Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 1, 2025
Publish: August 15, 22, 29 Sept 5, 2025
VALUE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04956
Govinvest Inc., 8605 Santa Monica Boulevard, PMB 52465, West Hollywood, CA 90069 is doing business under the Fictitious Business Name(s) "TrueComp" 222 Broadway, 22nd Floor, New York, NY 10038. Filed with the Clerk of Sacramento County July 7, 2025
Publish: August 22, 29 Sept 5, 12, 2025
TRUECOMP 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04896
Tiffany Laurel Gordon, 2043 Wyda Way #29-A, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Elite Answering" 2043 Wyda Way #29-A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County July 3, 2025
Publish: August 22, 29 Sept 5, 12, 2025
ELITE 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05027
Oleh Piontkevych, 3139 Kobrock Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mr. Fix It All" 3139 Kobrock Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 7, 2025
Publish: August 22, 29 Sept 5, 12, 2025
MR 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05955
David Lewis Gleffe, 1120 Fulton Avenue Suite N, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Dar'ya's Kitchen" 1120 Fulton Avenue Suite N, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 8, 2025
Publish: August 22, 29 Sept 5, 12, 2025
DARYAS 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05947
Khalilullah Haqdot, 3801 Duchkhorn Drive Apt 927, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Crackaway Mobile Autoglass Services" 3801 Duchkhorn Drive Apt 927, Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 8, 2025
Publish: August 22, 29 Sept 5, 12, 2025
CRACKAWAY 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05641
Dhanda Enterprise Inc, 7401 Topanga Lane, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Indian Bazaar" 4400 Elverta Road, Suite 170, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 31,

2025
Publish: August 22, 29 Sept 5, 12, 2025
INDIAN 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05919
Jennifer Bachinsky, 8509 Oakenshield Circle, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Jenny Bachinsky Photography" 6846 Barbara Lee Circle, Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 8, 2025
Publish: August 22, 29 Sept 5, 12, 2025
JENNY 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05263
Emerald Stream, 13035 Sadie D Drive, Nevada City, CA 95959 is doing business under the Fictitious Business Name(s) "Emerald Stream LLC" 5150 Mae Anne Avenue, Suite 405, Rm 5589, Reno, NV 89523. Filed with the Clerk of Sacramento County July 17, 2025
Publish: August 22, 29 Sept 5, 12, 2025
EMERALD 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05825
Steven Tran and Sheena Nguyen, 9190 Colonsay Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Glam & B Nails" 2720 Arden Way Suite 290, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 6, 2025
Publish: August 22, 29 Sept 5, 12, 2025
GLAM 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05528
Tc Properties, Inc., 5150 Fair Oaks Boulevard Suite 101 #328, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Luxury RV Rentals" 3190 Orange Grove Avenue Unit 3, North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 28, 2025
Publish: August 22, 29 Sept 5, 12, 2025
LUXURY 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05305
Pure Biogenics Solutions, LLC, 7951 Church Road, Rockledge, PA 19046 is doing business under the Fictitious Business Name(s) "Pure Biogenics" 2108 N Street Suite C, Sacramento, CA 95816. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 22, 29 Sept 5, 12, 2025
PURE 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05756
Ema Auto LLC, 1600 Sacramento Inn Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Ema Auto" 1600 Sacramento Inn Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 5, 2025
Publish: August 22, 29 Sept 5, 12, 2025
EMA 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06037
L2 Restoration & Environmental Inc, 5704 Dry Creek Road, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "K2 Restoration & Construction" 5704 Dry Creek Road, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 12, 2025
Publish: August 22, 29 Sept 5, 12, 2025
RESTORATION 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05777
Lucky One-Three, LLC, 2615 Waterton Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Beach Hut Deli" 9425 Jackson Road, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 5, 2025

Publish: August 22, 29 Sept 5, 12, 2025
BEACH 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05976
The Three Tower Corporation, Inc., 3321 Power Inn Road, Suite 100, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Separovich Domic Real Estate Development/CPM Property Management" 3321 Power Inn Road, Suite 100, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 11, 2025
Publish: August 22, 29 Sept 5, 12, 2025
SEPAROVICH 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05704
Darya Cox, 1401 21st Street #7055, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "CorrNurse CE" 200 Persifer Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 1, 2025
Publish: August 22, 29 Sept 5, 12, 2025
CORRNURSE 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05819
Rosallie B. Basila, 3293 Azevedo Drive #264, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "RB Collection" 3293 Azevedo Drive #264, Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 6, 2025
Publish: August 22, 29 Sept 5, 12, 2025
RB 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05618
Hongjun Lu, 1555 Minories Drive, Plumas Lake, CA 95961 is doing business under the Fictitious Business Name(s) "Ocean Massage" 5800 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 30, 2025
Publish: August 22, 29 Sept 5, 12, 2025
OCEAN 9-12-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05651
Nina Fisher, 6443 Chetwood Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Fish Media" 6443 Chetwood Way, Sacramento, CA 95831. Filed with the Clerk of Sacramento County July 31, 2025
Publish: August 22, 29 Sept 5, 12, 2025
FISH 9-12-25

STATEMENT OF ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV001675

Dmitriy Pavlovich Siniy has filed a petition with this court for a decree changing the name(s) of Dmitriy Pavlovich Siniy to Dmitriy Siniy.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 8, 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: June 10, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: August 1, 8, 15, 22, 2025
SINIY 8-22-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017748

Airin Chowdhury Anwar has filed a petition with this court for a decree changing the name(s) of Airin Chowdhury Anwar to Airin Chowdhury.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 6, 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: July 30, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
STRAIN 8-29-25

sons interested in the above-entitled matter appear before this court on October 6, 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: July 28, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
ANWAR 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018096

Emma Elizabeth Goldman has filed a petition with this court for a decree changing the name(s) of Emma Elizabeth Goldman to Emma Elizabeth Wright.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 22, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
GOLDMAN 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018293

Noorsabah Fakhri has filed a petition with this court for a decree changing the name(s) of Noorsabah Fakhri to Noorsabah Langari and Sayed Ahmad Farzad Fakhri to Farzad Ahmad.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 29, 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: August 4, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
FAKHRI 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017169

Hans Juergen Borrmann has filed a petition with this court for a decree changing the name(s) of Hans Juergen Borrmann to Jon J. Borrmann.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 1, 2025, 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: July 21, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
BORRMANN 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017970

Antawn Jeremaine Porter has filed a petition with this court for a decree changing the name(s) of Antawn Jeremaine Porter to Antawn Jeremaine Bryant.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 22, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
PORTER 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017977

Stephen Anthony Strain has filed a petition with this court for a decree changing the name(s) of Beckett Maxwell Dear-Strain to Beckett Maxwell Strain and Benson Davis Dear-Strain to Benson Davis Strain.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 15, 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: July 29, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
JAWAD 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018198

Sophia Marie Moore, on behalf of minor child, Elias James Moore has filed a petition with this court for a decree changing the name(s) of Sophia Marie Moore to Sophia Marie Mickelson and Elias James Moore to Elias James Mickelson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 23, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
MOORE 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018733

Adrian Quinn Brennan-Evans has filed a petition with this court for a decree changing the name(s) of Adrian Quinn Brennan-Evans to Allison Marie Reggiardo and Allison Marie Avonbridge.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
SKOGEBO 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017676

Vilma Raquel Gomez has filed a petition with this court for a decree changing the name(s) of Vilma Raquel Gomez to Raquel Rachel Jacobs.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
MOORE 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018198

Sophia Marie Moore, on behalf of minor child, Elias James Moore has filed a petition with this court for a decree changing the name(s) of Sophia Marie Moore to Sophia Marie Mickelson and Elias James Moore to Elias James Mickelson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 23, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
MOORE 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018733

Adrian Quinn Brennan-Evans has filed a petition with this court for a decree changing the name(s) of Adrian Quinn Brennan-Evans to Allison Marie Reggiardo and Allison Marie Avonbridge.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
SKOGEBO 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017676

Vilma Raquel Gomez has filed a petition with this court for a decree changing the name(s) of Vilma Raquel Gomez to Raquel Rachel Jacobs.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
MOORE 9-12-25

show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 25, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 15, 22, 29 Sept 5, 2025
GOMEZ 9-5-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018225

Michael Manny Soto has filed a petition with this court for a decree changing the name(s) of Michael Manny Soto to Michael Manny Therrell.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: August 7, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: August 15, 22, 29 Sept 5, 2025
SOTO 9-5-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018293

Noorsabah Fakhri has filed a petition with this court for a decree changing the name(s) of Noorsabah Fakhri to Noorsabah Langari and Sayed Ahmad Farzad Fakhri to Farzad Ahmad.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 29, 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: August 4, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
FAKHRI 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018505

Maryana Hipska has filed a petition with this court for a decree changing the name(s) of Maryana Hipska to Maryana Stani.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 6, 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: June 4, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
AGOSTA 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV013193

Frank Thomas Agosta has filed a petition with this court for a decree changing the name(s) of Fank Thomas Agosta to Frankie Thomas Agosta.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 6, 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: August 8, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
SANTANA 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV01393

Frank Thomas Agosta has filed a petition with this court for a decree changing the name(s) of Fank Thomas Agosta to Frankie Thomas Agosta.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 6, 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: June 4, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
AGOSTA 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018743

Patience Tatu has filed a petition with this court for a decree changing the name(s) of Patience Tatu to Patience Tutu Ekoh.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 23, 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: August 8, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
TUTU 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017958

Ruaa Naseer Jawad has filed a petition with this court for a decree changing the name(s) of Ruaa Naseer Jawad to Ruaa Naseer Abbas.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 18, 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: July 29, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
JAWAD 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018198

Sophia Marie Moore, on behalf of minor child, Elias James Moore has filed a petition with this court for a decree changing the name(s) of Sophia Marie Moore to Sophia Marie Mickelson and Elias James Moore to Elias James Mickelson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 23, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
MOORE 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018733

Adrian Quinn Brennan-Evans has filed a petition with this court for a decree changing the name(s) of Adrian Quinn Brennan-Evans to Allison Marie Reggiardo and Allison Marie Avonbridge.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
SKOGEBO 8-29-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV017676

Vilma Raquel Gomez has filed a petition with this court for a decree changing the name(s) of Vilma Raquel Gomez to Raquel Rachel Jacobs.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 8, 15, 22, 29, 2025
MOORE 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018198

Sophia Marie Moore, on behalf of minor child, Elias James Moore has filed a petition with this court for a decree changing the name(s) of Sophia Marie Moore to Sophia Marie Mickelson and Elias James Moore to Elias James Mickelson.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 23, 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: July 30, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: August 22, 29 Sept 5, 12, 2025
MOORE 9-12-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#25CV018733

Adrian Quinn Brennan-Evans has filed a petition with this court for a decree changing the name(s) of Adrian Quinn Brennan-Evans to Allison Marie Reggiardo and Allison Marie Avonbridge.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 16, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 9

Congressman Bera Discusses Community Issues

Story and photos
by Seth Henderson

SACRAMENTO COUNTY, CA (MPG)

- Congressman Ami Bera, M.D., spoke for about 30 minutes Aug. 7 about the state of the country and the county at the informal monthly Tri-Communities Lunch Bunch meeting in North Highlands and then answered questions for about 25 minutes.

Bera represents California's Sixth Congressional District, which includes suburbs of Sacramento and incorporated suburban sections of the city. Major neighborhoods and cities include Arden Arcade, Carmichael, Citrus Heights, Fair Oaks, North Natomas, Rancho Cordova, Rio Linda and South Natomas.

Bera discussed an array of topics, including education, legislation, the economy, housing, the COVID-19 pandemic, artificial intelligence, homelessness and food scarcity.

"There was this promise of higher education," Bera said, "that if you got the skills, the grades, desire; cost wasn't going to be a factor."

While the California school system has served the state well, Bera said, his education was better than what today's students receive. Bera, a life-long Californian, said that he lived a simpler life growing up than today's youth.

"I look at kids today and it seems like life is a lot more hectic and complicated," Bera said. "And I don't know that it has to be that way."

Bera said that it's possible that the State of California made a mistake by not opening the schools as soon as possible during the COVID-19 pandemic.

"No one's going to disagree that our kids were impacted by having schools shut down," Bera said.

On another topic, Sacramento Area Creeks Council President Crystal Tobias spoke to the congressman about the efforts taken to clean the waterways and homeless encampments. Since January 2023, Tobias said, millions of pounds of trash and thousands of needles have been cleaned up from the waterways.

"This population needs somewhere to go that's not a \$500,000 apartment," Tobias said.

Bera said that there seems to be a set of rules for the homeless and a different set of rules for the rest of the residents. Residents, such as a congressman's aide, can hardly afford a one-bedroom apartment, so giving someone such an apartment is not common sense, Bera said.

"Don't expect the federal government to push money out any time soon, so we're going to have to solve this ourselves," Bera said.

It's not just housing, Bera said. People need to be met where they are and provided with wrap-around services, meaning extra care, monitoring, assistance and resources; otherwise, the alternative is jail.

He said that some rules (not laws) need to be broken to help people and "we need to be creative," meaning that the hypothetical rule book governing homelessness does not permit the tough love that fosters creative solutions for such complex situations.

Sober model housing, providing



Congressman Ami Bera, right, and his staff member Josh Gumacal, middle, talk with Tri-Communities Lunch Bunch attendees and organizers at Brookfields Restaurant on Madison Avenue in Sacramento on Aug. 7.

work and trade skills are some of the suggestions Bera made, contrasting the "rules" he said are set by members of his party, the Democrats, such as safe injection sites and half-a-million-dollar housing units for the homeless.

Concerns about children's education during school and after they graduate prompted Bera to cite a statistic saying the college graduate unemployment rate was around 20%, whereas the unemployment rate for individuals with a trade or vocational certificate was 2%.

Bera said that not every student's dream is to get into college and that science, technology, engineering and math (STEM) is used throughout different trades and industries. His junior high classmates weren't fond of STEM, Bera said, but used math and science to create works of art in the different shop classes.

Some community members were concerned about the fate of teachers in the State of California as well as the state of special education, with one member anecdotally citing an increase in demand for paraeducators and a lack in fair compensation.

"Let the teachers teach," Bera said.

Teachers are often disrespected and/or punished, Bera said, for attempting to discipline the small percentage of students who disrupt class and take away from the learning experience. It's a small fraction of parents who don't do their due diligence raising and disciplining their children, he said, and teachers pay the price.

Bera said that the Trump administration's Big Beautiful Bill is expected to cut funding for education in areas such as school lunches.

"It's about to get really bad," Bera said, citing inefficient processes that create waste, such as discarding unused food and creating legislation against the redistribution of that food to



Tri-Communities Lunch Bunch members pose for a photo at Brookfields Restaurant on Madison Avenue in Sacramento on Aug. 7.

people or families that need it. He said that we need to "break some rules" because "the next decade is going to be hard" if policies don't reflect the desired outcomes. These processes don't help teachers lead, Bera said, and they don't address hunger.

On another topic, Bera said that 70% of state workers are telecommuting and not working in state-owned buildings. The workers "most likely won't be coming back, leaving a void in tax revenue with those buildings sitting empty or close to it," Bera said.

While the quality of life might be better telecommuting, there are still issues to address, Bera said.

Community members addressed the plethora of vacant or abandoned lots becoming an eyesore throughout the Sacramento region. The vacant lot owners are usually from the Bay Area, Bera said, and community members should rally together to address local agencies about regular code enforcement, cracked concrete, dilapidated structures, overgrown vegetation, fire hazards and any other issues.

"The point is to force the owner to sell, build or do something with the property," Bera said.

Fixing this gap in revenue requires more community involvement, more festivals and bringing the area to life, making it an irresistible plot of land for developers, Bera said.

Addressing national politics, Bera said that Congress "isn't quite fun at the moment." He pointed out that much of what goes on today is "small, petty politics, when the country is at a point where it really needs to move forward."

What keeps him going, Bera said, is the legislative work that is done locally in Sacramento, such as the housing developments and highway projects along Highway 50.

"Looking at the big picture, President Donald Trump is not your conventional president," Bera said as a compliment to the president's apparent rebranding of the political landscape with his comments and actions. Conventionally, presidents lean into their brand, not uproot it.

Topics such as pronouns are not for Congress to legislate, Bera said, and there are more important issues to legislate, such as studying the effects of the COVID-19 pandemic and artificial intelligence.

"We have bigger things to be talking about and debating," Bera said. "The world is changing rapidly and we should be talking about how we avoid World War III with China."

Discussing concerns related to the importance, utility, severity and dangers of artificial intelligence, Bera said it's "here to stay and we need to learn how to use it." He pointed out that children will grow up with the technology in their homes and schools.

"Because AI is going to make AI exponentially better, quicker," Bera said. "We have about a six-to-eight-month advantage over China, so that's a lot of what we're focused on in the intelligence committee."

Bera was previously Sacramento County's chief medical officer and a University of California, Davis associate dean for admissions. ★

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NOTICE OF PETITION TO ADMINISTER ESTATE

William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the

date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Isiah Norton, 1258 Blue Flax Drive, Patterson, CA 95363; 510-850-8580

Publish: August 8, 15, 22, 2025
ADAKAMA 8-22-25

NOTICE OF PETITION TO ADMINISTER ESTATE OF JUNE M. DEBRAKE
CASE NO. 25PR002591

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may otherwise be interested in the will or estate, or both, of June M. DeBrake.

A Petition for Probate has been filed by Stefani Rutledge, in the Superior Court of California, County of Sacramento, requesting Stefani Rutledge be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representa-

to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows September 4, 2025, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the grant-

ing of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with

an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Rebecca A. Gardner, Esq., 455 Capitol Mall, Suite 605, Sacramento, CA 95814; 916-252-0200
Publish: August 15, 22, 29, 2025
DEBRAKE 8-29-25

MPG



And Another Thing

“Food for Thought; The Story of the Rancho Cordova Food Locker”

By Bob McGarvey

My wife and I were able to go to the Rancho Cordova Luncheon last week and we saw the film, “Food for Thought; The Story of the Rancho Cordova Food Locker.”

What the audience learned was what we have been doing in Rancho Cordova for years to help many people who needed some assistance for their families. Other needs were learned as time went by, such as diapers and other non-food items.

The movie was shown to the large audience at the luncheon and the Cordova Community Council and the Rancho Cordova Chamber of Commerce said that the movie’s length would extend the luncheon’s time.

The movie was educational about how people have been helped throughout the years and not just on holidays. People have to eat all year. The Food Locker is moving to a building on Don

Juan Drive off of Folsom Boulevard and there will be more information coming about when our food locker will finally move to its new location.

I looked up some information about who must wear helmets on electric scooters or electric bicycles because they are increasing in number and can be rather frightening when they increase in speed on the roads. The information I have learned is interesting and it can help keep safe both kids and adults.

Whether helmets are required for riders of electric scooters and electric bicycles in the U.S. depends on the specific state and even local regulations. Generally speaking, most states require helmets for riders under the age of 18 for operating an electric scooter. Electric bicycles (e-bikes) also often have age-based helmet requirements but these can vary by the class of e-bike.

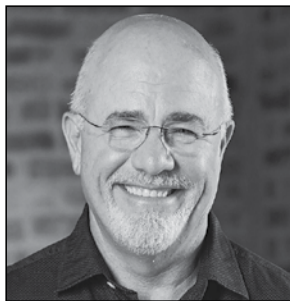
For California, I learned that E-scooter riders under 18 must wear a helmet. E-bike riders under 18 must wear a helmet

regardless of the e-bike’s class. Additionally, all riders of class 3 e-bikes (which can reach speeds of up to 28 mph with pedal assist) are required to wear a helmet regardless of age.

It is different in Florida, because there is no helmet law for scooter riders but local ordinances might require them. In Washington state, helmet requirements for all electric scooter riders apply to all, no matter what their age is. Safety is first!

There was a meeting on Aug. 19 at the Sacramento-Yolo Mosquito & Vector Control District. The number of dead birds that were reported this year is the same as last year but only about one third of them came up positive with West Nile Virus. That was surprising and I am glad that the information came up as it did. I am glad that the other information that we received can help the public. The information can be collected on the website at www.fightthebite.net.

From Bob McGarvey, God bless, and see you next time. ★



Dave Ramsey

Dave Ramsey Says

Honor Your Obligations

do in these kinds of situations.

You know, lots of times when people say they can’t afford something, what they’re really saying is they don’t want to give up fun stuff in order to honor their obligations. If that’s the case, I’m not the guy you need to be talking to or want on your team. You accepted the responsibilities that came with borrowing money. That means if you don’t get to eat in restaurants, go on vacation or buy cool new gadgets until you repay the debt, that that’s how it is.

However, if you’re already living on a crazy-tight, rice and beans budget, and \$20 is literally all you can squeeze out, then give them \$20 a month. That way, at the very least, you’re trying to honor your obligation. And you can tell them with a clean conscience it really is all you can afford.

But there’s a bright spot

in all this. If you’re already scrimping and saving and paying all the money you have—first toward running your household, then secondly to your creditors—you’ll find an amazing thing starts to happen. Your dollars start to stretch a little bit further. This will help you clean up your student loan mess and enable you to have a little better life in the process.

Good luck, Sydney. You can do this!

– Dave

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

Dear Dave,

I can’t afford my student loan payments. Is the best approach to send them what I can afford, even if it’s not the minimum payment, or not send anything at all until I’m in a better financial position?

– Sydney

Dear Sydney,

Here’s the deal. Those guys aren’t going to stop calling and bugging you, no matter which of those options you choose. But then, you probably already know that. The benefit, however, of sending them \$20 or \$25—if the minimum payment is \$50—is you’re forcing yourself to start thinking in terms of planning and living on a budget. My advice? Do everything you can to honor your commitments. That’s the moral, legal and spiritual thing to

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COMICS & PUZZLES

The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

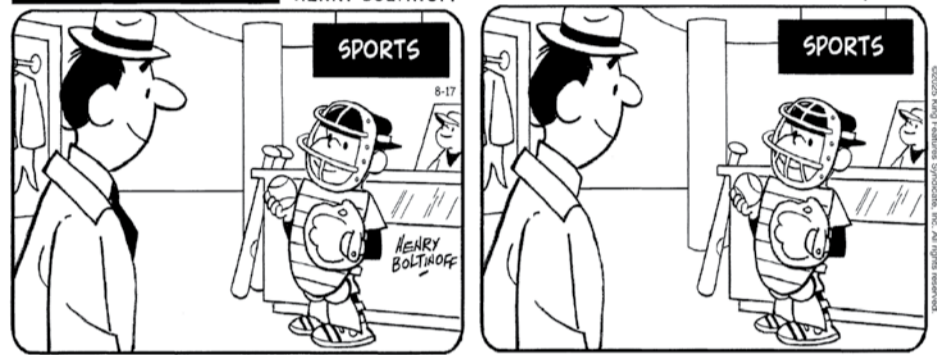
by Gary Kopervas



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Bat is missing; 2. The is missing; 3. Nose is smaller; 4. Column is moved; 5. Ball is different; 6. Face mask is different.

TIGER

by BUD BLAKE

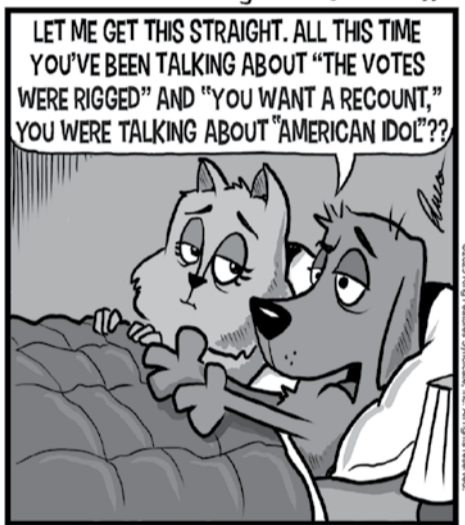


GRIN and BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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STATEPOINT CROSSWORD • FOOTBALL

CLUES

- ACROSS**
- The Coaches ____ or The AP Top 25
 - *Super Bowl halftime performer Kendrick Lamar's genre
 - 1/168th of a week
 - Purse to match a gown
 - Karl of politics
 - Model builder's wood choice
 - *YDS, TD or INT
 - Black like certain tree
 - *Last season's NFL MVP
 - *Worth 6 points
 - Way, way off
 - Owl cries
 - Come and ____ it
 - Ape
 - Stucco or aluminum on a house wall, pl.
 - "Wheel of Fortune" request
 - Bette Green's "Summer of my ____ Soldier"
 - Stag, not doe
 - Like an uncomfortable mattress
 - European Economic Community
 - *NFL Hall of Famer Greene or comedian Hart
 - Seed coat
 - Cylindrical flower cluster
 - Stir or fuss
 - City in Illinois
 - #10 Down's counterpart
 - Small dog's bark
 - Adams of "Summer Of '69" fame
 - *Point value of a safety in football, pl.
 - *Worth 3 points in football (2 words)
 - Behind a stern
 - Raise the roof
 - Classroom parasites
 - Blooper
 - Actor and singer Kristofferson
 - Some are slippery
 - Scraps
 - Ballpark fig.
 - Dark loaves
- DOWN**
- Bothersome one
 - *Pro and College Football Hall of Famer Graham
 - Molokai party
 - Leechee, alt. sp.
 - R2-D2, e.g.
 - Declares to be true
 - *College, home to football's Nittany Lions
 - *Football intermission
 - Paelia pot
 - Addict
 - *What the NFL's Jim Brown famously did
 - Fixed up
 - Bleated
 - Hoagie, alt. sp.
 - Bathtub hooch
 - Green side
 - Accustom
 - Imitate
 - *Quarterback's downfall
 - The N of U.S.N.A.
 - Move smoothly

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Elaine LaLanne Still Leads the Way



Elaine LaLanne was a featured speaker during IDEA World's Expert Spotlight Series on July 18 in Sacramento. She had the audience doing facial and foot exercises during the beginning of her talk. Photo by Seth Henderson

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - Elaine LaLanne is a beacon of light promoting the benefits of a healthy lifestyle at any age to millions of fitness aficionados throughout the world.

Known for decades as the "First Lady of Fitness," LaLanne will be 100 next March.

And LaLanne is still constantly on the go as she shares the life-long work of the Godfather of Fitness, her late husband, Jack LaLanne, via fitness conferences, podcasts, books, the Internet and running Befit Enterprises.

Today's Generation Z, Millennials, Generation X and Baby Boomers have nothing over LaLanne; the 99 year old has more energy, strength and cheerfulness than many of us. That's why she works daily to bring an awareness about exercise, nutrition and positive attitude to everyone who will listen about how to stay healthy from childhood to 100 and beyond.

It's a far cry from her mid-20s when LaLanne ate donuts, smoked cigarettes and did not exercise.

During a lunch break at the recent 2025 IDEA World fitness and wellness event at the Sacramento Convention Center, LaLanne laughed, "I thought I was old when I was 27."

But then she met Jack LaLanne, an Oakland body builder and the first modern health club owner, in 1951 during an episode on the ABC-affiliate KGO-TV "The Les Malloy Show" that she cohosted. He did pushups nonstop throughout the entire 90-minute show.

Soon, the TV cohost changed her lifestyle and "started exercising, doing pushups and weights. My muscles got more toned. I quit smoking and broiled everything, instead of frying everything."

Jack LaLanne's appearance on "The Les Malloy Show" led to an invitation for him to be on the nationally-syndicated "You Asked for It" TV show. Jack LaLanne broke a world record with 1,033 pushups in 23 minutes.

Shortly after, Jack LaLanne became the first exercise and nutrition show host on TV with "The Jack LaLanne Show" on KGO. The show was television's longest-running nationally-syndicated exercise program,

running for 34 years.

Little did the LaLannes know in 1951 that "The Les Malloy Show" segment would propel them to become pioneers of a healthier lifestyle and that their impact would still be felt internationally in 2025.

The American College of Lifestyle Medicine in 2022 honored the LaLannes with Lifetime Achievement Awards for their work spreading awareness of the benefits of exercise and good nutrition throughout the decades.

Jack LaLanne created prototypes of popular exercise equipment, including the weight

selector, wall pulley, leg extension, resistance band and squat machine, according to the American College of Lifestyle Medicine, and created the first protein drink, "Instant Breakfast," and protein bars.

Fast forward to today and Elaine LaLanne is still the Number One model for healthy living.

Her advice to others, especially those individuals who don't

include fitness as part of their daily life, is to keep it simple and to not make it complicated.

"Simply said, if you don't move, you're removable. When you boil it down, you have to oil your joints, move your body," LaLanne said. "That's why exercise is king and nutrition is queen. Put them together and you have a kingdom. Jack taught me that."

Having a positive attitude is a huge part of the fitness equation for LaLanne.

"You can either go forward or you can go backward," LaLanne said. "I think we should go forward

You might not be able to change a situation, the First Lady of Fitness said, "but you can realize your frustration and tell yourself that it won't bother you. It's all about attitude."

"I live each day to the fullest," LaLanne said. "I don't think about the future. Yesterday is gone, tomorrow isn't here yet. Today, being with you, is the most important part of my life."

For nutrition, LaLanne stresses moderation.

"What you eat today is walking and talking tomorrow. You want to feel energy," LaLanne said. "If you eat foods in their

that," LaLanne added.

Even today, LaLanne starts every day with exercise. She does 20 jackknives, stretching exercises, leg exercises, arm crossovers, cardiovascular punches, shoulder exercises, leg lifts and pushups before breakfast.

Yes, LaLanne still does full body pushups. Jackknives are challenging core exercises that strengthen the abs and hip flexors.

For those who are strangers to exercising, LaLanne said to start out easy.

"It's never too late to get fit," LaLanne said encouragingly, "People who don't want to work out say, 'It's not for me.' But think of the results: building muscle, having a better positive attitude and keeping healthy. Plus it mentally cleans out the cobwebs."

The more you exercise, according to LaLanne, the sharper your mind is. And it's not how you look, whether you have crow's feet or wrinkles but "just be you." Think, 'I'm me and I love me.' You have to love yourself. It's not the look, it's what's in your heart. You have to believe in yourself because there's no one else like you."

While LaLanne is reassured that many gyms are filled with members intent on keeping fit, she also knows that "some people still pooh-pooh exercise and a lot of people know about exercise's benefits but they don't do it."

"So I've got to be an example. I do the best I can with the equipment I have," said LaLanne, who has vision issues and uses a walker like many others 30 or 40 years younger than her. "The years go by so fast. If I take that I'm not 20, 30 or 40 anymore, I accept what I have and I go for it."

Enjoy each decade, LaLanne stressed.

"I wear old lady shoes, I'm blind in one eye, my body is going, I have a bad knee but my core is strong. I do 30 jackknives every day," she said.

To LaLanne, "this is my fun, talking about fitness and writing about it."

As she continues to be a fitness advocate and icon today, LaLanne is shining that beacon of light for all of us to become healthier, whatever our age and our fitness levels. ★



Elaine LaLanne, the "First Lady of Fitness," at 99 is still inspiring the public that you can work at being fit at any age. Photo courtesy of IDEA World

with the positive energy instead of the negative energy."

Her son, Jon LaLanne, standing nearby, added to his mother's comments by saying that he learned much from his parents, including common sense.

"My parents came from the Depression and used good-old-fashioned American common sense. A lot of people not doing well see the glass half-empty instead of half-full," Jon LaLanne said.

natural state as much as possible and eat vegetables and fruits with vital vitamins, you'll be OK. Too much pasta, too much of anything is not good."

After turning 80, LaLanne told her husband that she would have a piece of cake "once in a while." Jack LaLanne responded, she said, that it's what you do most of the time that counts.

"I don't overload my body; I have a little of this and a little of

that," LaLanne added.

As she continues to be a fitness advocate and icon today, LaLanne is shining that beacon of light for all of us to become healthier, whatever our age and our fitness levels. ★

IDEA World Meets Sacramento

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - For the first time in about 40 years, the annual IDEA World fitness and wellness event from July 17 to July 19 was held in the capital city at the Sacramento Convention Center.

The recent 2025 IDEA World three-day fitness extravaganza brought thousands of health enthusiasts to Sacramento from throughout the U.S. and 80 other countries.

The enthusiasts participated in 175-plus health and fitness sessions and earned continuing education credits. The event's expo featured 80-plus vendors sharing the latest research, nutrition, training, equipment, and exercise and wellness products and services.

The annual event is usually held in Los Angeles, Anaheim, San Diego or Las Vegas.

But this year, IDEA World moved to Sacramento.

"Up until 2025, we had been in contracts that were signed pre-pandemic," said CEO Amy Boone Thompson of IDEA Health & Fitness Association, the membership organization for fitness and wellness professionals that owns and produces IDEA World. "This was our first chance to pick our own venue."

And Sacramento was a smart choice, according to IDEA World organizers.

"Overall, the sentiment was very positive. We've been in giant convention centers in L.A. and Las Vegas and everyone loved the ease, accessibility and affordability of Sacramento," Thompson said. "The food choices, the restaurants were so convenient. We felt special. Sometimes, an event of our size may get lost in big cities."

"Sacramento welcomed us with open arms and vibrant energy, setting the tone for an unforgettable IDEA World 2025," Thompson added. "From inspiring sessions and magic moments



IDEA World participants checked out the scores of booths, learning about products and services that could help their workday and their own daily health and fitness needs. Photo by Seth Henderson

to networking under the California sun, every experience was elevated by the city's charm."

Attendees were also encouraged to take advantage of Sacramento-area fitness activities before and after the event, such as paddleboarding and biking, according to Thompson.

"There were thousands who attended. We exceeded our expectations; classrooms were packed, everyone who paid for the classes and sessions were engaged and the classrooms were great," Thompson said. "The repeat exhibitors at the expo said this was the highest sales and the most engagement they've seen. Some of our repeat exhibitors walked away with bigger sales, more leads and everyone was excited about the new customers."

One of those vendors was MedPaid's John Bowler. The company based in St. George, Utah sells more than 1,500 products, including vitamins, supplements and



Participants learned new skills and/or finetuned skills during the three-day 2025 IDEA World held last month in Sacramento. Photo courtesy of IDEA World

wellness equipment.

"The crowd was pretty good with lots of physical trainers. We'll be back next year," Bowler said. "We love Sacramento and

all the trees and so much good food."

Sabine Anderson, at her sixth IDEA World expo, promoted LaboFlex's ArniPatch, a homeopathic

topical patch that relieves muscle pain and stiffness, bruising, sprains and inflammation.

"I like the expo being in Sacramento because I love Sacramento," Anderson said. "People are fabulous and they're very inquisitive. I gave out lots of samples."

Just as the exhibitors were enjoying the new venue, so were the attendees enjoying the several rows of information booths offering consultations, samples and healthy swag.

"I have been to IDEA World since 1995," said expo visitor Patricia Lee from nearby Placer County. "I love it. I used to go to Las Vegas, San Diego or L.A. It's wonderful having it here. I didn't have to drive. The classes are the best; you get new ideas. You exercise for so long and you can always use new ideas. You say, 'Why didn't I think of that?'"

Another expo visitor, Ileana Rodriguez from

Modesto, pointed out that the expo gives her information on how to deal with ailments and how to increase her energy.

"I get to try out exercise equipment and get nutrition samples," Rodriguez said.

There's a possibility that IDEA World will return to Sacramento next summer, according to Thompson. Next year's event is just in the beginning stages of planning and pricing quotes from the City of Sacramento will be requested, she said.

In the meantime, Thompson had high praise for all the health and fitness choices that the region offers, such as the trails, parks, river and farm-to-table restaurants.

"From the venues to the people, every detail created the perfect backdrop for connection, learning and celebration," Thompson said. "Sacramento, you were the perfect stage for this incredible chapter of IDEA World." ★



Learning was fun at IDEA World, as evidenced by this participant's smile during a fitness session using a weight relay. Photo courtesy of IDEA World



IDEA World participants listen and take notes during a workshop presentation at the Sacramento Convention Center on July 18. Photo by Seth Henderson



Many IDEA World vendors at the event's expo said that they enjoyed having 2025 IDEA World in Sacramento this year and hope that it returns to Sacramento next year. Photo by Seth Henderson

Public Invited to Celebration of Cupcake the Donkey

By Haley Waugh

RANCHO CORDOVA, CA (MPG) - The Cordova Recreation and Park District invites the community to gather in remembrance of Cupcake, the community's beloved donkey, from 10 a.m. to noon Aug. 23 at the Hagan Community Barn.

This special memorial will honor Cupcake's life and the joy he brought to so many. The event will include speeches, live music, crafts, a memory board and more.

The event is free and open to all community members at 2197 Chase Drive, Rancho Cordova.

We invite you to bring your stories, photos and memories to share as we



Participants from Cordova Recreation and Park District's Barn Camp feed carrot treats to Cupcake the Donkey earlier this summer. Photo courtesy of the Cordova Recreation and Parks District

District, Cupcake was a therapeutic riding donkey who brought joy to many. This April, he celebrated his 29th birthday.

Cupcake loved "cookies" (carrots) from visitors, peaceful park walks though Hagan Community Park with Chris and greeting youth during Crafts with Cupcake.

We are deeply grateful to everyone who loved, visited and cared for Cupcake over the years. He will be dearly missed but his gentle spirit will always be part of our barn's story.

For more information, visit online cordovarpd.gov.

Haley Waugh is with the Cordova Recreation and Park District. ★

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Cupcake the Donkey poses for the camera inside the Hagan Community Barn. Photo courtesy of the Cordova Recreation and Parks District

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