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AUGUST 22, 2025

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Once Trusted, Some Educators Compromised



Louisiana Attorney General Liz Murrill filed a formal lawsuit against Roblox in the state's court and Representative Ro Khanna from California filed a petition in favor of protecting children on the platform, according to a Forbes article on Aug. 15. Image by Viorel Valadi from Pixabay

By Seth Henderson

SACRAMENTO REGION, CA (MPG) - Sex offenders are registered into a government database after they've been convicted in a court of law. Some of them were once trusted employees in area schools.

Parents in Rio Linda are also urged to be aware of what their children are doing online, who they're interacting with and how they're behaving.

Two Sacramento-area school staff members were recently arrested for crimes against children in July. One was released from Sacramento County Jail, awaiting trial, and the other remains in custody at the El Dorado County Jail, according to police and court records.

Alejandro Figuerosa, a 29-year-old Rancho Cordova resident, and

Augustine Sanchez, a 48-year-old Citrus Heights resident were arrested in two separate incidents, allegedly involving crimes against children, according to police reports from the West Sacramento and Citrus Heights Police departments.

Figuerosa, a psychologist at Westmore Oaks Elementary School in West Sacramento, was arrested by El Dorado County Sheriff's after allegedly attempting to meet a minor on July 3, facing six felonies and one misdemeanor regarding conduct with minors, according to the El Dorado County Sheriff's Office.

Under Title 5, Section 80049.1 of the California Code of Regulations, a school psychologist is defined as "A person who holds a valid credential authorizing the services as a school psychologist, which includes

assessment, counseling, behavior intervention, and consultation in the public schools."

School psychologists have certain protections regarding communication that requires a type of attorney, referred to as a "special master," which is appointed by a court to assist with the investigation process. The special master helps determine the usable evidence in sensitive cases, such as school educators, Detective Aaron Cuddeback from the El Dorado County Sheriff's Office, said during a phone call with Messenger Publishing Group. Cuddeback is a high-tech crimes investigator.

Figuerosa is held without bail and is scheduled to be in court on Aug. 22, after press time, according to the El Dorado County Superior

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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



SAFE Credit Union Real Estate processing supervisor Shalena Scobee of Rio Linda and SAFE Credit Union Real Estate support specialist Reina Negrete of North Laguna in Sacramento County fold flags during a volunteer event at the credit union's Folsom headquarters. Photo courtesy of SAFE Credit Union

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

SAFE Credit Union Senior Loan servicing

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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 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.

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

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Annual Women's Empowerment Gala Celebrates 100th Session



Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically to help women break the generational cycle of homelessness for themselves and their children. Photo courtesy of Women's Empowerment

Women's Empowerment News Release

SACRAMENTO REGION, CA (MPG) - Women's Empowerment will hold its 24th annual Gala on Sept. 19, where guests will help raise funds for the Sacramento non-profit organization that is celebrating its 100th session educating, empowering and employing Sacramento-area women experiencing homelessness so they can support their families.

The event will take place at 5 p.m. Sept. 19 at the Kimpton Sawyer Hotel, 500 J St., Sacramento and will include a cocktail party, plated dinner, silent and live auctions, and a panel discussion with program graduates.

“Our annual Gala is a culmination of the transformative work we do throughout the year to empower women and children to overcome homelessness but this year is even more remarkable as we celebrate our 100th session,” said Lisa Culp, Women's Empowerment founding executive director. “This year’s Gala will celebrate the nearly 2,000 incredible women who have walked through our doors over the past 100 sessions. But we also are gathering to raise needed funds to ensure we can continue to empower women facing homelessness in the months to come. This is an opportunity for the community to come together to fund powerful solutions to homelessness specifically for Sacramento women and children.”

Women’s Empowerment offers the

most comprehensive job-readiness program in the area designed specifically to help women break the generational cycle of homelessness for themselves and their children. Women's Empowerment mostly helps Sacramento County women, but due to its proximity to West Sacramento, also helps women there.

Each woman begins with an initial two-month program where she works one-on-one with a social worker, housing specialist and employment specialist. She attends classes and support groups and receives free transportation assistance, onsite childcare, meals and more.

The nonprofit organization provides lifetime services for graduates of its initial program, including counseling, job search and retention support, financial assistance, paid job training and its Trellis Gardens transitional workforce housing program.

In 2024, 155 graduates secured employment or enrolled in advanced training or school and 89% of graduates maintained or improved their housing.

Since 2001, 1,955 women have graduated from the program with their more than combined 4,000 children.

To purchase Gala tickets or a table, sponsor the event or sponsor a graduate to attend, visit online www.womens-empowerment.org/gala or call 916-669-2307.

Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit www.womens-empowerment.org. ★

Man Shot in Head, Suspect in Custody

By MPG Staff

SACRAMENTO COUNTY, CA (MPG) - North Division Patrol Deputies responded to the area of Morse Avenue and Lerwick Way in Sacramento to the report of a shooting at approximately 12:15 p.m. Aug. 12.

Deputies arrived on scene and discovered an adult male shot in the head. They began to render medical aid and the victim was transported to the hospital, where he remains in critical condition, as of press time.

Due to the victim’s grave condition, Sheriff’s Homicide Detectives responded to the scene, along with Crime Scene Investigators. Based on their investigation, detectives determined the victim was sitting in the back of a vehicle when the suspect, 46-year-old Jason Hankins,

allegedly conducted a drive-by shooting, striking the victim once in the head.

Detectives obtained a Ramey arrest warrant for Hankins, and on Aug. 13, Major Crimes Bureau detectives located Hankins and took him into custody.

Detectives said that Hankins attempted to conceal his vehicle and firearm prior to his arrest but detectives were able to locate them. Hankins was booked into the Sacramento County Main Jail for attempted murder, where he remains in custody, ineligible for bail.

Hankins was scheduled to appear in court on Aug. 15, resulting in a dropped hearing and is scheduled again to be in court for a mandatory settlement conference on Aug. 25, according to court documents. ★

Two Sacramento Residents Sentenced to Prison

U.S. Department of Justice, U.S. Attorney’s Office, Eastern District of California News Release

SACRAMENTO, CA (MPG) - Dominic Davis, 40, and Sharitia Wright, 61, both of Sacramento, were sentenced July 28 to federal prison for conspiring to file false claims, Acting U.S. Attorney Kimberly A. Sanchez announced.

Davis received a sentence of three years and four months in prison, and Wright received a sentence of one year and three months in prison.

According to court documents, between March 2019 and April 2022, Davis and Wright caused at least nine fraudulent income-tax returns to be filed with the IRS claiming more than \$2 million of income tax refunds.

The returns were filed in the names of Davis, Wright and family members and listed wages that the taxpayers had not received. They often listed the taxpayers’ employer as one of the various LLCs created by Davis, Wright and their family members.

Many of the returns also falsely claimed charitable contributions that were not actually made. Davis prepared and filed the false tax returns.

Wright provided him information and contacted the IRS to check on the status of the refunds claimed in the false tax returns.

Davis and Wright were ordered to pay restitution for the fraudulent income tax refunds that they received.

This case was the product of an investigation by IRS Criminal Investigation. Assistant U.S. Attorney Nicholas M. Fogg prosecuted the case. ★

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SacRT’s RydeFreeRT Program Makes Youth Travel Easy

Sacramento Regional Transit District News Release

SACRAMENTO COUNTY, CA (MPG) -

As students across the Sacramento region head back to school, Sacramento Regional Transit District (SacRT) is reminding families that getting to class has never been easier or more affordable, thanks to the RydeFreeRT program.

Now entering its sixth year, RydeFreeRT provides unlimited fare-free rides on SacRT buses and light rail for all students and youth in TK through 12th-grade. With a valid RydeFreeRT

card, students can ride any day, any time and all year long for school, after-school activities, jobs or weekend fun.

“The RydeFreeRT program has been a game-changer for students and families in the Sacramento region,” said SacRT General Manager/CEO Henry Li. “We are proud to continue this program for another year and help eliminate transportation barriers for our youth.”

Said SacRT Board Chair and Sacramento City Councilmember Rick Jennings, “This program is about opportunity and

investing in the future of our youth. Access to reliable, fare-free transportation opens doors for students to succeed both in and out of the classroom. I’m proud to support another year of RydeFreeRT.”

Students in TK through 12th-grade who live or attend school within the SacRT service area are eligible for the program. Youth experiencing homelessness or participating in foster care programs also qualify, regardless of residence or school enrollment.

SacRT operates approximately 82 bus routes; 43 miles of light

rail serving 53 stations; and ADA paratransit services within a 440-square mile service area throughout Sacramento County, which includes service in Carmichael, Citrus Heights, Elk Grove, Fair Oaks, Orangevale, Rio Linda, Rancho Cordova and Sacramento.

RydeFreeRT cards are distributed through schools and are valid from June 1, 2025 through June 30, 2026. Students can also obtain a card year-round at the SacRT Customer Service and Sales Center at 1225 R St. (accessible via light rail to the 13th Street

Station) or any Sacramento Public Library branch.

To ride fare-free, students show their valid RydeFreeRT card to the bus operator when boarding or upon request on light rail trains. The card can be used for school, work, recreation and more, even during school breaks and holidays.

RydeFreeRT was launched in 2019 as a pilot program initiated by former Sacramento City Councilmember and SacRT Board Chair Jay Schenirer to combat chronic absenteeism and expand transportation options for students. A University of Texas study found that the program significantly increased both student transit ridership and school

attendance.

In the program’s first month, SacRT saw a 40% increase in student ridership and this year alone, the program is on track to carry more than 5,000,000 student boardings, which is more than a 300% increase since launch.

Beyond academic benefits of reducing absenteeism and increasing attendance, RydeFreeRT also encourages lifelong transit habits, contributes to reduced traffic congestion and supports regional environmental sustainability goals.

For more information about the program and how to obtain a card, visit rydefreert.com or call 916-321-BUSS (2877). ★

SAFE Credit Union, Volunteers Prepare Flags for Retirement

Continued from page 1

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. ★

Once Trusted, Some Educators Compromised

Continued from page 1

Court’s website. A not-guilty plea was entered on July 7 during Figuerosa’s arraignment.

Title 5 also clarifies tasks that school psychologists can perform under Pupil Personnel Services (PPS) beyond assessment, such as the coordination of school interventions, outside service providers and crisis support. The California Department of Education is the primary enforcement body for most K-12 schools in the state.

According to news releases from the San Juan Unified School District and the Citrus Heights Police Department, Sanchez was placed on leave from Mesa Verde High School in February and a report was filed with the police department on March 6, saying that Sanchez had allegedly annoyed or molested a minor.

exceeds both legal requirements and best practices, Rai said. Applicants must undergo a background check, surfacing past and future records, should an incident occur outside of the school environment.

“Once hired, staff must complete sexual harassment and mandated reporter training on an annual basis,” Rai said. “Additionally, last spring, we began requiring all staff to take a child-abuse prevention training. These trainings emphasize the importance of being alert, reporting concerns promptly and taking action.”

The result of an investigation led by Citrus Heights Police found six victims had been identified but authorities said they do not believe there are any more victims.

The San Juan Unified School District’s website has resources for families who strongly believe their child was victimized and the district said it urges those families to contact local law enforcement before conversing with their child.

“If a child shares that they are being harmed, believe them, listen calmly and seek professional help immediately,” the district’s website said.

under Megan’s Law, a government website in accordance with California Penal Code 290.46 to further public safety. Barring a court order or a conviction, individuals released from the custody of law enforcement are innocent until proven guilty and are free to visit public spaces, such as parks and shopping centers.

Currently, about 400 sex offenders are registered within the San Juan Unified School District’s perimeter and more than 100 are registered within the Washington Unified School District’s perimeter, according to the Megan’s Law database.

Do you know who is registered near your child’s school?

Checking a desired address in the Megan’s Law database will provide data on registered sex offenders by list or on a map, showing their known aliases, addresses and their conviction. The database can search for registrants by address, city, county, name or zip code. To search the database, visit <https://www.meganslaw.ca.gov/>.

According to the West Sacramento Police Department, county agencies will compile a county-wide sweep of the area with law enforcement and if the records unit is aware of a registrant who is out of compliance, their information will be forwarded to an investigations sergeant for follow up.

The investigation determines the nature of the violation, such as a false address, failure to register or proximity to restricted zones, according to the West Sacramento Police Department. Penalties are enhanced for repeat offenders and offenders under supervision. A supervised offender could see a detention or revocation hearing if a violation report is issued.

“In some cases, agencies work with housing authorities or parole to relocate the offender if their presence near a school poses a threat,” a West Sacramento Police Department spokesperson told Messenger Publishing Group.

According to the West Sacramento Police Department, public awareness campaigns might increase patrols or distribute literature in neighborhoods with known offenders, “especially near schools.”

reporting tool. It can be found on the district’s website at <https://www.sanjuan.edu/resources/safety-resources/submitting-a-safety-concern>. To see more information about San Juan Unified’s family conversation resources, visit <https://www.sanjuan.edu/resources/mental-health-support/family-conversation-resources>.

“I would say, being open and honest with your child, talking to them about their day and their experiences with their teachers is very important,” Cuddeback said. “Trying to understand those feelings because kids have great intuition, so kids would tell you if they’ve got a weird feeling about an educator or someone acting inappropriately.”

Opening that line of communication as a parent could encourage the child to divulge more information to someone they trust, where they otherwise might be too afraid to share, Cuddeback said. Sometimes, children are embarrassed to speak up, fearing the backlash from someone in a position of power, such as an educator or beloved figure in a public setting, according to Cuddeback.

Predators are going where the kids are and kids are online, Cuddeback said. Regarding his office in El Dorado County, he said, the number of cases keep going up, with 2020 being a huge year for child sexual abuse material (CSAM). He said incidents involving a popular online game amongst children called Roblox has been a “very scary situation.”

An arrest warrant was issued for Sanchez on July 18 and he surrendered to Citrus Heights Police on July 31 but has since been released. Sanchez has been a Mesa Verde teacher in the San Juan Unified School District since 2012.

Raj Rai, the San Juan Unified School District’s director of communications, said that the school district follows the guidance of law enforcement officials to avoid compromising the investigation when an allegation relates to the well-being of students, staff or community.

“We work to build transparency by sharing as much detail as can legally and appropriately be shared when there is a confirmed impact to students or a school community,” Rai told Messenger Publishing Group. “In doing so, we work to balance protection of the investigative process, the rights of those involved and our families’ need to support their students.”

Regarding the district’s internal practices, the hiring process meets or

under Megan’s Law, a government website in accordance with California Penal Code 290.46 to further public safety. Barring a court order or a conviction, individuals released from the custody of law enforcement are innocent until proven guilty and are free to visit public spaces, such as parks and shopping centers.

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Rai said the district’s safety team reviews Megan’s Law data while conducting safety assessments of school campuses, saying that the district relies on their law enforcement partners to alert them on pertinent updates.

“There’s nothing preventing (someone) from walking into that park,” Cuddeback said. “We really can’t do anything.”

Cuddeback said that law enforcement might monitor registrants or be present in public spaces that they frequent but a judge had determined the defendant was OK to be released.

“We have to trust that the process works, that the judge and the attorney’s hashed it out in court and made, ultimately, the best decision for the person who’s been accused, as well as the public at large,” Cuddeback said.

According to the West Sacramento Police Department, county agencies will compile a county-wide sweep of the area with law enforcement and if the records unit is aware of a registrant who is out of compliance, their information will be forwarded to an investigations sergeant for follow up.

The investigation determines the nature of the violation, such as a false address, failure to register or proximity to restricted zones, according to the West Sacramento Police Department. Penalties are enhanced for repeat offenders and offenders under supervision. A supervised offender could see a detention or revocation hearing if a violation report is issued.

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According to the West Sacramento Police Department, public awareness campaigns might increase patrols or distribute literature in neighborhoods with known offenders, “especially near schools.”

The Commission on Teacher Credentialing does not track which “child crime sexual” classified cases of misconduct resulted in adverse action or how many credential holders had action taken against them because of registering as a sex offender, a commission spokesperson said. However, the commission is required to take mandatory action on holders or applicants who are required to register as a sex offender.

On the San Juan Unified School District’s website, there is a form that can be submitted by name or unanimously that informs the district of possible misconduct, known as the safety concern

reporting tool. It can be found on the district’s website at <https://www.sanjuan.edu/resources/safety-resources/submitting-a-safety-concern>. To see more information about San Juan Unified’s family conversation resources, visit <https://www.sanjuan.edu/resources/mental-health-support/family-conversation-resources>.

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Predators are going where the kids are and kids are online, Cuddeback said. Regarding his office in El Dorado County, he said, the number of cases keep going up, with 2020 being a huge year for child sexual abuse material (CSAM). He said incidents involving a popular online game amongst children called Roblox has been a “very scary situation.”

Available on smartphones, personal computers, game consoles and online, Roblox is a game with the stated intention of being “the ultimate virtual universe that lets you create, share experiences with friends, and be anything you can imagine,” according to its website.

According to a Newsweek article in April, 40% of Roblox’s users are

under the age of 13, meaning children make up the majority of its 85.3-million daily active users.

Journalist Chris Hansen, known for his Dateline NBC program “To Catch a Predator,” announced on his X feed that his streaming network, Tru Blu, is producing a documentary on the gaming company, featuring interviews with law enforcement and alleged victims.

Louisiana Attorney General Liz Murrill filed a formal lawsuit against Roblox in the state’s court and Representative Ro Khanna from California filed a petition in favor of protecting children on the platform, according to a Forbes article on Aug. 15.

Cuddeback said it’s important to monitor a child’s activity on the internet and be wary of a child’s behavior if it suddenly changes.

“Things like spending more time in their room, spending more time that usual on the internet, not wanting to show their screen, closing their laptop quickly or shutting down browsers applications when the parent enters the room, mood swings, becoming very upset when they are unable to get on the internet, odd gifts showing up at the home or other behavior changes,” Cuddeback said.

For resources if someone shares explicit content of the minor online, visit <https://www.NCMEC.org/gethelpnow/isyoudisclosedcontentoutthere>. To help minors get any images or videos of themselves posted online without their consent <https://takeitdown.ncmec.org/>.

Resources for parents and children to understand and navigate any type of online “sextortion” are available at <https://www.NCMEC.org/theissues/sextortion>. For help or victim and family support, visit <https://www.NCMEC.org/gethelpnow/support> or email gethelp@ncmec.org. ★



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 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 HELP-LESS AND HOPELESS WHEN THERE IS A CONSTANT BARRAGE OF DE-PRESSING 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 BREATHEES, 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! Ooooops. Diet time! ★

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Kings Korner

By V.G. Harris

Attitude is everything or can we say 90% of everything. No one takes the last shot thinking there's a 10% chance it's going in. No, you believe with all your heart you can make the shot and when it actually goes in, it simply confirms what you knew all along. That you are excellent at what you do, and success just naturally follows.

That's the way it is with athletes, coaches, and it certainly pertains to fans as well.

During the Sacramento Kings eye popping wins during summer league that left them a gnat's eyelash of winning the title for the third time, fans were more than buoyant. Four players stood out, beginning with the Kings heralded rookies Maxime Raynaud and Nique Clifford. Second year players Isaac Jones and Devin Carter also made a splash, and gave every Kings fan a reason to start shopping for good seats in the upcoming season.

Could next season be something special and once again return the Sactown boys to the playoffs? Not if you listen to the morning show on 1140 am or the talking heads on ESPN. Sadly, even some Kings fans are seeing the glass half full, and instead of extenuating the positive, are finding reasons why the Kings won't have a winning season.

I grew up in San Jose as a youngster, where the Warriors were the only NBA team in Northern California, but sadly were perennial losers. Right up until the team drafted a guy by the name of Rick Barry. A power forward who not only won rookie of the year honors, but lead the team to their first ever championship in San Francisco in 1976. With only one star on the team, and a cast of characters that probably couldn't crack the lineup of any other NBA team, all the Warriors did was sweep the Washington Bullets 4-0 in the NBA finals. It would ultimately be Rick Barry's only championship of his career, but like Jerry West who also had but one championship, Rick would see his jersey retired and enter the NBA hall of fame with great pride.

Entering the 1976 season, although there was no ESPN at the time, basketball pundits scoffed at the idea that the Warriors would even make the playoffs, let alone win a championship.

So, for all the naysayers out there, I say get a life. Domantas Sabonis is not window dressing, and neither is sharpshooter Zach Lavine who was second in the NBA in 3-point percentage last season.

Truly DeMar DeRozan doesn't get his due, but if used effectively DeMar can make opposing teams weep. His mid-range shooting is something to admire, so capitalize on his strength and let DeMar show fans how he can fill the scoring column and stretch the floor.

Everyone is waiting to see how Nique Clifford's summer league success will translate to the NBA regular season, but there is no reason to believe that he can't duplicate the double faceted scoring and rebounding that he has been known for during his college career.

Are people watching big man Isaac Jones? Jones has a knack around the rim that few players can duplicate, and he loves drawing fouls and converting 3-point plays. Jones isn't just NBA ready, he is ready to make a difference, and he will do just that if coach Christie is smart enough to give this talented forward 20 plus minutes every game.

The same can be said for Devin Carter and newcomer Nique Clifford. These young players will make their share of mistakes, but they also get fans on their feet. All of these players are extremely athletic, and their best NBA years are ahead of them.

Scott Perry is no rookie, and thus far he has shown a measure of restraint as it relates to making trades. I like that, and although I would like to see things come together quickly, it simply isn't the way things are done.

Let's give Perry his accolades for a noteworthy draft, and ample time to secure the last couple of moves that may very well propel this current team into the playoff's next season.

Don't be afraid to be a homer Kings fans. It feels good and just like the 1976 Warriors, anything is possible.

Keep faith Kings fans and start buying tickets. You won't be sorry!

All the best!

Your thoughts are always welcome at vgarrisriskingsfan@gmail.com. ★

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'In a Nutshell' Returns to Sacramento

Storytellers Tackle the Theme of Bullies

By Ormella Rossi

SACRAMENTO, CA (MPG) - "In a Nutshell," a live storytelling event that has quickly gained a loyal following in Sacramento, is back on Aug. 29 at the Sofia, 2700 Capitol Ave., bringing compelling, raw and entertaining stories to the stage.

Curated and hosted by comedian Keith Lowell Jensen, writer/storyteller Amy Bee and author Aaron Carnes, the event promises a night of diverse storytelling with a focus on the theme of "Bullies."

The event, which will run from 6 to 9 p.m., features four prominent storytellers: Brian Copeland, Kimberli Joy, Corey Rosen and Kathleen Taylor. These performers, each with unique backgrounds and experiences, will share personal stories that explore the complex and evocative nature of bullying.

Before the event kicks off, attendees can attend a book signing with Brian Copeland in the lobby. Copeland, a multi-talented storyteller, actor and author, will promote his book "Shadows of Justice." Afterward, he will sign copies, offering fans an opportunity to engage directly with him.

In an exclusive interview, "In a Nutshell" co-creator Carnes explained how the series came to life.

"Amy and Keith are storytellers themselves and we all share a deep love for writing. We went to a storytelling show in the North Bay in 2024 and were really impressed with it. We started talking about how cool it would be to bring something like that to Sacramento," said Carnes. "In January 2025, we had our first show and the response was incredible."

Since then, "In a Nutshell" has grown in popularity, with each monthly event offering a hand-picked lineup of storytellers.

"The goal is never competition," Carnes said. "Each performer gets



Following their performances, storytellers take center stage thanking the audience at the "In a Nutshell" event in June. Photo courtesy of Elle Jaye @drumphotos

15 minutes and we really curate the lineup. We want diverse stories but all tied together with a theme."

As the digital world continues to dominate our lives, live storytelling has a unique power to connect us. Carnes reflected on the emotional impact of experiencing a story told in person.

"Storytelling is the oldest form of entertainment," Carnes said. "It creates a flow of energy between the audience and the storyteller that is really compelling. You're reacting together. There's something real about it, something tangible."

Event co-creator Jensen also highlighted the power of storytelling in fostering human connection.

"Growing up, I'd always hear stories in circles that would happen organically; people want to share their stories," Jensen said. "Every form of entertainment comes down to telling a story. Without any special effects, no visuals, it's still so effective, which



Storytellers engage the audience at Sacramento's "In a Nutshell" event on March 31 at the Sofia Theatre. Photo courtesy of Elle Jaye @drumphotos

is why we address our audiences as humans."

This month's theme, Bullies, suggested by co-creator Bee, is both personal and evoking.

"I think everyone has a bullying

story, sometimes even being the bully," Jensen said. "Bullying is such an important topic right now, and it's one that's near and dear to a lot of us. This theme is deeply personal and it's something that resonates with so many people."

The storytellers for this month's show bring a wealth of experience and distinct voices to the stage.

Copeland is known for his diverse body of work, including his recent book and one-person plays.

"Brian (Copeland) is a fantastic storyteller," Carnes said. "He was in a radio talk in San Francisco. Both Amy (Bee) and I are from the Bay Area, so we are really excited for that."

Rosen, a major figure in the San Francisco Bay Area's "Moth" storytelling scene, will also take the stage. Rosen, a writer, actor and author of "Your Story, Well Told," is known for his skill in guiding people through the art of storytelling.

Joy, who began telling stories on stage in June 2022, and Taylor, a writer, educator and storyteller, are new performers at the Nutshell and were recommended by previous storytellers.

For the creators of "In a Nutshell," the ultimate goal is connection.

"It's supposed to be fun and entertaining but there is a serious tone to it too about experiencing our humanity and everyone else's humanity together. Hearing peoples' stories is one of the most human thing people can do," Carnes said. "We want people to hear the world in a more sympathetic lens. We shouldn't see each other as allies or enemies. Storytelling won't fix the world but hopefully it makes us think of our shared humanity."

Jensen added, "We're just three friends who love stories. We want people to come have fun and walk away with something they'll remember. It's a shared experience that brings people together."

For those who have never attended a live storytelling event, Carnes offered a simple invitation: "It's oddly compelling. The first time I went to a storytelling show, I was blown away by how engaged I was. The 15-minute format is just enough to tell a full story but not so long that it becomes too much. You'll be surprised by how powerful and intimate the experience is."

While "In a Nutshell" has found a home at The Sofia, the team is planning to expand their reach.

In addition to the main event, "In a Nutshell" also hosts an open mic show at Old Soul at The Alley on the third Thursday of each month. This event allows new storytellers to try their hand at the craft and gain experience.

To learn more about this event, future events and tickets, visit <https://www.inanutshellstorytelling.com>. ★

Sacramento Superior Court Appoints Kelly Sullivan as Interim Officer

Sacramento Superior Court News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Superior Court recently announced the appointment of Kelly Sullivan as interim court executive officer.

"Kelly Sullivan is a proven leader with a deep understanding of court operations and a strong commitment to public service," said Sacramento

Superior Court Presiding Judge Bunmi O. Awoniyi. "We are confident in her ability to guide the court during this transition with integrity, professionalism and focus."

As Interim Court Executive Officer, Sullivan oversees the court's operational and administrative functions, including budget and finance, human resources, strategic planning, and coordination with justice and community partners, while



Kelly Sullivan. Courtesy photo

the court searches for a permanent court executive officer.

"I am honored to serve the Sacramento Superior Court in this interim capacity," said Sullivan. "I look forward to working alongside the bench, staff and stakeholders to ensure the court continues to provide fair, accessible and effective justice for our community."

Sullivan has served as the court's chief deputy executive officer

since September 2022.

Sullivan previously served as chief deputy director over the Civil and Criminal Division (October 2020 to September 2022) and as director of operations (October 2016 to September 2020). She has been with the court for more than 20 years.

Sullivan assumed the post when Court Executive Officer Lee Seale retired, effective Aug. 4. ★

Fentanyl Awareness Summit Open to the Public

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's annual Fentanyl Awareness Summit is back this year with a renewed sense of urgency and hope.

The Sacramento County Department of Health Services, in collaboration with the Sacramento County Opioid Coalition; Sierra Sacramento Valley Medical Society; California State University, Sacramento; the U.S. Attorney's Office; Sac Metro Fire and local law enforcement, hosts the Sept. 4 event.

The summit aims to bring community members together to analyze data trends; discuss prevention, treatment, harm reduction and enforcement efforts; hear from those with lived experiences; provide resources and support ongoing solutions for a safer community.

This year's event centers around a message that sets it apart from previous summits: fentanyl-related deaths are declining in Sacramento County for the second year in a row.

After years of staggering increases, new data shows another year of progress. The Sacramento County Coroner's Office reported a 32% reduction in fentanyl-related deaths from 2023 to 2024. It's a promising sign that prevention, education, treatment and enforcement efforts are making an impact.

"We know we still have a long road ahead but this decline is something to hold onto," said Lori Miller, division manager for Sacramento County's Substance Use



Sacramento County's annual Fentanyl Awareness Summit, open to the public, is on Sept. 4. The summit discusses data trends, prevention, treatment, harm reduction and enforcement efforts; provides resources and supports ongoing solutions for a safer community. Photo courtesy of Sacramento County

Prevention and Treatment. "It shows that our work is saving lives."

If you would like to attend the summit and learn how you can support a safer community, make sure to register online at form.jotform.com/251477672072158.

If you cannot attend, there are still many ways to get involved and help keep the momentum going. Learn and spread the word about campaigns such as Safer Sacramento and 1 Pill Can Kill.

Wear Purple on Fentanyl Prevention and Awareness Day on Aug. 21. Take this time to educate the public on the dangers of fentanyl, fake pills and other illicit drugs, while also highlighting the difference between fentanyl poisoning and overdose.

Wear Purple on International Overdose Awareness Day on Aug. 31. This globally-observed day aims to reduce the stigma associated with drug-related deaths, remember those lost and acknowledge the grief

endured by their loved ones.

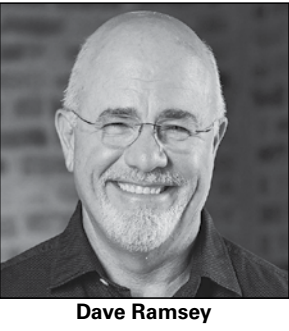
Join the Sacramento County Opioid Coalition. Meetings are held quarterly. Check out the Sacramento County Opioid Coalition website at sacopioidcoalition.org for the meeting schedule and more information.

Share your loved one's story through an Opioid Awareness Project featuring Gone Too Soon Memorial Posters, commemorating the precious lives lost in Sacramento and surrounding counties. Those interested should contact Lori Miller at Millerlori@sac-county.gov.

Watch and share "The Ripple Effect." Sacramento County's Department of Health Service's Sacramento Substance Use Prevention and Treatment, in collaboration with NTI Upstream, proudly presents "The Ripple Effect," a powerful nine-part documentary blog series exposing the devastating impact of the fentanyl crisis in the United States, with a sharp focus on Sacramento County.

Each "The Ripple Effect" episode offers an in-depth exploration of the epidemic's roots, its far-reaching impact on individuals and communities, and the determined local response aimed at prevention, education and recovery. The Ripple Effect is available on the Safer Sacramento website at safersacramento.com/the-ripple-effect.

For more information and resources, call Sacramento County Behavioral Health Services at 916-875-1055 for a substance use assessment or visit Sacramento County's Department of Health Services at dhs.sac-county.gov. ★



Dave Ramsey Says *Honor Your Obligations*

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

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. ★



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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) "Academy Charter Arden-Arden" 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

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
FAMILY 8-22-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05015
Antoine P Gillis SR, 2025 W El Camino #270, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Bottom Vision" 2025 W El Camino #270, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 9, 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 FBNF2025-04380
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
SHIPSIIERRA 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 wCounty 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
Ruvín 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 FBNF2025-05185
Da'Vante G Judge, 4500 Tynebourne Street B107, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Judge Auto Haus" 4500 Tynebourne Street B107, Sacramento, CA 95834. Filed with the Clerk of Sacramento County 7-16-2025
Publish: August 8, 15, 22, 29, 2025
JUDGE 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 FBNF2025-04784
SML Family Holdings, LLC, 2108 N Street #8725, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Pres-Seal" 2108 N Street #8725, Sacramento, CA 95816. Filed with the Clerk of Sacramento County 7-27-2025
Publish: August 8, 15, 22, 29, 2025
PRES 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05526
George Mihal and Evelyn Mihal, 4905 Tacomic Drive, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Office of Image Archaeology" 4905 Tacomic Drive, Sacramento, CA 95842. Filed with the Clerk of Sacramento County 7-28-2025
Publish: August 8, 15, 22, 29, 2025
OFFICE 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05387
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) "Lucky'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 FBNF2025-05509
Brian Frederick O'Day, 6032 Ogden Nash Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "LeadShepaPro" 6032 Ogden Nash Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County 7-25-2025
Publish: August 8, 15, 22, 29, 2025
LEAD 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) "Yas Locksmith" 3033 Olive Glen Court, Sacramento, CA 95821. Filed with the Clerk of Sacramento County 7-30-2025
Publish: August 8, 15, 22, 29, 2025
YAS 8-29-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04897
Alannah Thompson, 6445 Miles Lane, Carmichael, CA 95608 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 FBNF2025-05568
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 FBNF2025-05071
WB Enterprise, LLC., 1020 Casilada 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) "Jimboy's Tacos #55" 7300 Laguna Boulevard #6, Elk Grove, CA 95758. 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) "Jimboy's Tacos #100" 7401 Fair Oaks Boulevard, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 1, 2025
Publish: August 15, 22, 29 Sept 5, 2025
TACOS 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) "Head Start WEST/Head Start Gear Zone" 2035 Hurley Way, Suite 250, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 1, 2025
Publish: August 15, 22, 29 Sept 5, 2025
HEAD 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05717
Amy Jimenez, 7437 Windjammer Way, Citrus Heights, CA 95621 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 Creekbred Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) 24 Hour Telecom" 6400 Creekbred Lane, Citrus Heights, CA 95621. 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) "Air Republic HVAC Solutions" 1401 21st Street, Suite R, Sacramento, CA 95681. Filed with the Clerk of Sacramento County July 24, 2025
Publish: August 15, 22, 29 Sept 5, 2025
AIR 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05716
FNU Attaulah, 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
KC 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 Agn" 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, 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 FBNF2025-05789
Alessandro Electric Inc., 11335 Sunrise Gold Circle, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Core-Built Construction" 11335 Sunrise Gold Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 5, 2025
Publish: August 15, 22, 29 Sept 5, 2025
CORE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05731
Lielah Hillyard, 6000 Caddington Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Creative Balance" 6000 Caddington Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 4, 2025
Publish: August 15, 22, 29 Sept 5, 2025
CREATIVE 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-02948
Azuza LLC, 2975 S. Rainbow Boulevard Suite E, Las Vegas, NV 89146 is doing business under the Fictitious Business Name(s) "MBS Lending Group/ Uni Gen Home Loans/Z Loans" 2975 S. Rainbow Boulevard Suite E, Las Vegas, NV 89146. Filed with the Clerk of Sacramento County April 17, 2025
Publish: August 15, 22, 29 Sept 5, 2025
MBS 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05884
Taryn D Clements, 2901 Winchester Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Clemex Patio Designs" 2901 Winchester Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 7, 2025
Publish: August 15, 22, 29 Sept 5, 2025
CLEMEX 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05800
Luliia Kamenskikh, 4930 College Oak Drive 38, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Fix&Fresh" 4930 College Oak Drive 38, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 5, 2025
Publish: August 15, 22, 29 Sept 5, 2025
FIX 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05302
Param And Bir Restaurants Inc, 4115 Porch Swing Drive, Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "5 Rivers Pizza & Grill" 7509 Twin Oaks Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 18, 2025
Publish: August 15, 22, 29 Sept 5, 2025
RIVER 9-5-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05908
Alejandro Isidro Merlos, 9341 Honeywood Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Alejandrix 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



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Find at least six differences in details between panels.

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

Out on a Limb

by Gary Kopervas

TIGER

by BUD BLAKE

GRIN *and* BEAR IT

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Just Like Cats & Dogs

by Dave T. Phipps

P	O	L	L		R	A	P			H	O	U	R			
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CLUES

ACROSS

1. *The Coaches ____ or The AP Top 25

5. *Super Bowl halftime performer Kendrick Lamar's genre

8. 1/168th of a week

12. Purse to match a gown

13. Karl of politics

14. Model builder's wood choice

15. *YDS, TD or INT

16. Black like certain tree

17. *Last season's NFL MVP

18. *Worth 6 points

20. Way, way off

21. Owl cries

22. Come and ____ it

23. Ape

26. Stucco or aluminum on a house wall, pl.

30. *Wheel of Fortune" request

31. Bette Green's "Summer of my ____ Soldier"

34. Stag, not doe

35. Like an uncomfortable mattress

37. European Economic Community

38. *NFL Hall of Famer Greene or comedian Hart

39. Seed coat

40. Cylindrical flower cluster

42. Stir or fuss

43. City in Illinois

45. #10 Down's counterpart

47. Small dog's bark

48. Adams of "Summer Of '69" fame

50. *Point value of a safety in football, pl.

52. *Worth 3 points in football (2 words)

56. Behind a stern

57. Raise the roof

58. Classroom parasites

59. Blooper

60. Actor and singer Kristofferson

61. Some are slippery

62. Scraps

63. Ballpark fig.

64. Dark loaves

DOWN

1. Bothersome one

2. *Pro and College Football Hall of Famer Graham

3. Molokai party

4. Leeches, alt. sp.

5. R2-D2, e.g.

6. Declares to be true

7. *College, home to football's Nittany Lions

8. *Football intermission

9. Paella pot

10. Addict

11. *What the NFL's Jim Brown famously did

13. Fixed up

14. Bleated

19. Hoagie, alt. sp.

22. Bathtub hooch

23. Green side

24. Accustom

25. Imitate

26. *Quarterback's downfall

27. The N of U.S.N.A.

28. Move smoothly

29. Mister in Madrid

32. ____view mirror

33. What Harry and Sally did

36. *Pre-championship games

38. Work the dough

40. High tea vessel

41. Bucolics

44. Gustatory sensation

46. Hook, line and sinker person

48. Coffin holders

49. Rekindled

50. Type of ski lift

51. Drift like aroma

52. Type of fish net

53. Like acne-prone skin

54. Climber's destination

55. It's more, to some

56. Don McLean: "A long, long time ____..."

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7	2	5	1	6	9	8	3	4
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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.

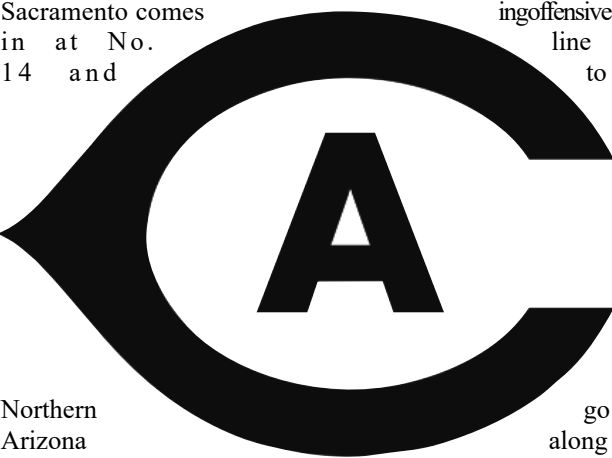
Season tickets are on sale now, and fans can visit <https://ucdavisaggies.evenue.net> to secure their spot in Shredville for the 2025 season. Tickets start at \$100 for new alumni and \$140 for the general public.

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.evenue.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.evenue.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.evenue.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.

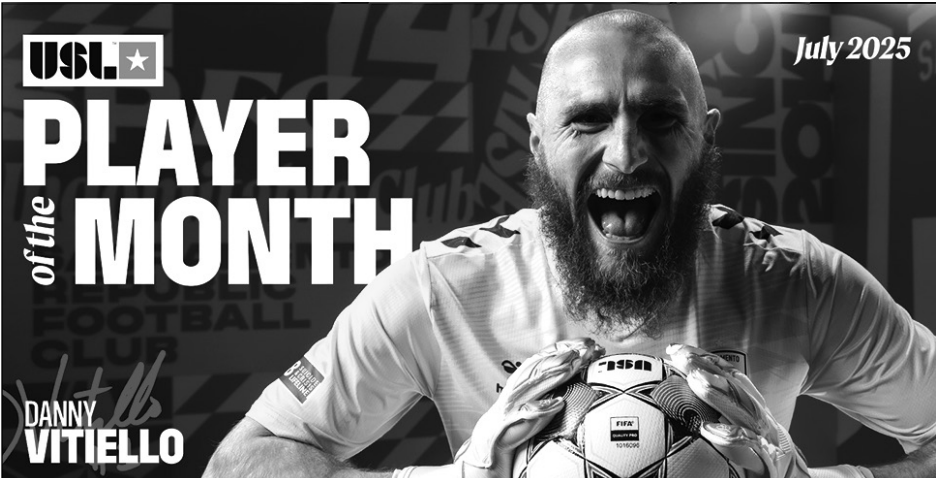
The 2025 Big Sky conference preseason coaches' poll included Montana with six first-place votes for a total of 60 points, Eastern Washington with two first-place votes and a total of 52 points, Idaho with a total of 49 points, tied for fourth is Sacramento State with one first-place vote and Northern 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. ★



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

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. ★