



Life-Saving Fight Against Stigma

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Carmichael Times

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FEWER SUCKY DAYS
By Mary Jane Popp



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Lost, Found and Returned

Local Kayaker behind 'American River Lost & Found'



Karl Bly is a Sacramento native and kayaker who runs a local popular Facebook page called American River Lost & Found. Photos courtesy of American River Lost & Found

By Idaly Valencia

SACRAMENTO REGION, CA (MPG) - Going to the river to beat the heat is a summertime tradition for many Sacramento-area residents. Whether rafting, canoeing or swimming, local waterways attract crowds looking to have a fun way to cool off.

But losing a wallet, phone or any personal belonging to the river can quickly end the fun.

For Sacramento native Karl Bly, recovering those lost items has become a mission that is part compassion, part hobby. He takes requests from



An American River visitor holds his phone and an American River Lost & Found card after Sacramento native and kayaker Karl Bly returned the item in early September.

individuals searching for belongings and posts daily online in hopes of reuniting items to the owners.

"It's such a fun addiction to find things out in the river, and then it just adds so much more when you continue to search and find the owners," Bly said. "It's a whole new level of adventure."

Bly's connection to the American River goes back to 1972, when his family moved to Carmichael. He was 5 years old, Bly said, when he started kayaking and snorkeling.

"My dad would get our whole family out on the river," Bly said. "He would go scuba diving in the river looking for things and I would follow his air

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SMUD Offers Heat Pump Rebates

SMUD News Release

SACRAMENTO REGION, CA (MPG) - Sacramento Municipal Utility District (SMUD) and its customers have achieved a major clean-energy milestone for the Sacramento region.

Through SMUD's Advanced Home Solutions program, more than 20,000 gas-fired space and water heating systems were replaced with high-efficiency electric heat pumps. These upgrades are equivalent to converting 10,000 homes to all-electric living and cutting 20,000 tons of carbon emissions each year, the same as taking 8,000 gas-powered cars off local roads.

Households that switched from gas to electric using heat pump technology are saving an average of \$500 per year on utility bills. Together, customers are keeping a total of \$5 million annually in their pockets.

"Once my old gas water heater started having issues, I decided to take advantage of SMUD's rebate for a heat pump," said SMUD customer George El-Chemali. "Switching over has been nothing but amazing; it works better, it's more affordable and it feels good knowing the change is better for the environment."

More families are discovering that heat pumps can heat and cool their homes more affordably while helping keep the air cleaner, according to SMUD Distributed Energy Solutions director Rachel Huang.

"SMUD continues to show that clean energy isn't just good for the environment; it's good for family budgets, too," Huang said.

Heat pumps work like a two-way air conditioner, heating in the winter and cooling in the summer, powered by electricity instead of gas. Heat-pump water heaters use the same technology to deliver hot water while using up to 80-percent less energy than traditional models.

SMUD offers rebates to help more customers make the switch to heat pump technologies, including up to \$2,500 rebate for a heat pump HVAC system and up to \$3,000 rebate for a heat-pump water heater. These rebates can be combined with federal tax credits of up to \$2,000, (expiring Dec. 31,) as well as state and federal incentives.

Beyond heat pumps, SMUD offers rebates for induction cooktops and home EV charging. So far, residential customers have installed 8,000-plus chargers and 2,300-plus induction cooktops with SMUD support.

For more information, visit smud.org/GoElectric. ★

Annual Brain Health Forum Open to Everyone

By Kevin Ruse

CARMICHAEL, CA (MPG) - If someone you love has Alzheimer's or another form of dementia, you know how hard it can be to navigate daily life, let alone think about long-term plans.

As caregivers to my mom, my brother and I lived our lives minute by minute as my mom declined and the disease progressed. Watching my mom struggle daily with simple tasks was frustrating but seeing her confusion and distress was utterly heartbreaking. I found myself helpless as I saw the fear in her eyes when she didn't recognize my brother or understand what he was doing in her home.

In the beginning, mom navigated the memory loss with relative ease and even humor. But after my father passed, she lost her rock and her sense of home. That's when my brother and I realized the tasks ahead of us were

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Dr. Ralph Carmona, living with Alzheimer's for more than 10 years, will speak at the 10th annual Brain Health Forum. Photo courtesy of Kevin Ruse



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Lost, Found and Returned

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bubbles around in a canoe.”

At 10, Bly found a pair of cut-off shorts with a wallet and a California Highway Patrol badge inside.

“I still remember his name, Blaine Pectol,” Bly recalled.

Without social media, Bly relied on the yellow pages to track down the officer. After a few calls, Bly reached the right family.

“It was exciting for me to go through that whole process as a young kid and ultimately returning a wallet to a CHP officer made me feel I was an important part of the community,” Bly said.

From then on, Bly said, he made it a point to return anything with a name attached that he found while diving. When Bly joined social media in 2010, it gave him a way to share his discoveries with friends and he gained a reputation for finding lost items in the river.

One day, friends alerted him to a lost kayak posted in a community group. The next morning, Bly said, he went out and located it in just 10 minutes. That moment became the turning point for launching the American River Lost & Found Facebook page in 2018.

The page has since grown to more than 36,000 followers, with members who actively help by sharing posts and commenting.

The most common finds, Bly said, are sunglasses with hundreds, if not thousands, each year. Phones are the most valuable frequent recovery, with 178 phones returned so far in 2025.

Bly has also retrieved unusual items, such as three prosthetic legs.

“Social media is just invaluable to get something like that returned,” Bly said.

Some of Bly’s finds are more whimsical. A recent request led Bly to recover a lost mermaid tail, which he successfully returned to its owner.

But other items that seem ordinary often hold deep personal meaning, a part of Bly’s work that stands out to him.



One of Karl Bly’s more unique finds, a mermaid tail, was returned to its owner in August. Photos courtesy of American River Lost & Found

He recalled returning a sticker-covered water bottle that had been lost for a year. Each sticker represented a trip that the owner and his girlfriend had taken together, starting with the one where he first told her he loved her.

“Every place they went all over the world, they put these stickers on it; it was kind of a history of their relationship,” Bly said. “Little stories like that are so common. People thought their things were gone forever, things very meaningful to them and not worth much to anyone else.”

Bly holds onto items that might take longer to claim but clothing left unclaimed after about a week is washed and donated.

Summer is Bly’s busiest season, when he receives requests daily. In the winter, Bly explained, far fewer people are out on the water, so there are fewer items to be lost. Most of his work is along the American River and Lake Natoma, where Bly has even had other local divers assist.

“It’s just a fun hobby to go out and find things,” Bly said. “And it’s

so much better when you can hand something back to somebody and have them in tears, ‘Oh my God, I

been ‘flexing his time,’ allowing him to dedicate more hours to the hobby.”



Karl Bly poses with owners and their returned items, which he shares on his American River Lost & Found Facebook page to help reconnect lost belongings.

can’t believe I got this back.”

Outside of diving and kayaking, Bly manages rental properties, which gives him more free time after a more than 20-year career in various entrepreneurial ventures. In his later years, Bly joked, he has

For river-goers, Bly’s top tip is simple: “Number one, if you’re bringing something valuable in water, make sure it floats.” He also recommends phone protectors, securing bags in kayaks or canoes and straps for prescription glasses.

Bly documents his days on the river with photos and videos, focusing on wholesome or funny interactions for his social media page.

But his work goes beyond returning lost items. He regularly picks up trash, helps stranded rafters and identifies safety hazards.

“Since I’m getting these messages daily during summer of where people are wiping out and losing their stuff, I also have kind of an overview of where the dangerous spots are,” Bly said.

About two years ago, Bly noticed a pipe crossing the river that was causing wipeouts. He posted about it online, and after a local news outlet published a story, the pipe was removed.

“Found out it was a decommissioned pipe. A few months later, I got a message from the lawyers saying, ‘We want to let you know that we will be removing that pipe because of your activism,’” Bly said.

At times, Bly’s work can take a more serious turn.

“I spend so much time on the river, I wind up helping people in one way, shape or form or another almost every time I’m out there,” Bly said. “I’ve been in those situations many, many times.”

Bly noted that he and other divers have occasionally assisted in recovery efforts for drowning victims.

“We’ve actually attached buoys to drowning victims in the river so the Sac Metro Fire Department can come in, pull up the buoy to the rope and continue recovery,” Bly said. “Since we know the river so well and know where all these little spots are, knowledge and skill come in handy sometimes when it’s needed.”

Despite the dangers, Bly keeps his page positive. Bly said his efforts have had a “radiating effect,” inspiring others to hand him lost items or join in the search, creating a sense of comradery along the American River.

To learn more about Bly and to see his daily finds, visit the American River Lost & Found page at @ARKayaker on Facebook. ★

Fall in Love with These Homes

6709 Stanley Avenue, Carmichael | \$1,140,000

Just steps from the American River Parkway and Milagro Centre, this expansive single-story home sits on a .63-acre corner lot with pool, gazebo, and multiple entertaining spaces. Inside, enjoy 4 bedrooms and 3 remodeled baths including two full primary suites—ideal for guests or multigenerational living. A bright living room with bay window, Quartz kitchen, formal dining, and a 3-car garage complete this rare find in one of Carmichael’s best neighborhoods.

1333 Villagio Drive, El Dorado Hills | Offered at \$889,000

Backed by greenbelt privacy in gated Serrano, this pristine 4-bedroom, 3-bath home blends style and comfort with a remodeled kitchen, quartz counters, stainless LG appliances, and a downstairs bed & bath perfect for guests or work-from-home. Highlights include hardwood floors, high ceilings, loft space, and a relaxing primary suite with sweeping views. Close to Bella Terra Park, top schools, and Serrano Country Club.

1911 Discovery Village Ln, Gold River | Offered at \$599,900

Rare single-story gem tucked at the end of a cul-de-sac in a gated Gold River village. With vaulted ceilings and 5 glass sliders, this 2-bedroom + den, 2-bath home is filled with natural light and tranquil views of the greenbelt and pond. Features include a granite kitchen, dual closets in the primary suite, and a wraparound yard designed as a private tropical retreat—plus access to pool, spa, and clubhouse.

5325 Pimlico Drive, Sacramento | Offered at \$439,000

This updated 3-bedroom, 2-bath home sits on a quiet street in an established neighborhood. Bright and welcoming, it features stainless steel appliances, newer doors, and a cozy fireplace. Enjoy a sunny backyard with citrus trees, pergola seating, and a raised garden bed. Located in the San Juan School District with easy access to Hwy 80, parks, shopping, and dining.

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Life-Saving Fight Against Stigma

Ostomy Awareness Campaign Ongoing

By Idaly Valencia

SACRAMENTO COUNTY, CA (MPG) - Many people might not know the term “ostomy” but a Galt resident and a retired nurse have made it their mission to change that.

Dan “Dry Dock” Shockley, a retired U.S. Navy veteran, is raising awareness of his rare disease by advocating for policy and legislation, supporting research opportunities and educating medical students.

He has teamed up with retired ostomy nurse Joyce Moss, who has more than 40 years of experience, to lead a campaign focused on early colon cancer detection and ostomy surgery.

Shockley served 22 years in the Navy, including during the Persian Gulf War and Operation Iraqi Freedom. He retired at 43 after a career that took him to ports around the world.

In 2012, a routine checkup when Shockley was 51 revealed a life-altering diagnosis: attenuated familial adenomatous polyposis, or AFAP, a hereditary colon-cancer mutation. He had no symptoms or family history.

“Both sides of the Shockley family, we have no idea where it came from,” he said.

A colonoscopy at the VA hospital in Oahu, Hawaii, led to genetic testing at Tripler Army Medical Center, which confirmed the diagnosis. The mutation was first identified by the late Dr. Henry T. Lynch, regarded as the founding father of hereditary cancer research. Shockley even met Lynch, who reviewed his case.

Doctors told Shockley that surgery was the only option, since untreated polyps carried a 100% chance of developing into colon cancer. He needed an ileostomy, a surgery that creates an opening, or stoma, in the abdomen to allow waste to exit the body when the colon or rectum cannot function properly.

“My mindset is, I tend not to think about things I’m not able to control, such as medical issues, but I can control my positive attitude,” said Shockley.

Shockley leaned on his military mindset to face the diagnosis and the surgery’s lifelong implications.

“The Marines’ mantra is adapt, improvise and overcome,” he said. “When I got diagnosed, I immediately went into battle mode in a positive way because I wanted to be able to take this on.”

Shockley underwent a six-hour surgery to remove a large tumor and now lives with a permanent ostomy.

He joked with his doctors, asking, “Did you find everything you were looking for?” and used humor to positively cope with the situation.

Thirteen years later, Shockley no longer faces the threat of colon cancer and calls himself a hereditary colon cancer warrior.

“I go about my life like I don’t have it,” said Shockley.

He continues long-term care at Stanford Cancer Center and undergoes surveillance every other year. Shockley also shares his story and genetic results with medical students nationwide at universities including Rutgers, Michigan, Vanderbilt and Stanford.

Shockley formed a close bond with Moss, his first ostomy nurse at the VA hospital in Mather. Together, they lead an awareness campaign to help reduce stigma around living with an ostomy and to emphasize the importance of early colon cancer detection.



From left are retired ostomy nurse Joyce Moss and Galt colon cancer warrior and ostomy advocate Dan “Dry Dock” Shockley. Photo by Idaly Valencia

Moss told The Galt Herald that there is a shortage of ostomy nurses, with about 6,000 nationwide compared to an estimated 750,000 to 1 million patients. Certified ostomy nurses, she said, prepare patients for the lifelong care required.

She emphasized that stigma could leave some patients feeling isolated, limiting themselves from social experiences.

“There are many ostomates who end up being homebound, not because of physics but because of emotion,” she said.

Moss also explained how the stigma often stems from cultural taboos.

“We don’t like to talk about the bathroom,” she said. “All of a sudden, you have this external pouch you’re wearing, and once you become accustomed to it, it very much becomes part of your life... it’s the fear of what others are going to think about it.”

A common problem is patients not knowing where to find help or what devices are available, Moss said, since every ostomate is different. Families might also be unprepared for aftercare, she said, recalling a veteran whose wife managed his

care until she fell ill. Their adult children had never been taught to help their father who was an ostomate.

“So it’s a matter of sharing that part of yourself that other people may not understand,” Moss said. “There are lots of things that make it difficult to talk about and that’s the part that I think is really important, where people like Dan are really good about being open and sharing.”

In 2023, Shockley’s advocacy led to a California Senate concurrent resolution recognizing Oct. 7 as Ostomy Awareness Day. The resolution aligned with World Ostomy Day, observed every three years by the United Ostomy Associations of America.

On June 23, Senate Concurrent Resolution 73 was passed to establish June 16 to 22 as Familial Adenomatous Polyposis Awareness Week, the first in the country to pass as a resolution rather than a proclamation, Shockley said.

Sen. Roger Niello, who carried the resolution, said the effort is about compassion and visibility.

“It is important to foster understanding, reduce stigma and build a supportive community for those living with an ostomy,” Niello said. “With recognition such as this one, I hope people remember that compassion for our friends and neighbors with health challenges starts here at home.”

Niello credited Shockley for

inspiring the resolution.

“Mr. Shockley is the one that reached out to me and educated me about World Ostomy Day and I was inspired by the strength and resilience of individuals like him,” Niello said. “Many quietly navigate life with courage, and honoring this mission is my way of standing beside them and helping others see the dignity in their journey.”

When asked what advice he would give to someone newly diagnosed or preparing for ostomy surgery, Shockley said to be proactive.

“Ask lots of questions and talk to the medical professionals that are readily available that know about it... You know the old saying, there is no such thing as a stupid question,” Shockley said.

He also advises patients to contact the United Ostomy Associations of America, which offers resources online and by phone.

Shockley said his goal is to continue raising awareness and destigmatizing ostomies, carrying forward the legacy of Dr. Lynch.

“He was still researching up until a month before he passed away,” Shockley said. “When he passed away, I decided my focus needed to be educating medical students, virtually or in person, to continue his legacy.”

Now, Shockley and Moss are working with Niello on a third state Senate resolution recognizing World Ostomy Day on Oct. 4, observed every three years on the first Saturday in October.

More information and resources are available at the Carmichael Ostomy Association at coaostomy.org and the United Ostomy Associations of America at ostomy.org.

Based in Carmichael, the Carmichael Ostomy Association has Zoom meetings from 10 a.m. to noon the first Saturday of each month with guest speakers and to discuss specific concerns, issues, suggestions and personal experiences. ★

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Annual Brain Health Forum Open to Everyone

Continued from page 1

overwhelming. What worked for us on Monday failed on Tuesday. The learning curve was steep but we persevered daily.

What we needed was guidance, someone who has been through the experience and can provide simple but effective tips and tricks. When can I find the time to make dinner? Who will watch mom, so I can shop for groceries? How can I make the house safer for her to navigate? Should we discuss medications with her primary care physician?

That's why the 10th annual Brain Health Forum the morning of Oct. 1 in Carmichael is a must-attend event for caregivers, family members and anyone facing memory challenges. The forum is open to residents in the Carmichael, Citrus Heights, Rancho Cordova and Rio Linda area.

My mom passed more than 10 years ago but the impact of her disease has stayed with me. So much so that I, along with thousands of volunteers with the Alzheimer's Impact Movement, vow to put an end to the suffering that often accompanies the disease, both for the patient and the caregiver. Many caregivers are related to the person with Alzheimer's and know all too well that the risk for themselves is higher. You might wonder how much higher? Is it different between males and females? Is there some test I can take, like a blood test? Are there any medications available? Are they covered by insurance or Medicare? What about clinical trials? And perhaps, most significantly, what are the evidence-based practices that can reduce my risk?

This year's 10th annual Brain Health Forum will answer many of these questions. In addition, you will find numerous resource tables of local community organizations offering care support services and other programs. Need a meal quickly or on a regular basis? Need to install grab bars in the bathroom but are limited by finances or know how? If you're unsure what help is even available or how to begin, this is a no-pressure, welcoming space to explore your options and receive real, usable solutions.

One of the many highlights of this event is speaker Dr. Ralph Carmona,

a remarkable advocate living with Alzheimer's for more than 10 years. He is still teaching at a community college and recently completed the Boston Marathon at age 74. Carmona brings his energy, insight and firsthand experience to the stage to share how science, advocacy and community can shape the future of brain health.

Learn how nine years ago, Carmona, because of an early diagnosis, participated in a clinical research trial for Leqembi, a new Alzheimer's drug that he said stopped his symptoms from progressing. Leqembi is now approved by the Food and Drug Administration. While available to the public and covered by Medicare, patients must consult their physician to see if they fit the profile to be prescribed the medication. After hearing Carmona's experience, I defy anyone to leave the forum without feeling immensely inspired and hopeful for the future.

Claire Day, Alzheimer's Association of Northern California and Northern Nevada Chapter chief mission and program strategy officer, will present U.S. Pointer Study results. The study proves that positive, everyday actions can make a difference in brain health, and when combined into a program that targets multiple factors such as physical activity, improving nutrition, cognitive and social challenge, and health monitoring, we know it can have an even more powerful impact.

If you have questions about Alzheimer's disease, clinical trials or current treatments, be sure to stay for the question-and-answer section featuring medical professionals, Alzheimer's Association representatives and clinical trial participant Carmona. You won't want to miss the drawing at the end, where prizes include health-related products and information about the Mind diet.

The 10th annual Brain Health Forum is presented by Congressman Ami Bera with the Alzheimer's Association and is free to attend. Register for the event at forms.office.com/g/3GYejVprHV. The event is from 9:30 to 11:30 a.m. Oct. 1 at the Carmichael Elks Lodge, 5631 Cypress Ave., Carmichael. ★

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Fewer Sucky Days

Are you grumpy? Can you change? You might after you check in with my Happiness Expert. They call her “Your Ray of Sunshine” and she is on a mission to inspire happier, healthier lives. With humor, heart, and six simple steps, **Deborah Mallow** hopes to help you overcome procrastination, self-doubt, and get you unstuck with “**6 Steps to Fewer Days That Suck.**” She gave me an abbreviated version on my POPPTALK Radio Show.

1. THE DECISION. IT ALL STARTS WITH AWARENESS AND THE CHOICE TO PRIORITIZE WELL-BEING. It’s the first step because nothing changes without the decision to change. Understand thought patterns, triggers, and nurtures self-acceptance. Create your own positive routines. Research shows we can counteract negative thoughts and the natural cortisol spike (our body’s stress hormones) that occurs after waking. Deborah’s routine is to give yourself a hug of acceptance. Smile at yourself in the mirror—proven to release feel-good hormones. Add a word of gratitude, or an upbeat affirmation and carry that with you throughout the day.

2. DITCH BAD HABITS. LET GO OF WHAT HOLDS YOU BACK. Before we build—we need to clear the space. It’s the second step because, before we can build better habits, we need to make space by letting go of what drags us down. Daily Decisions flip the script. Replace negative self-talk and energy drains. SCIENCE BACKED calls for Reframing, non-productive thoughts helping to build confidence and resilience...nurturing well-being.

3. THE MINDSET SHAPES HOW YOU THINK. It’s the third step because once bad habits are gone—we can build a strong mental foundation. DAILY DECISIONS reframe thoughts. Choosing to re-

spond—not react (not allowing emotions to drive the bus) is what helps us manage circular thoughts, worry, fear, burnout, anger etc. SCIENCE-BACKED means our brains thrive on patterns. Daily practice = long-term change + positive thought habits that stick.

4. THE ACTION. DON’T JUST DREAM—PLAN, THEN DO. This is the fourth step because, with a clear head and a strong mindset, we’re now ready to act and incorporate what uplifts us into our daily routines and creates simple habits that spark joy and motivation. SCIENCE-BACKED means Taking action, creates momentum and improves mood, and reduces stress, procrastination, and excuses.

5. ATTITUDE. SHOW UP WITH POSITIVE ENERGY TO HELP TACKLE CHALLENGES AND SET-BACKS. It’s fifth because action without the right attitude can burn us out. Show up consistently, stay positive, and pass it on. SCIENCE-BACKED means Natural mood-boosters like walking, decreases sensitivity to stress and pain. Laughter and joy-based activities release endorphins and reduces stress.

6. COMMITMENT. KEEP GOING EVEN WHEN IT’S HARD. Transformation begins with consistency. Own your path forward...one intentional choice at a time. It’s sixth because nothing sticks unless we commit to it. Value yourself, stick to your vision, build on your wins and be kind to yourself and others. SCIENCE-BACKED means Helping others activates the brain’s reward center and boosts well-being.

Check out www.dailydecisions.com/ inspire to join her free inspirations. And don’t forget Deborah Mallow’s “**6 Steps to Fewer Days That Suck**” to get unstuck! **NEW LIFE! NEW YOU!** ★



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Carmichael Times

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06242
Carlee Jacobus, 4419 Stockbridge Avenue, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Honest Aura" 4419 Stockbridge Avenue, Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 22, 2025
Publish: September 5, 12, 19, 26, 2025
HONEST 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06263
The Synergy Holding's LLC (CA), 4508 Winje Drive, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Synergy Holdings" 4508 Winje Drive, Antelope, CA 95843. Filed with the Clerk of Sacramento County August 22, 2025
Publish: September 5, 12, 19, 26, 2025
SYNERGY 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06238
Alonzo Simmons, 2708 Woodbury Way #105, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "PorkniteTV/Porknite" 2708 Woodbury Way #105, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 21, 2025
Publish: September 5, 12, 19, 26, 2025
PORKNITE 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06133
Luis Eduardo Mendoza, 5824 Alorn Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "California Senior Benefits Services/California Senior Benefits Services and Family Care" 5824 Alorn Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 15, 2025
Publish: September 5, 12, 19, 26, 2025
CALIFORNIA 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04816
Lady Nunez Vega, 10649 Biscay Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Lady House Cleaning" 10649 Biscay Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 30, 2025
Publish: September 5, 12, 19, 26, 2025
LADY 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06071
Dianna Maharaj, 3543 Rosemont Drive, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Dust to Diamonds" 3543 Rosemont Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 14, 2025
Publish: September 5, 12, 19, 26, 2025
DUST 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06067
A to Z Junk Removal Services LLC, 348 Yampa Circle, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "A to Z Junk Removal Services" 348 Yampa Circle, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 13, 2025
Publish: September 5, 12, 19, 26, 2025
JUNK 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06162
Dakista Jones, 2425 20th Street, Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Studio 417 The Salon" 2425 20th Street, Sacramento, CA 95818. Filed with the Clerk of Sacramento County August 19, 2025
Publish: September 5, 12, 19, 26, 2025
STUDIO 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06267
Porters Potties LLC., 5228 Lynnadeane Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Porters Potties" 5228 Lynnadeane Court, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 25, 2025
Publish: September 5, 12, 19, 26, 2025
PORTERS 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06246
Ong Xiong, 8211 Aden Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Hmong Threads/Hmong Tee" 8211 Aden Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County August 22, 2025
Publish: September 5, 12, 19, 26, 2025
HMONG 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06261
Mobility Clean and Care, 2731 Garfield Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mobility Clean and Care" 2731 Garfield Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 22, 2025
Publish: September 5, 12, 19, 26, 2025
MOBILITY 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06040
Eric Chu-Chu Browne, 2584 Beaumont Street, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Browne Rentals" 2584 Beaumont Street, Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 12, 2025
Publish: September 5, 12, 19, 26, 2025
BROWNE 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06291
Ashley DeZonia, 3152 Lea Sterling Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "The Brow Leopard" 1723 Professional Drive, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 25, 2025
Publish: September 5, 12, 19, 26, 2025
BROW 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06066
Maid 2 Perfection LLC., 348 Yampa Circle, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Maid 2 Perfection" 348 Yampa Circle, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 13, 2025
Publish: September 5, 12, 19, 26, 2025
MAID 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06350
Extra Hummus LLC, 2320 Sunrise Boulevard, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Extreme Hummus" 2320 Sunrise Boulevard, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 26, 2025
Publish: September 5, 12, 19, 26, 2025
EXTREME 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06313
Clover Massage LLC, 5839 Manzanita Avenue Suite 9, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Clover Massage" 5839 Manzanita Avenue Suite 9, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 25, 2025
Publish: September 5, 12, 19, 26, 2025
CLOVER 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06235
Trademark By Dreu LLC, PO Box 3492, Antioch, CA 94531 is doing business under the Fictitious Business Name(s) "Purpose on Autopilot" 1401 21st Street Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 21, 2025
Publish: September 5, 12, 19, 26, 2025
PURPOSE 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05970
Victor H Vargas, 10833 Folsom Boulevard Apt #338, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "PPS – Professional Painting Services" 10833 Folsom Boulevard Apt #338, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 11, 2025
Publish: September 5, 12, 19, 26, 2025
PROFESSIONAL 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06395
Mahon Enterprises LLC, 1609 Stewart Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Old Glory Hauling" 1609 Stewart Road, Sacramento, CA 95864. Filed with the Clerk of Sacramento County August 28, 2025
Publish: September 5, 12, 19, 26, 2025
OLD 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06364
Christina Ann Reed, 2929 Routier Road #263, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "LeeAnn's Health Care Service" 2929 Routier Road #263, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 27, 2025
Publish: September 5, 12, 19, 26, 2025
LEEANN'S 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05320
Saghar Pmah, 8820 Greenback Lane #J, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Saghar Threading" 8820 Greenback Lane #J, Orangevale, CA 95662. Filed with the Clerk of Sacramento County July 18, 2025
Publish: September 5, 12, 19, 26, 2025
SAGHAR 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05497
Melyssa Kuniye Welter, 8128 Lichen Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "MKW Enterprises" 2007 Broadway, Sacramento, CA 95818. Filed with the Clerk of Sacramento County July 25, 2025
Publish: September 5, 12, 19, 26, 2025
MKW 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06422
Oleksandra Valdovinos, 6151 Shadow Lane Apt 218, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Sabó Design" 6151 Shadow Lane Apt 218, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 29, 2025
Publish: September 5, 12, 19, 26, 2025
SABO 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06325
Max Tire and Auto Repair Inc, 3408 Northgate Boulevard Suite #7, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Max Tire and Auto Repair" 3408 Northgate Boulevard Suite #7, Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 26, 2025
Publish: September 5, 12, 19, 26, 2025
MAX 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05555
Sinan Al Adhami, 4671 River College Drive, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Sinan's Drafting Services" 4671 River College Drive, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 28, 2025
Publish: September 5, 12, 19, 26, 2025
SINANS 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06329
Leada Omid, 2666 Cottage Way Apt 95, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Marya Fasion" 2413 Howe Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 26, 2025
Publish: September 5, 12, 19, 26, 2025
MARYA 9-26-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06370
David Erdman, 2533 Fumint Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "X-Pert Fire Suppression Service" 2533 Fumint Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
XPERT 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06492
YF Services Inc, 3349 Gray Mare Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Freedom Fence and Gate" 3349 Gray Mare Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 3, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
FREEDOM 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05548
Mario Mejia, 11051 Cobblestone Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Pristine Cleaning Solutions" 11051 Cobblestone Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 28, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
PRISTINE 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06461
Jesus Rios Courier LLC, 2110 K Street, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Process Server Of Downtown Sacramento/Process Server Of Rancho Cordova/Process Server Of Natomas" 2110 K Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County September 2, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
PROCESS 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06467
Kyler Jordan Treven Blair, 10195 Crawford Way Unit B, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Oathbound Entertainment" 10195 Crawford Way Unit B, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 2, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
OATHBOUND 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06418
Golden State Auto Deals LLC, 721 North B Street Suite 8, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Golden State Auto Deals LLC" 721 North B Street Suite 8, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 28, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
GOLDEN 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06343
Fillipelli Enterprises LLC, 785 Orchard Drive, Suite 250, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "CMIT Solutions Folsom" 785 Orchard Drive, Suite 250, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 26, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
CMIT 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06251
Sajid Vaid and Fhozia Vaid, 2612 El Camino Avenue, Suite A, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Bold N Bella" 2612 El Camino Avenue, Suite A, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 22, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
BOLD 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06428
Azua 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 August 29, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
MBS 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06376
Golden State Advisory Group LLC, (CA) 1345 Ocean Parkway, Brooklyn, NY 11230 is doing business under the Fictitious Business Name(s) "Golden State Capital Partners" 1345

Ocean Parkway, Brooklyn, NY 11230. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
GOLDEN 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06377
Social Growth Consulting LLC (CA) 1345 Ocean Parkway, Brooklyn, NY 11230 is doing business under the Fictitious Business Name(s) "Social Funding Partners" 1345 Ocean Parkway, Brooklyn, NY 11230. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
SOCAL 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06378
LA Business Advisory Group LLC (CA) 1345 Ocean Parkway, Brooklyn, NY 11230 is doing business under the Fictitious Business Name(s) "LA Capital Funding" 1345 Ocean Parkway, Brooklyn, NY 11230. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
LA 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06379
Pacific Growth Consulting LLC (CA) 1345 Ocean Parkway, Brooklyn, NY 11230 is doing business under the Fictitious Business Name(s) "Pacific Growth Funding" 1345 Ocean Parkway, Brooklyn, NY 11230. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
PACIFIC 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06380
Bay Area Strategy Group LLC (CA) 1345 Ocean Parkway, Brooklyn, NY 11230 is doing business under the Fictitious Business Name(s) "Bay Area Business Funding" 1345 Ocean Parkway, Brooklyn, NY 11230. Filed with the Clerk of Sacramento County August 27, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
BAY 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06522
Asia Renee Sandifer, 4130 Innovator Drive #3202 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Doodle Boogie Studios" 4130 Innovator Drive #3202, Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 3, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
DOODLE 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06346
Mariann Cosby, 5407 Bentley Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "MFC Consulting" 5407 Bentley Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 26, 2025
Publish: Sept 12, 19, 26, Oct 3, 2025
MFC 10-3-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06644
Sage Jackson, 5006 Robertson Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "SCJ Mobile Auto Repair" 5006 Robertson Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 5, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
SCJ 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05826
Pan NorCal LLC, 225 Bush Street Suite 1800, San Francisco, CA 94104 - DE is doing business under the Fictitious Business Name(s) "Panera Bread" 7901 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 6, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
PANERA 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06638
Dimitrios Razakis, 5915 26th Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Horizon Painting" 5915 26th Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County September 5, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
HORIZON 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05867
Legatum Mortgage LLC (organized in the state of WA)- Barry K Dale Jr (Owner) 715 SE Cass Avenue, Cass Avenue, Roseburg, OR 97471 is doing business under the Fictitious Business Name(s) "Legacy Oaks Mortgage" 980 W Fremadahl Drive, Roseburg, OR 97471. Filed with the Clerk of Sacramento County August 7, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
LEGACY 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06493
Susan Kay Marangi, 3254 Back Circle, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Perrigo Auto Sales" 3254 Back Circle, Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 3, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
PERRIGO 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06189
Jose A Torres, 333 University Avenue Suite 200, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Towers Tax Strategy" 333 University Avenue Suite 200, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 20, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
TOWERS 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06317
First Castle Security Corp, 5052 Country Club Drive, Rohnert Park, CA 94928 is doing business under the Fictitious Business Name(s) "Sacramento Protective Services" 10 Main Avenue, Suite #1, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 25, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
SACRAMENTO 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06676
Vladimir D Sonnik, 10101 Monte Vallo Court, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Sonnick Financial Solutions" 10101 Monte Vallo Court, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
SONNIK 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06203
Steamer Lane, LLC, 599 Menlo Drive, Suite 200, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "Sierra Loma Assisted Living" 3950 Annadale Lane, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 20, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
SIERRA 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06716
Onigiri Burger, 2621 Marconi Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Onigiri Burger & Tacos" 2621 Marconi Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
ONIGIRI 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06746
Adam Mott, 7140 Minoress Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Triple Helix Enterprises" 7140 Minoress Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County September 9, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
TRIPLE 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06803
Little Thunder Designs, LLC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Over The Bench/We R One/Kink U" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County September 10, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
OVER 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06473
Sunrise Health & Wellness Center, LLC, 1947 N California Street Suite C, Stockton, CA 95204 is doing business under the Fictitious Business Name(s) "Sunrise Health & Wellness Center, LLC" 10089 Folsom Boulevard, Suite A & C, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 24, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
SUNRISE 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06437
Karlee Hormell, 2108 N Street #13174, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Field Trip Consulting" 2108 N Street #13174, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 29, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
FIELD 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06768
LNM1968 LLC, 10940 White Rock Road, Suite 210, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "LNM1968/ LNM1968 Photography" 3259 Sanbury Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 10, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
LNM 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06447
Delta Marine Sales, Inc., 1302 W. Fremont Street, Stockton, CA 95203 is doing business under the Fictitious Business Name(s) "Delta Marine Sales/Bay Yachts" 140 Brannan Island Road, Isleton, CA 95641. Filed with the Clerk of Sacramento County August 29, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
DELTA 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06556
Thomas Madsen, 2807 Chad Court, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Memo's Latinx California Cuisine" 501 Second Street #A, Island, CA 95641. Filed with the Clerk of Sacramento County September 12, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
DANISH 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06554
Oleg Vlasov, 7325 Cottillion Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "NVN Transport" 7325 Cottillion Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 4, 2025
Publish: Sept 19, 26, Oct 3, 10, 2025
NVN 10-10-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06893
Sergiy Ostroushchenko, 1342 Trevor Court, Roseville, CA 95678 is doing business under the Fictitious Business Name(s) "Starpom Services" 1342 Trevor Court, Roseville, CA 95678. Filed with the Clerk of Sacramento County September 15, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
STARPOM 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06827
McAtee Property Services, LLC, 3400 Cottage Way, Suite G2 #29279, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "High Tide Pools" 2156 Woodhead Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 11, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
HIGH 10-17-25

Teen Collecting Safety Issue Petition Signatures

By Stephen B. Clazie

SACRAMENTO REGION, CA (MPG)
- It was a sunny Saturday in Sacramento on Nov. 26, 2022, when Eric Noem and a family friend, Sandy Louey, crossed Riverside Boulevard. They walked southbound in the Lelandhaven crosswalk.

At that intersection is also Greenhaven Place, a senior living facility. Eric and Louey were on their way just after 6 p.m. to have dinner at Banzai Sushi in the Grocery Outlet shopping center, located across Riverside Boulevard from the Elks Lodge 6 parking lot.

But they did not make it to the restaurant because, when crossing the boulevard, they were hit by a car.

“I don’t know if I saw it coming. The only thing I remember is looking both ways before starting to cross,” Eric said. “We were struck by a lady in a speeding white Toyota Camry and we were both seriously injured.”

It was not a hit-and-run; the driver stopped and cooperated with police. The police reported that the driver was cited for speeding. Both Eric and Sandy were taken to the UC Davis Medical Center.



Eric Noem and his family friend, Sandy Louey, are at the Elks Lodge 6 parking lot on busy Riverside Boulevard. In the background is Eric’s large, bright yellow poster. Neither one can recall all the details of how they were both seriously injured by a speeding driver in 2022. Photo courtesy of Eric Noem

Eric sustained a brain bleed, concussion, fractured fibula (calf bone), abrasions and bruises. Louey, a Greenhaven resident, suffered several broken bones requiring extensive surgery and rehabilitation. Two years later, she said, “I’m grateful to be alive, healthy and to have the love of family and friends.”

Eric had twice-weekly physical therapy for six weeks after being released from the hospital. During that period, Eric said, “I used a walker and then graduated to a cane before the therapists said I could safely walk on my own.”

His neurologist said that Eric could not play any “helmet sports.” He was also excused from PE for a year.

Eric, 14, completed eighth-grade in June at Winston Churchill Middle School, a magnet school in Carmichael offering the International Baccalaureate program. He is now a Mira Loma High School freshman.

Eric’s interests include martial arts (kung fu for seven years), reading, video games, Pokémon, Taylor Swift and cats. Eric said that it was appropriate that Prime Minister Churchill had a pet

Bulldog named Rufus. He is “kind of like Churchill and Rufus because they represent strength and the ability to keep going, even when things get tough. Since the accident, I have developed a new interest: advocating for public safety.”

“As a person, I am more careful and aware of safety issues in the community,” Eric said. “I wanted my eighth-grade community service project to be more of a personal project, something I could be an advocate for and truly support.”

Eric’s eighth-grade community-service project was to get the city to install a push-button Rectangular Rapid Flashing Beacon (RRFB) at the current crosswalk on Riverside Boulevard and Lelandhaven Way, which will make it safer for pedestrians to cross the intersection.

“My father has been the contact with Rick Jennings’ staff on the issue,” Eric said.

Eric also met with Jennings earlier this summer.

“Councilman Jennings said he would like to help Eric and that Eric should keep collecting more signatures in the meantime,” Eric’s mother said. “Councilman Jennings indicated that these processes can take a very long time, so Eric should be patient.”

Sacramento Elks Lodge 6 Exalted Ruler Rob Moore said, “I’m extremely proud that we are supporting Eric and his petition drive. This is a dangerous crossing on a 40-mile-per-hour boulevard.”

Eric has a large, bright yellow poster set up most Sunday mornings at the Elks Lodge 6 parking lot at 6446 Riverside Blvd., and one section asks: “What is a Rectangular Rapid Flashing Beacon (RRFB)?” An RRFB lights up when a pedestrian pushes a button to cross the street. It lights up only when someone is crossing, allowing traffic to flow on busy Riverside Boulevard.”

Eric’s petition states: “Neighbors for Safer Streets for All

Yes! I will join my Pocket Greenhaven neighbors to make our roadways safer for all children, seniors, and cyclists. I urge the Sacramento City Council to install a push-button Rectangular Rapid Flashing Beacon (RRFB) at the current crosswalk on Riverside Boulevard and Lelandhaven Way, so we can all live in a safer community.”

Eric hopes to soon receive the required petition signatures so that he can ask Sacramento City Council to make the crossing safer for everyone. ★

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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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06999
Smart Auto Dismantling LLC, 3569 Recycle Road Suite 10, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) “Smart Auto Dismantling and Auto Parts” 3569 Recycle Road Suite 10, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 17, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BLACK 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06998
Blue Sky Auto Dismantling LLC, 3569 Recycle Road Suite 16, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) “Blue Sky Auto Dismantling and Auto Parts” 3569 Recycle Road Suite 16, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 17, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BLUE 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06699
Floor Hounds LLC, 630 Cunard Drive, Napa, CA 94558 is doing business under the Fictitious Business Name(s) “TL Floor and Design” 9941 Horn Road Suite A, Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
TL 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06769
Roxana Hargrove, 3943 Nicklaus Place, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) “Hargrove Professional Services” 3943 Nicklaus Place, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 10, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
HARGROVE 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-05872
Akaalias LLC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) “The Equalizer” 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County August 7, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
EQUALIZER 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06234
Sergiy Pysarenko, 7344 Thalia Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) “Profix Handyman” 7344 Thalia Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 21, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
PROFIX 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06053
Black Star Auto LLC, 3512

Husch Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) “Black Star Auto” 3512 Husch Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 13, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BLACK 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06673
Capitol Impact Consulting, LLC, 1610 R Street, Suite 300, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) “Capitol Impact, LLC” 1610 R Street, Suite 300, Sacramento, CA 95811. Filed with the Clerk of Sacramento County September 8, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
CAPITOL 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06176
The Non-GMO Project (CA) PO Box 5606, Bellingham, WA 98227 is doing business under the Fictitious Business Name(s) “Non-UPF Verified/Food Integrity Collective” 19 Bellwether Way #201, Bellingham, WA 98225. Filed with the Clerk of Sacramento County August 19, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
NON 10-17-25

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-06884
Big Brother Auto Sales Inc, 3513 Recycle Road Suite A, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) “Brothers Auto Parts” 3527 Recycle Road #B, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 15, 2025
Publish: Sept 26, Oct 3, 10, 17, 2025
BROTHERS 10-17-25

STATEMENT OF ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV020085

Monique Larese Mosley Wells has filed a petition with this court for a decree changing the name(s) of Monique Larese Mosley Wells to Muffin Teresita Garrett.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 22, 2026, 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 25, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2025
WELLS 9-26-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV019512

Angelina Gerbasi has filed a petition with this court for a decree changing the name(s) of Angelina Kathleen Gerbasi to Angelina Kathleen D’Angelo.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 13, 2026, at 9:00 a.m. in Department 54, located at 720 9th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: August 28, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2025
GERBASI 9-26-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV020398

Mawluddin Muslimyar has filed a petition with this court for a decree changing the name(s) of Mawluddin Muslimyar to Mawluddin Behzad and Zarifa Rahimi to Zarifa Behrad.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 28, 2026, 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 27, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2025
MUSLIMYAR 9-26-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV020384

Lo Huu Nguyen has filed a petition with this court for a decree changing the name(s) of Lo Huu Nguyen to Vinnie Huu Nguyen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 22, 2026, 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 27, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2025
NGUYEN 9-26-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV019717

Enayatullah Nawabi has filed a petition with this court for a decree changing the name(s) of Enayatullah Nawabi to Enayatullah Tahiri and Nazyla Nawabi to Nazyla Tahiri and Somaya Nawabi to Somaya Tahiri.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 2, 2026, 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: September 3, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 19, 26, Oct 3, 10, 2025
MORRIS 10-10-25

Hubert Daman DeJohnette has filed a petition with this court for a decree changing the name(s) of Hubert Daman DeJohnette to Damon DeJohnette.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 3, 2026, 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: September 5, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 19, 26, Oct 3, 10, 2025
DEJOHNETTE 10-10-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV021014

Hubert Daman DeJohnette has filed a petition with this court for a decree changing the name(s) of Hubert Daman DeJohnette to Damon DeJohnette.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 3, 2026, 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: September 5, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 19, 26, Oct 3, 10, 2025
DEJOHNETTE 10-10-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV021479

Tuan Tu Truong and Thi Chan Nguyen on Behalf of Thi Thanh Truc Truong, A Minor has filed a petition with this court for a decree changing the name(s) of Thi Thanh Truc Truong to Nancy Thanh Truong.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 10, 2026, 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: September 10, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 19, 26, Oct 3, 10, 2025
TRUONG 10-10-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV020845

Monique Lynette Morris has filed a petition with this court for a decree changing the name(s) of Malachi Deshawn Morris to Malachi Lorenzo Murphy.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on February 2, 2026, 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: September 3, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 19, 26, Oct 3, 10, 2025
MORRIS 10-10-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV016731

Meleena Kamela Maharaj-Robinson has filed a petition with this court for a decree changing the name(s) of Meleena Kamela Maharaj-Robinson to Meleena Kamela Maharaj.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 12, 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 14, 2025
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Sept 19, 26, Oct 3, 10, 2025
ROBINSON 10-10-25

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF DORIS MARTIN PARKER CASE NO. 25PR002976

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Doris Martin Parker.

A Petition for Probate has been filed by Valerie Adame, in the Superior Court of California, County of Sacramento, requesting Valerie Adame 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 executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor 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 October 7, 2025, 1:30 a.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 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 deceased, 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: Lisa Liu, 2999

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV016731

Meleena Kamela Maharaj-Robinson has filed a petition with this court for a decree changing the name(s) of Meleena Kamela Maharaj-Robinson to Meleena Kamela Maharaj.

Douglas Boulevard, Suite 180, Roseville, CA 95661; 916-619-2349
Publish: September 12, 19, 26, 2025
PARKER 9-26-25

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD JOSEPH CONTER CASE NO. 25PR003064

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Richard Joseph Conter.

A Petition for Probate has been filed by Kathy Conter, in the Superior Court of California, County of Sacramento, requesting Kathy Conter 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 executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor 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 October 15, 2025, 9:00 a.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 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 deceased, 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: Kathy Conter, 8322 Big Oak Drive, Citrus Heights, CA 95610; 916-833-6363
Publish: Sept 19, 26, Oct 3, 2025
CONTER 10-3-25

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV019512

Lo Huu Nguyen has filed a petition with this court for a decree changing the name(s) of Lo Huu Nguyen to Vinnie Huu Nguyen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 22, 2026, 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 27, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: September 5, 12, 19, 26, 2025
NGUYEN 9-26-25



Suicide Prevention Awareness Month

The Jason Foundation News Release

SACRAMENTO REGION, CA (MPG) - September is recognized as Suicide Prevention Awareness Month, a time to confront a subject often shrouded in silence and stigma.

Many fear that simply discussing suicide could incite thoughts of self-harm in those they care about. However, this misconception couldn't be further from the truth.

World Suicide Prevention Day, observed on Sept. 10, serves as a powerful reminder that open

conversations about suicide and suicidal ideation can break down barriers and diminish stigma. These discussions pave the way for critical dialogues on mental health, potentially saving lives.

In California, suicide tragically stands as the second leading cause of death among young people aged 10 to 24. Yet, it remains a profoundly preventable tragedy. Those contemplating suicide often show subtle warning signs, whether through their words, actions or changes in behavior. By familiarizing ourselves with these warning signs and understanding

how to respond, we can collectively make a life-saving difference.

Now is the time to come together in the fight against this crisis. Reach out to those who have been impacted by suicide, amplify awareness, and help connect individuals grappling with suicidal thoughts to professional counselors and treatment services that can provide vital support.

If you know someone carrying the heavy burden of depression or contemplating suicide, it's crucial to seek help immediately. The 988 Suicide & Crisis

Lifeline is a beacon of hope, providing free, 24/7 support for anyone in emotional distress or crisis. Trained counselors and mental health professionals are available around the clock to lend an empathetic ear and guidance to anyone in need.

Another invaluable resource is The Jason Foundation (JFI), a national leader in suicide prevention year-round, not just in September. The foundation is dedicated to raising awareness and providing educational programs aimed at equipping youth, parents, educators, and communities with the knowledge and

tools necessary to identify and support at-risk youth.

Their commitment is profound; The Jason Foundation has never charged a school, community or individual for its programs or resources. Visit The Jason Foundation's website to dive deeper into the issues surrounding youth suicide, recognize the warning signs, and discover how you can be part of a solution that makes a real difference. To learn more or to find the nearest Jason Foundation Affiliate Office, visit JasonFoundation.com

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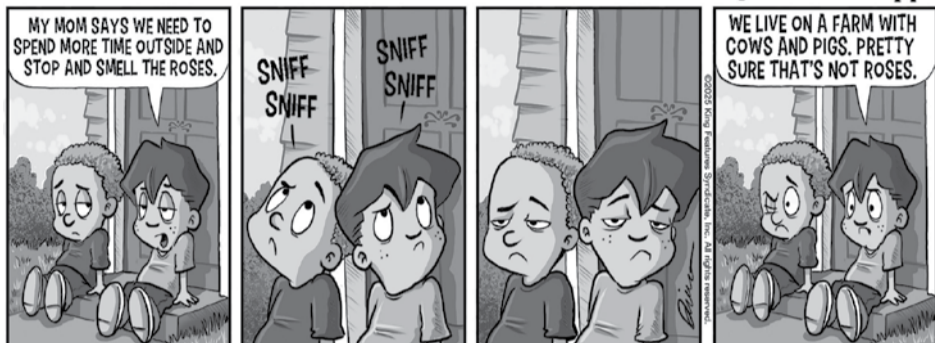
The Spats

by Jeff Pickering



Amber Waves

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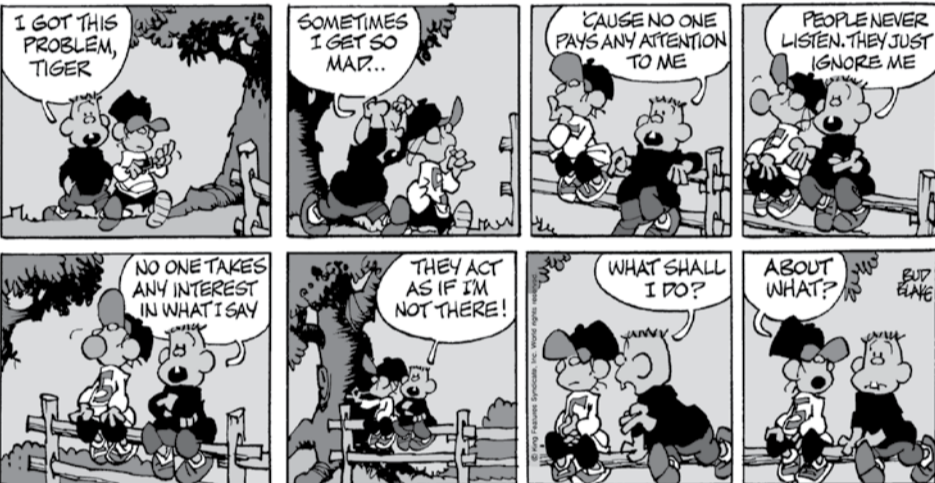
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G	A	N	G	S		H	I	M		B	L	O	W		
S	L	U	R	P		E	R	A		W	A	I	V	E	
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N	O	S	Y			N	B	A		D	A	D	D	Y	

STATEPOINT CROSSWORD • PERIODIC TABLE ELEMENTS

- CLUES**
- ACROSS**
1. "___ of New York," 2002 movie
 6. That guy
 9. Extinguish birthday candles
 13. Impolite dinner sound
 14. Division of time
 15. Forgo
 16. On the move
 17. Lake, in France
 18. Alaska native
 19. *The heaviest metal
 21. *Inert gas of balloon fame
 23. "Jersey Shore" network, acr.
 24. Move like parasailor
 25. Pick up, as in a criminal
 28. Z, NATO phonetic alphabet
 30. "A ship without ___," or one without purpose
 35. Paella pot
 37. Nessie's turf
 39. Sweating room
 40. Cyberspace soliloquy
 41. *Gold
 43. Foul substance
 44. Ruled
 46. Dish out
 47. Belgium's currency
 48. Lands (2 words)
 50. Indira Gandhi's dress
 52. ___ Without Hats, band
 53. Sheltered nook
 55. Gross National Product
 57. *Majority of elements on periodic table
 60. *Iron
 63. Fortune teller's card
 64. Anger
 66. Saharan rest stop, e.g.
 68. Venerated paintings
 69. Acquired
 70. Beside, archaic
 71. Curious
 72. Professional basketball league, acr.
 73. Paterfamilias, tenderly
- DOWN**
1. General Services Administration
 2. Additionally
 3. Common allergens
 4. Tale-spinning brother
 5. Prosecco cocktail
 6. Position of leadership
 7. George Gershwin's brother
 8. Village People's "___ Man"
 9. Island near Java
 10. Stead
 11. Reproductive cell
 12. Kind of nurse
 15. The Beatles' "I Am the ___"
 20. Throat lobe
 22. "Lend me your ___"
 24. Glucose+fructose
 25. *Like Ar, Xe and Ne
 26. Completely dedicated (2 words)
 27. Hair color
 29. High in decibels
 31. Small European freshwater fish
 32. Pasta wheat
 33. Accustom

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
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48			49		50			51	52		
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68					69			70			
71					72			73			

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4	8	5	6	2	1	3	9	7
2	3	1	8	9	7	4	6	5
7	2	8	4	5	6	9	1	3
5	6	9	2	1	3	7	8	4
1	4	3	9	7	8	6	5	2
9	5	4	3	6	2	1	7	8
8	7	2	1	4	9	5	3	6
3	1	6	7	8	5	2	4	9

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34. *Rn, known for seeping into homes
36. Forever and a day
38. Dance with leis
42. Join companies
45. Old European coins
49. D.C. mover and shaker, for short
51. Encroachment
54. Victory hand gesture
56. Life force, in Sanskrit
57. Type of shark
58. Aphrodite's son
59. Broadway recognition
60. Greek salad ingredient
61. Not mint
62. This over matter?
63. *Sn, element in bronze
65. "To ___ Peter to pay Paul"
67. Pig pen

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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.

Kings Korner

By V.G. Harris



Can it be that the NBA preseason is upon us, and less than two weeks away? Yes, Kings fans, it's nearly time to don those jerseys and break out the rally towels once again.

Much has been said about the lack of moves the Kings have made during the offseason, and the numbers don't lie.

Aside from shoring up the point guard position with the acquisition of veteran Dennis Schroder, Sacramento has only the draft to look back on as it relates to adding talent to this year's squad.

Much discussion about adding Russell Westbrook to the team, and a constant dialogue about acquiring Jonathan Kuminga from the Golden State Warriors, but as of today, neither of those transactions has been consummated.

Do the Sacramento Kings really need those two players to be successful this year? You bet they do, and Scott Perry is on the hot seat before he literally has a chance to sit down. This is the life of an NBA general manager, and it's what he signed up for.

Obviously, there are other players besides Westbrook and Kuminga that could add talent to the current squad, but for now if we can believe what we hear and read, the focus remains on these two veterans to boost our winning chances.

Fans and Pundits are looking askance at the Kings in general, so what are the glaring needs that can silence the critics and get the Sacramento Kings out of the gate on a winning note?

Front court help remains the most pressing need, and athletic big men are a tough commodity to come by, particularly this late in the off season.

Watching 6'9" Trey Lyles quietly walk out the back door after four plus years with the Kings made no sense, and losing a proven veteran was a gut punch to those of us that appreciated what Lyles brought to the court every night. Mistake, yes, I believe it was a definite mistake, but the Kings will have to move on and try to find someone to replace those missing minutes going forward.

Isaac Jones has been waiting for an opportunity to log more minutes, and this may be the chance he has been

looking for. But even if Isaac steps up and plays well, the Sacramento Kings are still in need of front-court help.

Apparently, the pressing issue that has stalled trade talks with Jonathan Kuminga, has been the Kings reluctance to giving the Warriors a 1st round unrestricted free agent in the package.

The Kings have been willing to offer up a first round draft pick, but it comes with restrictions.

I believe the time has come to acquiesce and give the Warriors the unrestricted 1st round pick they're looking for. Kuminga is worth it, and his upside is huge.

On paper this just doesn't seem to be a difficult decision, so I'm baffled that the Kings don't see the obvious upside to pulling the switch.

The energy that the Kuminga trade would bring to Sacramento is incalculable, but rest assured it wouldn't hurt ticket sales!

As fans we can only go by what's reported and what we read, but for this writers money, do what is necessary to put the name of Jonathan Kuminga on the roster, and let's start the 2025/2026 season of a high note.

I also support adding aging veteran Russell Westbrook, largely because he has a reputation for being an excellent team player and would add a presence in the locker room that is hard to measure. In addition, Westbrook looks and plays like he did ten years ago, and whether occasionally starting or coming off the bench, there is no doubt in my mind that Westbrook will be a welcome addition that will bring with it wins.

Is there a surprise in store that no ones heard or read about? Probably, and let's hope that Scott Perry has done his homework and has just such a surprise in store for the Kings faithful.

Don't lose heart, Kings fans because it's always darkest before the dawn.

Stay tuned and get ready, because NBA basketball is right around the corner!

All the best!

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

Social Security Matters

Should I Claim Social Security Early Because it is Going Bankrupt?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My best friend is going to be 62 and wants to begin taking her Social Security immediately. Her reasoning not to wait is the thought that it is going to run out in 10 years, so she wants as much of her money before that happens. I have paid into Social Security my entire working life (44 years and counting). What are your thoughts on taking it as soon as you are eligible? **Signed: Uncertain what to do.**

Dear Uncertain: Deciding when to claim Social Security is a sometimes-confusing task, but no one should ever claim SS early because they believe Social Security will go bankrupt in the near future. Social Security cannot and will not go bankrupt. What your friend may be referring to is the fact that Social Security will be facing some financial issues in 2033 unless Congress acts soon to reform the program. And they will act, but likely not until they must.

The fact is, Social Security still has about \$2.7 trillion in reserved funds which are now being

used to pay full benefits. If that Reserves balance were to be fully depleted, then Social Security would need to go to a "cash basis" (essentially, paying out in benefits only what is received in SS taxes), which would result in about a 21% cut in everyone's benefit. In other words, even if Congress neglected to reform the program, beneficiaries would still get about 79% of their monthly benefit starting in about 2033/2034. Hardly anyone believes that Congress will fail to eventually reform Social Security, and, in fact, they already know how to do that reform (they just currently lack the bipartisanship to accomplish it). But neglecting reform would amount to political suicide for all members of Congress, which is extremely unlikely to happen.

Here at the AMAC Foundation, we are confident that Congress will soon address Social Security's future financial dilemma, and we have been working on potential solutions. We have, for several years, been providing these suggestions to various members of Congress, and those members are now considering our proposals. Thus, we do not suggest making a Social Security claiming decision based on fear of the program going bankrupt. That fear is unfounded. Instead, we suggest that everyone decide when to claim based upon their individual personal situation,

considering their need for the SS money, their life expectancy, and their marital status. And remember, claiming early (before one's SS full retirement age (FRA)) also means Social Security's Annual Earnings Test (AET) will apply (the AET limits how much can be earned from working before FRA is attained).

So, our thought on the wisdom of taking Social Security as soon as you are eligible is that it is often not a wise decision, and certainly not if that decision is made based on fear of Social Security "not being there" soon. Instead, we suggest making your Social Security claiming decision based upon your unique personal circumstances, including, especially, your life expectancy, financial need, and marital status.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



The Siren Song of Despair

Charlie Kirk was a one-man answer to campus illiberalism. He rose to prominence at a time when university administrators and progressive students were working in league to make campuses no-go zones for conservatives.

They effectively banned them from their faculties. They didn't invite them on campus, or if they did, they were liable to disinvite and cancel them. They banned so-called hate speech. They shouted down speakers they didn't like. They created "safe spaces." In short, they did everything they could to render the opposing point of view illegitimate and indefensible.

Kirk showed not only that it was possible to punch through these obstacles and get a hearing, but to win the argument despite them.

He created a student movement that he leveraged into a huge, multi-faceted organization and that he mobilized to vote in 2024, to great political effect.

He was provocative, occasionally outlandish and sometimes wrong, but always interesting and brave.

His events on campus should be viewed as a public service. All of the best, most creative college deans could have gotten together to figure out how to routinely get thousands of energized students to

events about public affairs, and never managed it. No worries. Kirk figured it out for them. That he was shot while he engaged in an act of peaceful persuasion makes his murder all the more devastating.

Kirk wasn't a literary figure, but his assassination was a little like, say, William F. Buckley or James Baldwin getting gunned down in the midst of their famous 1965 debate at the Cambridge Union.

What Kirk was doing drew on some of the finest traditions of civilized life. Gathering on a hill to hear people speak and argue, like what we saw at Utah Valley University prior to the shot ringing out, is as old as the Pnyx in ancient Athens.

The university as a battleground of ideas, with clashing worldviews vying for influence, goes back to the Middle Ages. Founded in 1231, the University of Paris quickly became "a forum where great questions of theology, society, and government were analyzed and answered," writes historian Dan Jones.

More fundamentally, language and abstract reasoning make us distinctly human; violence, the tool of brutes, does not. What are young people on the right to conclude from the horror at Utah Valley? Progressives viewed Kirk as a "MAGA troll" (as a New Republic headline put it in the immediate aftermath of his shooting), but for his fans, he was a figure of hope and inspiration.

It's also important to realize that Kirk worked diligently and effectively to bring disaffected kids into mainstream politics.

He pushed back against anti-semitism and other poisonous influences. The far-right envied and hated him.

It would be natural for Utah Valley to become the Right's equivalent of Kent State in the 1970s, a shattering experience, and a radicalizing one.

Charlie Kirk did it the right way, and now he's gone. He espoused the Christian faith, and what did it get him? He believed in open debate, and it left him defenseless unto his enemies. He did his enemies the favor of taking their arguments seriously, whereas (presumably) one of them used a bullet to silence him forever.

To quit on persuasion, though, is the counsel of despair. Political violence in a free society is always wrong. There's no substitute for convincing our fellow citizens, and we should also assume -- as Kirk did, even with the odds stacked heavily against him -- that they can be convinced by good arguments made sincerely and passionately.

Kirk's murder will long be remembered as a symbol of the irrationality and hatred of this era, with, one fears, worse to come. His life's work, on the other hand, is a testament to how one person can, with enough pluck and talent, move the needle of our politics.

Kirk fought back against illiberalism, and his supporters -- when the shock and grief subsides -- should be equally committed to his mission.

Rich Lowry is editor of the National Review.

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Sky-High Living Costs Afford It the Nation's Highest Poverty Label - Again



By Dan Walters, CALMatters.org

Last year's presidential election underscored, particularly to Democrats, that the costs of living were a major factor in the outcome.

Inflation had increased sharply during Joe Biden's presidency, and voters' angst about rising prices worked against Vice President Kamala Harris' campaign to succeed him in the White House.

Not surprisingly, therefore, when the California Legislature opened its 2025 session, its dominant Democrats declared that they would focus on taming the state's notoriously high costs for housing, fuel, utilities and other necessities of modern life.

The session ended last week and as it did, by happenstance, the Census Bureau reported that California once again has the nation's highest "supplemental" rate of poverty when its living costs are included in calculations over a three-year period.

California's rate, 17.7%, means that nearly 7 million of its residents are impoverished, 5 percentage points higher than the national rate and tied with Louisiana. The lowest rate is 6.7% in Maine.

California's rate is also 2.3 percentage points higher than it was in the Census Bureau's previous three-year calculation, implying that its living costs vis-à-vis incomes had

increased markedly.

The situation is even gloomier in a report last month from the Public Policy Institute of California and the Stanford Center on Poverty and Inequality.

Using methodology similar to that of the Census Bureau, they calculate that 16.9% of Californians were poverty-stricken in 2023 and another 17.9% were near-poor. That translates into 13.2 million Californians struggling to put roofs over their heads, food on the tables, fuel in their cars and electric power in their appliances and light fixtures.

Los Angeles County, which has about 25% of the state's population, has the highest poverty rate of any county, 19.9%. Poverty in the Central Coast region is nearly as high at 19.3%, while Sacramento has the state's lowest rate, 13%.

Another data point about poverty in California is found in the newly enacted state budget. It declares that 14.9 million Californians are enrolled in Medi-Cal, the state's health care program for the poor.

So, one might wonder, did the Legislature's 2025 session deliver on promises to reduce the costs of living?

Legislative leaders claim some success.

"We went big," Assembly Speaker Robert Rivas, said in a summary of the session's work. "We produced results. We delivered historic progress — on housing, on energy, on climate, on health care, and on human rights. And that progress is something every one of us can be proud of.

"And while our work is not finished fixing California's housing system,

this year marked a turning point in California's housing story," Rivas continued. "And today, we also advanced the most significant energy package in years. We passed measures that will deliver real relief for families on their electricity bills. We took action to stabilize gas supplies, to prevent price shocks — while keeping health and environmental protections in place."

By easing what had been a crackdown on gasoline refiners and sanctioning more oil production, legislators and Gov. Gavin Newsom say they are avoiding a gasoline supply crisis that could send costs soaring as the state shifts to a zero-emission economy. Two refineries have already announced closure plans, and Chevron has dropped hints that it could abandon its Richmond refinery.

By integrating California's electric power grid with those of other Western states, the elected officials say, shortages of electric power will be mitigated.

By reducing impediments to housing development, they say, higher levels of construction will moderate increases in rents and home prices.

Whether any of these legislative efforts actually lower or at least stabilize Californians' living costs won't be known for months, or even years. Meanwhile, California's high poverty rate will continue to be a civic embarrassment.

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

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Smagina New Women's Tennis Assistant Coach

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Former Kansas and Washburn University standout Sonia Smagina joins the California State University, Sacramento women's tennis program as an assistant coach, head coach Sophie Breault announced Sept. 15.

The former assistant coach, Jack Maddocks, resigned to take the associate head coach position at Kansas for 2025-26.

"I'm thrilled to welcome Sonia to our coaching staff," Breault said. "She's a highly-motivated, driven and competitive coach who brings valuable experience from her playing career at Kansas and her coaching tenure at Washburn University. She knows what it takes to compete at the highest level and will help elevate our program and develop our student-athletes."

Smagina joins the Hornets after serving as an assistant tennis professional at the Eugene Swim & Tennis Club in Oregon for the last nine months following a decorated collegiate career with the Jayhawks and Ichabods.

The Penza, Russia native rose through the junior ranks to earn a spot on the roster at Kansas, where she was a four-year letter winner from 2018 to 2022. She was named to the All-Big 12 Freshman Team following her debut season when she finished a combined 17-4 in singles and 16-5 in doubles play, also picking up second-team all-conference honors in seconds and first-team doubles laurels.

The Jayhawks won the Big 12 Conference Tournament that



An All-American in both singles and doubles play, Sonia Smagina was also named the Mid-America Intercollegiate Athletics Association Player of the Year and was a first-team all-conference selection in both singles and doubles. Photo courtesy of Sacramento State Athletics

year, eventually advancing to the National Collegiate Athletic Association Tournament Round of 16 at Stanford before falling.

Prior to the COVID-19 pandemic, Smagina posted a 7-4 singles record at the No. 1 spot in the Jayhawks' lineup as a sophomore, including posting three wins over nationally ranked opponents before the season came to a premature end.

The next season, Smagina split time at the No. 1 and No. 2 singles positions, finishing 7-11 overall while winning five

matches in doubles play, then followed that up the next year by winning 16 matches overall, 10 of those during the spring season at the No. 3 spot in the lineup, while posting 12 more in doubles competition and helping Kansas to another National Collegiate Athletic Association Tournament berth.

After graduating with her degree in liberal arts and sciences, Smagina completed her final season of eligibility at Division II Washburn University in nearby Topeka, Kan., in

2022-23, posting a 30-3 singles record and a 26-5 mark in doubles play, eventually earning a No. 1 national ranking in singles and ranked as high as No. 5 in the country in doubles.

The 30 singles victories were the second-most in the history of the program at the time, while the 26 doubles triumphs were the sixth-most in a season.

An All-American in both singles and doubles play, Smagina was also named the Mid-America Intercollegiate Athletics Association Player

of the Year and was a first-team all-conference selection in both singles and doubles. She was also the Division II Intercollegiate Tennis Association (ITA) Cup national runner-up during the fall, won the ITA Central Region Division II singles championship, and was a finalist for the region's doubles crown.

Following her playing career, Smagina served one season as a graduate assistant coach at Washburn for both the men's and women's programs while concurrently pursuing her MBA degree. Smagina helped the Ichabod women finish 20-6 overall for the program's first 20-win season since 2018-19, with seven victories over ranked opposition and a third consecutive trip to the National Collegiate Athletic Association Tournament. The team reached as high as No. 3 in the national rankings, the highest in program history.

On the men's side, Smagina helped the Washburn squad to a 20-5 overall record and an undefeated MIAA mark, making an appearance at the National Collegiate Athletic Association Division II national championships for the second straight season and advancing to the round of 16. During the fall, the Ichabods claimed a regional singles title, the program's first ITA Cup national title in doubles, and a berth in the Division II fall national championships.

Smagina compiled 12 singles and 23 career doubles wins on the International Tennis Federation pro circuit, ranked as high as No. 1,012 in the world in singles and No. 576 in doubles. ★

Butler Nominated for Roberto Clemente Award



Lawrence Butler's nomination highlights a season defined by leadership and impact beyond the diamond for the Athletics. Photo by Seth Henderson

Athletics News Release

WEST SACRAMENTO, CA (MPG) - Major League Baseball announced that Lawrence Butler has been named the Athletics' nominee for the 2025 Roberto Clemente Award, one of the most prestigious honors in the sport.

The Roberto Clemente Award annually recognizes the Major League player who best represents the game of baseball through extraordinary character, community involvement, philanthropy and positive contributions on and off the field.

Butler's nomination highlights a season defined by leadership and impact beyond the diamond. Through the L4W Foundation,

Butler has created opportunities for inner-city youth by providing financial education, elite baseball training and meaningful mentorship.

Butler has also been an active presence in the Sacramento community, participating in events including Nike RBI Camps, hospital visits at UC Davis Children's Hospital and MLB's Dream Series.

The Athletics were proud to honor Butler during a pregame ceremony on Sept. 23, after press time.

There are 30 nominees for the Roberto Clemente Award. A's fans can help celebrate Butler's impact by casting their vote online for the Roberto Clemente Award winner at MLBTogether.com/clementeaward through Sept. 28. ★

Palmatier Picks Up Second Big Sky Weekly Honor



Folsom native Izzy Palmatier won her first award of the year on Aug. 26, following her shutout of Oregon, to open the Outrigger Soccer Kickoff in Honolulu, finishing with eight saves in Sacramento State's 1-0 victory. Photo courtesy of Sacramento State Athletics

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - For the second time this season and the fifth time in her California State University, Sacramento soccer career, junior goalkeeper Izzy Palmatier was named the Big Sky Conference Defensive Player of the Week on Sept. 16 after helping the Hornets shut out CSUN on the road last week.

The Folsom native won her first award of the year back on Aug. 26 following her shutout of Oregon to open the Outrigger Soccer Kickoff in Honolulu, finishing with eight saves in Sacramento State's 1-0 victory.

Palmatier's five defensive player of the week awards rank tied for second in school history alongside Savannah Abercrombie (2008-11) and trails only Aailyah Fesili (2017, 2019-20) for the most by an individual in program history.

Against their future Big West Conference rivals, Palmatier went the distance and finished with seven saves against the Matadors, helping the Hornets clinch only the fourth

win over CSUN in 12 all-time meetings and the first-ever in Northridge in a series that dates back to 1996 when the two programs were Big Sky rivals.

Four of Palmatier's seven stops came in the first half as Sacramento State grabbed a 1-0 lead in the 29th minute and would not relinquish it. Palmatier's final three saves came in the last 11 minutes against a CSUN squad pressing for the equalizer, preserving the team's third shutout of the season.

With her seven saves, Palmatier solidified her hold on fifth place on the school's all-time list with 215, needing just three more to match Fesili on the career chart. Palmatier's 14th career shutout gave her sole possession of third on the school's career chart, standing four shy of Fesili on that list for second place.

The junior entered the week leading the Big Sky in total saves (39), saves per match (6.50), and save percentage (.848), while standing second in overall shutouts (3) and fourth with a 1.27 goals against average, as of press time. ★

Hastings Joins Republic FC as Partnerships Vice President

Sacramento Republic FC News Release

SACRAMENTO, CA (MPG) - As preparations for Republic Stadium at the Railyards are in full swing, the club announced the addition of Brian Hastings to its executive team on Aug. 28.

Through the club's strategic partnership with Elevate, Hastings is the first hire in a new team brought on to support partnerships, including naming rights and identifying founding level stadium sponsors, along with other revenue-generating

opportunities at the team's new stadium.

"I'm thrilled to join the front office of Sacramento Republic FC at such a pivotal moment in the club's history," Hastings said. "With the new stadium on the horizon, it's an exciting time to help shape the future of the franchise, continue developing authentic community-driven partnerships and a stadium that is truly transformative for Sacramento."

Hastings comes to the Indomitable Club with decades of sales experience. He got his start in sports with the San Francisco Giants in 2011 as

the senior manager of media sales and sponsorship, driving multimillion-dollar sponsorship sales with iconic brands, including Carmax and McDonald's.

In 2016, Hastings made the move to Sacramento Kings as the director of corporate partnership sales during the team's transition from Sleep Train Arena to Golden 1 Center.

"Brian's experience and passion for fostering meaningful and innovative partnerships will help us continue to set the standard for what USL (United Soccer League) teams can do in both the stadium

and the community," said Republic FC President and General Manager Todd Dunivant. "Thank you to our partners at Elevate for leading the search to find the right fit for this important role."

Hastings later stepped into the role as vice president of business development at Pivot Agency in 2018, where he directed sales strategies for major league sports teams and collegiate institutions. Most notably during this time, Pivot successfully sold the naming rights to San Jose State's basketball arena as well as the stadium for the San Jose Sharks'

minor league team.

Hastings most recently served as the general manager of CIF Sports Properties. He spearheaded statewide sales and activation efforts, setting record-breaking revenue for high school sports programs in California. His team launched innovative sales platforms addressing societal issues such as financial literacy and mental health, while also engaging new sponsors aligned with community-driven values.

For more information about Republic FC's new downtown home, visit RepublicStadium.com. ★

San Juan Education Foundation Names STARS Hall of Fame Honorees



Melissa Lloyd of Mira Loma High School's Class of 1990 is a Child Protective Services deputy director with Sacramento County. Photo courtesy of the San Juan Unified School District



Josh Emmett of El Camino High Fundamental School's Class of 2003 is a mixed martial arts fighter. Photo courtesy of the San Juan Unified School District



Joanna Rowland of El Camino Fundamental High School's Class of 1996 is a children's author. Photo courtesy of the San Juan Unified School District

San Juan Unified School District News Release

SACRAMENTO REGION, CA (MPG) - The San Juan Education Foundation honors exceptional San Juan Unified School District alumni at the annual "An Evening with the STARS" gala on Oct. 10. The gala not only celebrates

and honors individuals who have made an impact on the district but also supports the San Juan Education Foundation by raising funds to provide San Juan Unified teachers and students with the resources and opportunities essential to academic success. The STARS Hall of Fame shines a spotlight on alumni

who show excellence and creativity in their careers, inspired by a San Juan Unified District education. Honorees are selected from nominations submitted by the community, making this recognition especially meaningful. This year's honorees are Melissa Lloyd, Mira Loma High School's Class of 1990,

Child Protective Services deputy director at Sacramento County; Joanna Rowland, El Camino Fundamental High School's Class of 1996, children's author; and Josh Emmett, El Camino High Fundamental School's Class of 2003, mixed martial arts fighter. Join the San Juan Unified

School District in celebrating these honorees at the "An Evening with the STARS" gala from 6:30 to 9:30 p.m. Oct. 10 at The Center at 2300, 2300 Sierra Blvd., Sacramento. To learn more about the event and purchase tickets for the gala, visit online sanjuaneducationfoundation.ejoinme.org/EWTS2025. ★

Senior Softball League Celebrates End-Of-Season

Story and photo by Susan Skinner

CARMICHAEL, CA (MPG) - Senior softball players from throughout Sacramento recently hit home base in Carmichael Park.

The 75-plus Senior Softball League marked final-out for its 2025 season by indulging in the second-greatest American pastime: a sizzling barbecue.

Organizers fielded brats, burgers, brownies and beer for more than 100 players and spouses. A Bingo session followed the feast.

"Everybody loves our

annual picnic," said Senior Softball League member Linda Greene. "We forget the season's competition and enjoy a friendly get-together."

The league was founded 17 years ago by Carmichael softballer Larry Campbell. Membership now includes 85 seniors in five teams. Male players must be over 75 years old. Women can join at 50.

Annual membership costs \$65.

Teams meet March through September at Carmichael Park. New members are welcome. For more information, email marieh216@hotmail.com. ★



Carmichael's 75-plus Senior Softball League recently ended the 2025 season with a picnic and swag bags in Carmichael Park. The team managers are Bill Hopper (left), Tom Hensley, Linda Greene, Glen Cole and Karen Newton. League commissioners are Dennis Ferguson (second from right) and Marie Hogue.

KP International MARKET

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10971 Olson Drive
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916.853.8000

Market: 7 Days 8am-9pm
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Korean/Mex/Viet: 7:30pm last call
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<p>For 6 people \$115.00 + Gratuity</p> <p>3Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Plates)</p> <p>For 12 people \$210.00 + Gratuity</p> <p>3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Medium Plates)</p> <p>For 14 people \$230.00 + Gratuity</p> <p>3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Family Room)</p>	<p>For 18 people 295.00 + Gratuity</p> <p>3Hours Karaoke + 3Pizza + Pitcher Soda + 6 Main Dishes (Large Room)</p> <p>For 28 people \$395.00 + Gratuity</p> <p>3Hours Karaoke + 3Pizza + Pitcher Soda + 6 Main Dishes (Party Room)</p>
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Dishes To Choose From

FRESH PRODUCE

 89¢/lb	 \$1.99/bag	 99¢/ea	 99¢/ea
 \$1.49/lb	 \$19.99/bag	 \$2.29/ea	 \$1.39/lb

AMERICAN/HISPANIC GROCERY

 \$2.99/ea +CRV	 \$2.69/ea	 \$2.39/ea	 \$5.99/ea +CRV	 \$3.99/ea
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ASIAN GROCERY

 \$1.19/ea	 \$2.99/ea	 \$3.99/ea	 \$2.49/ea	 \$4.29/ea
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EUROPEAN GROCERY

 \$5.99/ea	 \$3.79/ea	 \$3.99/ea	 \$4.99/ea	 \$2.99/ea
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EUROPEAN DELI

 \$9.19/lb	 \$12.19/lb	 \$5.19/lb	 \$4.89/lb
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<h3 style="text-align: center;">FROZEN & FISH DEPT</h3> <p style="text-align: center;">REG. \$6.99/EA</p> <p style="text-align: center;">\$4.99/ea</p> <p style="text-align: center;">Masago Seasoned Capelin Roe 170 g</p>	<h3 style="text-align: center;">HOUSEWARE</h3> <p style="text-align: center;">REG. \$10.99</p> <p style="text-align: center;">\$8.99/ea</p> <p style="text-align: center;">ELECTRIC RICE COOKER (10 CUPS)</p> <p style="text-align: center;">REG. \$5.99</p> <p style="text-align: center;">\$4.99/ea</p> <p style="text-align: center;">ELECTRIC RICE COOKER (5 CUPS)</p> <p style="text-align: center;">REG. \$16.99</p> <p style="text-align: center;">\$16.99/ea</p> <p style="text-align: center;">ELECTRIC BBQ GRILL</p>
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