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THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

NOVEMBER 7, 2025

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Tunnel to Towers Races Through Sacramento



Race participants took off at the start line at the Tunnel to Towers 5k in Land Park. Photo by Abbey Wicks

By Abbey Wicks

SACRAMENTO REGION, CA (MPG) - On Nov. 1, about 300 participants ran in Tunnel to Towers Foundation's fifth annual 5k Run & Walk in William Land Park.

The race series, which takes place each year in cities across the United States including New York City and Fort Worth, raises funds and awareness for the Tunnel to Towers Foundation, whose mission is to honor the sacrifice of New York City

firefighter and father Stephen Siller who gave up his life to save others in the Sept. 11, 2001 attacks. Tunnel to Towers provides mortgage-free homes to Gold Star and fallen first responder families with young children.

In recent years, the foundation has expanded beyond helping families impacted by 9/11, to all first responder and military families with young children.

Michele Schroeder, Sacramento's Tunnel to Towers race director, directed the Sacramento race for the

second year after stepping into the role last year.

Schroeder said she and the rest of the volunteer team, including her husband, fire captain Matt Schroeder, were hesitant at first to take on the responsibility after the previous director stepped down.

"(We felt like) we don't know what we're doing," Schroeder said.

After three phone calls from the previous director, Schroeder accepted the position as race director, with just

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Second Season Underway for River City Grizzlies

Women's Tackle Football in Sacramento Finishes Tryouts for Second Season

Story and photos
by Seth Henderson

SACRAMENTO REGION, CA (MPG) - Covering drills, skills and technique, the River City Grizzlies, a women's tackle football team in Sacramento, held its tryouts for the team's second season in the Women's Football Alliance (WFA) on Nov. 1 at Hagginwood Park.

Head coach and offensive coordinator for the Grizzlies, Brian McCann, said that women's tackle football in Sacramento is making a second resurgence after growing largely in the early 2000s and tapering in the 2010s. McCann said he used to coach for the Sacramento Sirens offensive and defensive line, starting in 2001 and did so for about eight years. He said that coaching the Grizzlies is all about player development.

"I'd like to see 30 or 40 players out here," McCann said. "Our coaching staff is dedicated to building the players up and really teaching them because a lot of these women have never played football. Some of



Dallas Arnold, a wide receiver and free safety for the River City Grizzlies, performs a drill during tryouts at Hagginwood Park on Nov. 1 in Del Paso Heights.

them have never played any sports."

McCann said that a player's decision-making process is crucial both on and off the field, saying that things done correctly on the field translate to correct actions in life. He said that coaching is about

developing a winning mentality.

South Sacramento resident Dallas Arnold, a wide receiver and free safety for the Grizzlies, said that one thing she is most proud of, entering her second year with the team, is the determination to never give up,

even if the team is short on players compared to other teams in the league. She also said that representing Sacramento is a highlight for her, playing games against other teams across the country.

"We don't have a lot of

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Retiring Flags and Frying Fish

*Fundraiser Supports
Veterans and Their
Families*

By Seth Henderson

RIO LINDA, CA (MPG) - The Sons of the American Legion from Post 521 is scheduled to hold a fundraiser and flag retirement ceremony for Rio Linda veterans and their families on Nov. 15 from 2 p.m. to 5 p.m. at the legion's hall.

The organization is expected to hold a fish fry fundraiser at \$25 per plate, featuring fish and fries or onion rings, hush puppies and coleslaw. After the fundraiser, at approximately 5:30 p.m., the Sons of the American Legion will participate in a ceremony, retiring old, worn and faded U.S. flags.

Squadron Commander Gregg Canady from the Sons of the American Legion said that the fish fry and flag retirement ceremony is held twice a year. This year was the organization's second year participating in the event.

A yard in the back of the American Legion property holds several fire pits where old and tattered flags will be visually inspected by members of the organization to verify its retirement eligibility.

An adjutant for the organization said that roughly 150 flags were properly retired in the event's first year by being thoroughly burned in a ceremonial setting, featuring a small reading of text regarding the proper retirement of U.S. flags.

"You don't have to generally be a member, you can certainly do your patriotic thing with your old shabby flag, and bring it and burn it," the adjutant said.

Flags may be brought to an American Legion Post to be retired by the flag owner or legion members, the adjutant said. Most American Legions have mail drop boxes for flags to be collected.

Approximately 120 flags have been retired by the legion in 2025 so far, the adjutant said. In the past, members of local Boy Scout troops and Veterans of Foreign Wars posts have joined the legion in flag retirement ceremonies and continue to welcome those organizations to participate in the patriotic ceremony.

Within the American Legion organization are the Legionnaires, Auxiliary and Sons of the American Legions, consisting of veterans, their wives and members whose fathers or grandfathers are veterans.

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‘You Can’t Trust a Skinny Taquero’

How Thick Vatos and Tacos went from Garage to Commercial Kitchen Almost Six Years Ago

**Story and photos
by Seth Henderson**

RIO LINDA, CA (MPG) - Thick Vatos and Tacos, a West Sacramento business known on social media for its edible innovation, has partnered with the Rio Pub to use its kitchen, serving the Thick Vatos menu in addition to pub classics such as burgers and fries.

Rodrigo Bueno, the owner of Thick Vatos and Tacos, said he initially started serving food out of his garage during the COVID-19 Pandemic, but the high demand for his cooking prompted Bueno to go legitimate with the business on Jan. 2, 2021. He said he had previously worked for years as a security guard, but always enjoyed cooking and brought that passion to his business, putting his own spin on traditional menu items.

“I just started doing birria pot stickers,” Bueno said, “just trying to think outside the box and be different.”

Bueno said he met



Rodrigo Bueno, the Owner of Thick Vatos and Tacos (right), poses with his nephew and taquero assistant, Erick Bueno, in the kitchen at the Rio Pub in Rio Linda on Oct. 31. Photo by Seth Henderson

Edwin Balli, a co-owner of the Rio Pub, about two years ago before Balli’s acquisition of the pub, discussing a possible partnership in the future. Towards the end of this summer, Bueno said that he had officially moved into the pub’s kitchen, using the space as Thick

Vatos and Tacos’ main headquarters.

From his initial start in 2021, Bueno said he’s grown and learned to develop his business over the years, starting with a secondhand grill he got online and progressing to a custom-built grilling trailer. He said his custom grilling trailer was converted from an ice cream trailer, taking the time to learn different skills to achieve his ideal set up, watching YouTube videos and reading information online.

“I put everything in,” Bueno said. “All the steel, I ran all the plumbing for the propane. Stuff that I’ve never done before, I just jumped on it and did it.”

Nothing is traditional at Thick Vatos and Tacos, Bueno said. Featuring items such as birria ramen and the aforementioned birria pot stickers, Bueno said he enjoys trying new combinations. Now with a

physical location, Bueno said the level of responsibility may have increased, but so will his opportunities to create new innovative menu items.

Bueno said he spends time researching other foods and attending trade shows to see what new trends are taking place in the food industry. He said he attended a show with Balli and Andrea Ayala, the owners of Rio Pub, that was hosted by Sysco, a food distributor, towards the end of October. Bueno said he liked collaborating with the pub owners and conversing about business, complimenting their business acumen.

Amassing tens of thousands of followers on social media platforms such as Instagram and Tik Tok, Bueno said he spent time serving West Sacramento and surrounding communities such as Rancho Cordova, catering at

community events, breweries, car shows and others.

As a West Sacramento resident for more than 30 years, Bueno said he commutes to Rio Linda every day to run Thick Vatos and Tacos, which is open seven days a week. He said he has keys to the building, giving him ample time to experiment with new menu items or prepare staple menu items for a busy day. Bueno also said that having the kitchen in Rio Linda allows him to have DoorDash available to customers more frequently.

Faithful customers from West Sacramento make the trip up to Rio Linda, Bueno said, and the faces in Rio Linda are already becoming familiar and familial.

Through years of trial and error, spending thousands of dollars, Bueno said, “People don’t know what it took,” as he seeks to help people who are just getting started in a similar industry.

During his second year of business, Bueno said he held a Free Quesabirria Day, where roughly 700 quesabirria tacos were handed out. He said for the six-year celebration, he

plans to do it again at the Rio Pub. Bueno said he will have a trailer in front of the pub, cooking up tacos while supplies last. Inside the pub, items from the full menu will still be available for purchase.

The Rio Pub and Thick Vatos and Tacos is located at 6750 Front St. in Rio Linda. Thick Vatos and Tacos is open from 4 to 9 p.m. Tuesday through Thursday, 4 to 11 p.m. Friday and Saturday, 10 a.m. to 8 p.m. on Sunday and close on Mondays. The Rio Pub is open Monday through Thursday from 3 to 11 p.m., 3 p.m. to 1 a.m. Friday and Saturday, and 10 a.m. to 9 p.m. on Sunday.

To follow Thick Vatos and Tacos or learn more about the business, visit the Instagram page at https://www.instagram.com/thick-vatos_andtacos_ or the Facebook page at <https://www.facebook.com/thickvatosandtacos/>.

To learn more about the Rio Pub, visit <https://www.theriopub.com/> or its Facebook page at <https://www.facebook.com/p/The-Rio-Pub-61552598003681/>. ★



The owner of Thick Vatos and Tacos, Rodrigo Bueno prepares a fresh batch of birria in his kitchen at the Rio Pub on Oct. 31 in Rio Linda. Photo by Seth Henderson



Pictured is a top-down view of special sauce poured over birria meat by Thick Vatos and Tacos owner, Rodrigo Bueno. Photo by Seth Henderson

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Second Season Underway for River City Grizzlies

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things that we can glorify as a city besides our soccer and basketball team,” Arnold said. “We don’t have a lot of things to glorify for women and a lot of women can come out and see what it is. It might be something that they might bring their kids to.”

Arnold said she is a Dallas Cowboys fan and enjoys watching college football to see how the players develop, following their journey to the National Football League.

Team owner, fullback and linebacker, Neshele Renee, said that the WFA is the perfect league to empower and exemplify equality for women. She also said that she was glad to give the women on the team an opportunity to play the sport.

Renee said her goal for

the Grizzlies this season is to put up more numbers across the board, including increased community engagement and hiring new coaches.

“We’re building a real sisterhood here. The girls are naturally just supportive of each other, and it’s a great space to grow on and off the field, Renee said. “There’s some girls who have previously been on the fence, and now football is kind of their life. Because it is more of a culture than anything.”

Renee said that some girls are weary about the physical aspect of the game, but that the game is more mental than anything. She said the physicality is easy to get used to once the mental acuity has been established. When it comes to tackling, Renee said it’s all about technique and that



Female athletes trying out for the River City Grizzlies women’s tackle football team participate in a broad jump exercise at Hagginwood Park in Del Paso Heights on Nov. Photo by Seth Henderson

the adrenaline softens the blows.

As a 49er fan, Renee said she tries to watch as many games as possible, keeping up with how the sport is evolving each week.

Miniya Roots, a running back and safety for the Grizzlies, said that she was a student athlete in high school, playing basketball and running track and field, but this year was her second season playing tackle football with the Grizzlies.

Roots scored the Grizzlies first touchdown of the organization’s history last year late in the season against the SoCal Magic, saying that it felt good because the team was looking to redeem itself.

“You should come out and join the team because you get to meet a lot of cool people, and also get to see what you’re capable of,” Roots said.

Roots said she has a

cousin that previously played for the Sacramento Sirens, who encouraged Roots to join the WFA with the River City Grizzlies. When she’s not on the field, Roots is an instructional aide at a charter school in Sacramento.

McCann said the Grizzlies are still looking for more players and more coaches to build out a full roster, as well as more sponsors to help with securing fields to practice or play on. Sponsorships would also help with game travel, uniforms and other operational functions the team needs to participate in WFA activities.

McCann said the team does not currently have a regular practice field agreement, but likes the Hagginwood Park location, due to its central commuting distance for many of the players and coaches. The Grizzlies played home games last season at River

City High School and look to set an agreement up with the school again this season. He said any turf field with lights would be ideal.

Football coaches with experience teaching high school, college, semi-pro or professional athletes are encouraged to reach out to the Grizzlies staff for employment opportunities. McCann said that some players are ready to start at their position, while others have yet to play a live snap at their position, so a focus on sportsmanship and development are aspects the team is looking to build on.

Last season for a game in Los Angeles, McCann was asked to coach a few practices and a game due to scheduling issues. He said the team won and that Renee asked McCann to come back and coach full time this season.

Renee said the Grizzlies are aspiring to partner

with the Sacramento State Athletics program in promoting or implementing women’s tackle football via a partnership and are looking to work with the university if it makes sense for both parties.

The River City Grizzlies are holding a Jersey Party Fundraiser on Nov. 7 from 6 to 10 p.m. at Radclyffe’s Bar in Downtown Sacramento for \$5 at the door, featuring music, drinks, raffles, karaoke and more. Radclyffe’s Bar is located at 1330 H St. #110. A flyer for the event said to “Ask about the Grizzly Special” when at the bar.

The organization is a 501(c)(3) nonprofit and more information about the organization can be found on its website at www.rivercitygrizzlies.com.

To follow the organization on social media, visit www.instagram.com/rivercitygrizzlies ★



Head coach of the River City Grizzlies Brian McCann instructs potential players about the drills they are expected to complete during tryouts at Hagginwood Park in Del Paso Heights on Nov. 1. Photo by Seth Henderson

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THE NEWS

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Kings Korner

By V.G. Harris



Well Kings fans, the hometown boys are in the midst of a tough road trip and in the early going have a 2-4 record. That’s the bad news. The good news is that with the exception of one game, the Sactown ballers have been in every game, and if it weren’t for horrendous free throw shooting that record could just as easily be 4-2.

There are other teams that could say the same thing you say, but the positive that comes from this is that when you know your weakness you can work on it and it can be fixed.

Going into last week’s game against the Giannis Antetokounmpo led Milwaukee Bucks with only one win for the 2025/2026 campaign, the Sacramento Kings stepped into View Fiserv Forum and handed the mighty Bucks a humbling 135-133 defeat much to the chagrin of the hometown fans. The Kings broke a 10- year famine in Milwaukee capturing a win that few thought was possible.

After an up and down start this season for big man Domantas Sabonis, the Sactown stalwart played Giannis to a standstill putting up 24 points, 13 rebounds, and 6 assists. Although Antetokounmpo matched the effort by Sabonis with a 26-11-8 night, the Sacramento Kings did an admiral job of holding down the former MVP.

We have talked about the talent the Kings have in their starting lineup, but the conundrum has been putting it all together. In Milwaukee the big four of DeRozan, Sabonis, LaVine, and Schroder did just exactly that. LaVine led the group with 31 points, DeRozan with 29, While Sabonis and Schoder both chipped in 24 points apiece.

There will never be a moment in time when it’s ok to play pedestrian defense, but there are nights when you will be called to simply outscore your opponent, and Saturday night was just such a night in Milwaukee, Wisconsin.

Our Sacramento Kings beat a playoff team on their home court, much like they did last season to the Celtics in the Boston garden.

What is most telling though about this win, is how the starting lineup played together all night, and the balance with

regards to scoring.

Not to be lost was the contribution off the bench by Russell Westbrook who added 12 points and 10 big boards to the win. Russell continues to win the hearts of Kings fans as he gives 100% effort every night and his energy is contagious.

One of the keys was the play of Dennis Schroder, who on this night lived up to his billing. Schroder played well defensively but also shot the ball in rhythm, scoring 24 points while adding 5 rebounds and 7 assists. The type of night Kings fans have been hoping for, and it shows the Sacramento faithful what is truly possible.

The tandem of Schroder at the point and Sabonis in the paint are secret sauce that when they play as they did on Saturday night will lead to victory after victory.

LaVine and DeRozan can be counted on to get their points as their pedigree speaks for itself, but when Schroder and Sabonis hold down the fort the Kings are a very tough opponent.

The good news is that this does not have to be an anomaly, and it should not be! Capable? Absolutely they are capable, and if the Kings can continue to get this type of ubiquitous scoring, it will not only take pressure off the bench, but it will also lead a pathway straight to the playoffs. Not the playin, but the playoffs!

Yes, the Kings still must play good defense, but balanced scoring as we witnessed against the Bucks makes up for defensive mistakes, and the Kings have proven in the past that they are more than capable of putting up points.

Schroder remains a key, but let’s not forget that this season is not his first rodeo, and a veteran at the helm that is not distracted by all-star caliber competition is just the floor general the Kings need.

Young rookie Nique Clifford needs to find a way to contribute on the scoreboard, and right around the corner will be the return of Keegan Murray. Let’s hope Keegan’s return will mark a contributing factor and not a necessity.

Be of good heart Kings fans because the light is starting to shine.
All the best!

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

Erie Canal Contrasts Glacial Pace of Public Works



By Dan Walters, CALMatters.org

This week, one of the nation’s earliest and most important public works projects, the 363-mile Erie Canal linking the Hudson River with Lake Erie, marked its 200th anniversary.

There was only negligible media and political notice. That’s regrettable, because the canal opening in 1825 utterly transformed the nation’s economy and ignited its expansion from a few sparsely populated former colonies on the Atlantic Coast some 3,000 miles westward to the Pacific Ocean.

Rugged mountains had stymied westward expansion from the coastal plain into the Ohio River valley and the Great Lakes region. But New York Gov. DeWitt Clinton saw an opportunity for New York City to become the nation’s commercial capital, outfoxing rival Philadelphia.

The New York Legislature authorized construction with bonds in 1817 and just eight years later, having been dug mostly by hand, the Erie Canal opened. Tolls repaid all of its construction debt in the first year.

Eventually, of course, the canal’s commercial importance was superseded by railroads and later highways. But it continues to operate for recreational and excursion boats and remains a symbol of how timely public works can have major

economic impacts.
A quarter-century after the Erie Canal opened, California was admitted as a state. During its first decades it was somewhat isolated, with an economy based on resources — gold, timber, farm produce, cattle, fish and, eventually, oil.

However, as California entered the 20th century, massive public works projects surfaced to encourage economic expansion and transformation, notably in Southern California. Los Angeles and Long Beach created deep-water ports from what had been coastal mudflats. Los Angeles secretly tapped the Owens River 250 miles away on the eastern slope of the Sierra Nevada, and built an aqueduct to carry its water to the city, making its meteoric population growth possible.

The Great Depression spawned other historic public works projects that were not only beneficial unto themselves but created much-needed jobs.

The federal government built the Central Valley Project, a network of dams, including Shasta Dam, and canals to provide water to farms in the 450-mile-long valley.

The state built a long-planned bridge over San Francisco Bay while simultaneously, a consortium of counties constructed the iconic Golden Gate Bridge. Both were finished in just a few years.

World War II was a massive public works project in California, as billions of dollars were poured into military bases, aircraft factories, shipyards and other tools of warfare, transforming the state into an industrial powerhouse. The postwar era

brought the construction of freeways to handle traffic from the state’s population explosion.
Mid-century also saw arguably the state’s last truly transformative public works project, the California Water Plan. It dams the Feather River near Oroville with an aqueduct to carry its water from the Sacramento-San Joaquin Delta to Southern California.

The last decades of the 20th Century and the first decades of the 21st have been a period of stasis in public works.

Projects such as the tunnel to carry water under the Delta and the Sites Reservoir to divert and store high flows on the Sacramento River have kicked around for decades. Sites appears to finally be on track, but the tunnel struggles to overcome opposition from local landowners and environmentalists.

And then there’s the bullet train to link the northern and southern halves of the state, first proposed a half-century ago and approved by voters in 2008 — but limping along, neither fully alive nor dead, with some construction underway but no firm financial footing.

Looking back, it’s amazing that the 363-mile Erie Canal could have been dug by hand in just eight years, or that the two San Francisco bridges were erected in just a few years. The contrast with 21st Century foot-dragging is palpable.

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. ★

Social Security Matters

Should I Ask for Retroactive Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I turn 70 next month, October 3, and am making an application for Social Security benefits to begin in January 2026. I want the maximum Delayed Retirement Credits (DRCs) and the highest permanent monthly benefit. I do not want to leave money on the table, so should I request six months of retroactive benefits or at least retroactive to October when I turn 70? If I do this, will I lose DRCs and adversely impact my ongoing monthly benefit after February 2026? **Signed: Turning 70**

Dear Turning 70: I must ask - why claim

your Social Security to start in January? You are entitled to your maximum SS monthly benefit in the month you reach 70 years of age, so waiting until January doesn’t gain you anything. You could apply in August, specifying you wish your benefits to start in October, and you would get the maximum age 70 benefit you are entitled to (e.g., the maximum Delayed Retirement Credits available to you, and the highest possible monthly benefit).

Since you are looking for your maximum DRC’s, to prevent SSA from giving you any retroactive benefits (which would permanently lower your monthly amount) you should enter in the “Remarks” section of your application that “I do not wish to receive retroactive benefits. I want my maximum monthly benefit effective with the month I turn 70 years of age.”

If, however, for some reason you still wish to claim effective with January 2026, you should indicate in the “Remarks”

section of your SS application that you only wish three months of retroactive benefits, for the months of October, November and December 2025. This is to prevent you from losing the money you would miss by waiting beyond October to claim. If you ask for benefits retroactive to any month earlier than the month you turn 70, your monthly benefit will be permanently reduced.

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Zohran Mamdani has a hard time keeping it together when he thinks about Sept. 11 and its aftermath.

Not -- judging by his performance the other day -- when he contemplates the impact of two screaming jetliners on the Twin Towers; nor when he remembers the sacrifice of hundreds of courageous firefighters that day; nor when he thinks about the toxic, smoldering ruins where there had once been a thriving commercial center.

No, the front-running candidate for New York City mayor loses it when he recalls how someone may have looked askance at his hijab-wearing aunt.

Or so he would have us believe. In giving remarks about supposedly rampant Islamophobia in the closing days of the race, Mamdani paused -- seemingly overcome with emotion -- when he recalled that his aunt gave up riding the train after Sept. 11 for fear of her safety. Mamdani has clarified that the woman was really his dad’s cousin, not his aunt, but the narrative is more important than the facts.

The candidate is attempting to end his campaign as a victim, both as a shield against charges that he’s an antisemite and as a way to discredit his opponents and press his case that America is a racist society.

It’s extraordinary that more than 20 years later, New York City is about to

Mamdani’s Islamophobia Canard

go from a mayor, in Rudy Giuliani, who warned of the dire threat of Islamic terrorism, to a mayor, in Zohran Mamdani, who warns of the dire threat of Islamophobia. The city is about to go from a mayor who understood the stakes of a civilizational battle to a mayor who thinks the civilizational battle is all about addressing our own perfidy and hatred. One mayor saw his career revived by a crisis, while the other will -- if he delivers on his agenda -- create a crisis.

There was, of course, ignorance and malice directed at Muslims after Sept. 11, but FBI statistics showed that in the decade after the attacks, Muslims suffered hate crimes at a lower rate than black people, gays or Jews.

The idea that, as Mamdani said in his remarks, Muslims have to live in the shadows in New York City, or that Islamophobia is just part of the background noise of our political life, or that he himself has been abashed about his status as a Muslim man is absurd.

You have to look pretty hard to find any residual effects of Islamophobia on the son of a Columbia University professor and Oscar-nominated filmmaker, who graduated from the prestigious Bronx High School of Science and the elite Bowdoin College, before becoming a state assemblyman at age 29 and the Democratic nominee for New York City mayor at age 33.

If this is what Islamophobia looks like, every-

one should welcome having some sectarian hatred directed their way.

Mamdani complains of the harsh attacks by his opponents. What else, though, should be expected at the end of a high-stakes campaign? The rhetorical sallies against Mamdani are fundamentally driven by his extremist statements and radical associations, rather than his faith.

Does Mamdani really believe that a Christian candidate who didn’t accept the existence of Israel as a Jewish state, who smeared Israel’s conduct of the Gaza war and who refused to condemn the phrase “globalize the infitادا” would skate? Certainly, Marjorie Taylor Greene comes in for heavy criticism for her anti-Israeli views, and no one can claim that it’s anti-Muslim sentiment at work.

At the end of the day, one of the most glaring problems with Zohran Mamdani is that, ideology aside, he is light as a feather. His callow and self-dramatizing Islamophobia speech, full of faux eloquence and stirring resolve over nothing, is a case in point.

Ed Koch, a different kind of mayor in a different time, said after he lost a re-election bid, “The people have spoken ... and they must be punished.” In turning to Zohran Mamdani, New Yorkers are preparing to reacquire themselves with Koch’s wisdom.

Rich Lowry is editor of the National Review. (c) 2025 by King Features Synd., Inc. ★



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Baudouin, Riva to Represent Big Sky

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - The Sacramento State doubles team of juniors Lou Baudouin and Irene Riva have been selected to represent the Big Sky Conference at the 2025 Intercollegiate Tennis Association Conference Masters Championships on Nov. 6 to Nov. 9 at the Barnes Tennis Center in San Diego.

The duo was selected by a vote of the conference's head coaches following a round of nominations. Coaches could not vote for their own players.

Each Division I conference will send one singles player and one doubles team to the event, with the four singles semifinalists and top three doubles teams qualifying for the National Collegiate Athletic Association Division I Individual Championships hosted at the United States Tennis Association National Campus in Orlando, Fla., on Nov. 18 to 23.

The Intercollegiate Tennis Association Conference Masters Championships is one of four qualifying tournaments that will seed the field for the National Collegiate Athletic Association Individual Championships,



Entering the tournament as the No. 9 seed, Lou Baudouin and Irene Riva became the first Sacramento State doubles team to reach the semifinal round since Clarisse Baca and Maria Meliuk gained the finals in 2011, defeating opponents from Stanford, Washington (which was ranked No. 24 in the nation) and Oregon before falling to a team from California in three sets and falling just a win shy of qualifying for the NCAA Championships. Photo courtesy of Sacramento State Athletics

joining the Intercollegiate Tennis Association All-American Championships (10 singles, four doubles), the Intercollegiate Tennis Association Regional Championships (26 singles, 13 doubles) and the Intercollegiate Tennis Association Sectional Qualifiers (24 singles, 12 doubles). All told, 64 singles players and 32 doubles teams will vie for the National Collegiate

Athletic Association Individual Championships.

Teaming up as a doubles pair for the first time in their Hornet careers, the duo is already off to an impressive start in 2025-26, highlighted by a semifinal appearance at the Intercollegiate Tennis Association Northwest Regionals in Berkeley the second week of October.

Entering the tournament as the

No. 9 seed, Baudouin and Riva became the first Sacramento State doubles team to reach the semifinal round since Clarisse Baca and Maria Meliuk gained the finals in 2011, defeating opponents from Stanford, Washington (which was ranked No. 24 in the nation) and Oregon before falling to a team from California in three sets and falling just a win shy of qualifying for the National

Collegiate Athletic Association Championships.

The duo also finished 2-1 at the Cal Fall Invitational, reaching the main draw semifinals of that tournament, and punctuated a 1-1 finish at the prestigious Battle in the Bay Classic with a win over the No. 53-ranked doubles team in the country from Oklahoma State.

Last spring, Baudouin was a combined 14-6 in doubles and 6-2 against Big Sky opponents while earning all-league second-team honors, while Riva was 8-5 in doubles play at the top two spots in the lineup after bouncing back from an early-season injury.

This will be the second trip to the Intercollegiate Tennis Association Conference Masters Championships for both players after Baudouin won a pair of singles matches and Riva joined former teammate Maddy Ferreros to reach the semifinals in doubles, eventually finishing fourth, just one win shy of an National Collegiate Athletic Association berth.

Complete information on the 2025 Intercollegiate Tennis Association Conference Masters Championships is available here: <https://wearecollegetennis.com/ita-conference-masters-championships>. ★

Back-To-Back Sweep

Equestrian Dominates ECAC Rider of the Week Awards



Sophia Blake, Ada Hirschfeld, Lauren Kolbe and Kylie Jacobson were each recognized for their standout equestrian performances for two consecutive weeks. Photo courtesy of UC Davis Athletics

UC Davis Athletics News Release

DAVIS, CA (MPG) - For the second consecutive week, University of California, Davis swept the Eastern College Athletic Conference Rider of the Week honors, as Sophia Blake, Ada Hirschfeld, Lauren Kolbe and Kylie Jacobson were each recognized for their standout performances across two Top-10 meets in Georgia.

Blake earned the honors in flat, while Kolbe was recognized in fences. On the Western side, Jacobson claimed the award in horsemanship and Hirschfeld brought home the honor in reining.

Blake delivered consistent high scores in flat throughout the weekend. The sophomore notched an 82 aboard Love against South Carolina, then secured the Aggies' lone point in the event versus No. 1 Georgia with an impressive 87 on Snookie.

Hirschfeld secured a crucial point in reining with a 70.75 aboard Slash to help clinch

a 3-1 team win in the event against No. 2 South Carolina, earning the MOP honors for her ride. The sophomore then added a 72 aboard Jewels against Georgia, capping off a consistent doubleheader weekend.

Kolbe posted an event-high 86 aboard Everest against No. 2 South Carolina to claim UC Davis' lone point in fences, besting her opponent by two points. The junior followed with another strong ride versus Georgia, scoring an 85 on Constantine to narrowly miss another point by just one mark.

Jacobson turned in a key point-winning ride of 74.5 aboard Teddy against No. 1 Georgia, earning the lone point and top score in horsemanship, anchoring the Aggies' Western lineup with a polished performance.

The Aggies hit the road to Delaware next weekend for a pair of matchups, taking on Delaware State and UT Martin on Nov. 7 and Nov. 8 in back-to-back meets. ★

Baseball Releases Loaded 2026 Schedule



Two of the Hornets' final three WAC series will be at home as they host league co-champion Abilene Christian (May 1 to May 3) and Tarleton State (May 14 to May 16). Photo courtesy of Sacramento State Athletics

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Fresh off its third Western Athletic Conference regular season title and its sixth conference crown overall, the Sacramento State baseball team looks to carry the momentum of that successful campaign into a 2026 season that features a star-studded 56-game schedule, according to head coach Reggie Christiansen.

“Our players and staff are excited about this year’s schedule which may very well be the toughest non-conference schedule in the nation,” Christiansen said on Oct. 21. “It will give our program the opportunity to compete on the road against some of the best teams in the nation, like reigning NCAA national champion LSU and UCLA, which is likely to be among the top-ranked programs in the country once the season begins, as well as a trip to Omaha to take on Creighton at Charles Schwab Field (home of the Men’s College World Series).

“That being said, I think what I am most excited about is the home schedule for our boosters and our fans,” Christiansen said. “The opportunity to host games against programs like UC Irvine, California, UConn and Winthrop early on is exciting and we are looking forward to treating our fans to some exciting weekends of baseball.”

The Hornets’ non-conference schedule features six opponents that finished in the top 50 in the final 2025 RPI, four of which ranked among the top 25 at season's end. Seven of Sacramento State's opponents for 2026 were NCAA Tournament qualifiers UC Irvine, Fresno State, LSU, Kansas, Creighton, UCLA and WAC rival Utah Valley, while the aforementioned Tigers and Bruins both reached the College World Series.

In addition, the Hornets will face six schools that either won or shared their respective conference's regular season title: Creighton and UConn in the Big East, Nevada in the Mountain West, Abilene Christian in the WAC, UC Irvine in the Big West, and UCLA in the Big Ten.

Meanwhile, three conference tournament champions also dot the Sacramento State slate in Big East champion Creighton, Mountain West champion Fresno State and WAC champion Utah Valley.

A three-game series against UC Irvine kicks off the season from Feb. 13 to Feb. 15 as the Hornets play eight of their first 10 contests within the friendly confines of John Smith Field. It will be the first meeting between the two California powers since 2020 and will give fans a sneak preview of a future conference rival as Sacramento State will join the Big West Conference, beginning with the 2027 campaign.

The inaugural meeting with Saint Joseph's follows from Feb. 19 to Feb. 22 with a four-game series, followed by a mid-week road contest at Pacific on Feb. 24. A three-game home-and-home series against California is next as games one and three in the series will be played in Berkeley with the Hornets playing host for game two on Feb. 28.

Following a midweek trip to Fresno State on March 3, Sacramento State makes its second-ever trip to Baton Rouge to take on LSU from March 6 to March 8. The two programs first met in a three-game series in 2016, with the Hornets winning the middle game of that weekend with the No. 5-ranked Tigers by a 5-4 score, thanks to a pair of ninth-inning RBIs from Matt Smith and Vinny Esposito

and six shutout innings by the bullpen.

Sacramento State returns home to host eight of its next nine, welcoming UMass Lowell (March 10) and Pacific (March 11) for single games before UConn heads west for a three-game series from March 13 to March 15. The Hornets face San Francisco (March 17) in a midweek match-up before playing host to Winthrop out of the Big South from March 19 to March 21.

A week-long trip to the Midwest has Sacramento State taking on Kansas in a pair of midweek contests from March 24 to March 25 before heading to Omaha to face Creighton at the home of the College World Series from March 27 to March 29.

Upon returning home to face Nevada in the team's final non-conference tune-up, the Hornets open WAC play on the road at Utah Tech (April 2-4), then sandwiches midweek contests against Fresno State (April 7) and San Francisco (April 14) around a three-game league series against future Big West rival Utah Valley, which upset No. 12 national seed Oregon in its NCAA Regional opener last season, on April 10-12.

The gauntlet continues with eight consecutive games on the road as Sacramento State travels to Texas for a three-game conference series with UT Arlington (April 17-19) and faces Causeway rival UC Davis (April 21) and Nevada (April 28) around a trip to Los Angeles to take on UCLA (April 24-26).

Two of the Hornets' final three WAC series will be at home as they host league co-champion Abilene Christian (May 1-3) and Tarleton State (May 14-16), while facing UC Davis (May 5) in a single game on the road prior to a trip to Riverside to take on another future Big West rival in California Baptist (May 8-10).

“When all is said and done, I believe this schedule will set us up for what is a yearly battle once WAC play begins in April,” Christiansen said. “With only 18 conference games this year, our non-conference slate will undoubtedly prepare us for success once league rolls around.” ★

A's Unveil Gold Sacramento Jersey for 2026 Season



The gold Sacramento jersey will make its on-field debut during the 2026 season, beginning with Opening Weekend. Photo courtesy of the Athletics

Athletics News Release

WEST SACRAMENTO, CA (MPG) - Beginning next season, the A's will take the field in a bold new look: a gold alternate jersey featuring “Sacramento” across the chest.

Inspired by popular demand, the design pays

tribute to the A's interim home in the Capital Region and offers a modern take on the Athletics' iconic gold.

The jersey will be worn throughout the 2026 season and will be available for fans to buy in the team store and online as part of the official A's apparel lineup.

“Sacramento has welcomed the Athletics with incredible passion and support. The new ‘Sacramento’ jersey is our way of recognizing that support and saying thank you to the fans, businesses and community leaders who helped bring Major League Baseball to town,” said A's President Marc Badain. “It’s been an unforgettable first season in West Sacramento and this uniform is another way to celebrate the passion we’ve

already felt throughout the community.”

In addition to on-field use, the gold Sacramento jersey will anchor special theme nights and community initiatives throughout the year, including Sacramento Saturdays.

Sacramento Saturdays is a series of fan-focused promotions and community appreciation nights. To kick off the celebration, all fans attending the April 4 game against the Houston Astros will receive a replica jersey. Merchandise featuring the new design will also be available in the A's Team Store and online during the 2026 season.

The gold Sacramento jersey will make its on-field debut during the 2026 season, beginning with Opening Weekend. ★

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Anthony Silva and Tonia Silva,
825 M Street Suite 4, Rio Linda,
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WINGSTOP 11-14-25

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1102" 7909 Walerga Road #105,
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WINGSTOP 11-14-25

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Glen Court, Citrus Heights, CA
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SMART 11-14-25

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HOLLISTER 11-14-25

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Publish: Oct 24, 31, Nov 7, 14, 2025
NAVARRO 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07580
Marcelina Solis, 774 Carro Drive
#2, Sacramento, CA 95825 is
doing business under the
Fictitious Business Name(s)
"VS Landscaping" 774 Carro
Drive #2, Sacramento, CA
95825. Filed with the Clerk of
Sacramento County October 10,
2025
Publish: Oct 24, 31, Nov 7, 14, 2025
VS 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07699
A-Sac Partners Inc, 4643 Scenic
Vista Drive, Folsom, CA 95630
is doing business under the
Fictitious Business Name(s)
"TMAD Folsom" 1300 E Bidwell
Street Suite 135 Folsom, CA
95630. Filed with the Clerk of
Sacramento County October 15,
2025
Publish: Oct 24, 31, Nov 7, 14, 2025
TMAD 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07474
Valley West LLC, 2108 N Street,
Sacramento, CA 95816 is doing
business under the Fictitious
Business Name(s) "Tealbee"
2108 N Street, Sacramento, CA
95816. Filed with the Clerk of
Sacramento County October 8,
2025
Publish: Oct 24, 31, Nov 7, 14, 2025
TEALBEE 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-06250
H2Osave Inc., 601 Par Three
Lane, Hampton, CA 30228
is doing business under the
Fictitious Business Name(s)
"Guardman Wildfire Protection
Company (GWPC)" 1401 21st
Street #6281, Sacramento, CA
95811. Filed with the Clerk of
Sacramento County August 22,
2025
Publish: Oct 24, 31, Nov 7, 14, 2025
GUARDSMAN 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07472
North Valley LLC, 4640
Northridge Boulevard, Suite 180,
Sacramento, CA 95834 is doing
business under the Fictitious
Business Name(s) "Continuum"
4640 Northridge Boulevard,
Suite 180, Sacramento, CA
95834. Filed with the Clerk of
Sacramento County October 8,
2025
Publish: Oct 24, 31, Nov 7, 14, 2025
CONTINUUM 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07767
Katherine Beatham, 6348
Longdale Drive, North Highlands,
CA 95660 is doing business
under the Fictitious Business
Name(s) "Poppy Local/Poppy
Local Ads" 6348 Longdale
Drive, North Highlands, CA
95660. Filed with the Clerk of
Sacramento County October 17,
2025
Publish: Oct 24, 31, Nov 7, 14, 2025
POPPY 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07720
Another California Insurance
Agency Inc., 1024 Iron Point
Road, Suite 1072, Folsom, CA
95630 is doing business under
the Fictitious Business Name(s)
"AnCal Insurance Agency" 1024
Iron Point Road, Suite 1072,
Folsom, CA 95630. Filed with
the Clerk of Sacramento County
October 16, 2025
Publish: Oct 24, 31, Nov 7, 14, 2025
ANCAL 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07548
Brian Delphino Sr, 4721 Dea
Way, Fair Oaks, CA 95628
is doing business under the
Fictitious Business Name(s)
"Wearcraftdesigns" 4721 Dea
Way, Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento
County October 9, 2025
Publish: Oct 24, 31, Nov 7, 14, 2025
WEAR 11-14-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07777
Roadway Motor Inc, 8434
Walerga Road Apt 233,
Antelope, CA 95843 is doing
business under the Fictitious
Business Name(s) "Roadway
Motor" 2500 Marconi Avenue
Suite 135, Sacramento, CA
95821. Filed with the Clerk of
Sacramento County October 17,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ROADWAY 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07728
Temacius Felton, 6644 Fair
Oaks Boulevard, Carmichael,
CA 95608 is doing business
under the Fictitious Business
Name(s) "Xpress Mart" 6644 Fair
Oaks Boulevard, Carmichael,
CA 95608. Filed with the Clerk
of Sacramento County October
16, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
XPRESS 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07556
Angela West, PO Box 160223,
Sacramento, CA 95816 is do-
ing business under the
Fictitious Business Name(s)
"Eres Property Services" 3626
Fair Oaks Boulevard #33,
Sacramento, CA 95864. Filed
with the Clerk of Sacramento
County October 9, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ERES 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07621
Mafalda Irene Lozano
Delgado, 2108 N Street
#9875, Sacramento, CA
95816 is doing business un-
der the Fictitious Business
Name(s) "MyForteMind/
HelloMyForteMInd" 2108 N
Street #9875, Sacramento, CA
95816. Filed with the Clerk of
Sacramento County October 14,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
MYFORTEMIND 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07814
PNG Service LLC, 2800 Walnut
Avenue Apt 21, Carmichael, CA
95608 is doing business under
the Fictitious Business Name(s)
"PNG Trade USA/PNG Store"
2800 Walnut Avenue Apt 21,
Carmichael, CA 95608. Filed
with the Clerk of Sacramento
County October 20, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
PNG 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07710
Taylor Michael Hunter-Epley,
2649 Benny Waym Rancho
Cordova, CA 95670 is doing
business under the Fictitious
Business Name(s) "Eternal
Echo Engraving" 2649 Benny
Way, Rancho Cordova, CA
95670. Filed with the Clerk of
Sacramento County October 16,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ETERNAL 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07802
Idehai Oserogho, 2043 Wyda
Way Apt 17A, Sacramento, CA
95825 is doing business under
the Fictitious Business Name(s)
"Kathy Bella" 2043 Wyda Way
Apt 17A, Sacramento, CA
95825. Filed with the Clerk of
Sacramento County October 20,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
KATHY 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-06946
Fresh Slice Holding LLC, 1680
Butte Vista Lane, Yuba City, CA
95993 is doing business under
the Fictitious Business Name(s)
"Papa Murphy" 3557 Bradshaw
Road Suite 2-D, Sacramento,
CA 95827. Filed with the Clerk
of Sacramento County September
16, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
PAPA 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07808
John Franklin and Charline
Franklin, 304 Ginny Way, Rio
Linda, CA 95673 are doing
business under the Fictitious
Business Name(s) "Ever Fresh
Carpet Care" 304 Ginny Way,
Rio Linda, CA 95673. Filed with
the Clerk of Sacramento County
October 20, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
EVER 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07223
Nickolas Scott Lambdin, 5632
Valhalla Drive, Carmichael, CA
95608 is doing business under
the Fictitious Business Name(s)
"Bay Area Brick Repair" 5632
Valhalla Drive, Carmichael, CA
95608. Filed with the Clerk of
Sacramento County September
25, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
BAY 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07792
Elder Creek Delivery LLC,
8880 Elder Creek Road, Suite
180, Sacramento, CA 95828
is doing business under the
Fictitious Business Name(s)
"The California Flowers
Company" 8880 Elder Creek
Road, Suite 180, Sacramento,
CA 95828. Filed with the Clerk
of Sacramento County October

17, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
FLOWERS 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07798
All Star Auto House LLC, 4636
Freeway Circle, Sacramento, CA
95841 is doing business under
the Fictitious Business Name(s)
"All Star Auto House" 6836 26th
Street Unit 36, Rio Linda, CA
95673. Filed with the Clerk of
Sacramento County October 17,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ALL 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07773
Blauberg CA LLC, 830 Morris
Turnpike, Suite 201, Short Hills,
NJ 07078 is doing business
under the Fictitious Business
Name(s) "The Blau & Berg
Company" 2710 Gateway
Oaks Drive, Sacramento, CA
95833. Filed with the Clerk of
Sacramento County October 17,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
BLAU 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07676
Hanita Aliyu, 653 Howe Avenue
Apt #21, Sacramento, CA
95825 is doing business un-
der the Fictitious Business
Name(s) "Addis Flavor House"
1120 Fulton Avenue Unit N,
Sacramento, CA 95825. Filed
with the Clerk of Sacramento
County October 14, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ADDIS 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07903
Panagiotis Alevizos, 4223 Privas
Way, Rancho Cordova, CA
95742 is doing business under
the Fictitious Business Name(s)
"Extra Care Audio Video" 4223
Privas Way, Rancho Cordova,
CA 95742. Filed with the Clerk
of Sacramento County October
23, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
EXTRA 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-06958
Firestone Nam LLC, 11642
Victory Boulevard #1001, North
Hollywood, CA 91606 is doing
business under the Fictitious
Business Name(s) "Rosalee
Consulting/Firestone Creative"
2108 N Street, Sacramento, CA
95816. Filed with the Clerk of
Sacramento County September
16, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ROSALEE 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07905
Ricardo Martinez Castro, 3940
Cleardale Way, Sacramento, CA
95823 is doing business under
the Fictitious Business Name(s)
"RMC Tile and Stone" 3940
Cleardale Way, Sacramento,
CA 95823. Filed with the Clerk
of Sacramento County October
23, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
RMC 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07888
Stroy Inc., 6133 W 4th Street,
Rio Linda, CA 95673 is doing
business under the Fictitious
Business Name(s) "Showerin.
com/Showerin" 6133 W
4th Street, Rio Linda, CA
95673. Filed with the Clerk of
Sacramento County October 22,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
SHOWERIN 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07915
Jorge Soto, 14 Ness Court,
Sacramento, CA 95826 is do-
ing business under the Fictitious
Business Name(s) "Capital
City Creations" 14 Ness Court,
Sacramento, CA 95826. Filed
with the Clerk of Sacramento
County October 23, 2025
Publish: Oct 31, Nov 7, 14, 21, 2025
CAPITAL 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07687
4001 Restaurant Inc, 4001
Freeport Boulevard Suite 110,
Sacramento, CA 95822 is do-
ing business under the Fictitious
Business Name(s) "Onigiri
Burger" 4001 Freeport Boulevard
Suite 110, Sacramento, CA
95822. Filed with the Clerk of
Sacramento County October 15,
2025
Publish: Oct 31, Nov 7, 14, 21, 2025
ONIGIRI 11-21-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07962
Zimei Gao, 2848 Arden Way
Suite 210A, Sacramento, CA
95825 is doing business under
the Fictitious Business Name(s)
"Jolly Bunny" 2848 Arden Way
Suite 210A, Sacramento, CA
95825. Filed with the Clerk of
Sacramento County October 24,
2025
Publish: November 7, 14, 21, 28, 2025
JOLLY 11-28-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07977
Felipe Nunez, 32 Twin Leaf
Court, Sacramento, CA 95838
is doing business under the
Fictitious Business Name(s)
"Seguro Electric" 32 Twin
Leaf Court, Sacramento, CA
95838. Filed with the Clerk of
Sacramento County October 27,
2025
Publish: November 7, 14, 21, 28, 2025
SEGURO 11-28-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07203
Catherine Wai Hin Ng, 879
Florin Road, Sacramento, CA
95831 is doing business under
the Fictitious Business Name(s)
"Paramita Acupuncture Clinic"
1721 Eastern Avenue, Suite 10,
Sacramento, CA 95864. Filed
with the Clerk of Sacramento
County September 25, 2025
Publish: November 7, 14, 21, 28, 2025
PARAMITA 11-28-25

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2025-07845
Elias Martinez Jr., 8152 Follett
Court, Sacramento, CA 95828
is doing business

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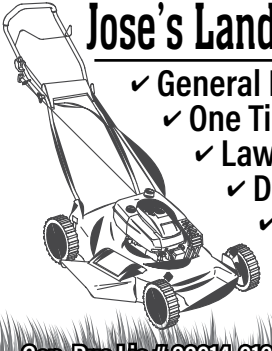
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Find at least six differences in details between panels.

Differences: 1. Leg is moved. 2. Foot is showing. 3. Shift is longer. 4. Shift pocket is missing. 5. Boy's left arm is showing. 6. Line is added to walkway.

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N	E	S	S			Y	E	S		R	E	S	E	T

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CLUES

ACROSS

1. Impromptu (2 words)
6. Chop
9. Little bit, in Cancun
13. Luffa, alt. sp.
14. The day before
15. Rn, a health hazard
16. Surveyor's maps
17. Black gunk
18. Run off, as in couple
19. *Mount ____, Earth's southernmost active volcano
21. *Antarctica - world's largest ____
23. A Bobsey twin
24. Not to be broken?
25. Eyeball shape
28. Minimal distortion
30. *Polar bear, a ____ mammal
35. Goldfish or koi
37. Memorial Day solo
39. Red-dot pointer, e.g.
40. Purse to match a gown
41. *Amundsen-____ South Pole Station
43. Hipbones
44. Letter H, phonetically speaking
46. Biblical twin
47. Frog delicacy
48. Intellectual
50. Novice or beginner
52. Café alternative
53. You, in bygone era
55. Ciao, in the U.S.
57. * ____ Nast, imagined Santa at North Pole
60. *The largest lake near South Pole
63. Hotel room option
64. *Barents or Laptev
66. Blackfin and bluefin
68. Remove location from digital map
69. Paul Simon's former partner
70. Swelling
71. Monster's loch
72. An affirmative
73. Button on electrical outlet

DOWN

1. Mountain peak
2. Pineapple producer
3. Gray-haired
4. As a rule
5. The Clash: "Rock the ____"
6. Answer to "Shall we?"
7. Female gametes
8. Lost, in Marseille
9. Opposite of sun-kissed
10. Deodorant's target
11. Native Egyptian, in Roman times
12. *How many sunsets in a year on either pole?
15. Close again, as in envelope
20. Yards and miles, e.g.
22. "Slippery" tree
24. Quick and clever reply
25. *North Pole "base"
26. Fraction, e.g.
27. Beastly person
29. Front of the head
31. Not top-shelf
32. Part of archipelago
33. Sound like Secretariat
34. Clear the whiteboard
36. Ancient Briton
38. Dog command
42. Supercharger
45. Glen Powell's 2023 role, pl. (2 words)
49. Cuban dance step
51. Half-shell delicacy
54. English homework
56. Chopin's composition
57. Ad jingle, e.g.
58. Shakira's don't lie
59. Milo's adventurous canine friend
60. Giant kettles
61. Change for a five
62. Glacier's deposit
63. *Midnight ____, opposite of polar night
65. Old-fashioned "before"
67. Aptitude test, acr.

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If Walls Could Talk

‘The People vs. The Golden State Killer’ Reveals Lead Prosecutor’s Official Account of 40-Year Cold Case



Thien Ho is the author of “The People vs. The Golden State Killer.” He was elected Sacramento County district attorney in 2022 and took office in 2023. Courtesy photo

By Seth Henderson

SACRAMENTO REGION, CA (MPG) - For the first time, the story of a cold case that lasted more than 40 years plaguing the Sacramento area and various communities throughout California was officially recounted by the then lead prosecutor in “The People vs. The Golden State Killer” (Third State Books, Nov. 11, 2025). The book was written by Thien Ho, Sacramento County’s current district attorney.

Joseph DeAngelo, better known by monikers such as the East Area Rapist, Visalia Ransacker, the Original Nightstalker and the Golden State Killer, wreaked havoc throughout six counties in California, committing more than 120 burglaries, more than 50 rapes and 13 murders. DeAngelo’s first victims murdered in Rancho Cordova were a couple, Brian and Katie Maggione.

“Nothing compares to (DeAngelo’s case) for me personally of any case I’ve worked on and it’s just because of the scope and the volume and the challenges that came with prosecuting a cold case that was 40 years old,” Ho said.

During the time of DeAngelo’s investigation, capture and conviction, Ho was the assistant chief deputy district attorney and lead prosecutor of the team that successfully achieved a conviction of the notorious killer.

“There’s one thing to arrest somebody but there’s another thing to build a case and present it in a court of law,” Ho recently told Messenger Publishing Group. “And building a case is like building a house; you have to build a foundation first.”

When presenting a case for trial, Ho said, he first questions how he wants to tell the story and creates an A layer, B layer and C layer that cohesively converge throughout its duration.

The A layer was the overarching case, Ho said, going through the investigation, capture and prosecution of the Golden State Killer. The B layer was Ho’s personal story, a Vietnamese refugee who studied at McGeorge School of Law, taught there and rose through the judicial ranks, elected

in 2022. The C layer was conveying the voice of the survivors, a tremendous responsibility that Ho said he felt out of respect.

“There were literally three-million pages of documents that had to be reviewed, organized and turned over,” Ho said “And so part of the challenge of any case is telling the story but before you can do that, you have to understand it and the challenge here is that this is a cold case, where the crimes happen 30 to 40 years prior.”

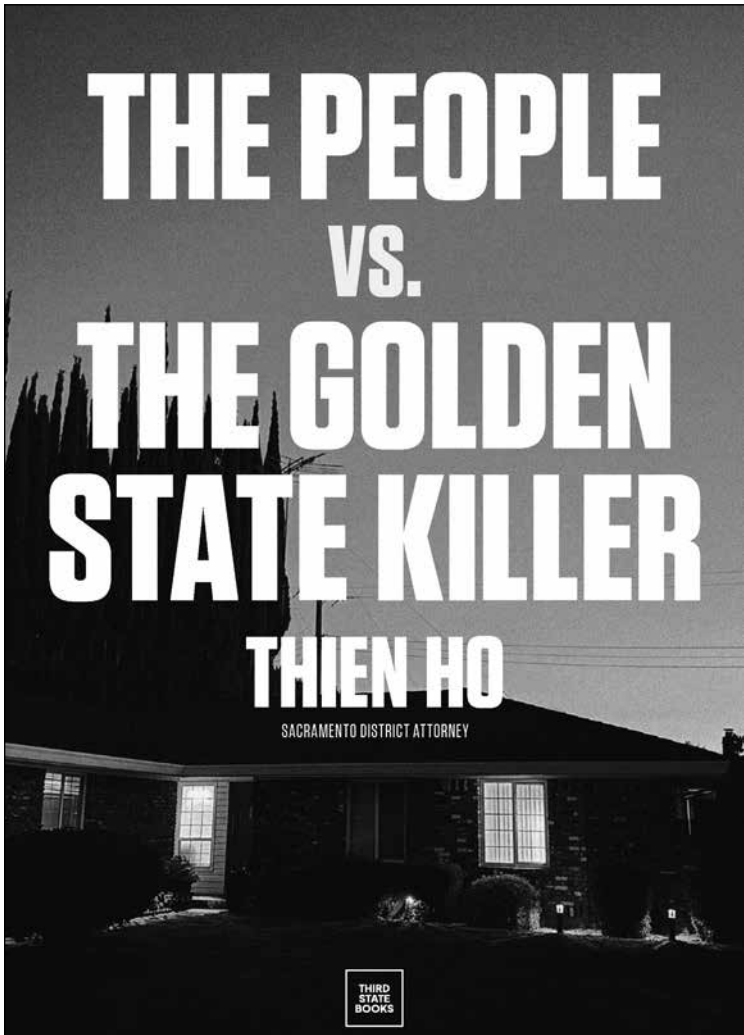
Facing lost witnesses, discarded evidence and faded memories, Ho said, rebuilding the case was a meticulous process that was taken one case at a time. He said that DeAngelo’s pursuit was aided by investigative genetic genealogy (IGG), a process that builds a genetic family tree to profile suspects. Nearly 1,000 cases have been solved so far because of investigative genetic genealogy, according to Ho.

Tens of thousands of suspects were identified over the cold case’s four decades before DNA evidence eventually tied DeAngelo to the string of crimes that captivated six counties throughout California. Leaving bodily fluids and other DNA at multiple crime scenes during his criminal career, Ho said that DeAngelo’s crimes were consistent, his actions served as a signature, tying him to the nearly 200 crimes he was convicted of through his genetic family tree.

Ho outlined the obstacles to be overcome during the COVID-19 pandemic, including the creation of a courtroom at the Sacramento State Ballroom to accommodate roughly 200 people while social distancing, a term that Ho said was foreign to most up until spring 2020.

“Those victims deserved to be there,” Ho said. “So we looked around at the Golden One Center here in Sacramento where we looked at the Memorial Auditorium. We even looked at an airport hangar.”

A makeshift courtroom during a pandemic was unprecedented, Ho said, and the ballroom’s back entrance had to facilitate an armored vehicle, in addition to 200 individuals. He said it was a challenge to protect the victims’



Joseph DeAngelo worked as a police officer and then a mechanic while committing horrific crimes in secret. DeAngelo’s ability to meticulously compartmentalize allowed him to evade detection and reminds us that evil doesn’t always look like a monster. Courtesy photo

of his family, while continuing to move the case along in court. Ho said that a traditional courtroom fits about 40 people without social distancing, so a larger venue was sought to accommodate courtroom victims capacity while social distancing.

“If you know your why, you will find your way,” Ho said. “We knew our why, we were doing this for the victims, we were doing it to bring them justice. That was our why.”

Ho said that the prosecution team created a profile on DeAngelo from his birth in Bath, New York to his post-arrest as a camera was placed inside DeAngelo’s cell without his knowledge. DeAngelo’s cell footage showed him obsessively pacing around, Ho said, but he was rolled into the courtroom via a wheelchair to seem frail and weak. Ho said that the prosecution saw right through DeAngelo’s

too deliberate. He said it seemed as if DeAngelo was attempting to create a narrative of mental instability.

“DeAngelo was meticulous. He compartmentalized his life with surgical precision. He was not impulsive, he planned, he stalked, he adapted. That is how he avoided capture for so long,” Ho said. “It was chilling to realize that someone could commit such evil while maintaining the appearance of normalcy. But evil does not always look like a monster. Sometimes, it looks like your neighbor.”

With modern technology, Ho said, the likelihood of serial killers living “normal” lives is not as high as when DeAngelo’s criminal career was at its peak. Ho said there’s too much forensic and electronic evidence to connect the dots of a case plus the plethora of security cameras and cellphone cameras in this modern age.

feeling of unstoppable control, revealed how weak he truly was in his own life, hunting his victims like prey, Ho said. DeAngelo’s actions displayed his manipulative compulsion throughout his crimes.

“He was playing God. When he tied him up and he put a bed-sheet over them and glasses on top of them, he was being God over them,” Ho said. “He held their lives in the palm of his hands when he was committing his sexual assault.”

Ho writes about sleepless nights in anticipation of new developments in the DeAngelo case. Asked about the crimes’ dark nature and how it affected him, Ho said that the darkness remains a part of him but does not consume him as much.

“Maybe it doesn’t creep over your consciousness as much or often but it’s always there,” Ho said. “It’s never completely gone. It becomes a part of you in some way.”

“The People vs. The Golden State Killer” is set to be released on Nov. 11 in the Nonfiction/True Crime section. Ho said he woke up at 5 a.m. to write the book two hours every day for seven months. Ho started with a 30-page outline. The book’s cover depicts the Rancho Cordova neighborhood in which the first couple murdered by the Golden State Killer took place.

Ho will have a book launch party from 6 to 7:30 p.m. Nov. 12 at the Sacramento Public Library’s Tsakopoulos Library Galleria, 828 I St., Sacramento. Ho will also travel to St. Louis, Houston, Seattle, the Bay Area and Southern California for a book tour throughout the fall.

To learn more about the district attorney’s book launch event at the Sacramento Public Library, visit <https://engage.saclibrary.org/event/14608224>. The book is for sale online at Third State Books’ website at thirdstatebooks.com, Barnes and Noble, and Amazon.

“The People vs. The Golden State Killer” is \$30. A portion of the book’s proceeds will be donated by Ho and Third State Books to Phyllis’s Garden, a non-profit organization advocating for sexual assault survivors’ rights begun in honor of a DeAngelo



PoppTalk

With Mary Jane Popp

Risk Away Today

Did you know every 40 seconds someone has a stroke in the USA? That’s like some 795,000 strokes each year? It’s deadly and leaves many victims with significant health challenges. So, let’s start with what IS a stroke. A stroke happens when something prevents your brain from getting enough blood flow. A blocked blood vessel or bleeding in the brain can cause strokes. And boy was I surprised when I learned the long list of symptoms. I thought I had a pretty good idea, but I was wrong. How about this list? Aphasia (trouble speaking in complete sentences), Blurry Vision or double vision, Confusion or Agitation, Coma, Dizziness or Vertigo, Loss of coordination or clumsiness, Memory Loss, Mood swings or personality changes, Nausea or vomiting, Neck stiffness, Passing out or fainting, Seizures, Slurred or garbled speaking, Sudden loss of your senses (including vision, hearing, smell, taste and touch), Weakness or paralysis on one side of the face or body. Whew! That should get your attention.

Now to recognize signs of a stroke. Remember to BE FAST!!! “B” is for Balance. Ask the person to stand. Look for trouble staying on their feet. “E” is for Eyes. Ask if they see double or if things are blurry or decrease in vision. “F” is for Face. Ask the person to smile. Look for a droop on one or both sides of the face. “A” is for Arm. Ask the person to raise their arms. Look for one arm to droop forward. “S” is for Speech. Listen for slurred speech or trouble choosing words. “T” is for Time. CALL 911 IMMEDIATELY!!! Look at the time so you can tell medical personnel when symptoms started.

I got all this good information from a site at the Cleveland Clinic which is great. Now I needed some facts on how to reduce stroke risk. So I asked Dr. Jeremy Liff on POPPTALK to give us some practical tips. He’s a Board-certified neurologist specializing in stroke and brain aneurysms. Here’s his top ten.

- 1. BLOOD PRESSURE.** Keep your blood pressure treated less than 140/80.
- 2. NOT NEW BUT IMPORTANT.** Stop smoking or vaping.
- 3. BLOOD SUGAR.** Keep your diabetes controlled. Screen for diabetes. Test your insulin sensitivity.
- 4. EAT HEALTHY.** Some examples are healthy fats and protein. It’s the Mediterranean diet.
- 5. SUGAR.** Avoid sugar, seed/vegetable oils, and corn syrup.
- 6. AVOID ULTRAPROCESSED FOOD.** Something that can sit on a shelf for 100 years without changing isn’t really food.
- 7. EXERCISE.** Start slow if you don’t do anything currently. Walk, jog, elliptical (low impact), and light weights.
- 8. HEALTHY HEART.** 25% of strokes are a direct result of a heart disease creating a blood clot.
- 9. REDUCE STRESS.** Yoga, meditation, athletics, and healthy hobbies.
- 10. THIS ONE WILL GET YOU THINKING.** Spend 24 hours with your left arm tied to your side. Picture that for the rest of your life, then check out steps 1-9 again! Check out www.JeremyLiffMD.com for a ton more information! Stay safe and **STROKE FREE!** ★

Retiring Flags and Frying Fish

Continued from page 1

Regarding the ceremony, the adjutant said “It’s just a few opening sentences that acknowledge that we all have these flags out here, and we all acknowledge that they have lived their useful service, and to fly them now would not be the right thing for those flags, and the command the respect that they deserve for our country.”

The adjutant said the tattered flags are then authorized by the legion officers to be properly retired. Any remaining flags are held in the legions storage until the next ceremony.

Rio Linda’s American Legion Post 521 is located at 6700 8th St. and can be contacted at (916) 991-9921. The legion’s website is <https://alpost521-riolinda.org/> and its Facebook page is <https://www.facebook.com/p/Legion-Post-521-100064915655367/>. ★



Rio Linda’s American Legion Post 521 is located at 6700 8th St. and can be contacted at (916) 991-9921. Photo courtesy of the American Legion Post 521 in Rio Linda



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Dave Ramsey

Dear Dave,

My wife and I recently learned she’s pregnant. She’s about to begin her second trimester, and we’re both really excited. There is a bit of concern, though. During a detailed ultrasound, the doctor found an issue that might mean our baby could need minor surgery soon after delivery. Financially, we’re in Baby Step 2 of your plan. With the extra bills after the baby’s born, should we save money in a sinking fund for the added expenses while we continue paying off debt?

– Jared

Dear Jared,

Congratulations on the new baby! I know you’re both probably on an emotional rollercoaster right now, what with the pregnancy and the possibility

Dave Ramsey Says Nothing Can Make You Happier... Or Scare You More

of surgery for your little one. Make sure you pray and hug on each other a lot in the days ahead, okay? Doctors can do all kinds of incredible things, but including God in any equation is a good idea.

Now, should you start a sinking fund for the delivery and any extra expenses while you’re trying to pay off debt? No. When a baby’s on the way, I always recommend folks press pause—not stop—on the Baby Steps and start piling up as much cash as possible. Then, when mom and the baby come home, we pay the bills, push play on the Baby Steps and get back to work on the debt snowball.

Concentrate on building the biggest pile of cash you can over the next several months. And don’t worry about how big that pile of cash gets. There’s no such thing as too big in this case, because after you pay everything insurance doesn’t

cover, you’ll put anything that’s left over right back into paying off debt.

You’re learning something early on about being a parent, Jared. There’s nothing in the world that can make you happier—or scare you more—than a baby. I’m praying for you and your family. And I hope that little one is born happy, and healthy and perfect.

God bless you all.

– Dave

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



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Tunnel to Towers Races Through Sacramento



The honor wall set up at last year's Tunnel to Towers 5k Run and Walk. Photo courtesy of Tunnel to Towers Foundation

Continued from page 1
nine weeks to spare before last year's Sacramento race.

A full year of planning and preparation went into this year's event. Tunnel to Towers partnered with Capitol Road Race Management to time the event, drawing more dedicated runners, as well as families and kids being pushed in strollers.

"It's sort of a combination event," said Schroder, due to the variety of running experience and race day goals of participants.

The event brought out Sacramento County Sheriff Jim Cooper, City of Sacramento Fire Chief Chris Costamagna, Sacramento Mayor Kevin McCarty and Sacramento Area Senior Fire Chaplain Kevin Snider.

Adam Maciel, a Sacramento city firefighter served as DJ for the morning as participants checked out booths for the California Highway Patrol, Sacramento Police Department, Firefighters Burn Institute, Rally Point Foundation and Capitol Road Race, who timed the event.

Sacramento Firefighters Pipes and Drums and the C.K. McClatchy High School ROTC Color Guard presented and performed the national anthem during the opening ceremony.

Schroder's father-in law, retired Sacramento City Fire Chief Don Schroeder was the creator behind an honor wall honoring all first responder victims of the 9/11 attacks. The honor wall was placed in Land Park for participants to

view at the Saturday event. Prior to lining up at the start line, participants were able to choose a fallen first responder to pin to their badge and run in honor of.

Amber Saks, a 2022 Gold Star recipient, reflected on the impact Tunnel to Towers made in her life and the lives of her two daughters when husband and father Marine Captain John Sax passed away in an aviation accident.

"When I had the chance to meet Tunnel to Tower's CEO [Frank Siller], he remembered my name and the names of my daughters, he remembered John's story," Saks said.

This year, Tunnel to Towers awarded nine local Sacramento first responders or military with mortgage-free homes. ★



Participants took off at the start line at the Tunnel to Towers 5k in Land Park. Photo by Abbey Wicks



Amber Saks, a Gold Star recipient, speaking at last year's Tunnel to Towers 5k Run and Walk. Photo courtesy of Tunnel to Towers Foundation



Firefighters participated in last year's Tunnel to Towers race. Photo courtesy of Tunnel to Towers Foundation



Race participants pushing child in stroller across the finish line at last year's Tunnel to Towers 5k Run and Walk. Photo courtesy of Tunnel to Towers Foundation

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