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# 'A Love Letter to Rancho Cordova'

### Mayor Highlights Growth, Safety and Big Dreams

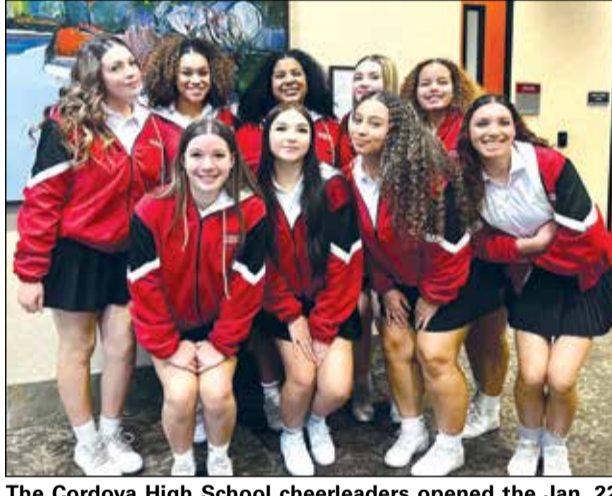


Rancho Cordova City Council members and city staff attend the luncheon. From left are Councilmember David M. Sander, Ph.D., Mayor Garrett Gatewood, Councilmember Siri Pulipati, Vice Mayor Linda Budge and City Manager Micah Runner. Photo by Ornella Rossi

By Ornella Rossi

**RANCHO CORDOVA, CA (MPG)** - With cheerleaders, big ideas and a strong sense of hometown pride, Mayor Garrett Gatewood laid out his vision for how Rancho Cordova is transforming into what he called "the new epicenter for the region."

The Jan. 23 luncheon, held at Rancho Cordova City Hall, was hosted by the Cordova Community Council and the Rancho Cordova Area Chamber of Commerce. Each month, the event features a local newsmaker, but Gatewood's appearance



The Cordova High School cheerleaders opened the Jan. 22 luncheon with a high-energy performance. Photo by Ornella Rossi

felt more like a celebration and a preview of what he called a pivotal moment for the city.

Gatewood entered the room alongside the Cordova High School cheerleaders, who

performed a brief dance and song before attendees settled in for lunch and the mayor's address.

"We love having fun at Rancho Cordova," Gatewood said. "But we also know how to put our hats on and get to work."

Gatewood framed his remarks around what he described as his mayoral theme: "Rancho Cordova, the new epicenter for the region," built on three pillars, innovation, opportunity and community.

"Epicenter perfectly describes Rancho Cordova right now," he said. "It's the center of activity, and

*Continued on page 2*

## Mushroom Poisoning Amid Statewide Outbreak

Sacramento County News Release

**SACRAMENTO REGION, CA (MPG)** - Recent rain has contributed to widespread growth of Death Cap mushrooms in California. Sacramento County Public Health (SCPH), in alignment with the California Department of Public Health (CDPH), is urging residents not to pick or eat wild mushrooms as the risk of potentially deadly amatoxin poisoning is high. Since Death Cap (*Amanita phalloides*) and Western Destroying Angel (*Amanita ocreata*) are easily confused for safe-to-eat lookalike mushrooms, all mushroom foraging should be avoided.

Sacramento County Public Health confirms four cases of amatoxin poisoning in Sacramento County caused by people accidentally picking and eating Death Cap and/or Western Destroying Angel mushrooms.

This comes amidst a continuing statewide outbreak linked to the consumption of wild, foraged mushrooms. There's been reports of severe liver damage in both children and adults, resulting in three adult deaths and three liver transplants statewide to date.

Between Nov. 18, 2025, and Jan. 6, 2026, the California Poison Control System (CPCS) has identified 35 hospitalized cases across Northern California and the Central Coast, spanning regions from Sonoma to San Luis Obispo. Affected individuals range in age from 19 months to 67 years and include family groups and individual cases.

Most cases are in the Monterey and San Francisco Bay Area, though Death Cap mushrooms can be found across the state, particularly adjacent to oaks, other hardwoods and some pines. Information provided by affected individuals indicates that mushrooms were collected from various locations, including county, city and park lands.

Sacramento County Public Health and Sacramento County Regional Parks remind residents that wild mushrooms can be poisonous even if they resemble edible varieties and remain toxic even after cooking, boiling, freezing or drying.

"We understand that people may not realize the risk of mushroom foraging right now, because

*Continued on page 2*

# Free Vax for Fido

By MPG Staff

**RANCHO CORDOVA, CA (MPG)** - Rancho Cordova residents can help protect their pets and community health through a series of free drive-through vaccine and microchip clinics offered by the city's Animal Services Division.

The clinics will provide free rabies vaccinations and microchips for dogs and cats owned by Rancho Cordova residents. Additional vaccines will be available, including DAPPV for dogs and FVRCP for cats, which help prevent several common and potentially serious diseases.

Clinics are scheduled from 8 a.m. to noon on the following Saturdays: Jan. 31, April 4, June 6, Aug. 1, Oct. 3 and Dec. 5. All clinics will take place at Neighborhood Services, 2880 Gold Tallings Court.

Appointments are required and must be made online. Registration opens two weeks prior to each



The clinics will provide free rabies vaccinations and microchips for dogs and cats owned by Rancho Cordova residents. Photo courtesy of the City of Rancho Cordova

clinic date. Residents who are unable to register online may call Neighborhood Services at 916-851-8770 for assistance.

Rabies vaccinations will default to a one-year expiration. Proof of a prior rabies vaccination is required to receive a three-year rabies vaccine. Pet owners should bring documentation of all

current vaccinations to their appointment.

Participants must provide a California photo ID along with proof of Rancho Cordova residency, such as a utility bill, rental or lease agreement or homeowner-ship document.

Residents may also request a free pet ID tag, which will be mailed after

the appointment. Donations of new pet supplies or clean blankets and towels will be accepted to support animals in need.

For more information visit <https://www.cityofranchocordova.org/departments/community-development/neighborhood-services/animal-services>. ★

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# Mushroom Poisoning Amid Statewide Outbreak



Avoid picking and eating wild mushrooms during this high-risk season when Death Cap mushrooms are abundant. Death Cap mushrooms are still poisonous even after cooking, boiling, freezing or drying. Photo courtesy of Sacramento County



SCPH is urging residents not to pick or eat wild mushrooms as the risk of potentially deadly amatoxin poisoning is high. Photo courtesy of Sacramento County

Continued from page 1  
these mushrooms can closely resemble edible types," said Dr. Olivia Kasirye, Sacramento County Public Health Officer. "That's why we're urging residents to avoid wild mushroom foraging altogether and to seek immediate help if exposure is suspected."

Sacramento County Public Health is coordinating with the California Department of Public Health and California Poison Control on case investigation, tracking and public outreach.

### What Residents Can Do

Avoid picking and eating wild mushrooms during this high-risk season when Death Cap mushrooms are abundant. Death Cap mushrooms are still poisonous even after cooking, boiling, freezing or drying.

Purchase mushrooms from trusted grocery stores and retailers and exercise caution when buying mushrooms from street vendors.

Keep children and pets away from wild mushrooms.

Seek help immediately if you or someone you know has eaten a poisonous mushroom. Contact the CPCS hotline: 1-800-222-1222. Do not wait for symptoms to appear. Treatment is more difficult once symptoms start.

Initial symptoms, such as watery diarrhea, nausea, vomiting, abdominal pain, and dehydration can occur within 6 to 24 hours following ingestion of these toxic mushrooms and usually go away within a day. However, this brief improvement can be deceptive, as patients may still develop serious to fatal liver damage within 48 to 96 hours after eating the mushrooms. ★

# 'A Love Letter to Rancho Cordova'

Continued from page 1

we have a lot of activity going on."

The mayor pointed first to public safety, calling it one of the city's strongest recent accomplishments. According to Gatewood, Rancho Cordova recorded a 12% reduction in robberies, a 12% drop in burglaries and a 30% decrease in property crime last year, while recording zero homicides.

He credited those results to a combination of technology and policing strategies, including the city's real-time information center, which helps officers quickly identify suspects and coordinate responses. Gatewood also highlighted Rancho Cordova's unique partnership with the U.S. Postal Service aimed at combating mail theft, which he said has already resulted in dozens of arrests.

Financial stability was another key focus of the mayor's address. Gatewood said the city closed the most recent fiscal year with a surplus of more than \$3.4 million, while general fund revenues have increased by 35% over the past five years.

"That doesn't happen by accident," he said. "It's the result of planning ahead, managing our finances responsibly and making decisions with the future in mind."

Gatewood also praised what he described as Rancho Cordova's "best-in-class" city services, ranging from the building department and business beautification efforts to workforce development, communications and community grants.

As one example, he pointed to infrastructure spending. The city invested more than \$47.8 million in infrastructure projects last year, completing numerous improvements and continuing work on several others.

Looking ahead, Gatewood spent much of his speech outlining major projects he said are positioning Rancho Cordova as a regional destination.

At the top of that list was Downtown DOVA, a development that includes the planned 7,500-seat Cordova Arena. Gatewood described the arena as a "game changer" that will host professional soccer, concerts and year-round events.

"This is the kind of energy we used to have to leave town for," he said. "Now it's coming here."

The arena project is locally owned and privately funded, Gatewood noted, calling it a sign of residents reinvesting their experience, resources and confidence back into the city. Beyond entertainment, he said the project will support thousands of jobs and benefit local businesses in hospitality, retail and construction.

"That arena signals something loud and clear," Gatewood said. "Rancho Cordova is innovative."

Gatewood also highlighted the city's growing AI ecosystem, which includes partnerships with companies such as Nvidia, HMC and SMUD, as well as local schools. The goal, he said, is to connect education directly to workforce training and high-paying, in-demand jobs.

"We're not waiting for the future," Gatewood said. "We're building it ourselves."

Another major project is the Zinfandel Pedestrian Overcrossing, a new bridge over Highway 50 designed to improve safety for pedestrians and cyclists. Gatewood said the bridge will feature a fully separated path and a bold architectural design that could become a city landmark.

"At its core, it's about safety," he said. "But it's also about creating something iconic."

The bridge will also function as an art walk, featuring works from artists across the United States.

Innovation and opportunity also came together, Gatewood said, in the expansion of the Mather Veterans Village. Phase 4 of the project will add more than 70 apartments for senior homeless veterans and is fully funded, with construction scheduled to begin next month.

"Helping veterans is in Rancho Cordova's DNA," Gatewood said. "This project allows us to walk alongside them."

The village currently houses more than 150 homeless or disabled veterans. With the expansion, Gatewood said the city expects to reach "functional zero" for veteran homelessness locally.

Beyond major projects, Gatewood emphasized community connection. He announced plans for monthly "Coffee with the Mayor" events, held one Tuesday a month from 9 to 10 a.m., and said he will partner with the chamber to visit local restaurants and feature them on social media.

"These are opportunities for us to get to know each other and share what's happening in our city," he said.

Gatewood closed on a personal note, reminding attendees that this is his final year on the City Council after more than two decades of living in Rancho Cordova.

"Everything I do this year is a love letter to my city," Gatewood said. "Signed, sealed and delivered. Here is to a year of innovation, a year of opportunity and a year of community." ★

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# Superintendent's Corner

## Leading Through Innovation, Planning for Our Future



Erik Swanson

**By Erik Swanson, Superintendent, Folsom Cordova Unified School District**

Innovation has long been a word to describe the Folsom and Rancho Cordova communities; from the high-tech businesses our region attracts to our forward-looking city planning and arts initiatives.

Now the Folsom Cordova Unified School District is putting innovation front and center in planning for

our future. We envision classrooms and campuses built for 21st-century learning, interactive tools that keep parents and students informed, and dynamic educational approaches that prepare students for future workforce demands.

Innovation includes modernizing learning and technology to incorporate contemporary approaches like adaptive platforms, project-based learning and AI tools.

However, innovation is also a cultural mindset that calls for rethinking how students learn, how families and communities engage, how educators are empowered, and how leaders plan purposefully to ensure every child thrives in a rapidly changing world. This has never been more important than today,

as society undergoes rapid technological change and shifting economic realities.

Folsom Cordova families expect their schools to be rigorous, flexible, transparent, and forward-thinking, and we are building strategies to deliver on those expectations. Here are just a few:

Folsom Cordova Unified School District's new Facilities Comprehensive Plan (FCP) is an interactive planning tool that allows families and community stakeholders to explore and provide input on the future of school facilities. It's innovation at its best, because it enables future-focused decision-making. The plan is proactive rather than simply reacting to growth pressures. It looks at both existing and projected

facility needs and aligns those needs with community aspirations and educational goals, rather than simply reacting to growth pressures.

The Facilities Comprehensive Plan also improves transparency and engagement. Everyone can view data, offer input, learn about facility conditions, and read planning goals that were developed through multiple community meetings. All of this is now at your fingertips through an easy-to-navigate website.

Folsom Cordova Unified is also committed to data-driven decision-making. We have developed a process to collect and analyze every aspect of District data to provide a 360-degree perspective on our existing and future school facilities' needs. This approach helps guide our student population projects, set budgets, calculate necessary developer fees, plan improvements to existing facilities, and more.

The Facilities Comprehensive Plan is live now, and I encourage you

to engage with the site and let us know what you think.

Other innovation efforts include our focus on creating modern learning environments. We continue to make facility enhancements that create more collaborative, flexible and technologically advanced learning spaces. Other enhancements have elevated safety and upgraded athletic facilities. When students have modern and well-equipped facilities, they value and engage more deeply with their education.

We also know how essential innovation is when it comes to how we communicate and engage with our school community. Our District is leveraging new interactive online tools and regularly conducting ThoughtExchange surveys to help us collect, respond to, and act on community perspectives.

We all know what it's like to create something new in a vacuum, it's a recipe for frustration and failure. Innovation thrives in the context of community, when people with a

common mission contribute their ideas, perspectives, opinions, and expertise to solve a problem or drive positive change.

That's why I invite you to innovate with us. Our District leaders are casting the vision with courage, transparency and data-driven decision-making. But we sincerely seek to take it forward in partnership with you, our community. All of us: parents, neighbors, educators, families, and community leaders, have a shared privilege and responsibility to invest in innovation today, for the benefit of the learners of tomorrow.

As a starting point, please take a few minutes to explore the interactive facilities plan. Then set a goal to participate in planning conversations this year as much as possible, either via feedback online or in person.

Your support is crucial to expanding innovation in education, which will ensure the sustained success of our District for decades to come. ★

# Making a Splash for a Cause

## CRPD's Annual Polar Bear Plunge

**By Haley O'Neill, Cordova Recreation & Park District**

**RANCHO CORDOVA, CA (MPG)** - The Cordova Recreation & Park District (CRPD) celebrated community spirit and generosity at its annual Polar Bear Plunge on Jan. 10, drawing community members together for a morning of fun and fundraising.

The day began with a refreshing splash as brave participants took the plunge into the Cordova Community Pool. Community members joined

in to raise funds benefiting the Cordova Recreation & Parks Foundation Scholarship Program, the Cordova Blue Marlins Swim Team Parent Board and the Cordova Cordettes Synchronized Swim Team Parent Board.

Following the plunge, attendees warmed up with a delicious pancake breakfast hosted by the Kiwanis Club of Rancho Cordova and had the opportunity to win exciting prizes during the raffle.

The district extends its



Community Members jump into the Cordova Community Pool at the annual Polar Bear Plunge on Jan. 10. Photo courtesy of the Cordova Recreation & Park District

sincere appreciation to the plungers, sponsors, volunteers and community members whose support made the event a success. Their contributions help expand recreation opportunities throughout the community and make a meaningful impact.

To see future events and activities happening with the district, visit [cordovarpd.gov](http://cordovarpd.gov), and to learn more about the Cordova Recreation & Parks Foundation Scholarship Program, visit [crpdfoundation.org](http://crpdfoundation.org). ★

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# Cordova Should Consider Restarting its Fresh Football Program



Fresh-only football continued at Cordova High, until 2013, when the program was disbanded. Courtesy photo

By Mike Marando

Cordova High School is missing the boat by not offering a frosh football team.

For decades in Rancho Cordova, the annual Mills-Mitchell game was a must-see event. Thousands of fans packed Cordova Stadium on the last Thursday afternoon of the season to bear witness to Cordova's future.

However, the winds of change began to swirl in the early 1990s. Mather AFB closed. Mills and Mitchell were reconstituted as sixth-eighth grade middle schools. Ninth graders would now go to Cordova.

Frosh-only football continued at Cordova High, until 2013, when the program was disbanded. Since that time the Varsity has had only one winning season (2018, not including a 3-2 record during an abbreviated 2020 COVID season).

Cordova has made great strides in recent years. Gone is the revolving door of head coaches; accountability has improved, and the Junior Lancers show promise with more kids playing now than at any time in several years.

The missing link: ninth grade football. Here's why it must return:

#### Skill Building and Development

Currently, Cordova allows frosh to compete at the junior varsity level alongside sophomores, juniors and in a few cases, seniors. This is bad practice on many levels, not the least of which is inherent physical and emotional advantages older kids possess. There is no reason to have ninth graders on the JV team if many of them are not getting consistent playing time necessary to develop their skills. A frosh-only team better prepares players for a JV and, later, varsity experience. Frosh football also allows young athletes to learn and make mistakes in a less intimidating environment than JV or varsity, preventing early burnout.

JP Dolliver, Cordova's third-year varsity head coach, agrees.

"I would be very excited about this. We'd have a lot more kids come out knowing that they have

a ninth-grade team to go to, instead of JV," said Dolliver.

Dolliver knows full well the challenges the lack of a true frosh program presents. Twenty players on the JV team this year were ninth graders.

"Overall development would be better to keep those players down at their level. You can discourage kids if your JV team is freshman-heavy and not competing. It's hard on the kids," said Dolliver.

Secondly, the lack of a true frosh football program contributes to an exodus of Cordova kids to other schools that offer ninth grade-only football. Folsom, Vista del Lago, Jesuit, Bradshaw et al all have strong frosh-only programs that work in cohesive unison with their respective youth football, JV and varsity counterparts.

Cordova High needs to return to this model.

**Encouraging Numbers**  
Peter Maroon, Athletic Director for the Folsom Cordova Unified School District, said Cordova High School's overall athlete participation numbers are trending in the right direction. Last year, about 30 percent of Cordova's student population, or 564 students, played sports. The year before it was 27 percent.

Those numbers contributed toward 83 kids playing JV and varsity football last fall, 38 varsity, 45 JV. But the numbers come with a caveat: a drop off does exist in sophomores and juniors that result in a thin margin for a true junior varsity team.

"I'd love to see (frosh-only football) happen," said Maroon. "Our Junior Lancers program is healthy, the kids are buying into football at a young age. We no longer have a carousel of head coaches. If I'm told we have 30 kids who want to play frosh football, we'll get it done."

The Junior Lancers are one of the cornerstones to Rancho Cordova's football landscape. Four levels of play for fourth through eighth graders. The sweet spot, the fertile ground for future Cordova High teams.

Longtime Rancho

Cordova resident Beth Terrill, president of the Junior Lancer is fully on board with restarting ninth grade football.

"Absolutely. Sorely needed. This would contribute to the ebb-and-flow of the entire football program," Terrill said.

According to Terrill, the Junior Midgets (mostly seventh graders) and Midgets (eighth graders), collectively fielded about 50 kids in 2025, approximately 80 percent of whom attend and will graduate out of Mills and Mitchell middle schools.

The two younger teams, the Junior Pee Wees (6- to 9-year-olds) numbered 38 last season; the Pee Wees (9- to 11-year-olds), had 30 players. All four groups have shown good growth over the past three years -- numbers commensurate with overall student growth at Mills and Mitchell. The three-year average of graduating eighth graders into Cordova is about 250 students, which reflects Rancho Cordova's standing as one of the fastest-growing communities in the region.

Through the tireless work of the Rancho Cordova Athletic Association, opportunities for youth to participate in athletics in Rancho Cordova, in particular football, have never been greater.

#### Superior Facilities

Cordova High School's athletic facilities are top-shelf -- and getting better. A state-of-the-art weight room was unveiled in early 2024, offering students everything from free weights, squat racks, benches, CrossFit and cable machines.

Over the next few years, Cordova Stadium will undergo major renovations to improve overall fan experience. Better-quality seating; a new press box, field turf, reconfigured snack bar, a showconfig area honoring past Cordova athletic stars, an expanded merchandise area and much more.

#### Affordability

Various estimates suggest re-starting ninth grade football could be costly. Dolliver's take: funding, equipment and resources are not an issue. Rancho Cordova has essentially

a sports booster Super-PAC: the Rancho Cordova Student Athlete Coalition (RCSAC), funded by Measure H. RCSAC was created by the Rancho Cordova City Council in 2023, and pays for nearly all athletic equipment and accessory needs at CHS.

Amy Strawn, principal at Cordova High said, "A ninth grade team would be phenomenal. I'm all for it. We have a great Junior

Lancers program. I really believe in the student/athlete of keeping that rigor high."

Rebuilding a football program must include a Strategic Plan, realistic expectations and goals. And most importantly, a realistic timeline.

Any re-start of frosh football would also involve scheduling complexities and the ever-evolving nature of

commensurate competition. But the building blocks are there.

As Hall of Fame Coach George Allen once said, "The Future is Now."

That could not be truer for Cordova High School's football program.

*Mike Marando is a former sports writer, a 1973 CHS graduate and current President of the Rancho Cordova Sports Hall of Fame.* ★

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# The Weekly Whistle

## Where Winning Goes Beyond the Scoreboard

By Jason Harper

My name is Jason Harper. I'm a lifelong athlete of the Highway 50 Corridor — having lived in Rancho Cordova, Folsom, and El Dorado Hills. I've worn the uniform at every level of baseball through college. I've stood on the sidelines. I've coached in the dugouts. I've failed on the courts. But I've learned — and I continue to learn.

I'm not writing this from a press box or a comment section. I'm writing it from the dirt, the turf, the bleachers, and the car rides home.

That matters. Because youth sports don't need more hot takes. They need leadership. They need accountability. They need adults who remember that kids are watching everything we do.

This column exists for one reason: culture. Not scoreboard culture. Not trophy culture. Not highlight-reel culture.

Real culture. The kind that shows up when a referee misses a call. When a kid strikes out. When a coach gets challenged. When a parent is embarrassed. When the season doesn't go as planned.

That's where the real game is played. That's where character is learned — and credibility is either built or lost.

We've had great programs in Rancho Cordova. Legendary teams. Coaches who built dynasties. Seasons people still talk about. That history matters. It deserves respect.

But history is a teacher, not a monument. We don't worship the "good old days." We celebrate them. We learn from them. We don't build statues to the past while ignoring the present. We don't excuse today's failures by pointing backward.

If the culture is broken now, nostalgia won't fix it.

This column exists because too many adults across youth sports are confusing intensity with leadership, volume with authority, and control with development.

And I know this because I used to be one of them.

I've had moments I'm not proud of. Moments where my ego showed up before my wisdom. Moments where I cared more about winning than teaching. Moments where I thought passion justified behavior that didn't belong anywhere near kids.

I once believed what many coaches still believe:

"We can only coach how we were coached." In my experience, the adult who damaged me the most as a kid was a coach. And the one who changed my life for good was a coach.

That sounds reasonable. It's also wrong. That's not an excuse. That's the problem.

If we were coached poorly, our responsibility is to do better — not repeat it. If we were yelled at, belittled, embarrassed, or controlled through fear, our job is to break that cycle, not pass it on.

Too many of us are still trying to relive our own unfinished careers through the lives of children who never asked to carry that weight.

And when kids quit, burn out, or lose their love for the game, we blame the generation. We blame the parents. We blame the system. Rarely do we look in the mirror.

The Weekly Whistle exists to challenge that. This is a culture column.

A leadership column.

A parent column.

A coach accountability column.

We will celebrate great coaching and honor programs that get it right. And when the culture fails, The Whistle will say so. Not to shame. Not to attack. But to correct.

Because youth sports should be the safest classroom our kids ever walk into.

A place where effort is honored.

Where mistakes are taught, not punished.

Where pressure is healthy.

Where accountability is real.

Where adults act like adults.

This will be a short read. A Friday ritual.

A Saturday morning reminder before the first whistle blows. A car-ride-home compass.

Sometimes it will inspire.

Sometimes it will challenge.

Sometimes it will make people uncomfortable.

That's the job.

If you coach, this column is for you.

If you parent, this column is for you.

If you lead, this column is for you.

If you care about kids, this column is for you.

Because winning is not the score.

Winning is who kids become because of us.

And if we get that wrong, no trophy in the world makes it right.

Let's guard against future fumbles. ★

# Voices in Thread: Community Quilts by Social Justice Sewing Academy

Mills Station Arts & Culture Center (MACC) News Release

**RANCHO CORDOVA, CA (MPG)** - The Mills Station Arts & Culture Center (MACC) is proud to present *Voices in Thread*, an exhibition of powerful community quilts created by the East Bay-based non-profit organization Social Justice Sewing Academy (SJSA). The exhibit showcases textile works that give voice to youth and community members through storytelling, activism and the enduring tradition of quilting.

Founded by artist and educator Sara Trail, Social Justice Sewing Academy uses sewing as a tool for empowerment, education and social change. Through hands-on workshops, participants translate personal and collective experiences, often addressing themes such as racial justice, identity, community resilience and human rights, into quilt blocks that are later assembled into large-scale community quilts. Each piece serves as both an artistic expression and a visual record of lived experience.

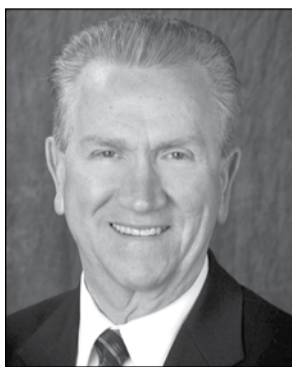
The exhibition will be accompanied by a public reception featuring a talk by Sara Trail, who will share the origins of Social Justice Sewing Academy, the stories behind the quilts, and the role of fiber arts as a medium for civic engagement and social dialogue. The talk offers visitors an opportunity to engage more deeply with the voices and narratives stitched into the work. *Voices in Thread* highlights quilting not only as a historical art form, but as a contemporary platform for advocacy, connection and collective healing. The exhibit aligns with MACC's mission to present work that reflects diverse perspectives and fosters meaningful community conversations through the arts.

The exhibit runs until Feb. 21 with a reception and artist talk set for Feb. 5 from 5:30 to 7 p.m. at the MACC, 10191 Mills Station Rd., Rancho Cordova.

Gallery hours are Thursday and Friday 2-7 p.m. and Saturday 11 a.m. to 4 p.m. Admission is free and open to the public.

For more information, please visit [remacc.org/](http://remacc.org/) or contact Cheryl Gleason 916-225-7800. ★

# And Another Thing From Space Candy to Public Safety



By Bob McGarvey

There was some information I read about the space program and M&Ms, which were created in 1941. I didn't know all of the things which are used in space, and this one was new to me. M&Ms are a popular long-standing snack in space programs, first flying in the Space Shuttle Columbia in 1981. They became the first candy in space due to their heat-resistant, non-crumbling coating, and making them ideal for zero gravity. They also serve as a comforting, familiar treat for astronauts on the International Space Station and beyond, even receiving special editions for missions.

M&Ms are great for space because their hard candy shell prevents melting and keeps them from messy crumbs that could float into the equipment. Their bright colors make them easy to track if they float away in zero gravity, and they are fun to play with. They offer a familiar taste and sugar boost which reminds astronauts of home. The candy showed weightlessness and microgravity, and it was a different use of something that would be quite different if it still floated

on earth. I think that would be fun.

We have seen other special things in our space program like freeze dried ice cream. We have some at home that we bought at what was then called Cape Canaveral. Our astronauts enjoyed such different items in the past. Other things were some of the rockets, both large and small, that were made at Aerojet in Rancho Cordova. They sent the equipment and the astronauts into space and then back home.

Something new that was important in 1968 was AT&T, which made the digits 9-1-1 the emergency code throughout the United States. It is the Universal Emergency Number for citizens throughout the US to request emergency assistance. It is a nationwide telephone number which gives the public safety contacts. I was working for PacBell then, and we learned and shared that number with people to remember and use. Many people are helped today very quickly, and that is why 9-1-1 is used and is easy to remember.

I am still on the Sacramento Yolo Mosquito Vector Control District Board, and we learn quite a bit about mosquitos and what they do to people, crows, and horses. The West Nile Virus will kill the crows

and magpies because they don't have natural anti-viruses in their bodies. I asked about what states report the number of cases of the virus. The numbers reported in 2025 are Arizona, 65. California reported 112, Colorado showed 285, and Connecticut has 6. There are more in 43 other states, but I don't have that information in my files, but I will find out more. In 2025 there were a total of 1359 cases reported. Louisiana, Florida, and Texas usually have the worst mosquito problems because of the warm, humid climate and abundant standing water.

The West Nile virus can result in mild illness with flu-like symptoms or severe illness that affects the central nervous system or results in hospitalization or death. A few years ago, there was a member of the board who had to quit because she had the West Nile Virus, causing her to lose her sight. Our job of getting rid of dangerous types of carriers is very, very important. Do what you can to get rid of standing water in items like flowerpots. Any standing water is a place where mosquitos can easily hatch

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

## CHURCH DIRECTORY

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11223 Trinity River Drive  
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9:00 am Sundays: Youth and Adult classes  
10:30 am: Worship Gathering  
Nursery and Children's programs available at both 9:00 and 10:30 am

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*Lead Pastor Lance Feliciano*  
Sunday Service is 10:30 am  
Wednesday Night Bible 6:30 pm  
[www.newliferc.net](http://www.newliferc.net)

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2376 Zinfandel Drive (916)-635-5282  
Sunday Worship at 10am  
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*The Episcopal Church Welcomes You!*

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Meets Sundays, 12:30 pm at New Life Center  
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*Senior Pastor Roy Leos*  
Sunday: 12:30 pm in person and Facebook Live  
Wednesday: 7 pm via Zoom  
[www.rcsunrise.org](http://www.rcsunrise.org)

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Bible Study Senior Ladies 8:45 am, Adults & Children 11:30 am  
Midweek Bible Study, Prayer, & Encouragement 6:30 – 8:00 pm  
Wednesday with Pastor Tom Jones

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**CORDOVA LUTHERAN CHURCH (LCMS)**  
10400 Coloma Road -- (916) 363-5687  
Sunday worship 10 a.m. -- Bible study 9 a.m.  
[www.corluth.org](http://www.corluth.org)  
[cordovalutheran@gmail.com](mailto:cordovalutheran@gmail.com)  
Indoor seating and/or Drive-in setting (Tune to FM 87.9)  
*Pastor Matt Peters*  
**ALL ARE WELCOME!**

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**Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.**

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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 FBNF2025-09312**  
Jeries Abusada, 2329 Fulton Avenue Suite B, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Foxline Auto Sales" 2329 Fulton Avenue Suite B, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 26, 2025  
Publish: January 9, 16, 23, 30, 2026  
FOXLINE 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09163**  
Alexander Dagoberto Cruz, 8501 Middlesex Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Health Inspection Preparedness Evaluation Consulting/Hipe Consulting" 8501 Middlesex Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County December 19, 2025  
Publish: January 9, 16, 23, 30, 2026  
HEALTH 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09351**  
MSG Limited Liability Company, PO Box 160231, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "The Frenchy Gourmet" 1714 21st Street, Unit 102, Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: January 9, 16, 23, 30, 2026  
FRENCHY 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09352**  
Kallas & Co., 84 W. Santa Clara Street, Suite 700, San Jose, CA 95113 is doing business under the Fictitious Business Name(s) "Bon Jour Cafe" 2377 Gold Meadow Way, Suite 100, Gold River, CA 95670. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: January 9, 16, 23, 30, 2026  
BON 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09064**  
SN Auto Body, 2307 Sierra Madre Court #A, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "SN Auto Body" 11353 Pyrites Way Unit 03, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 15, 2025  
Publish: January 9, 16, 23, 30, 2026  
SN 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09217**  
Damaris E Aguirre Pacheco, 50 Iron Point Circle Suite 140, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "DP Marketing" 50 Iron Point Circle Suite 140, Folsom, CA 95630. Filed with the Clerk of Sacramento County December 22, 2025  
Publish: January 9, 16, 23, 30, 2026  
DP 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09210**  
JC Uniform LLC, 6140 Auburn Boulevard, Citrus Heights, 95621 is doing business under the Fictitious Business Name(s) "JC Embroidery" 6140 Auburn Boulevard, Citrus Heights, 95621. Filed with the Clerk of Sacramento County December 22, 2025  
Publish: January 9, 16, 23, 30, 2026  
JC 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09242**  
Doo Doo Squad, LLC, 4090 Wayside Lane Unit A, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Doo Doo Squad" 4090 Wayside Lane Unit A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 23, 2025  
Publish: January 9, 16, 23, 30, 2026  
DOO 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09385**  
Dayoona Corp, 3200 Fulton Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Ray's Chicken and Fish" 3200 Fulton Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: January 9, 16, 23, 30, 2026  
RAYS 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09267**  
Abdul Baseer Karimi, 3804 Madison Avenue Apt 19, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Roadely" 3804 Madison Avenue Apt 19, North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 24, 2025  
Publish: January 9, 16, 23, 30, 2026  
ROADELY 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09349**  
Rokham Momand LLC, 8453 Ceonotha Court, Elk Grove, CA 95824 is doing business under the Fictitious Business Name(s) "Affordable Towing and Road Side Service" 7000 Franklin Boulevard Suite 195, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: January 9, 16, 23, 30, 2026  
AFFORDABLE 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09058**  
Ashton Arnold and Juan Cardoza, 1100 Howe Avenue #498, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Rivers Edge Cafe" 8740

La Riviera Drive Suite C, Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 15, 2025  
Publish: January 9, 16, 23, 30, 2026  
RIVERS 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-08755**  
Team G&C, Inc, 8107 Oahu Drive, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "C Light Landscapes/Peck N' Trim" 8107 Oahu Drive, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 3, 2025  
Publish: January 9, 16, 23, 30, 2026  
LIGHT 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-08489**  
Nicole Pearson, 3525 4th Avenue, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Ai Systems and Strategy Collective" 3525 4th Avenue, Sacramento, CA 95817. Filed with the Clerk of Sacramento County November 18, 2025  
Publish: January 9, 16, 23, 30, 2026  
AI 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09013**  
Nava Medical P.C., 1565 Exposition Boulevard Suite 120, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Face Body & Soul Wellness & Aesthetics" 1565 Exposition Boulevard Suite 120, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 11, 2025  
Publish: January 9, 16, 23, 30, 2026  
FACE 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09229**  
Vincent Andre Garcia, 7506 Farmgate Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Swan And Sword Tattoo" 5941 San Juan Avenue Suite 13B, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 23, 2025  
Publish: January 9, 16, 23, 30, 2026  
SWAN 1-30-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09442**  
Honeycomb Construction Services Inc., 6931 Butterball Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Honeycomb Renovations Inc." 6931 Butterball Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 30, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
HONEYCOMB 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00008**  
Yurii Horbonos, 5149 Kovanda Avenue, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Car Doctor Y&O" 5149 Kovanda Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 2, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
CAR 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00065**  
Arnold Sarkisyan, 3301 N Park Drive #3616, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "ATC Express" 3301 N Park Drive #3616, Sacramento, CA 95835. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
ATC 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00090**  
Kevin Quintanilla, 7128 Thomas Drive, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Blooming Bazaar" 7128 Thomas Drive, North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
BLOOMING 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09348**  
Jaime Sanchez Aguirre and Veronica Sanchez, 3081 Marysville Boulevard, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Aztec Graphic Designs" 3081 Marysville Boulevard, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
AZTEC 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-08851**  
Aileen's Delish LLC, 6841 Sandrock Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Aileen's Delish Catering and Event Services" 882 El Camino Avenue, Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 8, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
AILEENS 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09106**  
Humberto Valdivia, 5831 Rosebud Lane Unit C, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Placer County Handyman" 5831 Rosebud Lane Unit C, Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 17, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
PLACER 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00096**  
Karen Katzmark, 4005

Manzanita Avenue #6-427, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Demi Equine Services" 9712 Fair Oaks Boulevard A6, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
DEMI 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00109**  
Daniel Williams, 237 West Ascot Avenue, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Daniel Williams Flooring" 237 West Ascot Avenue, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
DANIEL 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00048**  
Anthony Chang and Tiffany Tran, 4197 Borderlands Drive, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Sunridge Nail Spa" 4036 Sunrise Boulevard Suite 130, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
SUNRIDGE 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00029**  
Vianey De La Cruz Esparta, 15 W Al Court, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Detailed Cleaning Services" 15 W Al Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
DETAILED 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09295**  
Jessica Naomi Cuevas Gutierrez, 6250 Florin Road Building 1, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Sac Auto Group" 6250 Florin Road Building 1, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 26, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
SAC 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09430**  
Vasyl Ivanov, 3913 Meramonte Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Vasyl Ivanov Services Unlimited / ISU" 3913 Meramonte Way, North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 30, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
VASYL 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00195**  
Michael Donchenko, 7820 Gull Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Perioperative Consulting" 7820 Gull Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County January 7, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
PERIOPERATIVE 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00156**  
Nicole Alyn Fishman, 4724 Bowerwood Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Glow Shift" 4724 Bowerwood Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 7, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
GLOW 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00003**  
Shahir Pirzada and Zuhail Sahak, 6224 Watt Avenue, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Max Burger" 6224 Watt Avenue, North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 2, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
MAX 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00141**  
Awan M.D., Inc., 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "MDCareNow" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
MD 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09339**  
A&s Nutrition LLC, 7585 Camp Far West Road, Wheatland, CA 95692 is doing business under the Fictitious Business Name(s) "Nutrishop Downtown Sacramento" 1020 7th Street, Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
NUTRISHOP 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09432**  
Brave Soul Therapy, a Licensed Clinical Social Worker Professional Corporation, 2108 N Street #9001, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Brave Soul Therapy" 4441 Rollingrock Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 30, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
BRAVE 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00001**  
Deanna M Sesso, 8195

Caribbean Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Complex Grill" 3450 Longview Drive, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 2, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
COMPLEX 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00049**  
Andriy Melnykov, 5150 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Silver Mints and Jewelry" 5150 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
SILVER 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00227**  
Gregory John Fagundes, 4158 Cahakia Place, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "9 Star Bakery" 4158 Cahakia Place, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 8, 2026  
Publish: Jan 16, 23, 30, Feb 6, 2026  
STAR 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09438**  
Shiva Ghasemi, 9709 Folsom Boulevard, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Nutriwize" 9709 Folsom Boulevard, Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 30, 2025  
Publish: Jan 16, 23, 30, Feb 6, 2026  
NUTRIWIZE 2-6-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09323**  
Trinity Motors LLC., 6805 Luther Drive Suite E, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Trinity Motors LLC, DBA GGI Investment" 6805 Luther Drive Suite E, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 26, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
TRINITY 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00300**  
LC Legacy Group LLC, 2001 Club Center Drive Apt 7110, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Legacy Tax & Wealth Co/EZPrep Pro" 2001 Club Center Drive Apt 7110, Sacramento, CA 95835. Filed with the Clerk of Sacramento County January 9, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
LEGACY 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-08202**  
Rebecca Schumaker, 7 Ferncliff Court, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Leisure Life Consulting" 7 Ferncliff Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 4, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
LEISURE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09259**  
Copeland Group USA, LLC, 1203 West Loop 281, Longview, TX 75604 is doing business under the Fictitious Business Name(s) "Modern Insurance Marketing" 1203 West Loop 281, Longview, TX 75604. Filed with the Clerk of Sacramento County December 24, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
COPELAND 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09262**  
Modern Insurance Marketing LLC 8, The Green, Suite R, Dover, DE 19901 is doing business under the Fictitious Business Name(s) "Copeland Group USA, LLC" 8, The Green, Suite R, Dover, DE 19901. Filed with the Clerk of Sacramento County December 24, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
MODERN 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00127**  
G4 Investments, Corp, 1052 Ski Park Court, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Dutch Bros Coffee" 1052 Ski Park Court, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
DUTCH 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00164**  
Valerie Aiken, 3338 Larwick Road Apt 4, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Simple Tax Services/Simple Business Consulting Services" 3338 Larwick Road Apt 4, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 7, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
SIMPLE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09037**  
Enrique Lopez, 4849 Manzanita Avenue #73, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Revamp Evolution" 4849 Manzanita Avenue #73, Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 12, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
REVAMP 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09435**  
Peter Mann MD Inc, 7634 Girard

Avenue, La Jolla, CA 92037 is doing business under the Fictitious Business Name(s) "Mole Removal Sacramento" 631 Fulton Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 2, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
MOLE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00343**  
AMIZZ Corporation, 3162 Osuna Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Homerun Plumbing" 3162 Osuna Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County January 12, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
HOMERUN 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09255**  
Thach Ngo, 9168 Firecrest Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "TJ Nail & Spa" 8335 Folsom Boulevard, Sacramento, CA 95826. Filed with the Clerk of Sacramento County December 23, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
TJ 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00205**  
Cedric D. Word, 3030 Hurley Way #32, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "C.D. Word" 3030 Hurley Way #32, Sacramento, CA 95864. Filed with the Clerk of Sacramento County January 7, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
CD 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00129**  
Sarah Dardick Mental Health & Professional Clinical Counselor, PC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Wildman Therapy" 1401 21st Street, Suite R, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
WILDMAN 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00418**  
Justin Richard Hodnett, 8825 Oak Avenue, Orangeville, CA 95662 is doing business under the Fictitious Business Name(s) "Hodnett Family Therapy" 8825 Oak Avenue, Orangeville, CA 95662. Filed with the Clerk of Sacramento County January 13, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
HODNETT 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00124**  
Maria Pascoal, 9340 Appalachian Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Creative Joy Collective" 9719 Lincoln Village Drive Suite 500, Sacramento, CA 95827. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
CREATIVE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00144**  
Jacob Kline, PO Box 22073, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Amicus Investigations" 1415 69th Avenue, Sacramento, CA 95822. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
AMICUS 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00447**  
Borhany LLC, 3720 Marconi Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "NEXI Digital Hub/Arash" 3720 Marconi Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 13, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
NEXI 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00373**  
Hashmatullah Nazimi and Qandagha Omarzar, 2740 Fulton Avenue #214, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Brothers Walk" 2740 Fulton Avenue #214, Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 12, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
BROTHERS 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00396**  
David Lee William Newman, 4120 Douglas Boulevard, Suite 306-145, Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Artifex Customs/Artifex Crafted" 5940 Rosebud Lane Suite 5, Sacramento, CA 95841. Filed with the Clerk of Sacramento County January 12, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
ARTIFEX 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00063**  
Deanna Garcia, 9401 Fruitridge Road, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "HomeBotLife" 9401 Fruitridge Road, Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
HOME 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00140**  
Tankersley Construction, Inc.,

11415 Sunrise Gold Circle Unit 1, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Tankersley Build Co" 11415 Sunrise Gold Circle Unit 1, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 6, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
TANKERSLEY 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00520**  
Harbans Ranu, 105 Sprig Court, Singh, 6401 Feliciter Way, Citrus Heights, CA 95610 are doing business under the Fictitious Business Name(s) "Prestige Senior Care" 6600 Cowboy Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 15, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
PRESTIGE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00504**  
The Moore Foundation LLC, 836 57th Street Suite 519, Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Moore House of Hope" 6811 Bowling Drive, Sacramento, CA 95823. Filed with the Clerk of Sacramento County January 14, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
MOORE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-08864**  
North Valley Power LLC, 4640 Northgate Boulevard Suite 115, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Switch" 4640 Northgate Boulevard Suite 115, Sacramento, CA 95834. Filed with the Clerk of Sacramento County December 8, 2025  
Publish: Jan 23, 30, Feb 6, 13, 2026  
SWITCH 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00518**  
Brooke Bowen, 3308 Churchill Road, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Brookie Bee's Childcare & Preschool" 3308 Churchill Road, Sacramento, CA 95864. Filed with the Clerk of Sacramento County January 15, 2026  
Publish: Jan 23, 30, Feb 6, 13, 2026  
BROOKE 2-13-26

**FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00083**  
Mohammed Ahmed, 202 Gainsborough Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Rebel Hosting" 202 Gains

Legal Advertising  
916-483-0946

**LEGAL ADVERTISING**

2508 Garfield Ave. • Ste. A  
Carmichael, CA 95608

*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984 • Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969  
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020 • The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988*

**FICTITIOUS BUSINESS NAME STATEMENTS**

Business Name(s) "Total Clean Scoop Team" 2908 Notre Dame Drive, Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 16, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**TOTAL** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00337  
Tian Li, 2809 T Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Tian Chao Herbs & Acupuncture" 2809 T Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County January 12, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**TIAN** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09099  
Liudmyla Shybinska, 4824 Yucca Way, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "ReLife Massage Therapy" 6830 Antelope Road, Suite C, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 17, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**RELIFE** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00532  
Sevenddoors Corp, 5960 S. Land Park Drive #1142, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "PMI Northbay/PMI American River" 1100 11<sup>th</sup> Street Suite 305, Sacramento, CA 95814. Filed with the Clerk of Sacramento County January 16, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**PMI** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00376  
The Regal Hall LLC, 9261 Folsom Boulevard Suite #700, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Levant Kabob" 9261 Folsom Boulevard Suite #700, Sacramento, CA 95826. Filed with the Clerk of Sacramento County January 12, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**LEVANT** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09304  
St. HOPE Academy, PO Box 5447, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "40 Acres Market/Underground Books" 2814 35<sup>th</sup> Street, Sacramento, CA 95817. Filed with the Clerk of Sacramento County December 26, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**ACRES** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09201  
Kenyon Plastering of Livermore, Inc., 4001 W Indian School Road, Phoenix, AZ 85019 is doing business under the Fictitious Business Name(s) "Kenyon Construction of Northern California" 63 Trevano Road Suite D, Livermore, CA 94551. Filed with the Clerk of Sacramento County December 22, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**KENYON** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-08550  
Sandhu Pizza Inc, 10419 Folsom Boulevard, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Sandhu Pizza" 10419 Folsom Boulevard, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 20, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**SANDHU** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00439  
Travis Wayne Ward, 3605 Magpie Lane Space 25, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Way Ward Construction" 3605 Magpie Lane Space 25, North Highlands, CA 95660. Filed with the Clerk of Sacramento County January 13, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**WAY** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00601  
Eagle Auto Works LLC, 2539 Tesla Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Eagle Auto Works" 2539 Tesla Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 21, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**EAGLE** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00051  
Cherry Island ABC LLC, 5341 Old Redwood Hwy, Suite 202, Petaluma, CA 94954 is doing business under the Fictitious

Business Name(s) "Cherry Island Grill/The Taphouse at Cherry Island" 2360 Elverta Road, Elverta CA 95626. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**GRILL** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00053  
Cherry Island Golf, LLC, 5341 Old Redwood Hwy, Suite 202, Petaluma, CA 94954 is doing business under the Fictitious Business Name(s) "Cherry Island Golf Course" 2360 Elverta Road, Elverta, CA 95626. Filed with the Clerk of Sacramento County January 5, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**GOLF** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00524  
Kate Dana, 2403 Post Oak Lane, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "La Vida Kate Dana" 2403 Post Oak Lane, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 15, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**LA** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00526  
Susan Vue, 1400 Response Road Apt 143, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Myzz Piggy/z Tiger Bite" 1400 Response Road Apt 143, Sacramento, CA 95815. Filed with the Clerk of Sacramento County January 15, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**MYZZ** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00643  
Araht Herrera Salazar, 8 Cribari Court, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Herrera Painting" 8 Cribari Court, Sacramento, CA 95838. Filed with the Clerk of Sacramento County January 22, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**HERPERA** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09121  
Ryan Michael Harrington, 7344 Filbert Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Harrington Restorations" 7344 Filbert Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 18, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**HARRINGTON** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00561  
Daniel Vesokie, 50 Fullerton Court #102, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Affiliated Financial Partners" 50 Fullerton Court #102, Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 16, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**AFFILIATED** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00474  
Copeland Group USA, LLC, 1203 West Loop 281, Longview, TX 75604 is doing business under the Fictitious Business Name(s) "TNT Insurance Group" 1203 West Loop 281, Longview, TX 75604. Filed with the Clerk of Sacramento County January 14, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**TNT** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09187  
Citrus Heights Beauty College, Inc, 7518 Baird Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Citrus Heights Beauty College" 7518 Baird Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 22, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**BEAUTY** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-09369  
Ibeth Gonzales, 6129 Heath Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "AVD Auto Detail" 6129 Heath Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 29, 2025  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**AVD** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00674  
Adnan Arar, 721 North B Street #32, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "4F Motors" 721 North B Street #32, Sacramento, CA 95811. Filed with the Clerk of Sacramento County January 23, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**MOTORS** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00257  
MLA Enterprises Inc., 1089

Brock Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Citadel Printing" 1089 Brock Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County January 9, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**CITADEL** 2-20-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-00645  
EZ Floors Inc, 7900 Winding Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Fair Oaks Flooring/EZ Floors" 7900 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 22, 2026  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**FLOORS** 2-20-26

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME**

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2024-06160

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME OF: Ride4Less Auto Sales, 7000 Franklin Boulevard Suite 625, Sacramento, CA 95823. Ride4Less Auto Sales, 7000 Franklin Boulevard, Suite 625, Sacramento, CA 95823. The Fictitious Business Name Statement was filed on August 9, 2024 in the County of Sacramento. Filed with the clerk of Sacramento County: August 9, 2024.  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**RIDE** 2-20-26

**ORDER TO SHOW CAUSE CHANGE OF NAME**

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV031520

Raquel Morales Nunez has filed a petition with this court for a decree changing the name(s) of Diego Alcaraz Morales to Diego Morales.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 25, 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: December 30, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: January 9, 15, 23, 30, 2026  
**NUNEZ** 1-30-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV031045

FNU Anjuman has filed a petition with this court for a decree changing the name(s) of FNU Anjuman to Anjuman Shaheen.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 8, 2026, at 1:30 p.m. in Department 28, 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: December 22, 2025  
Richard C. Miadich, Judge of the Superior Court  
Publish: January 9, 15, 23, 30, 2026  
**ANJUMAN** 1-30-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV027193

Heather Elizabeth Pocan has filed a petition with this court for a decree changing the name(s) of Heather Elizabeth Pocan to Heather Elizabeth Gaston.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 24, 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: November 10, 2025  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: January 9, 15, 23, 30, 2026  
**POCAN** 1-30-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV0000212

Alex Gutierrez has filed a petition with this court for a decree changing the name(s) of Ariella Ivy Cruz Gutierrez and Isaias, Alejandro, Marin to Isaias Alejandro Cruz Gutierrez and Elias, Angel, Marin to Elias Angel Cruz Gutierrez.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 9, 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: January 6, 2026  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 16, 23, 30, Feb 6, 2026  
**GUTIERREZ** 2-6-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV031035

Jermaine Dante Jackson has filed a petition with this court for a decree changing the name(s) of Jermaine Dante Jackson to Jermaine Dante Despanie and Vivienne Mae Jackson to Vivienne Mae Despanie and Camille Nai Jackson to Camille Nai Despanie.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 23, 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: December 23, 2025  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 16, 23, 30, Feb 6, 2026  
**JACKSON** 2-6-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV000094

Akal Ustat Singh has filed a petition with this court for a decree changing the name(s) of Akal Ustat Singh to Akalustat Singh.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 3, 2026, at 1:30 p.m. in Department 25, 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: January 5, 2026  
Julie G. Yap, Judge of the Superior Court  
Publish: Jan 16, 23, 30, Feb 6, 2026  
**SINGH** 2-6-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV000118

Rulying Zhang has filed a petition with this court for a decree changing the name(s) of Rulying Zhang to Emily Rulying Zhang.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 17, 2026, at 1:30 p.m. in Department 28, 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: January 5, 2026  
Richard C. Miadich, Judge of the Superior Court  
Publish: Jan 16, 23, 30, Feb 6, 2026  
**ZHANG** 2-6-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV000209

Jonathan David Schieffer has filed a petition with this court for a decree changing the name(s) of Jonathan David Schieffer to Jonathan David Adair.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 22, 2026, at 1:30 p.m. in Department 28, 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: January 6, 2026  
Richard C. Miadich, Judge of the Superior Court  
Publish: Jan 16, 23, 30, Feb 6, 2026  
**SCHIEFFER** 2-6-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #25CV024704

Stephanie Rosalyn Gaines has filed a petition with this court for a decree changing the name(s) of Stephanie Rosalyn Gaines to Stephanie Rosalyn Brown.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 3, 2026, at 1:30 p.m. in Department 25, 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: December 31, 2025  
Julie G. Yap, Judge of the Superior Court  
Publish: Jan 16, 23, 30, Feb 6, 2026  
**GAINES** 2-6-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV001016

Marilyn Lisset Silva has filed a petition with this court for a decree changing the name(s) of Marilyn Lisset Silva to Dellilah Mari Silva.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on July 23, 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: January 15, 2026  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 23, 30, Feb 6, 13, 2026  
**SILVA** 2-13-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV000760

Jonah Arturo Weston has filed a petition with this court for a decree changing the name(s) of Jonah Arturo Weston to Jonah Arturo Wheeler.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 24, 2026, at 1:30 p.m. in Department 28, 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: January 13, 2026  
Richard C. Miadich, Judge of the Superior Court  
Publish: Jan 23, 30, Feb 6, 13, 2026  
**WESTON** 2-13-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV001086

Kyle Glenn Junker has filed a petition with this court for a decree changing the name(s) of Kyle Glenn Junker to Kyle Glenn Sanders.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 19, 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: January 22, 2026  
Christopher E. Krueger, Judge of the Superior Court  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**JUNKER** 2-20-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV000696

Karion Valentino I'Zell Cook has filed a petition with this court for a decree changing the name(s) of Karion Valentino I'Zell Cook to Kavion Valentino I'Zell Powell.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 24, 2026, at 1:30 p.m. in Department 28, 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: January 12, 2026  
Richard C. Miadich, Judge of the Superior Court  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**COOK** 2-20-26

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #26CV001169

Carolina Santos aka Carolina Linares aka Mildred Karolina Santos aka Karolina Santos has filed a petition with this court for a decree changing the name(s) of Carolina Santos aka Carolina Linares aka Mildred Karolina Santos aka Karolina Santos to Carolina Santos.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 21, 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: January 20, 2026  
Richard K. Sueyoshi, Judge of the Superior Court  
Publish: Jan 30, Feb 6, 13, 20, 2026  
**SANTOS** 2-20-26

**NOTICE OF PETITION TO ADMINISTER ESTATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF OKECHUKWU NWANGBURUKA CASE NO. 26PR000036

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

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

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

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 February 25, 2026, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the 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: Kent W. Meyer, 4970 Rocklin Road Suite 300, Rocklin, CA 95677; 916-599-7297  
Publish: Jan 23, 30, Feb 6, 2026  
**NWANGBURUKA** 2-6-26

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOLORES ELLEN SMYTHE CASE NO. 26PR000113

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Dolores Ellen Smythe.

A Petition for Probate has been filed by Dawn Ellen George, in the Superior Court of California, County of Sacramento, requesting Dawn Ellen George 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 February 19, 2026, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826

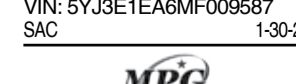
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

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 Petitioner is: Dawn Ellen George, 8201 Mariposa Avenue, Citrus Heights, CA 95610; 916-757-3375  
Publish: Jan 30, Feb 6, 13, 2026  
**SMYTHE** 6-13-26

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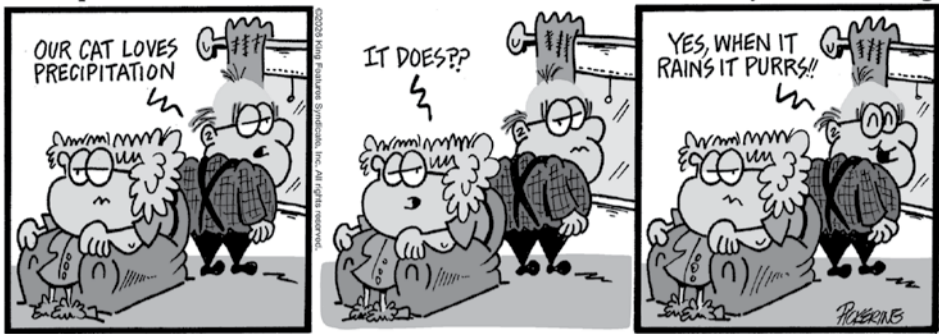
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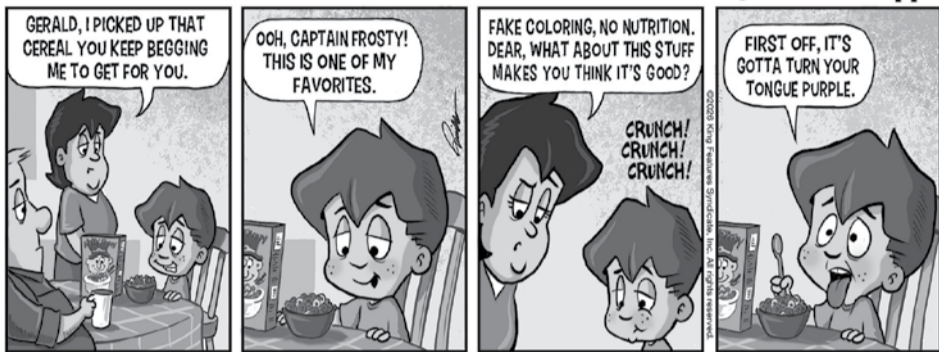
## The Spats

by Jeff Pickering



## Amber Waves

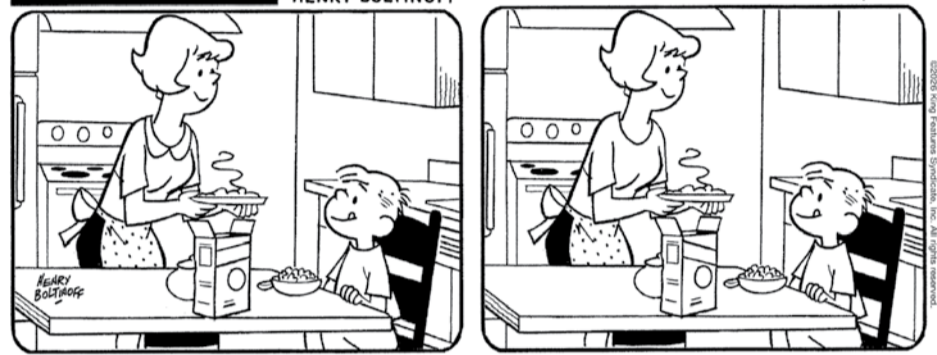
by Dave T. Phipps



## HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



## Out on a Limb

by Gary Kopervas



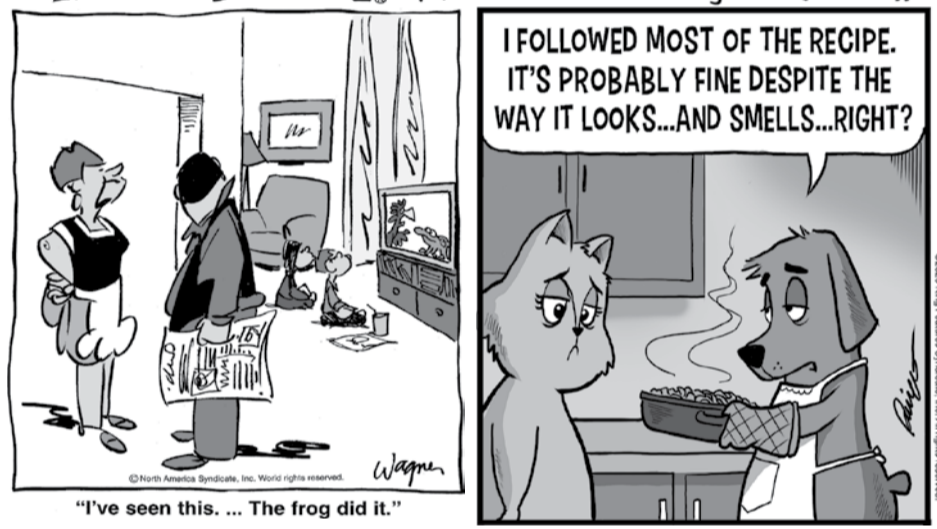
## TIGER

by BUD BLAKE



## GRIN THE BEAR IT

Just Like Cats & Dogs by Dave T. Phipps



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- CROSSWORD**
- ACROSS
- Biology lab supply
  - Aldous Huxley's drug of choice
  - \*Certain Courtney
  - Tear violently
  - Color of a bruise
  - Al Roker's show
  - Pupil control
  - Any minute, to Shakespeare
  - Sheep-like
  - \*H. P. of science fiction fame
  - Hibernation stations
  - Boat station
  - Tennis shot
  - Packed in container
  - User-friendly interface, acr.
  - Genetic info carrier, acr.
  - \*Love unquestioningly
  - Equal to 1.3 ounces in Asia
  - Not a minor
  - Poem addressed to certain subject
  - Hundred, in Italian
  - Nothing
  - Relating to clone
  - Division, abbr.
  - Sloughed off skin
  - Fluffy dessert
  - All good things come to this?
  - Between Oct's and Nov's
  - Verde National Park
  - \*B-52s' "little old place" (2 words)
  - Singing femme fatale
  - Deed hearing
  - Reverberated sound
  - Blue-Green scum, pl.
  - Misery cause
  - Actress Perlman
  - Scheme
  - Right coast time
  - Made by tailor

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- #64 Across, redone
- Like 1969 landing
- Laugh with contempt
- Fender-bender damage
- \*a.k.a. hickey (2 words)
- Norse deity
- "Off The Wall" shoe
- Needle hole
- Macy's Thanksgiving offering
- Commotions
- Silica variety
- NaOH
- Solder together
- Dewey Decimal Classification, a.k.a. Relative
- Pleasant Island
- Small songbird
- Harry's and Hermione's magic tools
- Bigfoot's cousins
- \*Hand cover, with love
- \*Lemming relative, or anagram of love
- Tokyo, formerly
- Cough for two
- Lumps in liquid
- Knave
- Unit of electric current

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# Kings Korner

By V.G. Harris



For forty years the city of Sacramento has had a love affair with the Sacramento Kings basketball team, and a 12-35 record halfway through the 2025-26 season is not likely to change that. The fans in Sacramento truly know the definition of loyalty, and although there is much to be concerned about, faithfulness seems to be ubiquitous in River City.

A recent 4-game winning streak left me somewhat amazed at the euphoria it created despite nearly the worst record in the NBA this season.

The checker at the supermarket smiled from ear to ear when he saw my Kings jacket and couldn't stop talking about the multiple wins in a row. The same thing occurred in my local bank, and even the person at the Starbucks drive through had an encouraging word for the hometown club.

Yes, the Kings are a part of the fabric that makes up a smorgasbord of people in the capitol city and win or lose these fans are here to stay.

As the Kings have embarked on a 7-game road trip, the losing ways have once again surfaced, and the 139-116 loss to the Detroit Pistons brought back the grim reminder that there is much to be corrected with the current team.

The Kings were led in scoring by none other than Malik Monk with 19 points and a surprising 3 blocks to lead the team in that category as well. Not long ago demoted to the bench inexplicably for 3 games, coach Christie has been awakened by chants from the hometown fans calling for Monk to play, and many are asking the question, why was he on the bench to start with? Well, that is not the only conundrum, as Domantas Sabonis has been asked to come off the bench in lieu of rookie Maxime Raynaud, ostensibly as they continue to monitor his knee that kept him sidelined for 13 consecutive games.

The question most asked is why are the rotations so frenetic, and is there any method to this madness?

There is plenty of talent on this team to go around but finding the right amount of playing time for each player and having a core group on the court that can find

a rhythm has been seemingly absent this entire season.

I believe fans are hungry for some consistency, and quite likely the players are probably there as well.

Without question, anything resembling the playoffs seems to be a pipe dream this season, but when I hear fans talk about the aspect of tanking for the sake of a better draft choice, I draw the line.

If the coaching staff and ownership wants to focus on playing the younger players this year, I'm fine with that, but the idea that moves are intentionally being made to lose games is contrary to anything I believe the city of Sacramento wants to see.

I'm convinced every fan wants to see 100% effort, and it's entirely possible we'll see another winning streak if that's the case.

Not lost in all of this is the question of 2-time all star and rebounding champ Domantas Sabonis. Word out of the Kings camp is that Sabonis is on the trade market, and I have to question the logic in that.

When Sabonis arrived, the Kings had not had a real center since the departure of Demarcus Cousins's, and no one has exemplified the spirit of basketball more than the effervescent Domantas Sabonis. Add to that his production on the court, leading the NBA in both rebounding and double-doubles year over year, and it begs the question, why would you want to trade one of the best centers in basketball.

I have heard the flip side that says, look what we can get for him, but have you looked at the result of trades the Kings have been involved with? Remember just one year ago the Kings sent one of the premier point guards in the NBA to San Antonio so that we could suit up Zach Lavine.

There is a lot to like about Zach Lavine, but losing DeAaron Fox immediately changed the face of the franchise and not in a good way.

So, stay tuned Kings fans because there is still much to root about, and I for one have not lost faith!

All the best!

★

## Newsom Wants to Overhaul State Oversight of California Schools



By Dan Walters, CALMatters.org

Gov. Gavin Newsom dropped a brief and vaguely worded section into his State of the State address earlier this month, suggesting an overhaul of how California's vast public education system is managed.

"It's long overdue that we modernize the management of our educational system," Newsom said, "and so in the budget I'll be submitting tomorrow, I'm proposing that we unify the policymaking by the State Board of Education and the Department of Education, allowing the State Superintendent of Public Instruction to align our education policies from early childhood through college."

The budget's passage on this was longer, but still failed to explicitly say what Newsom had in mind.

The proposal cited two reports that bemoaned the multiple, often overlapping and sometimes competitive, state and local entities that govern the schools. One was California's so-called Master Plan for Education, published in 2002, and the other was from Policy Analysis for California Education, or PACE, a multi-university think tank, that had been issued just weeks earlier.

The budget proposed to "move oversight authority of the management of" the state Department of Education and local districts under the California Board of Education.

Thus, without saying so directly, Newsom would strip the elected state superintendent of schools of managerial authority over the state Department of Education, relegating the officeholder to an ombudsman or advisor. Management would be vested in the Board of Education, which is appointed by the governor, and an appointed executive director.

"These changes will strengthen governance of California's education system to provide coherence and meaningful accountability to address the needs of students, parents, teachers, school staff, and administrators," the budget proposal declared.

The current superintendent, former state legislator Tony Thurmond, complained that he was not consulted about what would be a major overhaul of responsibility for a system that serves nearly 6 million students and is the largest single portion of the state budget.

"This governance proposal doesn't establish any structures proven to move the needle on student outcomes," Thurmond, who is running for governor, said, "and instead shifts authority to implement TK-12 education programs away from the official who California voters have elected to lead our state's public schools."

It's apparent that Newsom's administration had been laying the groundwork for the power shift — or power grab — long before the State of the State address. The PACE report issued in December was part of the process. It called for exactly what Newsom proposes.

"California's education governance system is a complex network of agencies and entities designed to serve the most diverse and expansive TK-12 population in the United

States," the PACE report declared. "This system incorporates state, regional, and local levels of authority, each tasked with specific responsibilities and oversight. At its core, the structure seeks to balance statewide education goals with local control and accountability.

"However, its complexity often results in overlapping responsibilities, fragmented authority, and challenges in ensuring streamlined decision-making."

PACE issued a statement backing the change from Michael Kirst, the state's foremost academic authority on education and architect of the school finance overhaul, the Local Control Funding Formula enacted in 2012 under then-Gov. Jerry Brown.

Kirst called it "a new vision and a dramatic overhaul" that would address a 19th century governance structure.

"The lack of fundamental change since then has hindered education progress," he said.

Politics aside, Newsom's proposal would streamline governance that is now opaque and fragmented, and shields the system's many points of authority from accountability. However, by vesting almost total authority in the governor and his or her appointees, it will be more difficult for a governor to escape accountability if educational achievement, which now languishes, doesn't markedly improve.

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

### About Claiming Social Security Early and Investing It



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I am a 63-year-old single lady, and I have questions regarding Social Security "early retirement," though I will still be working full time.

I know there is a maximum allowable income limit and, if I exceed that, I will need to return probably 2/3 of my received Social Security benefit. I'm thinking about taking those early SS benefits (about \$1,400 per month) and putting them in my high yield savings or CD where I can gain the interest on it and have it stay "liquid" so I can return what I need to. My current interest rate is 3.65% on the savings, and over 4.25% on CD, with options for 3,6,9 mos. or longer- but I want to be able to access the money to pay Social Security back at the end of the year. Can you advise me on this? **Signed: Still Working but Wondering**

**Dear Still Working:** I commend you, for investigating your options before claiming early Social Security benefits while still working. FYI, the 2026 annual earnings limit for those collecting early SS benefits is \$24,480 (changes annually). If your 2026 work earnings exceed the annual limit, Social Security will take away \$1 in benefits for every \$2 you are over the limit. The annual earnings limit lasts until

you reach your full retirement age (FRA), and the limit is about 2.5 times higher during the year you attain FRA.

FYI, when you apply for benefits, Social Security will ask if you are working and, if so, how much you make. Using that info, they will evaluate whether you can take benefits now and, if so, how many months they can actually pay your benefits. For example, if your projected 2026 earnings are, say, \$100,000, you would be about \$75,000 over the annual limit which means that half of that (\$37,500) would need to be paid back to SS. Since your monthly SS benefit at your current age would be about \$1,400 per month, Social Security will say that you are temporarily ineligible to collect early benefits because you cannot pay back within one year what you would owe for exceeding the limit. In other words, they won't pay your SS benefits just yet because your earnings are too high and they do not want to overpay benefits which you will only need to return.

For additional perspective, if your expected 2026 earnings are less (say about \$50,000) — that means you would be about \$25,000 over the limit — about half of that (about \$12,500) would need to be paid back to SS. In that event, SSA would tell you they will withhold 9 months of your SS payments in advance and pay your benefits for only 3 months. This because the overpayment, with your current benefit of about \$1,400, could be recovered by withholding your SS payments for 9 months. They do not want to intentionally overpay your SS benefits.

So, despite your best repayment intentions, Social

Security will not favor intentionally overpaying your benefits. Historically, overpayment of benefits due to exceeding the annual earnings limit has been a notoriously difficult issue for the Social Security Administration. So, to get your early SS benefits while you are working full time, you would likely need to lie about your anticipated 2026 earnings on your application for SS benefits, which we strongly discourage. Keep in mind that this all changes when you reach your FRA (67), because the earning limit goes away entirely when you reach FRA (and the limit goes up by about 2.5 times in the year you attain full retirement age). So, depending on your earnings level, you may wish to either wait until your full retirement age, or until you stop working full time, to claim SS.

Now, as for the general idea of taking early benefits and investing them, many have said they wish to do that, and we understand that logic. Our caution is that it requires religious discipline to put the SS money into a higher yield investment vehicle to accomplish the goal of beating the SS increase realized when you wait to claim. Many who try it succumb to the temptation to use the invested funds for emergency needs (and sometimes non-emergency needs). I offer this only as something to be aware of, as some have shared that they failed in their investment objectives with their Social Security money.

This article is intended for information purposes only and does not represent legal or financial guidance. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org). ★



## Minnesota Officials Should Call Off The Mob

occupation." This mindset is why the elected leadership in the state has justified and encouraged a low-grade anti-ICE insurgency. It doesn't involve guns or bombs, but other tools of coercion and intimidation meant to make it impossible for the federal government to enforce the nation's immigration laws in the state.

ICE officers are operating among a hostile population, significant elements of which consider them an occupying force and are determined to expel them. This is "Free Palestine" for the anti-ICE crowd.

Apologists for the agitators say, as Ilhan Omar has maintained, that they are only recording ICE officers and holding them accountable. This is nonsense. The activists almost always have cameras, true, but they are obstructing ICE vehicles, yelling at ICE officers and, if the opportunity arises, trying to "de-arrest" people.

The point of all of this is to create an atmosphere of violent intimidation and make every step ICE takes in the city as painful as possible.

If this is the work of "legal observers," as the euphemism has it, the Proud Boys at the Robert E. Lee statue in Charlottesville in 2017 were just "historic preservationists."

Jacob Frey says that the activists are protecting their city and looking out for their neighbors. In no other context, though, would the mayor make this claim.

If, say, the FBI arrests gangbangers in Minneapolis, it's not an assault on the

Twin Cities -- in fact, the opposite. As for neighbors, anyone arrested for any crime is someone's neighbor. Just because the guy stealing hub caps or dealing drugs lives in a neighborhood doesn't mean he gets legal immunity, or his neighbors get to try to prevent law enforcement from going after him.

Often, the "neighbors" that the activists are supposedly protecting, by the way, are other activists who have interfered with ICE and been detained.

In Trump's first term, "the resistance" was an over-the-top term that applied to the fervent opposition to Trump, including massive street protests that were obnoxious, but lawful. In Minnesota today, "the resistance" is a more apt phrase.

That's why the Insurrection Act is in play. It is an antiquated law with a vague trigger, allowing the president to use active-duty military forces and federalized National Guard troops to quell "unlawful obstructions, combinations or assemblages."

If Trump goes there, it would be a big deal. It would be better, first, to try to provide more protection for ICE officers with other law-enforcement assets and, better still, if Minnesota could turn off the anti-ICE insurgency.

Jacob Frey famously told ICE to "get the f\*\*\* out of Minneapolis." Now, he should tell the agitators to get the f\*\*\* off the streets.

Rich Lowry is editor of the National Review. (c) 2026 by King Features Synd., Inc. ★

# Single-Family Homes Making an Impact on Homelessness

**Sacramento County News Release**

**SACRAMENTO REGION, CA (MPG)**

- You're a landlord, you need reliable renters. You fear expensive unit damage, late rent payments and turnover, leaving your unit empty and your pocket penniless. You hear about a government back master lease program that guarantees you timely rent, tenant relations and fixes any damage to the unit. Uniquely, this program shelters people experiencing homelessness -- people you see every day while driving around the streets of Sacramento -- people who are shunned, stereotyped and tragically-completely misunderstood.

You ask around the pool of other local landlords -- has anyone joined this unique master lease program? You find a few landlords with units in the Sacramento County Scattered-Site Shelter program. This program is funded through the county, but operated by the non-profit City Net.

City Net has a proven track record of successful street outreach, case management and shelter operations up and down California. The more research you do, the more intrigued you are that this program may be the solution you've been looking for. However, you cannot find this shelter model anywhere else in California or the country.

That's because it's, so far, a progressive and unique model Sacramento County started in 2017. The idea of master leasing single family homes was a solution to the lack of funding and space to build new shelters for people experiencing homelessness.

The scattered site model also allowed homeless outreach workers to provide options they never had before, including: the ability to move several people from a single encampment into



Several landlords said they like the program because it's a real solution to addressing homelessness and dependable income for them. A win-win. Photo by Paul Brennan from Pixabay

a shared space, an interim housing solution that allows pets, partners and possessions to all shelter in one location, a step between living on the street and moving into permanent housing.

In 2017 the county didn't have tiny homes to offer as shelter. There were only congregate shelters, all of which were full, and few that were a desirable option for couples or people with adult family members or pets.

A funny thing happened when the county started diversifying shelter notions in ways that accommodated different sets of needs. People started saying "yes" to help. The more people said "yes" to options that met their needs, the more diverse the County's response to homelessness evolved.

The Scattered Site shelter program has seen adversity throughout the years. The previous operator, Sacramento Self Help Housing (SSHH), went bankrupt after a tumultuous year of money issues, including unpaid rent to landlords enrolled



Living in a house, in a neighborhood gives everyone the chance to integrate back into traditional society and learn to be a responsible roommate and a good neighbor. Photo by Rebecca Martinez from Pixabay

in the scattered site program. While the County rapidly hired a replacement operator, it broke yet another box -- direct payment of rent to landlords.

Brothers Karam and Roni have had two homes in the scattered site program since 2022. When Sacramento Self Help Housing stopped paying rent, they went five months without payment. Five months without

income to pay their mortgages. With direct promises from the County for back payment and a more seamless operator coming on board, the brothers stayed in the program. Now, several years later, they're happy they did.

"Yes, we're happy to get rent on time every month. But we also like helping people that feel like they're on the bottom and just need help getting up."

said Karam.

The brothers also have one home in the traditional rental market. Roni speculates, "We're fortunate to have a great renter in that house that has been there a long time. Otherwise, we'd consider moving that house over a well."

A dozen landlords sit together at an appreciation event held by City Net; many of these landlords have been with the program for years, a few are recent recruits by fellow landlords. They intently listen to the purpose and mission of the program and of City Net as an organization. Several raise hands and ask about outcomes and services offered to participants.

The Scattered Site program has a 38 percent positive exit rate to permanent housing -- higher than any other sheltering program the County funds.

But City Net shares the successes of the program that are more than just outcomes; participants learn to live with roommates. In the most successful cases, these matches can move into permanent housing together when ready.

Everyone in the household, including the City Net employee placed as a house monitor, is responsible for shopping, cooking and cleaning.

Living in a house, in a neighborhood gives everyone the chance to integrate back into traditional society and learn to be a responsible roommate and a good neighbor.

When asked, several landlords said they like the program because it's a real solution to addressing homelessness and dependable income for them. A win-win.

Interested in learning how you can place your available house into the scattered Site program? Contact Laura Wolff at [laura.wolff@citynet.org](mailto:laura.wolff@citynet.org) or 916-995-3867. ★

# SCPH Aligns with CDPH Guidance as Influenza Activity Increases

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Following state public health guidance, Sacramento County Public Health is urging residents to take steps now to protect themselves and their families as influenza cases and hospitalizations rise across California. The following information is pulled directly from a California Department of Public Health (CDPH) news release issued Jan. 13.

Flu cases and hospitalizations are rising with a new strain of influenza A, H3N2 subclade K, circulating in California. California Department of Public Health urges vaccination for everyone 6 months and older, rapid testing of patients with flu symptoms and immediate antiviral treatment for high-risk individuals.

The California Department of Public Health (CDPH) is alerting health care providers and the public that influenza (flu) activity and hospital admissions are increasing across the state. A newly emerged influenza A strain, H3N2 subclade K, is circulating globally and has been detected in California.

"Current seasonal flu vaccines remain effective at reducing severe illness and hospitalization, including the currently circulating viruses," said Dr. Erica Pan, California Department of Public Health Director and State Public Health Officer.



The California Department of Public Health (CDPH) is alerting health care providers and the public that influenza (flu) activity and hospital admissions are increasing across the state. Photo courtesy of Sacramento County

"It is important for families to know that flu vaccines, tests, and treatments remain widely available for all Californians and that it is not too late to get a flu vaccine. As a pediatrician, parent, and daughter, I have made sure that my own family is protected with this season's flu vaccine."

California Department of Public Health has also confirmed the second pediatric flu-associated fatality in California this season. Young children and older adults remain at highest risk for severe flu complications, and there are several ways for families to take action to protect their health.

**TAKE ACTION**

Everyone 6 months and older who has

not yet received the 2025–26 influenza vaccine should get vaccinated as soon as possible. Vaccination is the best defense against severe influenza and hospitalization. To schedule your vaccine appointment, contact your health care provider, local pharmacy, or visit [myturn.ca.gov](http://myturn.ca.gov).

Individuals with flu symptoms at risk for serious disease should check with their doctor to see if they should be tested in case they may benefit from treatment. At-home combined influenza/COVID-19 tests can be used when available.

High-risk and hospitalized patients with suspected flu should receive antiviral treatment without delay, even before test results

are confirmed. Recommended treatments include oseltamivir or single-dose baloxavir, which reduce the risk of serious illness and hospitalization.

**COVERAGE AND AVAILABILITY**

Despite changes in federal recommendations, California Department of Public Health's recommended vaccines will continue to be covered by health care insurers regulated by the State of California and can be received at your local pharmacy, from your health care provider, or through other authorized vaccine providers at no cost. To schedule your vaccine appointment, contact your health care provider, local pharmacy or visit [myturn.ca.gov](http://myturn.ca.gov).

**RESOURCES**

Visit the California Department of Public Health Respiratory Virus Dashboard for updates on influenza and other respiratory viruses. For healthcare providers, clinical guidance and resources is available at the California Department of Public Health Influenza Update webpage. The California Department of Public Health Flu Vaccine Toolkit is also available online and provides educational resources and downloadable materials about the benefits of the flu vaccine. For more information about flu prevention and vaccine eligibility, visit the California Department of Public Health Influenza webpage. ★

# Community Efforts Help Prevent Human Trafficking

**Sacramento County News Release**

**SACRAMENTO REGION, CA (MPG)**

- As part of an effort to make our community a safe place for all residents, Sacramento County is raising awareness about human trafficking. January is National Human Trafficking Awareness Month, and each year, the U.S. Department of State recognizes it as a way to raise awareness about this crime that impacts communities across the country.

Several of Sacramento County's community partners are dedicated to

helping victims of human trafficking.

My Sister's House aids Asian and Pacific Islanders and other underserved women and children impacted by domestic violence, sexual assault and human trafficking.

The Family Justice Center helps victims during legal proceedings.

Other helpful resources and information include:

RTI International provides insight into information about sex trafficking by collecting and sharing data about the issue.

The National Human Trafficking Hotline allows people to report

tips about suspicious activity they believe is connected to the crime.

We can all do our part to keep community members safe from human trafficking. Here are some ways we can all work to make a difference.

Learn the signs of human trafficking, which can include: multiple employees living with their employer, signs of physical abuse, a child living with someone who is not their parent, a relative or their legal assigned guardian, a person not having control of personal identification such as a driver's license

or passport, and a child under the legal working age telling you they are forced to work.

If you are in the United States and believe someone may be a victim of human trafficking, call the 24-hour National Human Trafficking Hotline at 1-888-373-7888. If there is an immediate emergency, always call 911.

Become a mentor to a teen, young adult or someone in need. Traffickers may target children or adults who are going through a difficult time, do not have stable housing, or do not have a

support system.

Get involved with a local organization that fights human trafficking, like one of the groups listed above.

Take time to learn more about the warning signs and how to report human trafficking by visiting the Federal Motor Carrier Safety Administration Website.

Sacramento County is dedicated to addressing human trafficking through awareness, education and action. We can all work together to prevent human trafficking and provide hope to those recovering from this crime. ★

## Republic FC Bolsters Frontline with Striker Kyle Edwards



Kyle Edwards signed a new contract with Republic FC and will be added to the team's roster pending league and federation approval. Photo courtesy of Sacramento Republic FC

### Sacramento Republic FC News Release

**SACRAMENTO, CA (MPG)** - Sacramento Republic FC announced Jan. 15 that the Club has acquired forward Kyle Edwards from Hartford Athletic via transfer. Edwards has also signed a new contract with Republic FC and will be added to the team's roster pending league and federation approval.

"Kyle is a proven goalscorer in our league who has shown he can make an impact when he steps on the pitch," said Republic FC Head Coach Neill Collins. "We're looking forward to bringing him on board and introducing him to our incredible fanbase."

Edwards added, "I'm grateful for the opportunity to represent this amazing club and I can't wait to get started."

Edwards comes to the Indomitable City following a three-season stint in Hartford. His breakout came in 2025, when he led Athletic with 12 goals – a new club single-season record – while setting a league record with eight goals as a substitute. His strike rate of 0.95 goals per 90 minutes was the best mark by a player with at least 10 goals since 2020, earning him three Team of the Week selections. He also added three assists to help Hartford win its first trophy in the club's history.

The 28-year-old forward was drafted

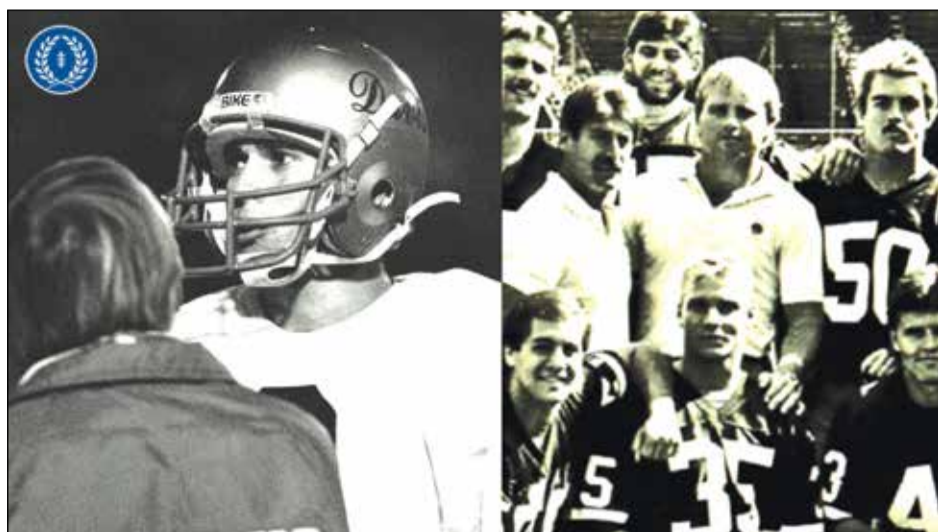
86th overall in the 2020 MLS SuperDraft by Houston Dynamo FC and spent his first two seasons with Rio Grande Valley FC, Dynamo's reserve side in USL Championship. With RGV, he recorded six goals and two assists in 25 appearances. In 2022, he joined MLS NEXT Pro side Houston Dynamo 2 and in 13 appearances scored five goals and two assists. He also previously featured for USL League Two side Brazos Valley Cavalry FC in 2019 when he claimed a share of the Golden Boot with 14 goals.

Edwards' college career took him to Ranger College and the University of Texas Rio Grande Valley. Across his four seasons, he amassed 51 goals in 57 appearances.

On the international stage, Edwards has been a regular on the roster for the St. Vincent and the Grenadines National Football Team, making over 30 appearances and adding six goals.

Republic FC's 2026 season officially kicks off on March 7 when the club hosts FC Tulsa at Heart Health Park. Season ticket memberships are on sale now, offering a range of benefits including discounts on merchandise and access to exclusive fan experiences, as well as priority seat selection in the new Republic Stadium at The Railyards. For more information, or to purchase a membership today, visit [SacRepublicFC.com/Memberships](http://SacRepublicFC.com/Memberships). ★

## Former Aggies Named to Hall of Fame



A pair of former Aggies have joined the ranks of some of the best in the history of college football, with Chris Petersen and Gary Patterson both being named to the College Football Hall of Fame as part of its Class of 2026. Photo courtesy of UC Davis Athletics

### UC Davis Athletics News Release

**IRVING, TX (MPG)** - A pair of former Aggies have joined the ranks of some of the best in the history of college football, with Cal Aggie Athletics Hall of Famer Chris Petersen and Gary Patterson both being named to the College Football Hall of Fame as part of its Class of 2026.

"The legacy of coaching and leadership from the UC Davis tree can be seen all over the football world," said current head coach Tim Plough. "When someone refers to you as a 'Davis Guy' you wear that as a badge of honor. You know that it means you're a part of something bigger than you."

"I have always had a great deal of respect and admiration for coach Patterson and coach Petersen has been instrumental in mentoring me in my coaching career. I'm excited to see them both recognized for their incredible careers."

Petersen came to Davis in 1985, spending his final two seasons under center for the Aggies. Once his playing career wrapped up, the eventual multi-Coach of the Year honoree then transitioned to the sideline where he began his coaching career at Davis. From 1987-91, Petersen coached under College Football Hall of Famer Jim Sochor and Cal Aggie Athletics Hall of Famer Bob Foster.

The Aggie quarterback would then go on to have tremendous success at Boise State and Washington, going 147-38 over 14 seasons at those two programs. During that

stretch Petersen won 10 games or more ten times in all but four seasons led teams to seven conference titles, 14 bowl appearances and nine final AP Top 25 finishes, including three top five marks.

Patterson came to Davis early in his career, coaching the linebacker corps under coach Sochor in 1986. The lessons learned in Davis would eventually lead Patterson to Fort Worth, Texas and the TCU Horned Frogs where he would spend 22 years going 181-79 with 18 bowl appearances and a perfect 13-0 2010 season.

The Horned Frogs, led by Patterson, capped off their 2010 undefeated season by winning the 2011 Rose Bowl to go along with 11 bowl game victories that also included the 2010 Fiesta Bowl and 2024 Peach Bowl. Patterson also coached 21 First Team All-Americans and won six conference championships across three different conferences.

UC Davis, the No. 2 ranked public university by the Wall Street Journal, is home to 40,000 undergraduate students and 12,000 employees. Ranked #1 in Agriculture and Forestry as well as #1 in Veterinary Medicine, UC Davis is located in a true California college town nestled between world-class destinations such as the San Francisco Bay Area, Napa Valley and Lake Tahoe. Over 650 Aggie student-athletes compete in 25 Division I varsity sports, with 16 sports transitioning to the Mountain West Conference beginning in 2026-27. ★

## Baron Championship Rings Named Official Partner of UC Davis Athletics

### UC Davis Athletics News Release

**DAVIS, CA (MPG)** - UC Davis Athletics has elevated its championship experience with the announcement of a new partnership with Baron Championship Rings as the Official Championship Ring Partner of UC Davis Athletics. The three-year agreement establishes Baron as the exclusive provider of championship rings for UC Davis Athletics, granting the company sole rights to use UC Davis Athletics marks on championship rings, Hall of Fame rings and any varsity ring program.

"Partnering with Baron Championship Rings allows us to celebrate Aggie Pride by honoring the achievements of our student-athletes, coaches and Hall of Fame members in a truly meaningful way," said Dr. Heather Hunter, Executive Director, Aggie Varsity Club. "This partnership also gives our letterwinners, past and present, the opportunity to commemorate their UC Davis student-athlete experience with a varsity ring that reflects their commitment and legacy."

As part of the partnership, Baron will collaborate closely with Aggie programs to design and produce custom pieces that reflect the pride and tradition of UC Davis Athletics, while also providing up to five complementary Hall of Fame rings each year to recognize inductees whose achievements have shaped the legacy of Aggie Athletics.

"Baron Championship Rings is incredibly proud to partner with UC Davis Athletics as their Official Championship Ring Provider," said Kevin Kloostera, Baron Championship Rings Senior Account Executive. "The Aggies have a rich tradition of excellence, and we're honored to help commemorate the achievements of their student-athletes with rings that celebrate their hard work, dedication and legacy. We look forward to creating meaningful pieces that will be treasured for years to come."

Baron specializes in producing customized, highly crafted rings for collegiate and professional sports programs, with a process focused on storytelling, precision and the championship journey. Through this partnership, UC Davis student-athletes, coaches and Hall of Fame honorees will have access

to a collaborative design experience that highlights the values and history of Aggie Athletics.

The first programs to work with Baron under the new partnership will be men's water polo and women's volleyball, both of which captured Big West titles this fall. The Aggie men's water polo team earned the Big West Tournament Championship, securing the conference crown with a dominant postseason run. At the same time, the women's volleyball program claimed the Big West regular season title behind a historic year on the court. Each team will collaborate with Baron to design custom championship rings that reflect the unique identity of their program and celebrate the student-athletes who helped deliver conference titles to Davis. The ring design process will highlight the journey, achievements and traditions that define both championship seasons, setting the standard for future Aggie programs and earning their place in UC Davis Athletics history.

The agreement reflects UC Davis Athletics' commitment to celebrating student-athlete success and the moments that define the Aggie experience on campus, in competition and throughout the alumni community.

#### About UC Davis Athletics:

UC Davis, the No. 2 ranked public university by the Wall Street Journal, is home to 40,000 undergraduate students and 12,000 employees. Ranked #1 in Agriculture and Forestry as well as #1 in Veterinary Medicine, UC Davis is located in a true California college town nestled between world-class destinations such as the San Francisco Bay Area, Napa Valley and Lake Tahoe. Over 650 Aggie student-athletes compete in 25 Division I varsity sports, with 16 sports transitioning to the Mountain West Conference beginning in 2026-27.

#### About Baron® Championship Rings:

As a Championship-focused brand, Baron® Championship Rings is relentlessly committed to designing and crafting superior, story-driven products. We take pride in creating Championship Rings that are not only visually stunning but also represent the hard work and dedication of the teams and individuals who earn them.

Visit [www.baronrings.com](http://www.baronrings.com) for more. ★

## Women's Basketball Wins Third Straight

### Sacramento State Athletics News Release

#### FLAGSTAFF, AZ (MPG)

Sophomore guard Rubi Gray posted her first career double-double with a career-high tying 26 points and 11 rebounds, while Benthe Versteeg and Natalie Picton also finished in double figures, helping lead Sacramento State to its third-straight victory with a 78-59 win at Northern Arizona on Thursday, Jan. 15 in Flagstaff, Arizona.

The Hornets moved above the .500 mark with their ninth victory of the year, improving to 9-8 overall and 3-1 in Big Sky Conference play. The triumph gave Sacramento State its third, three-game winning streak of the season, while the three-straight wins in Big Sky play is the longest such streak since Feb. 8-15, 2024.

In winning three of their first four league games, the Hornets are off to their best conference start since they began the 2022-23 Big Sky campaign with four straight wins. Meanwhile, Sacramento State snapped a four-game skid in the series with the Lumberjacks, winning for only the ninth time in 31 chances in Flagstaff.

Led by a team-high 17 points from Naomi White, Northern Arizona fell to 6-12 overall and 2-3 in conference.

Gray's 26-point outburst matched her career high set against Cal State Fullerton on Nov. 21, nabbing her fourth 20-point performance of the year while setting new career marks for rebounds and three-pointers made (six). Her 10 field goals for the game fell



The hot-shooting Hornets hit just over 49 percent from the field for the game and finished with a season-high 11 makes from beyond the arc. Photo by Jyanne Bautista, director of creative content, Sacramento State Athletics

just one shy of her career high in the category.

She was joined in double figures by Versteeg, who tied her season highs with 18 points and eight field goals while narrowly missing out on her third double-double of the year, finishing with nine rebounds to go with four assists.

Picton completed the double-digit trio, adding 14 points for her 12th double-digit scoring performance of the year — and her third straight — while adding five rebounds, three assists and swiping four balls to log her 14th game this season with multiple steals.

Freshman Jaety Mandaquit added a career-high six assists to go with three points and four rebounds, while junior Elizabeth Abiara added seven rebounds and a pair of blocks.

Following a slow start that saw both teams struggle to find their shooting rhythm, the Hornets erased a four-point deficit with a 6-0 run that gave them their first lead of the night at 11-9 with 1:03 to play. The Lumberjacks drained a three-pointer just before the first quarter buzzer to regain the lead, but the advantage

would be short-lived.

Sacramento State opened the second quarter on a 10-0 run over the first 94 seconds of the period, building a nine-point lead that it would not relinquish. Northern Arizona got no closer than six points on its next possession following the run, but another burst — this a 12-3 run by the Hornets over the next four minutes — gave them a 15-point lead with 3:05 remaining and they never looked back.

A 13-point lead at half-time ballooned to as many as 20 points on a couple of occasions late in the third quarter and Sacramento State never allowed Northern Arizona to get closer than 13 points the rest of the way.

The hot-shooting Hornets hit just over 49 percent from the field for the game and finished with a season-high 11 makes from beyond the arc. Meanwhile, the defense was stout, holding the Lumberjacks to just under 35 percent for the game, 27 percent from three-point range overall, and outrebounding the host side by a 49-24 count. ★

# Mitchell Wrestlers Win Gold at Area Tournaments



Cameron Krueger, eighth Grade, shows off his first-place medal earned during the Springview Takedown Wrestling Tournament. Photo courtesy of Coach Joe Zilles



Kheyden Collins, eighth grade, shows off his first-place medal earned during the Bella Vista winter Classic Wrestling Tournament. Photo courtesy of Coach Joe Zilles



Levi Gustafson, eighth grade, shows off his medal earned during the Bella Vista winter Classic Wrestling Tournament. Photo courtesy of Coach Joe Zilles

**By Coach Joe Zilles,  
Mitchell Middle School**

**RANCHO CORDOVA, CA (MPG)** - The Mitchell Middle School Marauders wrestlers started their season in November 2025 and quickly began competing in December at the Smedberg Middle School tournament in Elk Grove where Giovanni Barcenas and Levi Gustafson bested the competition and earned first place finishes. Later that month the Marauder grapplers visited the Springview Middle School in Rocklin for

a takedown tournament where Ronan Bell, Cameron Krueger, Kheyden Collins and Elias Raydoza took first place honors. On Jan. 8, the Marauders visited Folsom Middle School for a scrimmage style, tough, no non-sense event which pitted the best Mitchell wrestlers against some of the areas finest. Brothers and eighth graders Asher (121) and Kian Jiang (116) showed their experience with undefeated records for the evening. Winning at least one match was Maxine Dela Cruz, Ronan Bell, Dante Bottoms,

Cameron Krueger, Giovanni Barcenas, Levi Gustafson, Kheyden Collins, and Ansh Lal. The Mitchell wrestlers then traveled to El Dorado High School in Placerville on Jan. 10, for the "Meat Grinder" tournament where again Asher Jiang (121) won gold with impressive pins over each his opponents and Kian Jiang (116) finished with a 2-2 record and fourth place finish. Wrestling hard but falling short of the podium were Ansh Lal, Giovanni Barcenas, Levi Gustafson, Cameron Krueger and Dante Bottoms.

On Jan. 17, the Marauders visited Bella Vista High School for the Winter Classic tournament for Middle School. First year wrestlers Cameron Krueger (145) and Kheyden Collins (185) won gold wrestling in the JV Division and Levi Gustafson (175) finished with a third-place finish. Led by Coaches Joe Zilles and John Marshall, the Marauders wrestlers continue to work hard to finish the 2025-26 season later this month. Returning wrestlers Asher Jiang, Kian Jiang and

Levi Gustafson paved the way this season with strong leadership and a tough work ethic on and off the mat. Daily workouts and training include conditioning and wrestlers learning up to 70 moves and combinations focused on the fundamentals of wrestling throughout the short season. Mitchell visits Barrett Middle School in Carmichael on Jan. 24, after press time, for its final season tournament. While the team roster is small this season, the wrestlers keep putting together impressive wins. ★

# CRPD Honors Outgoing Chairperson, Welcomes New Chairperson

**By Haley O'Neill,  
Cordova Recreation  
& Park District**

**RANCHO CORDOVA, CA (MPG)** - In December, the Cordova Recreation & Parks District (CRPD) recognized outgoing 2025 Chairperson Rick Sloan during its final Board meeting of the year. Director Sloan was presented with a certificate honoring his active engagement throughout the community, which exemplified the district's "Be There" FISH! pillar and reflected a deep commitment to public service. Director Sloan has served on the Board since 2008 and represents Election District 4. During his term as Chairperson, the district celebrated several major milestones. Highlights included ribbon-cutting ceremonies for the district's



Cordova Recreation & Park District outgoing Chairperson Rick Sloan holds an award next to incoming Chairperson Daniel Langan. Photo courtesy of Cordova Recreation & Park District



Cordova Recreation & Park District Board of Directors pose at December board meeting. Photo courtesy of Cordova Recreation & Park District

50th park, Exploration Park, as well as Rockrose Park. Exploration Park also earned a Facility Design & Park Planning Award from the California Park & Recreation Society (CPRS) District 2. The district also launched its Make This

Time Matter! campaign, which received two awards from the Public Relations Society of America (PRSA) California Capital Chapter. Additional accomplishments included the launch of a new district website and multiple staff-led donation drives

to support local families in need. Through these efforts, the district donated more than 650 essential hygiene items and over \$2,530 in gift cards to the Folsom Cordova Unified School District's Families in Transition Program, along with more than

860 items to the Rancho Cordova Food Locker/Community Food Hub. As the new year begins, the district looks ahead to continued progress under incoming 2026 Chairperson Daniel Langan. Chair Langan has served on the Board

since 2022 and represents Election District 5. The district congratulates Chair Langan on his new role and extends its sincere appreciation to Director Sloan and the entire Board for their continued leadership and dedication to serving the community. ★

# Thomas Standing Out in Senior Season

**By James Damell**

**RANCHO CORDOVA, CA (MPG)** - Cordova Lady Lancers' senior goalie Alanna Thomas is putting up some impressive numbers in her final season. Despite the team struggling, having a 3-11-1 overall record including a 0-6 Metro League mark at press time, Thomas has been a stand-out thus far. Her 71 saves through 12 games played ranks atop the Metro League rankings and is good for second place within all of the Sac Joaquin Section Division II. Each of the Lady Lancers' three victories this season came in shutout wins in which Thomas was able to hold opposing teams scoreless at the net. Her contributions have not gone unnoticed by Cordova head coach Charlie Gonzalez, who recognizes her impact on the program. "She's a senior and has made a lot of connections with her teammates," Gonzalez said. "The girls know that goalkeeper is one of the hardest positions

to play, so a lot of the girls look up to her. We know how valuable she is to us." In her junior season last winter, Thomas led the Metro League in saves (46), playing in 13 games. Her ability to consistently reject shots on goal has been a huge part of the Lady Lancers' defensive approach and highlights her mindset on the pitch. "She's put in the work," Gonzalez said. "From last year to this year she's done a lot of training. She's very confident in herself this year. She has confidence in her defense which has also given her more confidence in herself." Gonzalez also mentioned that Thomas intends on playing soccer collegiately at American River College next year, with her coach saying that she certainly has the capability of playing at the next level. With four games remaining on the Lady Lancers' schedule at press time, Thomas certainly will rack up quite a few more saves at the net in her senior season before it's all said and done. ★



Senior goalkeeper Alanna Thomas listens intently during halftime against Kennedy. Photo by Rick Sloan



Left: Senior goalkeeper Alanna Thomas defends the goal during a match against Kennedy. Photo by Rick Sloan

Below: Senior goalkeeper Alanna Thomas makes a free kick during a match against Kennedy. Photo by Rick Sloan



# Hazem Leading Lancers by Example



Junior Cordova forward Shahzad Hazem. Photo by Rick Sloan

By James Darnell

**RANCHO CORDOVA, CA (MPG)** - Cordova Lancers junior striker Shazad Hazem isn't much of a talker on the soccer field. He allows his game to speak for itself.

Through his first 14 games this season, Hazem has racked up an impressive 11 goals scored to pace the Lancers' offensive attack. That also ranks atop the entire Metro League and is good for third place in all of Sac Joaquin Section Division II. Despite his quiet demeanor, he has emerged as one of the leaders on the team through his strong play according to Lancers' head coach Luis Aguilar.

"He's more of a leader by his ability to change games," Aguilar said. "Leading by example. He's a workhorse."

Being from the Middle East, the game of soccer has been an outlet for the youngster according to Aguilar. Hazem and his family moved to the

United States in recent years, and a language barrier had been a part of Hazem's story when he began attending Cordova High School as a freshman. When he gets on the pitch, however, the game of soccer has provided the talented striker a place where he can let his abilities speak loudly.

"For him, soccer is an outlet," Aguilar said. "Coming here, transitioning to a new culture and a new country, it's been an outlet for him and a lot of people. In soccer we consider the game its own language. There's no specific language other than soccer out there on the field. It's something everyone can enjoy and all you need is a ball."

According to Aguilar, Hazem has hopes of playing professionally after he graduates at Cordova in 2027. With a few games left in his junior season before his senior year next winter, the sky is the limit for the standout. ★



Junior forward Shahzad Hazem controls the ball against Grant. Photo by Rick Sloan



Junior forward Shahzad Hazem takes the ball down the field during a match against Grant. Photo by Rick Sloan

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