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THE NEWS

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AUGUST 21, 2026

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CONVICTED FOR
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Grant Union Unveils New Stadium



Stadium upgrades include an all-weather track, turf improvements and new press box. Photo courtesy of Twin Rivers Unified School District

By Abbey Wicks

SACRAMENTO, CA (MPG) - “It’s a great day to be at Grant Union High School,” said Christine Jefferson, Twin Rivers Unified Board President. “It’s a great day to be a Pacer.”

On Friday, Aug. 14, just days prior to the start of the new school year, Grant Union High School’s football stadium turf and track replacement project was unveiled to student-athletes, district staff and city leaders including Mayor of Sacramento Kevin McCarty and District 2 Council Member Roger Dickinson.

The high school’s athletes showed up loud and proud for the grand opening with an opening



Grant Union High School Principal Darris Hinson is a 1988 alumnus of the school. Hinson addresses the crowd at the Aug. 14 ribbon-cutting ceremony. Photo courtesy of Twin Rivers Unified School District

performance by the Grant Union High School drum-line and Pacerettes dance team.

Stadium upgrades include an all-weather track, turf improvements and new press box.

“This is something new something amazing for us,” said ASB President Rihanna Zarazua. “I’m really excited for the football season. I know it’ll be great, especially with the new stadium.”

Zarazua said she is also looking forward to speculating other sports that utilize the field such as flag football.

Grant Union High School’s football stadium, William Rutherford Memorial Stadium, was officially dedicated on Oct. 18, 1940. There were additional facility updates in 2005 and 2022.

The latest upgrades to modernize the stadium came through a \$14 million multi-school stadium

Continued on page 2

Affordability
Issues Keep
New Home
Sales at
Pre-Pandemic
Levels

North State Building
Industry Association
News Release

SACRAMENTO REGION, CA (MPG) - New home sales in July continued to reflect a return to post-pandemic levels, the North State Building Industry Association reported.

During the month, BIA members reported selling 403 new homes, which was 13% higher than June but 16% lower than July 2025. The monthly total was just slightly below the average July in the region (412) and one more sale than the 402 sold in July 2019 before the pandemic began.

BIA President & CEO Tim Murphy said affordability factors continue to put a damper on sales.

“Mortgage interest rates have edged upward to their highest level in about a year as uncertainty about the world’s oil supply continues due to the conflict between the U.S. and Iran,” Murphy said.

“In addition, local government red tape continues to keep production low and their high fees — averaging over \$100,000 per home in the region — drive costs far higher than in many parts of the country.”

Murphy added, however, that prospective buyers should remember that builders are working harder than ever to make it possible to purchase the new home of their dreams.

“Through mortgage rate buy-downs, downpayment assistance and other incentives, new homes today are often more affordable than you’d think. Families considering relocating should talk to builders about what options they have available,” he said.

In July, Roseville saw the most new homes sold (72), followed closely by Sacramento (69). Rancho Cordova was third with 49, followed by Elk Grove (46) and Natomas and Galt, which tied for fifth with 33 each. More statistical information is available below.

Sales were reported for 204 communities in Amador, El Dorado, Nevada, Placer, Sacramento, Sutter, Yolo and Yuba counties. ★

Elena’s Kitchen & Catering Named 7th
District Small Business of the Month

Assemblyman Josh Hoover
News Release

SACRAMENTO, CA (MPG) - On Aug. 17, Assemblyman Josh Hoover (R-Folsom) announced that Elena’s Kitchen & Catering has been named the August 2026 Small Business of the Month for the 7th Assembly District.

Small businesses are the backbone of the 7th Assembly District and our nation, creating jobs, strengthening neighborhoods and bringing communities together. Elena’s Kitchen & Catering represents that spirit through its dedication to hospitality, community service and perseverance in the face of adversity.

Elena’s Kitchen & Catering was founded through Elena’s lifelong passion for cooking, which began during her childhood in Uzbekistan. Over the years, that passion grew through preparing food for church functions, community gatherings, weddings and special celebrations. What began as a love for cooking and serving others eventually grew into a thriving family business.

As the business expanded, Elena’s husband, Leonid, joined the company as chief executive officer and strategic partner. Drawing on his

Continued on page 3



Assemblyman Josh Hoover presents the 7th District Small Business of the Month for August to Elena’s Kitchen & Catering. Photo courtesy of the Office of Assemblyman Josh Hoover

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Grant Union Unveils New Stadium



Twin Rivers Superintendent Dr. Tu Moua Carroz, Mayor of Sacramento Kevin McCarty, Twin Rivers Board President Christine Jefferson and District 2 Council Member Roger Dickinson stand among district leaders and students at the ribbon-cutting ceremony on Aug. 14. Photo courtesy of Twin Rivers Unified School District

Continued from page 1
imitative. Rio Linda High School and Foothill High School are also among the schools to receive upgrades.

“We’re standing on the place where a whole lot of brand-new students are about to find out exactly what they’re made of,” said Twin Rivers Superintendent Dr. Tu Moua Carroz. “Students will compete here. Families will pack these stands, and, years from now some of these kids will be grown telling their own children about a night that happened on this exact field.”

Grant Union’s current principal, Darris Hinson is a 1988 alumnus of the school. Hinson himself played football on that same field, as well as his sons. Hinson strongly believes in the impact a high school and its athletics program can have on the community.

“When you look around this community, Grant Union High School is the primary resource,” Hinson said during ceremony remarks.

The school carries an almost 100-year legacy in the community.

“To have the kind of greatness that



Mayor of Sacramento Kevin McCarty and District 2 Council Member Roger Dickinson address the crowd at the stadium renovation unveiling. Photo courtesy of Twin Rivers Unified School District

comes out of a place like this, it’s a reflection of the grit and the internal nature of the people that make up this community,” Hinson said.

The principal is looking forward to watching the Grant Union High School Pacers thrive in their new stadium this season.

“I know we’re gonna have a great season. Let’s get it.” ★



The Grant Union High School Pacerettes pose following their performance at the ribbon-cutting ceremony on Aug. 14. Photo courtesy of Twin Rivers Unified School District



Study: Napa Wine Compliance Costs Near 18% of Production

Regulatory compliance costs add nearly \$24 to every case of wine produced and sold by a small Napa County winery, accounting for about 17.5% of production costs, according to a new study examining the cumulative impact of federal, state and local regulations on the wine industry. The report, released in July by Cal Poly, San Luis Obispo, is the second installment of a broader study commissioned by the Napa County Farm Bureau. Part 1, released earlier this year, found regulatory compliance costs accounted for about 8% of production costs for a small Napa County vineyard and nearly 12.5% for a large vineyard. The new report, authored by Cal Poly agribusiness professors Lynn Hamilton and Michael McCullough, shifts the focus from vineyards to wineries. “This study is the first of its kind to document regulatory costs of a Napa County winery as well as any type of alcoholic beverage production,” the authors wrote.

Feds Release Colorado River Framework for Next 10 years

After their big crop in 2025, California growers of processing tomatoes are harvesting fewer acres this season. Higher inventories of tomato products and decreased sales led California tomato processors to cut how many acres they want growers to plant this year, with contracted acres at their lowest in more than 30 years. The hope is that the reduced acreage will allow inventory levels to come

into balance with market demands, said Mike Montna, president and CEO of the California Tomato Growers Association. “It’s going to take a couple of years,” he said, adding that the industry has “turned the corner” on slower sales. Unusually warm weather in March accelerated plant growth, leading to an earlier start to harvest this year. Growers with later plantings expect to finish harvest by the end of October. Fresno County grower Don Cameron described the quality of his crop as good, with yields exceeding his contracted amount. But with months of harvest left, Montna said weather could still impact the crop.

Tomato Variety Key to Controlling Fusarium Stem Rot

Fusarium stem rot and decline, commonly known as FRD, affects the water- and nutrient-carrying vascular portions of processing tomato plant stems and canopies. Eventually, vines begin to decline, collapsing and exposing the fruit to the sun, leading to potential sunburn. As experts learn more about the relatively new fungal disease, they say variety selection is key to reducing potential yield losses. Crop rotation and equipment sanitation also are important in managing fusarium stem rot and decline, though to lesser extents. “I think the variety and sanitation would be my top priorities,” said Brenna Aegerter, University of California Cooperative Extension vegetable crops farm adviser who serves San Joaquin County. Rotating to a non-host crop can help reduce the pathogen in the soil, but she said it’s not too popular because many of the alternatives are unprofitable. ★

American Legion Hosts 4th Annual Golf Tournament Fundraiser



If you are skilled on the golf course and want to come out to support a great cause, sign up for the 4th Annual Golf Tournament. Photo designed by Magnific

By MPG Staff

RIO LINDA, CA (MPG) - Are you a golfer looking to test your skills while supporting a good cause? Local veterans’ 501c3 non-profit organization, American Legion is hosting their 4th Annual Golf Tournament fundraiser next month. All proceeds will go towards benefitting veterans and their families.

American Legions serves as a community hub that provides support, events and camaraderie for military veterans and their families in the Rio Linda and Elverta areas.

The golf tournament will take place at the Cherry Island Golf Course at 2360 Elverta Road. Registration begins at 7 a.m. and the tournament will start at 8 a.m. on Friday, Sept. 25.

In addition to this fun tournament, complimentary breakfast burritos and bloody marys will be served at the course sign in. But that’s not all, following the tournament, there will be a prime rib lunch located at Legion Hall.

If you are skilled on the golf course and want to come out to support a great

cause, sign up for the 4th Annual Golf Tournament. Tickets are \$140 per person or \$540 per foursome. If you would still like to support without competing you can purchase tickets for just lunch at \$50 per person.

Prizes include a trophy and \$100 prize for categories such as Longest Drive and Closest to the Hole, there will be male and female winner for each category. If you don’t get a chance to win a prize, don’t worry there will be an opportunity drawing during dinner.

There are many opportunities available to become a sponsor for this event. For \$200 you can sponsor a veteran to play in the tournament, \$300 for a sponsor table at a selected hole where you can provide beverages for players and for \$500 after the tournament a sponsor can provide one happy hour drink for each player. There are many more opportunities available with \$3500 being the highest amount.

For more information contact Mike at 916-995-2472 or email mwpost521@gmail.com. You can also visit American Legion at 6700 8th Street in Rio Linda to learn more about the organization. ★

Back-to-School Traffic Safety

Twin Rivers Unified School District News Release

SACRAMENTO, CA (MPG) - As Twin Rivers Unified students headed back to school on Tuesday, Aug. 18, the district is reminding drivers to slow down, watch for buses and help keep our students safe.

California Vehicle Code 22454 (a) prohibits drivers in both directions from passing a school bus when: the bus is stopped for the purpose of loading or unloading any school children; and, the bus displays flashing red lights and/or a stop signal arm.

Your Safety Checklist:

- Don’t block crosswalks.
- Always stop for crossing guards.
- Take extra care to look out for children in school



Twin Rivers Unified School District is reminding drivers to slow down, watch for buses and help keep students safe. Photo courtesy of Twin Rivers Unified School District

zones, near playgrounds and parks and in all residential areas.

Obey posted school zone speed limits and avoid passing other vehicles.

Watch for kids riding bicycles, skateboards and

scooters.

California state law requires anyone under 18 to wear a properly fitted and fastened bicycle helmet when riding a bicycle, non-motorized scooter, or skateboard. ★

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Elena’s Kitchen & Catering Named 7th District Small Business of the Month



Elena’s Kitchen & Catering serves thousands of customers through full-service catering, freshly prepared take-out meals, a cafeteria and bakery, and event halls for weddings, corporate functions and community celebrations. Image courtesy of Elena’s Kitchen & Catering

Continued from page 1

experience in construction and business, Leonid helped the family establish its first commercial kitchen and take-out restaurant in Carmichael, laying the foundation for the business’s continued growth.

Hospitality, service and giving back to the community remain at the heart of Elena’s Kitchen & Catering. The business has supported the Life Change rehabilitation program through food donations, financial assistance and employment opportunities, demonstrating a commitment to helping people in the community build better lives.

In 2022, Elena’s Kitchen & Catering faced one of its greatest challenges when a devastating fire destroyed its Carmichael location. Rather than allowing the tragedy to define their story, Elena, Leonid and their team responded with remarkable faith, strength and resilience. They

rebuilt the business in a new and expanded facility in North Highlands, turning a difficult setback into an opportunity to continue serving their customers and community. Today, Elena’s Kitchen & Catering serves thousands of customers through full-service catering, freshly prepared take-out meals, a cafeteria and bakery, and event halls for weddings, corporate functions and community celebrations.

“Elena’s Kitchen & Catering is a wonderful example of the resilience, generosity and entrepreneurial spirit that make our small businesses so special,” said Assemblyman Josh Hoover. “Elena and Leonid have built more than a successful family business. They have created a place that serves their community, provides opportunities for others, and continues to move forward even in the face of tremendous adversity. I am

proud to recognize Elena’s Kitchen & Catering as the 7th Assembly District Small Business of the Month.”

Through its commitment to quality, hospitality, service and community, Elena’s Kitchen & Catering continues to make a positive impact throughout North Highlands and the Greater Sacramento region. Assemblyman Hoover congratulates Elena, Leonid and their entire team and wishes them continued growth and success.

Elena’s Kitchen & Catering is located at 4604 Roseville Rd #112, North Highlands, CA 95660.

Josh Hoover represents Assembly District 7, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale and Rosemont. ★

Elena’s Kitchen & Catering, Elena’s Café to Be Featured on America’s Best Restaurants



America’s Best Restaurants News Release

NORTH HIGHLANDS, CA (MPG) - Local eatery Elena’s Kitchen & Catering will host a visit from America’s Best Restaurants (ABR), a national media and marketing company, for an on-site visit as part of the ABR Roadshow.

America’s Best Restaurants travels the country spotlighting independent, locally owned restaurants that make a positive impact on their communities. During the visit, the ABR Roadshow team will highlight Elena’s Kitchen & Catering on-camera, featuring an extensive interview with owners Leonid and Elena Melnychuk about the restaurant’s special place in the community.

Elena’s Kitchen & Catering has a rich history rooted in hospitality and community service. Born in Uzbekistan, Elena Melnychuk’s culinary journey began at the tender age of six, sparked by a playful experiment with dough. By her teenage years, she was already known for her culinary skills, organizing meals for church functions and community events.

The turning point for the business came when a family member requested catering for a wedding, leading to a surge in catering inquiries that prompted her to build a dedicated

team. With her husband Leonid’s support, they transitioned from a small catering company to a thriving culinary destination, even after facing the devastating loss of their facility to a fire in 2022. Through resilience and community support, they now operate from a new location in North Highlands.

Elena’s Kitchen & Catering is not just about food; it’s about giving back. The restaurant has actively supported the Life Change substance abuse rehabilitation center through donations and volunteer efforts, illustrating their commitment to community welfare.

“We are deeply honored to be featured by America’s Best Restaurants! Our mission has always been simple: to serve our community with delicious food and exceptional service. This recognition means the world to us, and we couldn’t have done it without the incredible support of our guests. Thank you for being part of our journey!” said Leonid and Elena Melnychuk.

The menu at Elena’s Kitchen & Catering boasts standout items including Plov, Smoked Salmon Croissant, and Kiev Cake. The episode will showcase these popular dishes, highlighting the restaurant’s unique ability to honor culinary traditions while

catering to the American palate.

America’s Best Restaurants will be on-site at Elena’s Kitchen & Catering on August 25, 2026. The public and press are welcome to attend.

The completed episode will be aired extensively on social media channels at a later date. The premiere date will be announced on the restaurant’s Facebook page and featured on America’s Best Restaurants’ website and YouTube channel.

About Elena’s Kitchen & Catering

Elena’s Kitchen & Catering is located at 4604 Roseville Road #112, North Highlands, CA 95660. For more information, visit <https://www.Elenas.Kitchen> or www.Elenas.cafe.

About America’s Best Restaurants

Headquartered in Florence, KY, America’s Best Restaurants is a national media and restaurant marketing company that travels the country telling the stories of locally owned, independent restaurants through its ABR Roadshow. With over 2,000 episodes filmed, ABR features restaurants across its social media channels, website, and the restaurant’s own digital platforms. Learn more at AmericasBestRestaurants.com. ★



★ CALIFORNIA ★

POLICY AND ETHICS

BY JOSH F.W. COOK

Gay Bar Data Harvesting Cameras Mark Turning Sentiment

By Josh Cook

The last few weeks have seen some amazing instances of a growing policy problem that you face, whether you want to face it or not, just because you have a face.

The most interesting episode was the Gay tracking feature discovered at a group of San Francisco Gay bars that installed PatronScan Guard+ systems (ID scanners + cameras that photograph patrons and collect personal data like names, addresses, genders, and behavior notes).

The customers revolted.

The data could be retained and shared across a network of venues using the system for blacklisting problem patrons.

In Chico, the Police Chief apologized that the Flock Camera Data had been shared with other agencies because one of the privacy settings was off.

It’s not just the government. Private businesses that take pictures of your face, record what you say and where you go, all claim that the data is not shared, protected, or “encrypted.” The fundamental problem is they all lie, and the data miners are getting what they want every time.

One Gay privacy advocate noted that PatronScan does allow you to have your personal information removed from their system... if you go to their website and fill out a form, and the website, yep, it tracks who visits there. It is as if no one has ever heard about what happened to

the Jews in Europe, the Native Americans, and Blacks in the 1940s when Eugenicians would run for County Clerk or Commissioner of Health to add “non-white” information to their list of families that were of “mixed race”. Like Christians in Iraq and Lebanon, who were put on “the list” before their houses were bulldozed.

It seems as if our history curriculum in schools has skipped over how many times the people in power make a list and then systematically eliminate the listed individuals.

The Government is prohibited by law from gathering a lot of the data that is being harvested by private industry. Then, by “accident” or by “clicking agree” to a 400-page privacy policy, all the data consolidates. It is insidious and no rational person will believe that the government will protect them while it is acting as a co-conspirator in laying the groundwork for amassing a database that can easily be turned into a “cultural” hit list.

There is a policy solution for this: make gathering consumer data and storing it for more than 60 days illegal, make the fines for “leaking” data massive, increase the amount victims of information theft can receive by lawsuit, and make government data leaking a crime with real consequences.

The jig is up; the American people are seeing every day how this data harvesting is a violation of their rights, and they no longer trust the system.

Go to Policy-Ethics.com



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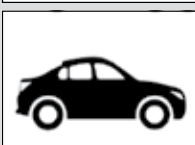
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Sacramento County Water Agency Wraps Up 10-Year Water Meter and Pipe Improvement Project

Sacramento County News Release

SACRAMENTO, CA (MPG) - The Sacramento County Water Agency (SCWA) has completed its biggest construction project ever. In August, SCWA wrapped up a \$160 million project to upgrade the water system in the Arden area. The Arden Service Area Pipe and Meter Installation Project spanned 10 years, and SCWA installed approximately 38 miles of new water distribution pipelines and more than 3,000 new water meters.

Project Manager Helen Rocha guided the project since its inception, holding community meetings and speaking with residents individually to educate homeowners and businesses about the project. This section of the Arden area was the



The Arden Service Area Pipe and Meter Installation Project spanned 10 years, and SCWA installed approximately 38 miles of new water distribution pipelines and more than 3,000 new water meters. Photo courtesy of Sacramento County

last section in California to not have water meters. The switch to a metered system began after the state passed Assembly Bill 2572, requiring the installation of

water meters in 2004. The Water Agency started installing the meters in 2016.

The project also replaced waterlines that have been in service for

decades. Some of the oldest pipes were nearly 85 years old, installed during World War II. Due to the aging system, the infrastructure around the Arden Service

Area was in danger of pipe material failure and leaks. The new pipes provide better water flow to homes and businesses while reducing maintenance costs for SCWA. The upgraded system also improves fire flow standards to meet state guidelines offering firefighters better water pressure from hydrants in case they’re needed.

Over the years, this project, conducted in six separate phases, won various construction awards from the American Society of Civil Engineers, including the Outstanding Community Improvement Project Award in the state of California in 2022.

Beyond the improvements to the water infrastructure, the project also included partnering with the Department of Transportation to provide street repaving in each phase once the pipes were installed. ★

Will Pope Named SCOE Chief Administrator, Human Resources

Experienced Human Resources and School-Site Administrator Joins SCOE

Sacramento County Office of Education News Release

SACRAMENTO, CA (MPG) - The Sacramento County Office of Education (SCOE) has named Willard (Will) Pope, M.Ed., as its new Chief Administrator, Human Resources, effective Aug. 4.

Pope succeeds Darrien Slider-Johnson, M.Ed., who is retiring from her position as Chief Administrator, Human Resources. In his new role, Pope will lead SCOE’s human resources functions and support the systems, relationships and practices needed to recruit, develop and retain a highly qualified workforce.

“Will brings a valuable combination of human resources expertise, labor-relations

experience, and school-site leadership,” said Sacramento County Superintendent of Schools, David W. Gordon. “He understands that strong systems and trusted relationships are both essential to supporting employees and improving outcomes for students. We are pleased to welcome him to SCOE, and we are deeply grateful to Darrien for her leadership and service.”

Pope joins SCOE from Twin Rivers Unified School District, where he most recently served as Director of Human Resources and Labor Relations. In that position, he helped direct districtwide labor and employee relations, collective bargaining, certificated and classified recruitment and retention, administrator training, workplace investigations and compliance



The Sacramento County Office of Education (SCOE) has named Willard (Will) Pope, M.Ed., as its new Chief Administrator, Human Resources, effective Aug. 4. Photo courtesy of Sacramento County Office of Education

with employment law, Education Code, Board policy and negotiated agreements.

He previously served as the Twin Rivers Director of Title IX and Compliance,

coordinating investigations, supportive measures, staff training, and the district’s response to complaints involving students and employees.

Before entering district-level human resources administration, Pope spent 12 years as a school-site administrator, having served as principal of Ridgepoint K–8 School from 2019 to 2022 and principal of Kohler PK–8 School from 2012 to 2019. He began his administrative career as vice principal of Foothill Farms Junior High School and Foothill Ranch Middle School, where he helped lead the transition from one school program to another and supported the development of a new faculty and school culture.

“My vision is to create the conditions where people,

partnerships and systems work together to expand opportunity and improve outcomes for every learner,” Pope said. “I look forward to listening, building relationships and working alongside SCOE employees to strengthen the organization’s support for students, schools and communities.”

Pope earned a bachelor’s degree in English with a minor in organizational studies from the University of California, Davis, and a master’s degree in curriculum and instruction from California State University, Sacramento. He holds an Administrative Services Credential from National University and a Multiple Subject Teaching Credential from Sacramento State. ★

New School Year Sees SCOE Focused on Literacy, Student Success

Training Focuses Staff on Culture and Collective Responsibility

Sacramento County Office of Education News Release

SACRAMENTO, CA (MPG) - To begin the new school year this August, the Sacramento County Office of Education (SCOE) ushered in “Mission Possible 2”—building on the professional learning program introduced last year. More than 250 school site employees from SCOE’s Student Programs division gathered for two days of professional learning to prepare for teaching and learning in 2026–27.

The training featured Dr. Anthony Muhammad, educator and author of “Transforming School Culture and The Will to Lead, the Skill to Teach.” His work emphasizes the relationship between school culture and student achievement—and the responsibility educators share to confront barriers, maintain high expectations and ensure every student has the opportunity to succeed.

The workshop reinforced that improving literacy and advancing student success are not the responsibility of one classroom, program or division. They require educators and leaders to work collectively, examine their practices, and create environments where students feel connected, valued, challenged and supported.

That shared commitment was visible



The training featured Dr. Anthony Muhammad, educator and author of “Transforming School Culture and The Will to Lead, the Skill to Teach.” Photo courtesy of Sacramento County Office of Education

throughout the event.

Staff wore shirts created by Milton 510 featuring “LI” in the fashion of the alphabet letter cards to represent Literacy. The front included the literacy-focused message, “Kinfolk, once you learn to read, you will be forever free.” On the back, the words “Literacy Level Up” appeared above the names of numerous celebrated Black authors and

thinkers spanning generations.

Educators and administrators united around a simple but consequential message: literacy opens doors to learning, independence, opportunity and freedom. The shirts helped build team spirit, but their message went much deeper. They connected literacy to history, identity, representation and possibility. The shirts were sponsored by SCOE and its partners:

MENTOR California, Improve Your Tomorrow, Inc. and the Roberts Family Development Center.

Mission Possible 2 brings to life SCOE’s countywide back-to-school message:

“Success starts with being present, connecting, and creating conditions where every student is ready to learn.”

For 2026–27, literacy will remain central to creating those conditions. Students must be present and engaged. They must experience meaningful connections with educators, peers, families, cultures and ideas. They must also have access to strong instruction, relevant texts, individualized support and adults who believe deeply in their capacity to learn.

The work will continue well beyond the two-day training. Throughout the year, SCOE will strengthen literacy practices, examine outcomes, elevate student voice and work with families and community partners to, among several student programs and services, turn the findings of its Landscape Analysis: Understanding the School Experiences of Black Students in Sacramento County into sustained action through its Freedom to Flourish initiative.

The message for the new school year is clear: It is time to level up literacy and make success possible for every learner. ★

Sacramento Superior Court Judges Accept Challenge to Connect with Students

Sacramento Superior Court News Release

SACRAMENTO, CA (MPG) - Sacramento County teachers who are interested in bringing civics to their K-12 classrooms this school year are invited to connect with the Sacramento Superior Court.

As California marks the nation’s 250th anniversary, judges from the Sacramento Superior Court are readying for an outreach challenge

sponsored by Chief Justice Patricia Guerrero’s Power of Democracy Civic Learning Initiative.

Beginning in August, the court pledges to connect with at least 250 K–12 public school students by the end of 2026.

“Participating in this statewide challenge is a wonderful opportunity for the court to connect with schools and students who may not yet be familiar with our educational outreach efforts, while also

celebrating the 250th anniversary of the Declaration of Independence,” said Court Executive Officer Kelly Sullivan. “It’s a meaningful way to engage young people in learning about the important role the courts play in our democracy.”

To help judges meet the challenge, the court is placing emphasis on September, when the judicial branch celebrates “Constitution Month.” Judges are available for classroom visits, and the court is open to

hosting students for courthouse field trips. Teachers are encouraged to submit their requests early.

The challenge is supported by the Power of Democracy’s “Judges in the Classroom” program. This program offers year-round interactive lessons, including mock trials, age-appropriate discussions of constitutional rights and Q&A sessions where students can learn firsthand about a judge’s role.

“By bringing judges into

classrooms and inviting students into the courthouse, we show them that the law and Constitution are not just ideas they learn about—they are at work in their community every day,” Sullivan said.

Teachers can sign up to support the challenge by choosing from the activities listed at <https://www.powerofdemocracy.org/pod250> or contact the court directly at CourtVisits@saccourt.ca.gov. ★

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TIGER

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CLUES

ACROSS

1. Invitation request, acr.

5. Workout unit

8. Prohibit

11. Affirmative response

12. Type of lure, pl.

13. Small silvery fish

15. Seed covering

16. Gumbo vegetable

17. Like Siberian winters

18. "Murder, She Wrote" amateur sleuth

20. Descartes's "therefore"

21. "Apparition investigated in a Scooby-Doo cartoon"

22. ____ Air in L.A.

23. "Arthur Conan Doyle's detective"

26. Deposit, in Paris

30. "Wheel of Fortune" purchase (2 words)

31. Always, in Rome

34. "She ____ blue velvet..."

35. From then on

37. Am is to I as ____ is to we

38. Prison-related

39. International Civil Aviation Organization

40. Window-shop

42. "He ____ and drank the precious words..."

43. Announce

45. "Agatha Christie's Hercule"

47. Ryder Cup participant

48. Fern leaf

50. Charitable contribution

52. "The Pink Panther" Inspector

55. Diver's breathing device

56. Vietnam neighbor

57. Bald eagle's home

59. Bother

60. Highland tongue

61. Get checkmated

62. Cribbage piece

63. Like certain nurse

64. Ginger cookie

DOWN

1. Shag rug

2. Lord's worker

3. Colorado skiing destination

4. Mucus in lungs

5. Adherents of Sikhism

6. Wading bird

7. Russia's 1917 abdicator

8. Titanic's inanimate foe

9. "The Sun is ____ a Star"

10. Unknown power

12. Humorous

13. Blind followers

14. "Raymond Chandler's hardboiled detective"

19. Not those

22. Quilting gathering

23. Orthodox Judaism adherent

24. Chilled (2 words)

25. Cancer-treating machine, acr.

26. "Carolyn Keene's amateur sleuth"

27. Navigational aid

28. Inspiration for poets and musicians

29. Get a new tenant

32. Stud's companion

33. Trained instructor at a country club

36. *Peter Falk's Lieutenant

38. Lowly workers

40. Lingerie item

41. *Nick to Nora in The Thin Man series

44. Analyze

46. Paragons

48. Bell-bottoms bottom

49. Fowl perch

50. Skin problem

51. Miner's black one

52. Ball of yarn

53. Same as eon

54. Major one in the sky

55. Tree juice

58. Casual affirmative

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Kings Korner

By V.G. Harris

Culture

By V.G. Harris

Well, Kings fans, while the NFL is already in preseason mode and only weeks away from regular season games, the NBA is not far behind. In less than 60 days your own Sacramento Kings will once again be gracing the hardwood, and many are asking what can they expect? Ask any 10 people and you'll get 10 different answers. That would not be true of many organizations that have developed expectations based on recent successes and possibly on additions that were made to the team during the off season. The Sacramento Kings made the post season just four years ago and appeared to be on a roll. So, what happened that brought them to a paltry 22 wins last year? Injuries certainly played a critical role, but it is much more than that. I took a look at the most storied franchise in the NBA with a total of 18 championship rings. The Boston Celtics were once almost invincible, putting together eight straight championships, and sending a message that you may compete with us, but don't expect to win. What made the Celtics such a dynasty? One word describes how Boston got there. Culture. The Celtics developed a culture that didn't just spell team, it defined it. Led by legendary Red Auerbach, the Celtics coach developed a team culture that many have tried to emulate but few have been successful. Perhaps the San Antonio Spurs may break into the conversation, as Gregg Popovich led the Spurs to five championships spanning a 29-year run. Gregg Popovich simply had a modality that much like Red Auerbach, not only grasped the attention of his team, but transformed it. So, what you ask, is the culture of the Sacramento Kings? If I had that answer or even a good guess, I would certainly venture it. What I can tell you is that denigrating players and constantly discussing their lack of ability as it relates to defense, or some other basketball related issue, is not something that will ever build a lasting relationship and is conducive to anything related to culture. The Sacramento franchise while extolling

their past two drafts, have become cataleptic in their approach to anything resembling a culture. Whether the national media can see it or not, the Kings have an abundance of talent on the current team, but a culture is badly needed. Something that isn't just lip service but shows up and supports the players in a way that builds confidence and a trust. Domantas Sabonis has bought into what the Sacramento Kings have preached every season he's been here and has been the epitome of a leader literally from the day he arrived. Domantas had to overcome the many fans that were crushed by the loss of Tyrese Haliburton, and all he did was cover his ears and lead the entire league in rebounding three years in a row. Imagine breaking a thumb and playing through the pain to lead the league in rebounding and double-doubles. Not lost in his stellar play has been the attitude of a true leader. Always the first player to help his teammate to his feet, a constant source of encouragement, Sabonis has been the poster boy for what an NBA teammate should look like. But Sabonis isn't the only player to be shopped for a trade and criticized for his perceived lack of defense. Zack Lavine has had to endure constant dialogue about the over inflated salary he is receiving and how he is keeping the Kings from moving forward because of his price tag and lack of defensive skill. After these two have been trashed will no restraint, let's encourage them to be team leaders and approach the upcoming season will renewed enthusiasm. Earth to the Kings. This is not how team culture is taught and developed. Both Sabonis and Lavine have been former NBA all-stars, and contrary to popular opinion they both hit the hardwood with the same acumen that made them all-stars. Let's start but extolling the virtues and building a culture that the glass is half full and not the opposite. I know leaders when I see them, and Domantas Sabonis and Zach Lavine fit the description to a tee. I'm showing up to see them play and I hope you will too! *All the best!*

★

Interested in How California Pays for State Government? Here's Where to Find the Data



By Dan Walters, CALMatters.org

The state budget is an obvious source for anyone interested in how California finances its programs. However the budget, including the latest version enacted in June, is only a rough outline, a collection of suppositions and guesses, some educated, others politically motivated. An obvious example is what happened four years ago when Gov. Gavin Newsom declared that California had a \$97.5 billion surplus, bragging “no other state in American history has ever experienced a surplus as large as this.” That number never appeared in the budget, but legislators immediately pumped up spending. The surplus turned out to be a mirage based on what officials later acknowledged was a \$165 billion error in revenue estimates. However, the spending increases were already in effect, leading to chronic, multibillion-dollar deficits ever since. Moreover, one piece of increased spending, the extension of health care coverage to undocumented immigrants, cost \$6.2 billion more than assumed in the budget, resulting in cutbacks of coverage. While the budget itself is an imprecise source of financial information, its addenda provide troves of useful

data for those savvy enough to find them. They reveal such statistics as how many employee positions the state has (482,088), a list of the state's outstanding bond debts (\$73 billion) and how much the state collects from dozens of specific taxes and fees (\$328.4 billion). One particularly interesting chart provides details on revenues and spending year-by-year, dating back to 1975. It reveals that income, outgo and the size of the state payroll remained stable relative to the growth in California's population and personal income, until Newsom became governor in 2019. Since then, the state has added about 100,000 positions to its payroll, increasing it by one-third, relative to population. State general fund spending rose from 7.9% of total personal income in 2019-20 to 9.58% in 2023-24, the highest ever recorded since 1975. It now stands at 9.42%. Those numbers are why Newsom will be leaving his successor a very unbalanced budget — no matter what he claims. In fact, one addendum projects shortfalls lasting through the next governor's first term, even if general fund spending remains virtually static, which it will not. Those seeking an even deeper understanding of the state government's financial position have another source: The 372-page “Annual Comprehensive Financial Report” that the state controller's office files with the federal government. Its numbers are rock solid because they have to be and are backed up by audits. State Controller Malia Cohen issued the 2024-25 report in May, two months after the federal government's deadline — but that

was an accomplishment. The state hadn't issued a timely report since 2018 because it was struggling with a new financial reporting tool, the Financial Information System of California, dubbed FISCal, that was years overdue, many millions of dollars over budget and incapable of generating accurate data. The financial report covers a much broader array of state agencies (201) and programs than the budget, and therefore a much larger financial spread: \$595.5 billion in revenue and \$582.5 in spending — 66% larger than the \$351.7 billion current state budget. Among its revelations is that the state has \$176.5 billion in unfunded liabilities for state employee pensions and retiree benefits, primarily healthcare. The report also contains detailed data about taxable sales, personal income and other economic sectors from which the state derives income. One chart is especially timely, given the current debate over Proposition 40, a ballot measure that would impose a tax on the wealth of California's approximately 200 billionaires. Opponents of the wealth tax argue it could impel one-percenters to leave the state if it passes. A chart on page 322 hints at the ramifications, supporting the oft-quoted assertion that California's top 1% of taxpayers by income — about 175,000 people — generate nearly half its income tax revenues. *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

I Worked for my Ex-husband but Wasn't Paid and now have little Social Security; What are my options?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Sadly, I was in business with my ex-husband. I'm a nurse and he was a chiropractor. He refused to pay me “on the books” and now, at age 73, after divorcing him due to his financial irresponsibility (I don't want to burden you with the thefts that he perpetrated), I am stuck with a small \$773 Social Security payment each month. At age 73 I am now faced with having to go back into the workforce. Is there anything I can do to prove that I worked 40 years for my husband but wasn't paid? **Signed: Distressed Divorcee**

Dear Distressed: We are so sorry to hear of your unfortunate circumstances. Assuming your ex-husband is now collecting Social Security retirement benefits (or is at least eligible to if you are divorced at least 2 years), you should be able to collect an ex-spouse benefit as his former wife. In that case, you would be entitled to receive 50% of the Social Security benefit he was entitled to at his own full retirement age (because he and you were married

for over 10 years). The way that will work is that you would continue to receive your personally-earned \$773 monthly Social Security retirement amount earned from other employment, but you would also be entitled to a supplemental “spousal boost” to bring your payment up to half of the SS payment amount your ex-husband is entitled to at his SS full retirement age. In other words, because you were married to your ex for more than 10 years, you are entitled to the same Social Security benefits as though you were still married. That is true, even if he has remarried and his new wife is also getting a spouse benefit from his record. You will still be entitled to an ex-spouse benefit from your ex-husband as his former wife. And if he dies before you, as a surviving ex-spouse you will get the same Social Security benefit he was receiving at his death, instead of the smaller amount your will get while you are both living. Regarding rejoining the workforce, while you can certainly go back to work at age 73 without it negatively affecting your Social Security benefits, if you are struggling financially, I suggest you visit this website sponsored by the National Council on Aging: www.benefitscheckup.org. At this website, you can enter your zip code and find much information about other supplemental

assistance you may be entitled to where you live, including healthcare and medication assistance, housing, nutritional assistance, etc. Regarding your question: “Is there anything I can do to prove that I worked 40 years and wasn't paid?” Social Security determines benefits based solely on your personal earnings as reported to the Internal Revenue Service (IRS), which is, in turn, dependent on how your joint income taxes were filed over the years you worked in your husband's business. Social Security is unable to assist you with IRS matters. I'm afraid yours is more of a legal matter you would need to pursue by discussing your situation directly with the IRS or engaging an attorney for assistance. *This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.*

★



During the 1979-1980 hostage crisis, a defiant Iran starkly demonstrated the limits of American power. Forty-five years later, it is doing the same thing, although in vastly different circumstances. Back then, when the post-Vietnam military was at a low ebb, we didn't strike Iran, and a long-shot rescue operation ended in abject failure. Now, with the U.S. military at its most proficient and professional in history, we have inflicted punishing blows against the regime but still haven't been able to impose our will, in part because we are running low on the munitions necessary to prosecute the war. Not only is this embarrassing, it is dangerous. If Operation Midnight Hammer -- last year's lightning strike against Iranian nuclear facilities -- demonstrated the prowess of the U.S. military and sent a useful deterrent message to our enemies, the Iran War is now doing the opposite. We're running low on missiles and interceptors in a months-long conflict with a beleaguered second-rate power. What would happen in a drawn-out war with a major adversary? President Trump has posted a thunderous denunciation of leaks to the media about our depleted weapons stocks, and the leaks are indeed irresponsible. But this problem is a matter of public record and has been tracked by outside organizations.

A Foreseeable and Dire Munitions Crisis

At the end of July, the Center for Strategic and International Studies estimated that, out of an arsenal of 2,330 Patriot interceptors before the Iran war, we had roughly 800 remaining. We were down to roughly 250 THAAD interceptors from 450 at the start of the war. On top of this, news organizations are reporting that we are almost out of ATACMS -- a ground-launched precision-strike missile -- and Precision Strike Missiles, the newer, longer-range successor to ATACMS. This isn't comforting at a time when a war with China could be in the offing. Even before Operation Epic Fury, a war game involving a conflict in the Taiwan Strait conducted by CSIS had the U.S. running out of key munitions in days or weeks. What happened? This is a crisis a long time in the making. As defense analyst Mackenzie Eaglen of the American Enterprise Institute has warned for years, skimping on the acquisition of munitions was an easy way to meet constrained Pentagon budgets, and we relied on optimistic scenarios about potential wars to justify chronically insufficient production. For some understandable reasons, we also emphasized sophisticated missiles and interceptors over “good enough” systems. This led to Iran, for instance, forcing us to use highly expensive, difficult-to-replace interceptors against cheap, bulk threats from drones. All this means that we've expended ordnance that it will take us years to build

again. According to media reports, we've used about half our supply of Tomahawk cruise missiles, when we've been manufacturing fewer than 100 a year. We need to put missile production on a wartime footing, and leverage hungry new defense firms to produce cheaper precision missiles and interceptors at scale. In World War II terms, it's the difference between the easy-to-maintain and mass-produced Sherman tank and the exquisite and powerful, but ultimately impractical Tiger. Whatever advantages the Tiger had in armor and punch, you'd still rather be the U.S. with 50,000 Sherman tanks than the Germans with 1,500 Tigers. The Trump administration has been talking the right game, and there have been encouraging moves. It has signed agreements to acquire 10,000 cruise missiles over three years at a cost of a few hundred thousand dollars each, far less than a Tomahawk at more than \$2 million. Wars always bring surprises. It should have been a shock to no one, though, that contemporary military conflict is largely missile warfare, or that we'd have trouble sustaining prolonged hostilities given that we started out with inadequate stocks. The American way of warfare is often to mess it up before adjusting and getting it right. The course correction here should be considered the most urgent priority of U.S. national security. *Rich Lowry is editor of the National Review.* (c) 2026 by King Features Synd., Inc.

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Publish: July 31, August 7, 14, 21, 2026
GOLDMAN 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-04965
Otasty Mongolian BBQ Inc,
7056 Sunrise Boulevard Suite D,
Citrus Heights, CA 95610 is do-
ing business under the Fictitious
Business Name(s) “Otasty
Mongolian BBQ” 7056 Sunrise
Boulevard Suite D, Citrus
Heights, CA 95610. Filed with
the Clerk of Sacramento County
June 24, 2026
Publish: July 31, August 7, 14, 21, 2026
OTASTY 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05475
Besma Alexander, 6112 Mozart
Court, Citrus Heights, CA 95621
is doing business under the
Fictitious Business Name(s)
“Unexpected Rise Bakehouse”
6112 Mozart Court, Citrus
Heights, CA 95621. Filed with
the Clerk of Sacramento County
July 15, 2026
Publish: July 31, August 7, 14, 21, 2026
UNEXPECTED 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05528
LaTonia Gray, 8032 Toby Street,
Sacramento, CA 95828 is doing
business under the Fictitious
Business Name(s) “Pink Lady
Sells Houses” 8032 Toby Street,
Sacramento, CA 95828. Filed
with the Clerk of Sacramento
County July 17, 2026
Publish: July 31, August 7, 14, 21, 2026
PINK 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-04798
Nakia Romero, 87 Scripps
Drive Suite 320, Sacramento, CA
95825 is doing business
under the Fictitious Business
Name(s) “Queen Esthetics By
Kia” 87 Scripps Drive Suite 320,
Sacramento, CA 95825. Filed
with the Clerk of Sacramento
County June 17, 2026
Publish: July 31, August 7, 14, 21, 2026
QUEEN 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05732
Robert Christopher Strambi,
5601 Hesper Way, Carmichael,
CA 95608 is doing business
under the Fictitious Business
Name(s) “Sunny Paws Plus”
6024 Fair Oaks Boulevard,
Carmichael, CA 95608. Filed
with the Clerk of Sacramento
County July 20, 2026
Publish: July 31, August 7, 14, 21, 2026
SUNNY 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05493
James Amort, 145 John Henry
Circle, Folsom, CA 95630 is do-
ing business under the Fictitious
Business Name(s) “Boomerang
Technologies” 145 John Henry
Circle, Folsom, CA 95630. Filed
with the Clerk of Sacramento
County July 16, 2026
Publish: July 31, August 7, 14, 21, 2026
BOOMERANG 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05480
Forward Construction Company,
LLC, 2553 Vernaccia Circle,
Rancho Cordova, CA 95670
is doing business under the

Fictitious Business Name(s)
“Workshop Cabinets & Millwork”
2553 Vernaccia Circle, Rancho
Cordova, CA 95670. Filed with
the Clerk of Sacramento County
July 15, 2026
Publish: July 31, August 7, 14, 21, 2026
WORKSHOP 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05295
Alpha One Corporation, 6630
Madison Avenue Suite E,
Carmichael, CA 95608 is doing
business under the Fictitious
Business Name(s) “Para Smoke
& Vape Shop” 6630 Madison
Avenue Suite E, Carmichael,
CA 95608. Filed with the Clerk of
Sacramento County July 8, 2026
Publish: July 31, August 7, 14, 21, 2026
PARA 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05109
Proverbial Goods LLC, 122
Village Circle, Sacramento, CA
95838 is doing business under
the Fictitious Business Name(s)
“Vagabond Bread Company”
122 Village Circle, Sacramento,
CA 95838. Filed with the Clerk of
Sacramento County July 1, 2026
Publish: July 31, August 7, 14, 21, 2026
VAGABOND 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05739
Leonel Salazar Salazar, 1090
Virginia Street, Gridley, CA
95948 is doing business under
the Fictitious Business Name(s)
“Salazar Lath & Plastering”
1090 Virginia Street, Gridley,
CA 95948. Filed with the Clerk of
Sacramento County July 20,
2026
Publish: July 31, August 7, 14, 21, 2026
SALAZAR 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05788
Eduardo David Elias Rodriguez,
10501 Croetto Way Apt 84,
Rancho Cordova, CA 95670 is do-
ing business under the Fictitious
Business Name(s) “Varon Beau”
1329 Howe Avenue, Suite 100,
Sacramento, CA 95825. Filed with
the Clerk of Sacramento County
July 22, 2026
Publish: July 31, August 7, 14, 21, 2026
VARON 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05529
Ibrar Khan, 6853 65th Street Suite
8, Sacramento, CA 95828 is do-
ing business under the Fictitious
Business Name(s) “Easy Pick
Auto Sale” 6853 65th Street Suite
8, Sacramento, CA 95828. Filed
with the Clerk of Sacramento
County July 17, 2026
Publish: July 31, August 7, 14, 21, 2026
EASY 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05781
Nextgen Pizza, 5734 Folsom
Boulevard, Sacramento, CA
95819 is doing business under
the Fictitious Business Name(s)
“Papa Murphy’s Pizza” 5734
Folsom Boulevard, Sacramento,
CA 95819. Filed with the Clerk of
Sacramento County July 22,
2026
Publish: July 31, August 7, 14, 21, 2026
PAPA 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05768
Iconstruction, 3331 Marshall
Avenue, Carmichael, CA 95608
is doing business under the
Fictitious Business Name(s)
“Arconis” 3331 Marshall Avenue,
Carmichael, CA 95608. Filed
with the Clerk of Sacramento
County July 21, 2026
Publish: July 31, August 7, 14, 21, 2026
ARCONIS 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05649
Katherine Muller Sanford and
James Muller, 4724 Isabella
Avenue, Fair Oaks, CA 95628
is doing business under the
Fictitious Business Name(s)
“Polaris Body Care” 4724
Isabella Avenue, Fair Oaks, CA
95628. Filed with the Clerk of
Sacramento County July 18,
2026
Publish: July 31, August 7, 14, 21, 2026
POLARIS 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05445
Iurii Artemev, 9324 Hallen oak
Lane, Orangevale, CA 95662
is doing business under the
Fictitious Business Name(s)
“Artemev Prime Construction”
9324 Hallen oak Lane,
Orangevale, CA 95662. Filed
with the Clerk of Sacramento
County July 14, 2026
Publish: July 31, August 7, 14, 21, 2026
ARTEMEV 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05500
Edge Focus Platforms, LLC, 251
Little Falls Drive, Wilmington,
DE 19808 is doing business
under the Fictitious Business
Name(s) “Oliv Finacial” 125 S
Clark Street Floor 17, Chicago,
IL 60603. Filed with the Clerk of
Sacramento County July 16,
2026
Publish: July 31, August 7, 14, 21, 2026
OLIV 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05817
Hasibullah Jabari, 5119 Hillsdale
Boulevard Apt 52, Sacramento,
CA 95842 is doing business
under the Fictitious Business
Name(s) “Hasib Auto Care”
5119 Hillsdale Boulevard Apt 52,
Sacramento, CA 95842. Filed
with the Clerk of Sacramento
County July 23, 2026
Publish: July 31, August 7, 14, 21, 2026
HASIB 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05381
FNU Harshvardhan, 50 Dean
Road #12, Sacramento, CA
95815 is doing business under
the Fictitious Business Name(s)
“39 Partners” 50 Dean Road #12,
Sacramento, CA 95815. Filed
with the Clerk of Sacramento
County July 10, 2026
Publish: July 31, August 7, 14, 21, 2026
PARTNERS 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05559
Jacks Urban Eats Delta Shores,
LLC, 804 Reading Street #B,
Folsom, CA 95630 is doing
business under the Fictitious
Business Name(s) “Jacks Urban
Eats Delta Shores/Jacks Urban
Eats” 8148 Delta Shores Circle,
Sacramento, CA 95832. Filed
with the Clerk of Sacramento
County July 18, 2026
Publish: July 31, August 7, 14, 21, 2026
JACKS 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05795
Boash Enterprises Inc., 2533
Villa Terrace Lane, Sacramento,
CA 95825 is doing business
under the Fictitious Business
Name(s) “Boash Enterprises
Inc.” 7010 Auburn Boulevard,
Citrus Heights, CA 95621. Filed
with the Clerk of Sacramento
County July 22, 2026
Publish: July 31, August 7, 14, 21, 2026
BOASH 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05790
Affinity Motors LLC, 9646 Rivage
Way, Elk Grove, CA 95624
is doing business under the
Fictitious Business Name(s)
“STG Exotics” 7840 14th Avenue,
Sacramento, CA 95826. Filed
with the Clerk of Sacramento
County July 22, 2026
Publish: July 31, August 7, 14, 21, 2026
STG 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05789
Purity Wealth Group Inc, 2075
Lindell Road, Las Vegas, NV
89146 is doing business under
the Fictitious Business Name(s)
“PWG Insurance Services”
2075 Lindell Road, Las Vegas,
NV 89146. Filed with the Clerk of
Sacramento County July 22,
2026
Publish: July 31, August 7, 14, 21, 2026
PWG 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05684
Drake Event & Field Marketing,
LLC, 2108 N Street Suite N,
Sacramento, CA 95816 is do-
ing business under the Fictitious
Business Name(s) “The Event
Career Coach” 2108 N Street
Suite N, Sacramento, CA 95816.
Filed with the Clerk of Sacramento
County July 18, 2026
Publish: July 31, August 7, 14, 21, 2026
EVENT 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05584
Start Construction Inc, 2800
Walnut Avenue Apt 43,
Carmichael, CA 95608 is do-
ing business under the
Fictitious Business Name(s)
“Start Service” 2800 Walnut
Avenue Apt 43, Carmichael,
CA 95608. Filed with the Clerk of
Sacramento County July 18,
2026
Publish: July 31, August 7, 14, 21, 2026
START 8-21-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05267
Shala Omer and Waleed
Jamil, 2740 Fulton Avenue,
Sacramento, CA 95821 is do-
ing business under the Fictitious

Business Name(s) “Wellness
Hydro/Ebikehaul” 2740 Fulton
Avenue, Sacramento, CA
95821. Filed with the Clerk of
Sacramento County July 8, 2026
Publish: August 7, 14, 21, 28, 2026
WELLNESS 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05090
Basem Kabi, 8188 Alpine
Avenue #4, Sacramento, CA
95826 is doing business under
the Fictitious Business Name(s)
“Apollo Auto Sales” 8188 Alpine
Avenue #4, Sacramento, CA
95826. Filed with the Clerk of
Sacramento County July 1, 2026
Publish: August 7, 14, 21, 28, 2026
APOLLO 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05908
Khachatur Khidiryian, 2717
Riesling Way, Rancho Cordova,
CA 95670 is doing business
under the Fictitious Business
Name(s) “Premier Painting”
2717 Riesling Way, Rancho
Cordova, CA 95670. Filed with
the Clerk of Sacramento County
July 27, 2026
Publish: August 7, 14, 21, 28, 2026
PREMIER 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05335
Curtis R. Hough and Pamela
J. Buck, 555 Oakdale Street
Suite B, Folsom, CA 95630
is doing business under the
Fictitious Business Name(s)
“Sierra Foothills Massage” 555
Oakdale Street Suite B, Folsom,
CA 95630. Filed with the Clerk of
Sacramento County July 9, 2026
Publish: August 7, 14, 21, 28, 2026
SIERRA 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05187
First Mover, LLC, 2108 N Street
Suite N, Sacramento, CA 95816
is doing business under the
Fictitious Business Name(s)
“Friendly Debt Relief” 2108 N
Street Suite N, Sacramento, CA
95816. Filed with the Clerk of
Sacramento County July 7, 2026
Publish: August 7, 14, 21, 28, 2026
FRIENDLY 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05576
Highlands Community Charter &
Technical Schools, 1111 Howe
Avenue Suite 505, Sacramento,
CA 95825 is doing business
under the Fictitious Business
Name(s) “California Academic
Language Academy” 1111 Howe
Avenue Suite 505, Sacramento,
CA 95825. Filed with the Clerk of
Sacramento County July 18,
2026
Publish: August 7, 14, 21, 28, 2026
CALIFORNIA 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05702
Patricia Rupert, 4000 La Carrera
#124, Santa Fe. NM 87507
is doing business under the
Fictitious Business Name(s)
“Elite Natural Health Services”
4000 La Carrera #124, Santa Fe.
NM 87507. Filed with the Clerk of
Sacramento County July 18,
2026
Publish: August 7, 14, 21, 28, 2026
ELITE 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05904
Guillermo Garcia Terrazas,
6130 Freeport Boulevard
#100E, Sacramento, CA 95822
is doing business under the
Fictitious Business Name(s) “GT
Motor Group” 6130 Freeport
Boulevard #100E, Sacramento,
CA 95822. Filed with the Clerk of
Sacramento County July 27,
2026
Publish: August 7, 14, 21, 28, 2026
GT 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05865
Alexus Michele Lambert, PO Box
901, Elverta, CA 95626 is do-
ing business under the Fictitious
Business Name(s) “Carepath
Consulting Solutions” 9 Great
Egret Court, Sacramento, CA
95834. Filed with the Clerk of
Sacramento County July 24, 2026
Publish: August 7, 14, 21, 28, 2026
CAREPATH 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05918
Shatawny Perry-Brown, 2057
Royal Oaks Drive, Sacramento,
CA 95815 is doing business
under the Fictitious Business
Name(s) “Tony’s Priority
Transport” 2057 Royal Oaks
Drive, Sacramento, CA
95815. Filed with the Clerk of
Sacramento County July 27,
2026
Publish: August 7, 14, 21, 28, 2026
TONYS 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05549
Adam Angulo, 912 26th Street
#A, Sacramento, CA 95816
is doing business under the
Fictitious Business Name(s)
“Apple and Leaf Creations” 912
26th Street #A, Sacramento, CA
95816. Filed with the Clerk of
Sacramento County July 17,
2026
Publish: August 7, 14, 21, 28, 2026
APPLE 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05950
Gregory Johnson, 6600
Creekmont Way, Citrus Heights,
CA 95621 is doing business
under the Fictitious Business
Name(s) “Elite Edge” 6600
Creekmont Way, Citrus Heights,
CA 95621. Filed with the Clerk of
Sacramento County July 28,
2026
Publish: August 7, 14, 21, 28, 2026
ELITE 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05889
Global Action for Assistance
and Development, 8848 Sailfish
Bay Circle, Sacramento, CA
95828 is doing business under
the Fictitious Business Name(s)
“GAAD Support Services/GAAD/
GAAD Community Living/

GAAD International/GAAD
Workforce Solutions” 8848
Sailfish Bay Circle, Sacramento,
CA 95828. Filed with the Clerk of
Sacramento County July 24,
2026
Publish: August 7, 14, 21, 28, 2026
GAAD 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05400
Patrick Huynh, 2808 Zinfandel
Drive Suite C, Rancho Cordova,
CA 95742 is doing business
under the Fictitious Business
Name(s) “Super Hair and
Nails” 2808 Zinfandel Drive
Suite C, Rancho Cordova, CA
95742. Filed with the Clerk of
Sacramento County July 13,
2026
Publish: August 7, 14, 21, 28, 2026
SUPER 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05536
Trucking Compliance Services
LLC, 2701 Del Paso Road
Suite 130-328, Sacramento, CA
95835 is doing business under
the Fictitious Business Name(s)
“Trucking Compliance Insurance
Services” 2255 Watt Avenue
Suite 10, Sacramento, CA 95825.
Filed with the Clerk of Sacramento
County July 17, 2026
Publish: August 7, 14, 21, 28, 2026
TRUCKING 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-04739
AllCare Specialty Pharmacy,
LLC, 10620 Colonel Glenn
Road Suite 300, Little Rock, AR
72204 is doing business under
the Fictitious Business Name(s)
“AllCare Specialty Pharmacy/
AllCare Specialty” 10620
Colonel Glenn Road Suite 300,
Little Rock, AR 72204. Filed with
the Clerk of Sacramento County
June 16, 2026
Publish: August 7, 14, 21, 28, 2026
ALLCARE 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-04370
Theodore A Goodman, 4348
Berrendo Drive, Sacramento, CA
95864 is doing business under
the Fictitious Business Name(s)
“Pelorus Management Litigation
Fund” 4348 Berrendo Drive,
Sacramento, CA 95864. Filed
with the Clerk of Sacramento
County June 3, 2026
Publish: August 7, 14, 21, 28, 2026
PELORUS 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05180
Holt of California, 7310 Pacific
Avenue, Pleasant Grove, CA
95668 is doing business un-
der the Fictitious Business
Name(s) “Cat Rentals” 8900
Fruitridge Road, Sacramento,
CA 95826. Filed with the Clerk of
Sacramento County July 7, 2026
Publish: August 7, 14, 21, 28, 2026
CAT 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05880
Gul Agha Shafie and Mohammad
Asif Azizi, 2505 Arden Way,
Sacramento, CA 95825 is do-
ing business under the Fictitious
Business Name(s) “G & A
Auto Group” 2505 Arden Way,
Sacramento, CA 95825. Filed
with the Clerk of Sacramento
County July 24, 2026
Publish: August 7, 14, 21, 28, 2026
AUTO 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05823
Halal Bitez LLC, 7250 Fair Oaks
Boulevard Suite B, Carmichael,
CA 95608 is doing business under
the Fictitious Business Name(s)
“Halal Bitez Supermarket” 7250
Fair Oaks Boulevard Suite B,
Carmichael, CA 95608. Filed with
the Clerk of Sacramento County
July 23, 2026
Publish: August 7, 14, 21, 28, 2026
HALAL 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05385
Efren Cortez, 3892 Robinridge
Way, Sacramento, CA 95823
is doing business under the
Fictitious Business Name(s) “E-C
Plumbing” 3892 Robinridge Way,
Sacramento, CA 95823. Filed
with the Clerk of Sacramento
County July 13, 2026
Publish: August 7, 14, 21, 28, 2026
PLUMBING 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05971
Jessica Martinez, 6732
Calvine Road, Sacramento,
CA 95823 is doing business
under the Fictitious Business
Name(s) “Happy Loads Junk
Removal” 6732 Calvin Road,
Sacramento, CA 95823. Filed
with the Clerk of Sacramento
County July 29, 2026
Publish: August 7, 14, 21, 28, 2026
HAPPY 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05249
PNM Plumbing Inc, 21001 San
Ramon Valley Boulevard Suite
A4 164, San Ramon, CA 94583
is doing business under the
Fictitious Business Name(s)
“Plumber Near Me” 4001
Birchgrove Way, Sacramento,
CA 95826. Filed with the Clerk of
Sacramento County July 8, 2026
Publish: August 7, 14, 21, 28, 2026
PLUMBER 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06016
V.X.N. Heirloom, 11344 Coloma
Road #660, Gold River, CA
95670 is doing business under
the Fictitious Business Name(s)
“V.X.N. Heirloom” 11344 Coloma
Road #660, Gold River, CA
95670. Filed with the Clerk of
Sacramento County July 30, 2026
Publish: August 7, 14, 21, 28, 2026
HEIRLOOM 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05779
Gospel Outreach Ministries Inc,
421 5th Street, Roseville, CA
95678 is doing business under
the Fictitious Business Name(s)
“Mission Roca de Salvacion”

7144 Auburn Boulevard, Citrus
Heights, CA 95610. Filed with
the Clerk of Sacramento County
July 22, 2026
Publish: August 7, 14, 21, 28, 2026
MISSION 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05747
Leonid Bohza, 6033 Northcrest
Circle, Unit 4, Carmichael, CA
95608 is doing business under
the Fictitious Business Name(s)
“Noisy Boy Home Services”
6033 Northcrest Circle, Unit 4,
Carmichael, CA 95608. Filed
with the Clerk of Sacramento
County July 21, 2026
Publish: August 7, 14, 21, 28, 2026
NOISY 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05933
Jeremy Curtis, 1067 Sunrise
Avenue B-154, Roseville, CA
95661 is doing business under
the Fictitious Business Name(s)
“Event Security Specialists/ESS”
10018 Fair Oaks Boulevard #2,
Fair Oaks, CA 95628. Filed with
the Clerk of Sacramento County
July 28, 2026
Publish: August 7, 14, 21, 28, 2026
EVENT 8-28-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06084
About Architects, 5220 Linda
Lou Drive, Carmichael, CA
95608 is doing business under
the Fictitious Business Name(s)
“Azzawi Architecture and
Design” 5220 Linda Lou Drive,
Carmichael, CA 95608. Filed
with the Clerk of Sacramento
County July 31, 2026
Publish: August 14, 21, 28, Sept 4, 2026
AZZAWI 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05044
The Helping Hive LLC, 3517
Marconi Avenue Suite 100,
Sacramento, CA 95821 is do-
ing business under the Fictitious
Business Name(s) “The Helping
Hive ABA/HABA/Sacramento
ABA Therapy/ABA Therapy
Sacramento” 3517 Marconi
Avenue Suite 100, Sacramento,
CA 95821. Filed with the Clerk of
Sacramento County June 29,
2026
Publish: August 14, 21, 28, Sept 4, 2026
THE 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06071
Rudolf Isch, 6636 Posten Way,
Citrus Heights, CA 95621
is doing business under the
Fictitious Business Name(s)
“Runningwood (ERRC), 6636
Posten Way, Citrus Heights,
CA 95621”. Filed with the Clerk of
Sacramento County July 31,
2026
Publish: August 14, 21, 28, Sept 4, 2026
RUNNINGWOOD 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-02623
Town Logic LLC, 3220 San Jose
Way, Sacramento, CA 95817
is doing business under the
Fictitious Business Name(s) “On
The Wagon/Sans Proof” 3220
San Jose Way, Sacramento,
CA 95817. Filed with the Clerk of
Sacramento County April 1,
2026
Publish: August 14, 21, 28, Sept 4, 2026
WAGON 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06162
Islam Mejia Vargas, POB 181,
Elverta, CA 95626 is doing
business under the Fictitious
Business Name(s) “Elite
Services” 7813 Lakeport Circle,
Elverta, CA 95626. Filed with
the Clerk of Sacramento County
August 6, 2026
Publish: August 21, 28, Sept 4, 11, 2026
ELITE 9-11-26

ORDER TO SHOW CAUSE
CHANGE OF NAME

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE

COMMUNITY CONNECTION

Informing, Empowering & Engaging Readers With Their Community



By Patsy McGavock

This column was originally published in the Feb. 21, 2025, issue of the American River Messenger.

Last February, I gave my first public comment at a San Juan Unified School District Board meeting, addressing feelings of disconnect, disillusionment and even distrust some feel toward their district. I hoped to inspire dialogue, understanding, and an expectation of goodwill in the public square – principles needed well beyond one school district.

I write to anyone feeling disillusioned, divided, angry or afraid, offering thoughts on fear’s impact and the power of our own expectations.

The public square can seem dangerous, complex or exclusionary - even in conversations with our neighbors. We often feel safe speaking openly only with those who share nearly our exact view. We speak of ‘the government’ as a distant entity set on argument, rather than individuals who entered public service to support their communities while navigating the same divide we feel.

How have we become this way, when locally I regularly witness government staff, district staff and community - people from various backgrounds - accomplishing tremendous good with creative solutions?

Cognitively speaking, creative collaboration thrives when we feel safe. Fear shuts it down. Fear is the mind’s reactive, not proactive, self-talk—it isn’t truth. It is the mind creating ideas that trigger fight or flight, anger, or

Creating Civil Voice in the Public Square

anxiety, leaving only two options: us versus them. The third, and perhaps most effective, alternative never surfaces.

We are divided by the belief, the fear, that the ‘other side’ will take away what we value. We stand with iron fences defending our own place on the hill, never lifting each other to the higher, unobstructed view only seen from the top of the mountain. Solutions are at the mountain’s peak, visible only because of the many perspectives we gain through the climb.

Brain scans show that learning is the direct opposite of fear. With a learning mindset, we see others not as threats, but as sources of insight and growth.

Assuming goodwill can help us move from fear to learning.

Psychology, sociology, communication studies – all affirm that we treat our perceptions as reality and our expectations are self-fulfilling.

Which means – we have great power to change outcomes by challenging our own expectations. Yes, it is hard. It is uncomfortable. But every cycle of growth begins with discomfort.

As human beings, it takes courage to assume goodwill. It takes courage to heal any divide. Someone must be the first person to challenge the expectation of conflict. Will you accept the challenge?

Principals of collaboration (in the public square or the dinner table):

Begin with the end in mind. Seek solutions that uphold your values. Stay focused on the core purpose, returning as needed. What is at the heart of the matter?

Assume goodwill. Expect collaboration - even if your prior experience tells you not to. Fear perpetuates fear; be the one who brings goodwill.

Listen to understand, then speak to be understood. Listen first, slow down, and respond as you would to a friend. Revisit the purpose often to stay on track.

Bring actionable suggestions. A concern without a suggestion sounds like a complaint. Offering solutions shows commitment to collaboration.

Seek the third alternative. The best, most workable solutions often haven’t been thought of yet. You’re creating something new, not just debating limited existing options.

Remember: Disagreement is not conflict. It’s a vital part of dialogue and problem-solving. It is a good thing. Embrace it as an opportunity to learn from one another.

There are no perfect words, only honest, respectful ones. Speak from the heart.

We can heal our divide - one person, one community, maybe even one school district or one county at a time.

To understand these principles and tools better, I recommend the following books: “The Fearless Mind” by Craig Manning, “The Anatomy of Peace” by The Arbinger Institute and “The 3rd Alternative” by Steven R. Covey

Patsy McGavock is a volunteer writer and community advocate “informing, empowering and engaging readers with their community.” and can be reached at PatsyMcGavock. JustServe@gmail.com. ★



Purpose and Passion

Tina Weiss is a visionary. From companies she started in Fashion, Textiles, Skin-care, and others, **Tina** is the definition of entrepreneur for over thirty years. And she still made room for philanthropy. But now she shares her message of resilience, self-discovery, and faith through her story in “**Fear to Faith**” that was inspired by her incredible life journey and her desire for us to know the greatest setbacks can become the greatest comebacks. She really wants us to discover strength, reclaim confidence, and find purpose through adversity. She had a rocky road, but with that experience she wants us to find our purpose and passion. She told me on POPPTALK that purpose begins with self-awareness. Here are key principles for finding YOUR purpose and passion, and so begins your journey! Look for the joy it can bring.

1. STOP LIVING FOR EVERY-ONE ELSE’S EXPECTATIONS. Many people spend years seeking approval instead of honoring their own path. Your purpose is discovered when you choose authenticity over people-pleasing.

2. YOUR GREATEST CHALLENGES OFTEN REVEAL YOUR GREATEST STRENGTHS. Difficult seasons can become powerful teachers, helping you uncover resilience, compassion, and gifts you never realized you had.

3. TRUST YOUR INTUITION. Your inner voice is often your best guide. Learning to listen to it builds confidence and helps you make decisions that align with your purpose.

4. CREATE HEALTHY BOUNDARIES. Saying “no” isn’t selfish. It’s an act of respect. Protecting your time and energy allows you to focus on what truly matters.

5. DON’T LET FEAR MAKE YOUR DECISIONS. Fear will always give you reasons to stay where it’s comfortable. Growth begins when you choose faith, courage, and possibility instead.

6. TURN YOUR EXPERIENCES INTO YOUR PURPOSE. Every chapter of your life, both joyful and painful, holds lessons that inspire, encourage, and serve someone else.

7. STOP COMPARING YOUR JOURNEY TO OTHERS. Everyone’s timeline is different. Focus on your own progress, celebrate your growth, and trust that your path is unfolding exactly as it should.

8. PASSION GROWS THROUGH ACTION. You don’t have to know every step before you begin. Small, consistent actions create momentum and often lead to opportunities you never expected.

9. SEEK SUPPORT FROM POSITIVE, SUPPORTIVE PEOPLE. The right people can offer guidance, encouragement, and perspective, helping you move toward a place of greater peace and purpose.

10. FORGIVE TO MOVE FORWARD. Forgiveness is not about excusing what happened, it’s about freeing yourself from the weight of resentment. When you release the past, you create space for healing, peace, and the life you were meant to live.

Want to find out how to achieve your greatest purpose? Check out **Tina Weiss** at www.TinaWeiss.com. And she has a little gift for you too. I’m sure building strength after adversity is not easy, but seems like such great satisfaction. But you have to start somewhere and now is the sometime. **Tina** believes in you and **SO DO I!** ★



Defendant Convicted for Series of Robberies

Sacramento County District Attorney’s Office News Release

SACRAMENTO, CA (MPG) - Sandra Alvina Martinez was convicted by a jury of three counts of robbery with a use of firearm allegation found true. Allegations that Martinez has two prior strike convictions for carjacking were also found true.

Between Sept. 25 and Oct. 28, 2024, Martinez robbed three victims. The first robbery occurred at a 7-eleven on Watt Avenue. Martinez was found the next day in the same vehicle with the same mask, t-shirt and gloves used in the robbery.

Martinez was also on GPS ankle monitoring, which placed him at the 7-eleven around the time of the robbery. The second robbery occurred at a donut shop on Del Paso Boulevard, where he told the victim he had a gun and demanded money.



Martinez returned to the same shop and robbed the third victim while pointing a firearm at the victim.

Martinez faces a maximum sentence of 85 years to life in prison. Sentencing is set for Oct. 30 at 10 a.m. in Department 13B before the Honorable Helena Gweon. ★



Dr. Universe: How does the wind move?

- Elijah, 10, North Carolina

Dear Elijah,

When I’m not answering science questions, you can usually find me at the river. I enjoy the cool water and tasty fish. And I really love the gentle breeze ruffling my fur.

I asked my friend Jun Meng about that wind. He’s an atmospheric scientist at Washington State University. He leads a lab that studies air quality. That includes wildfire smoke and dust that ride the wind.

He told me that wind is air on the move.

“Air moves because the sun doesn’t hit the Earth’s surface evenly,” Meng said. “Some places get warmer than others. When the air warms up, it rises. When it’s cool, it sinks.”

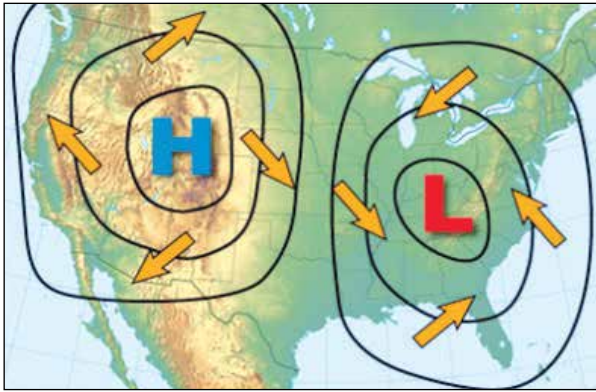
Air is mostly nitrogen and oxygen molecules. When they warm up, those air molecules move faster. They drift apart. Scientists say that the air expands.

Have you ever opened a car door on a super-hot day? You can feel the warm air rush out. The trapped air inside the car heated up and pushed outward. When the door opened, it flowed out.

When the air molecules are farther apart, there are fewer molecules in one space. The warm air is less dense. It rises above the cooler, heavier air.

When they’re cool, air molecules move more slowly. They crowd close together. That makes the air denser. Cooler, heavier air sinks.

“That leaves some spots with extra air piled up and other spots with less,” Meng said. “So, air just flows from where there’s



Scientists describe an area with air molecules packed together as high pressure. A place where they’re spread out is low pressure. So, air moves from high pressure to low pressure—like a slide called the pressure gradient. This weather map (right) shows black loops called isobars. Each loop connects places where the pressure is the same. If isobars are drawn close together, the pressure gradient is stronger. That means the wind will blow faster there. The arrows curve a little because the spinning Earth bends the wind’s path. @NOAA

more of it to where there’s less. And that flowing air is what we feel as wind.”

It’s like blowing a bunch of air into a balloon and pinching the neck closed. If you let go, the air flows out of the small balloon—where it’s packed in tight—and into the big room.

Wind does important jobs.

Wind shifts warm air to help regulate the temperature all over the planet. It also moves moisture in the air, so it rains in different places. It can blow away smog and wildfire smoke.

Wind carries seeds, spores and pollen to new places. That helps plants spread. It pushes against young plants, encouraging them to grow stronger stems and roots.

Meng told me it even carries phosphorus-rich dust from the Sahara Desert all the way across the ocean to the Amazon rainforest.

That replaces the nutrients washed away by tropical rains in the rainforest.

It turns out the sun makes the breeze at the river, too. The land warms up faster than the water. So, air rises over the sand and sinks over the river. Then the cool air over the water flows toward the land. That’s the wind tousling my fur.

When the water is big—like an ocean—that cycle is big enough to get names. On a sunny afternoon, when the land is much warmer than the water, the wind blows from the sea toward the beach. That’s a sea breeze. At night, the land cools off faster, so the wind flips and blows back out to sea. That’s a land breeze.

It all works because air knows how to go with the flow.

Sincerely,

Dr. Universe

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