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THE NEWS

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AUGUST 28, 2026

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Yeehaw for a Cause

Line Dancing Fundraiser Coming Sept. 27



The Sacramento Barnyard Bidders invites you to their line dancing fundraiser on Sept. 27 at Stoney's Rockin Rodeo. Photo by memo124 via Pixabay

By MPG Staff

RIO LINDA, CA (MPG) - Calling all line-dancing enthusiasts! The Sacramento Barnyard Bidders invites you, as well as learners and beginners of all ages, to their line dancing fundraiser taking place from 4 to 8 p.m. Sept. 27 at Stoney's Rockin Rodeo, 1320 Del Paso Blvd. Guests must tell

them you're here for the SBB event at the door. All ages dance lessons will take place from 4 to 8 p.m. There is a \$5 cover for guests 21-plus, and a \$15 cover for under 21. Cover includes a \$5 food credit. Guests under 16 must be accompanied by an adult. The nonprofit organization aims to support youth in agriculture and

business. The group raises funds for youth participating in the local Junior Livestock Auction at the Sacramento County Fair through fundraising, direct giving and youth investments under the motto, "Growing Dreams, Raising Champions, Auctioning Success!" For more information about the fundraiser, visit: stoneyinn.net/.

Sacramento Suburban Water District Welcomes New Board Member



The Sacramento County Board of Supervisors has appointed Naomi Goudeaux, an 18-year resident of Antelope and an active member of the community, to the Sacramento Suburban Water District (SSWD) Board of Directors to represent Division 1. Photo courtesy of Sacramento Suburban Water District

**By Sacramento
Suburban Water
District Staff**

SACRAMENTO, CA (MPG) - On Tuesday, Aug. 11, the Sacramento County Board of Supervisors appointed Naomi Goudeaux, an 18-year resident of Antelope and an active member of the community, to the Sacramento

Suburban Water District (SSWD) Board of Directors to represent Division 1, which includes portions of North Highlands and Antelope. Ms. Goudeaux holds a Business Administration degree from Heald College and has 15 years of experience in accounting and property management. She is currently enrolled at

Eastern University, pursuing a Bachelor of Arts in Ministry Leadership. She also volunteers at her children's baseball and football games and is deeply involved in her church community. "I am honored to have been selected to represent Division 1," Ms. Goudeaux said. "I look forward to joining the Board

of Directors and working tirelessly to provide a voice and representation for my community." SSWD is governed by a five-member board of directors. Directors are elected to four-year terms, with elections held in even-numbered years. Ms. Goudeaux will be up for election on Nov. 3, along with Divisions 3, 4 and 5.

Celebrating National Emergency Management Awareness Month

**Sacramento County
News Release**

SACRAMENTO, CA (MPG) - The Sacramento County Office of Emergency Services is proud to recognize National Emergency Management Awareness Month throughout August. The campaign is designed to increase public awareness of the emergency management profession and recognize the dedicated professionals who work every day to help communities, businesses, schools, healthcare organizations and government agencies across Sacramento County prepare for emergencies and disasters.

"Emergency management is often misunderstood as a profession that only responds to disasters," said Mary Jo Flynn-Nevins, Sacramento County Chief of Emergency Services. "Emergency management isn't just about reacting; it's also about planning in advance, coordinating under pressure, and developing lasting resilience."

Emergency management is the backbone of Sacramento County's readiness and resilience. Response is only one part of our work, and our role continues long after a crisis ends. We create strong plans that perform under pressure, develop trainings and exercises that reveal gaps, coordinate efforts across agencies, and lead after-action reviews so lessons become improvements. Before, during and after emergencies, we guide recovery, restore essential functions and strengthen preparedness to help Sacramento County grow safer, stronger and more resilient.

Much of this work happens behind the scenes, but it plays an important role in helping Sacramento County prepare for the emergencies that can affect our region — from extreme heat and wildfires to flooding, severe storms and other hazards.

The public is encouraged to learn more about emergency management and the professionals working year-round to keep Sacramento County communities safe.

To learn more about Sacramento County's Office of Emergency Services, visit sacoes. *Continued on page 2*

Careers Take Flight at Mather

Destination Aviation gives students a hands-on look at aerospace and STEM careers



Princess Stoebe was one of four winners in the California Capital Airshow's 2026 Destination Aviation essay contest, earning an introductory flight. Photo courtesy of Mark E. Loper Photography



A student sits inside an aircraft exhibit during Destination Aviation on Aug. 22 at Mather Airport. Photo courtesy of Mark E. Loper Photography



Students explore hands-on aviation and STEM exhibits during Destination Aviation on Aug. 22 at Mather Airport. Photo courtesy of Mark E. Loper Photography

By Omella Rossi

MATHER, CA (MPG) - Princess Stoebe had never flown an airplane before Saturday. By the time the Clarksville Charter School sophomore climbed out of the cockpit at Mather Airport, a long-time goal of becoming a U.S. Air Force fighter pilot had moved a little closer to reality.

Stoebe was one of four winners in the California Capital Airshow's 2026 Destination Aviation essay contest, earning an introductory flight before a free event that brought over 300 middle and high school students to Hangar 6 on Aug. 22 to explore careers in aviation, aerospace and science, technology, engineering and math.

"I was delighted when I found out I had won," Stoebe said. "It was my first time flying, so that was great. I've always wanted to get into aviation, but now it's made me even more determined."

Destination Aviation, part of the California Capital Airshow's year-round youth outreach, gave students ages 12 to 18 a chance to meet industry professionals, try flight simulators, examine aircraft and vehicles, and interact with working aerospace equipment and technology prototypes.

California Capital Airshow CEO Darcy Brewer said the program is designed to show students how broad aviation and aerospace careers have become and introduce them to jobs they may not yet know exist.

"If you can't see it, you can't be it," Brewer said.

Brewer said the organization has expanded its youth programming as technology has changed the industry, with students now learning about fields including drones, electric vertical takeoff aircraft, sustainable fuels, autonomous systems and artificial intelligence.

The event's panel included retired Air Force Col. Merryl Tengesdal, the first and only Black woman to pilot the U-2 reconnaissance aircraft; Skye Carapetyan of Siemens; Lawrence Livermore National Laboratory research scientist Michael Zelinski; and Sacramento City College Dean of Technology and Innovation Paul Estabrook.

Throughout the discussion, panelists emphasized that technical knowledge is only part of preparing for a career in aviation or STEM. They encouraged students to strengthen communication and interpersonal skills, maintain a positive attitude, arrive on time



Beyond the panel, students moved through exhibits featuring aircraft, simulators, equipment and technology. Photo courtesy of Mark E. Loper Photography

and build a foundation in subjects such as math and physics.

Panelists also urged students to begin building connections and gaining experience now by joining clubs or organizations with others who share their interests, attending events such as Destination Aviation and reaching out to professionals in fields they hope to pursue. They encouraged students not to be afraid to ask questions or seek help as they work toward their goals.

Sacramento County Supervisor Rosario Rodriguez told students that seeing those careers firsthand

can turn curiosity into a goal.

"It is one thing to watch an aircraft fly overhead," Rodriguez said. "It is another to stand beside it. Meet the people who fly it and maintain it and begin to imagine yourself doing the same thing."

Beyond the panel, students moved through exhibits featuring aircraft, simulators, equipment and technology while speaking directly with professionals about training, education and career opportunities.

For Stoebe's father, Alexander Stoebe, watching his daughter take her first flight demonstrated

the value of giving students that exposure.

"I'm very proud of her," he said. "It gives the kids the opportunity to start, get a feeling for it."

The California Capital Airshow has offered youth programs since 2010. Brewer said the free programs range from activities for elementary school students to internships and scholarships for older students.

The nonprofit's annual California Capital Airshow is scheduled for Oct. 10-11, with proceeds helping support its youth programs. ★

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Celebrating National Emergency Management Awareness Month

Continued from page 1
sacounty.gov/#gsc.tab=0.

To learn more about disaster preparedness steps you and your family can take, visit [SacramentoReady.sac-county.gov](https://sacramentoReady.sac-county.gov).

Make sure to listen to County Conversations, which features Mary Jo as she discusses the role of the County Office of Emergency Services, how the team prepares for disasters and how they

coordinate with state, local and federal partners. You can check out at the podcast: countyconversation.podbean.com/e/inside-sacramento-emergency-services-how-oes-keeps-you-safe/. ★



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Area Homebuilders Do More Than Just Build Homes

Our industry helps people rebuild their lives and gives young people a path toward rewarding careers

By **Tim Murphy, North State Building Industry Association**

SACRAMENTO REGION, CA (MPG) - The North State Building Industry Association is best-known for its advocacy — working with local governments throughout our eight-county region to streamline the development process, reduce onerous fees that add an average of \$109,000 to the cost of every new home and help make homeownership possible for more area residents.

But the region’s homebuilding industry is far more involved in the community. The BIA has two non-profit affiliates designed to help reduce homelessness and to give young people training to allow them to embark on well-paying careers that don’t require thousands of dollars in college debt.

Our aligned logo — Building Careers, Building Communities and Building Hope — sums it up nicely.

Our affiliate building hope is HomeAid Sacramento, which this year is marking its 30th year of collaborating with BIA members and local service providers to create a future where families and individuals can overcome homelessness and build a new life.

This month, under the leadership of Executive Director Amber Robbins, we celebrated ribbon cuttings for our 125th project, the Pathways of Hope Empowerment Center in Elk Grove, and for the completion of the first two homes of our Caldor Fire Rebuild Project. This effort is rebuilding 12 single-family homes destroyed in 2021 by the massive fire in El Dorado County that devastated more than 220,000 acres and destroyed more than 1,000 structures.

Our local HomeAid chapter



The Building Careers Foundation helps lead the BuildStrong Academy’s pre-apprenticeship program to train people for careers in the homebuilding industry. This month marked the first all-woman graduating class. Photo courtesy of North State Building Industry Association

also has five projects in development, including expansions at a food bank and two community centers, as well as the renovation of unused buildings to create transitional housing for former foster youth.

Nationally, HomeAid operates in 17 states and the District of Columbia. It was formed in 1989 by a group of building industry professionals in Orange County who wanted to tackle homelessness. Since then, HomeAid has grown into a collaboration of local and national builders, trades, suppliers, financial institutions and community partners who have completed over 1000 developments and helped more than 500,000 people experiencing or at risk of homelessness.

Both locally and nationally, HomeAid serves a wide variety of populations and needs, including individuals and families

experiencing chronic homelessness, youth who have aged out of foster care and people fleeing domestic violence.

Our workforce development affiliate, the Building Careers Foundation, was founded in 2007 to help provide a solution to the shortage of skilled trades workers in the region — a shortage that has only grown over time as seasoned professionals are retiring in greater numbers. The Foundation seeks to let individuals who are not on the college pathway know that they have other options for well-paying, satisfying careers, without amassing thousands of dollars in debt.

Fortunately, a growing number of young people are realizing that college is no longer the only pathway to a successful career. With the average total cost for a four-year degree now sitting around \$40,000, the number of

people choosing the trades has more than doubled in recent years. It’s what we call “hire education.”

Led by Executive Director Jennifer Poff, the Foundation provides tuition-free training opportunities through a variety of programs. In 2023, these efforts were greatly expanded with the opening of the BuildStrong Academy in Sacramento, in partnership with the National Home Builders Institute.

The Academy is a nine-week pre-apprenticeship program consisting of a full-time, 40-hour per week course that teaches the basics of carpentry. The students also gain employability skills through resume-writing workshops, mock interviews, teambuilding and more. They are ready to work at the end of nine weeks.

Since opening, the BuildStrong

Academy has trained 390 individuals and placed 218 into employment. The Academy expects to train more than 140 students this year, and with a wait list of more than 40, the Foundation is seeing more people turn to the trades as a career choice than ever before.

The Foundation is also committed to increasing the number of women in the trades. This month, the first all-woman class is graduating from the Academy.

Advocating for more housing will always be a core part of the BIA’s mission. But through HomeAid Sacramento and the Building Careers Foundation, our industry is also helping people who need a place to call home and preparing the next generation to build the homes our growing region needs. In other words, we’re building more than homes. ★

Two Sacramento County Teachers of the Year Announced

Sacramento County Office of Education News Release

SACRAMENTO, CA (MPG) - A kindergarten teacher and a 9th-12th grade English and English Language Development teacher have been named the two Sacramento County Teachers of the Year 2027. The Sacramento County Office of Education (SCOE) revealed the top honorees Friday evening during its annual county-wide teacher recognition ceremony.

Mary Linden, a kindergarten teacher at Arthur S. Dudley Elementary School (Center Joint Unified School District) and Maria Rugama, a 9th-12th grade English and English Language Development teacher at Galt High School (Galt Joint Union High School District), were selected from local district nominees across the county. Both educators advance to the statewide competition, where five teachers will be announced as California Teachers of the Year in October 2026.

Following the announcement at the ceremony, Board Vice President Vanessa Caigoy presented both winners with the Elinor Lincoln Hickey Award of Merit, the highest honor bestowed by the Sacramento County Board of Education. The Sacramento Scottish Rite also presented perpetual trophies, maintaining a longstanding community tradition.



Sacramento County Teacher of the Year Winners, Mary Linden and Maria Rugama. Photo courtesy of Sacramento County Office of Education



Winner Maria Rugama and leadership. Photo courtesy of Sacramento Office of Education.



Winner Mary Linden and leadership. Photo courtesy of Sacramento Office of Education

Throughout the 2026–27 school year, all district Teachers of the Year will be recognized at upcoming local events, including

special honoree games hosted by the Sacramento Kings, Sacramento River Cats and Sacramento Republic FC. ★



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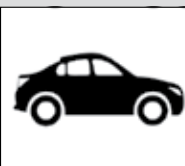
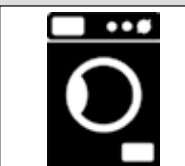
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I am

I'm too tired

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Women’s Empowerment Celebrates 25 Years at Silver Anniversary Gala

Women’s Empowerment News Release

SACRAMENTO, CA (MPG) - Celebrating 25 years of empowering Sacramento women and children to rise from homelessness, Women’s Empowerment will hold its Silver Anniversary Gala on Sept. 25. Tickets and sponsorships are available for the event that will take place at the Sheraton Grand Sacramento, 1230 J St. at 5:30 p.m.

The event will include a cocktail hour, live music, silent and live auctions, an inspirational program and a three-course meal. To purchase tickets or a table, sponsor the event or sponsor a graduate to attend visit www.womens-empowerment.org/gala.

“This year’s Gala will be extra meaningful as we celebrate 25 years of empowering Sacramento women to transform their lives, strengthen their families and build a stronger community,” said Lisa Culp, founding executive director, Women’s Empowerment.

“When I worked with women experiencing homelessness to create this program 25 years ago, we had no idea the hurdles we would



Women’s Empowerment will hold its Silver Anniversary Gala on Sept. 25. Photo courtesy of Women’s Empowerment.

face – a recession, pandemic and housing crisis. Yet we also never imagined that together we would

help more than 2,000 women and their 4,000 children rise above these hurdles. As we come together

for our Silver Anniversary Gala, we will celebrate this transformation and raise critical funds

to address the new and evolving needs of women facing homelessness in Sacramento,” Culp said.

Women’s Empowerment is celebrating its 25th anniversary this year as the most comprehensive job-readiness program in the Sacramento area designed specifically to help women break the generational cycle of homelessness for themselves and their children.

Each woman begins with a nine-week employment-readiness and empowerment program that includes free transportation assistance, onsite childcare, group classes and one-on-one work with a social worker, housing navigator, job developer and volunteer career mentor. Each woman who graduates from the nine-week program can return for services at any point in her life when she needs additional tools, including paid job training and transitional workforce housing.

Since 2001, more than 2,000 women have graduated from the program with their 4,000-plus children. Women’s Empowerment is funded through private donations from the community and grants. To learn more and make a donation visit www.womens-empowerment.org. ★

Nurses Train Together to Strengthen Disaster Response Skills

Sacramento County News Release

SACRAMENTO, CA (MPG) - More than 75 nurses from across Sacramento County came together last week at Sacramento State's Nursing Simulation Laboratory to strengthen the clinical skills needed when responding to disasters and public health emergencies.

The training is part of the behind-the-scenes work that helps keep Sacramento County prepared. Long before an emergency happens, the County and community partners train together so all nurses are ready to care for residents when normal health care services may be disrupted or community needs suddenly increase.

"Working with our local health care and academic partners helps us

prepare our nurses to meet the needs of our community when it matters most," said Dr. Phuong Luu, Sacramento County Public Health Officer. "The more we practice before an emergency, the more prepared we are to respond with confidence from a nursing lens."

Every two years, the County and Sacramento State join forces to offer the training as part of the County's Nurse Disaster Worker Training Plan. The program gives nurses the opportunity to practice technical skills in a simulated patient environment before they are needed in an actual emergency.

“The partnership between Sacramento County and Sacramento State’s School of Nursing is long-standing and important to the health and



The training is part of the behind-the-scenes work that helps keep Sacramento County prepared. Photo courtesy of Sacramento County

resilience of our shared communities,” said Lynnann Svensson, Sacramento County’s Director of Nursing for the Department of Health Services.

Attendees and instructors included licensed nurses from Sacramento County's Department of Child, Family and Adult Services and Department

of Health Services, along with staff and volunteers from Sutter Health and Sacramento State's School of Nursing.

Bringing together the County, private health industries and higher education gives nurses the opportunity to learn from one another and strengthens the network the County

can rely on during an emergency. That collaboration builds a workforce prepared to care for the community, whether responding to an everyday public health need or a large-scale disaster.

For residents, much of that preparation happens out of sight, but when an emergency arises, it’s the behind-the-scenes training,

the strong community partnerships and all the skills built beforehand that better position the County and partners for a unified and effective response.

This is public health in action, investing in the people and preparation that ultimately protects the health of the entire community. ★

County Expands Program to Support Affordable Housing Development

Sacramento County News Release

SACRAMENTO, CA (MPG) - Sacramento County is expanding a program designed to help offset development costs that can make affordable housing projects difficult to finance and build.

Earlier this week, the Board of Supervisors approved an expansion of the County's Three-Year Development Impact Fee Offset Pilot Program, allowing eligible affordable housing projects to receive offsets for development impact fees for three separate parks districts.

The program was established in December 2024 to help reduce barriers to affordable housing construction by offsetting certain development impact fees for projects that provide housing to low-income residents. Eligible projects can receive up to \$10,000 per affordable housing unit in fee offsets.

And the program is already being used. So far, four affordable housing projects totaling 435 units have been approved for approximately \$2.16 million in fee



The county will allow eligible affordable housing projects to receive offsets for development impact fees for three separate parks districts. Photo courtesy of Sacramento County

offsets. That leaves approximately \$2.84 million available in the original \$5 million fund to support additional projects.

The latest expansion allows for the offset of development impact fees for the Carmichael Recreation and Park District, Mission Oaks Recreation and Park District and the unincorporated portion of the Sunrise Recreation and Park District.

The change does not reduce the amount of funding those park districts receive. Instead, for qualifying affordable housing projects, the County will use the existing affordable housing fund allocated for the pilot program to offset eligible park district development impact fees necessary to fund

identified infrastructure.

Why does that matter? Affordable housing developers face many of the same costs as other housing developers, while also being required to provide homes at rents or prices affordable to households with lower incomes. Reducing upfront development costs can—and as this program has already started to demonstrate, does—help make projects financially feasible and allow more affordable housing units to move forward.

The fee offset program is one of several tools Sacramento County is using to reduce barriers to housing development. With funding still available, the County expects the pilot program to support additional affordable housing projects in the year ahead. ★

EMD Offers Free Training for Local Businesses

Sacramento County News Release

SACRAMENTO, CA (MPG) - Businesses that handle hazardous materials can strengthen their compliance knowledge through a series of free, in-person training courses offered by the Sacramento County Environmental Management Department (EMD).

Funded through Supplemental Environmental Project (SEP) funds obtained from environmental enforcement cases, the program provides no-cost compliance training to Sacramento County businesses and the regulated community. EMD partners with Network Environmental Solutions (NES), a Folsom-based environmental consulting and training company, to deliver the courses.

The training program covers a variety of Certified Unified Program Agency (CUPA) compliance topics. These topics include hazardous materials business plans, hazardous waste management (basic, advanced and universal waste), spill prevention, control and



Businesses that handle hazardous materials can strengthen their compliance knowledge through a series of free, in-person training courses offered by the Sacramento County Environmental Management Department (EMD). Photo courtesy of Sacramento County

countermeasure (SPCC) requirements under the Aboveground Petroleum Storage Act (APSA), underground storage tanks (USTs) and common CUPA compliance violations and best practices.

EMD hosts approximately 16 classes each year during the spring and fall. Each session is limited to about 50 participants, and courses regularly reach capacity with waitlists, reflecting the strong demand for compliance education within Sacramento County's regulated community. In addition to the training, representatives from Sacramento County’s Business Environmental Resource Center provide information about their business assistance services, and EMD staff share resources available through the department

and Sacramento County's social media channels.

The program is funded through 2027 and reflects EMD’s commitment to helping businesses achieve compliance through education and outreach in addition to enforcement.

Some of the available training courses offered are Advanced Hazardous Waste Management, Basic Hazardous Waste Management, Hazardous Materials Business Plans/ CERS, SPCC Plans for APSA Sites, Universal Waste Management and UST Owner/Operator.

All classes are held at the EMD office, located at 11080 White Rock Road, Suite 200, Rancho Cordova, CA 95670. Registration is free but required, and space is limited. Local businesses can register online. ★

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COMICS & PUZZLES

The Spats

DO YOU WANT TO HEAR ABOUT THE BIRDS AND THE BEES?

YA!!

LAST NIGHT THE BIRDS BEAT THE BEES 10-7 IN OVERTIME!!

by Jeff Pickering

THIMBLE THEATRE PRESENTS

POPEYE

BY RANDY MURKIN

JUST A WARNING, BRUTUS I WOKE UP IN A BAD MOOD.

HOW'S THAT DIFFERENT FROM EVERY OTHER MORNING?

YA AN'T EXACTLY DISPROVIN' MY POINT!

IT'S IN ONE OF THOSE BAD MOODS THAT'S ONLY FIXED.

BY MAKIN' OTHERS MISERABLE, TOO!

LET'S MAN MATHSON.

HALF OF ALL MARRIAGES END IN DIVORCES! GOOD LUCK!

GET A JOB AND STOP MOODING ON YOUR FOLKS!

NOTHIN' LIKE A FOOT BATH ON A HOT DAY!

WERE YOU DROWNIN' THIS?

Amber Waves

UGH, I'M SO TIRED OF HAY AND PASTURE GRASS DAY AFTER DAY. I NEED A CHANGE.

OOH, HEY, TRAVIS, CHECK IT OUT. IT LOOKS LIKE THE NEIGHBOR ORDERED PIZZA.

GEEZ, I WISH THE FARMER WOULD GET US SOME DEEP DISH WITH EXTRA CHEESE.

YEAH, YOU HAVE A BETTER CHANCE OF BEING ON THAT PIZZA THAN GETTING ONE.

by Dave T. Phipps

POPEYE

BY RANDY MURKIN

OKAY, BRUTUS. LET'S GO FILL IN ALL THE HOLES AT THE GOLF COURSE.

BUT FIRST, A SNACK!

TWO DOGS WITH EVERYTHING, PLEASE!

I DON'T GET IT, BRUTO. YOU'VE BEEN ROTTEN TO EVERYONE ELSE.

WHY BE NICE TO THE HOTDOG GUY?

MY SWEET NAIVE BROTHER, HERE'S AN IMPORTANT LESSON.

YOU CAN BE TOO GOOD ENOUGH TO TANGLE WITH MOST PEOPLE IN THIS WORLD.

BUT YOU AN'T NEVER TOUGH ENOUGH TO TESS WITH THE PERSON PREPARIN' YOUR FOOD.

Out on a Limb

ISN'T IT IRONIC, DON'T YOU THINK?

SNIFF SNIFF SNIFF

OW!

A GUY GETS A DULL PAIN IN HIS HEAD FROM SNIFFING A SHARPIE

by Gary Kopervas

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

1. Glass is larger. 2. Arm is reversed. 3. Mug is missing. 4. Mug is reversed. 5. Arm is longer. 6. Lapel is missing.

TIGER

by BUD BLAKE

SOMETIMES I WISH I LIVED IN KANSAS

GRIN THE BEAR IT

by Dave T. Phippe

OK, DON'T JUDGE. I'M ONLY WATCHING THIS BECAUSE THE BATTERIES IN THE REMOTE DIED ABOUT AN HOUR AGO.

SEVER

SHH

WASP

CREPE

ABA

HANOI

UNLIT

COL

ODIUM

PEACOCK

MARISKA

SOH

BALD

BBQ

KIWI

PERISH

LOUR

RAGS

SANTA

ARIA

PROEM

FLOC

CORGI

STAY

TALK

KNEADS

ETNA

YES

COLD

ADS

ZENDAYA

THEPITTT

AMOUR

USE

PASHA

PINED

RNA

TILES

STET

ALL

SNEAK

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CLUES

ACROSS

1. Cut off

6. "Be quiet!"

9. Yellowjacket

13. Brunch offering

14. Lawyers' org.

15. Capital of Vietnam

16. Without illumination

17. Harland David Sanders' title, abbr.

18. Abhorrence

19. * ____ Theater, Emmys venue

21. *2026 Emmy Awards host

23. Fah follower

24. Like a certain eagle

25. Grill master's acronym

28. Aussie's neighbor

30. Kick the bucket

35. Look angry

37. Opposite of riches

39. Holiday spirit spreader

40. Soprano's song

41. Introduction

43. Flocculant, for short

44. Queen Elizabeth's favorite dog breed

46. Dog command

47. * ____ show, like nominated "Jimmy Kimmel Live!"

48. Works dough

50. Highest volcano in Europe

52. "I agree"

53. Winter woe

55. Publisher's revenue source, pl.

57. *"Euphoria" Lead Actress nominee

61. *Most nominated series for 2026 Emmys (2 words)

65. Love, in Paris

66. Don't waste

68. Ottoman Empire VIP

69. Carried a torch

70. Biochemistry acr.

71. Scrabble pieces

72. Editor's "let it stand"

73. " ____ or nothing"

74. Kind of peak

DOWN

1. Fish a.k.a. porgy

2. European sea eagle

3. Velum, pl.

4. "The Iliad" and "The Odyssey," e.g.

5. Did the test again

6. Quarterback's downfall

7. *Network/streamer with most nominations for 2026 Emmys

8. Chinese Checkers predecessor

9. Dry riverbed

10. Type of cuckoos

11. Middle Eastern market

12. Type of cotton fiber

15. Vast multitudes

20. Bird sound

22. Matterhorn, e.g.

24. Biased

25. *Nominee Jason Bateman's " ____ Rabbit"

26. B on Mendeleev's table

27. One-twentieth of a ream

29. W in VFW.

31. Huck Finn's escape

32. Embedded design

33. Fur shawl

34. *Jean Smart's nominated comedy

36. Sitar music

38. *Assigned spot in #19

42. Myna, alt. sp.

45. Driver's license alternative (2 words)

49. Sushi sauce

51. Experts

54. "Little House on the Prairie" protagonist

56. "The rain in ____ falls mainly on the plain"

57. Nukes

58. What exhaust pipes do

59. Opposite of all

60. Simon and Gurfunkel, e.g.

61. Bluish green

62. Robinson Crusoe's turf

63. Short for Theodora

64. *Nominated Mark Ruffalo's drama series

67. *Connor Storrrie's nominated show, acr.

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Kings Korner

By V.G. Harris

Here Comes Darius

By V.G. Harris

The past five NBA drafts have witnessed the Sacramento Kings draft none other than four-point guards.

In 2024 the Kings drafted inexplicably an injured Devin Carter who managed to play a staccato half season that never allowed Sacramento to see who they had really drafted.

At the time of the 2024 draft the Kings were in sore need of front court help to support Domantas Sabonis and already had perhaps the best backup point guard in the NBA in Davion Mitchell.

The Kings had DeArron Fox coming off an all-star year and only getting better year over year, leading the team at the point guard position, so imagine the collective surprise of Sacramento fans when the Kings drafted another point guard.

When Fox went down with a hand injury during Mitchell’s rookie year, Davion not only assumed 38 minutes of work per game but scored 18.6 points per game while adding an eye popping 8.9 assists.

But regardless of what Mitchell accomplished at either end of the floor, the Sacramento Kings never bought into this 6-foot player that had a history of winning, coming off an NCAA championship with Baylor and winning the Naismith defensive player of the year. That garnished him the ninth overall pick in the NBA draft by the Kings, but the question remains if you drafted this already accomplished point guard, why didn’t you use him effectively?

In perhaps one of the worst NBA trades ever, Davion Mitchell was traded along with Sasha Vezenkov and a second-round pick to the Toronto Raptors on June 28, 2024, for Jalen McDaniels. Standing at 6-foot-nine, Jalen was acquired to shore up the front line, but never survived the preseason, playing in only a total of two games. Today Jalen is playing for the Kobe Storks of the Japanese B league.

Mitchell went on to start for the Toronto Raptors and is currently the starting point guard for the Miami Heat.

If this walk down memory lane leaves you gaping in wonder, you’re not alone. Judging talent has been perhaps the No. 1 weakness of the Sacramento franchise, and the real question

now that the Kings have hired a new GM in Scott Perry, is it going to change?

The Kings were not finished drafting point guards, and drafted Nique Clifford with the 24th overall pick. Last season Nique posted 8.6 points per game with 3.8 rebounds and a tepid 2.4 assists while playing 25 minutes per game. Whether used as a point guard or at the No. 2 position Sacramento was lauded his virtues, but fans are still waiting to see something to go with that.

Finally, welcome Darius Acuff Jr., who by all accounts appears to be the genuine article.

If I have one concern it would be his age of only 19, and the fact that Sacramento seems to be bent on starting this young player from the get-go.

Having a capable veteran player to introduce Acuff to the position of NBA point guard would be my desire, and not pursuing Russell Westbrook as soon as the season concluded was a big mistake. Westbrook, a sure-fire hall-of-famer certainly felt a level of disrespect not being courted after having a stellar 2024-25 season for the Kings and is exactly what the team needs to give young Acuff some breathing room.

If not Westbrook, is there someone that could fill the order and give Acuff a feeling that training wheels are in place as he learns the position?

Finally, can the Sacramento Kings put the point guard position in the done column? I certainly hope so and Darius has my full support.

Someone flying under the radar but needs attention is the 45th pick overall, Emmanuel Sharpe. Sharpe was by far the most impressive player in this year’s draft for the Kings and played both ends of the court like a veteran in the summer league.

I hope the Kings organization is already using their imagination as to how they can get this young rookie 20 plus minutes per game, because I believe that Sacramento has stumbled onto a diamond in the rough!

Stay tuned Kings fans, because the starting lineup is not yet set.

Let’s see what a healthy Domantas Sabonis, Zach Lavine and Keegan Murray can achieve with these young rookies!

All the best! ★

California’s Clashes Over Business Regulation

Rage on as Legislative Session Nears End



By Dan Walters, CALMatters.org

The state Capitol’s most enduring conflict pits corporate California against four powerful interest groups over new regulations, taxes, minimum wages or other costly mandates.

The specific issues may vary from year to year, although some continue for decades, but the underlying clash of interests is perpetual.

The four groups arrayed against business — unions, personal injury lawyers, consumer advocates and environmentalists — contend their bills are needed to protect consumers, workers or the environment. Business executives see them as driving higher operational costs that threaten companies’ profitability or even existence.

As the Legislature approaches the August 31 adjournment of its two-year session, some of the bills arising from the conflict are still pending, and the contending forces are applying maximum pressure to affect the outcomes.

One example is Assembly Bill 2564, carried by Assemblymember Christopher Ward, a San Diego Democrat, on behalf of unions, consumer groups and advocates for the poor.

It would prohibit retailers from engaging in “surveillance pricing,” which is a form of algorithmic pricing

in which sellers use personal information to tailor prices to specific consumers.

Backers of the bill say it’s needed to avoid discrimination, while retailers say the measure could eliminate coupons and other forms of price discounts for loyal customers, thus raising the cost of living in an already expensive state.

The most important measure still pending in the Legislature, at least from the standpoint of California’s overall business climate, is Assembly Bill 1776, authored by Assemblymember Cecilia Aguiar-Curry, a Democrat from Davis.

It would broaden California’s anti-monopoly Cartwright Act, first enacted in 1907 to allow civil or criminal actions against corporations that monopolize markets.

The Cartwright Act, which has been amended several times since its enactment, resembles the federal Sherman Antitrust Act in several regards but is broader in its reach. It still is aimed at collusion between two or more corporations to stifle competition and raise prices. But AB 1776 would also sanction actions against corporations that become dominant without colluding.

The change was recommended by the California Law Revision Commission to curb monopolistic behavior framers of the original law never envisioned. It is backed by a long list of consumer advocates and unions.

Business interests led by the California Chamber of Commerce see it as opening the door to lawsuits that would penalize corporations for earning market shares honorably vis-à-vis

long-established practices.

Until a few days ago, the bill also would have allowed lawyers to instigate lawsuits on their own, a provision known as “private right of action,” which opponents found particularly onerous. That provision was removed after the bill narrowly passed the Assembly and moved to the Senate floor, thus limiting its enforcement to the attorney general or local prosecutors.

The California Chamber of Commerce is still steadfastly opposed. It contends the bill still allows crack-downs on corporations that are just operating normally, penalizing them for success in gaining substantia market power.

“The author and sponsors of AB 1776 have never brought forward specific, real-world examples of the behavior they are seeking to change,” Chamber spokesperson John Myers said in a statement. “That’s why we’ve often seen this as a ‘solution in search of a problem,’ the kind of fundamental flaw that makes legislative negotiations extremely difficult, if not impossible.”

Whatever happens on these two bills, and a few others, by Aug. 31, the Capitol’s big game of high-stakes political poker will resume when the Legislature reconvenes in December with some new members and a new governor, who will be inaugurated in January.

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

We Were Bitten by Medicare’s IRMAA

this year; What Should I Do?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My wife and I file our taxes jointly. In 2024, I took an IRA Required Minimum Distribution (RMD) which was significantly more than I was required to take. My Medicare premiums were not affected in 2025, and our Social Security payments were not reduced. Then, our joint filing in 2025 kept us below the IRS’ “Modified Adjusted Gross Income (MAGI) level. Yet in 2026 our Medicare payments increased and our Social Security payments were reduced.

If my MAGI is below the maximum for 2025, will my regular SS payments/Medicare reductions be restored in 2027? Is there any action I need to take to ensure this will happen, or will our Medicare payments and reduced SS payments be our new norm? **Signed: Worried Retiree**

Dear Worried Retiree: FYI, your Medicare

premiums in 2026 were affected by the large RMD you took in 2024, which caused a Medicare provision known as the “Income-Related Monthly Adjustment Amount (IRMAA)” to apply for 2026. When determining the Medicare Part B premium for next year (each fall), Medicare uses the income you reported to the IRS two years prior to calculate your Medicare Part B (and Part D) premium for upcoming year.

If you exceed the base “IRMAA” income threshold two years ago, then your Medicare premiums for the next year will include a supplemental amount on top of the “standard” Medicare premium for that year. The amount of the supplement depends on how much you exceed the base IRMAA threshold by (FYI, the base IRMAA threshold for 2026 for a married couple filing jointly was \$218,000). If your 2024 income exceeded that initial IRMAA threshold, you paid a higher Medicare premium which also reduced your SS monthly payment (because Medicare is deducted from your SS benefit). IRMAA uses a sliding scale to determine how much

more than the standard Medicare premium you will pay.

However, that will all automatically correct itself going forward. In other words, when determining your premiums for 2027, Medicare will look at your 2025 income. If your 2025 MAGI is less than the base IRMAA threshold, you (and your wife) will both automatically revert to paying the standard 2027 Medicare Part B and Part D premiums. You don’t need to take any action for that to happen; it will all be automatic.

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Trump’s Fondness for Kim Jong

Un Sends the Wrong Signal

is the signal it sends, yet again, that he is easily disenchanted with long-time allies whose friendship should be considered a strategic boon to the United States.

Whether musing about making Canada the 51st state, briefly campaigning to take control of Greenland, imposing tariffs on friend and foe alike or hammering NATO, Trump has been careless of the goodwill of our allies.

They need us more than we need them, which means they are willing to put up with a lot, but sowing dissension unnecessarily is a foolhardy game at a time of growing international threats.

South Korea has been a treaty ally since 1953, and is a wealthy, technologically advanced democracy that occupies strategically important ground in Northeast Asia. It is obviously both threatened by and a bulwark against potential North Korean adventurism.

Pete Hegseth visited South Korea last year and said, “Our alliance is stronger than ever before, 72 years strong.” He described the inspiring sight of U.S. and South Korean soldiers standing “shoulder to shoulder working together.” South Korea has been committed to increasing its defense spending to 3.5% of GDP. In light of this, Hegseth subsequently averred, “Model allies that step up, like Israel, South Korea, Poland ... will receive our special favor.”

Such assurances by administration officials are always subject to change, depending on Trump’s

animosities at any given time. It’s certainly true that South Korea owes its existence to us. We fought to preserve its independence at a great cost in blood and treasure during the Korean War, and we have nearly 30,000 troops on the peninsula to deter North Korea from assaulting the South again. Seoul has lent support to recent U.S. military operations, typically in noncombat roles, but it’s understandable that it wouldn’t be enthused about taking part in an Iran war that hasn’t gone as planned and that has no clear endgame.

As for the North, it isn’t our friend. It is firmly within the China-Russia axis, and has been developing its nuclear and missile arsenal apace. There is no reason to believe that any blandishments from Trump will change its behavior, and Kim has been clear that the U.S. needs to abandon its “obsession” with denuclearization.

What we most need from South Korea is for it to be as strong as possible to deter North Korea, and we shouldn’t be lending any credence to its claim that U.S.-South Korean exercises are provocations, or sowing doubt about our commitment to allies.

Such diplomatic episodes, though, are an inherent part of Trump’s governance. To paraphrase the Roman writer Publilius Syrus: Prosperity makes friends, adversity tries them, and Trump distresses them -- unnecessarily.

Rich Lowry is editor of the National Review.

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

FICTITIOUS BUSINESS
NAME STATEMENTS

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05267
Shala Omer and Waleed Jamil, 2740 Fulton Avenue, Sacramento, CA 95821 is doing 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 FBNF2026-05098
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
Alexis Michele Lambert, PO Box 901, Elverta, CA 95626 is doing 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 under 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
Gui Agha Shafie and Mohammad Asif Azizi, 2505 Arden Way, Sacramento, CA 95825 is doing 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 Calvine 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
Aboud 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 doing 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 FBNF2026-05272
Jonathan Ceron, 2311 Edison Avenue #4, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "JCE Mobile Detailing" 2311 Edison Avenue #4, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 8, 2026
Publish: August 14, 21, 28, Sept 4, 2026
JCE 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05972
Eagle Ascend Corp., 4840 San Juan Avenue #105, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Pleasant Air Company" 4242 Roseville Road, North Highlands, CA 95660. Filed with the Clerk of Sacramento County July 29, 2026
Publish: August 14, 21, 28, Sept 4, 2026
PLEASANT 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05776
Next Wave Senior Care Solutions LLC, 2185 Pilot Creek Court, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Lighthouse: Welcome Home" 2185 Pilot Creek Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County July 21, 2026
Publish: August 14, 21, 28, Sept 4, 2026
LIGHTHOUSE 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05981
Spotlight K12, LLC, 4025 Main Street, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "The Victoria's Properties Team/Spotlight Properties" 4025 Main Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County July 29, 2026
Publish: August 14, 21, 28, Sept 4, 2026
VICTORIAS 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05844
WD Wraps & Signs Inc., 9148 Kiefer Boulevard, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "WD Wraps & Signs" 9148 Kiefer Boulevard, Sacramento, CA 95826. Filed with the Clerk of Sacramento County July 23, 2026
Publish: August 14, 21, 28, Sept 4, 2026
WD 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06035
Jennifer Bailey, 5530 Mariposa Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Amithyst Real Estate" 1610 R Street, Suite 280, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 30, 2026
Publish: August 14, 21, 28, Sept 4, 2026
AMITHYST 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06087
Michelle Gentz, 5836 Winnetica Court, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "E'Laire" 5836 Winnetica Court, Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 3, 2026
Publish: August 14, 21, 28, Sept 4, 2026
ELAIRA 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05382
Amanda Rawlins, 8150 Chipwood Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Weeden Enterprises" 8150 Chipwood Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County July 10, 2026
Publish: August 14, 21, 28, Sept 4, 2026
WEEDEN 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06104
Main Point Construction Corp, 5440 Leader Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Main Point Bee Removal" 5440 Leader Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 3, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MAIN 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05677
Tiffany Ellison, 5300 Laurel Hills Drive #21, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Tiffany's Buttercream Dreams" 5300 Laurel Hills Drive #21, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 18, 2026
Publish: August 14, 21, 28, Sept 4, 2026
TIFFANYS 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06107
S&E Pizza Corporation, 4572 Woodhawk Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Mountain Mike's Pizza" 4207 Elverta Road Suite 105, Antelope, CA 95843. Filed with the Clerk of Sacramento County August 3, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MOUNTAIN 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05534
Sayed Ebrahim Hashimy, 5307 Marconi Avenue Apt 26, Sacramento, CA 95608 is doing business under the Fictitious Business Name(s) "Easy Solutions Access" 5307 Marconi Avenue Apt 26, Sacramento, CA 95608. Filed with the Clerk of Sacramento County July 17, 2026
Publish: August 14, 21, 28, Sept 4, 2026
EASY 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05755
Pang Martin, 7949 Caymus Drive, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "My Healing Path Therapy" 7949 Caymus Drive, Sacramento, CA 95829. Filed with the Clerk of Sacramento County July 21, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MY 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-04096
Fred Hobbis, 8836 Greenback Lane Suite D, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Sacramento Sauna Supply" 8836 Greenback Lane Suite D, Orangevale, CA 95662. Filed with the Clerk of Sacramento County May 22, 2026
Publish: August 14, 21, 28, Sept 4, 2026
SACRAMENTO 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06117
Taylor Hill-Carnegie, 10825 Nestlenook Circle, Mather, CA 95655 is doing business under the Fictitious Business Name(s) "Naturey" 10825 Nestlenook Circle, Mather, CA 95655. Filed with the Clerk of Sacramento County August 4, 2026
Publish: August 14, 21, 28, Sept 4, 2026
NATUREY 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06119
Nai Cho Bridgit Lee, 3754 2nd Avenue, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Junky's Corner" 3754 2nd Avenue, Sacramento, CA 95817. Filed with the Clerk of Sacramento County August 4, 2026
Publish: August 14, 21, 28, Sept 4, 2026
JUNKYS 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06116
Alejandro Aguilar-Torres, 7721 College Town Drive #46, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Chipini Enterprises" 7721 College Town Drive #46, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 4, 2026
Publish: August 14, 21, 28, Sept 4, 2026
CHIPINI 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06043
Melissa Buresh, 8305 Fountainhead Court, Antelope,

CA 95843 is doing business under the Fictitious Business Name(s) "Travel More, Stress Less Agency" 8305 Fountainhead Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County July 30, 2026
Publish: August 14, 21, 28, Sept 4, 2026
TRAVEL 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05887
Content Creation Clothing LLC, 5960 S. Land Park Drive #1091, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "AEFEX" 7270 S. Land Park Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County July 24, 2026
Publish: August 14, 21, 28, Sept 4, 2026
AEFEX 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05841
Dave Brooks Const. Inc., 2779 Shadow Dancer Trail, Reno, NV 89511 is doing business under the Fictitious Business Name(s) "DBC Painting" 560 Freslan Drive, Oakdale, CA 95361. Filed with the Clerk of Sacramento County July 23, 2026
Publish: August 14, 21, 28, Sept 4, 2026
DBC 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05870
Jennifer Rosario and Jonathan Rosario, 1660 Bronzewick Lane, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "The JR Collective" 1660 Bronzewick Lane, Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 24, 2026
Publish: August 14, 21, 28, Sept 4, 2026
THE 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06091
IGGO. LLC, 3550 Watt Avenue Suite 408, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "IG Digital Lab" 3550 Watt Avenue Suite 408, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 3, 2026
Publish: August 14, 21, 28, Sept 4, 2026
IG 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06178
Tajinder Aujla Corp, 6233 Auburn Boulevard, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Rosie's Country Kitchen" 6233 Auburn Boulevard, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 6, 2026
Publish: August 14, 21, 28, Sept 4, 2026
ROSIES 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05903
D.L. Markham, DDS, MSD, Inc, 1101 Maidu Drive Suite 100, Auburn, CA 95603 is doing business under the Fictitious Business Name(s) "Markham Orthodontics" 4110 Truxel Road Suite 130, Sacramento, CA 95834. Filed with the Clerk of Sacramento County July 27, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MARKHAM 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06076
Kayla Chanel Luna, 3519 Grant Park Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Maid to Bloom Housekeeping" 3519 Grant Park Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County July 31, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MAID 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06179
Patriocio Lopez II and Thomasina J. Lopez, P.O. Box 884, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "ASAP Lock and Key/Patrick's Locksmith Service" 9285 Jan Dra Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 6, 2026
Publish: August 14, 21, 28, Sept 4, 2026
ASAP 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05686
Asaree Young, 2737 Aramon Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Thailish/IT Lady" 2737 Aramon Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County July 18, 2026
Publish: August 14, 21, 28, Sept 4, 2026
THAILISH 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06182
Hilda Garcia Gonzalez and Eduardo Ramirez Rivera, 1429 Ascot Avenue, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "R and G Cleaning Services" 1429 Ascot Avenue, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 6, 2026
Publish: August 14, 21, 28, Sept 4, 2026
CLEANING 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06180
H&S Send it LLC, 1966 Creekwood Drive, Yuba City, CA 95993 is doing business under the Fictitious Business Name(s) "Postal Annex" 7909 Walerga Road, Antelope, CA 95843. Filed with the Clerk of Sacramento County August 6, 2026
Publish: August 14, 21, 28, Sept 4, 2026
POSTAL 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06155
Built to Bless LLC, 1401 21st Street, Suite R, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Sacramento Region Tax Care

Advocate" 4682 Village Mill Way, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 5, 2026
Publish: August 14, 21, 28, Sept 4, 2026
SACRAMENTO 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-04851
R & T Motorsports, Inc., 4622 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Capitol Yamaha" 4622 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County June 22, 2026
Publish: August 14, 21, 28, Sept 4, 2026
CAPITOL 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06193
Mohsen Rezaei, 3328 Hurley Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Sac City Roadside Assist" 3328 Hurley Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County August 7, 2026
Publish: August 14, 21, 28, Sept 4, 2026
SAC 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06188
Mahbod Rahmanifar Enterprises LLC, 620 15th Street Apt #121, Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Mahbod Rahmanifar's Bakery/Lavish Baking Academy" 620 15th Street Apt #121, Sacramento, CA 95814. Filed with the Clerk of Sacramento County August 6, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MAHBOD 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-05977
Madelynn Saechao, 7297 Meadowgate Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Doughsea" 7297 Meadowgate Drive, Sacramento, CA 95823. Filed with the Clerk of Sacramento County July 29, 2026
Publish: August 14, 21, 28, Sept 4, 2026
DOUGHSEA 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06199
Morgaine Hernandez, 5810 Mariposa Avenue, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Mariposa Bakery" 5810 Mariposa Avenue, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 7, 2026
Publish: August 14, 21, 28, Sept 4, 2026
MARIPOSA 9-4-26

FICTITIOUS BUSINESS NAME
STATEMENT FBNF2026-06220
Valentin Vorobets, 5037 Kahm Street, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Val Transportation" 5037 Kahm Street, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 7, 2026
Publish: August 21, 28, Sept 4, 11, 2026
VAL 9-11-26

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
CHANGE OF NAME
#26CV017206
Mustafa Kadhim Taha and Doaa Basil Mohammed have filed a petition with this court for a decree changing the name(s) of Fatima Taha to Fatimah Mustafa Kadhim.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 25, 2027, at 9:00 a.m. in Department 16C, located at 500 G Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 16, 2026
Christopher E. Krueger, Judge of the Superior Court
Publish: August 21, 28, Sept 4, 11, 2026
MOHAMMED 9-11-26

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#26CV014695
Inna, Sergeevna, Vinokurov has filed a petition with this court for a decree changing the name(s) of Inna, Sergeevna, Vinokurov to Inna Vino.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 20, 2027, at 1:30 p.m. in Department 8D, located at 500 G Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: June 17, 2026
Julie G. Yap, Judge of the Superior Court
Publish: August 21, 28, Sept 4, 11, 2026
VINOKUROV 9-11-26

Johnson, Hoover Push ACA 23 to Take Partisanship Out of California Elections

Assembly Republicans News Release

SACRAMENTO, CA (MPG) - Assemblywoman Natasha Johnson (R-Lake Elsinore) and Assemblyman Josh Hoover (R-Folsom) on Aug. 13 urged support for Assembly Constitutional Amendment (ACA) 23, which would make California's Secretary of State a nonpartisan office and remove party preference from the ballot for candidates seeking the position.

They were joined at a Sacramento press conference by Senator Roger Niello (R-Fair Oaks), whose SCA 3 would move responsibility for writing statewide initiative and referendum ballot titles and summaries from the Attorney General to the nonpartisan Legislative Analyst's Office.

"Election integrity in California has become a major issue that reduces voter trust. The Secretary of State is a critical position that shouldn't be subject to political influence. However, recent disputes over the citizen initiative process have called into question the credibility of the office as an impartial arbiter of election issues," said Johnson. "ACA 23 and Senator Niello's SCA 3 would restore trust at the ballot box by empowering the nonpartisan Legislative Analyst's Office to prepare ballot titles and ensuring that election oversight by the Secretary of



On Aug. 13, Assemblyman Josh Hoover (R-Folsom) urged support for Assembly Constitutional Amendment (ACA) 23, which would make California's Secretary of State a nonpartisan office and remove party preference from the ballot for candidates seeking the position. Courtesy photo

State is protected from partisanship. Voter trust in elections is at an all-time low, and it is our duty as a legislative body to improve confidence in our electoral process. Passing ACA 23 and SCA 3 will be an important step in that direction."

"It's time to take partisanship out of our elections and restore Californians' trust in the electoral system," Hoover said. "ACA 23 will begin that process by properly establishing the Secretary of State as a nonpartisan position. To improve transparency, Senator Niello's constitutional amendment will help ensure voters have access to the most honest and accurate information when making decisions at the ballot box. California voters deserve to have confidence in our elections."

ACA 23 would place the Secretary of State

alongside judicial, school, county and city offices and the Superintendent of Public Instruction as a nonpartisan office under Article II of the California Constitution. Political parties could not nominate candidates for the office, and candidates' party preferences would not appear on the ballot.

Legislators including Assemblymembers Carl DeMaio (R-San Diego), Minority Leader Alexandra M. Macedo (R-Tulare), Laurie Davies (R-Laguna Niguel), Diane Dixon (R-Newport Beach), Stan Ellis (R-Bakersfield), Kate Sanchez (R-Rancho Santa Margarita), Tri Ta (R-Westminster), and David Tangipa (R-Fresno) were also in attendance, along with former Assemblyman Don Wagner and Victor Marani of the American Independent Party. ★



Cyclospora Fallout Hits California Farmers

California lettuce was not implicated in a sprawling cyclospora outbreak that sickened thousands of people and made frequent headlines this summer. But farmers in the state—who produce most of the country's lettuce—are shouldering much of the economic pain as wary consumers ditch lettuce and other fresh produce. Last month, lettuce prices declined 16.4%, the largest month-over-month drop on record, according to the U.S. Bureau of Labor Statistics. Meanwhile, market research firm NielsenIQ reported that from July 18 to Aug. 8, sales of iceberg lettuce fell 25.4% and prepacked salads dipped 34.2%. Growers said they were left with little choice but to destroy about a third of their lettuce crops that were ready to harvest. "It's been really bad," said Ryan Kelly, vice president and general manager of Salinas-based Boutonnet Farms in Monterey County. Since mid-July, he said, the collapse in lettuce sales had erased the farm's entire profit margin for the year.

Expected Almond Crop Yield Slightly Smaller This Year

California's 2026 almond harvest is expected to be somewhat smaller than last year's crop, after early-season heat affected yields. But with harvest typically wrapping up in October, some growers say the full impact of the heat—and the size of this year's crop—remains to be seen. The U.S. Department of Agriculture projected yields at 2.7 billion pounds, down 1% from last year, with bearing acreage also expected to fall by 1% to 1.39 million

acres. Mel Machado, chief agricultural officer for Blue Diamond Growers, said warmer-than-normal March temperatures drove earlier kernel development, which led to an earlier harvest—similar to the heat's impacts on other crops. He said some growers reported harvesting almonds 10 to 14 days earlier than usual. Machado said some reports suggest early spring heat can possibly result in smaller kernels, so he's keeping an eye out for those impacts. But he said better post-bloom weather appears to have improved nut retention.

Nonprofit Program Aims to Bring More Rice to Delta

Corn has long been a staple crop in the Sacramento-San Joaquin Delta. But in recent years, reports have shown a change in the region's agricultural makeup as more delta farmers turn to rice—a move supported by state dollars. In 2019, the Nature Conservancy launched a rice crop conversion program using a \$4.3 million state grant. The program offers financial aid to delta farmers seeking to transition their acreage to rice. Fifth-generation farmer Jerred Dixon manages the nonprofit's 9,200-acre Staten Island Preserve in San Joaquin County, which includes 4,500 acres of rice. Dixon encourages other delta farmers to consider rice as well—for its financial potential and environmental benefits. "It's economically viable, and it's also helping protect what is still here," he said. Because rice growers flood their fields during the growing season, cultivation of the crop helps create habitat for species that rely on wetlands that once covered the region. ★

Vonseeger Captures California State Fair Mid-Amateur Golf Championship

Sacramento Golf Council News Release

SACRAMENTO, CA (MPG) - Stefan Von Seeger claimed the 2025 California State Fair Mid-Amateur Golf Championship, played Aug. 22 to 23 at Bing Maloney Golf Course.

Von Seeger posted scores of 68 and 67 for a 135 total, beating the 2025 Sacramento Golf Council Player of the Year, Taylor Knoll, by two strokes.

The championship was open to male amateur golfers age 30 and older with a World Handicap System Index of 6.8 or lower.

The event was conducted by the Sacramento Golf Council, with Sean Wong serving as tournament director. ★



Stefan Von Seeger poses with the championship trophy. Photo courtesy of Sacramento Golf Council

Can sitting too close to the TV ruin your eyesight?

- Angel, 12, Illinois

Dear Angel,

My mom warned me about sitting too close to the TV. Many kittens (and kids) hear that.

I asked my friend Dr. Jenna DeWald if it's dangerous. She's an eye doctor. She went to college at Washington State University.

She told me watching TV up close won't hurt our eyes. But there's a historical reason people think it might.

"There's no direct harm from a TV itself," DeWald said. "It doesn't emit anything harmful. But some TVs back in the day—like in the 60s—did emit some higher radiation. It was a manufacturing defect."

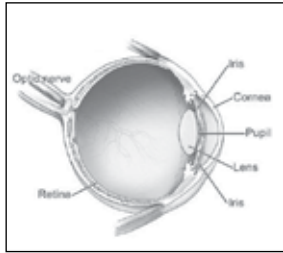
Those old school TVs leaked X-rays. That's the same stuff doctors use to take pictures of your bones or teeth. In small, controlled doses, X-rays are no big deal. But it's unhealthy to absorb too many.

Your body is made of atoms. Each atom has a nucleus made of protons and neutrons. That's surrounded by a cloud of electrons.

A rogue X-ray can zoom through your body and bang into atoms. It can knock some electrons out of the cloud. They fly off into nearby tissues. The remaining atoms are unstable.

That can harm your cells and DNA.

Fortunately, your body



Let's say you look at something—like an adorable cat. Light bounces off all the parts of the cat. The light travels to your eye and passes through your pupil. Then the lens focuses the light, so it hits the retina. That forms an upside-down image of the cat. The image is sent as an electrical signal up the optic nerve to your brain. Courtesy photo

can fix that damage—or trash the cells or bits of DNA that are too broken to repair. But there's a risk that some damage can stick around and cause problems.

So, people take X-rays seriously. That's why healthcare providers are careful when taking pictures of your bones or teeth.

When people discovered those leaky TVs, they said not to sit too close. Then they repaired the TVs to block the leaks.

Today's TVs don't use X-rays at all. But those old leaky TVs were scary—and people don't really remember why they weren't supposed to sit close. So, the warnings have stuck around.

It turns out kids often sit closer to the TV because young eyes work better.

"Kids can focus very well with their eyes," DeWald said. "If you give a kid a

tablet or a phone or a book, they'll hold it pretty close. That looks abnormal to adults—but a kid's eyes can easily handle it."

That up-close focus comes from the eyeball's lens. The lens sits just behind the cornea (the part you can touch) and the colored iris. The lens is shaped like an M&M and made of clear proteins. It's super flexible. Nearby muscles squeeze and relax to adjust the lens' shape. That's how focusing works.

As people age, the lens becomes less flexible. That makes it harder for adults to focus. It's why many older adults use reading glasses.

There is some risk to using your up-close focus too much—like spending tons of time using a screen or reading a book.

Your eyeballs will grow until your 20s. They may adapt to seeing things close up by growing longer. If that happens, you'll need glasses to see things far away.

The solution is to spend two hours outside every day. "When kids play outside, they have far-off activities to look at," DeWald said. "It's really about having a good balance."

I guess giving your eyes lots of things to focus on is spec-tacular.

Sincerely,

Dr. Universe

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