



THE NEWS

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JOBS TO RIO
LINDA CENTER**



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More Than a Crown

Reesa Artz Advocates for Families, Students and Community



In November, the decade comes full circle: Artz will represent California at the National American Miss national competition. Photo courtesy of Reesa Artz

By MPG Staff

SACRAMENTO, CA (MPG) - On most weekday mornings, Reesa Artz can be found in a school health office, taking a temperature, refilling an inhaler, advocating for a student during an IEP meeting, or sitting with a student who just needs a quiet minute. On weekends, she might be at a food literacy event, teaching childbirth education, behind a microphone at a community fundraiser or on a video call with tribal health partners.

This year, she is doing all of it wearing a crown.

Artz was recently named National American Miss California Elite 2026, a competitive statewide title she earned after a consecutive decade with the organization. National American Miss is a personal development and community service program that emphasizes public speaking, volunteerism and leadership for young women, and Artz has grown up inside

it, competing, mentoring and returning year after year to a program she credits with teaching her how to walk into a room and advocate for something bigger than herself.

“That stage taught me how to think on my feet, hold a room, and trust that I belonged in it,” Artz said. “I use those skills every single day.”

The rooms she walks into are almost all here. Artz's roots run straight through this community: she attended Mariemont Elementary and Sierra Oaks before graduating from St. Francis High School, and she was a Girl Scout from kindergarten through high school, earning her Bronze, Silver and Gold Awards with her mother, Angela, serving as troop leader.

Those years pointed her toward a career in care. Professionally, Artz is a registered nurse with the Sacramento City Unified School District, where she serves Title 1 students, young people for whom the school nurse

is often the most accessible health provider in their lives. She is also a graduate of the Duke University School of Nursing and was selected as one of Duke's “Young and Rising” for 2026, which highlighted the top 40 young alumni making impact in their fields.

Beyond the school health office, Artz is a birth and postpartum doula, a childbirth educator and a perinatal behavioral health coach, supporting families through pregnancy, delivery and the tender months that follow.

That work has now become her scholarship. Artz is a third-year PhD candidate in Indigenous and Rural Health at Montana State University, where she holds an NIH-funded translational research training fellowship. A Chippewa Cree tribal member from Rocky Boy Nation in Montana, she is building and piloting an Indigenous doula training curriculum in partnership with the California Rural Indian

Continued on page 2

40 Twin Rivers Schools Earn Statewide Recognition

Twin Rivers Unified School District News Release

MCCLELLAN PARK, CA (MPG) - Forty Twin Rivers Unified schools will be recognized at the 11th Annual California PBIS Conference for their work in creating positive, supportive learning environments for students. The conference will take place Oct. 7-9 at Safe Credit Union Convention Center in Sacramento.

The schools earned recognition through the 2026 California Positive Behavioral Interventions and Supports (PBIS) Recognition System, which recognizes schools for implementing effective, schoolwide practices that promote positive behavior, strengthen school culture and support student success.

In Twin Rivers, PBIS means creating clear expectations, recognizing positive choices and giving students the consistency and support they need to succeed.

“This recognition means a lot because it reflects the experience we want every student to have when they walk through our doors,” said Dr. Tu Moua Carroz, superintendent of Twin Rivers Unified School District. “We want our students to feel that they belong, that they are supported and that they have people in their corner. I’m proud of the 40 schools being recognized, but even more proud of the care and commitment our staff bring to students every single day.”

Of the 40 Twin Rivers schools recognized this year, 25 received Platinum recognition, the highest level awarded through the program; 14 earned Gold and one earned Silver.

Platinum Award: Babcock Elementary, Castori Elementary, Creative Connections Arts Academy K-6, Creative Connections Arts Academy 7-12, Dry Creek Elementary, Foothill High School, Foothill Oaks Elementary, Foothill Ranch Middle School, Garden Valley Elementary, Hazel Strauch Elementary, Hillsdale Elementary, Las Palmas Elementary, Miles P. Richmond, Northwood Elementary, Pioneer TK-8, Regency Park Elementary, Ridgepoint TK-8, Rio Tierra Junior High, Rio Linda Preparatory Academy, Sierra View Elementary, Smythe K-6,

Continued on page 2

Finding Capacity and Resilience

Exploring Somatic Therapy and Dream Work
with Nicole Lemaster, LFMT, SEP



By Abbey Wicks

SACRAMENTO, CA (MPG) - Nicole Lemaster considers herself to be more than just a therapist. She considers herself a healer.

With more than a decade of experience, Lemaster is a Licensed Marriage and Family Therapist (LMFT) and a Somatic Experiencing Practitioner (SEP).

As a somatic therapist, she takes a body-centered approach in helping clients find relief from trauma stored in the body.

Stored trauma might show up as chronic pain, difficulty sleeping or not being able to enjoy the present moment. Her work guides her clients to nervous system regulation and finding a state of homeostasis.

Lemaster’s journey to becoming a somatic therapist stemmed from her own lived trauma. She identifies with the wounded healer archetype, or a person whose personal trauma and pain becomes their source of helping others.

She specializes in patients with PTSD,

Continued on page 3

Nicole Lemaster with her book “WTF Am I Even Doing: A Nervous System Workbook To Support Mind Body Alignment.” Photo courtesy of Nicole Lemaster (@coleyology)

More Than a Crown

Continued from page 1
Health Board, research aimed squarely at the maternal health disparities facing Native families.

For all of that, the title year looks less like a résumé and more like a calendar. Artz is spending it doing what the sash is actually for: showing up with love and lots of heart. Farmers markets. Nature centers and neighborhood parks. Family festivals. Fundraisers and galas. Most of her days, she says, come down to the same small thing, noticing what someone needs before they've had to ask.

She learned that at home. “Everything I know about caring for people, I learned watching my mom,” Artz said. “She showed up for me, her work, strangers, her neighbors, anyone who needed her. She never called it service, she just called it being there, and she's still the person I'm trying to be.”

Artz is just as direct about what a decade of competition gave her, and impatient with the assumption that it is about appearances. The stage taught her how to be interrupted and keep going, and how to walk into a room of strangers and make the case for something that matters. The same skills work at a bedside with a frightened family and at a table where policy gets decided.

“Every ambitious woman I know has been told at some point to take up less space,” she said. “This organization spent ten years teaching me the opposite. We all are so worthy and deserve to



Artz was recently named National American Miss California Elite 2026, a competitive statewide title she earned after a consecutive decade with the organization. Photo courtesy of Reesa Artz

take up space and achieve boldly.”

In November, the decade comes full circle: Artz will represent California at the National American Miss national competition.

“I'm not walking in there alone,” she said. “Every family I've cared for, every kid in my health office, this community, my mom, I get to carry all of them with me. That's truly the honor of a lifetime.”

Whatever the result, the year ahead looks the

same to her. What she wants people to take from it has nothing to do with a crown, it's the simple, stubborn belief that everyone has something a community needs, and that the only way to find out what yours is is to go looking. Dream as big as you want, she says, then find the place that needs you, and go.

Artz is available throughout her title year for community events, school visits and volunteer service, at no cost to local organizations. ★



Regenerative Label Payoff Remains Murky

Regenerative agriculture is all the rage. Proponents of the movement highlight its potential to improve farm viability and sequester carbon in healthy soils. While accusations of greenwashing have dogged regenerative claims, which are not federally regulated, a handful of third-party certifiers emerged during the past decade with the aim of building consumer trust and driving market growth. The number of California farms certified as regenerative has continually climbed, according to data from various certifiers. But industry experts said certification lacked tangible benefits for many farmers, possibly hindering wider adoption. “The main point to make is there is not a premium in the market right now,” said Kelly Damewood, CEO of California Certified Organic Farmers, the state's largest organic certifier, which also serves as a certifier for the Regenerative Organic Certified label. “What the return on investment is for most growers is not clear.”

Paintballs Among New Tools Allowed for Hazing Wolves

The California Department of Fish and Wildlife has approved new hazing options for ranchers living in counties with gray wolves present. State officials have scheduled training sessions throughout impacted areas that, once completed, will qualify ranchers to receive permits to use paint and inert powder projectiles along with sustained pursuit to prevent wolves from attacking livestock. Last year, California confirmed 196 livestock killed by the

predator. Many impacted livestock producers have long held that the noninjurious hazing options given to them to scare off wolves, including shining bright lights and making loud noises, are not effective. Sierra County Sheriff Mike Fisher described the new hazing options as more frustrating than encouraging because the range and impact of paint or powder projectiles make them useful in only very narrow circumstances.

USDA Seeks to Ease Organic Certification Process, Costs

As a bulwark against fraud in the organic market, the U.S. Department of Agriculture enacted a new rule two years ago that required certification at every step of the supply-chain process—from farmers to brokers to storage facilities. The rule, called Strengthening Organic Enforcement, or SOE, increased oversight of the production, handling and sale of organic agricultural products in an effort to build consumer and industry trust in the organic label. While the regulation improved farm-to-market traceability, it drew complaints from growers and handlers that record-keeping became excessive and cumbersome. Now, USDA is working to adopt a common organic system plan, which is designed to streamline certification with a goal of improving consistency, making oversight more efficient, and helping the organic sector meet the needs of a growing and complex marketplace, according to Jennifer Tucker, USDA deputy administrator of the National Organic Program. ★

40 Twin Rivers Schools Earn Statewide Recognition

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Smythe 7-8, Village TK-8, Westside Elementary and Woodlake Elementary.

Gold Award: Allison Elementary, Del Paso Heights Elementary, Hagginwood Elementary, Fairbanks Elementary, Highlands High School, Keema School

for Independent Study, Kohler TK-8, Madison Elementary, Martin Luther King Jr. Technology Academy, Northlake TK-8, Norwood Junior High, Oakdale TK-8, Rio Linda High School and Woodridge Elementary.

Silver Award: Grant Union High School. ★





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Finding Capacity and Resilience

Continued from page 1

complex PTSD and shock trauma. Anxiety and depression usually end up in the cluster with those other diagnoses, Lemaster said. However, this type of therapy can benefit clients who aren't experiencing these disorders.

"The nervous system work is profound, and it can literally support people who haven't had these types of shock traumas or complex traumas from their developmental years," Lemaster said.

Working with nervous systems led Lemaster to start her own dream coaching business, Moonbeam Dream, where she offers sessions such as DreamSphere, a five-week program and Auralis, a nine-week program.

"The same nervous system work that helps you get over symptoms also supports you having the capacity to tolerate visibility or have courage," Lemaster said.

Lemaster said somatic therapy might be considered by patients who are feeling stuck and not benefiting from traditional talk therapy or continue to engage in patterns or habits that they know are harmful.

"There's like on lay of guilt and shame for being able to see it, but their system still doesn't have the capacity to do it different," Lemaster said this same idea applies to fear around pursuing a dream.

According to an article from Harvard Health, "Typical talk therapies such as CBT engage only the mind, not the body, encouraging people to become aware of disturbing thoughts and behavior patterns and work to change them. But in somatic therapy, the body is the starting point to achieve healing."

Lemaster explained the natural pendulum of the nervous system; it wants to go back to homeostasis.

"What it learns throughout time, it gets conditioned for survival," she said. She explained it as the system finding a way to manage a stressful situation and continuing to exist in that state because that's what helped the person survive, even if that is not its true state of homeostasis. This creates tension stored in the body.

Somatic therapy involves showing your nervous system that it can

reset, that it is safe.

According to Lemaster, a supported nervous system looks like capacity and resilience. The buzzword concept of being "zenned out" oversimplifies the work that is being done within the nervous system, Lemaster said.

"It is being able to go to that space," Lemaster said. "But an actual nervous system that is regulated is like 'Oh, there's some high charge stress I know how to activate, and after it's done, I'm able to deactivate.'"

Lemaster explained the process of a somatic therapy session as mirroring back to her clients what she sees in their body language.

"My whole hope is to build safe enough, self-trust, self-love, self-intimacy, self-empowerment and it has nothing to do with me because I'm just mirroring back what your body's already doing," Lemaster said. "I'm just helping you know it's there and trust yourself."

It's building a well of resources to pull from and a safe space to pendulate back to. "So often when people are hurting, they can't locate pleasure as easily or what's good."

According to Lemaster, it's very common for people to experience microdoses of regulation, like taking a deep breath or noticing something beautiful in nature. Somatic therapy can help people become fully conscious of that regulation.

Nervous system regulation plays a significant role in pursuing dreams, something Lemaster realized throughout her work as a therapist.

"To create your dream, you need to be in alignment and authentic and vulnerable," Lemaster said.

An unregulated nervous system might shut down to keep you safe from experiencing that vulnerability, LeMaster said. Building resilience lends itself to pursuing dreams with courage.

"Because dreams are precious," Lemaster said.

Lemaster's book "WTF Am I Even Doing: A Nervous System Workbook To Support Mind Body Alignment" is available on Amazon. She can be found on social media @interconnectedheart and @coleyology. ★

Carvana Brings Jobs to Rio Linda with Vehicle Reconditioning Center

Carvana News Release

SACRAMENTO, CA (MPG) - Carvana, the industry pioneer for buying and selling cars online, recently announced plans to bring Inspection and Reconditioning Center (IRC) capabilities to its existing ADESA Brasher's wholesale auction site in Rio Linda, Calif.

The integration creates additional reconditioning capacity and a new inventory pool in Carvana's national network, supporting greater selection for retail customers nationwide, faster delivery speeds for California car buyers, and a more robust offering for local wholesale customers.

"Bringing IRC capabilities to ADESA Brasher's strengthens our national network while improving the experience for both retail and wholesale customers in Northern California," said Brian Boyd, senior vice president of inventory at Carvana. "We're excited to grow our local team and build on the site's nearly 50-year history as we bring greater selection, faster delivery and expanded capabilities to customers across the region."

Carvana has already begun hiring local team members to support this move and expects the integration to create about 100



new good-paying, skilled and entry-level jobs in inspection, reconditioning and vehicle fulfillment over time. These roles require no college degree and come with comprehensive benefits and on-the-job training opportunities. Candidates can browse open positions and apply here.

ADESA Brasher's has served wholesale auto auction customers in the Sacramento area for nearly 50 years. Now the facility will also house the teams and tools that drive Carvana retail reconditioning and fulfillment. The approximately 110-acre site includes over 7,000 parking spaces and offers significant infrastructure to support IRC operations alongside

ongoing wholesale auction activities.

The integration will establish a new pool of local retail inventory, giving customers access to a broader selection of vehicles with delivery options for nearby customers as soon as the same day. Wholesale buyers will benefit from enhanced on-site inspection and reconditioning capabilities, as well as ongoing access to ADESA's in-lane and digital auction services.

Carvana's proprietary software platform, CARLI, will power the site's transition to an IRC-enabled facility, supporting operational efficiency and consistency across its national reconditioning network. ★



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I can't keep goingI will carry you

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I'm too tiredI will give you rest

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I hate myselfI love you

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Fiscal Year 2026-27 Revised Recommended Budget Available



The FY 2026-27 Revised Recommended Budget includes \$9.2 billion in total appropriations. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - The Sacramento County Board of Supervisors will begin Fiscal Year (FY) 2026-27 Revised Recommended Budget hearings on Tuesday, Sept. 8, at 9:30 a.m. in Board Chambers in the Sacramento County Administration building, located at 700 H Street, Sacramento, 95814. If necessary, hearings will continue on Sept. 9, 10 and 11 at the same time and location.

The hearing schedule begins with the IHSS public authority budget deliberation and approval, the presentation of the FY 2026-27 revised recommended budget, then follows with public comment and ends with the board deliberation and approval of revisions to the approved recommended budget and capital improvement plan and approval of adopted budget resolutions

The Board of Supervisors approved the FY 2026-27

recommended budget on June 10. This year’s \$9 billion spending plan consists of \$3.2 billion in enterprise and special revenue funds (utility rates, fees and other dedicated revenue), \$4 billion in general fund (funded with \$1 billion in discretionary revenue, \$1.7 billion in reimbursements from restricted funds, and \$1.3 billion in federal, state and fee revenue dedicated to specific purposes), and \$1.7 billion in restricted funds (amounts transferred to the general fund to reimburse eligible expenditures in general fund departments).

The numbers in the budget change between June and September when the County receives new information, including the impact of the state budget and updated fund balance and revenue totals. Because of that new information, the revised recommended budget comes back to the board for review and adoption in September.

The FY 2026-27 revised recommended budget includes \$9.2 billion

in total appropriations.

Ok, that was a lot of numbers! You may be wondering, “what services does the county offer that I use and what programs do they run that I care about” – fair question! Let’s play a game of did you know?

Did you know? The County runs Sacramento International Airport (SMF) – which is growing year over year. SMF serves award winning food and beverage options, has a vast offering of non-stop flights to new and exciting destinations, and will be opening a brand-new parking garage in time for the holiday rush this year.

The County maintains 23-miles of the American River Parkway – a beautiful greenbelt full of wildlife with breathtaking views of the American River and multiple river access points, and a multi-use recreation trail that runs from Folsom to downtown.

The County maintains thousands of miles of roads, dozens of beautiful parks and four golf courses.

The County collects garbage and provides recycling and organics collection services for more than 165,000 residential customers, collects used mattresses and Christmas trees and runs the Kiefer landfill.

The County provides building permits, and information on land use and ownership, and brings new business opportunities to the region, helping to grow the economy and tax base and helping local small business to thrive.

The County is the connection to general assistance, cash assistance, mental health resources, substance use services and homeless services and manages our youth foster system, child support services and child protective services.

The County also inspects restaurants for food safety and public pools and spas for safety compliance, manages testing and containment on communicable disease and helps people exposed quarantine to limit the spread – potentially saving thousands of

people from exposure.

The County has a robust public safety and justice system – running the multifaceted jail system, including a youth correctional facility, probation, public defender unit and district attorney and law enforcement that all work together to keep our community safe.

The County runs a large, open-intake municipal animal shelter and animal regulation and enforcement operation, caring for tens of thousands of lost and neglected animals a year, facilitating adoptions for thousands of amazing animals back into the community, rescuing abused and neglected animals from abusers, and prosecuting them to the fullest extent of the law.

So – how many did you know? Members of the public may attend the hearings and be heard on any item in the budget, either publicly or through written comments. The budget hearings will also be telecast live on Metro Cable 14 and on the web. ★

State Treasurer Fiona Ma Announces Results of Bond Sale for Sutter Health

Financing will support major health care expansion projects, including new medical campuses across Northern California and refinancing of existing debt



Fiona Ma
California State Treasurer's Office News Release

SACRAMENTO, CA (MPG) - California State Treasurer Fiona Ma, CPA, announced the results

of a \$1.407 billion bond sale for Sutter Health providing financing to support major capital investments in health care facilities across Northern California and refinance existing debt.

“This financing will help Sutter Health make significant investments in health care capacity and facilities in communities across Northern California,” said Treasurer Ma. “These investments will support expanded access to care, modernize health care infrastructure and help ensure that Californians can receive high-quality services close to home. I am pleased that the California Health Facilities Financing Authority was able to facilitate this

financing and help Sutter move forward with projects that will serve patients for years to come.”

The bond-financed capital projects include improvements at health care facilities throughout the Bay Area and the Central Valley. Projects include expansion of intensive care and inpatient capacity; acquisition of land

and medical buildings; laboratory facilities; and improvements to neuroscience and cancer care facilities.

Project locations in the Bay Area include San Francisco, San Mateo, Castro Valley, Pleasanton and Dublin. Two of the largest planned projects include a 1.3 million square foot campus in Emeryville called Emery Yards,

and an 850,000 square foot campus in Santa Clara that will also include a 1-million-square foot additional development nearby. Project locations in the Central Valley include facilities in Sacramento, Roseville, Folsom, Elk Grove and Modesto.

Proceeds were also used to refund Sutter’s outstanding 2016B bonds, which generated approximately \$25.7 million in net present-value savings, or approximately 6.7 percent over the life of the bonds.

The original financing request approved by CHFFA authorized up to \$1.6 billion in aggregate principal amount. The final sale amount was \$1,407,070,000. ★





Election Information

November 3, 2026, General Election

Vote Early and Vote by Mail

OCT

SMTWTFS

X

Oct 5

Ballots begin to arrive by mail. Official Ballot Drop Boxes are now open.

OCT

SMTWTFS

X

Oct 19

Close of registration. Register today!

OCT

SMTWTFS

X

Oct 24

11-Day Vote Centers open through Election Day.

OCT

SMTWTFS

X

Oct 31

All Vote Centers open through Election Day.

NOV

SMTWTFS

X

Nov 3

Election Day! Last day to turn in your ballot.

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CLUES

ACROSS

1. Give benediction

6. World's oldest broad-casting company, acr.

9. Hoodwink

13. H, spelled out

14. Have a cold, e.g.

15. Dogma

16. Raja's wife

17. Shel Silverstein's constrictor

18. Extreme, prefix

19. *"" my dear, I don't give a damn"

21. *""Why so ____?"

23. "High" beverage

24. Fairytale's second word

25. "Swan Lake" step, e.g.

28. Potassium hydroxide solution, pl.

30. Nincompoop

35. Month of Purim

37. At any time

39. Coastal town in southern England

40. Flick part

41. 4 x 4 race

43. Like most Brothers Grimm stories

44. "Peer Gynt" playwright

46. Actress Campbell

47. Please do not delay, acr.

48. Experienced sailor (2 words)

50. Dispatched

52. a.k.a. Tokyo

53. Window guards

55. Beer faucet

57. *""I'm mad as hell, and I'm not going to take it ____"

61. *""What we've got here is ____ to communicate"

65. Like United States Capitol

66. Food safety org.

68. Ritual basin

69. Tooth trouble

70. Husk of corn

71. Sharks' domain

72. Fence board

73. Pastrami partner

74. Paper quantities

DOWN

1. Vomit

2. The one with pants on fire

3. Volcano in Sicily

4. *""I can smell the ____ of a woman... Honey oil, lavender, soap"

5. Israeli monetary unit

6. *""Hasta la vista, ____"

7. Life story, for short

8. Fastener

9. Hero shop

10. "Do ____ others..."

11. Paddington Bear's homeland

12. Airport postings, acr.

15. Rutabaga cousin

20. Extra sweatshirt, e.g.

22. Long period of time

24. No-good

25. *""We'll always have ____"

26. Hacienda brick

27. Mexican cuisine staple

29. *""She doesn't ____ go here"

31. Party garb?

32. Not better

33. Homer's famous poem, with The

34. *""Not quite my ____"

36. Donna or Lou

38. Techno dance party

42. Busybody, in Yiddish

45. *"" puts Baby in a corner"

49. Toothy fish

51. Alterations specialist

54. Mention something

56. *""There's no ____ like home"

57. Contributes

58. Season to be jolly

59. Village People hit

60. Source of protein

61. Cab payment

62. Eye layer

63. #74 Across, sing.

64. Sea eagles

67. *""Go ahead, make my ____"

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Kings Korner

By V.G. Harris

Welcome Ben Simmons

By V.G. Harris

Many of you have now been Sacramento Kings fans for literally decades, and discussions of playoffs have been a topic rarely heard in the city of Sacramento.

Enter new GM Scott Perry who has been promising changes with regard to bad drafts and trades that don’t make sense.

Although Perry has made a couple of moves that I strongly disagree with, the jury is largely still out as he has begun in earnest his quote, “rebuild.”

DeAaron Fox was traded not on his watch, but make no mistake about it, the decision to bring on the first overall pick in the 2016 draft is all about Scott Perry.

Sink or swim, the acquisition of Ben Simmons, albeit for only one year and a price tag of only 3.5 million, lands entirely in the lap of Scott Perry.

Just a week ago in this column I wrote that the possibility existed that the Kings may have interest in signing Simmons, who has had a checkered past to say the least, and now the suspense is over, and Ben Simmons is now about to become a full-fledged member of the Sacramento Kings family.

I am an ardent believer that any player attempting a comeback deserves his opportunity to allow the fan base see what he has in the tank, and I for one will not root against this player that has literally been injury prone for the entirety of his 10-year NBA career.

It is rare that an organization has the opportunity to acquire a player drafted No. 1 overall, and in the case of 6-foot-10 Ben Simmons he is coming to the Kings after sitting out the entire 2025-26 season.

The prevailing problem has been related to back issues for Simmons, but according to Simmons himself, he wasn’t going to try and mount a comeback until he was “bulletproof.”

The Kings recently worked out Simmons in Sacramento, and he had a meeting with Scott Perry that obviously went well.

Simmons stats are not eyepopping, but certainly worthy of taking note. Over a 10-year career spent with three teams, Simmons had a scoring average of just over 13 points per game, seven rebounds, seven

assists and 1.5 steals.

To his credit, although most widely noted for missing games due to injury, Simmons made the all-star team one time, and in 2021 was runner up for the defensive player of the year.

Aside from the perpetual injury bug, if there is one knock on this otherwise talented big man, it is his abysmal free throw shooting.

At an astonishing low 59 percent, he brings back memories of another talented big man who couldn’t make free throws by the name of Wilt Chamberlain. Wilt shot an almost unbelievable 51 percent from the charity strip, and like Shaquille Oneal he was known for his inability to make free throws when it counted.

Sadly, Ben Simmons is coming to a team that is typically dead last in free throw shooting, so who on the Kings team is going to step up and teach this 10-year veteran how to improve in an area that he clearly knows little about?

The Kings coaching staff?

If you thought all eyes were on Darius Acuff Jr., wait till you see Ben Simmons take the floor for the Sacramento Kings.

As I said before, I refuse to root against Simmons regardless of past problems, and I don’t believe the Kings would sign him to a contract of any length if they thought he wasn’t 100 percent healthy.

I want to close my eyes and imagine what a healthy Ben Simmons looks like playing alongside Domantas Sabonis, with a talented rookie point guard distributing the ball, and two capable three-point shooters on the wings in Zach Lavine and Keegan Murray.

Does this new lineup have potential? Absolutely it does, and once again it boils down to staying away from injuries and allowing a group of very talented players to develop chemistry and do what they do.

If you’re an ardent Kings fan it’s almost impossible not to get excited.

Look for an opening night that Sacramento hasn’t seen in years, and all of a sudden ticket sales just went up!

Stay tuned Kings fans because there is more to come.

All the best! ★

California’s Political Hopefuls Remain Silent on State’s Job Losses, Unemployment



By Dan Walters,
CALMatters.org

In two months California voters will elect a governor, fill several other statewide offices and choose a new class of state legislators and members of Congress.

The aspirants for those positions are making all sorts of promises to win voters’ approval. But few, if any, have mentioned a slow-motion menace affecting a fundamental facet of life: jobs.

The state has never fully recovered from the virtual shutdown of the economy during the COVID-19 pandemic. It still has more than a million unemployed workers. Its unemployment rate continues to be the highest, or nearly so, of any state. And its signature economic sectors, such as high tech and film production, have been shedding jobs for several years.

As ominous as those data points sound, a deeper dive into employment data reveals an even darker reality.

“California’s labor market is holding up, but its foundations remain troublingly narrow,” Justin Niakamal, research manager at Beacon Economics, said in a recent overview of the state’s economy. Healthcare is the only sector with strong employment gains, he noted.

While healthcare jobs are welcome, they are highly dependent on spending by

federal and state governments, and both have been cutting back. Moreover, while healthcare is a service industry, it does not create added-value wealth the way technology, film production and agriculture do.

Back to the data.

California’s stubbornly high unemployment rate — 5.1% in July — was second-highest among the states, behind Connecticut and Oregon, both at 5.2%. The rate is the percentage of the labor force that is not employed, even in part-time work, during the month.

The size of the labor force, as well as the unemployment figure, are important to note. Over the previous year, California’s labor force — people who are working or seeking work — declined by 286,300, according to the monthly Employment Development Department report.

To some extent, the labor force decline masks the actual decline in employment. Moreover, the widely quoted unemployment figure is simplistic: Even if someone is paid for working just a few hours in a month, he or she is counted as employed.

The federal Bureau of Labor Statistics makes several other computations of employment that are more sophisticated. One, called U-6, measures underemployment. It takes into account workers who want to work full time but can only find part-time work, as well as those who are “marginally attached” to the labor force.

California’s U-6 rate is a much more realistic measure of the job picture. It was calculated at 10.3% in June, easily the highest of any state.

The bureau also calculated

U-6 for New York City and Los Angeles County because their populations are larger than many states. New York’s rate was 10.2% while Los Angeles’ was 12.1%.

Those are high numbers but may still understate what’s happening — or not — in California’s job market.

The Ludwig Institute for Shared Economic Prosperity takes the U-6 underemployment calculation even further. It discounts jobs, even full-time work, that pay less than a living wage, which it pegs at \$26,000 a year. It calls its number the “true rate of unemployment,” saying it measures “functional unemployment.”

As one might suspect, Ludwig’s calculations for California — reported by major metropolitan area — are very high, especially in rural communities where agriculture is a primary source of jobs.

California’s highest “true unemployment” rate, according to Ludwig, is in Redding (67.4%). Other rural or semi-rural communities fall into the 50%-65% range. But some urban regions see high rates as well, such as 53.8% in the Los Angeles-Long Beach-Anaheim metropolitan area.

Only a few regions are under 50%.

Given these numbers, one might expect that California’s officeholders and office seekers would be telling us how they will respond. They are not.

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

Why change Social Security now? It’s a working “Ponzi



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: Maybe everybody has the same reaction that I do to Social Security insolvency. I do not understand a system that has been basically run like a Ponzi Scam since its Inception; why have you decided (in 2026-2027) that now is the time to change a perfectly good Ponzi Scam. In all reality, this began with Babylon. I’m sure that if you searched the meaning of the words “Babylonian money magic,” you would understand what I’m talking about. If this is as good as the Earth has, why would you mess with a perfectly rotten thing. Why would you decide to change currencies to some sort of fragile digital currency?

Signed: Skeptical Senior

Dear Skeptical Senior: You touch on an item that the AMAC Foundation has dealt with many times over the years, specifically the notion that Social Security has the characteristics of a Ponzi Scheme. Our position in response to that notion is that Social Security was created and operated with full transparency, with its financial

status, formulas, and long-term deficits completely and publicly documented, and reported to the President and Congress annually. Unlike the infamous Charles Ponzi, the government has a permanent pool of contributors through mandatory FICA and SECA (self-employment) payroll taxes and is designed to remain in operation infinitely as long as there’s a taxpaying workforce. Moreover, the Social Security system is overseen by Congress, specifically the Senate Finance Committee and the House Ways and Means Committee, and the Government Accountability Office (GAO). The Social Security Administration is subject to routine hearings by these congressional overseers and maintains an independent Office of the Inspector General to ensure the integrity of its financial operations.

Contrary to Ponzi victims, all participants retiring from the workforce (and their dependents) recover their Social Security contributions via benefit payments, some more than others based on their level of participation in the system. Also, contrary to Ponzi Schemes, Social Security was designed as a social insurance system and has operated successfully in that mode for over nine decades.

What raises the notion of a Ponzi Scheme comparison these days is the looming insolvency facing Social Security just six

years from now. This financial problem, however, has nothing to do with fraud. Rather, it is a function of workforce demographics and the fact that Congress has long deferred corrective action on a problem that has been known for the past four decades. We sometimes hear well intended (but sometimes uninformed) comments from some Washington politicians invoking the Ponzi Scheme reference, but we believe that Congress is finally waking up to the urgency. And we also believe Congress is now starting to move seriously to set a course for correction in time to ward off the impact of insolvency. AMAC is proud to be a part of the collective thinking currently surfacing, and our Social Security Guarantee is in play as a plan to be considered.

We invite you to review our SS reform plan (at <https://amac.us/social-security-guarantee>) and likewise to stay tuned to our Social Security Report website (<https://socialsecurityreport.org/>) where we post regular updates on a variety of matters pertaining to Social Security and retirement.

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). ★



A Foolhardy Conflict with an Inoffensive Ally

senseless, legally dubious and politically harmful push to tariff everything and everyone he can.

Trump’s imposition of all these duties -- often relying on strained interpretations of U.S. statutes -- has run directly counter to his promise in the 2024 campaign to reduce prices, a pledge central to his victory. Although the administration maintains that the cost of tariffs isn’t passed on to U.S. consumers -- instead borne by foreign countries and producers -- its actions implicitly concede the opposite.

The administration excluded an array of consumer electronics from new reciprocal tariffs on China to avoid unpopular price increases, and it lifted tariffs on a long list of foodstuffs late last year. Twice this year, including about a week ago, the administration widened exceptions for beef imports. If tariffs were genuinely cost-free, none of this would have been deemed necessary by the most protectionist administration since that of Herbert Hoover.

A chief argument for tariffs is that they will revive American manufacturing. Even if this is true, it’s a long-term play, whereas the disruption from tariffs is experienced immediately. It’s also a questionable proposition; increasing the price of imported goods used in manufacturing, which is the effect of the scattershot tariffs, doesn’t do U.S. producers any favors. It is telling that the National Association of Manufacturers opposes the sweeping tariffs.

Polling consistently

finds that the duties are unpopular. Majorities oppose Trump’s handling of the issue, and the public believes that the tariffs have increased prices and should be lowered. The trade war with Canada in particular fares poorly. A YouGov survey found that 62% of people oppose the imposition of 50% tariffs on many Canadian imports.

At the end of the day, Trump has chosen a long-standing ideological goal and his legacy over his short-term political standing. He has advocated for major tariffs for decades and has finally gotten them. They are likely to endure, even if they hurt now. His most probable Republican successor, J.D. Vance, presumably wouldn’t roll them back, and the Democratic candidate in 2028 might be equally protectionist. Regardless, it’s going to be difficult for future presidents to give up the revenue generated by the duties.

And so a president who campaigned on lowering prices has embraced a policy that, at the margins, increases them. Unless things are smoothed over with our Friendly Neighbor to the North, there will be more where that came from -- in a dispute with a country that no one considers an economic threat to the United States.

If the midterms end up sending a broad message of discontent, the tariffs will surely be a reason why.

Rich Lowry is editor of the National Review.

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CAR 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06223
Filipp Tarasyuk, 2238 Waterford Road, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "FLT Transportation" 2238 Waterford Road, Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 7, 2026
Publish: August 21, 28, Sept 4, 11, 2026
FLT 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

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-04531
Samarveer Singh, 3277 Garden Terrace Drive, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "M & A Web Solutions" 3277 Garden Terrace Drive, Folsom, CA 95630. Filed with the Clerk of Sacramento County June 10, 2026
Publish: August 21, 28, Sept 4, 11, 2026
WEB 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06083
OCD Mobile Solutions LLC, 10265 Old Placerville Road #25, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "J's Street Beats" 10265 Old Placerville Road #25, Sacramento, CA 95827. Filed with the Clerk of Sacramento County July 31, 2026
Publish: August 21, 28, Sept 4, 11, 2026
JS 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06161
Richard DeSantis, 8104 Filifera Way, Antelope, CA 95843 and Kevin Hanawalt, 11134 Cascina Way, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "RMD Hanawalt Construction" 11134 Cascina Way, Rancho Cordova, CA 95670. Filed with

the Clerk of Sacramento County August 6, 2026
Publish: August 21, 28, Sept 4, 11, 2026
RMD 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05947
Carmen Peralta Bedoy, 608 Norma Court, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "V & S Auto Keys" 608 Norma Court, Sacramento, CA 95833. Filed with the Clerk of Sacramento County July 28, 2026
Publish: August 21, 28, Sept 4, 11, 2026
AUTO 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05506
Mona Ghaffarian Maghoul, 9580 Oak Avenue Parkway Suite 7-299, Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "MGH Company" 9580 Oak Avenue Parkway Suite 7-299, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 16, 2026
Publish: August 21, 28, Sept 4, 11, 2026
MGH 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06291
Roots of Integration, LLC, 2110 K Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Atma Somatics" 2110 K Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 12, 2026
Publish: August 21, 28, Sept 4, 11, 2026
ATMA 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06285
Hazak LLC, 8920 Bedford Avenue, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Trek Off" 8920 Bedford Avenue, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 12, 2026
Publish: August 21, 28, Sept 4, 11, 2026
TREK 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06272
Natalia Voloshina, 15 El Conde Court, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Natalia's Cleaning Services" 15 El Conde Court, Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 11, 2026
Publish: August 21, 28, Sept 4, 11, 2026
NATALIAS 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06271
Inna Babich, 3113 Stanhope Way, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Inna Clean Co." 3113 Stanhope Way, Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 11, 2026
Publish: August 21, 28, Sept 4, 11, 2026
INNA 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06316
Ivan Efen Herrera, 3335 B Watt Avenue #171, Sacramento CA 95821 is doing business under the Fictitious Business Name(s) "AA Garage Doors/AAA Garage Doors" 3529 Ridgewood Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 13, 2026
Publish: August 21, 28, Sept 4, 11, 2026
AA 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06184
RJ & AJ Enterprises, 10266 Rockingham Drive, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "MJM Supply/DVBE Staffing" 10266 Rockingham Drive, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 6, 2026
Publish: August 21, 28, Sept 4, 11, 2026
MJM 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06369
Brian Bigelow, 4801 El Camino Avenue B, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bigelow Construction" 4801 El Camino Avenue B, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 14, 2026
Publish: August 21, 28, Sept 4, 11, 2026
BIGELOW 9-11-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06357
Aaron Toto, 8111 Cook Riolo Road, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Aaron Brothers Home Services" 8111 Cook Riolo Road, Antelope, CA 95843. Filed with the Clerk of Sacramento County August 14, 2026
Publish: August 28, Sept 4, 11, 18, 2026
AARON 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06373
Valeriya Timoshenko, 8015 Watt Avenue, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "European Market and Deli" 8015 Watt Avenue, Antelope, CA 95843. Filed with the Clerk of Sacramento County August 14, 2026
Publish: August 28, Sept 4, 11, 18, 2026
EUROPEAN 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06314
Ryan Robinson, 3363 Hayground Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Grain & Light Studio/ Grain & Light" 3363 Hayground Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 13, 2026
Publish: August 28, Sept 4, 11, 18, 2026
GRAIN 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05482
Seven Enterprise LLC, 5044 Madison Avenue, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "The UPS Store" 5044 Madison Avenue, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 15, 2026
Publish: August 28, Sept 4, 11, 18, 2026
THE 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06302
Brandon Shawn Mok, 915 Cobble Shores Drive, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Fresh Paws Company" 915 Cobble Shores Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 12, 2026
Publish: August 28, Sept 4, 11, 18, 2026
FRESH 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05147
Erin Helpio, 1401 21st Street #12552, Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Cranium Care" 1401 21st Street #12552, Sacramento, CA 95811. Filed with the Clerk of Sacramento County July 6, 2026
Publish: August 28, Sept 4, 11, 18, 2026
CRANIUM 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-04993
Sodi Singh, 9126 Kristina Court, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Sodi Trucking" 9126 Kristina Court, Sacramento, CA 95829. Filed with the Clerk of Sacramento County June 25, 2026
Publish: August 28, Sept 4, 11, 18, 2026
SODI 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06258
Auburn Villa, LLC, 710 Lakeway Drive Suite 180, Sunnyvale, CA 94085 is doing business under the Fictitious Business Name(s) "Auburn Villa Mobile Home & RV Park/Auburn Villa Mobile Home Park/Auburn Villa RV Park/Auburn Villa MHP/Auburn Villa" 5867 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 11, 2026
Publish: August 28, Sept 4, 11, 18, 2026
AUBURN 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06398
Ivan Otsimik, 5845 Del Campo Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "MegaCheB" 5845 Del Campo Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 17, 2026
Publish: August 28, Sept 4, 11, 18, 2026
MEGACHEB 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-04737
VP Specialty Inc., 2301 West La Loma Drive, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Victor Pools/VP Enterprises" 2301 West La Loma Drive, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County June 16, 2026
Publish: August 28, Sept 4, 11, 18, 2026
VICTORS 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06033
Miles McDonald, 7741 Reno Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Mr Bassett's USA" 7741 Reno Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 30, 2026
Publish: August 28, Sept 4, 11, 18, 2026
MR 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06431
TINKU Holdings LLC, 7521 Malva Rosa Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Venue at Folsom Junction" 1301 Bidwell Street, Folsom, CA 95630. Filed with the Clerk of Sacramento County August 18, 2026
Publish: August 28, Sept 4, 11, 18, 2026
VENUE 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06257
Michael Prestwich, 2711 Tioga Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Knight Automotive" 2711 Tioga Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 11, 2026
Publish: August 28, Sept 4, 11, 18, 2026
KNIGHT 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06479
Thi Hong Ha Nguyen and Marcos Edo Giralt, 210 Bill Bean Circle, Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "Hong Ha. Travel" 210 Bill Bean Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 20, 2026
Publish: August 28, Sept 4, 11, 18, 2026
HONG 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06452
Gustavo Balderas Gutierrez, 611 Charles Bradley Way, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "3B Construction" 611 Charles Bradley Way, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 19, 2026
Publish: August 28, Sept 4, 11, 18, 2026
CONSTRUCTION 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06499
Michael Hatfield, 10265 Old Placerville Road #25, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "J's Street Beats/OCD Mobile Solutions" 10265 Old Placerville Road #25, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 20, 2026
Publish: August 28, Sept 4, 11, 18, 2026
JS 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06268
New Day Bake Shop LLC, 7643 Van Maren Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "New Day Bake Shop" 7643 Van Maren Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 11, 2026
Publish: August 28, Sept 4, 11, 18, 2026
NEW 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06470
Phatcharin Jumpasom, 2530 J Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Maneeya Thai Massage" 2530 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 19, 2026
Publish: August 28, Sept 4, 11, 18, 2026
MANEEYA 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06460
PBRE, Inc., 2055 Red Star Court, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Gold River Homes" 2055 Red Star Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County August 19, 2026
Publish: August 28, Sept 4, 11, 18, 2026
GOLD 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06448
Specialized Maintenance Services LLC, 1960 Blue Oaks Boulevard 190-6, Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "OCS/Olvera Cleaning Services" 164 La Vina Court, Roseville, CA 95747. Filed with the Clerk of Sacramento County August 18, 2026
Publish: August 28, Sept 4, 11, 18, 2026
OCS 9-18-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06440
Nancy Bonequi, 9028 Pear Orchard Court, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Smokin Good Co./Char & Chill Lemonade" 9028 Pear Orchard Court, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 18, 2026
Publish: September 4, 11, 18, 25, 2026
SMOKIN 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06546
Jessica Thompson, 9108 Castlebay Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "The Secondhand Trail Series" 9108 Castlebay Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 21, 2026
Publish: September 4, 11, 18, 25, 2026
THE 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06503
Irina Molkova, 6807 Barbara Lee Circle, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "M. Depilation Studio" 9739 Fair Oaks Boulevard Suite D Room 3, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 20, 2026
Publish: September 4, 11, 18, 25, 2026
DEPILATION 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06304
Cuddle Crew Pet Care LLC, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Cuddle Crew Pet Care" 2108 N Street Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 12, 2026
Publish: September 4, 11, 18, 25, 2026
CUDDLE 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06318
Piece of Mai, LLC, 8286 Yorkton Way, Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Piece of Mai" 8286 Yorkton Way, Sacramento, CA 95829. Filed with the Clerk of Sacramento County August 13, 2026
Publish: September 4, 11, 18, 25, 2026
PIECE 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06539
Town Logic, 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 August 21, 2026
Publish: September 4, 11, 18, 25, 2026
ON 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06552
Jessica Martinez, 6732 Calvine Road, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Bubbies Batch" 6732 Calvine Road, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 24, 2026
Publish: September 4, 11, 18, 25, 2026
BUBBIES 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06500
Josh Urbano PO Box 493,

Carmichael, CA 95609 and Kimberly Urbano, 7610 Scenic Court, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Live Fire & Smoke" 7610 Scenic Court, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 20, 2026
Publish: September 4, 11, 18, 25, 2026
LIVE 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06569
VEC Property Investments, LLC, 2376 Fair Oaks Boulevard, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Freeport Bakery" 2966 Freeport Boulevard, Sacramento, CA 95818. Filed with the Clerk of Sacramento County August 24, 2026
Publish: September 4, 11, 18, 25, 2026
FREEPORT 9-25-26

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

SUMMONS

SUMMONS (FAMILY LAW)
CASE NUMBER (NUMERO DEL CASO):
25FL05209

NOTICE TO RESPONDENT (Name): AVISO AL DEMANDADO (Nombre):
Christopher Anthony Carothers. YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Kelly Dunn-Carothers.

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association.

Usted tiene 30 DÍAS CALENDARIO después de que se le presente esta Citación y Petición para presentar una respuesta (formulario FL-120) en el tribunal y tener una copia notificada al peticionario. Una carta, llamada telefónica o comparecencia ante el tribunal no lo protegerá. Si no presenta su respuesta a tiempo, el tribunal puede hacer órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. Es posible que se le ordene pagar la manutención y los honorarios y costos de los abogados. Para obtener asesoramiento legal, póngase en contacto con un abogado de inmediato. Obtenga ayuda para encontrar un abogado en el Centro de Autoayuda en Línea de los Tribunales de California (www.courts.ca.gov/selfhelp), en el sitio web de Servicios Legales de California (www.lawhelpca.org) o comunicándose con el colegio de abogados de su condado local.

NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

AVISO: LAS ÓRDENES DE RESTRICCIÓN ESTÁN EN LA PÁGINA 2: Estas órdenes de restricción son efectivas contra ambos cónyuges o parejas domésticas hasta que se desestime la petición, se dicte una sentencia o el tribunal dicte más órdenes. Son exigibles en cualquier lugar de California por cualquier oficial de la ley que haya recibido o visto una copia de ellos.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

EXENCIÓN DE TARIFAS: Si no puede pagar la tarifa de presentación, pídale al secretario un formulario de exención de tarifas. El tribunal puede ordenarle que devuelva la totalidad o parte de los honorarios y costos que el tribunal renunció para usted o la otra parte.

The name and address of the court are: (El nombre y dirección de la corte es): Sacramento Superior Court, 3341 Power Inn Road, Sacramento, CA 95826.

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es:) Jennifer Hemmer, SB#262982, 555 University Avenue, Suite 125, Sacramento, CA 95825; 916-922-8500
Date: (Fecha) November 19, 2025
Clerk, by (Secretario, por) J. Williams, Deputy (Asistente) STANDARD FAMILY LAW RESTRAINING ORDERS

Starting immediately, you and your spouse or domestic partner are restrained from:
1. removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court;

2. cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health automobile, and disability, held for the benefit of the parties and their minor children;

3. transferring, encumbering, hypothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and

4. creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party.

You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or pay court costs.

NOTICE: ACCESS TO AFFORDABLE HEALTH INSURANCE:

Do you or someone in your household need affordable health insurance? If so, you should apply for Covered California. Covered California can help reduce the cost you pay towards high quality affordable health care. For more information, visit www.coveredca.com. Or call Covered California at 1-800-300-1506

WARNING: IMPORANT INFORMATION

California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the recorded title to the property.

Publish: September 4, 11, 18, 25, 2026
CAROTHERS 9-25-26



A Morning Like No Other – Ground Zero at 25 years



An early morning skyline view from the Staten Island Ferry. This was the daily view of thousands of commuters to Manhattan before 9/11. Years later, I met with my friend, the captain of the ferry, in Sacramento for lunch. John had to leave New York because he just couldn’t live another day in that memory. He stopped his ship in the middle of the harbor that 9/11 morning, as he and his entire shipload of travelers and crew watched the horror unfold.



Reflections at East River and John Finley Walk. Photo by a savior

Commentary and photos by Paul V. Scholl

After a long night of late work well into the morning, I was in a deep sleep. The repeating ring of the telephone awakened me. I received an alarming telephone call from a close friend frantically trying to get my attention. She said “just get up and turn on the TV. You won’t believe what is happening”. She was absolutely right.

As I sat there on my white leather couch in my small rental home in Roseville, tuned in as the world was tuned in, to the disaster in New York as it unfolded live for everyone to see. We were all New Yorkers that day.

I had previously lived in Manhattan. After returning to California, I traveled to New York City often to teach classes at The Learning Exchange and spiritual training centers as a part of my ministry. I also met with many clients as a spiritual life coach each visit. Through these visits I became friends with so many great people who lived in The City. I stayed at their homes, got to know their families, learned about their lives, loves, and fears. Many of them worked in the immediate area of the Twin Towers.

As I sat there watching the towers fall along with the rest of the world, I had no idea if any of those friends or members of their families were being crushed under the weight of that destruction. It was a personal anguish and horror felt by millions

simultaneously. It was a grief embedded forever. And we as a nation vowed to never forget.

Everything changed for everyone during those hours. Terrorism had come to our shores, and those whom we had charged to protect us failed miserably. We have been paying for their failures ever since.

And for those who paid the ultimate price, giving their lives to save others inside and around the Twin Towers? And for all the First Responders who witnessed the death and destruction at the end of their fingertips and right before their own eyes? What did they get from so many after only 25 years? Many forgot.

Yes, life goes on, but as individuals we do not. Our time is limited. We are here to understand life, liberty, love, and loss. We are here to understand joy and grief. These become the web that builds our evolution, our DNA that we pass on to those who follow us. If we do not teach our emotional history to our children, good and bad, they will suffer repeating our mistakes and the feeling of betrayal from us for not forewarning them.

Enter our current day Neon Nation. Have we lost our way in one generation? Does the “Shiny thing” distract us so easily because it is too hard for us to focus on the truth and explaining it to others as our society crumbles around us?

A few months after 9/11 I traveled back to New York to offer support to any of those friends who needed it. I traveled to the site while the clean-up was still underway. I saw the scorched church and cemetery. There were still many “Missing” flyers posted to walls and lampposts. I saw the many memorials around the site. When I found one memorial that listed all of the names of those lost I read every one of them. I thank God to this day that not one of my



One of the many memorial walls surrounding the Ground Zero site. Photo by Paul Scholl

friends was on that list.

The history of Ground Zero is complex and still unfolding. The more the years fall away the more important it is that we reveal as much as we can about that fateful morning and all that led up to it.

When someone kills your son or daughter, husband or wife, it doesn’t matter what political party they belong to. It doesn’t matter what religion they belong to. It doesn’t matter their motive. All that matters is your loved one is gone forever. Grief takes over. And no one can ever really fill that void. It never truly heals. You just learn how to manage it in the silent times, alone with your Creator.

All those who lost loved ones during those tragic days only asked one thing from us. Never Ever Forget.

On this remembrance weekend 25 years later, take a few moments in silence to share the grief and the weight of the losses experienced by so many on September 11, 2001. If only with that simple action, love will prevail.



Visitors reading through the many memorials and “missing” posters.



A dedication plaque honoring the fallen first responders.



A memorial sculpture remembering all the construction workers.



And then an angel appeared over the site in my camera lens.