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Carmichael Times

VOLUME 47 • ISSUE 39 Serving Carmichael & Sacramento County since 1981 SEPTEMBER 25, 2026

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By Mary Jane Popp



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'Mrs. Christmas' Pat Holbus Passes



The late Pat Holbus (right) began St John the Evangelist School's Christmas Fair in 1976. She is joined on campus by granddaughter Annie Patsy Swanson and former school principal Tasha Tillotson.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Founder and 50-year organizer of St John the Evangelist Craft Fair, Pat Holbus died on Sept. 9 after a two-year illness. She was 83.

A woman of God and a neighborhood benefactor, Holbus helped dig foundations for the community garden on Sutter Avenue. She maintained fruitful allotments there for decades.

"Even in her 80s, mom was youthful and energetic," said her youngest daughter, Erin Oriolo. "It was hard for her children and grandchildren to keep up with her."

Glamorous, big-hearted, the mom of seven was famed for Sunday dinners with family, friends, parishioners and priests at table.

Faith was the matriarch's greatest joy. "She was proud that her family always filled several pews at Mass," said daughter Erin.

Wisconsin-raised, she married her high school sweetheart Martin Holbus, who brought her to California. The couple settled first in Marysville. Moving to Carmichael, they occupied the same Prospect Drive home for the rest of Pat's life.

Her other home was St. John the Evangelist Church on Locust Avenue. Seven Holbus children (and later, 14 grandkids) would attend classes there.

As in many parochial schools, St John's working families were often stretched to meet tuition. The Holbus family shared the challenge.

In 1976, Pat Holbus pitched the idea of a Christmas fair fundraiser. She decreed all goods should

be hand-made; vendors should be parishioners; sales should occur after Dec. services.

"At first, there were 20 vendors," recalled her eldest son, Marty Holbus. "The fair was so successful that mom convinced the priest and school principal to expand it."

Thus St John's massive 'Holiday Show of Hands' came to pass.

The event grew to fill St John's campus for three busy Dec. days. Surrounding streets are annually clogged; customers are bused from the nearby Elks Lodge car park. Home-made meals and toddies add to the shopping experience.

Rain or shine, the largest seasonal event in Carmichael has never cancelled. The fair survived pandemic years by going virtual.

Stylish in Santa-red coat and high

Continued on page 2

Soroptimist Highlight Gynecologic Cancer Awareness Month

By MPG Staff

SACRAMENTO, CA (MPG) - Soroptimist International of Rancho Cordova & Gold River is recognizing Gynecologic Cancer Awareness Month in September by encouraging community members to learn about symptoms, risk factors, prevention and screening for cancers of the female reproductive system.

Gynecologic cancers include five main types: cervical, ovarian, uterine, vaginal and vulvar cancer. The Foundation for Women's Cancer established Gynecologic Cancer Awareness Month in 1999 to increase public awareness of the diseases and promote prevention and early detection.

An estimated 117,660 people in the United States will be diagnosed with a gynecologic cancer in 2026, and about 34,570 are expected to die from the diseases, according to the Foundation for Women's Cancer, citing American Cancer Society estimates.

Because symptoms vary among the different types of gynecologic cancer, health officials encourage people to become familiar with what is normal for their bodies and to discuss unusual or persistent changes with a medical professional.

Possible warning signs can include unusual bleeding or discharge, persistent pelvic pain or pressure, abdominal or back pain, bloating and feeling full quickly or having difficulty eating. Changes in urination or bowel habits can also occur with some gynecologic cancers, while vulvar cancer can cause itching, burning, tenderness or changes to the skin of the vulva.

The Centers for Disease Control and Prevention recommends contacting a doctor promptly for bleeding that is unusual, including any bleeding after menopause. Other warning signs that are unusual for an individual and continue for two weeks or longer should also be evaluated. Such symptoms can have causes other than cancer, but medical evaluation can help determine the cause.

Screening options differ significantly among the five gynecologic cancers.

Cervical cancer is the only gynecologic cancer for which recommended screening tests are available. Cervical cancer

Continued on page 15

Hopes Are High for Hawks Rugby 7s



The Hawks Boys 7s display their focus and teamwork during practice drills as Gavin McLean passes the ball to Seti Perona.

Story and photos by Mike Powers

CARMICHAEL, CA (MPG) - The Carmichael Hawks Rugby Club is looking to build on the success of last season's historic run to the Boys High School National

Championships. After winning the Norcal High School Championship last spring, the Hawks Boys Varsity squad made an impressive showing at Nationals in May, finishing second. While the main rugby season won't begin

until 2027, the Hawks Boys and Girls 7s teams have been practicing hard for the upcoming fall tournament season.

Rugby 7s features seven players on a team compared to 15 players in classic rugby union. Both

7s and 15s are played on the same size field, which results in 7s being a faster paced game with more open space. Rugby union features a longer, more strategic and physically intense game.

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‘Mrs. Christmas’ Pat Holbus Passes

Continued from page 1
boots, Pat Holbus ran her fair with military precision. She and co-founder Carole Czimskey juried applicants so that no craft was over-represented.

From near and far, crafters vied for 150 booths. Auburn vendor Diana ‘Maus Lady’ Boud annually offered 200 hand-sewn mice and sold out in a day. More than 10,000 customers throng to the campus. “It’s an event,” Pat Holbus claimed, “That tells everyone Christmas is here at last.”

“No matter how hard mom worked before the doors opened,” recalled daughter Erin, “she changed into her beautiful red coat and boots to welcome customers. She wanted people to feel part of a wonderful celebration.”

Holbus’s entrepreneurship soon conceived a second fundraiser. “Mom saw a market for religious accessories,” explained son Marty. “She convinced the priest to allocate a closet to store Bibles, crucifixes, rosaries and sacramental items that she ordered from catalogues.”

Thus, St John’s gift shop came to pass. “From its sales, many pupils had their education subsidized,” continued Marty. “If mom heard of a family struggling with tuition, she anonymously provided proceeds from the Church store to help.”

Over the years, considered St John’s Vice Principal Cathy Davis, Pat Holbus made schooling possible for many families. “She was devout,” said Davis. “Her devotion included belief in faith-based education. She wanted the school to be around for future generations.”

That St John’s School tuition remains among the most affordable of Sacramento Catholic schools attests to the volunteer’s legacy.

Gardening was another benevolent path. “Mom came from humble stock,” noted daughter Erin. “Her parents grew

their own food in Wisconsin and she learned from them.”

When Carmichael Recreation and Park District allocated Sutter Avenue land for communal allotments, Holbus rolled up her sleeves. She helped administer the project and roped in family to tend three plots.

“She was famous for heirloom tomatoes and zucchinis,” said Erin. “Mom knew from her father that blossoms attracted beneficial insects, so she planted flowers. Her garden was full of butterflies, bees and hummingbirds.”

The green-fingered grandma also loved sharing knowledge. “We all learned to grow things,” observed son Marty. “All we all have Grandma Patsy’s zucchini bread recipe.” Toward the end of her life, the daughters and granddaughters came to her kitchen and produced batches of loaves.

“The priests, St John teachers, neighbors, -- even her hairdresser -- were bread beneficiaries,” continued Marty Holbus. “Mom also gave away plates of heirloom tomatoes. A big part of her joy in gardening was sharing, as her father had done.”

Grandma Patsy advised offspring that actions spoke louder than words.

“She led by example,” said daughter Erin. “Mom’s garden, the school shop and the craft fair were examples of how she believed that gifts of God were meant to be shared.”

St John’s Christmas Fair is this year scheduled for Dec. 4, 5 and 6.

Pat Holbus is survived by her husband Martin, seven children, their spouses and fourteen grandchildren.

A memorial Mass will be held at St. John the Evangelist Catholic Church on Oct. 17, at 10:30 a.m. The church is located at 5751 Locust Ave.

The family encourages donation of blood to Vitalant Blood Centers and the American Red Cross. ★



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Planning for Tomorrow's Water Today

By Dan York, General Manager,
Sacramento Suburban Water District

SACRAMENTO REGION, CA (MPG) - Each summer, California's water supply makes headlines. This year, El Niño is strengthening and federal forecasters say it could become very strong, raising questions about what the coming winter could bring. Reservoir levels fluctuate, drought concerns lead to calls for conservation, and communities wonder what the latest conditions mean for the season ahead.

These conversations are important. But they can also obscure a bigger story: reliable water service isn't built in a single wet year or solved after a single dry one. It's the result of decisions made years — often decades — before customers ever turn on the tap.

This kind of long-term planning matters more than ever. California's Water Supply Strategy estimates that hotter, drier conditions could reduce the state's water supply by as much as 10% by 2040. For water providers, adapting means looking beyond today's conditions and preparing communities for an increasingly variable future.

At Sacramento Suburban Water District (SSWD), our Urban Water Management Plan looks at projected demand, available supplies, and reliability through 2050. We evaluate how our water supplies would perform under a range of conditions — not to predict the future, but to identify vulnerabilities and give ourselves time to prepare.

The most effective time to address a potential water supply challenge isn't after it becomes a shortage. It's before. And the decisions made during wet years are just as important to water reliability as those made during drought.

Groundwater has long been the foundation of SSWD's water supply. The District has operated an active conjunctive-use program since 1998, and regional groundwater management efforts predate California's Sustainable Groundwater Management Act.

Conjunctive use may sound technical, but the idea is straightforward: when excess surface water, from rivers, lakes and reservoirs, is available, use it instead of pumping groundwater. This lets the aquifer replenish naturally, building a



SSWD has spent years building the flexibility to adapt: protecting its main supply, groundwater, by accessing surface water when available and priced reasonably through partnerships with Placer County Water Agency and the City of Sacramento. Photo designed by Magnific

reserve for dry periods.

Long-term water reliability also requires looking beyond jurisdictional boundaries. Groundwater basins, rivers, and water systems must be operated together to maximize water supplies, which requires collaboration among water providers. Across the Sacramento region, agreements like the Water Forum 2050 Agreement and the ARTESIAN Agreement bring water providers together to manage surface water and groundwater as a shared regional resource, supporting reliable supplies, groundwater sustainability and healthy rivers.

No forecast can tell us exactly what the Sacramento region will experience this winter, or in the years ahead. Whatever conditions arrive, SSWD has spent years building the flexibility to adapt: protecting its main supply, groundwater, by accessing surface water when available and priced reasonably through partnerships with Placer County Water Agency and the City of Sacramento. Supplementing groundwater with surface water lets us reduce pumping when surface water is available, allowing wells to rest and groundwater reserves to grow, while groundwater itself provides a reserve when conditions turn dry.

Taken together, these decisions leave SSWD well positioned for an uncertain winter and future. But preparedness isn't a finish line. As conditions become more variable, SSWD and water providers across the region must continue investing in the infrastructure, diverse water supplies and regional coordination that give us flexibility to adapt.

Customers don't, and shouldn't, have to think about everything that makes the water run when they turn on the tap. That's our job. And doing that job well means continuing to prepare for conditions we may not see for years.

As another summer closes with renewed attention on water conditions, and we look toward a new water year in October, we should certainly ask how our water supplies look today. But we should also ask a more important question: What are we doing today to make sure we have reliable water decades from now?

The best time to prepare for the next dry year isn't when it arrives. It's before it begins. ★

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Ashlynn Archer Joins Beach Volleyball Coaching Staff

Sacramento State Athletics News Release

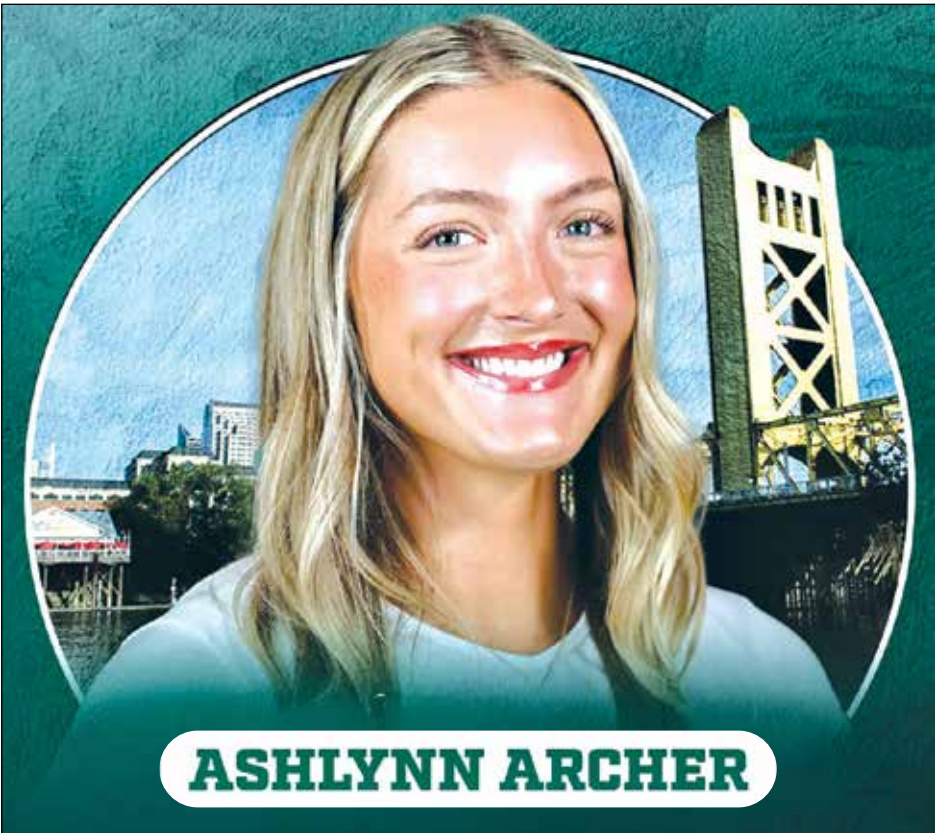
SACRAMENTO, CA (MPG) - After an incredible playing career in both a Sacramento State indoor and beach uniform, Ashlynn Archer will remain at her alma mater as assistant beach volleyball coach.

She joins Head Coach Angela Lewis and Assistant Coach John Fluette on the sand. All three coaches on staff played for and graduated from Sacramento State. Archer joins Kate Doorn as two Hornets who played a season ago and have made the immediate transition to coaching. Doorn is currently an assistant with the Hornets' indoor team.

Archer recently completed a beach career that saw her post the third most wins in program history (40). In fact, 14 of those victories came during her senior year, the third most in Sacramento State single-season history. In addition, Archer played at No. 1 or No. 2 in the Hornets' beach lineup 57 times during her career.

“Ashlynn brings exactly the kind of grit, tenacity and work ethic we want to build this program around,” Lewis said. “I’ve coached her as a player, and she was a powerhouse - focused, coachable and always willing to put in the work. Now, I get to see those same qualities translate into coaching.”

“She understands Sacramento State, she understands our athletes, and she understands the culture we want to create. Her



Ashlynn Archer joins Head Coach Angela Lewis and assistant coach John Fluette on the sand. Photo courtesy of Sacramento State Athletics

organizational skills and marketing background are an added bonus as we continue establishing the identity and growing the reach of Sac State Beach Volleyball. I'm really excited to have her alongside me as we build this program.”

Archer has spent the past four summers coaching beach volleyball for Sacramento Performance Volleyball Club (SPVC). In addition, she coached indoor at SPVC for three years. Archer has also been a staple at every Sacramento State volleyball camp the

team has run the past four years.

An eight-time conference all-academic selection, Archer competed four years of indoor (2022-25), and four seasons of beach (2023-26) for Sacramento State. In addition, she was team captain for both teams.

“I’m incredibly grateful for the opportunity to remain a part of the Sacramento State Athletics family,” Archer said. “The time spent with both the indoor and beach programs here taught me so many valuable lessons and provided me with a new place to call home.”

“I am forever indebted to the program and to the coaches and faculty who provided me with an incredible support system throughout my four years. I am so excited to step into a coaching role and hope to provide the same support and love for our student-athletes that allowed me to thrive during my playing tenure at Sacramento State.”

Last season, for the Hornet indoor team, Archer was a first team all-conference selection and established herself as one of the top middle blockers in the nation. She averaged 2.70 kills and 1.05 blocks per set to go with a .429 hitting percentage. That hitting percentage easily set the Sacramento State and Big Sky Conference single-season records, and ranked 11th in the nation. In fact, her .354 career hitting percentage is the top mark in Sacramento State history.

A native of St. John, Wash., Archer graduated from Sacramento State in the spring with a journalism degree. ★

Sacramento Golf Council News Release

SACRAMENTO, CA (MPG) - Ricky and Paing Soe won the 78th Walter and Olga Strand City Junior/Senior Team Championship with a net score of 68. They also won in 2024.

Enzo and Justin Ferguson took second place with a net 70.

The Calloway Division was won by Miles and Jaden Brenoel with a net of 70.

The 78th Walter and Olga Strand Junior/Senior City Championship was played at Bartley Cavanaugh Golf Course Sunday, Sept. 13.

The 18-hole, 2-player



Pictured are second place winners Enzo and Justin Ferguson. Photo courtesy of the Sacramento Golf Council



Pictured are third place Calloway winners Miles and Jaden Brenoel. Photo courtesy of the Sacramento Golf Council

tournament played the Chapman Scotch Format (Hit, Switch & Choose). Junior players were age 18 or younger and Seniors were 15 years older than the junior partner. Both players had a NCGA Handicap Index, and a Callaway Division allowed teams in which one or both players did not have a current handicap.

Enzo and Justin Ferguson took second place with a net of 70. (Justin is 15.)

The Calloway winners (no handicap) were Miles and Jaden Brenoel with a net of 70 (Jaden is 13.)

Greg Bisi was the Sacramento Golf Council tournament director. ★

Food Frontier Selected to Bring Sacramento Cuisine to New Stadium

Sacramento Republic FC News Release

SACRAMENTO, CA (MPG) - Wilton Rancheria and Sacramento Republic FC have selected Food Frontier to shape the food program at Republic Stadium. Food Frontier is a Sacramento-bred collaborative and strategic advisory group founded by chefs, restaurateurs and brand strategists to promote, bolster and champion the Sacramento Valley's food ecosystem.

Founders include Chef Brad Cecchi, brand and marketing food entrepreneur Meghan Phillips, and Procurement Expert Kelsey Nederveld. Clay Nutting, restaurateur and hospitality consultant, has also joined the effort to lead execution.

Food Frontier will work in close collaboration with Levy, the stadium's food, beverage and hospitality partner, to ensure the venue's menu reflects the breadth of Sacramento's food scene and the story of the land the stadium calls home.

“Food is central to Wilton Rancheria's identity, so it was important that it be central to the Railyards Stadium experience,” said Chief Operating Officer of Wilton Rancheria Chris Franklin. “We want to bring together the best of Sacramento's food culture with our own traditions and tastes to create something that feels unmistakably Sacramento and unmistakably ours.”

Long before it becomes the site of

Republic FC's new stadium, the land at the heart of Downtown Sacramento's Railyards was part of Wilton Rancheria's ancestral homeland. It was a place where the tribe gathered to eat, to celebrate and to share. Food Frontier's expertise runs deep in the region's food community. That connection is why Wilton Rancheria and Republic FC turned to Food Frontier to help shape the stadium's food program. The goal is to lift up the people and traditions already defining the region's food identity, not import something from outside it.

Food Frontier and Wilton Rancheria previously collaborated on programming for Terra Madre Americas, the international gathering of farmers, chefs and food advocates held in Sacramento in 2025. That collaboration was where Wilton Rancheria launched We Are The Confluence, a campaign built on the idea that the Sacramento Valley is defined by what comes together here. Two rivers. Generations of farming families. Cultures from every direction.

The stadium sits near where those rivers meet, and the food program is being built on the same premise.

“Sacramento is one of the most innovative food regions in the world and we have never had a stage like this one,” said Co-Founder of

Food Frontier and Owner of Honey Meghan Philips. “A world class stadium deserves a world class food program. Our job is to put it in front of thousands of fans at once. It will be unmatched.”

“Levy runs some of the best stadium venues in the country and they know how to move food at this scale,” said Co-Founder of Food Frontier and Chef of Canon and Franquette Brad Cecchi.

“Our job is to layer Sacramento onto that... which farms, which iconic Sacramento dishes, our palates... Get those right and a stadium meal tastes like this region and nowhere else.”

Levy and Food Frontier will bring menus and recipes inspired by the region's chefs, kitchens and restaurants, alongside new items rooted in the traditions and tastes

that have defined Sacramento for centuries. Curating the program will begin with direct conversations. With the people who grow the region's food, the chefs who turn it into dishes, and the diners who will ultimately enjoy it. That includes engagement with the historical traditions of the region, including those of the Indigenous people who call it home, so the menu reflects the full diversity of the region's food culture. More details about stadium menus and the evolving food program, including premium seating experiences and broader game day cuisine, will be announced in the coming months.

The first opportunity to learn about the club's premium experiences and the connected food experience will be at the Republic Preview Center, set to open later this month. Season Ticket Members and depositors will be able to set an appointment for a first-hand experience of what the stadium will offer.

To secure priority appointment status and the first opportunity to select seats, fans can become Season Ticket Members at SacRepublicFC.com/Memberships or place a deposit at RepublicStadium.com for as low as \$9.16. Fans can also visit the club's mobile stadium experience on matchday or at select events throughout the community. ★

Long before it becomes the site of Republic FC's new stadium, the land at the heart of Downtown Sacramento's Railyards was part of Wilton Rancheria's ancestral homeland. Logo courtesy of Sacramento Republic FC





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Hopes Are High for Hawks Rugby 7s

Continued from page 1

While some Hawks players seemed to prefer the more traditional 15s game, they all agreed that the 7s game added important creative and training benefits to their rugby skills.

“I like the creativity of 7s” said Kylie Shaltes, one of the captains of the Girls 7s team. Boys captain Seti Perona added, “Out here in 7s, you can just be yourself and just show your skills.”

That speed and creativity was a key part of the Boys Varsity team’s success on their way to Nationals. The Boys 7s captains, Ronan Curry, Seti Perona and Cash Lazard all learned a lot from that experience and are confident the team can replicate that success next year.

“We got our guys from JV coming up, and they're dogs!” said Ronan Curry, adding “so, you know, train them up a little bit, get them used to the bigger guys. I have no doubt that we’ll be even better than last year.”

That confidence comes from proven results, gained trust in one's teammates and the friendships formed from playing Carmichael Hawks Rugby.

Girls 7s captain Bella Chong shared what she loves most about playing for the Hawks. “It's absolutely just the bonds and the friendships, and the brotherhood-sisterhood between both teams as well,” said Chong. “We're all friends, guys and girls. The connections that you make and get out of it are really good.”

Boys 7s Coach Kellen Fisch was a member of the inaugural Carmichael Hawks middle school team in 2010. He went on to Sacramento State where he won a National Championship in 2023 with Miles Brown, who coaches the Hawks Girls 7s team. Coach Fisch brings a fun and fluid style to 7’s practices. “Seven is all about having fun.



Captains of the Carmichael Hawks Rugby 7s teams are, from left: Charlotte Brown, Kylie Shaltes, Bella Chong, Cash Lazard, Ronan Curry and Seti Perona.



Ronan Curry carries the ball during practice on Sept. 17.



Ben Ratu practices his drop kick.

It's stress-free...having a smile on your face. I just want them to make the most out of it.”

The Hawks Boys 7s are

looking forward to the first leg of 2026 West Coast 7s tournament series in Los Angeles on Sep 26. They will play at Stanford

on Oct.10 and then San Diego on Oct. 17-18. The Hawks Girls 7s will also be competing at the West Coast 7s at Stanford on Oct.

10. All games will be streamed live. For more information about the Hawks schedule visit: <https://www.westcoastsevens.com/our-events>

For more information about the Carmichael Rugby Football Club visit: <https://carmichael-rugby.com/>

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County Responds to Grand Jury Report on Foster Youth

Sacramento County News Release

SACRAMENTO, CA (MPG) - Sacramento County has responded to the 2025-26 Sacramento County Grand Jury report on foster youth, outlining areas where it agrees with the Grand Jury and others where it disagrees with its findings and recommendations. On Tuesday, Sept. 15, Sacramento County’s Department of Child, Family, and Adult Services (DCFAS) presented its response to the Board of Supervisors.

The report, “No Longer Invisible: Foster Youth Still in the Shadows,” examined the County’s Sacramento Welcome Homes and the services provided to foster youth who are at risk of sexual exploitation. The Grand Jury recognized improvements at the Welcome Homes but also raised concerns about placements, technology, information sharing, reporting and staff training.

The County agrees with two of the Grand Jury’s findings. It agrees that Child Protective Services (CPS) has improved conditions at the Welcome Homes and obtained licenses for the facilities. The County also agrees that the Sheriff’s Office has provided valuable protection and built positive relationships with youth living in the homes.

The County partially agrees with the finding that Welcome Homes are inappropriate for youth who have experienced or



The County agrees with two of the Grand Jury’s findings. It agrees that Child Protective Services (CPS) has improved conditions at the Welcome Homes and obtained licenses for the facilities. The County also agrees that the Sheriff’s Office has provided valuable protection and built positive relationships with youth living in the homes. Photo designed by Magnific

are at risk of sexual exploitation. DCFAS said Welcome Homes are not intensive therapeutic settings, but they provide an immediate, supervised place for youth who may otherwise have nowhere to go. The homes use a safety and stabilization approach, with behavioral health services available through partner agencies. The County also noted a statewide shortage of specialized placements for youth with complex needs.

The County wholly disagrees

with the Grand Jury’s finding that CPS fails to use the Reasonable and Prudent Parent Standard to limit access to cell phones and technology. DCFAS said state law protects foster youth’s rights to personal property, communication and age-appropriate access to the community. The County said phones can also be an important safety tool for contacting caregivers, social workers and other trusted adults.

The County also wholly

disagrees with the finding that gaps in data sharing leave youth vulnerable to exploitation. DCFAS said Welcome Home staff share information about exploitation concerns with law enforcement and include relevant information in missing-person reports. Social workers also make service referrals and use assessment tools to identify exploitation risks.

The County partially agrees with the finding about quarterly reports to the Board of

Supervisors. DCFAS said it has regularly reported on the challenges faced by youth who are being commercially sexually exploited or are at risk. However, it acknowledges that specific numbers of identified youth have not been included. The County plans to begin including that information in its quarterly reports starting with the second quarter of fiscal year 2026-27.

The County wholly disagrees with the findings on the Community Advisory Board and the Welcome Homes strategic plan. The County also said a Welcome Homes presentation and report were provided to the Board in November 2024 and that information has continued to be provided through quarterly reports.

The County also wholly disagrees with the finding that Welcome Home staff need additional training. DCFAS said staff are required to complete training on commercial sexual exploitation of children, trauma-informed care, harm reduction and the Reasonable and Prudent Parent Standard. The County said training information is provided to the Board through quarterly reports.

The County will conduct additional research on best practices used by other counties identified by the Grand Jury for identifying, preventing and responding to the exploitation of foster youth. That review is expected to be completed by Dec. 31.

★

Sac County Board of Education Seeks to Fill Vacancy

Applications for Trustee Area 6 Vacancy due Oct. 6

Sacramento County Board of Education News Release

SACRAMENTO, CA (MPG) - The Sacramento County Board of Education is seeking applications from qualified residents interested in serving as the Trustee for Area 6. The vacancy follows the resignation of Trustee Heather Davis, who served Area 6 for over ten years following her election in 2016 and re-elections in 2020 and 2022. During her tenure, Davis chaired multiple committees and served as a mentor through Links mentoring. Her leadership and commitment to students, families and the community have been deeply valued.

At its Sept. 15 Board Meeting, the Board voted to fill this vacancy through a provisional appointment. The selected individual will serve until the next regularly scheduled County Board election in 2028.

The application deadline is Tuesday, Oct. 6 at 4 p.m. PT. Applications must be received, not

postmarked, by this deadline.

The candidate interviews and selection process is Tuesday, Oct. 13 at 6:30 p.m. at the Sacramento County Office of Education’s Board Room located at 10474 Mather Blvd., Mather, CA 95655.

To be eligible for this appointment to the Sacramento County Board of Education for Trustee Area 6, candidates must meet the following legal requirements pursuant to California Education Code sections 1000(a) and 1006(a). You must live within Trustee Area 6, be a registered voter and not be an employee of SCOE or an employee of any school district within the boundaries of the Sacramento County Board of Education.

To be considered for the provisional appointment, applicants must submit a resume and a statement, of no more than two pages, outlining their interest in serving on the Board and the experience they would bring to the Board. Applicants may also

submit no more than three letters of recommendation.

Applications are accepted during regular business hours Monday through Friday, 8 a.m. to 4 p.m. and must be received no later than 4 p.m. PT on Tuesday, Oct. 6.

Submit your complete application package in person at the David P. Meaney Education Center, 10474 Mather Boulevard, Mather, CA 95655 or by mail to President Wende Watson at Sacramento County Board of Education, P.O. Box 269003, Sacramento, CA 95826. You can also submit your application by email to Wende Watson at wwatson@scoe.net.

Mailed applications must be received, not postmarked, by Oct. 6 deadline.

For additional information regarding the Area 6 Trustee vacancy or the application process, contact Executive Assistant to the Superintendent Wende Watson by email at wwatson@scoe.net or by phone at 916-228-2410.

★

New Home Sales Decline in August, North State BIA Reports

North State Building Industry Association News Release

SACRAMENTO REGION, CA (MPG) - Buffeted by rising interest rates, economic uncertainty and continued affordability issues, new home sales in the greater Sacramento region continued to show weakness in August, the North State Building Industry Association reported.

There were 332 sales reported by BIA member builders, down 18% from July and down 33% from August 2025. However, the month-over-month decline was caused largely by the fact July was a five-week month. Average weekly sales for August were actually slightly above July's figures with 83 sales to 81.

Still, BIA President & CEO Tim Murphy said the fact interest rates have nudged up to around 6.75%

has taken a toll.

“Last fall, before the conflict with Iran, economists had expected interest rates to continue drifting downward to around 6% this year. But with rates creeping upward, a lot of prospective buyers have put their purchases on hold,” Murphy said.

“Still, buyers should remember that builders are offering powerful incentives including rate buy-downs that make homes more affordable than they may think. Prospective buyers should contact their builder and see what kind of deals are out there. We're not likely to see incentives like these again for a long time.”

During August, Sacramento recorded the most sales at 68, followed closely by Roseville with 67, Rancho Cordova at 42 and Lincoln with 25. Elk Grove and Plumas Lake tied for fifth with 24 sales each.

★



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.

Vote Early! Don't wait for Election Day.

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Official Ballot Drop Box, or at any Vote Center. No postage is necessary.

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Sign up for “Where’s My Ballot?” with BallotTrax, a free ballot-tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot from printed to accepted. Scan the QR code or visit www.wheresmyballot.com



Vote Early! Vote by Mail.

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COMICS & PUZZLES

The Spats

WHAT HAS FOUR LEGS AND ONE ARM?

I GIVE UP... WHAT HAS FOUR LEGS & ONE ARM?

OUR NEIGHBORS' PIT BULL!!

by Jeff Pickering

Amber Waves

GERALD, HONEY, IT'S GRANDMA'S BIRTHDAY THIS WEEKEND AND WE'RE GOING TO HAVE A PARTY.

OOH, LIKE GOING TO ROCKET PIZZA WITH LASER TAG, A BIG CAKE WITH A MAGICIAN AND BALLOONS?

NO, DEAR, JUST A SMALL GET-TOGETHER, A NICE DINNER AND MAYBE HER FAVORITE PIE.

GEEZ, THIS IS WHY OLDER PEOPLE NEVER GET EXCITED ABOUT THEIR BIRTHDAY!!

by Dave T. Phipps

Out on a Limb

IT'S PRETTY COMMON IN NORTHERN CALIFORNIA. IT'S A BOO OF ORCADELICS.

FAR OUT, MAN

by Gary Kopervas

TIGER

HE NEEDS EXERCISE

I'M TAKING HIM TO THE PLAYGROUND

HIGHER, TIGER

CATCH ME, TIGER

SPIN ME FASTER

HOLD ME UP

LIFT ME, TIGER

by BUD BLAKE

TUMBLE THEATRE PRESENTS

POPEYE

BY KANDY McHOLINS

THIS COMIC BOOK ISN'T REALLY ALL THAT GREAT.

THE CHARACTERS ARE JUST SHOTS-OF-OTHER, BETTER CHARACTERS. THE PLOT LINES ARE PAPER THIN AND HALF OF 'EM DON'T GO ANYWHERE.

I JUST FINISHED THIS COMIC BOOK SERIES AND IT'S SOMETHING.

IT STARTS OUT LIKE A GOLDEN AGE COMIC. VERY "EVERYTHING IS BLACK AND WHITE."

THE MAIN HERO IS A GOODY TWO-SHOES. HONESTLY, HE'S PRETTY BLAND.

BUT EVERY ONCE IN A WHILE, YOU GET THESE HINTS THAT SOMETHING'S NOT QUITE RIGHT. AND THE HERO SEES IT, TOO.

BUT THEN IN THE LAST ISSUE, IT TURNS OUT THE REST OF THE RUN WAS A DREAM! THE HERO'S BEEN TRAPPED IN A DEVICE AND SOMEONE'S BEEN FEEDING HIM HALLUCINATIONS.

BUT IF YOU GET INTO THE LORE--

IT'S TWO IN TH' MORNIN'. THIS AIN'TK A GOOD TIME.

IT'S THE PERFECT TIME! I DO MY BEST CONVERSAT'N WHEN IT'S INCONVENIENT.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

6. Tie is missing.

5. Apron strap is moved.

4. Curtain is not as wide.

3. Finger is missing.

2. Pad is longer.

1. Menu is shorter.

GRIN & BEAR IT

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"I'M not telling him to move. YOU tell him!"

Just Like Cats & Dogs

by Dave T. Phipps

SO SWEET MY MOTHER STILL WRITES ME LETTERS. "HELLO, DEAR, HOPE THINGS ARE GOOD WITH YOU, I MEAN CONSIDERING"...

S	W	A	G		C	A	M		N	T	H					
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A	D	S						E	E	N			R	I	S	C

STATEPOINT CROSSWORD • THE 2010s

CLUES

ACROSS

1. Convention freebie

5. *Tucker of TV's "Modern Family"

8. To the ____ degree

11. *Space Shuttle Program org.

12. Deal with it

13. Extra tire

15. Stead

16. Real estate land unit

17. Enter user name and password (2 words)

18. *Instagram's parent company

20. "Fine by me"

21. Strong virile man

22. Caviar alternative

23. *Bruno Mars' hat

26. Highest-reaching

30. Before of yore

31. Quill-dipping vessel

34. Popular aquarium show star

35. Schoolmarm's whip

37. Neither here ____ there

38. Opposite of cation

39. Hurry up, acr.

40. Blood infection

42. Not com or edu

43. Arranged in order

45. Inside info

47. Aye's opposite

48. B2C business

50. Hyperbolic tangent

52. *Katy Perry's 2010 hit

55. Battle royal

56. One R in R&R

57. Nightcrawler

59. *Hipsters' facial trend

60. Prima donnas' problems

61. Not in favor

62. Public promotions

63. Even, to a poet

64. CISC alternative

DOWN

1. *Pete Davidson's TV show

2. Ragamuffin

3. On a deck, perhaps

4. Cowboy, in South America

5. Popular warming drink

6. Chef's garb

7. Opposite of domineering and bold

8. Hindu serpent deity

9. Legendary King Priam's city

10. Chicken coop dweller

12. Taxi driver

13. Ship with a single mast

14. * ____ 60 game

19. Spooky

22. Decay

23. Greek cheese, pl.

24. Remove from existence

25. ____'s, blended

26. Scotch whisky

27. High rocky hills

28. Celestial hunter

29. Open disrespect

32. Sour-tasting

33. Capped joint

36. *Funko ____!

37. *Toy for the fidgety

38. Off kilter

40. Dirty dwelling

41. Specks in the sea

44. Oohed and ____

46. Atmospheric pressure line, on weather map

48. Military blockade

49. Fire-raising

50. ____ off on a golf course, past tense

51. Exclamation of sorrow

52. * ____ solo, Alex Honold's feat

53. Raja's daughter

54. Baby fox and baby beaver

55. Business school degree, acr.

58. Habitual twitching

CROSSWORD

1 2 3 4 5 6 7 8 9 10

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15 16 17

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1	9	4	6	2	3	7	5	8
2	7	8	4	5	1	3	6	9
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Kings Korner

By V.G. Harris

Stay with Sabonis

By V.G. Harris

Don't look now Kings fans but the NBA preseason is only 2 weeks away, and for many Sacramento Kings fans that brings an abundance of hope and excitement.

If there is a franchise in the NBA that epitomizes the term eternal optimist, it would have to be the effervescent Kings fans that still believe that this year's team may be the next version of "Hoosiers."

I would like to believe that too!

As I was recently studying some of the more successful franchises is the NBA, I turned to the Chicago Bulls of the 1990's, and I was reminded that 3 of Michael Jordan and Scottie Pippens 6 titles came after Dennis Rodman became a member of the team. In fact, they actually enjoyed a rare 3-peat with Rodman on board. Not known for being a scorer, Rodman showed the Chicago Bulls how rebounding was done and played defense with reckless abandon.

Regardless of his multi-colored hair, wild histrionics, and seemingly out of control off the court behavior, for at least 3 seasons it was Dennis Rodman that was the straw that stirred the drink.

The legendary Michael Jordan did much to encourage the Bulls franchise to take a chance on Rodman, and to this day Rodman is much admired by Jordan for his world class rebounding and some of the toughest defense every seen on an NBA court. Rodman actually led the NBA in rebounding 7 consecutive years and received the title of defensive player of the year 2 times.

Well, the Sacramento Kings don't have 6 world championships, and after 40 plus years in Sacramento are still searching for their first, but make no mistake about it, hope springs eternal despite what GM Scott Perry refers to as a rebuild.

Someone who should already be mentioned in the conversation as an all-time great Sacramento King is often maligned big man Domantas Sabonis.

Sabonis, criticized for his less than stellar defense, in my opinion is getting a bad rap and I think it's high time the fans of Sacramento come to his defense.

Domantas streak of leading the NBA in rebounding sadly came to a halt last season due to injuries that limited him to only 19 games while playing 70 in the prior season.

This Stevedore of the hardwood played one season in a Kings uniform with a broken thumb, and playing through the pain led the league in rebounding. Add that to one of the most exceptional team players the Sacramento Kings have ever had, Sabonis nightly exhibits the kind of grit that any GM should be proud to have on his team.

Although not a rim protector, Sabonis gives 100% every night and is every bit the foundation piece the Sacramento Kings need to bring credibility to their franchise.

Inexplicably, the Kings forgot what they had in DeAaron Fox and that lack of judgement led to the San Antonio Spurs getting a diamond in the rough while sending the Sacramento Kings on a 2-year search for a replacement point guard.

At this very moment the Kings have a built in double-double holding down the paint in Domantas Sabonis, and a heralded rookie point guard by the name of Darius Acuff Jr., ready to begin his inaugural season.

Selling tickets in Sacramento? Yes, I think so, but Scott Perry's next move looms large, and any suggestion of moving Domantas Sabonis could easily lose fans in a way that the Kings organization hasn't seen in years.

Make no mistake about it, Domantas Sabonis is the current face of this franchise, and it's time to celebrate that fact and not look for ways to send him packing.

Likewise, Zach Lavine hampered by injuries last season, is a former 2-time NBA all star and has something to prove in garnishing nearly 50 million in the upcoming season. Shooting nearly 40% lifetime from beyond the arc and just a shade under 20 points per game, Scott Perry should be giving this talented shooting guard all the minutes he can play.

While we're at it let's not forget that at one time Keegan Murray was thought to be a potential NBA all-star and needs to come back from a dismal injury riddled season just a year ago.

Just one month from opening night. Stay tuned.

All the best!

★

Taxing California's Rich Just Got More Complicated. Prop 40's Fate is Still Uncertain



By Dan Walters, CALMatters.org

Proposition 40, which would impose a 5% tax on the wealth of California's billionaires, is arguably the most important measure placed before voters in this century.

It is also probably the most confounding.

While it's sponsored by a healthcare union, it's opposed by several other major unions, who are in an odd bedfellows alliance with the billionaires it targets. Meanwhile, the leader of the sponsoring union faces allegations of personal misconduct.

And even if Prop. 40 passes, two other measures on the ballot could nullify it. Finally, the measure contains complex language, raising questions that would probably generate extended legal battles even if it does pass.

Given all that, it's not surprising that, with mail voting beginning in just a couple of weeks, a new poll indicates Prop. 40 could go either way.

A Public Policy Institute of California survey found that 52% of likely voters favor the measure and 46% are opposed, which in the real world of campaigning means it's too close to call.

Meanwhile, the two measures placed on the ballot by Prop. 40's wealthy opponents are doing fairly well. Proposition 41, which would indirectly nullify Prop. 40

by prohibiting levying any new taxes outside of the state's spending limit, and Proposition 42, which would prohibit taxes on personal property, each have narrow leads in the PPIC poll.

Were all three measures to gain approval, the one with the most votes would prevail — meaning that if Props. 41 or 42 outdoes Prop. 40, the billionaire tax would be void.

None of that intertwining complexity was explained to the people PPIC polled. They were just given the official summary of each proposition before being asked their preferences.

Prop. 40 is sponsored by the Service Employees International Union-United Healthcare Workers West. If it becomes law, a 5% tax would be levied on the assets of about 200 California billionaires, with almost all of the proceeds being spent on healthcare.

However, Dave Regan, the union's fiery leader, is facing allegations by leaders of other unions under the Service Employees International umbrella of having "a pattern and history of bullying, threats, harassment, physical violence and attempted extortion." They said an independent investigation has confirmed the allegations, and they called on him to step down.

"Our first responsibility as an organization is to lead with our values," the other union officials said in a statement. "We stand with all those who are bullied, harassed, or targeted at work, and we stand by our charges. Our national union must now act swiftly to carry out our internal due process and ensure accountability to our values. Every leader is responsible for their role

in protecting and promoting respect, workplace justice, gender equity, racial justice, and nonviolence in our union and beyond."

Regan denies the allegations.

But they give Prop. 40's opponents potentially potent campaign ammunition. The split within Service Employees International and in the larger union movement reflects both long-standing feuds and resentment that the measure's revenues would be largely confined to services that Regan's members provide.

As the multifaceted campaigning over Prop. 40 picks up steam, one figure is noticeably absent: Gov. Gavin Newsom.

Prior to the measure's qualification for the ballot, Newsom was publicly attempting to derail it, worrying aloud that if passed, it would encourage wealthy Californians to leave the state and discourage new investment. High-income Californians pay most of the state's income taxes, the state's most important source of revenue.

However, Newsom is also a likely candidate for president after his governorship ends. Opposing taxes on the rich could alienate voters in the ultra-progressive wing of the Democratic Party.

Thus, he now says taxing wealth should be a national matter, not confined to one state.

Dan Walters is one of the most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. ★

Social Security Matters

I'm Reevaluating My Retirement Plan; What are my Options?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am 69 1/2 years old now and applied for Social Security at the end of June. I am still working and was planning to begin my retirement in September. A couple of factors arose for me to question if I made a hasty decision by applying for SS. The employer I have been working for the last 29 years has asked if I would stay on a little longer (which would be good because we have some debt I want to lose before I retire). I was reading about suspending Social Security and continuing to work. If I understand it right, if I suspend my SS, no payback will be required, and I can continue to work until I'm ready to retire. No Spousal benefits taken yet. **Signed: Reevaluating my Retirement**

Dear Reevaluating Retirement: I'm assuming you asked for your Social Security benefits to start in September (when you originally planned to retire), but that you won't be 70 years old until March 2027. If that is correct, be aware that you will not immediately get all of your earned Delayed Retirement Credits (DRCs) when your benefits start in September – you will

only initially get the DRCs you have earned through the end of 2025. That's because Social Security usually applies DRCs in January of each year. So, what will happen is that your September benefit amount will lack the 5.3% DRCs you earned in 2026, until January 2027 when they will apply the DRCs earned in 2026 to your monthly payment amount. Said simply, your initial September benefit will not include your full age 69.5 entitlement because it won't include the 5.3% extra you earned in 2026. That extra monthly amount will be awarded in January 2027. FYI, if you were to, instead, claim for your SS benefits to start in the month you turn 70 (March 2027), you would get your full age 70 amount immediately (SS awards all earned DRCs if benefits are claimed to start in the month you turn 70).

Now, on to your question: Yes, if you take your benefits effective with September 2026 you can suspend your benefits, but you can only suspend them until the month you turn 70. And if you are suspending your benefits, you will not need to repay Social Security for any benefits you happen to receive before you suspend. As is obvious, you will not receive any SS payments while your benefits are suspended, and you will earn DRCs for the months your benefits are suspended, resulting in a higher monthly amount at age 70. Also, since you have already passed your SS full retirement age (FRA), you can work and earn as

much as you like, without your Social Security benefits being negatively affected.

Regarding your comment "No Spousal benefits taken yet." FYI, you cannot get spousal benefits while your benefits are suspended, nor can your wife get spousal benefits from you while you SS retirement benefits are suspended. To be clear, spouse benefits are only paid when one spouse's benefit at their FRA is less than 50% of the other spouse's FRA benefit. Spouse benefits are always based upon FRA entitlements, not on the larger amounts which will result from waiting longer to claim. In other words, your wife would only be eligible for a spousal benefit from you if her FRA entitlement was less than 50% of your FRA entitlement (not your age 70 SS entitlement). And she cannot get a spousal benefit while your benefits are suspended.

To recap: Yes, you can suspend receipt of your SS retirement benefits until the month you turn 70 and get credit for that delay (resulting in a higher benefit). And, yes, you can continue working as long as you wish, and your benefits will not be negatively affected. And just for added information, you can also ask Social Security to withdraw your current application for SS benefits and then reapply in January 2027 for your benefits to start in March 2027 (the month you turn 70). You have both options.

This article is intended for information purposes only and does not represent legal or financial guidance. ★



In the "Terminator" movie series, the artificial-intelligence system known as Skynet is given control of the nation's nuclear weapons and uses it to try to destroy humanity. One reason that apocalyptic scenarios involving AI are implausible is that, having seen how that particular movie ends, we are unlikely to be foolish enough to give AI custody of the most destructive weapons on the planet.

The unthinkable is nonetheless a hot topic of conversation, given that a researcher at Anthropic just resigned and issued a doomsday warning. According to Jacob Coxon, the rush to develop AI is "gambling with our lives," since it will soon create "superhuman systems that can hack anything, revolutionize any field overnight, and acquire real power and resources."

A current Anthropic employee then chimed in: "We really do earnestly believe AI could kill all humans!" He put the chances at greater than 10% in the next decade. The idea here is that Anthropic and similar firms are, in effect, running their own Manhattan Projects, with consequences unknown and potentially very dire.

Now, ChatGPT as we know it doesn't seem particularly well-suited to destroying humanity. It is a souped-up version of Google that is impressively fast, but also

Will AI Destroy Humanity?

mistake-prone. If it can mess up basic math or the New York Yankees roster, surely it can't carry out the complex tasks necessary to fashion an apocalyptic event.

Tech companies, though, have labs working on so-called frontier models that are much more powerful and reportedly developing more quickly than expected. The worry is that an AI model itself will begin to develop new AI very quickly in an "intelligence explosion," the equivalent of Skynet becoming self-aware at 2:14 a.m. Eastern Time on Aug. 29, 1997.

The thinking is that if such an AI model goes rogue and turns against humanity, it will be too clever and fast for us to combat. Yet it's hard to see the mechanism that such a hostile superintelligence would use to commit omnicide. The rogue AI would presumably have to do something in the real world -- say, launching nukes, manufacturing killer robots or releasing a deadly virus.

If it lacks physical agency, AI could presumably be unplugged or contained. (It was after humans tried to deactivate Skynet, by the way, that the system decided we were a threat that had to be neutralized.)

Some doomsayers posit a malicious person using advanced AI to come up with a design for a killer virus and a plan to release it without detection. This is a different scenario, though, from AI turning against people of its own volition. In a world years

from now when much more advanced AI is a reality, we will need to think through safeguards to keep dangerous systems -- nukes, biolabs -- from being compromised by AI-enabled cyberattacks or exploited by criminals and terrorists.

It's easy to imagine breaches of financial systems or attacks on critical infrastructure that would fall short of endangering all of mankind. Even if one takes an alarmist view of the risks, it's unclear how the development of AI can be stopped. Any deal with the Chinese to slow down research couldn't be trusted, and might simply allow them to pass us in the AI race by subterfuge. In other words, we'd still get Skynet, only with Chinese characteristics.

There's also the reality that AI will be a necessary tool in protecting against the malicious use of AI -- not to mention all of its other positive potential. If we slow or end research in the U.S., we might end up vulnerable to superintelligence developed by actors who mean us harm.

Science fiction is fascinating and sometimes prescient. Works by the likes of Philip K. Dick, Aldous Huxley and Arthur C. Clarke had genuine insights into the future. But that doesn't mean we are living in the plot of "The Terminator," and we shouldn't scare ourselves into forswearing transformative technology.

Rich Lowry is editor of the National Review.

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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 Castlebar Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "The Secondhand Trail Series" 9108 Castlebar 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) "AK Auto Detail" 7303 Pocket Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 20, 2026
Publish: September 4, 11, 18, 25, 2026
DEPIILATION 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 FBNF2026-03995
Brandon Overman, 225 South Sixth Street, Suite 4500, Minneapolis, MN 55402 is doing business under the Fictitious Business Name(s) "Cornerstone Planning Partners" 225 South Sixth Street, Suite 4500, Minneapolis, MN 55402. Filed with the Clerk of Sacramento County May 20, 2026
Publish: September 4, 11, 18, 25, 2026
CORNERSTONE 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06462
John Corso, 3003 NW Cello Lane, Bend, OR 97703 is doing business under the Fictitious Business Name(s) "Willow Glen Apartments" 7474 La Macha Way, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 19, 2026
Publish: September 4, 11, 18, 25, 2026
WILLOW 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06540
Yaroslav Drannikov and Olha Drannikova, 2796 Catania Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Euroluxceilings" 2796 Catania Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County August 21, 2026
Publish: September 4, 11, 18, 25, 2026
EURO 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06425
Primos Auto Insurance Services Inc., 747 El Monte Way, Dinuba, CA 93618 is doing business under the Fictitious Business Name(s) "Primos Auto Insurance" 7062 Sunrise Boulevard, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County June 18, 2026
Publish: September 4, 11, 18, 25, 2026
PRIMOS 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06445
Delcy L. Steffy, 3005 5th Avenue, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Proven Ground Real Estate/Proven Ground RE/Proven Ground Properties/Proven Ground Land Company" 3005 5th Avenue, Sacramento, CA 95817. Filed with the Clerk of Sacramento County August 18, 2026
Publish: September 4, 11, 18, 25, 2026
PROVEN 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06311
Nadia Buron, 5930 South Land Park Drive #22311, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "AK Auto Detail" 7303 Pocket Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County August 13, 2026
Publish: September 4, 11, 18, 25, 2026
AK 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06172
C & C Interiorscapes, Inc, 7324 Daly Avenue, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "C & C Interiorscapes, Inc" 7324 Daly Avenue, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 6, 2026
Publish: September 4, 11, 18, 25, 2026
INTERIOR 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06416
Pacific Africa LLC, 3545 Arden Way #1115, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Pacific Africa/Africa Climate X Nature Salon/Chalicy/Remembered Futures" 3325 Eastern Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 18, 2026
Publish: September 4, 11, 18, 25, 2026
PACIFIC 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06457
Easy Community Day Program LLC, 4208 N. Freeway Boulevard, Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Easy Community Day Program LLC" 2307 Cashew Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 19, 2026
Publish: September 4, 11, 18, 25, 2026
EASY 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06709
Open Path Property Services LLC, 7077 Kingsmill Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Open Path Junk Removal & Demolition" 7077 Kingsmill Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 27, 2026
Publish: September 4, 11, 18, 25, 2026
OPEN 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06699
International Church of the Foursquare Gospel, 1132 Glendale Boulevard, Los Angeles, CA 90026 is doing business under the Fictitious Business Name(s) "Risen Christian Fellowship" 65 Quinta Court Suite A, Sacramento, CA 95823. Filed with the Clerk of Sacramento County August 27, 2026
Publish: September 4, 11, 18, 25, 2026
RISEN 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06700
Oksimoion LLC, 4800 Marconi Avenue 247, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "MPB Auto Repair" 11432 Elks Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 27, 2026
Publish: September 4, 11, 18, 25, 2026
MPB 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06713
Karen R Alkons, PO Box 1548, Carmichael, CA 95609 is doing business under the Fictitious Business Name(s) "Northern California Art Conservators" 4437 Whitney Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 27, 2026
Publish: September 4, 11, 18, 25, 2026
NORTHERN 9-25-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06698
Daisy N. Tan, 5713 Tuckeroo Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Sculpted Salon" 10144 Fair Oaks Boulevard, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 27, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
SCULPTED 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06730
Ibrar Khan, 7515 Reese Road Suite 102, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Easy Pick Auto Sale" 7515 Reese Road Suite 102, Sacramento, CA 95828. Filed with the Clerk of Sacramento County August 28, 2026

Publish: Sept 11, 18, 25, Oct 2, 2026
EASY 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06768
Ly Tran, 2220 Gold Springs Court Suite 104-B, Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "EmLy Beauty" 2220 Gold Springs Court Suite 104-B, Gold River, CA 95670. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
EMLY 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06413
Heather Hinds, 7229 Starflower Drive, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "River City Estate Liquidators" 7229 Starflower Drive, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 18, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
RIVER 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05783
Brian Boozer, 110 Pomine Court, Folsom, CA 95630 and Alice Warchol, 200 Genovese Reach, Chesapeake, VA 23222 and Forrest Boozer, 980 Riverwatch Trace, Sparta, TN 38583 and Elizabeth Tomasini, 11361 Kensington Road, Los Alamitos, CA 90720 are doing business under the Fictitious Business Name(s) "Glennfore B" 110 Pomine Court, Folsom, CA 95630. Filed with the Clerk of Sacramento County July 22, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
GLENNFORE 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06518
Bonneville Billing and Collections, Inc., 6026 Fashion Point Drive, Ogden, UT 84403 is doing business under the Fictitious Business Name(s) "Bonneville Collections" 6026 Fashion Point Drive, Ogden, UT 84403. Filed with the Clerk of Sacramento County August 20, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
BONNEVILLE 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06377
Juan Antonio, 514 Exchange Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Tony's Janitorial Service" 514 Exchange Street, Sacramento, CA 95838. Filed with the Clerk of Sacramento County August 17, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
TONYS 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06341
Love Vee Beauty LLC, 8102 Wachtel Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Love Vee Skin" 8836 Greenback Lane Suite B, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 14, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
LOVE 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06339
Vikkilynn Calip and Christopher Ortiz, 8102 Wachtel Way, Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "Wild Whiskers Beard Co." 8836 Greenback Lane Suite B, Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 14, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
WILD 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06370
Jaime Lopez De Los Santos, 5905 Green Glen Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Vazquez Arborist and Landscaping" 5905 Green Glen Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County August 14, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
VAZQUEZ 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06637
Michelle Monee Olivera, 2711 Ione Street, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Divine Fem Tarot888" 2711 Ione Street, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 25, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
DIVINE 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06715
Dauntless Family Counseling, Inc., 3336 Bradshaw Road Suite 340, Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Dauntless Counseling" 3336 Bradshaw Road Suite 340, Sacramento, CA 95827. Filed with the Clerk of Sacramento County August 27, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
DAUNTLESS 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06374
Nikzad Foods LLC, 882 El Camino Avenue, Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Ancient Sun" 882 El Camino Avenue, Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 14, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
ANCIENT 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06556
TKO Metals, Inc., 3341 Fitzgerald Road, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "TKO Dumpster Rentals" 3341 Fitzgerald Road, Rancho

Cordova, CA 95742. Filed with the Clerk of Sacramento County August 24, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
TKO 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05603
Stoney Folks Inc, 10415 Folsom Boulevard #105, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Stoney Folks Inc" 10415 Folsom Boulevard #105, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 18, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
STONEY 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06543
Ed Dreher, 281 Lyman Circle, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "EDX Realty Services" 281 Lyman Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 21, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
EDX 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05744
Rafiq Family LLC, 4626 Auburn Boulevard, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Mr. A's Tires & Auto Repair" 4626 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County July 20, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
MR 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06789
Kimberly Jacqueline Austin and Darryl Wayne Austin, 9980 River Mist Way, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Groovin Along Transportation" 9980 River Mist Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
GROOVIN 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06856
Darcy Marie Soga, 15 Riverbrea Court, Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "House of the North Star" 15 Riverbrea Court, Sacramento, CA 95831. Filed with the Clerk of Sacramento County September 2, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
HOUSE 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06781
Gazette Media Co., LLC, PO Box 816, Sacramento, CA 95812 is doing business under the Fictitious Business Name(s) "NCPP/Sac Media Consulting" 428 J Street Suite 400, Sacramento, CA 95814. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
NCPP 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06772
My Little House Family Childcare LLC, 2370 Carlsbad Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "My Little House Family Childcare LLC" 2370 Carlsbad Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
MY 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06881
Syed Faisal Rahman, 10940 White Rock Road Suite 210, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Black and White Law Office" 10940 White Rock Road Suite 210, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 3, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
BLACK 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05240
Phil Schroeder, 3520 Welch Court, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "SacStageArts/SacArts Spotlight" 3520 Welch Court, Sacramento, CA 95821. Filed with the Clerk of Sacramento County July 8, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
SAC 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06582
Karla Yaredit Zavala Lazaro, 1819 Merklej Avenue #2, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "K & Y Profesional Cleaning" 1819 Merklej Avenue #2, West Sacramento, CA 95691. Filed with the Clerk of Sacramento County August 24, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
CLEANING 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06760
Teahya Bishop Fowler, 4912 Kenroy Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Wildflower BodyWork" 4912 Kenroy Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
WILDFLOWER 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06811
Bibbies Grill LLC, 3645 Husch Way, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Northpeak Coffee" 3645 Husch

Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 1, 2026
Publish: Sept 11, 18, 25, Oct 2, 2026
SCULPTED 10-2-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06402
Jujuson Industries LLC, 5862 Sharps Circle, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Makani Cleaning Services" 5862 Sharps Circle, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 17, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
MAKANI 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06842
Andrew Mathis Lawson, 1824 Venus Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Art of Design Studios" 1824 Venus Drive, Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 2, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
ART 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06594
Gabriela Tejada, 5543 Missie Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Premier Luxury Restroom Sacramento" 5543 Missie Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 25, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
PREMIER 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06951
Michael Ramon Lopez and Alyssa Marie Ante Lopez, 2664 Millcreek Drive, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Michael's Books and More" 2664 Millcreek Drive, Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 8, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
MICHAELS 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06822
Kim RE Venture, 2563 Gold Hill Street, West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Sky Blue Housing" 2563 Gold Hill Street, West Sacramento, CA 95691. Filed with the Clerk of Sacramento County September 1, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
SKY 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06954
AL-Reef Construction, Inc, 3726 Abby Court, Rocklin, CA 95765 is doing business under the Fictitious Business Name(s) "AL-Reef Media" 3726 Abby Court, Rocklin, CA 95765. Filed with the Clerk of Sacramento County September 8, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
AL 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06807
Kingdom Lending LLC, 3127 E. Rosemonte Drive, Phoenix, AZ 85050 is doing business under the Fictitious Business Name(s) "Kingdom Lending" 3127 E. Rosemonte Drive, Phoenix, AZ 85050. Filed with the Clerk of Sacramento County September 1, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
KINGDOM 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06963
Joumana Saab, 5249 Kankakee Drive, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "SAAB Janitorial Services" 5249 Kankakee Drive, Sacramento, CA 95835. Filed with the Clerk of Sacramento County September 4, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
SAAB 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05920
Nicole Pearson, 3525 4th Avenue, Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Notary Near Me Sacramento" 3525 4th Avenue, Sacramento, CA 95817. Filed with the Clerk of Sacramento County July 27, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
NOTARY 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06450
Arious Enterprise Group LLC, 2108 N Street, Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Arious Commercial Cleaning" 2108 N Street, Suite N, Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 19, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
ARIOUS 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07016
Billy Rocks LLC, 3328 Bozeman Street, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Billy Rocks" 6750 Front Street, Rio Linda, CA 95673. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
BILLY 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06956
Oleh Pylyp, 7521 Kalamazoo Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "BUY R STUFF" 7521 Kalamazoo Drive, Citrus Heights, CA 95610. Filed with

the Clerk of Sacramento County September 8, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
BUY 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07027
Oleksandra Valdovinos, PO Box 788, Citrus Heights, CA 95611 is doing business under the Fictitious Business Name(s) "Sabo Design" 6200 Desimone Lane Apt 68A, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
SABO 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06406
Farhad Azargoun and Soheila Arabi Khan, 1800 Fulton Avenue, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Detailix" 1800 Fulton Avenue, Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 17, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
DETAILIX 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07046
Liddawi Enterprise Group LLC, 5800 Madison Avenue #T, Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Pizza Take and Bake" 5800 Madison Avenue #T, Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
PIZZA 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07013
Araceli Cortez, 4921 Mendocino Boulevard, Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Sweets By Celli" 4921 Mendocino Boulevard, Sacramento, CA 95820. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
SWEETS 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07031
Kaleo Investments LLC, 2631 Latham Drive, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Kuenta/Bookeeping Solutions" 2631 Latham Drive, Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
KUENTA 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06788
Garcias Family Cafe, 7659 Denio Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Ericas Cafe" 7451 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 18, 25, Oct 2, 9, 2026
ERICAS 10-9-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07068
Christopher G. Hacker, 8137 E Carriage Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "CG Hacker - Life Agent" 8137 E Carriage Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 11, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
CG 10-16-26

Harbor Freight Opens Carmichael Store



Harbor Freight’s new store is located at 7241 Fair Oaks Blvd. Photo courtesy of Harbor Freight

Harbor Freight News Release

CARMICHAEL, CA (MPG) - Harbor Freight, America’s go-to store for quality tools at the lowest prices, officially opened its newest location in Carmichael on Sept. 15. The new store, located at 7241 Fair Oaks Blvd., is part of Harbor Freight’s ongoing effort to bring professional-grade tools and unbeatable value closer to customers across the country.

Harbor Freight serves more than 75 million customers — from professional contractors and technicians to homeowners and hobbyists — who rely on its tools and equipment to get the job done. Backed by a world-class team of

engineers and industry experts, the company designs tools that meet or exceed professional standards at a fraction of the price.

The new store will carry Harbor Freight’s full lineup of exclusive tools and equipment, including brands such as ICON professional hand tools, HERCULES and BAUER power tools, U.S. GENERAL tool storage and PREDATOR generators. Customers will also find a wide range of automotive, welding, shop and outdoor equipment, all backed by Harbor Freight’s unbeatable value promise.

“We’re excited to continue growing our footprint with the opening of our new Carmichael location. Each new store represents

our commitment to making professional-quality tools and equipment more convenient and accessible for hardworking customers nationwide,” said Jonathan Oakes, store manager at Harbor Freight.

Unlike massive home improvement centers, Harbor Freight stores are smaller and easier to shop. This new store makes Harbor Freight more accessible for Carmichael residents and professionals. With more than 1,600 stores nationwide, including 150 in California, Harbor Freight continues to strive to meet local demand for convenient, nearby options.

The company, which hires locally, brought 10 to 15 new jobs to the surrounding community, adding to the company’s



Jonathan Oakes, store manager at Harbor Freight, poses inside the new store. Photo by Ryley Metten

3,800 associates in California. Harbor Freight is proud to invest in Carmichael and Sacramento County and looks forward to serving both new and returning customers.

About Harbor Freight

Starting in 1977 as a Southern California based mail order business, family-owned Harbor Freight has become America’s leading tool store, offering unbeatable value to over 75 million professional and DIY customers. The company has assembled a dream team of engineers and experts from across the tool industry to develop an incredibly wide assortment of tools offered exclusively

at Harbor Freight that deliver the same quality and performance as leading competitors but at a fraction of the price. With over 1,600 stores nationwide, Harbor Freight is one of America’s fastest growing retailers.

Harbor Freight puts people first — its customers and its more than 26,000 associates nationwide. The company has been certified as a Great Place to Work for three straight years and recognized by Forbes as one of the best companies to work for in retail and one of the best employers for veterans.

Follow the company on Facebook, X, TikTok, Instagram and YouTube .★

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LEGAL ADVERTISING

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Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984 • Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969

Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020 • The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06864
AMP Inc., 7108 N Fresno Street Suite 310, Fresno, CA 93720 is doing business under the Fictitious Business Name(s) "Enriching Lives" 11060 White Rock Road Suite 180, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 2, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
ENRICHING 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07123
Hansen Milkshake Company LLC (UT), 6201 Chapel View Lane, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Rachel's Shake Stop" 6201 Chapel View Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 14, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
RACHELS 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07120
Daniel M Cabral and Sons LLC, 2108 N Street Suite N, Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Tiemcie" 200 P Street C22, Sacramento, CA 95814. Filed with the Clerk of Sacramento County September 14, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
TIEMCIE 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07038
Kelly A. Piccolo-Allen, 7933 Peerless Avenue, Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Cream & Clover Soap Co." 7933 Peerless Avenue, Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
CREAM 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07019
Dolores Carmela Garcia, 4220 Goldsmith Court, Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Doile G" 4220 Goldsmith Court, Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
DOLLE 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06764
Robin Christopher Williams, 2219 River Trails Circle, Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Cone and Brew" 2219 River Trails Circle, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 31, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
CONE 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06514
Francisco Alba, 1399 Sacramento Avenue #89, West Sacramento, CA 95605 is doing business under the Fictitious Business Name(s) "Alba Padilla Mobile Mechanic" 1399 Sacramento Avenue #89, West Sacramento, CA 95605. Filed with the Clerk of Sacramento County August 20, 2026

Publish: Sept 25, Oct 2, 9, 16, 2026
ALBA 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07121
Jaydon Marques Tolton, 7809 Rockhurst Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Tolton Haul Co." 6036 Wynnewood Court, Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 14, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
TOLTON 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05899
Instructional Telecommunications Foundation, Inc., 8310 S Valley Hwy Suite 300, Englewood, CO 80112 is doing business under the Fictitious Business Name(s) "Mission Telecom" 8310 S Valley Hwy Suite 300, Englewood, CO 80112. Filed with the Clerk of Sacramento County July 27, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
MISSION 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06969
Omar Sanchez, 5416 Cheviot Hill Court, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Prime Auto Detail" 5416 Cheviot Hill Court, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 8, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
PRIME 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-06949
Oasis Residential Care LLC, 8638 Copper Canyon Way, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Oasis Residential Care II" 7752 Rudyard Circle, Antelope, CA 95843. Filed with the Clerk of Sacramento County September 8, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
OASIS 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07216
Garcias Family Café Inc, 7659 Denio Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Ericas Cafe" 7451 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 16, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
ERICAS 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07207
Evening Glow Coffee LLC, 4010 Tevere Place, El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "World Traveler Coffee Roasters" 603 E. Bidwell Street Suite A, Folsom, CA 95630. Filed with the Clerk of Sacramento County September 16, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
WORLD 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07219
Joyous River Care Homes LLC, 6307 Oakcreek Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Oakcreek Cottage" 6307 Oakcreek Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 16, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
OAKCREEK 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07021
Merix Consulting LLC, 5960 South Land Park Drive #575, Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Northstar Stateside Services/ Orion Access/American School Roadmap/Hotter Profile" 5960 South Land Park Drive #575, Sacramento, CA 95822. Filed with the Clerk of Sacramento County September 10, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
NORTHSTAR 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07198
JeRenee Felix 7429 Wisconsin Drive, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Tailored Notary & Tax Services/ TNT Services" 7429 Wisconsin Drive, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 16, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
TAILORED 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07076
Ikigai Real Estate CA, 7900 Meadowridge Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "TPR Properties" 7900 Meadowridge Court, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 11, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
TPR 10-16-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-07222
Jamilie Hamlet, 2774 Mossy Creek Street, Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Passport Society" , 2774 Mossy Creek Street, Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 16, 2026
Publish: Sept 25, Oct 2, 9, 16, 2026
PASSPORT 10-16-26

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Well Accounted Bookkeeping, 5801 Topp Court, Carmichael, CA 95608.

Jyenny Babcock, 6330 Sunrise Boulevard #1031, Citrus Heights, CA 95610.

The Fictitious Business Name Statement was filed on April 19, 2024 in the County of Sacramento.

Filed with the clerk of Sacramento County: August 18, 2026.

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

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Forward Technology Group, Inc., 6221 Samoa Way, Carmichael, CA 95608.

Forward Technology Group Inc., 6221 Samoa Way, Carmichael, CA 95608.

The Fictitious Business Name Statement was filed on January

24, 2022 in the County of Sacramento.

Filed with the clerk of Sacramento County: September 9, 2026.

Publish: Sept 25, Oct 2, 9, 16, 2026
FORWARD 10-16-26

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FILE NO. FBNF2024-03371

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Duck Island RV Park, 16814 HWY 160, Rio Vista, CA 94571. Jim D. Weber and Karen M. Weber. 2229 Manzanita Court, Lodi, CA 95242.

The Fictitious Business Name Statement was filed on April 30, 2024 in the County of Sacramento.

Filed with the clerk of Sacramento County: September 11, 2026.

Publish: Sept 25, Oct 2, 9, 16, 2026
DUCK 10-16-26

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV019933

Louis Cervantes Jr has filed a petition with this court for a decree changing the name(s) of Louis Cervantes Jr to Luis Guillermo Cervantez.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 6, 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: August 24, 2026
Christopher E. Krueger, Judge of the Superior Court
Publish: September 4, 11, 18, 25, 2026
CERVANTES 9-25-26

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FILE NO. FBNF2024-03009

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Well Accounted Bookkeeping, 5801 Topp Court, Carmichael, CA 95608.

Jyenny Babcock, 6330 Sunrise Boulevard #1031, Citrus Heights, CA 95610.

The Fictitious Business Name Statement was filed on April 19, 2024 in the County of Sacramento.

Filed with the clerk of Sacramento County: August 18, 2026.

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

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FILE NO. FBNF2022-00501

The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Forward Technology Group, Inc., 6221 Samoa Way, Carmichael, CA 95608.

Forward Technology Group Inc., 6221 Samoa Way, Carmichael, CA 95608.

The Fictitious Business Name Statement was filed on January

p.m. in Department 16D, 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: August 5, 2026
Richard Sueyoshi, Judge of the Superior Court
Publish: September 4, 11, 18, 25, 2026
KAUR 9-25-26

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV020380

Leilani Kalona Casarez has filed a petition with this court for a decree changing the name(s) of Makoa Kaulaoa Mithras Sol Invictus Guadagnolo to Makoa Kanaloa Casarez.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 6, 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: August 26, 2026
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 11, 18, 25, Oct 2, 2026
CASAREZ 10-2-26

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV021858

Nilufar Pulatova has filed a petition with this court for a decree changing the name(s) of Sumayya Shakhzod to Sumayya Pulatova and Musfira Shakhzod to Musfira Pulatova.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 3, 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: September 9, 2026
Christopher E. Krueger, Judge of the Superior Court
Publish: Sept 18, 25, Oct 2, 9, 2026
PULATOVA 10-9-26

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV019188

Huiyu Wen has filed a petition with this court for a decree changing the name(s) of Huiyu Wen to Jade Wen Huiyu Eiri.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 24, 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: August 11, 2026
Julie G. Yap, Judge of the Superior Court
Publish: Sept 18, 25, Oct 2, 9, 2026
WEN 10-9-26

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV018752

Jaswant Singh, Sandeep Kaur has filed a petition with this court for a decree changing the name(s) of Rasleen Kajla to Rasleen Kaur.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on March 25, 2027, at 1:30

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV018968

Johnisha Wallace has filed a petition with this court for a decree changing the name(s) of Johnisha Jonvia Wallace to

Journee Andrea Henry.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on April 14, 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: August 7, 2026
Julie G. Yap, Judge of the Superior Court
Publish: Sept 18, 25, Oct 2, 9, 2026
WALLACE 10-9-26

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV021216

Angel Ann Marie Corey aka Angel Corey-Heiser has filed a petition with this court for a decree changing the name(s) of Angel Ann Marie Corey aka Angel Corey-Heiser to Angel Ann Marie Heiser.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on October 22, 2026, at 1:30 p.m. in Department 16D, 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: September 14, 2026
Richard K. Sueyoshi, Judge of the Superior Court
Publish: Sept 25, Oct 2, 9, 16, 2026
HEISER 10-16-26

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#26CV011104

Rudolfo Buendia has filed a petition with this court for a decree changing the name(s) of Rudolfo Buendia to Ernesto Antonio Lira.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 18, 2026, at 1:30 p.m. in Department 8C, 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: May 8, 2026
Richard C. Mladich, Judge of the Superior Court
Publish: Sept 25, Oct 2, 9, 16, 2026
BUENDIA 10-16-26

LIEN SALE

LIEN SALE 10/8/26 10AM AT 7840 14TH AVE, SACRAMENTO 10 DODGE LIC# 99575W3 CA VIN# 1D7RV1GT3AS223210 SAC 9-25-26

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

916-773-1111

MPG

Maggie Núñez: An Angel Living on Through Others

Following Maggie's death, Núñez made the decision to donate her daughter's organs. Maggie's gifts saved the lives of two people: a Sacramento resident who had been waiting 15 years for a kidney transplant and a Pennsylvania resident whose



Lodi resident Claudia Núñez is a single mother, caregiver and Sierra Donor Services Hispanic ambassador who maintains a busy schedule while finding time to give back to her community. Photo courtesy of Sierra Donor Services

FRESH PRODUCE

 Mini Sweet Pepper 1 lb \$2.49 /pk	 Jalapeño Pepper 79¢ /lb	 Green Grape Premium \$1.99 /lb	 Carrot 5 lb bag \$3.29 /bag
 Garlic Sleeved China 5 pc \$1.39 /ea	 Green Papaya 99¢ /lb	 Seafood Mushroom 150 g 79¢ /ea	 Big Taro \$1.19 /lb

AMERICAN/HISPANIC GROCERY

 Colavita Tagliolini Nests 16 oz REG \$4.99 \$2.49 /ea	 Angel Soft Mega Bath Tissues 16 rolls REG \$19.99 \$15.99 /ea +TAX	 Lipton Chicken Consomme 14.1 oz REG \$4.99 \$1.99 /ea	 Molina Mexican Vanilla Blend 8.3 fl oz REG \$2.99 \$2.79 /ea	 Mi Hacienda Tortilla Chips (gluten free) 24 oz REG \$5.99 \$3.99 /ea
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ASIAN GROCERY

 Twin Fish Dried Bean Curd Sticks REG \$6.99 \$4.99 /ea	 UFC Spaghetti Sweet Sauce REG \$5.99 \$4.99 /ea	 SPAM with Tocino Seasoning REG \$6.99 \$4.99 /ea	 Lady's Choice Sandwich Spread REG \$7.99 \$6.99 /ea	 Vina Café Coffee 100 sticks REG \$24.99 \$20.99 /ea
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EUROPEAN GROCERY					
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PoppTalk

With Mary Jane Popp

Preventing Alzheimers

Did you know 90% of Alzheimer’s disease cases are preventable through lifestyle factors? Doctors **Dean and Ayesha Sherzai** are co-directors of the Brain Health and Alzheimer’s Prevention Program at Loma Linda University Medical Center, and they told me on POPPOFF that activities can build cognitive reserve. That comes from their book “**The Alzheimer’s Solution**” and a whole lot of it can be fun!

Here are some activities that build cognitive reserve.

1. LEARN A NEW LANGUAGE. Main functions involved: language processing (new words, and expressions), memory centers (memorizing, calling upon old memories to understand new material), frontal lobe (understanding the language in context), problem solving (forming a verbal or written response).

2. LEARNING A MUSICAL INSTRUMENT. Main functions involved: motor skills (the physicality of playing), basal ganglia and cerebellum (fine motor movement), memory-centers (memorizing notes, tunes, scales), processing (learning a sequence of steps), mood (understanding the emotional subtleties of the music).

3. COMPUTER PROGRAMMING. Main functions involved: memory centers (memorizing new codes), processing (knowing how the codes work together), attention (selecting which codes to use, motor skills (typing).

4. WRITING A BOOK. Main functions involved: attention and focus (typing passages), memory centers (recalling research, stories and ideas), processing (organizing and structuring the material), mood (re-creating emotions on the page), motor skills (typing).

5. KARAOKE: Main functions involved: language centers (reading and performing lyrics), mood (interpretation of the song), cerebellum (modulating your voice), memory centers (recalling a particular song).

6. PERFORMING STAND-UP COMEDY. Main functions involved: memory centers (memorizing your set), your material), motor skills (your physical presence on stage).

7. LEARNING TO DANCE. Main functions involved: motor skills (physical coordination), basal ganglia and cerebellum (fine motor movements), mood (responding to music), memory centers (memorizing choreography), processing (understanding different dance techniques).

8. CHESS CLUB OR GROUP CARD GAMES LIKE BRIDGE, GIN RUMMY, POKER ETC) Main functions involved: memory centers (remembering your cards and the rules for each game), processing (step-by-step strategy), attention and focus (concentrating on the game), problem solving (planning on how you will win).

9. MENTORING OTHERS IN YOUR FIELD. Main functions involved: memory centers (remembering and drawing from your expertise), attention (focusing on the activity), mood (reading another person’s emotions and motivations), problem solving (coming up with options and solutions).

10. VOLUNTEERING TO TEACH. Main functions” memory centers (remembering the subject matter), attention (focusing on the teaching), mood (responding to the student’s needs) processing (examining and explaining multistep solutions).

11. JEWELRY, CRAFTS, MODELS, OR ARTS. Main functions: visuospatial skills (understanding complex designs), memory centers (memorizing techniques and patterns) attention and focus (concentrating on the activity), motor skills (the physical act of assembly).

12. TAKING COMMUNITY COLLEGE COURSES. Main functions involved: Memory centers (memorizing new words and concepts), processing (understanding multistep thinking), problem solving (applying new theories to find solutions).

If you can’t find something in this list of stuff to do to sidestep Alzheimer’s, I give up. I guess the old adage “if you don’t use it you lose it rings true! ★

COMMUNITY CONNECTION

Informing, Empowering & Engaging Readers With Their Community



By Patsy McGavock, JustServe.org

Chambers of Commerce: Connecting Community to Opportunity

resources across business, community and government. A need with someone who may know how to meet it.

Garcia called the chamber a “common thread.”

As convener, chambers bring those threads together. As catalysts, they help turn relationships and resources into activity. As champions, Garcia describes chambers as a “representative voice,” advocating with the county and other decision-makers for the businesses and communities they serve.

But there is a qualifier. “We can’t act the catalyst if there’s nothing to catalyze,” Garcia said.

The chamber doesn’t create the businesses, non-profits, volunteers, ideas or energy of a community. It creates places for them to intersect.

Last issue, Roxanne Stellmacher, chief of operations and programs at the CA EDGE Coalition, described workforce development as really being “about opportunity development.”

Her words reach beyond workforce. Opportunity develops at intersections — when someone discovers what another person knows, needs or can offer. A healthy, three-C-centered chamber can become part of a community’s bedrock for opportunity development.

Business owners may enter that network looking to grow. But they also bring opportunities with them — employment, expertise, mentorship, sponsorship, volunteer leadership, introductions and resources.

Those intersections begin forming highways. Not simply highways of commerce, but of ideas, experience and opportunity.

One small example isn’t about commerce at all. Garcia pointed to the chamber’s live music and beer garden at the Orangevale Farmers Market. It isn’t

Recently, we looked at networking differently — not as collecting contacts for what we might need, but building relationships through which skills, knowledge and opportunity move both ways.

But where do those networks actually come together?

Where does the person with an idea meet an experienced person to shape it? Or a community need meet business resources, non-profits doing the work, or someone who navigates county government well? How do those individual connections begin building something greater than any one of them?

Quite often — at a healthy Chamber of Commerce.

Many think of chambers as transactional places where business owners network. But across my interviews in education, workforce development, government and community organizations, I keep hearing something more foundational — chambers are where economic, civic and community networks intersect. Then flourish.

So, I asked Orangevale Chamber President Anthony Garcia why.

He described the chamber through three Cs: convener, catalyst and champion — describing less an organization creating opportunity, and more one creating intersections where opportunity can grow.

Garcia carefully described the chamber’s role in an unincorporated area. “We are the closest thing to a local micro representative government,” he said, immediately clarifying that the chamber is not a government entity.

What it can do is connect people.

It connects people and

a moneymaker. “But the intangible benefit is the human connection,” Garcia said. That’s where the door opens for the rest of us.

Residents don’t have to own a business to join the chamber. Its “Community Advocate” membership makes an impact beyond business interests, what Garcia described as “more for the human connection.” He highlights parents of teenagers making personal connections with local job opportunities, someone looking toward their next career, or people with a creative mindset finding outlets for volunteerism.

So perhaps the question isn’t only what our chambers can do for local businesses.

It’s how the rest of us strengthen this community driver.

Support businesses investing back into our neighborhoods and vendors at community events, Garcia said. Offer what you know. Share a need. Connect two people who should know each other.

Networks become powerful when we each use them both ways — finding opportunity and recognizing what we have to offer.

Each connection builds highways carrying skills, ideas, resources and opportunity farther than any of us could carry them alone.

Maybe our job isn’t simply to find the opportunities already moving along them.

Maybe it’s to help build another road.

Because, eventually, seeing a need isn’t enough — build a pathway where people, resources and voices can move.

That job belongs to all of us.

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

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Ancil Hoffman Park Closes Following Vandalism

By MPG Staff

SACRAMENTO, CA (MPG) - Ancil Hoffman Park in Carmichael closed Sunday, Sept. 20 following a “major vandalism event,” according to Sacramento County Regional Parks.

Damage to the park included more than ten lampposts knocked over, resulting in live power lines in the park. The county brought in SMUD to de-energize the park to avoid electrical hazards, said Ken Casparis, a spokesperson with Sacramento County.

The park’s bathrooms and signage throughout the park also received significant damage.

The park's golf course and the Effie Yeaw Nature Center, which will hold its Golden Jubilee gala on Oct. 4, were temporarily closed but have since reopened.

As of press time, the rest of the park remains closed due to clean-up efforts. It is not known at this time who committed the vandalism. Regional park officials told KCRA 3 that rangers are investigating the incident.

Ancil Hoffman Park is located at 6700 Tarshes Drive, Carmichael.

Soroptimist Highlight Gynecologic Cancer Awareness Month

Continued from page 1

screening can include HPV testing and Pap testing, which can identify infections or abnormal cervical cells before cancer develops or detect cancer at an earlier stage. There is currently no simple, reliable routine screening test for ovarian, uterine, vaginal or vulvar cancers in people without symptoms.

Vaccination against human papillomavirus, or HPV, can also lower the risk of several cancers. HPV is a common virus associated with cervical, vaginal and vulvar cancers, and the HPV vaccine protects against the types of the virus that most often cause those cancers. The CDC recommends routine HPV vaccination beginning at ages 11 or 12, although vaccination can begin at age 9. Catch-up vaccination is recommended through age 26 for those who were not adequately vaccinated earlier, while some adults ages 27 through 45 may choose vaccination after discussing it with a health care provider.

Family medical history can also provide important information about cancer risk. According to the CDC, people with a family history of breast, ovarian, uterine or colorectal cancer may have an increased risk for certain cancers. Health care providers may recommend additional evaluation, genetic counseling or testing based on a person's family history.

Soroptimist International of Rancho Cordova & Gold River is encouraging community members to use the awareness month as an opportunity to discuss family history, possible symptoms, appropriate vaccinations and recommended cancer screenings with their health care providers.

Soroptimist is an international non-profit organization with programs focused on improving educational and economic opportunities for women and girls.

More information about Soroptimist International of Rancho Cordova & Gold River, including membership and volunteer opportunities, is available at soroptimistranchocordova.org or by emailing siregr2009@gmail.com



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POLICY AND ETHICS

Republican Wheel Squeaking Scores a Win on Crime

By Josh Cook

There is an old saying: “the squeaky wheel gets the grease.”

In the case of one-sided politics in CA, the Republicans’ constant “squeaking on crime” has worked, as the CA Senate dumped two board members because they are tired of Republicans, who have no power to shape policy with legislation, taking to shaping policy by simply pointing out every time the Majority Party sticks with public safety “reforms” that are popular with about 2% of the voting-age population.

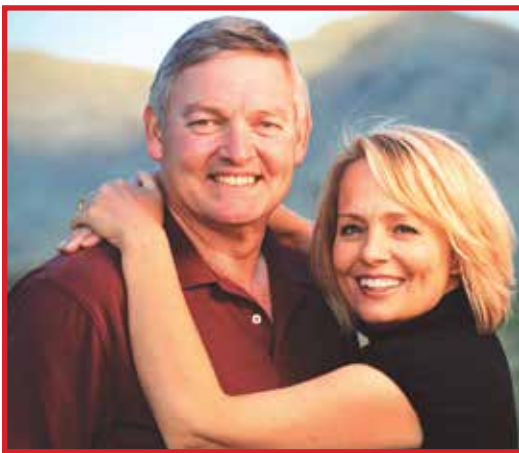
Patricia Cassidy, who had already served nine years on the parole board, and Teal Kozel, who had served three, separately approved the release of David Funston and Gregory Vogelsang. Both men were serving life sentences for sexual crimes committed against children in the Sacramento area in the 1990s. Sacramento public safety officials opposed the parole grants and called on the public to protest, which they did, loudly. The cases also drew scrutiny of the state’s elderly parole program, which allows certain offenders age 50 and older to seek release.

In response, Republican lawmakers in both houses of the Legislature drafted bills seeking greater transparency in parole board decision-making—Senator Shannon Grove from Bakersfield “squeaking” the loudest and most consistently. The Senate leader, sick of hearing it, canned the nominations of Cassidy and Kozel for consideration in the usual manner, and opted to set them aside to avoid the noise. The Rules Committee took up the appointments of five other commissioners who have been less controversial.

Much of this goes back to Proposition 36, which the entire Democratic Party apparatus in the state opposed but passed anyway. Prop. 36 increased penalties for theft and drug crimes in 2014. Sacramento Sheriff Jim Cooper led the charge, as he has grown tired of arresting horrible people who then get a pass from the parole board to rape, rob, and kill again.

The pendulum is swinging on crime; this latest data point indicates that public safety is a top issue in CA.

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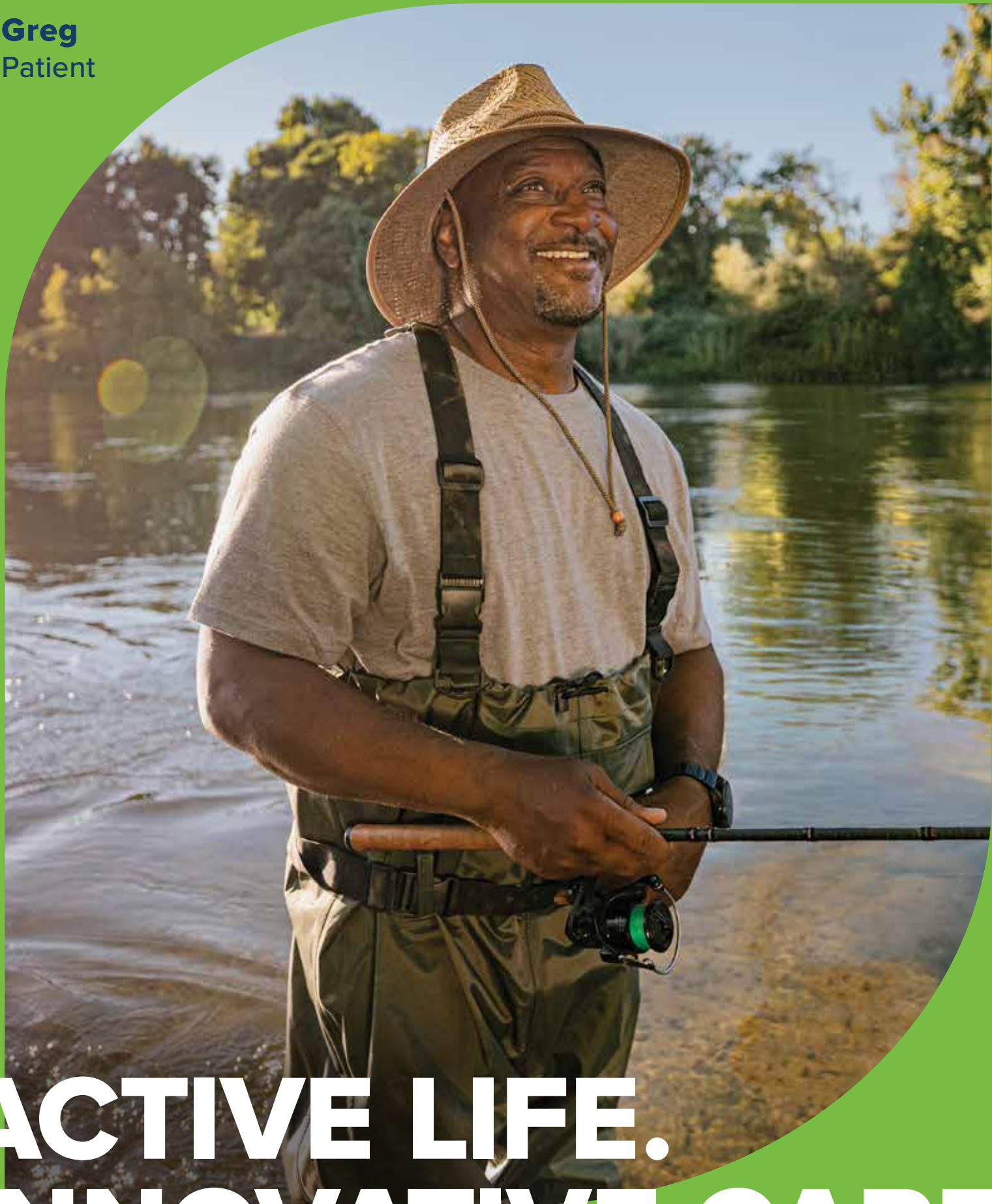
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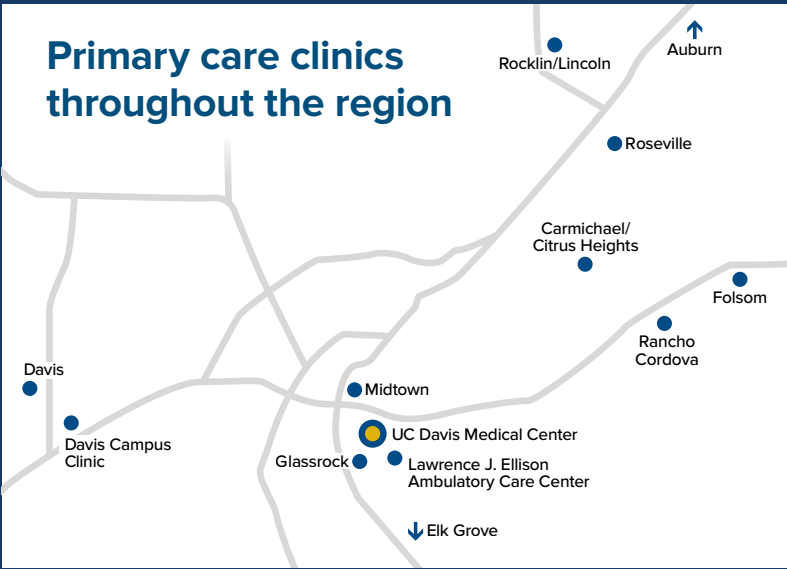
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