



Warm Wishes from Meals on Wheels

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Donations Needed for Baby Basket Drive

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Carmichael Times

VOLUME 37 • ISSUE 50

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DECEMBER 15, 2017

HELP ELIZA SEITHER BRING HER HEART TO HAITI!



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LATEST 'STAR WARS' OUT OF THIS WORLD



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SACRT AND SACOG AWARDED GRANT



PAGE 5



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A Starry Christmas



Top photo: Jack Loverich (7) and sister Lucy (8) got a taste of white stuff generated last week by snow machines in Carmichael Park. Festivities included live music, a visit from Santa Claus and a count-down for Christmas light illumination. Below photo: On top of the world on his 87th birthday, crane truck owner, Gary Matranga, strings new lights on the famous Palm Street star.



Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Thanks to the Property and Business Improvement District (PBID), a restored holiday decoration is icing on Carmichael's Christmas cake. High above historic Palm Drive, the old Post Office star once again shines from an ancient evergreen.

Palm Drive is lined with Canary palms that community matriarch Mary Deterding planted around 1909. At the same time, neighbor John Scroggs nourished a deodar cedar on his property. The tree grew up with Carmichael. It became a celebrated cause in 1960, when the US Post Office planned a Palm Drive facility. Federal architects sentenced the evergreen - then about 50 years old - to the saw mill. Neighbors were distraught. Carmichael's famed naturalist Effie Yeaw lived yards from the sentenced giant and began a petition to save it. Eventually, Washington DC relented. To mark the community victory, a low concrete wall and a plaque honoring Effie Yeaw was installed beneath the tree. Sometime later in its 100-plus years, the deodar was crowned with a five-foot star. Its illumination became a Christmas tradition and long-time residents recall finding their way home on winter nights by the lofty icon.

The Post Office later moved to Fair Oaks Boulevard, but the ornament shone through

many more Decembers. Electricity for the cause was donated by successive building occupants. About 10 years ago, the star's wiring fizzled out. No one seemed game to climb 80 feet up for a repair job.

Effie's tree remained dark until PIBD chairman Gary Hursh beheld the forlorn bauble and saw a fitting project for his organization. "We're trying to improve the quality of local businesses and our residential environment," the attorney explains. "We decided the star needed to be relit. Sacramento Metro Fire Department was eager to help. They sent out a ladder truck and four firefighters. A fireman climbed up and replaced many light bulbs, but the wiring was still defective." AAA Crane Company owner Gary Matranga and his massive Kenworth crane truck was next to the rescue. On his 78th birthday, Matranga rose like a winged Mercury to string new lights around the star. "I haven't had so much fun on my birthday in years," he declared.

As night fell, the lights came on again. Palm Drive neighbors were elated. "I've been feeling sad about that old star for years," said a senior pedestrian. "Now it seems like part



By twilight's last gleaming, the restored decoration shines anew.

of our history as been lit up again."

Power came courtesy of RES T+D, a renewable energy company that now occupies the old Post Office. "PBID and I are grateful to the fire department, AAA Cranes and RES T+D for getting our star relit," approved Gary Hursh. "Carmichael's a brighter place thanks to efforts like this."

The Post Office star is visible from many parts of Carmichael. It will be lit until after New Year. To visit the site, go to 5945 Palm Drive. Learn about PBID at www.carmichaelID.org

SMUD's Credit Rating Highest in Three Decades

SMUD special release

SACRAMENTO REGION, CA (MPG) - Two of the three leading credit agencies have raised their assessment of SMUD's credit worthiness. Fitch and S&P upgraded SMUD's credit ratings to AA, from AA-. Meanwhile, SMUD's credit worthiness continues to be rated Aa3 by Moody's. This is the strongest SMUD's credit ratings have been in 33 years.

The agencies cited improved finances, sound operating fundamentals, competitive rates and a diverse energy portfolio among the many reasons they raised their assessment of SMUD's credit worthiness.

Exceeding financial goals helps SMUD maintain solid credit ratings and provides for lower interest rates when SMUD borrows. The upgrades are expected to save three basis points (0.03%) on SMUD's upcoming bond transaction, which is worth \$350,000 net value over the term of the debt. Additionally, SMUD will continue to pay lower interest rates every time the electric utility issues debt in the future.

According to Fitch: "The rating upgrade reflects the district's strong and sustainable financial performance, moderate leverage with manageable capital needs, and management's proactive plans to comply with environmental mandates and adapt to a rapidly evolving industry."

S&P noted: "We have assigned SMUD a business profile score of '3' on a 10-point scale, with '1' being the highest, reflecting our view of SMUD's competitive electric rates, diverse and coal-free resource portfolio, strong financial management, and stable and diverse service territory."

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for 70 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visitsmud.org. ★

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Much Needed Warm Wishes from Meals on Wheels

Story by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG)

- To have food to eat is one thing. To be warm and remembered may possibly be the other top two most requested "gifts" on the list of many seniors this year, and Sacramento's Meals on Wheels is hoping for your help in making those wishes possible.

If Meals on Wheels doesn't ring a bell it should. The non-profit provides roughly 500,000 meals and safety checks to roughly 1,500 home-bound seniors annually. The Sacramento operation is part of a network of more than 5,000 local Meals on Wheels chapters across country. Meals on Wheels was established under the Older Americans Act created by congress in 1965 to ensure seniors 60 and over have food. It is funded through a combination of public-private partnerships, state and federal grants, private donations and an army of volunteers.

This year, the agency has introduced a new program giving you another option for supporting: Project Warm Wishes, says Michelle Bustamante, program specialist for Meals on Wheels, Sacramento, has a goal to give each of its participants the gift of warmth, as in fuzzy slippers, blankets, throws, hats, gloves and socks, anything to help participants stave off the cold.

"The goal of this new part of our services is to provide a simple Christmas gift to let people know they are remembered and they are not alone, because so many are isolated and don't have anybody to share the holidays with," said Bustamante. "So our goal is to get a gift to all of those individuals who are registered for our home delivery program and we are thinking about ways to keep them warm and comfortable."

Scarves, warm sweat suits, even tea and tea kettles are also potential gifts you can donate through Project Warm Wishes, and you can add to the list things



The non-profit provides roughly 500,000 meals and safety checks to roughly 1,500 home-bound seniors annually. Photo courtesy Meals on Wheels

like toothbrushes, toothpaste, coloring books for adults, jigsaw puzzles and word search books.

"In addition to a meal, this holiday season we also want to give the gift of warmth and let our participants know that, even though they may be alone, they are not forgotten," Bustamante said.

If you want to go deeper,

“In addition to a meal, this holiday season we also want to give the gift of warmth and let our participants know that, even though they may be alone, they are not forgotten.”

MICHELE BUSTAMANTE
PROGRAM SPECIALIST, MEALS ON WHEELS, SACRAMENTO

consider becoming a driver for Meals on Wheels. While the job is 100% volunteer base and requires you to use your own car and pass a DMV and background check, the relationships formed with participants and the warmth you get in return are unsurpassed.

"I will tell you that, in addition to providing nutritional meals for our participants, one of our main areas of focus is the relationships that are formed between the drivers and our participants," said Bustamante. "We provide a safety check with every visit and the bonds formed between our drivers and the participants is unbelievable. They are so reliant on seeing that friendly face and the elimination of isolation is so important."

Not all seniors are home-bound. For those who are more mobile, Meals on Wheels has 20 All Seasons cafes set up across the Sacramento County region where more than 1,000 receive a free lunch and a place



Consider becoming a driver for Meals on Wheels. Photo courtesy Meals on Wheels

to socialize with others—a critical component of fighting off isolation.

There is an All Season Café set up at Rusch Park Community Center in Citrus Heights, Mission Oaks Community Center in Carmichael, and the Orangevale Community Center. Transportation to and from the café's is available for some

participants.

"The café population is a bit more mobile, and they love the idea of having a place to go each day during the week for a meal and contact with others," Bustamante said. "Those folks are also forming relationships with the volunteers and some of these centers where the cafés are, is like a second home

to them. They'll celebrate birthdays there together, the birth of grandchildren, and really make connections that are so important when you are elderly and perhaps on your own."

There has never been a more critical time to support Meals on Wheels, including becoming a volunteer. Congressional budget cuts could impact the future of the public-private partnership for the agency, Bustamante said. Having a solid core of rotating volunteers (there are currently about 500 in the region) who spend their time either preparing the packing of the meals for the drivers, delivering the meals and providing safety checks, or working in one of the cafes, lays a foundation for longevity.

"We are always in need of new volunteers to help us out," Bustamante said. "We are not really clear on what the future holds. As we all know there are future budget cuts that could affect us and the senior population is skyrocketing, so we need to be able to keep up."

Humans are not the only ones who benefit. The aniMeals on Wheels program also provides pet food for the critters who provide vital companionship for many Meals on Wheels program participants.

"Seniors' pets are often the only family member they have," said Bustamante. "And we found out that many of our participants were feeding their pets part of the meals we deliver, so we always need donations to help make it possible for them to keep their pets and enjoy their meals."

Meals On Wheels, Sacramento/Project Warm Wishes

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By Eliza Seither

SACRAMENTO COUNTY, CA (MPG)
 - For the past year I have been looking into humanitarian programs. A few months ago, I finally found one that felt right for me! I just got my acceptance letter and I am so excited to go! I leave for Haiti in January and I will be there until Late April/early May. I will be living in an orphanage in the city of Saint-Marc. Because this is a humanitarian trip, I will have to pay a little more for food and stay. I have been saving up as much as I can but I am trying my hardest not to take out any loans. I hate asking for money, so don't feel pressured in any way into donating, but anything would help! I will keep you all updated on my entire trip while I'm there so you can enjoy the experience



Eliza Seither. Photo courtesy Eliza Seither

with me! Here is the program I'm going with so you can read more about it! <http://www.ilp.org/haiti/>

You can donate to help fund the trip at www.youcaring.com/elizaseitherhaiti
 Thank you so much! ★

Carmichael Improvement District Seeks Board Members



Carmichael Improvement District (CID) is accepting applications for its voluntary Board of Directors. An induction and orientation for the new member(s) will take place in January 2018. Prospective board members may include CID-area business owners, public sector property owners and owner representatives, as well as engaged residents of the greater Carmichael community.

A description of expectations for a Board Member and application can be found at www.CarmichaelID.org. Applications must be submitted to info@carmichaelid.org by December 15.

The Carmichael Improvement District was formed in December 2016 to promote the common interests of business and property owners by improving business and economic conditions in the Carmichael area. For additional information contact info@CarmichaelID.org.

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SacRT and SACOG Awarded Grant for Transportation Planning

By Wendy Williams, RT

SACRAMENTO, CA (MPG) - Transportation planning efforts just took a huge step forward today, thanks to the award of a \$492,000 grant to the Sacramento Area Council of Governments (SACOG) in partnership with the Sacramento Regional Transit District (SacRT). SACOG and SacRT plan to work together to integrate transportation and land use planning to optimize transit and transit-oriented development throughout Sacramento, Citrus Heights, Folsom, Rancho Cordova, and urbanized Sacramento County. The two agencies provided a combined local match of \$202,000, bringing the total project cost to \$694,000.



"This is simply the next step in our transformational process," stated Henry Li, SacRT General Manager/CEO. Photo courtesy SacRT

The grant, which will fund three planning projects, was awarded by the California Department of Transportation (Caltrans) through its Sustainable Communities Planning Grant program. Final approval of the award came yesterday from the California Transportation Commission.

"We are very pleased over the news of this grant funding as it demonstrates to the communities we serve that SacRT is continuing with its transformation to become a world-class transit system," stated SacRT Board Chair Andy Morin.

SACOG's Vice Chair Jay Schenirer, also a member of the SacRT Board of Directors, sees this collaborative effort as a beginning to a new future transit system for all of Sacramento.

"We are thankful for the support that SACOG provided to help secure the grant award. This successful partnership is an excellent example of the renaissance of SacRT, as it seeks to become a collaborative economic force in the region."

The discretionary grant will help fund SacRT's new Route Optimization Study (ROS), which was awarded the lion's

share of the grant at \$240,000. The ROS will take a blank slate approach to redesigning SacRT's entire bus route system to reflect current travel patterns and create a more robust, connected transit network, using the existing SacRT light rail system.

"This is simply the next step in our transformational process," stated Henry Li, SacRT General Manager/CEO. "Our great team of transit professionals is dedicated to the vision of developing a state-of-the-art service that exceeds the expectations of every community within the Sacramento region. We are excited to begin the new design process thanks to this funding award."

The Caltrans planning grant also includes funding to develop an interagency framework to guide future Transit Oriented Development (TOD). The framework is intended to help coordinate planning and development efforts between SACOG and SacRT, along with the County of Sacramento and local cities. The overall project seeks to increase the reliability and efficiency of SacRT's transit service while reducing greenhouse gas emissions and increasing transit oriented development to

improve livability and quality of life for riders and residents.

"Transit is a key driver for local and regional economic opportunity for all. But that depends on current and future riders having high frequency bus and train service," said SACOG CEO James Corless. "This grant will help SacRT build that future system that the entire region can rely on and be proud of."

Running from January 2018 to February 2020, the project will position SacRT to optimize its transit network, increase first mile/last mile connections, and enhance opportunities to live and work near transit. The project will deliver a Route Optimization Study and TOD Strategy and Action Plan to guide future collaborations.

The grant award will also fund the purchase and installation of innovative planning software known as Remix. The proprietary software helps transit agencies design routes while identifying cost and demographic impacts associated with proposed changes. The software is expected to save SacRT time and money heading into the future. Caltrans intends to issue the grant funding in January 2018. ★

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Crossword Puzzle on Page 9

A	W	A	R	D	P	R	O	W	R	I	T		
L	A	N	A	I	A	I	M	C	A	I	R	O	
G	L	O	B	S	R	O	E	A	R	G	O	N	
A	L	A	B	A	M	A	G	E	R	M	A	N	Y
I	R	E	M	A	L	T							
M	A	R	M	E	N	U	M	O	D	I	S	H	
E	L	U	L	D	O	G	S	N	A	C	H	O	
R	O	M	E	S	E	W	E	R	R	E	E	L	
R	H	E	A	S	L	U	R	E	N	U	L	L	
Y	A	N	K	E	E	M	A	C	H	P	L	Y	
A	S	A	P	T	I	S							
R	U	D	O	L	P	H	D	I	C	K	E	N	S
E	V	A	D	E	E	A	R	C	A	M	E	O	
S	E	W	E	D	A	L	A	U	T	U	R	N	
T	A	N	S	D	E	W	P	E	S	O	S		

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Sudoku Puzzle on Page 9

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

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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07999 Michael Lamson, 6817 Kettering Circle Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "California Baseball & Softball School" at 6817 Kettering Circle Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 18, 2017. Publish: November 24, December 1, 8, and 15, 2017. CALIFORNIA 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08264 Aleksander Sniguryak, 5350 Liberty Street North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Elite Paint Touchup" at 5350 Liberty Street North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 24, December 1, 8, and 15, 2017. ELITE 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08671 Feras H. Saor, 7521 Farmhouse Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Feras HVAC & Refrigeration" at 7521 Farmhouse Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 16, 2017. Publish: November 24, December 1, 8, and 15, 2017. FERAS 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08245 Daisy N. Tan, 5303 Sablewood Lane Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Sculpted Salon" at 8525 Madison Avenue Suite 146 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 30, 2017. Publish: November 24, December 1, 8, and 15, 2017. SCULPTED 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08569 Capital Rubber & Gasket Inc, 1725 19th Street Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Capital Rubber & Gasket Inc, Capital Rubber Co. Ltd" at 1725 19th Street Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 13, 2017. Publish: November 24, December 1, 8, and 15, 2017. CAPITAL 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08393 Lindsay Flint, 3604 Kroy Way Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "The Glam Shack" at 3604 Kroy Way Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 24, December 1, 8, and 15, 2017. GLAM 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08543 Jason Wochman, 2116 Waldon Way Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Rio City Really, LDS Home Loans" at 401 Watt Avenue Suite 5 Sacramento, CA 95864. Filed with the Clerk of Sacramento County November 9, 2017. Publish: November 24, December 1, 8, and 15, 2017. RIO 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08702 Stephanie Silavetti, 5333 Pimlico Avenue Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Fearless Fresh, StudioSJS" at 5333 Pimlico Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 16, 2017. Publish: November 24, December 1, 8, and 15, 2017. FEARLESS 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08611 Allan P. Charles, 9194 Parducci Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "A & R Laundry Services" at 9194 Parducci Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 14, 2017. Publish: November 24, December 1, 8, and 15, 2017. A&R 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08374 Raymond Emiliano Ponce, 2740 Fulton Avenue #101 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Real Estate Resource" at 2740 Fulton Avenue #101 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 24, December 1, 8, and 15, 2017. REAL 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08550 Christopher H. Simbulan, 180 Pinedale Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Ready Auto Sales" at 180 Pinedale Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 9, 2017. Publish: November 24, December 1, 8, and 15, 2017. READY 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08507 Richard Adam Cowley, 2612 Whitewater Way Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "RRR Roofing, RRR Enterprises" at 2612 Whitewater Way Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 24, December 1, 8, and 15, 2017. RRR 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08619 Ali Forghary, 220 Belfort Circle Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "AFMAX Enterprises" at 4395 Northgate Boulevard Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 14, 2017. Publish: November 24, December 1, 8, and 15, 2017. AFMAX 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08721 Josie's Affordable Best Care Services, LLC, 608 Jessie Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Josie's ABC Services" at 608 Jessie Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 17, 2017. Publish: November 24, December 1, 8, and 15, 2017. JOSIE 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08712 Arturo Flores, 1422 Nighthawk Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Mariachi Trio Generacion De Sacramento" at 1422 Nighthawk Way Sacramento, CA 95833. Filed with the Clerk of Sacramento County November 17, 2017. Publish: November 24, December 1, 8, and 15, 2017. MARIACHI 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08489 Electa J. Greer-Broussard, 2314 Mossy Bank Drive Unit 2 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Flawless Designs Beauty Salon" at 4800 Manzanita Avenue Suite B6 Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 24, December 1, 8, and 15, 2017. FLAWLESS 171011 12-15-17

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FBNF2017-08451 Kenji Riley, 2985 Leonor Drive Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Riley Oil & Brakes" at 2301 Vehicle Drive #C Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 24, December 1, 8, and 15, 2017. RILEY 171011 12-15-17

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FBNF2017-08311 Sheri Murphy, 3048 Root Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Murphy's Ink" at 3048 Root Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 24, December 1, 8, and 15, 2017. MURPHYS 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08571 Rhoohallah Jamalny, 1506 Response Road #394 Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Royal Snooker Club" at 2538-2560 Cottage Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 13, 2017. Publish: November 24, December 1, 8, and 15, 2017. ROYAL 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08468 Gary Haynes, 8499 Berry Road Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Silver Spur Stables of Sloughhouse" at 7525 Dillard Road Sloughhouse, CA 95683. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 24, December 1, 8, and 15, 2017. SILVER 171011 12-15-17

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FBNF2017-08622 Steve Eugene Brown, 330 Cadillac Drive #46 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Street Self-Defense for Women, Students, LGBTQ and Other Bully Magnets" at 330 Cadillac Drive #46 Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 14, 2017. Publish: November 24, December 1, 8, and 15, 2017. STREET 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08412 GTS Forestry Inc, 1323 Santa Ana Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Green Tree Service" at 1323 Santa Ana Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 24, December 1, 8, and 15, 2017. GTS 171011 12-15-17

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FBNF2017-08636 Naomi Banks, 5112 62nd Street Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "N2J Photography" at 5112 62nd Street Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 14, 2017. Publish: November 24, December 1, 8, and 15, 2017. N2J 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08718 Brooke Barboio, 6300 Birdcage Street #32 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Cloud 9 Mobile Ultrasound" at 6300 Birdcage Street #32 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 17, 2017. Publish: November 24, December 1, 8, and 15, 2017. CLOUD9 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08846 LAUNCH Technology Solutions, LLC, 11837 Pyxis Circle Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "LAUNCH Technology Solutions" at 11837 Pyxis Circle Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 22, 2017. Publish: December 1, 8, 15, and 22, 2017. LAUNCH 171011 12-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08724 Nikema Prophet, 4216 Talliyo Drive Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "PopSchools" at 4216 Talliyo Drive Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 17, 2017. Publish: December 1, 8, 15, and 22, 2017. POP 171011 12-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08822 Evdochia Parmajac, 2801 Wah Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "EP Auto Sales" at 303952nd Avenue Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 21, 2017. Publish: December 1, 8, 15, and 22, 2017. EP 171011 12-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08556 Paula Vang, O.D, INC, 6833 Stockton Boulevard Suite 440 Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Vang Family Optometry" at 6833 Stockton Boulevard Suite 440 Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 9, 2017. Publish: December 1, 8, 15, and 22, 2017. VANG 171011 12-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08716 Julie M. Chopourian, 2515 N. Park Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "JMC Law Solutions" at 2515 N. Park Drive Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 17, 2017. Publish: December 1, 8, 15, and 22, 2017. SOLUTIONS 171011 12-22-17

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FBNF2017-08650 John C. Smith Trust, 2293 68th Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Jay's Carpet Care" at 2293 68th Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 15, 2017. Publish: December 1, 8, 15, and 22, 2017. JAYS 171011 12-22-17

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FBNF2017-08407 Matthew Cyril Chapin, 1863 Watt Avenue #24 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Chapin Law, Chapin Consulting" at 1863 Watt Avenue #24 Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 3, 2017. Publish: December 1, 8, 15, and 22, 2017. CHAPIN 171011 12-22-17

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FBNF2017-08654 Hallway Construction Inc, 4621 Ravenwood Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Hallway Staging" at 4621 Ravenwood Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 15, 2017. Publish: December 1, 8, 15, and 22, 2017. HALLWAY 171011 12-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08433 Especialized Cleaning Enterprise, INC, 5825 Madison Avenue #1 Cleaning Enterprise, INC, 5825 Madison Avenue #1 Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Creative Polished Concrete" at 5825 Madison Avenue #1 Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 6, 2017. Publish: December 1, 8, 15, and 22, 2017. CREATIVE 171011 12-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08621 Karina Kudelin, 4312 Hussey Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "It Femme" at 4312 Hussey Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 14, 2017. Publish: December 8, 15, 22, and 29, 2017. IT 171011 12-29-17

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FBNF2017-08972 Kimimela Body Care, LLC, 12079 Mallard Lake Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Kimimela Body Care" at 12079 Mallard Lake Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 30, 2017. Publish: December 8, 15, 22, and 29, 2017. KIMIMELA 171011 12-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08733 Kamel Hamitouche, 8972 Laguna Vista Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "K & K Transportation" at 8972 Laguna Vista Court Elk Grove, CA 95624. Filed with the Clerk of Sacramento County November 20, 2017. Publish: December 8, 15, 22, and 29, 2017. K&K 171011 12-29-17

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FBNF2017-08434 Guy P Jones, 5712 St. Claire Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Lucky Buddha Tattoo" at 5421 San Juan Avenue Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 6, 2017. Publish: December 8, 15, 22, and 29, 2017. LUCKY 171011 12-29-17

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FBNF2017-09028 Ashish Sharma and Amrita R. Singh, 3545 Mather Field Road #121 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Surya Transport" at 3545 Mather Field Road Apt #121 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 1, 2017. Publish: December 8, 15, 22, and 29, 2017. SURYA 171011 12-29-17

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FBNF2017-08492 Pushpinder Kaur, 7463 Power Inn Road #B Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "HR Trucking" at 7463 Power Inn Road Apt #B Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 7, 2017. Publish: December 8, 15, 22, and 29, 2017. HR 171011 12-29-17

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FBNF2017-09002 Liya Verenyuk, 3961 Myrtle Avenue North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Pacific Coast Express" at 3961 Myrtle Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 1, 2017. Publish: December 8, 15, 22, and 29, 2017. PACIFIC 171011 12-29-17

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FBNF2017-08847 Wade Hanley, 8924 Visage Circle Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Successful Operations" at 8924 Visage Circle Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 22, 2017. Publish: December 8, 15, 22, and 29, 2017. SUCCESSFUL 171011 12-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08665 Alonzo Houston and Pauline Brown, 8116 Prior Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Mama Judy's Son Senior Care" at 8116 Prior Way Antelope, CA 95843. Filed with the Clerk of Sacramento County November 15, 2017. Publish: December 8, 15, 22, and 29, 2017. MAMA 171011 12-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08515 Gennadiy Vakulik, 5730 Blachly Way Apt #4 Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "G's Truck Service" at 5730 Blachly Way Apt #4 Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 8, 2017. Publish: December 8, 15, 22, and 29, 2017. GS 171011 12-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08781 Kobra Shamohammadi, 3441 Data Drive #380 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Mah Beauty" at 3441 Data Drive #380 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 21, 2017. Publish: December 8, 15, 22, and 29, 2017. MAH 171011 12-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08956 Michael Diaz, 7720 Las Lias Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Painting Just 4 You" at 7720 Las Lias Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 29, 2017. Publish: December 8, 15, 22, and 29, 2017. PAINTING 171011 12-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09103 Willie W. Haidari, 12780 Riding Trail Drive Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Ethan Way Townhouses" at 1850 Ethan Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 7, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. ETHAN 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08710 Austin McManus, 5858 Lorraine Court Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Public Land" at 5858 Lorraine Court Sacramento, CA 95817. Filed with the Clerk of Sacramento County November 17, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. PUBLIC 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09106 Hin Vong, 6060 71st Street Sacramento, CA 95824 is doing business under the Fictitious Business Name(s) "Howe Bout Nails Salon" at 1537 Howe Avenue #118 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 7, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. HOWE 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09148 Rachel N. Harralson-Vallotta, 240 Natoma Station Drive Apt #297 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Cyberian Digital Arts" at 240 Natoma Station Drive Apt #297 Folsom, CA 95630. Filed with the Clerk of Sacramento County December 8, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. CYBER 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08923 Joseph C. Wanner Inc, 6400 Landis Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Wanner Heating and Air Conditioning" at 6400 Landis Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 28, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. WANNER 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08068 Emeke V. Anyanacho, 2839 Marconi Avenue Apt #44 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "NADIST Clean" at 2839 Marconi Avenue Apt #44 Sacramento, CA 95821. Filed with the Clerk of Sacramento County October 20, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. NADIST 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08960 Emeke V. Anyanacho, 2839 Marconi Avenue Apt #44 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Hauling Movers" at 2839 Marconi Avenue Apt #44 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 29, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. HAULING 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09102 Andrea Cracchiolo, 5548 Tierra Gardens Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Blithe and Co" at 5548 Tierra Gardens Lane Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 7, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. BLITHE 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09091 Serenity Supported Living Service, LLC, 3508 Cody Way Suite 250A Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Serenity SLS, LLC" at 3508 Cody Way Suite 250A Sacramento, CA 95864. Filed with the Clerk of Sacramento County December 6, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. SERENITY 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08169 Nicholas Adam Vannoy, 4804 Saint Lynn Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Humble Hands Humanitarian Services" at 4804 Saint Lynn Lane Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 26, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. HUMBLE 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09066 Central Security Group-Nationwide, Inc, 2448 E. 81st Street Suite 4200 Tulsa, OK 74137 is doing business under the Fictitious Business Name(s) "Alert 360" at 4708 Roseville Road Suite 114 North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 5, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. ALERT 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08905 Amanda Lynn Cox and James Michael Cox, 3008 Norris Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Crackle In Time" at 3008 Norris Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 28, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. CRACKLE 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09036 Usvat Enterprises, LLC, 8501 Oakcreek Cove Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Oakcreek Home Care" at 8501 Oak Creek Cove Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 4, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. OAK 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08904 Lon Wojdan, 582 W. Santa Ana Clovis, CA 93612 is doing business under the Fictitious Business Name(s) "Blondie's Pizzeria" at 6916 Sunrise Boulevard Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 28, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. BLONDIES 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09113 Glory LLC, 2648 Watt Avenue #107 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Happy Day Spa" at 2648 Watt Avenue #107 Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 7, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. HAPPY 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-09115 Canaan LLC, 2246 Sunrise Boulevard #3 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Happy Day Spa" at 2246 Sunrise Boulevard #3 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 7, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. HAPPY 171011 1-5-18

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08726 Gardella Company, Inc, 4317 Macey Drive Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Living Life Well Elder Care Management" at 4317 Macey Drive Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 17, 2017. Publish: December 15, 22, 29, 2017 and January 5, 2018. LIVING 171011 1-5-18

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2017-05873 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Badial Trucking" located at 9071 Devon Crest Way Elk Grove, CA 95624. Manjinder Singh, 9071 Devon Crest Way Elk Grove, CA 95624. The Fictitious Business Name Statement referred to above was filed on July 25, 2017 in the County of Sacramento. Publish: December 8, 15, 22, and 29, 2017. BADIAL 170707 12-29-17

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2015-05000 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Flexibility, Flexibility.com" located at 6950 W. 56th Street Mission, KS 66202. Integrated Commerce of California, LLC, 9218 Metcalf, Suite 339 Overland Park, KS 66212. The Fictitious Business Name Statement referred to above was filed on June 24, 2015 in the County of Sacramento. Publish: December 8, 15, 22, and 29, 2017. FLEX 170707 12-29-17

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-0022346
WHEREAS Abdul Mateen Adel Mohammad Qasim and Angela Mohammad Ismail have filed a petition with this court for a decree changing the name(s) of Abdul Mateen Adel Mohammad Qasim to Mateen Adel, Angela Mohammad Ismail to Angela Adel, Fatema Zahra Abdul Mateen to Fatema Adel, and Khadija Abdul Mateen to Khadija Adel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 9, 2018, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 17, 2017
Christopher E. Krueger, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017. ADEL 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-0022029
WHEREAS Tanisha Marsha Bullard has filed a petition with this court for a decree changing the name(s) of Brooklyn Amara Riley to Brooklyn Amara Young Bullard. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 11, 2018, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 11, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017. RILEY 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00221210
WHEREAS Marvel Wangsvick Scott has filed a petition with this court for a decree changing the name(s) of Marvel Wangsvick Scott to Marvel Adele Wangsvick. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 29, 2018, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 25, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017. SCOTT 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00222283
WHEREAS Joy Madeline Stern has filed a petition with this court for a decree changing the name(s) of Joy Madeline Stern to Jude McCabe Stern. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 8, 2018, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 16, 2017
David I. Brown, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017. STERN 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00220921
WHEREAS Dinoschka Solcire Roussel has filed a petition with this court for a decree changing the name(s) of Dinoschka Solcire Roussel to Solcire Dinoschka Roussel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 24, 2018, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 20, 2017
David I. Brown, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017. ROUSSELL 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194813
WHEREAS Liliana Gomes has filed a petition with this court for a decree changing the name(s) of Liliana Gomes to Liliana Ostil. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 5, 2018, in Department 129, located at 3341 Power Inn Road Sacramento, CA 95826, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 31, 2017
Publish: November 24, December 1, 8, and 15, 2017. GOMES 170705 12-

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Carmichael Times

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PREPARING FOR Christmas

DURING THE SEASON OF ADVENT

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NORTHMINSTER PRESBYTERIAN CHURCH

Join us for worship and special programs in December

The Birth OF:

Sunday, December 3 at 10:00 AM
Communion Worship

Sunday, December 10 at 10:00 AM
Worship

Sunday, December 10 at 3:00 PM
Carols & Cookies

A fun time for all ages singing together our favorite carols and enjoying cookies and punch, too! All (singers and non-singers) are welcome.

Sunday, December 17 at 10:00 AM
Worship

Sunday, December 24 at 10:00 AM
Christmas Eve Morning Worship

Sunday, December 24
Christmas Eve Services

5 PM - Family Worship with carols, a special message for all, candle lighting and an ornament gift for the children.

10 PM - Candlelight Worship with carols, choir and handbells celebrating the birth of the

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your body or simply do a foot massage. You can take a clue from Chinese medicine and apply pressure to the fleshy place between your thumb and index finger for 30 seconds. It's been shown to reduce upper body stress.

3) SLOW DOWN. When you constantly direct your attention and energies outward, it's easy to lose your sense of inner wonder, calmness and happiness. Your body will relax and you will feel less bogged down.

4) SET A POSITIVE TONE FOR THE DAY. The first 40 minutes of each day sets the tone for your entire day. Choose to make the first few moments as peaceful, positive and uplifting as possible. Spend a few minutes in quiet meditation and prayer time.

5) SLEEP LIKE A BABY. Avoid nighttime calls and turn off your cell phone before going to bed. A study at University of Zurich found that exposing people to electromagnetic fields from cell phones altered their brain waves during sleep, which resulted in sleep disturbances.

6) KEEP HYDRATED. Our bodies are 70% water. Our cells and planet are 70% water. Drink eight glasses of purified water or more to maintain good

health.

7) BATHE IN LAVENDER. The flowers of lavender are an age-old remedy for stress. Bathing by itself is calming, but a bath infused with lavender oil significantly reduced anger, frustration and negativity.

8) REFRESH WITH HONEY. Honey has been used for centuries to keep skin looking youthful. Apply raw, unfiltered honey on your face like a mask for 20 minutes and rinse with warm water afterwards. It moisturizes the skin and helps it to look taut and supple.

9) BOOST YOUR MOOD WITH DARK CHOCOLATE. Chocolate is a wonderful mood booster because it stimulates the production of endorphins, which are the chemicals in the brain that promote pleasure. Dark chocolate contains serotonin, which is a natural mood booster. Keep a small square with you at all times for emergencies.

Dr. Jones has a free monthly newsletter. Sign up at www.susansmithjones.com. You can get personally autographed copies of her books there like **The Curative Kitchen and Lifestyle** and **Healthy, Happy and Radiant at Any Age**. ★

Donations Needed for Baby Basket Drive

Donate to Help New Moms at Sacramento Life Center

By Kristin Thébaud

SACRAMENTO REGION, CA (MPG)

Local residents are invited to be a baby's first Santa as Sacramento Life Center holds its annual Baby Basket Drive for local women and teens spending the holidays preparing to become new moms in the coming year. The drive runs through Dec. 31 so the Sacramento Life Center can provide a basket of needed items to every patient who gives birth in 2018. Donations can be made online at www.saclife.org. Gifts can be made in any increment, but a donation of \$50 buys one basket, which includes formula, diapers, newborn clothes, pacifiers and more.

"One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. Gifts to our Baby Basket Drive give expecting mothers proof that they will always have a family here at the Sacramento Life Center and cheerleaders out in the community rooting for their family."

The Sacramento Life Center's



A Sacramento Life Center client receives a baby basket shortly after giving birth. The center is running its annual Baby Basket Drive through December.

mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about

the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★

Holiday Survival

It's fun, family and friends. That's what the holidays bring, but they also bring celebrations, shopping and stress. And, it takes a toll on the body. But **Dr. Susan Smith-Jones** gave me nine sure-fire tips to look and feel your best and emphasize the FUN factor. **Dr. Jones** has traveled the world and helped many celebs in Hollywood hold their own, and she's authored some 25 books on health. Soooooo:

1) NUTRIFY YOUR SHOPPING. Malls tempt wallets and taste buds, so bring healthy snacks like nuts, cut up veggies or fruit when shopping. Keeping your body fueled will help with long stressful check-out lines too.

2) GET HANDS ON. Give yourself a mini massage or ask your partner to give you one. Restore vitality even more with this Mediterranean secret. Combine extra-virgin olive oil with three to four drips of Olbas Oil and rub it all over



Slim Randles' HOME COUNTRY

There is a Nighttime Sweetness and Hope That Hovers Over Us This Time of Year. Here's to Dreams.

There is a nighttime sweetness and hope that hovers over us this time of year here at home. This is a time for summing up and looking ahead ... and a time for dreams.

And at night... ah, that's the time, isn't it? Outside it's dark, December dark, and we're inside and warm and cocooned up. The cold makes our world shrink, especially at night.

But we have our dreams.

For Janice Thomas, our art teacher at the high school, it's that painting she's planning. She makes starts at it, from time to time, but she's wise enough to know she isn't good enough to paint it yet. She paints other things well, but that one ... it has to be perfect. It will be the painting of a lifetime, she knows.

Doc will drift off to sleep tonight thinking about that new fly rod. He has half a

dozen, of course, that will take about any weight line, and let him catch anything from mouse to moose. But even the most expensive rod isn't what he dreams of. This year, for Christmas, he's giving himself a rod-builder's jig, and he will make his own rod from a Sage blank. That will be the one. It will have his own wrappings and he'll put the ferrules on it himself. He'll be able to feel the fish breathe with this one. It will be true and wonderful and last forever.

For cowboy Steve, the December dream is always the same: fixing up that little cabin, and a little corral to go with it. The

cabin will have a stone fireplace when he gets through with it, and knotty pine walls. He'll sip coffee in this cabin, and listen to music on the radio and hear the breeze going through the pines outside. And in the corral, ol' Snort waits for him to get ready for another ride.

There is a nighttime sweetness and hope that hovers over us this time of year. Here's to dreams.

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NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF DENNIS M. JOHNSON, AKA DENNIS MELVIN JOHNSON

CASE No. 34-2017-00221515
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Dennis M. Johnson, aka Dennis Melvin Johnson, aka Dennis Johnson. A Petition for Probate has been filed by Danell Leigh Brewster in the Superior Court of California, County of Sacramento, requesting that Danell Leigh Brewster, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows January 10, 2018 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of Petitioner is: Danell Leigh Brewster 2954 Alhambra Drive Cameron Park, CA 95682 530-957-3133 Publish: December 8, 15, and 22, 2017 JOHNSON 170622 12-22-17

NOTICE OF PETITION TO ADMINISTER ESTATE

CASE No. 34-2017-00220562
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lana Marie Moore, Lana Marie Garcia. A Petition for Probate has been filed by Jennette Garcia Snedden in the Superior Court of California, County of Sacramento, requesting that Jennette Garcia Snedden, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows January 16, 2018 8:30 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of Petitioner is: Jennette Garcia Snedden 4981 64th Street Sacramento, CA 95820 916-874-6465 Publish: December 15, 22, and 29, 2017 SNEEDEN 170622 12-29-17

LEGAL NOTICE

F. Gonzalez in the Superior Court of California, County of Sacramento, requesting that Johnnie F. Gonzalez, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows January 24, 2018 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of Petitioner is: Johnnie F. Gonzalez 4824 Perina Way North Highlands, CA 95660 916-544-1645 Publish: December 15, 22, and 29, 2017 GONZALEZ 170622 12-29-17

LEGAL NOTICE

Clemency Application Notice
My current, legal name is Adrienne Rhea Idigpio. On the date of March 26, 2012, I was convicted under the name of Adrienne Rhea Idigpio in Harrison County, Mississippi for the crime of Felony Domestic Violence-Aggravated Assault. I am intending to apply for clemency; pardon. If there is anyone who desires input in this matter, please contact the MS Parole Board at 660 North St., Suite 100A, Jackson, MS 39202; ph# 601-576-3520; fax# 601-576-3528 2-2-18

STATEPOINT CROSSWORD • HAPPY HOLIDAYS

CLUES

- ACROSS**
1. Oscar, e.g.
6. Debate position
9. Judicial document
13. Hawaiian veranda
14. Deadeye's forte
15. Capital of Egypt
16. Lumps of something soft
17. Beluga yield
18. Ar on table of elements
19. "First state to officially recognize Christmas"
21. "Country which produced first artificial Christmas trees"
23. Boiling emotion
24. Grain in "The House That Jack Built"
25. Equinox mo.
28. "On Christmas it often includes ham or goose"
30. In style
35. Twelfth month of Jewish year
37. "Max and Santa's Little Helper"
39. Jack Black's Libre
40. Saturnalia's place of origin
41. Rat's world
43. Movie spool
44. Actress _____ Perلمان, pl.
46. Angler's decoy
47. Partner of "void"
48. "A Connecticut _____ in King Arthur's Court"
50. Speed of object divided by speed of sound
52. A layer in plywood
53. Please do not delay
55. "____ the season to be jolly..."
57. "Beloved Montgomery Ward creation"
61. "Christmas Carol" author
65. Avoid, as in taxes
66. ENT's first concern?
68. Alfred Hitchcock in his own movie, e.g.
69. What tailor did
- DOWN**
1. Aquarium dweller
2. Room border
3. Dwarf buffalo
4. Torah teacher
5. Divest one of a gun
6. "For" in Spanish
7. Orinoco or Grande
8. Opposite of alpha
9. "Like holiday memories?"
10. Capital of Latvia
11. Wedge in a golfer's bag, e.g.
12. Broadway recognition
15. Dairy aisle package
20. Bribes of rewards, in the olden days
22. Liberty Tree, e.g.
24. "Naked Lunch" creatures
25. "Like Christmas"
26. Greeting in the land of "Mele Kalikimaka"
27. Part of cow's stomach
29. *Yuletide
31. Repair, as in socks
32. Freeze over
33. Conch, e.g.
34. *Poisonous Christmas berry
36. Plumbing problem
38. Red Cross supplies
42. Abdominal muscles
45. *Like a letter mailed to Santa
49. Sixth sense
51. Diaphragm spasm
54. Best way to shop?
56. "The kids do it in opening of "A Charlie Brown Christmas"
57. Catch your breath
58. Iris holder
59. Dracula's bane
60. Words from Wordsworth
61. Big attraction
62. Outback birds
63. Infamous emperor of #40 Across
64. Daughters' brothers
67. Belgian brew

CROSSWORD

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Crossword Puzzle Solutions on Page 6

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Solutions on Page 6

Latest 'Star Wars' Out of This World



In "Star Wars: The Last Jedi," Mark Hamill shines, and what a thrill to see him swashbuckling almost as spryly as he did 40 years ago. Photo courtesy Lucasfilm Ltd

By David Dickstein

SACRAMENTO REGION, CA (MPG) - Just past the 2-hour mark of "Star Wars: The Last Jedi" (opening Thursday night), there's a scene that would make for a gripping ending. The First Order (the bad guys) has the Resistance (the good guys) on the run, and the surviving arch enemies repping each side are soooooo ready to rumble. The moment is ripe for drooling in anticipation over Episode IX slated for release two years from now. What a perfect time to fade out and play some John Williams over the closing credits, right?

Not on writer-director Rian Johnson's watch. Like so much of the movie, the climax isn't what you think it is. In fact, this fake-out cliffhanger is in many ways just the beginning. And that's one of the countless beauties of the latest "Star Wars"; it keeps giving you more.

From the appearance of those beautiful blue words, "A long time ago in a galaxy far far away ...," to what does serve as the final scene, your goosebumps,

heartstrings and funny bone get a workout the likes this fan of the franchise (save for the Jar Jar Binks era) hasn't experienced since "The Empire Strikes Back."

Trying hard not to give away spoilers, let's scratch only surfaces here. Following an exhilarating opening battle scene, which deliciously includes some banter straight out of Austin Powers' joke vault, we venture where "The Force Awakens" left off. Unlike Episode XII, in which Luke Skywalker (Mark Hamill) makes his appearance in the final minutes, the self-exiled Jedi Master is the driving character in this one. Hamill shines, and what a thrill to see him swashbuckling almost as spryly as he did 40 years ago.

More somber reminiscing comes at first sight of Carrie Fisher, who finished her scenes as Leah before passing away last December. A couple moments may spawn a tinge of morbidity or beauty, depending on the viewer, and unless Fisher already shot scenes for the yet-titled

Episode IX, how her character is dealt with is yet another reason December 2019 can't come soon enough.

Other icons from the original trilogy are welcome sights, including C3PO, R2D2 and Chewbacca, who has an entertaining running gag with the Porgs, a new breed of creatures that look like a cross between a puffin, a seal and a pug dog. They're a crack up, and if you ask Chewie, quite tasty, too.

Lead characters introduced in the current trilogy are all purposeful and three-dimensional. Plucky heroine Rey (Daisy Ridley), who we last saw handing Luke his trusty lightsaber on a remote island, is on a quest to find herself while saving the free world. Also fighting the good fight are former Stormtrooper Finn (John Boyega) and ace pilot Poe (Oscar Issac), who has an interesting run-in with new character Vice Admiral Amilyn (Laura Dern).

For safety sake, we'll end things here. May the Force and pleasant surprises be with you at the theater. 5 of 5 Stars ★

SacRT Board Votes to Reduce K-12 Student Monthly Pass to Just \$20

By Wendy Williams, SacRT

SACRAMENTO, CA (MPG) - How often do you see prices go down in today's economy? Well, that's exactly what going to happen at the Sacramento Regional Transit District (SacRT). The Board of Directors unanimously voted last night to roll back SacRT's student monthly pass from \$55 to just \$20 (65% reduction). The fare reduction is being proposed as a six month pilot and is expected to cost the District approximately \$100,000.

"The reduction in price is part of SacRT's effort to encourage young people to learn about the region's public transportation system and travel without restriction," said SacRT Board Chair Andy Morin. "It's our hope that students in grades K-12 will adopt this mode of travel as they become adults, so providing them

affordable transit access in their youth seems to be an excellent approach."

It's all part of SacRT's Ridership Building Initiative. A recent analysis of ridership data identified K-12 students as the least subsidized category of passengers with the highest sensitivity to rate increases.

A ridership committee recently spent several months evaluating ridership trends, and determined that this fare reduction would have the greatest number of positive impacts, including increased ridership.

"In addition to ridership building, we believe the discounted student monthly fare will help many Sacramento families by reducing the financial burden of transportation," said Henry Li, SacRT General Manager/CEO. "Attracting more students to transit would also have the residual

effect of reducing traffic congestion and greenhouse gas emissions, because fewer parents would need to shuttling their children from place to place in a car."

The \$20 student monthly pass and \$10 student semi-monthly pass will go into effect on Monday, January 1, 2018, and will remain in effect through June 30, 2018. Advance sales of the January monthly pass will begin on December 20, at the reduced price.

SacRT operates approximately 69 bus routes and 43 miles of light rail throughout Sacramento County, including the cities of Citrus Heights, Folsom, Rancho Cordova and Elk Grove. Sacramento buses and light rail trains operate 365 days a year. SacRT's entire bus and light rail system is accessible to the disabled community. ADA services are provided under contract with Paratransit, Inc. ★

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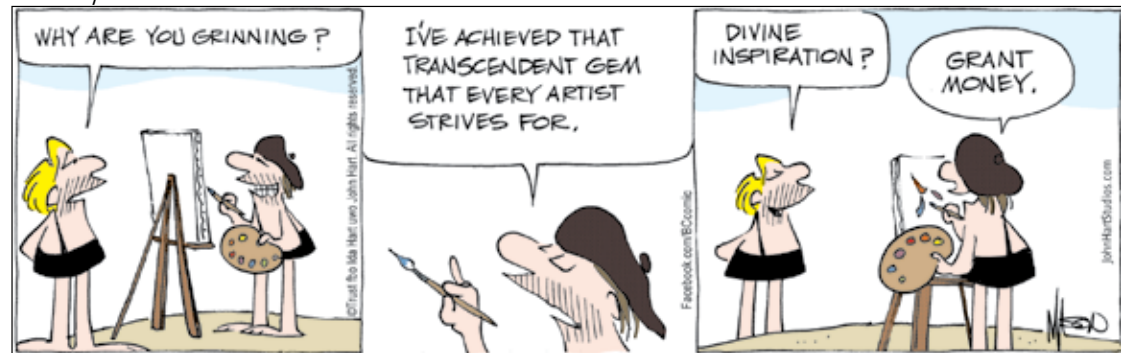
Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



BC by Mastroianni & Hart



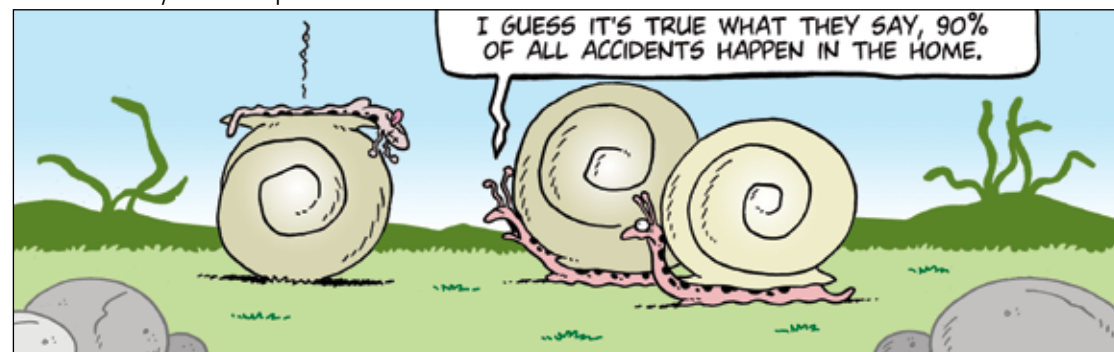
Cranky Girl by Crystal Jones



Frank and Steinway by Wil Panganiban



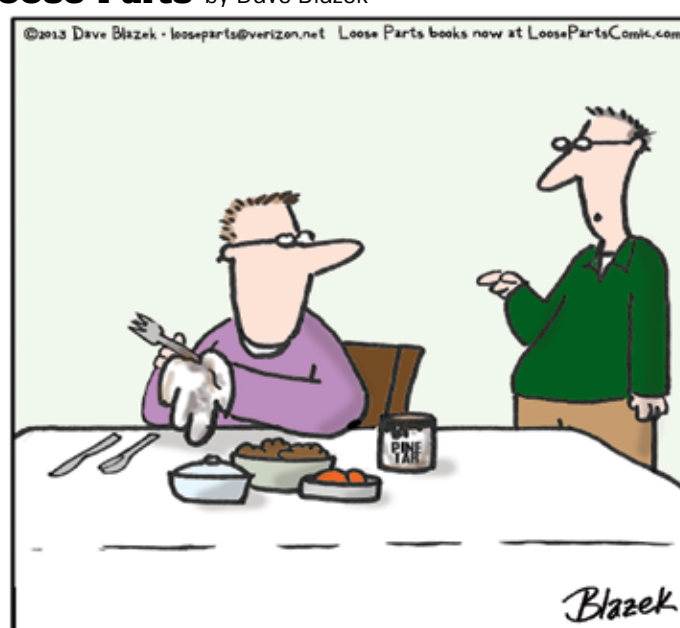
Tundra by Chad Carpenter



Funday Morning by Brad Diller



Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES



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EVENTS CALENDAR



The Game's Afoot or Holmes for the Holidays

Date: Friday's & Saturdays Dec 1-30
Time: 8:00 pm
Place: Theater in the Heights, 8215 Auburn Blvd Citrus Heights, CA 95610
Contact: 916-524-6987 info@theaterintheheights.com
Info: An inspired whodunit... a snappy, clever drawing-room mystery. There are twists on playwright Ken Ludwig's The Game's Afoot that cause the audience to gasp.

Contact: www.rccbnd.net
Info: Rancho Cordova River City Concert Band presents a free holiday concert.

A Joyful Noise

Date: 12/10/17
Time: 2:30 p.m.
Place: Crowne Plaza Sacramento, 5321 Date Avenue Sacramento, CA 95841
Contact: 916-489-2576
Info: Tickets at door: General admission \$15 Student, senior, and children \$10

Breakfast with Santa

Date: 12/9/17
Time: 8:30am and 10:30am
Place: The Community Center 1075 West Capitol Ave. West Sacramento, CA
Contact: 916-371-7042 westsacramento-chamber.com
Info: Get your tickets now. No tickets will be sold at the door. Kids under 2 \$6, Kids 3-12 \$10 Adults and kids over 13 \$15

Brunch with Santa

Date: 12/10/17
Time: 2:30 p.m.
Place: Rusch Park 7801 Auburn Blvd Citrus Heights, CA 95610
Contact: 916-725-1585
Info: Join us at the Second Annual kids party supervised by Sunrise Staff with the goal to provide some holiday fun for the kids and give you the time to shop for the holidays. Participants will make holiday snow globes & ornaments to take home. They will enjoy a pancake brunch with Santa, followed by having their photo taken with St. Nick.

PAL Holiday Run

Date: 12/9/17
Time: 8:30
Place: Village Green Park, 3141 Bridgeway Drive
Contact: 916-875-9627
Info: Register now to participate. Contribute to the toy drive that supports Rancho Cordova's Christmas in Cordova event.

Almond Heights Craft Faire

Date: 12/10/17
Time: 9-3:00pm
Place: Almond Heights Senior Living 8685 Greenback Lane Citrus Heights, CA 95662
Contact: 916-542-7988
Info: Proceeds Benefiting the Alzheimer's Association 30+ craft vendors showcasing jewelry, art, sewn creations, home decor and many other handmade goodies. Keep it local... Come out to support

Sounds of the Season Free Holiday Concert

Date: 12/9/17
Time: 2:00 p.m.
Place: KP International Market Food Court, 10971 Olson Drive Rancho Cordova, CA 95670

this great foundation and our local vendors too!

RCPD Holiday Parade

Date: 12/13/17
Time: 6pm
Place: Stone Creek Neighborhood
Contact: 916-489-2576
Info: RCPD's annual holiday parade is bringing the holiday spirit to our community! This year, the excitement is coming to the Stone Creek Neighborhood. Come one; come all to enjoy a festive parade of vehicles and floats.

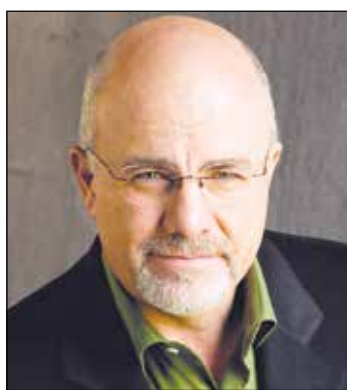
Chamber Mixer and Toy Drive

Date: 12/13/17
Time: 5pm -7pm
Place: Oakmont of Carmichael 4717 Engle Road Carmichael, CA 95608
Contact: 916-483-3800
Info: Join the Carmichael Chamber and Oakmont of Carmichael for our annual festive Hot Toddy & Toy Drive event. Enjoy live music, signature cocktails and appetizers. Please RSVP by December 11th, as space is limited.

VA Mather Farmers' Market

Date: Wednesdays
Time: 9am-1pm
Place: Sacramento VA Medical Center, 10535 Hospital Way Mather, CA
Contact:
Info: The VA Mather Farmers' Market occurs year-round every Wednesday and offers special deals for veterans.

Dave Says



Stay intense!

Dear Dave,
 I just accepted a new job that will pay me \$30,000 a year more than my old position. I've got about \$55,000 in debt I've been working hard to pay off, and I know now I need to adjust my budget. Do you have any advice?
 - Mitch

Dear Mitch,

The first thing I'd say is don't go crazy on any big-ticket items while you're paying off debt. Keep it simple, and go out to celebrate with a nice dinner after you get your first paycheck. Remember, the more you put toward debt, the faster it goes away.

For the time being, I want you to remain passionate about getting out of debt. Your thought process needs to be, "Wow, I got a new job making more money. I can get out of debt even quicker!"

Again, I'm okay with you adjusting a bit that first month and having a little fun to celebrate your good fortune. But after that, I want you to turn around and attack that debt with even more intensity than before. Then, once you're out of debt, you can celebrate that with something a lot nicer.
 Congratulations, Mitch!
 —Dave

No electronic access!

Dear Dave,
 You say to never give collectors access to your checking account. Does that include debit cards, too?
 -Sue

Dear Sue,

Yes, it does! Collectors are looking to get as much as they can on a bad, late debt. I've seen numerous situations where collectors have taken more than the agreed-upon amount from someone's account once they gained access. To be fair, the collection business does have a few good people in it. But it also has those who will lie and make threats. If you're doing something like scheduling utility payments to

come through your debit card or out of your personal checking account, that's perfectly fine. But there are much safer ways to handle situations with debt collectors. You can send a money order overnight, or wire the cash to them. You can also send a cashier's check. Some folks have even used pre-paid debit cards that aren't attached to any of their accounts.

The pre-paid debit card isn't my favorite way to handle these things, but it's a lot better than giving a dishonest collector the opportunity to really mess you up!
 —Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The *Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

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USDA CHOICE Beef London Broil & Top Rnd Roast-Bnls Pulpa Para Hornear Roast sin Hueso \$2.79/lb	USDA CHOICE Top Round Steak/ Pulpa-Thin Sliced Pulpa Para Hornear Steak sin Hueso \$2.99/lb
Tyson Chicken Leg Quarters Pierna y Muslo de Pollo 40 lb Box..... \$21.99/ea	BONUS BUY Beef New York Strip Steak-Bnls Filete de Res Estilo Nueva York sin Hueso \$3.99/lb

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ASIAN GROCERY

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EUROPEAN GROCERY

Paoli Prohor Biscuits 900g \$2.49	Nespoligiane 127 & 168 oz \$1.99	Butter Country 127 & 168 oz \$2.99	Butter 454g \$3.29	Vanilla Flavored Soybean 454g \$3.49
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KOREAN/JAPANESE GROCERY

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FROZEN DEPARTMENT

Oden Fish Cake 20.99 oz \$7.99	Seasoned Pullock 1 lb Box \$9.99
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EUROPEAN DELI

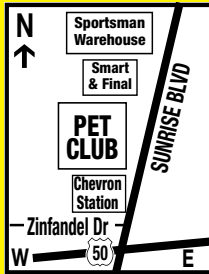
Pineapple 150g x 2 Pkgs \$4.29	Spicy Italian Sausage 700g \$6.49	Baked Ham Steamed Bacon \$7.49
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We Only Accept ATM, Cash, & Checks



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Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 12/13/17 - 12/19/17



COUPON
\$250 OFF
ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 331 CT
Limit: 1 Coupon Per Family
Effective 12/13/17 - 12/19/17

COUPON
FREE PURE NESS PET BOWL
Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 338 CT
Limit: 1 Coupon Per Family
Effective 12/13/17 - 12/19/17

AVODERM NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice
•Chicken Meal & Rice... **\$31.99**
•Lite •Original **\$33.99**
•Large Breed Adult
Effective 12/13/17 - 12/19/17

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag
•Chicken •Lamb •Beef •Large Breed
•Senior 35 Lbs
•Lite 30 Lbs **\$29.99**
•Lrg Breed Lamb \$31.99
(Ex Athlete \$36.99)
Effective 12/13/17 - 12/19/17

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) •Senior •Lite 30 Lb Bag
Limit 2 Bags Per Family **\$35.99**
Effective 12/13/17 - 12/19/17

EARTHBORN HOLISTIC DRY DOG FOOD
Natural Grain Free
•Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch (Reg. Price \$43.99)
28 Lb Bag **\$39.99**
Limit 2 Bags Per Family
Effective 12/13/17 - 12/19/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 12/13/17 - 12/19/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz
Limit 2 Cases Per Family **20/\$11.00**
Effective 12/13/17 - 12/19/17

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family **\$11.99**
Effective 12/13/17 - 12/19/17

SCOOPAWAY CLUMPING CAT LITTER
20 lb Box
•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)
Limit 2 Boxes Per Family **\$5.49**
Effective 12/13/17 - 12/19/17

PURINA PRO-PLAN CANNED FOOD SALE
Limit 2 Cases •Selected Dog Food 13 Oz **\$1.09** Cat Food 3 Oz **69¢**
NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD
•Chicken •Lamb •Salmon •Mini Chunk 25 Lb Bag Limit 2 Bags Per Family **\$23.99**
PEDIGREE DRY DOG FOOD
•Adult 50 Lb Bonus Bag Limit 1 Bag Per Family **\$21.99**
MEOW MIX DRY CAT FOOD
•Original Choice 16 lb Bag Limit 2 Bags Per Family **\$10.99**

WORLD'S BEST CAT LITTER
14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength
PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag Limit 2 Bags Per Family **\$5.99**
JONNY CAT PREMIUM CAT LITTER
10 lb Bag Limit 2 Bags Per Family **\$1.69**
CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs **\$5.99**

CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD
24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon only **\$10.00 OFF** AS MARKED OUR REGULAR LOW PRICES
WELLNESS CANNED CAT FOOD
Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core **\$1.35** Signature Select **\$1.39**
WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags OUR REGULAR LOW PRICES
PEDIGREE CANNED DOG FOOD
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) **69¢**

HAMILTON PET LEASHES
•Collars •Harnesses All Varieties
•Leads •Nylon Varieties
•Leashes •Leather
20% OFF OUR SUPER LOW PRICES
BARKWORTHIES ALL NATURAL DOG CHEWS
•Bully Sticks •Antlers •Treats All Varieties **20% OFF** OUR SUPER LOW PRICES
STAR-MARK PRODUCTS
•Treat Balls •Chuckers •Treats •Bento Ball •Dura Foam Disc & Ball •Chew Ball •Mints All Varieties **20% OFF** OUR SUPER LOW PRICES
PET LINK SYSTEMS CAT PRODUCTS
•Cat Toys •Scratchers •Scratching Systems & Posts •Activity Toys All Varieties **20% OFF** OUR SUPER LOW PRICES
PETSPORT USA DOG TOYS
•Tuff Balls •Fetch Me Fido •Fling Thing •Tug Max •Soft Toys •Asst Toys All Varieties **20% OFF** OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B20 Gal. **\$17.99**
PENGUIN 150B30 Gal. **\$24.99**
PENGUIN 200B50 Gal. **\$29.99**
PENGUIN 350B75 Gal. **\$39.99**
TETRA BOXED 10 GALLON TANK With Economy Kit
Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family
KORDON WATER CONDITIONERS
Amquel 16 Oz **\$5.99**
Amquel Plus 16 Oz **\$5.99**
Novaqua Plus 16 Oz **\$5.99**
O.S.I. PREMIUM FISH FOOD
ALL VARIETIES
•Freshwater •Goldfish **20% OFF**
•Marine •Spirulina OUR SUPER LOW PRICES

BONUS COUPON
FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD
Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon **59¢** CT
Effective 12/13/17 - 12/19/17 PLU 568

BONUS COUPON
PURINA WHISKER LICKINS CAT TREATS
•Soft & Delicious - 2.5 Oz •Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. **69¢** CT
Effective 12/13/17 - 12/19/17 PLU 446

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon **\$1.49** CT
Effective 12/13/17 - 12/19/17 PLU 422

Eskaton Village Carmichael



Complimentary professional unpacking service with memberships closing by 12-31-17.*

Discover the magic
of the Eskaton Village Carmichael lifestyle

If you want luxury, comfort and service in a gated, country club-style retirement community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care at your community should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. **Come to a Fall Home Tour to learn more. Call for dates. Lunch is on us. Reserve your spot today.**

Your community. Your life. **Your choice.**

* Some restrictions may apply. Call for details.

Monthly fees from \$3673



eskaton.org/evc

Eskaton Village Carmichael Continuing Care Community (CCRC):
Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
916-967-1017
License # 340313383 | COA # 202



The Exciting New World of Snap On Dentures!



There are millions of people in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Now there is a solution to these issues: Implants with “Snap On” Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

**Carmichael
Dental
Group**

www.YourCarmichaelDentist.com

916-944-1197

\$1,200.00 off
2 Implants with attachments to a Denture
Offer Expires 12/31/17

**8329 Fair Oaks Blvd., Ste A
Carmichael, CA, 95608**

ÆGIS OF CARMICHAEL'S RESPITE CARE PROGRAM



CARE FROM THE HEART. COMFORT BY DESIGN.

With our on-site nursing and 24/7 caregivers, we're able to serve residents with a wide range of care needs. Whether your needs are as little as medication management, or end-of-life care, your loved one can age in place in the comfort of their apartment home.

Three reasons for a respite stay:

1. Following a hospital or Skilled Nursing stay and you desire a supportive assisted living environment before returning home
2. Caregiver needs a break or is traveling and needs a safe place for loved one temporarily
3. Trial stay - for those uncertain if the timing is right for a long term residency in assisted living



The great part of staying at Ægis Living as a short term guest, is that you really get to know our dedicated staff. You see them in action delivering compassionate, respectful and dignified care. Residents also get a taste of our savory cuisine and experience the social benefits of our Life Enrichment programs. It's the best way to make new friends and explore a home that feels familiar and comfortable.

2-4 week stays offered at \$200/day including care, all meals, daily Life Enrichment programs, housekeeping, and personal laundry.*



**Ægis Living
of Carmichael**

Assisted Living & Memory Care

4050 Walnut Ave
Carmichael, CA 95608
916-231-9458

AegisofCarmichael.com

*Pending assessment results and in some cases costs may exceed \$200