

**Music is  
Universal and  
So is Learning**

PAGE 2

**And the Winner  
is, Kelli Foley**

PAGE 3



# Carmichael Times

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**CLIMATE CHANGE  
AND POLITICAL  
PARTY SCIENCE**



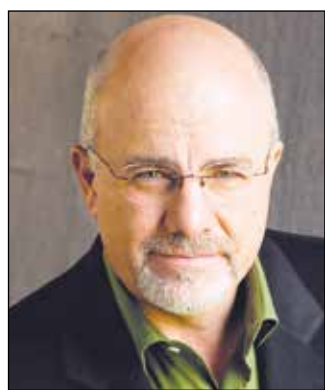
PAGE 5

**ADDRESSING  
THE DAMAGE  
OF METH IN SAC**



PAGE 12

**IT'S A DREAM,  
NOT A PLAN**



PAGE 12



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## Fighting Fire with Family

*Sac Metro Fire Station 109 is a "Family Operation"*



Engineer Doug Boan, Captain Scott Lohmeyer, FF Tim McNew, FF Justin Gallisdorfer, Engineer Ty Smith, Captain Jeff Hickman, FF Eric Gravin.

**Story and photos by Jacqueline Fox**

**CARMICHAEL, CA (MPG)** - For the 27 members of Sacramento Metropolitan Fire District's Station 109 in Carmichael, a typical day on the job most often includes everything but putting out a fire.

The reality, says Capt. Jeff Hickman who oversees a team of seven of firefighters and two EMTs comprising Station 109's "B" shift, one of three shifts at the station, is much of the time a shift for his crew entails a regiment of equipment drills, practice runs, working out and lots of waiting.

If "The Truck" does get a call, says Hickman, it's likely for a 9-11 medical emergency, which can range from a non-life threatening issue to a deadly roadside crash.

"I don't know of any other job where you spend more time preparing than actually

doing what it is you initially came to do," says Capt. Hickman, 50, who launched his career at 27 as a firefighter at the American River Station in 1994. "We don't want a fire of course, but on the other hand, that's what we are trained to do. Put out fires."

**“This is where we get to know each other. We spend a third of our lives here, so it's a place for a family, and it is our house.”**

**CAPTAIN JEFF HICKMAN  
SACRAMENTO METROPOLITAN FIRE DISTRICT,  
STATION 109 IN CARMICHAEL**

Make no mistake: the work is among the most dangerous, fire or no fire. As such, the hiring process is stringent. The training grueling.

**Getting in**

Metro Fire formed in 2000 as the American River Fire and Sacramento County Fire Protection districts merged, creating the 7th largest department in California. Its 40-plus stations provide fire protection and emergency medical services to some 740,000 people across 358 square miles of unincorporated Sacramento County.

Metro Fire receives thousands of

applicants to the training academy annually. If accepted, recruits spend roughly 20 weeks pushing themselves to their physical and mental limits, hoping to secure one of only a few open slots at one of 16 station houses.

Applicants must be 18 to enter the academy, and, due to the increased demand for emergency 9-11 service support, graduates must also be certified Emergency Medical Technicians (EMTs). Paramedics in the academy have the edge.

"When I got here in 2003, I was the only paramedically trained firefighter in the house," said Hickman. We now have two and the need for the training is significant."

Initially, says Hickman, Engine 109 handled roughly 1,000 9-11 calls a month. Today, it's about 4,500. As such, Metro Fire's EMT services division has roughly 250 trained firefighter-paramedics on staff.

"Every firefighter has to at least be an EMT, and every truck has at least one paramedic on board," said Hickman. "If you have paramedic training, that's your foot in the door right there."

Applicants begin with the Candidate Physical Ability Test (CPAT), involving a

*Continued on page 13*

## Fishman Elected SMUD Board President

**SACRAMENTO REGION, CA (MPG)**

- SMUD Director Gregg Fishman was elected president of the SMUD Board of Directors. His term as president will run from January through December 2018. Fishman

served as vice president in 2017. He was first elected in 2014 and began serving on the SMUD Board of Directors in January, 2015. He represents Ward 3, covering East Sacramento, much of the Arden-Arcade area, and the Campus Commons, College Glen and Rosemont neighborhoods, as well as parts of the Florin and Vineyard Park areas.



**SMUD Director  
Gregg Fishman**

In his varied career, Fishman has been a news reporter and anchor at KFBK and KGO Radio, a public information officer at SMUD and the California Independent System Operator (CAISO), and he currently serves as the communications coordinator for the California State Association of Counties.

He is also active in the community, having served on the board of his neighborhood homeowners association, the Arden Park Recreation and Park District Board, and he is an active volunteer with the Sacramento Tree Foundation. He led a tree-planting program aimed at replacing the old Modesto Ash trees in his neighborhood, resulting in the planting of more than 2,000 new trees since 2001.

He received an award from the MLK 365 organization for helping to make it easier to remove racially restrictive clauses from local property records, and he is a

*Continued on page 3*

## A Live Nativity Presentation

**By Margaret Snider**

**RANCHO CORDOVA, CA (MPG)**

The Live Nativity is much more than a creche with real people in it. With a cast of 70 each night, the outdoor presentation takes visitors through the story of the Nativity, past shepherds watching their flocks and the three kings searching for the child, into the city of Bethlehem. Choirs of angels sing, and recorded narration accompanies the action. "All aspects of this event, from the traffic flow, to the movement of the cast, have been designed with one purpose in mind: everything leads to the stable," said Kristen King, creative director for the event.

Production assistant Ashley Wagstaff said that her favorite part is knowing that they have live babies in the Nativity. Wagstaff and the "baby liaison" recruit six babies who will be between the ages of 6 and 10 weeks at the

time of the performances. Each night three of the babies are present with their moms, waiting to be chosen for the entrance as the baby Jesus, one for each of the five performances. "Whichever baby is happy, and set, and sleeping, that's who goes on next," Wagstaff said. "What I love is when they finally realize that it's a real baby, you hear little kids say, 'Baby Jesus is real!'"

Brent Horrocks and 12-year-old son Craig are shepherds in the cast this year. Each Christmas he and his family read the Bible story and re-enact the Nativity at home just for themselves, with homemade costumes. "We know the story, but seeing it in a large scale production like this with professional costumes and lighting and cast," Horrocks said, "it really brings home to you what a wonderful event it was."

The Folsom California Stake of The Church of Jesus Christ of Latter-day Saints will



The Live Nativity is back this year, five performances per night from December 7 through 10. Photo by Mark Spicer

present five performances each night for four nights, starting every half hour from 6:30 to 8:30 p.m., December 7-10. Reservations are recommended, but not required. The location is 2100 California Circle, Rancho Cordova, which is across Folsom Boulevard from the Folsom Auto Mall. Turn onto Birkmont Drive and follow signs to the parking

for the Live Nativity. "There is something special about having the opportunity to be part of the greatest story ever told," King said. ". . . Sometimes the commercialism of the holiday overruns Christmas itself. This event, in its beautiful setting, provides those much-needed moments to reflect on what is most important

— the birth of Jesus Christ. An average of 6,500 visitors attended the event each year in the two years since it began. Admission is free. For more information and to make reservations, go to [www.LiveNativity.org](http://www.LiveNativity.org). Plenty of parking is available and the Live Nativity is wheelchair accessible. ★



# Music is Universal and So is Learning

SGS Has Evolved Into a Full-Fledged Nonprofit Dedicated to Providing Free and Low-Cost Classical Guitar Workshops and Performance Opportunities

By Jacqueline Fox

**SACRAMENTO COUNTY, CA (MPG)** - Can teaching someone how to play the guitar deliver on the promise of overcoming socio-economic challenges?

Absolutely, says Lili Williams, president of Sacramento Guitar Society (SGS), which has, somewhat under the radar, been promoting and celebrating the art of the guitar for decades through its community classes, workshops, youth scholarships, public performances, and even onsite classes for prison inmates.

Originally founded in 1961 as a small group for guitar enthusiasts in the Bay Area, SGS has evolved into a full-fledged nonprofit dedicated to providing free and low-cost classical guitar workshops and performance opportunities to youth and adults from across a broad spectrum of cultural and economic backgrounds.

Guitar classes and performance opportunities are available to players of varying ages, abilities and backgrounds, Williams said, however, the focus of SGS' community classes is moving more exclusively in the direction helping underserved youth and students in schools where funding for the arts is lacking.

"A lot of kids in the community have never been exposed to the art of classical guitar, or say a flamenco guitar performance," said Williams, a former Intel engineer who came out of retirement to raise funds for SGS before becoming its president. "Our purpose is to give youth of all abilities an outlet through classes and performance opportunities on the guitar, and we are deeply focused today on at risk and disadvantaged kids."

Through its educational outreach programs in schools, community spaces and,



Guitar classes and performance opportunities are available to players of varying ages, abilities and backgrounds, Williams said, however, the focus of SGS' community classes is moving more exclusively in the direction helping underserved youth and students in schools where funding for the arts is lacking. Photo courtesy Sacramento Preparatory Musical Academy

most recently, two newly secured partnerships with the Carmichael and Rancho Cordova parks and recreation programs, SGS is working to expand its reach deep into the communities where access to musical education and instruction are needed most.

Previously, SGS raised funds for outside organizations with similar missions, primarily the Sacramento Preparatory Musical Academy, which served to extend the SGS mission through its own workshops and performances. Now, SGS, which currently runs on a \$48,000 operating budget, is shifting its funding toward its own programs, primarily the new parks and recreation

partnerships, as well as plans for extending services to targeted youth living in foster homes across Sacramento County.

"For the last few years we've been raising funds through grants for the Sacramento Preparatory Academy's efforts," Williams said. "Now our focus will be on redirecting funds from our grantors and supporters back to our own agency in order to expand our own programs," Williams said.

SGS students do not need to have any guitar skills. They are given a safe, professional space in which to learn to play the guitar. They learn to read chords and notes, finger pick and strum, and how to properly position the guitar in classical

styles.

"Music is universal and so is learning," said Williams. "But not every kid out there has access to both of those things. For many disadvantage youth, exposure to something like the history of classical guitar and how to play an instrument seems way out of reach. So we are here to help change that."

In addition to classes for youth, the SGS Community Orchestra, comprised of members of all ages, offers community concerts throughout the year, including its upcoming Winter Concert, slated for December 17 at The CLARA (E. Clare Raley Studios for the Performing Arts) in midtown. Monthly rehearsals for the

orchestra are also held at The CLARA and invitations to join are open to players ranging 10 and up, Williams said.

The "The SGS community orchestra is an amazing part of our agency," said Williams. "You'll not only be treated to a concert of ensemble players if you come to one of its performances, you'll see players from middle school on stage playing side-by-side with adults. It's truly a wonderful event and experience."

SGS also supports music programs in the San Juan Unified School District by holding in-class performances by featured artists, including SGS teachers. Also, SGS accepts donations of used acoustic guitars, which are restored, tuned-up and given to schools and music academies in need.

"A big part of our program is making sure that music programs in the schools across the districts that do not have the funds to purchase new guitars for their students get guitars," Williams said.

Other community performances help support SGS programming. In February, SGS will hold its annual Young Artists Showcase Concert featuring talented young artists from the San Francisco Conservatory of Music Preparatory Division and Yuri Liberzon's Los Altos Studio. The 2018 spring concert lineup includes An Evening with Alex De Grassi & Andrew York at the Harris Center in March, and Eleftheria Kotzia from Greece at The Sophia Tsakopoulos Center for the Arts in April.

As a nonprofit, SGS relies on membership fees, concert ticket sales and the generosity of its corporate and individual donors. Over the next decade, Williams said, SGS will be pushing to expand its operating budget to \$1 million—a tall order,

**"It's because of my passion for kids who are low-income or struggling in some way that I want to grow this program into one that brings our underserved youth more opportunities to gain exposure to music and learn to play the guitar."**

**LILLY WILLIAMS**  
PRESIDENT  
SACRAMENTO GUITAR SOCIETY

perhaps, but, says Williams, when you are driven by passion, everything is possible.

"It's because of my passion for kids who are low-income or struggling in some way that I want to grow this program into one that brings our underserved youth more opportunities to gain exposure to music and learn to play the guitar," she said. "We want to reach the ones out there in our communities that don't have those opportunities and see to it that they get there."

**Sacramento Guitar Society Holiday Concert The Clara (E. Clare Raley Studios for the Performing Arts**

2420 N. St., Midtown, Sacramento  
Saturday, Dec. 17 at 7 p.m.

For more information about upcoming concerts, to donate used guitars or details on workshops: [www.sacramentoguitarsociety.org](http://www.sacramentoguitarsociety.org) ★

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# And the Winner is, Kelli Foley

By Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - After five months of feverish fund-raising, realtor Kelli Foley was this week declared Carmichael Honorary Mayor for 2018. Her year of office begins in January.

Real estate broker and owner of the Trillium agency in Carmichael, Foley ran against senior care specialist Rebecca Johnson. Though the coveted mayoral sash carries neither salary nor political power, a year of ribbon-cutting and baby-kissing is guaranteed. Foley and Johnson shared combined campaign proceeds – about \$14,000 -- with the Chamber of Commerce and local non-profits.

Winner Foley was Carmichael-raised and educated at Del Campo High School. She declared herself “thrilled and excited” by victory: “I didn’t find out until they announced my name at the Chamber luncheon,” she said. “After five months of hard work, it was a huge relief.”

Surrounded by agency staff and friends, she announced her mayoral mission to promote Carmichael businesses. “Our town means more to me than a place to hang my hat,” she said. “I’m passionate about everything it has to offer – its people,



**Realtor Kelli Foley (right) is congratulated by 2017 Carmichael Honorary Mayor Katie Pexa. Foley was voted Pexa’s 2018 successor by Carmichael Chamber of Commerce supporters.**

its parks; its unique sense of place. In my campaign, I got to know people I would never have otherwise met. It’s wonderful to have been able to support the Chamber and the Alzheimer’s Association at the same time.”

Every dollar raised in the Chamber’s annual mayoral race buys votes for contenders. Foley’s funds were gleaned from a wine event at the Milagro

Centre, a series of raffles and her drive to recruit new Chamber members and sponsors. “As 2018 mayor, I’ll wear my sash at all kinds of community events,” she enthused. “Just ask for me and I’ll show up. I’m looking forward to a busy and exciting year.”

Learn about the Carmichael Chamber of Commerce at [www.carmichaelchamber.com](http://www.carmichaelchamber.com) ★

## Fishman Elected SMUD Board President

Continued from page 1

20-gallon blood donor with the Sacramento Blood Source. He is also a frequent volunteer master of ceremonies for Project Ride in Elk Grove.

Fishman is a graduate of CSU Sacramento with a bachelor’s degree in journalism. He and his wife live in Arden Park and are

the parents of two daughters.

As the nation’s sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 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, visit [smud.org](http://smud.org).

Source: SMUD Media ★



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**2501 11th Avenue, Sacramento | \$509,000**

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**6608 Stanley Avenue, Carmichael | \$409,000**

Situated on a fantastic half-acre lot in a desirable area of Carmichael, this original farm house is truly one-of-a-kind. With just the right blend of character and space, the possibilities for this 2 bedroom and 1 bath home are endless. Enjoy a private backyard and lot, spacious floor plan and a lovely neighborhood close to Ancil Hoffman park and top-rated schools.



**6485 Brando Loop, Fair Oaks | \$409,000**

Tucked away inside the gated Marquee community, this stunning KB home captures the best of beauty and functionality. Built in 2015 with over \$50K in upgrades, this 4 bedroom, 3 bath residence features a gorgeous kitchen with custom cabinetry and granite countertops, beautiful hardwood flooring, updated bedrooms and bathrooms, custom lighting, and a freshly painted interior. Enjoy a downstairs bedroom and full bath, a loft/game room, and a large kitchen/family room concept.



**2110 Cascade Road, Sacramento | \$395,000**

Located in a fantastic neighborhood just steps away from Arden Oaks, the possibilities for this 3bedroom, 2 bath home are endless. The home’s generous floor plan, charming backyard, and welcoming outdoor patio provide plenty of room for relaxing and entertaining. You’ll also find spacious living areas, possible RV access, an inviting bay window looking out to the front patio, and a roomy front yard set on a large corner lot.



**3620 Scorpio Drive, Sacramento | \$279,000**

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# Climate Change and Political Party Science

Commentary by  
**Harold Pease, Ph. D**



Have you ever wondered why respected scientists of both major political parties see climate change so differently, one party viewing the future with great fear and trepidation the other calmly viewing it as normal and natural? The one claiming their position to be "established science," the other "we have seen this before." One, we have got to legislate away greenhouse gasses; the other increased CO2 gasses actually benefit the earth. It all comes down to what assessment tools are used by the scientists, computer models or actual climate history.

Nowhere is the discrepancy wider than with respect to sea level assessments. Is it rising or subsiding or neither? A recent article, perhaps the best in assessing the problem in laymen's terms, was printed in "The New American," September

2017 (Sea Level Lies, by Ed Hiserodt and Rebecca Terrell, pp. 10-16). Only two factors can affect a rise or a decline, adding or subtracting water.

Increasing water volume can only happen in three ways: water added by volcanic eruptions, temperature rising expands water, and frozen water melting. Added water by volcano eruptions is minimal. NOAA reports "the global mean temperature of land and ocean has increased ... 1.3 degrees Fahrenheit over the past 135 years," no "real" volume change. Glacial melt does not increase sea levels when it is floating ice any more than does ice floating in a glass of water, when thawed, overflow the glass. "When ice melts it contracts causing no change in water level." The poles are mostly floating ice.

Land ice, as opposed to sea or floating ice, is displaced from the sea and does affect sea levels when

it melts because it adds back the water initially taken to make the land ice. Between the coolest ice age (when sea levels were 410 feet lower than today) and warmest age (when sea levels were 19.7 feet higher than today) there was a sea level change of 380 feet, but there has been very little change in actual sea level change in many decades. The extremes account for why there once existed a land bridge between North American and Asia some 600 miles wide and why Southern Greenland, once a forest, is not today. Certainly we have a long way to go before either extreme is met again.

Since most of the ice on the poles is floating ice, and not land ice, the effect of sea level change is minimal. Scientist estimate that a melted land ice sheet the size of New Hampshire, 1,000 inches thick, would raise sea levels only a fourth of an inch. There has been little sea level rise from melting glaciers the past 20 years.

If the sea level of the planet is best illustrated as a bowl partially filled with water, the level of that water thereafter can change only, as we have said, by two factors adding or subtracting water. If the three possibilities of adding water, volcanic eruptions, water temperature rising, and water melting do not change the levels significantly, perhaps the answer is in subtracting water, instead.

This can happen in four ways: subduction, subsidence, displacement and isostasy. All four amount to changing the dimensions of the bowl not the amount of water in the bowl. Subduction alters local tidal readings when one tectonic plate overlaps another and moves. Subsidence, somewhat similar to subduction, is a gradual sinking of land such as in sinkholes in Florida, but on the ocean floor instead. Its twin, called displacement, would be volcanoes pushing land upward where water once was, such as those creating Hawaii. The water is now

simply displaced elsewhere causing sea level risings in other places. Isostasy is the melting of land ice returning water to the bowl, which, using New Hampshire as our example is important, but minimally changes the water surface of the globe.

All of these things can affect local readings up or down by varying the dimensions of the bowl but not the volume of water in the bowl. Further complicating readings is the moon and its alignment with the sun resulting in gravitational pull but this too does not add or subtract water.

What the geological and historical data show for the last 20 centuries is little fluctuation in sea levels, perhaps 7-8 inches a century. So why do "alarmists" and "normalist" scientists vary so on this subject; the first taking over the Democratic Party, the second maintaining their hold on the Republican Party? Because Republican scientist continue to

focus on documented past trends for their predictions and Democrat scientists accept past trends to 1993 but thereafter abandon these favoring "computer simulations of global temperature rise, which suffer from faulty models."

The advent of what is known as satellite radar altimetry, although not time tested and yielding only a very limited database, has allowed faulty data to be seriously considered as fact. Why would any scientist value such data without it having had a long-term verifiable past? The answer is because its projections fit with those believing in man-made climate change theories? It is because catastrophic science is more easily funded than non-catastrophic science and because global warming education infiltrated the cartoons of preschool learners and inundated government schools thereafter. And it is because science has become politicized and most of the established media cover only the alarmist view. ★

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**Crossword Puzzle on Page 9**

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

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**Sudoku Puzzle on Page 9**

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

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 FBNF2017-08236 Mark A. Robertson, 3721 Holloway Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Contract Compliance Inspections" at 3721 Holloway Lane Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 30, 2017. Publish: November 10, 17, 24, and December 1, 2017  
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FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07902 Kayla C. Cooper, 6401 Everest Way Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "The Hair Studio by Kayla Christine, K. Christine Hair" at 4400 San Juan Avenue #12 Fair Oaks, CA 95828. Filed with the Clerk of Sacramento County October 16, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 HAIR 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08206 Sergei Kucher, 5012 Hidden Meadow Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Property Sales Group" at 4704 Roseville Road Suite 105 North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 27, 2017. Publish: November 10, 17, 24, and December 1, 2017  
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FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08266 Oanh T. Pham and Thanh K. Phung, 9608 Oak Reserve Lane Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Washline Coin Laundry" at 6830 Stockton Boulevard #120 Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 WASHLINE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08387 Hillcrest Apartments, LLC, 7524 Old Auburn Road Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Tretlway, Mansion House" at 7524 Old Auburn Road Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 TRETWAY 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08419 Prominet, 595 Rivergate Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Prominet, Prominet Corp" at 595 Rivergate Way Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 10, 17, 24, and December 1, 2017  
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FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08432 Vijay Hanjra, 2701 La Crescenta Drive #23 Cameron Park, CA 95682 is doing business under the Fictitious Business Name(s) "Beauty Eyebrows" at 4116 Manzanita Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 BEAUTY 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07521 Jennifer Guan, 2118 62nd Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Jen Kitchen" at 2362 Fruitridge Road Sacramento, CA 95822. Filed with the Clerk of Sacramento County September 28, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 JEN 171107 12-1-17

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 FBNF2017-08347 Sergey Pavlovski, 831 Cathedral Court #2 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Pavlovski Fine Art" at 831 Cathedral Court #2 Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 PAVOVSKI 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08308 Uppal Enterprises, 1756 Windrush Lane Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Subway Sandwiches and Salads #10262" at 7459 Watt Avenue Suite 113 North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 SUBWAY 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08308 Uppal Enterprises, 1756 Windrush Lane Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Subway Sandwiches and Salads #2665" at 4320 Elverta Road Suite 8 Antelope, CA 95843. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 SUBWAY 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07820 Jessica Carrazzo, 5043 Shady Leaf Way Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Epic Glow Janitorial" at 5043 Shady Leaf Way Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 12, 2017. Publish: November 10, 17, 24, and December 1, 2017  
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FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08392 Varinder Singh Gill, 7832 Keldon Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Flamingo Trucking" at 7832 Keldon Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 10, 17, 24, and December 1, 2017  
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FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08417 Karen Kathleen Darnon, 2870 Stonecreek Drive Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Serenity's Listening Tree" at 2870 Stonecreek Drive Sacramento, CA 95833. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 10, 17, 24, and December 1, 2017  
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 CUT 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08163 BSI Healthcare Audit Services, LLC, 946 52nd Street SE Grand Rapids, MI 49508 is doing business under the Fictitious Business Name(s) "SpendMend" at 946 52nd Street SE Grand Rapids, MI 49508. Filed with the Clerk of Sacramento County October 26, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 SPENDMEND 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08134 TLC Transportation Inc, 6605 Lincoln Avenue Carmichael, CA 95608 and Kathryn Whipple, 6605 Lincoln Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "TLC, TLC EMS, TLC MED Trans, TLC MED Transport, TLC Medical Trans, TLC Medical Transport, TLC Medical Transportation, TLC Non-Emergency Medical Transport, TLC Transport, TLC Transportation" at 3991 Attawaville Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County October 25, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 TLC 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08361 Donnell Livingston, 391 Morey Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "The Dude Brand" at 391 Morey Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 DUDE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08114 The Maxbread Group, LLC, 6822 Domingo Drive Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name(s) "Togo's Eatery" at 4981 Watt Avenue #600 North Highlands, CA 95661. Filed with the Clerk of Sacramento County October 24, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 TOGOS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08364 Norman Brown, 6917 Monte Casino Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "TFG Lifestyles" at 6917 Monte Casino Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 TFG 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08240 Ashok K. Singh, 9924 Red Ginger Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "AKS Real Estate" at 9924 Red Ginger Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County October 30, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 AKS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07765 Lana Dran, 8828 Freed Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Attitude Hair Design" at 8992 Elk Grove Boulevard Elk Grove, CA 95624. Filed with the Clerk of Sacramento County October 11, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 ATTITUDE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08372 Hoang Van Dao, 8762 Pacific Hills Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Salon D'Elegance" at 5345 San Juan Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 SALON 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08321 Capitol Consortium for Medical Education, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University, College of Psychology" at 9700 West Taron Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 CAUNI 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08319 California Northstate College of Pharmacy, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University, College of Pharmacy" at 9700 West Taron Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 CAUNI 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08317 California Northstate University, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University" at 9700 West Taron Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 CANORTH 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08320 Capitol Consortium for Medical Education, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University, College of Health Sciences" at 2910 Prospect Park Drive rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 UNIVERSITES 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07995 Dorian Lawrence, 7805 Cordially Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Dorian's Barber Studio" at 8785 Center Parkway Suite B-300 Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 18, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 DORIAN 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08310 Home Pro Direct, Inc, 1024 Iron Point Road Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Solar Delivery Experts, Rooftop Solar Delivery" at 9549 Winterbrook Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 SOLAR 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08338 Donald Ryan and Carolyn Ryan, 5483 Carlson Drive #2 Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "The Redwoods At River Park" at 5483 Carlson Drive #2 Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 REDWOODS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08337 L. Kathleen Tyler, 4211 Vega Loop Shingle Springs, CA 95822 is doing business under the Fictitious Business Name(s) "Belle Consignments" at 1012 E. Bidwell Street Folsom, CA 95630. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 BELLE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08279 Ellensburg Lamb Company Inc, 2530 River Plaza Drive Suite 200 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Superior Farms, Superior Farms California, Southland Meat, Southland Meats" at 2530 River Plaza Drive Suite 200 Sacramento, CA 95833. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 SUPERIOR 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08100 Michael Le, 6035 Stockton Boulevard #A Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Pho Binh" at 6035 Stockton Boulevard #A Sacramento, CA 95826. Filed with the Clerk of Sacramento County October 24, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 PHO 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07903 The Northern California Chapter of Urisa, 2538 El Tonas Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Northern California Chapter of Urisa" at 2538 El Tonas Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 16, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 URLSA 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08228 Aleksander Babchani, 7559 Sylvan Creek Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "AIB Performance" at 4865 Pasadena Avenue #17 Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 27, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 AIB 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08324 Bravo Security Services Inc, 6051 Greenback Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Bravo Security Services" at 6051 Greenback Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 BRAVO 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08280 Valery Kaprukhin, 7632 Downing Place Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Val Transport" at 7632 Downing Place Way Antelope, CA 95843. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 VALTRANSPORT 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08265 Hau B Cam, 10108 Mosaic Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Wave Analytics" at 10108 Mosaic Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 WAVE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07711 Core Group Enterprise, Inc, 8100 Carmencita Avenue Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Texas Chicken and Seafood" at 3101 Marysville Boulevard Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 6, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 TEXAS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08243 Joshua Velasquez, 12 Whitestone Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Infinity Volleyball Academy" at 9606 Oates Drive Sacramento, CA 95827. Filed with the Clerk of Sacramento County October 30, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 INFINITY 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08270 Muhammad Ahdel Ahmed, 12499 Folsom Boulevard #234 Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Nexin, Adevaa, Dhaane, Sofio, Adeino, Bellpep, Turaxo" at 12499 Folsom Boulevard #234 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 NEXINI 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08545 Auburn Storage, LLC, 1508 Eureka Road #230 Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Auburn Blvd Mini Stor, Mini Stor Self Storage" at 6230 Auburn Boulevard Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 9, 2017. Publish: November 10, 17, 24, and December 1, 2017  
 AUBURN 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07840 Sharlie Jasper, 5026 Shell Street North Highlands, CA 95660 and Heather Luciani, 4909 Douvan Court Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "S & H Cleaning Agency" at 5026 Shell Street North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 13, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 S&H 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08125 Katrina Zerbe, 5704 Raybel Avenue Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Zerbe Cuts" at 5704 Raybel Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 25, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 ZERBE 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08455 Harpreet Singh Dhillon, 11020 Coloma Road #33 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "AB Trucking" at 11020 Coloma Road #33 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 AB 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08524 Kharisma Edwards, 2806 Wah Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Charismatic Tax Services" at 2806 Wah Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 CHARISMATIC 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08446 Diana Sanchez Roa, 7470 Cosgrove Way Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "A Good Maid, A Perfect Maid" at 7470 Cosgrove Way Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 MAID 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07766 Diana Dich, 5201 Whitter Drive Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Happy Takeout" at 3201 Martin Luther King Jr. Boulevard Sacramento, CA 95817. Filed with the Clerk of Sacramento County October 11, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 HAPPY 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08370 Stefan Ceaser, 3330 Long Branch Court #38 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Ceaser & Fam Trucking" at 3330 Long Branch Court #38 Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 CEASER 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08410 Jaque Thomley, 5218 Greenberry Drive Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "By the Books" at 5218 Greenberry Drive Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 BOOKS 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08159 LaluFitness, LLC, 8361 Hidden Valley Circle Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Lalu Fitness" at 4351 Arden Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 26, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 LALU 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08466 Jaswant S. Virk, 23 Beaucanon Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Aipro" at 23 Beaucanon Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 AIRPRO 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08274 Laurie Dakin, 1845 2nd Avenue Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Studio Laurus" at 3444 24th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 STUDIO 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08464 Gennady Mokrushin, 2304 Hightrail Way Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Auto Inspection & Service" at 2399 Orange Grove Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 AUTO 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08447 Ronald Smith, 7514 Elsie Avenue Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Benchmark Appraisal Service" at 7514 Elsie Avenue Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 BENCHMARK 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08479 Victorious Osagwimaro, Nancy Osagwimaro, Nelson Osagwimaro, and Samuel Osagwimaro, 15 Benoit Court Sacramento, CA 95823 are doing business under the Fictitious Business Name(s) "Cienna Home Care" at 15 Benoit Court Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 CIENNA 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08430 Alonzo L. Houston, 8116 Prior Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Mama Judy's Sen Senior Care" at 8116 Prior Way Antelope, CA 95843. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 MOMA 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08426 Myco, Inc, 2740 Fulton Avenue Suite 101-19 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Elkhorn Cleaners" at 6705 Watt Avenue Suite B North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 ELKHORN 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08494 Celeste L. Cox, 6633 Misty Creek Drive Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "CLC Defense Training" at 6633 Misty Creek Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 CLC 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08510 Cynthia Rebecca Moseley, 7255 Roca Way Sacramento, CA 95842 and John Michael Gonzales JR., 3745 Viola Drive Sacramento, CA 95660 are doing business under the Fictitious Business Name(s) "NCA Consultants Inc" at 7255 Roca Way Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 NCA 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08220 Vuja De, Inc, 1633 Julissa Avenue Unit B Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Ethos Cabinetry, Liberty Maintenance Management" at 1633 Julissa Avenue Unit B Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 27, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 ETHOS 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08440 Gerry Johnson, 2121 Natomas Crossing Drive #200 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Tri-Star Real Estate, Brand Elite Realty" at 4030 Truxel Road #D Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 TRI-STAR 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08002 Maxim Kreydich, 2835 Belle Fleur Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "MK Trucking" at 2835 Belle Fleur Way Sacramento, CA 95833. Filed with the Clerk of Sacramento County October 19, 2017. Publish: November 17, 24, December 1, and 8, 2017  
 MK 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-08334 Rochelle C. Morgan, 1575 Grand Island Road Walnut Grove, CA 95690 is doing business under the Fictitious Business Name(s) "RCM Nail Supply, RCM Nail Bling" at 1575 Grand Island Road Walnut Grove, CA 95690. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 24, December 1, 8, and 15, 2017  
 RCM 171011 12-15-17

FICTITIOUS BUSINESS NAME STATEMENT  
 FBNF2017-07999 Michael Lamson, 6817 Kettering Circle Fair Oaks, CA 95828 is doing business under the Fictitious Business Name(s) "California Baseball & Softball School" at 6817 Kettering Circle Fair Oaks, CA 95828. 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. Saoor, 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 6525 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 Wickham, 2116 Weldon Way Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Rio City Realty, 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,



## CARMICHAEL COMMUNITY UPDATE



**By County Supervisor Susan Peters**

Through the generosity of The Carmichael Times this column serves to provide an update about matters affecting the unincorporated communities of Carmichael and Arden Arcade.

### California International Marathon

Thousands of runners are expected to be racing through our neighborhoods on Sunday, December 3, during the annual California International Marathon. The 26-mile grueling trek begins 7 am in Folsom and concludes at the State Capitol.

This event attracts world-class competition. Several thousand out of town visitors travel here to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retail sales, etc.

Residents can come out and cheer the runners. Fair Oaks Boulevard is part of the route

so Fair Oaks, Carmichael and Arden Arcade residents south of that roadway may find themselves "land-locked" while the race is in progress due to street closures.

These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon's webpage at [runcim.org](http://runcim.org).

### Sac International Airport Update

Do your holiday travel plans involve going to the airport? A new map on the Sacramento International Airport parking webpage can show you what parking spaces are available -- and where. Check it out by going online to [sacramento.aero](http://sacramento.aero).

There is no app available but you can access the information through the airport website via a smart phone or tablet that will display a graphic using a green-yellow-red scale, with green indicating ample availability, yellow showing limited availability and red indicating almost full along with a map showing the number of spaces available at each parking facility -- and these maps are updated dynamically on the website and refreshed every five minutes.

And remember you can avoid circling around the terminals to pick up passengers by using the Free Waiting Area -- also known as the Cell Phone Lot. Located near the Interstate 5 entrance/exit, this lot has

convenient access to both terminals so once your intended arrival is ready all they have to do is call you on your cell phone and you can proceed to pick them up at curb side.

### Holiday Gift Ideas

Need help looking for some unique gifts this holiday season? Here are few suggestions that may help you with your shopping and assist a good cause at the same time.

The Sacramento Sheriff K-9 Association has an online store available at [ssdk9.com](http://ssdk9.com) featuring a number of specialty items including calendars for 2018 and clothing, etc. Proceeds benefit this non-profit organization that supports our four-legged canine deputies.

Show your support for the American River Parkway by purchasing a yearlong unlimited Parks Pass which is a great gift for joggers, bicyclists as well as outdoor recreationists who frequent the Parkway. Parks Passes are sold at The American River Parkway Foundation Office in the William B. Pond Recreation Area or online at [arpf.org](http://arpf.org).

And the Effie Yeaw Nature Center offers a wide selection of unique and personal gifts for nature-lovers through its Discovery Shop available online at [sacnaturecenter.net](http://sacnaturecenter.net) or visit the center at Ancil Hoffman Park in Carmichael.

*Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net).* ★

## Kiwanis Club of Carmichael

**See's CANDIES**

Nov. 24 - Dec. 24  
9am-5:30pm Daily  
(916) 717 1731

•Proceeds Support•  
San Juan Unified School District  
Visual and Performing Arts

**See's Candies Sale**  
is located in the  
**Bel Air Shopping Center**  
at 4005 Manzanita Ave Ste #9  
(H&R Block office near Starbucks)

**PRE-SALE**  
SAVE \$1.00 Per Box  
Purchase before Thurs, Nov 23  
Pick up at See's Candy store after Nov 23

A public charity 501(c)3

## Grace Baptist Church

*Come and Experience God's Amazing Grace*

**Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.**

**Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible**

**Service Schedules**

Sunday Schools (All Ages) 9:45am  
Sunday Worship 11:00 am  
Sunday Evening 6:00pm  
Wednesday Evening 7:00pm

**6724 Palm Avenue, Fair Oaks, CA 95628**  
(Located one block South of Madison; just East of Dewey)  
**Pastor Charles Carter (916) 967-3915**

*Call for more information*

## Load your events up!

Go to [www.MPG8.com](http://www.MPG8.com), click on EVENTS and add your EVENTS to our calendar. We make it easy!

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You can reach **175,000** readers for just **\$9.99!** (916)- 773-1111

# ANNUAL TREE Lighting

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SANTA VISITS, FOOD TRUCKS  
LIVE MUSIC & MORE!

For more info:  
Call 916.485.5322 or visit [carmichaelpark.com](http://carmichaelpark.com)

Publisher,  
Paul V. Scholl

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## Carmichael Times

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hope love peace hope joy hope peace

# Christmas

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DURING THE SEASON OF ADVENT

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Sunday, December 10 at 10:00 AM  
*Worship*

Sunday, December 10 at 3:00 PM  
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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**

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

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2017-00220843

WHEREAS Antwanique Sharde Anderson-Weaver has filed a petition with this court for a decree changing the name(s) of Antwanique Sharde Anderson-Weaver to Sharde Yvonne Shaver. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 23, 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 19, 2017
David I. Brown, Judge of the Superior Court
Publish: November 10, 17, 24, and December 1, 2017
SHAVER 170705 12-1-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2017-002218107

WHEREAS Nicholle Marie Sowers Niskern has filed a petition with this court for a decree changing the name(s) of Nicholle Marie Sowers Niskern to Theron Aidan Sowers. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 2017, 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: August 29, 2017
David I. Brown, Judge of the Superior Court
Publish: November 10, 17, 24, and December 1, 2017
SOWERS 170705 12-1-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2017-00222346

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 #34-2017-00222090

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 #34-2017-002221210

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 Ostli. 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 12-15-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2017-00222627
WHEREAS Gladys Vazquez Acosta has filed a petition with this court for a decree changing the name(s) of Gladys Vazquez Acosta to Gladys Vazquez-Lopez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 20, 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 22, 2017
David I. Brown, Judge of the Superior Court
Publish: December 1, 8, 15, and 22, 2017
LOPEZ 170705 12-22-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2017-00219338
WHEREAS Grace Trinidad Andea and Steven Edward Rathbun have filed a petition with this court for a decree changing the name(s) of Steven Andea Rathbun to Steven Edward Andea Rathbun III. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 26, 2017, 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: September 20, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: December 1, 8, 15, and 22, 2017
RATHBUN 170705 12-22-17

SUMMONS

Christopher E. Blackwell 4050 Crest Ln. Lake Havasu City, AZ 86406 (928) 486-8386

SUPERIOR COURT OF ARIZONA MOHAVE COUNTY SUMMONS

Case Number: CV 2017 07153 Name of Plaintiff: Christopher E. Blackwell Name of Defendant: James H. Martin, Manser Alice Martin, Patricia Williams, and Mohave County Treasurer WARNING: This is an official document from the court. It affects your rights. Read this document carefully. If you do not understand it, contact a lawyer for help. FROM THE STATE OF ARIZONA TO: James H. Martin, Manser Alice Martin, Patricia Williams and Mohave County Treasurer 1.A lawsuit has been filed against you. A copy of the lawsuit and other court papers are served on you with this Summons. 2.If you do not want a judgment or order taken against you without your input, you must file an "Answer" or a "Response" in writing with the Court, and pay the filing fee. If you do not file an "Answer" or "Response" the other party may be given the relief requested in his or her Petition or Complaint. To file your "Answer" or "Response" take, or send, the "Answer" or "Response" to the Office of the Clerk of the Superior Court, 401 East Spring Street, Kingman, AZ 86401 (P.O. Box 7000, Kingman, AZ 86402-7000) or the Office of the Clerk of the Superior Court, 2225 Traner Road, Bullhead City, AZ 86442, or Office of the Clerk of the Superior Court, 2001 College Drive, Lake Havasu City, AZ 86404. Mail a copy of your "Answer" or "Response" to the other party at the address listed on the top of this Summons. 3.If this Summons and the other court papers were served on you by a registered process server or the Sheriff, within the State of Arizona, your "Response" or "Answer" must be filed within TWENTY (20) CALENDAR DAYS, starting the day after you were served. If this "summons" and other court papers were served on you by a registered process server or the Sheriff outside the State of Arizona, your "Response" must be filed within THIRTY (30) CALENDAR DAYS, starting the day after you were served. Service by a registered process server or the Sheriff is complete when made. Service by Publication is complete (30) days after the date of the first publication. 4. You can get a copy of the court papers filed in this case from the Petitioner at the address at the top of this paper, or from the Clerk of the Superior Court at the address listed in Paragraph 2 above. 5. Requests for reasonable accommodation for persons with disabilities must be made to the office of the judge or commissioner assigned to the case, at least (5) five days before your scheduled court date. Signed and Sealed this date June 26, 2017 by Deputy Clerk Virlynn Tinnel Clerk of the Superior Court BLACKWELL 171101 12-1-17

NOTICE OF PENDENCY SUIT

STATE OF NEW MEXICO COUNTY OF VALENCIA THIRTEENTH JUDICIAL DISTRICT COURT TIERRA GRANDE IMPROVEMENT ASSOCIATION, INC., A New Mexico nonprofit corporation, Plaintiff, v. No. D-1314-CV-2017-00536 KATHLEEN (BOWLER) THOMPSON, JAMES T. BOWLER, MARY BOWLER and JOHN BOWLER, JR., Defendants. NOTICE OF PENDENCY OF SUIT THE STATE OF NEW MEXICO TO THE FOLLOWING NAMED DEFENDANTS BY NAME, KATHLEEN (BOWLER) THOMPSON, JAMES T. BOWLER, MARY BOWLER and JOHN BOWLER, JR.: You are hereby notified that Plaintiff Tierra Grande Improvement Association, Inc., a New Mexico nonprofit corporation (hereinafter "TGIA") has filed a Complaint for Debt and Money Due and Foreclosure of Lien (In Rem for Foreclosure Purposes Only) (hereinafter, the "Complaint") against you in the above-entitled and numbered lawsuit in the above-designated Court. The general object of the action is to foreclose a lien held by the Plaintiff (Tierra Grande Improvement Association, Inc.) and for other appropriate relief regarding the below described property located in Valencia County, New Mexico: The Real Property consists of a tract of land located on the East side of Highway 47 on Menta

Loop off Ingresso in the in the TGIA Subdivision in Valencia County, New Mexico. The Property is more particularly described as follows: All of Lot 4 in Block 3 of Tierra Grande Unit No. 19, according to the plat thereof recorded in the Office of the County Clerk of Valencia County, New Mexico; Together with all structures and improvement located thereon (hereinafter, the "Property"). You are further notified that unless you enter your appearance in the said cause on or before the expiration of the time permitted by law, a Judgment will be entered against you by default, and the relief prayed for in the Complaint will be granted. The name and address of the attorneys for TGIA are as follows: Katherine A. Lynch, Esq. Moses, Dunn, Farmer & Tutill, P.C. P.O. Box 27047 Albuquerque, NM 87125-7047 (505) 843-9440 WITNESS my hand and the seal of the District Court of Valencia County, New Mexico on November 7, 2017. PHILLIP ROMERO DISTRICT COURT CLERK By/s/ A. Yohn 171111 12/1/17

TRUSTEE SALE NOTICES

T.S. No. 17-46814 APN: 235-0610-028-0000, 235-0610-029-0000

NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/22/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: GARY PAUL LONG AND DEBORAH LONG, HUSBAND AND WIFE, AS JOINT TENANTS Duly Appointed Trustee: Zieve, Brodnax & Steele, LLP Deed of Trust recorded 11/30/2006 as Instrument No. in book 20061130, page 1427 of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale:12/8/2017 at 10:00 AM Place of Sale: East Entrance County Courthouse, 720 9th St, Sacramento, CA 95814 Estimated amount of unpaid balance and other charges: \$356,285.81 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: 9292-9294 Madison Avenue Orangevale, CA 95662 Described as follows: As more fully described on said Deed of Trust A.P.N #: 235-0610-028-0000, 235-0610-029-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown in this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 848-9272 or visit this Internet Web site www.elliptestandpub.com, using the file number assigned to this case 17-46814. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 11/8/2017 Zieve, Brodnax & Steele, LLP, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (714) 848-9272 www.elliptestandpub.com Christine O'Brien, Trustee Sale Officer THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. EPP 23627 11/17, 11/24, 12/1/17 EPP#23627 171110 12/1/17

T.S. No. 17-47784 APN: 223-0490-005-0000 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED

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CLUES

- ACROSS 1. "No way" partner 6. Lending letters 9. Basketball star Nowitzki 13. "Love," à Paris 14. \_\_\_ date 15. Kind of chisel 16. Infamous Ford model 17. Stuff in a tray? 18. Romanov's edict 19. Bony chest plate 21. "It makes the heart grow fonder" 23. "You can't make an omelet without breaking one" 24. Border 25. Prune 28. Block of granite, e.g. 30. Whacko one 35. Eye layer 37. Author Murdoch 39. Papparazzo's quest 40. Common allergens 41. "Sure sign of fire" 43. Like navy-sayers 44. Rid of obstructions 46. Done to trouble 47. Asian weight unit 48. Cold sore, e.g. 50. Object of worship 52. 9 to 5, e.g. 53. Not of the cloth 55. Famous frat house 57. "Louder than words" 61. "They can't be choosers" 65. Allocated quantity 66. Famous T-Rex 68. Cerebral killer 69. Prodded 70. "No \_\_\_ crying over spilt milk" 71. Recycle, in a way 72. H or O in H2O, e.g. 73. "You can't make a silk purse out of a sow's \_\_\_" 74. Make tea, e.g.

- DOWN 1. Midday slumbers 2. Fail to mention 3. Use a whetstone 4. Grossly unconventional 5. "Two of these do not make a right" 6. Genesis man 7. Pimple fluid 8. \_\_\_ center for help 9. Home of Blue Devils 10. Ali Khameini's domain 11. CISC alternative 12. Neurolecting joint 15. Serious quarrel 20. Tangerine-grapefruit hybrid, pl. 22. Ballerina's do 24. Non-living 25. "No such thing as a free one" 26. Egg cell 27. \_\_\_ Cottontail 29. Picture on a coat? 31. Not this 32. Actor Hill 33. Weasel's aquatic cousin 34. "A watched pot never does this" 36. Hurry up! 38. Row of vagrants 42. With a jagged margin 45. Follows aim and shoot 49. \_\_\_ Diego 51. They're usually golden or amber

CROSSWORD grid with numbers 1-74 indicating starting positions for clues.

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Crossword Puzzle Solutions on Page 6

SUDOKU GOT KNEE PAIN?

Sudoku puzzle grid with clues: 1. 4 5, 1 4, 7 8, 9 3 1 8, 3, 1 2 7, 3, 4, 8 6, 4, 1, 7 4 2

Solutions on Page 6

8/30/2016. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: JONATHAN WILSON, AN UNMARRIED MAN Duly Appointed Trustee: Zieve, Brodnax & Steele, LLP Deed of Trust recorded 9/15/2016 as Instrument No. in book 20160915, page 1037 of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale:12/15/2017 at 1:30 PM Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE 720 9TH STREET, SACRAMENTO, CA 95814 Estimated amount of unpaid balance and other charges: \$310,209.30 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: 9169 RENE AN ST ORANGEVALE, CA 95662 Described as follows: As more fully described on said Deed of Trust A.P.N #: 223-0490-005-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the

highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown in this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (888) 632-4482 or visit this Internet Web site www.realtybid.com, using the file number assigned to this case 17-47784. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 11/16/2017 Zieve, Brodnax & Steele, LLP, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (888) 632-4482 www.realtybid.com Christine O'Brien, Trustee Sale Officer THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. EPP 23676 11/24, 12/1, 12/8/2017. EPP#23676 171120 12-8-17

Lien Sale Vehicle Identification No: 2HGFG12256H577879 Year: 2006 Make: HONDA Model: CIVIC License: 6EUP433 Sale Date: 12/11/2017 at 9:00 am Vehicle Location: A-1 Towing:Downtown 601 1st Avenue Sacramento, CA 95818 Publish Dec 1, 2017

Lien Sale Vehicle Identification No: 4T1BE32KX4U825709 Year: 2004 Make: TOYOTA Model: CAMRY License: 5GCJ392 Sale Date: 12/11/2017 at 9:00 am Vehicle Location: A-1 Towing:Downtown 601 1st Avenue Sacramento, CA 95818 Publish Dec 1, 2017

Lien Sale Vehicle Identification No: 1G1ZS58F78F139423 Year: 2008 Make: CHEVY Model: MALIBU License: 7PDU502 Sale Date: 12/11/2017 at 9:00 am Vehicle Location: A-1 Towing:Downtown 601 1st Avenue Sacramento, CA 95818 Publish Dec 1, 2017

Lien Sale Vehicle Identification No: 3N1BC1CP9BL445182 Year: 2011 Make: NISSAN Model: VERSA License: 6WFY881 Sale Date: 12/11/2017 at 9:00 am Vehicle Location: A-1 Towing:Downtown 601 1st Avenue Sacramento, CA 95818 Publish Dec 1, 2017

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# Lead Levels in Our Urban Environment

**Sacramento County  
Special Release**

**SACRAMENTO REGION, CA (MPG)** - Lead is a naturally occurring element. Before the health effects of lead were understood, lead had been used in many products from paint and gasoline to pottery and plumbing fixtures. Over the years, lead use has been greatly reduced in the products we use. However, once lead is in the environment, it does not degrade or readily disappear over time - this fact makes it important for you to know where lead may be present, and how to take steps to protect yourself and your family from lead exposure.

Lead is most dangerous to our health when it is ingested. Lead exposure to children is especially serious and can cause learning and mental disabilities, behavioral problems, and stunted growth. In adults, lead poisoning can cause memory loss, kidney damage as well as other symptoms.

Homes built before 1979 were likely painted inside and out with lead-based paint, which, over time can flake to contaminate interior and exterior surfaces in and around homes. In addition, yards may become contaminated when exterior lead-based paint gets into the soil. Soil can also be contaminated from nearby industry or from past use of leaded gasoline in cars. Before being banned from automobiles in 1996, millions of tons of lead were introduced into the environment through combustion of leaded gasoline. These sources of lead contribute to "man-made background concentration" of lead in soil. Another past source of lead in homes were lead-containing water pipes, solder and plumbing fixtures.

Although paint, water pipes, solder and plumbing fixtures no longer contain lead, and millions of our automobiles now use unleaded gasoline, lead is still a contaminant in our environment, so we need to know how to reduce our exposure risk. "Due to past lead use in products, urban and suburban areas can have higher soil lead levels, especially within

several feet of building foundations and near streets, but with some education, everyone can limit their exposure to lead," said Interim Director Marie Woodin, Sacramento County Environmental Management Department.

### Healthy Foods Protect the Body from Absorbing Lead

- Eat regular meals and healthy snacks.
- Eat calcium-rich foods often (cheese, milk, spinach, salmon, yogurt, tofu, and leafy greens).
- Eat iron-rich foods often (lean red meat, chicken/turkey without skin, raisins, beans, oatmeal and split peas).
- Take vitamin C to help the body absorb iron (fruit juice, oranges, grapefruit, tomatoes, broccoli, kiwi and strawberries).
- Reduce fatty foods such as fried foods, fast foods, and "junk" foods (donuts, potato chips, cupcakes, etc.), but some fat in the diet is very important for brain development, especially for children under age two. Milk and butter are healthier sources of fat.

### Preventing Childhood Lead Poisoning

Anyone can be affected by lead exposure, but young children are particularly vulnerable. California has established the Childhood Lead Poisoning Prevention Branch (CLPPB), a children's environmental health program to address lead exposure. In Sacramento County, when a child is identified as having a high blood lead level, the County's Health and Human Services and Environmental Management investigators work closely with the child's family to identify and remove the cause of the lead poisoning.

"In 2013 less than 1% of children age 0-21 that were tested in Sacramento County had blood lead levels above 4.5. Typically with these elevated blood lead level cases, it is lead-based paint in the home that is the cause," said,

Dr. Olivia Kasirye, Sacramento County Public Health Officer.

### Assessing and Screening for Childhood Lead Poisoning

Doctors, nurse practitioners and physician assistants have a responsibility in California to conduct a lead assessment on all children between 6 months and 6 years old, and if appropriate to screen with a blood lead test. Children in programs such as Medi-Cal are required to be screened with a blood lead test. If you have concerns about lead exposure, discuss it with your health care provider and go to California Department of Public Health website to learn more about the Standard of Care on Screening for Childhood Lead Poisoning and review Blood Lead Level Data for California Counties and Zip Codes.

### Resources for Home Lead Testing

If you are interested in performing lead testing at your house, learn more about Lead Test Kits on the EPA website. Also many local home improvement and paint stores carry easy-to-use and low cost lead testing kits in the paint section. For additional information about lead testing kits, contact the EMD Childhood Lead Program, 916-875-8448.

### Sacramento County Environmental Management Department

For Sacramento County, unauthorized releases of hazardous materials into the environment are handled by the Sacramento County Environmental Management Department, which has been designated by the California Environmental Protection Agency (Cal-EPA) for Site Assessment and Mitigation. This program provides mandated regulatory oversight of the assessment and remediation of properties on which there has been an unauthorized or illegal release of hazardous materials to soil and/or groundwater in order to protect public health, safety, and the environment. ★

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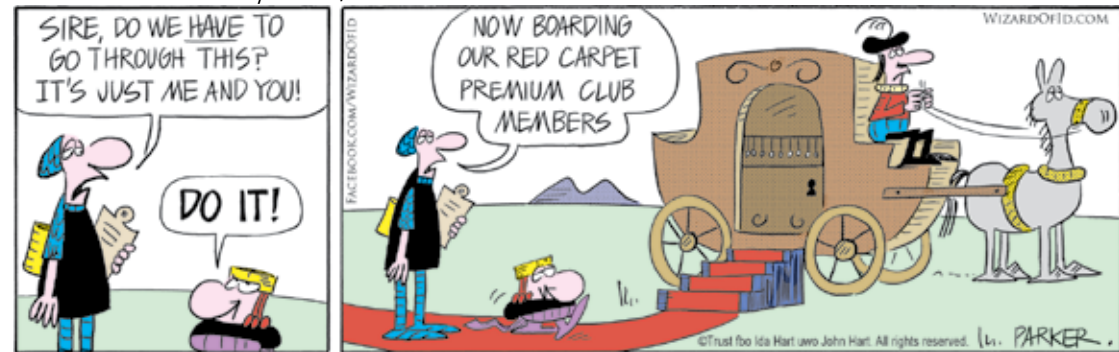
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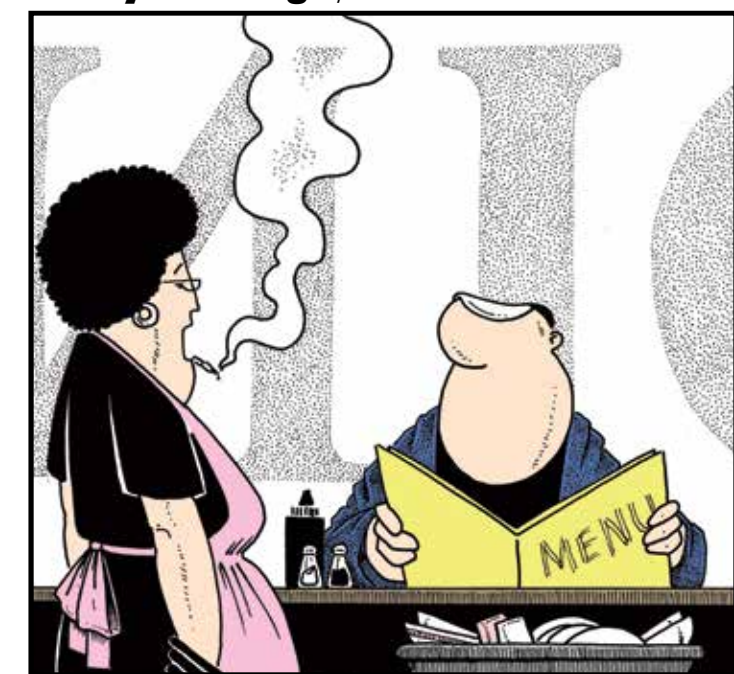
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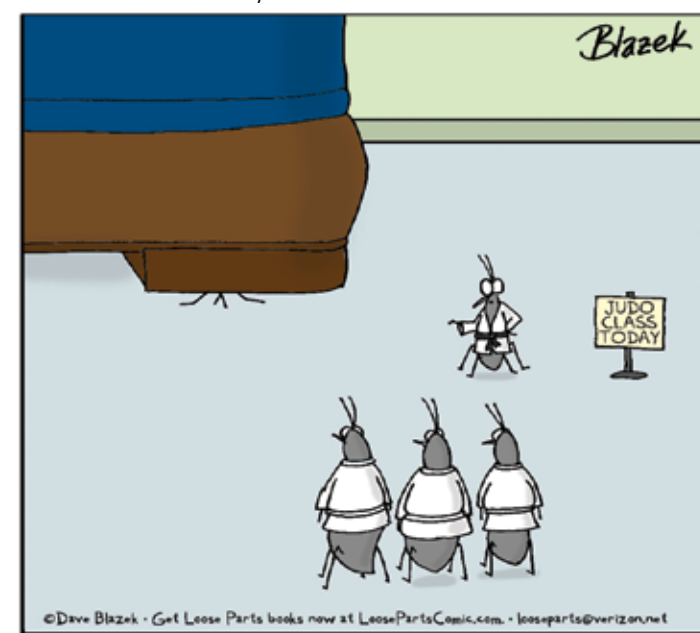
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# Addressing the Damage of Meth with Collaboration

**Sacramento County Special Release**

**SACRAMENTO COUNTY, CA (MPG)**

While the opioid crisis holds a high-profile spot in national news, methamphetamines (meth) are highly addictive and continue to be a serious issue across the country and for Sacramento County. Through persistent planning, tenacious understanding and far-reaching collaboration, Sacramento County has delved into the complex issues to tackle the devastating consequences of meth abuse on our friends, family and community.

On November 1, more than 130 gathered at the Sacramento County Methamphetamine Symposium. These participants from community-based organizations, public health, mental health, child welfare, homeless advocates, law enforcement, criminal justice, environmental management, hospital systems and members of the public joined together to better understand meth and the impact it has across these systems. The goals of the symposium were to also promote education, awareness and collaboration, explore funding for treatment, set community priorities and work together on addressing meth use and abuse.

“Drug abuse is a preventable behavior and drug addiction is treatable. Those who abuse or are addicted to meth have complex treatment needs that require concurrent and coordinated efforts to address medical, psychiatric and psychosocial problems,” said Uma Zykofsky, Sacramento County Behavioral Health Director and Alcohol and Drug Administrator. “Recovery does happen with the right interventions and supports.”

The Sacramento County Department of Health and Human Services, Alcohol and Drug Services Unit began working to meet abuse and addiction treatment needs by developing a strategic plan in 2015 with the development of a special workgroup that



This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity.

consisted of more than 20 participants from county departments and organizations. This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity. <http://www.dhhs.sacounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>

“One of the lessons we learned was that for us to get an effective response to methamphetamine use in our community, we had to leverage all community resources and work together to successfully assist people toward wellness and recovery,” said Lori Miller, Sacramento County Health Program Manager for the Alcohol and Drug Services Unit.

Anyone who uses meth is susceptible to becoming quickly addicted and there is no particular socioeconomic status or cultural background the drug targets. However, what is all too common is the devastating impacts the drug has on those who use it and their children and families. Meth also has tremendous economic and social costs for our community, burdening our public health and social services programs, as well as our law enforcement agencies.

At the November Symposium, several courageous people told their stories of meth abuse and their successful treatment to battle addiction – one of whom was Wes Colter. Wes, raised by an alcoholic father, endured neglect and abuse where he ended up on the streets

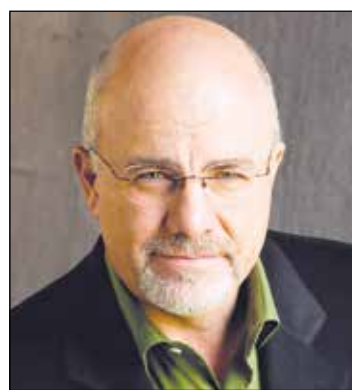
at age 12. He was then introduced to meth, becoming a daily user and seller at the age of 15 and was in and out of Juvenile Hall, the County Jail, and ultimately was in prison by age 19. Just before turning 29, Wes began Sacramento County services for alcohol and drug treatment, mental health, homeless/transitional housing and self-help, all of which helped him become clean and sober. “I still have battles and I still struggle, but now I have the help and support to maintain a healthy lifestyle,” said Colter. Wes now has more than 10 years of sobriety, is married, a father and stepfather, member of his church and is working in the field of substance use disorder treatment.

Prevention and education are key. Learn the signs and symptoms of meth abuse; take the time to talk with your kids about alcohol and drugs; and if you see something in your neighborhood that you are concerned about, contact your law enforcement agency, or if your concern involves children, contact Sacramento County Child Protective Services. These partner agencies have the knowledge to assess the situation to get them the services they need.

Learn more about Sacramento County Department of Health and Human Services, Alcohol and Drug Services and review a compiled list of resources on the Centers for Disease Control and Prevention (CDC).

See <http://www.sacounty.net/news/latest-news>

Source: Sacramento County Media



## Dave Says

you’ve got the beginnings of plan. A dream is a good place to start, but I want you to develop this into a plan that focuses on a goal. Break this down, and figure out how to achieve it.

### It’s a dream, not a plan

Dear Dave,

I’ve been trying to save cash to buy a home, but things always seem to come up that eat away at my savings. I have \$130,000 set aside, plus an emergency fund, and I make \$120,000 a year. I’m debt-free and renting right now, but eventually I’d like to buy a house in the \$300,000 range. I really hate the idea of owing the bank money, so would you advise continuing to save and pay cash, or is it okay to make a big down payment and take out a small mortgage?

- Megan

Dear Megan,

I love your idea, but right now you have more of a dream than a plan. You’ll need \$170,000 to go from \$130,000 in savings to \$300,000, right? So, let’s start planning.

If you save \$60,000 a year, it would take you a little less than three years to get there. If you set aside \$40,000 a year, it would take a little more than four years. A little division — just divide \$170,000 by the amount you want to save each year — and

I see three ways to achieve this home ownership goal. One, you do the long division math and save like crazy for however many years it takes to save up \$170,000. The second is to put \$130,000 down on a \$300,000 home, and take out a \$170,000, 15-year fixed rate mortgage. This is the only kind of debt I don’t beat up people for having. The good news is, with your income, you could probably pay it off in half that time.

A third possibility is to buy a \$130,000 house. Write a check for nice, modest home now, and in five years — saving wildly the whole time, since you’ll have no house payments — move up and pay cash for a \$300,000 home.

If I’m in your shoes, that’s what I’m doing!

—Dave

### Get it now!

Dear Dave,

I’ve noticed that the younger you are, the less expensive life insurance can be. I’m 32, and I’m still paying off my student loans. With this in mind, what’s the best age to get term life insurance, and what does it cover?

- Kalina

Dear Kalina,

Simply put, term life insurance covers death. Having student loans doesn’t really matter when it comes to life insurance, either. If you have a family — or someone who is dependent on your income — you need 10 to 12 times your yearly income in a good, level term insurance policy. If you make \$50,000 a year, that means you need a term life insurance policy with \$500,000 to \$600,000 worth of coverage. If you don’t have a family or dependents, I’d recommend a simple burial policy of \$10,000 to \$20,000 to cover any final expenses.

Either of these would be very inexpensive for someone your age. Keep in mind that life insurance becomes costlier as you get older. The reason? Statistically speaking, the older you are the more likely you are to die. It’s not a fun thought, but it’s the truth.

Life insurance, or at least a burial policy if you’re single and have no dependents, isn’t one of the Baby Steps in my plan. But in your case, it’s a go-get-it-now adult responsibility kind of thing!

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at [daveramsey.com](http://daveramsey.com) and on Twitter at @DaveRamsey.

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# Fighting Fire with Family

Sac Metro Fire Station 109 is a "Family Operation"

Continued from page 1

series of endurance and agility drills. According to Hickman, roughly nine out of 10 pass the CPAT, but that's no guarantee they'll graduate, as the academy training itself, he said, is CPAT on steroids, twenty weeks of it. There's also a written exam.

"I think the academy drop-out rate is about 25 percent," Hickman said.

### The Sit-down and The Probie

Academy grads must secure an interview for an open firefighter spot, provided there is one. According to Hickman, there are roughly five openings for every 3,000 applicants.

"If we have an opening, we'll conduct what we call 'The Sit-down,'" said Hickman. "That's where we meet with candidates and ask them why, out of 3,000 other applicants for the job we should hire them."

Selected candidates begin with a year of probation, where their character and physical and mental skills will be scrutinized. It's no time for resting on laurels.

"The Probie is under a microscope," Hickman said. "We'll test them extensively at every level. We can't have someone in the house who is a liability rather than an asset."

### The Job

Metro Fire firefighters with paramedic training can expect a beginning monthly salary of roughly \$5,300, and a full pension after 30 years of service. Shifts A, B and C at Station 109 run 48 hours on, 96 hours off. That's two, 24-hour shifts, back to back.

"We work 10 shifts a month, and usually all night long," says Hickman. "That's the downside. You are always on duty when you are on your shift."

Station 109 has 27 crew members, one is a female. Two EMTs handle the ambulance, while the rest of the crew run either The



"The Truck is not just a hose and ladder on wheels," Hickman said.

Truck or The Engine. The Truck is the brain and muscle of the operation, housing, among other things, a computerized "ER," digital cameras, and a plethora of heavy duty tools and equipment, including extractors and the jaws of life, as well as the ladder. The Engine houses the hoses and the pump.

Station 109 is also a designated, Hazmat station. So if, for example, an abandoned barrel of liquid is found on the side of the freeway, crew members can assess its contents and advise on its safe

removal. The Truck also has a full-functioning lab on board to analyze chemical and biological materials, as well as three computers and three wireless network.

"The Truck is not just a hose and ladder on wheels," Hickman said. "You'd be surprised how self-contained it is. Even the ladder is inside the truck, not on top like everyone imagines."

### The Rush and the Risks

There are many reasons why firefighters love their work, including the blend of public

service and adrenaline-pumping responsibility. But the risks, says Hickman, are high, and no firefighter gets around them.

"Firefighting is a rush like no other," Hickman said. "But no firefighter can avoid getting injured in some way."

Hickman said the biggest threat, aside from the obvious ones, is invisible. Cancer from long-term exposure to chemicals from burning furniture is a growing concern.

"It's all made of vinyl, rubber and plastic now, and even though we have our protective suits on, we still get exposed to those chemicals inside. So cancer is our biggest concern."

Stress and heart disease are also common, Hickman said, but not from smoking, as was the case some 20 years ago, but from the main attraction to the job itself: the adrenaline pumping.

"The stress from going from zero to 10 in 20 seconds is big,"

**"Firefighting is a rush like no other. But no firefighter can avoid getting injured in some way."**

**CAPTAIN JEFF HICKMAN  
SACRAMENTO METROPOLITAN FIRE DISTRICT,  
STATION 109 IN CARMICHAEL**

said Hickman. "But it's getting better. Thirty years ago, the average age a firefighter lived was about nine years past retirement, largely due to smoking and drinking and the job itself. Today, we have more awareness, we work out and eat healthier meals. So now it's about 20 years past retirement."

### The House

Station 109 is more than just

a place of employment. It's a second home, even if occupied by a revolving crew of adrenaline junkies. The furnishings are far from opulent. All crew members sleep in cubic-sized rooms on single beds, where bags are half-packed for quick end-of-shift exits. A large TV room with an army of blue recliners is the entertainment center, and there's a makeshift gym in the truck bay.

Like most homes, the heart and soul of Station 109 is the kitchen, where crew members share three meals a shift together, jointly shopped for, cooked and consumed around a large, round wood dining table that Hickman built.

"When we sit down at this table, we call that 'family time,'" said Hickman. "This is where we get to know each other. We spend a third of our lives here, so it's a place for a family, and it is our house." ★



Like most homes, the heart and soul of Station 109 is the kitchen, where crew members share three meals a shift together.

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- ✓ **Home Improvement, Debt Consolidation, College Tuition**
- ✓ **Interest May be Tax Deductible** (Please consult your tax advisor)

**EL DORADO SAVINGS BANK**  
Serving our local communities since 1958  
[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)  
CARMICHAEL • 4701 Manzanita Ave. • 481-0664  
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\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.875%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$150,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$475 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.



# 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**

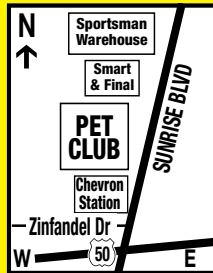
**\$1,200.00 off**  
2 Implants with attachments to a Denture  
Offer Expires 12/31/17

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

Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

PET CLUB is Excited to Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

**PET CLUB FOOD AND SUPPLIES**  
EVERYDAY LOW PRICES  
Super Discount Prices • Hot Specials & Coupons  
Short term promotions from vendors  
(No Membership Fees)  
We Only Accept ATM, Cash, & Checks



2344 Sunrise Blvd.  
Rancho Cordova, CA  
916-635-5008

Mon-Fri 9-8,  
SAT 9-7, SUN 10-7  
Effective 11/29/17 - 12/5/17



**COUPON**  
**1 FREE PEDIGREE DOG FOOD**  
22 Oz Tin All Varieties  
With Any Purchase of Pet, Fish Food, or Supply PLU 321  
Limit: 1 Coupon Per Family CT  
Effective 11/29/17 - 12/5/17

**COUPON**  
**\$150 OFF ANY PURCHASE OF PET OR FISH SUPPLY**  
(Excluding Pet Food or Litter)  
Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324  
Limit: 1 Coupon Per Family CT  
Effective 11/29/17 - 12/5/17

**TASTE OF THE WILD GRAIN FREE DRY DOG FOOD**  
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon  
30 Lb Bag **\$39.99**  
Effective 11/29/17 - 12/5/17

**NUTRO MAX ADULT RECIPE DRY DOG FOOD**  
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice •Mini Chunk  
NEW SIZE  
25 Lb Bag **\$21.99**  
Limit 2 Bags Per Family  
Effective 11/29/17 - 12/5/17

**BLUE BUFFALO WILDERNESS DRY DOG FOOD**  
•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight  
24 Lb Bag **NEW AS MARKED LOW \$8 OFF**  
100% Grain Free  
Limit 2 Bags  
Our Regular Low Prices!  
Effective 11/29/17 - 12/5/17

**FRISKIES DRY CAT FOOD**  
16 Lb Bag  
•Surfing & Turfing •Seafood •Indoor  
Limit 2 Bags **\$9.99**  
Effective 11/29/17 - 12/5/17

**9 LIVES CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 1 Case Per Family **35¢**  
Effective 11/29/17 - 12/5/17

**FANCY FEAST GOURMET CANNED CAT FOOD**  
All Varieties except Elegant Medley  
3 Oz  
Limit 2 Cases per Family **20/\$11.00**  
Effective 11/29/17 - 12/5/17

**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
•Regular •Multiple Cat Formula  
Limit 2 Bags **\$3.29**  
Effective 11/29/17 - 12/5/17

**FRESH STEP SCOOPABLE CAT LITTER**  
42 Lb Bag  
Limit 2 Bags per Family **\$12.99**  
Effective 11/29/17 - 12/5/17

**PRO-PLAN DRY DOG FOOD**  
30-35 Lb Bag  
Limit 2 Bags Per Family **\$3 OFF**  
•Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Bright Minds  
OUR SUPER DISCOUNT PRICE

**FUSSIE CAT PREMIUM DRY CAT FOOD**  
Market Fresh Recipe  
•Chicken & Turkey •Salmon •Salmon & Chicken  
2 Lb, 4 Lb, 10 Lb bag  
As Marked **20% OFF**  
OUR REGULAR LOW PRICES

**WELLNESS CANNED DOG FOOD**  
Limit 2 Cases Natural 12.5 oz. Regular **\$1.89** •Stew **\$1.99** •Core

**EARTH BORN HOLISTIC CANNED CAT FOOD**  
•Grain Free •Selected Varieties  
Limit 1 case 3 Oz. **79¢** 5.5 Oz. **\$1.29**

**CAREFRESH PET BEDDING**  
60 Liter (Ultra Not Included) **\$12.99**

**FELINE PINE HEALTHY CAT LITTER**  
20 Lb Bag  
Limit 2 Bags **\$7.99**

**MEOW MIX CAT FOOD**  
Market Select 2.75 Oz Cup  
Limit 1 Case **49¢**

**CAT COUNTRY PREMIUM ORGANIC CAT LITTER**  
Limit 2 Bags 20 Lb **\$7.49** 40 Lb **\$13.99**

**SCIENCE DIET DRY DOG FOOD**  
28.5 lb-33 lb Bag  
•Lite •Active Maturity •Perfect Weight •Healthy Mobility •Sensitive Stomach •Oral Care  
Limit 2 Bags **\$4 OFF**  
OUR DISCOUNT PRICES

**CHICKEN SOUP FOR THE SOUL DRY DOG FOOD**  
•Adult •Large Breed •Mature •Weight Care  
30 Lb Bag Limit 2 Bags **\$7 OFF**  
OUR ORIGINAL LOW PRICES

**PRECIOUS CAT CLUMPING CAT LITTER**  
20 Lb Box  
Limit 2 Boxes Cat Attract **11.99** Touch of Outdoors **\$7.49**

**MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD**  
25 lb Bag  
•Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family **ON SALE**

**CAT FURNITURE 20% OFF**  
•CRS •Alpine Cat Trees LOTS OF SELECTIONS ASSORTED STYLES  
(C & D Products not Included) **OUR SUPER LOW PRICES**

**DINGO MEAT & RAWHIDE CHEWS**  
•Meat in the Middle •Bones •Chip Twister All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**OUR PETS/ COSMIC CATNIP PRODUCTS, TOYS & TREATS** All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**ZUKE'S NATURAL TREATS** All Varieties  
•Z-Bones •Mini-Naturals •Power Bones •Hip Action •Jerky Naturals •Z-Files  
**20% OFF**  
OUR SUPER LOW PRICES

**STOKES SELECT BELLE FLEUR** Hummingbird & Wild Bird Feeders All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES

**MARINELAND POWER FILTER SALE**  
MODEL TANK SIZE PET CLUB SALE  
PENGUIN 100B . . . . .20 Gal. . . . . **\$17.99**  
PENGUIN 150B . . . . .30 Gal. . . . . **\$24.99**  
PENGUIN 200B . . . . .50 Gal. . . . . **\$29.99**  
PENGUIN 350B . . . . .75 Gal. . . . . **\$39.99**

**TETRA BOXED 10 GALLON TANK** With Economy Kit  
Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

**PENN PLAX PLASTIC AQUA-PLANTS** **20% OFF**  
OUR SUPER LOW PRICES

**KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL** **\$11.99**

**BONUS COUPON**  
**FRISKIES BUFFET CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 1 Case With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 11/29/17 - 12/5/17 **45¢** CT PLU 367

**BONUS COUPON**  
**WHISKAS TEMPTATIONS CAT TREATS**  
•All Varieties Except Natural - 3 Oz  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 11/29/17 - 12/5/17 **\$1.19** CT PLU 569

**BONUS COUPON**  
**JONNY CAT CAT LINERS**  
Jumbo Drawstring - 5 Ct  
Limit 1 Box with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 11/29/17 - 12/5/17 **\$1.89** CT PLU 449