



Healing Invisible Wounds

PAGE 2

One Nation Under God, Indivisible, with Liberty and Justice for ALL



Carmichael Times

VOLUME 37 • ISSUE 39

Serving Carmichael and Sacramento County since 1981

SEPTEMBER 29, 2017

THE ANSWER IS IN FRONT OF YOU



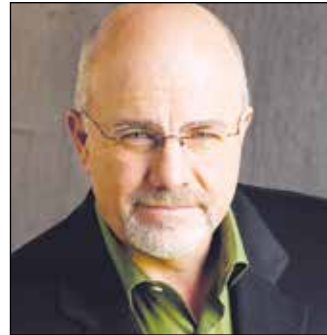
PAGE 9

WHY "HATE SPEECH" IS, AND SHOULD REMAIN, CONSTITUTIONAL



PAGE 4

HELP PARENTS OR PAY STUDENT LOANS?



PAGE 12



Scan our QR Code for a direct link to our online edition!

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA Change Service Requested

Jazzing Up the Race



Mayoral candidates (above) Kelli Foley (center) and Rebecca Johnson faced the music and campaigned last week at a "Mayoral Mingle" event at Oakwood of Carmichael. Jazz players were Jake Nalangan (left), Ryan Ioanidis, Joseph Bly and Grady Flamm. Food fight. Rivals Johnson and Foley (at right) earlier faced off over cupcakes at Jaynee Cakes in the Milagro Centre.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael's honorary mayoral race is now down to two enthusiastic candidates.

Veteran realtor Kelli Foley owns Trillium Real Estate on Marconi Avenue. Part of Foley's fundraising will support the Alzheimer's Association to aid in research and development of Alzheimer's and dementia. Rival Rebecca Johnson co-owns Care First Resources - an agency for senior care - in Carmichael. A portion of Johnson's fundraising will assist the Crohn's & Colitis Foundation.

The candidates joined forces at "Mayoral Mingle" last week, along with many of their supporters, local businesspeople and music lovers. Oakmont of Carmichael hosted the fundraiser. The retirement facility provided fantastic appetizers, beer and wine; with the candidates providing raffle prizes. Blueprint Jazz - a quartet of talented teenage virtuosos from local high schools provided jazz.

Unfortunately, financial professional Austin Schlocker recent withdrew due to family health concerns. Now the two

remaining contestants are charging hard to the finish line for the volunteer office.

On Friday October 6th, candidate Johnson will host a Charity Poker event from 11am to 2pm at Carmichael Elks Lodge. Admission includes a \$20 Poker

Hand, prizes, food and beverages. A health fair and car show follows from 2pm. Learn about the honorary mayor campaign at the Chamber website <https://www.carmichaelchamber.com>, or call to donate to either cause at (916) 481-1002. ★



Reported STD's Reach an All-Time High

By Corey Egel, CDPH

SACRAMENTO, CA (MPG) - Rates of sexually transmitted diseases (STDs) continue to increase in California, according to new statistics from the California Department of Public Health (CDPH). These diseases are reportable to the state and local health departments. The data are presented in CDPH's 2016 STD Annual Report: a summary can also be found on CDPH's website.

Over a quarter million cases of STDs were reported in 2016, a 40% increase compared to five years ago including, 198,503 cases of chlamydia, 64,677 of gonorrhea, and 11,222 of early syphilis. Particularly concerning to health officials, 207 cases of congenital syphilis were reported. If not caught early, syphilis during pregnancy can result in congenital syphilis leading to stillbirth or permanent, lifelong disabilities. Syphilis can also cause permanent loss of vision, hearing and other neurologic problems in adults. If left untreated, STDs can increase the risk of HIV infection and lead to lifelong reproductive health problems.

"The number of reported STDs in California is increasing at a concerning rate," said CDPH Director and State Public Health Officer Dr. Karen Smith. "This is the third year in a row that we have seen increases in chlamydia, gonorrhea and syphilis."

These three diseases can be prevented by consistent use of condoms, and they can be cured with antibiotics, so regular testing and treatment is very important, even for people who have no symptoms.

Chlamydia and gonorrhea rates are highest among people under age 30. Rates of chlamydia are highest among young women, whereas males account for the majority of syphilis and gonorrhea cases.

Regular screening for STDs is recommended for people who are sexually active. STD services also provide opportunities for further prevention of HIV through testing and pre-exposure prophylaxis, or PrEP.

"All Californians need to know how to protect themselves and their partners," said Smith. "Getting tested regularly is one of the most important steps." A directory of where to get tested can be found at the Centers for Disease Control and Prevention webpage.

CDPH is collaborating with the California Department of Education and community groups to implement the newly enacted California Healthy Youth Act, which mandates comprehensive STD/HIV prevention education in schools. For more information, go to the CDPH Sexually Transmitted Diseases Control Branch website at www.cdph.ca.gov

Source: CDPH ★

SMUD Exploring New Ways to Keep Vehicles from Hitting Power Poles

Sharp Rise in Incidents Can Jeopardize Safety and Power Reliability

SACRAMENTO REGION, CA (MPG) - SMUD is evaluating several measures to reduce the number of incidents that involve vehicles crashing into the electric utility's infrastructure, especially power poles. The five-year pilot program aims to increase public and worker safety, and reduce the number of associated power outages.

SMUD data shows an increasing trend of these incidents annually. In 2006 for example, there were 153 "car-pole" accidents. In 2016, there were 271. Increased traffic volume, distracted and unsafe driving, as well as other factors are to blame, but the end result is the same: increased potential for public and worker safety hazards and more power outages.

The pilot program will focus on power poles and electrical equipment that's been crashed into multiple times over the years. Measures include removing and relocating power poles; redesigning them; installing higher-visibility reflective strips; and installing large, high-visibility protective barriers, known as "Raptor" technology, around the power poles.

The Raptor is big and yellow. It is easily installed at the base of the pole and is designed to absorb the impact of a vehicle crash, sparing the power pole and preventing a power outage for SMUD customers. The Raptor has been used by other utilities and SMUD wants to see if they are a possible solution to improve safety, while making power poles more visible



SMUD has installed some measures to mitigate damage to power poles and other electrical equipment by vehicles hitting them. The measures are part of a pilot program designed to increase visibility of and provide some protection to the power poles and to motorists. The work is part of SMUD's efforts to enhance public and worker safety and the SMUD grid's reliability. This photo shows a "Raptor" power pole barrier being installed in Wilton, CA. Photo courtesy SMUD

to motorists and more resilient to being damaged if a vehicle collides with the pole.

The main goal of the pilot is enhancing public and worker safety. SMUD takes public

safety very seriously. Power reliability is also key. While car-pole accidents comprise about five percent of all types of SMUD outages annually, they account for about a quarter of the overall average duration of outages for SMUD's customers. SMUD's Board of Directors, elected by SMUD customers to set policy, has made reliability one of SMUD's core values, so it's a priority for SMUD staff to fulfill it.

In addition to compromised reliability and safety, power outages caused by car-pole accidents cause loss of revenue to SMUD and increased costs for labor and materials to repair and replace damaged electrical infrastructure. For example, a pole replacement can cost more than \$11,000 for the pole, the five-man crew to replace it and other associated expenses for each incident. Beyond SMUD's costs, pole replacements can take eight hours or more and cost the community's businesses lost revenue from power outages and associated traffic jams due to lane closures to make the repairs.

SMUD is doing its part to increase public and worker safety and reduce the frequency and duration of outages due to these traffic accidents. SMUD also urges motorists to do their part by driving safely, obeying traffic laws and avoiding anything that may cause distractions. For more information about SMUD and its commitment to public and worker safety, visit SMUD.org. ★



Healing Invisible Wounds

Veterans Day Golf Tournament to Aid Veterans and First Responders with PTSD

By Elise Spleiss

SACRAMENTO REGION (CA) (MPG) - "We are dedicated to healing the invisible wounds of war and service." This is the motto of Go Give 2 Live, a local 501(c)(3) nonprofit working with The SPARTA Project to help local veterans, police, fire and emergency personnel get the care they need to recover from the stress and trauma they have experienced in the line of duty.

The SPARTA Project, the nation's premiere program for helping warriors and first responders with Post Traumatic Stress Disorder (PTSD) provides an intensive 5½ day retreat in Southern California to rehabilitate veterans/first responders. To help balance the demanding work, participants enjoy activities such as rock climbing, a rope course, equine therapy and meditation.

SPARTA has asked Go Give 2 Live to provide further resources to help them in their aftercare. Formed in January of 2015 Go Give 2 Live raises funds to support already established non-profits that have a proven record of helping veterans and first responders get the help they need to recover from the stress and trauma caused by their jobs. According to program founder Lindsey Hutchison, most of the veterans in their programs are police officers, and local veterans returning from Afghanistan.

Lindsey and her team of volunteers are aware of local resources to help these men and women in the county where they live. Local programs include Joy House, a



Program graduates of SPARTA and Go Give 2 Live programs. Photo by Go Give to Live

transitional sober living home with a focus on women veterans, and programs using the healing quality of horses and dogs to help transform their lives. A Community for Peace located in Citrus Heights offers a men's support group and a crisis center for victims and survivors of domestic violence, family violence, and sexual assault.

What sets Go Give 2 Live apart from other veteran recovery programs is the ongoing support graduates

receive to keep them involved in their own recovery.

Being active in their community helps give survivors a new purpose in life.

Another important aspect of ongoing recovery is the creation of care packages of journals, educational books, pamphlets to local resources and other items send to graduates on an ongoing basis.

Following their own success in the program, graduates are encouraged to become a shepherd or mentor to new

participants to the program.

Volunteers working with Give2Live also aid emergency responders during disasters in counties throughout California. Presently they have a team of 14 volunteers actively working with six veterans who survived the Mariposa fire, doing home health checks and taking care of their pets. They also built a wheelchair ramp for a relocated veteran and provided a refrigerator full of food for one man whose home had

been a total loss. They also assist in relocating animals affected by the fires.

A future vision of Lindsey's is to acquire or build a facility to create a one-day therapy camp where participants can come and go anonymously to work on their own unique issues in a safe environment.

To help provide funds for these programs Go Give 2 Live is hosting a Golf Tournament at Top Golf in Roseville CA on Veterans Day, November 11, 2017.

From 9 a.m. to 1 p.m.

For every \$1,500 raised, one veteran or first responder will go through SPARTA's much-needed life changing program. The hope is to raise enough funds from the tournament to cover three or four attendees to this program along with the Go Give 2 Live services. One hundred percent of funds raised will go right to the programs and aftercare. Player ticket packages range from \$100 and up. Sponsors can pay for a veteran or first responder to play. For information on participating as a player, sponsor or vendor go to www.GoGive2Live.org, and click on projects or call 1-866-306-4569.

Lindsey Hutchison holds an MBA in Business Finance from Grand Canyon University, a BFA in Design & Marketing, and an AA in Business Management. She currently is employed in her family business, Hutchison Financial Group, working as an Account Manager/Insurance Agent. She is a member of Capital Region Family Business Center and the Roseville Chamber of Commerce. She is actively involved in her community, and has been on multiple mission trips outside of the county to help those less fortunate. Her passion has always been to help others. She has been involved in charities and nonprofits her whole life. This passion led to the formation of Go Give 2 Live, a 501 (c)(3) nonprofit organization designed to provide much needed programs and services to veterans and first responders. ★

Senior Health & Leisure Fair



FREE Admission

FREE Parking

Saturday, October 14
10 am to 4 pm

Crowne Plaza Hotel Northeast 5321 Date Avenue
Off of Highway 80 at Madison Sacramento, CA 95841

► www.SeniorHealthFair.com ◀

• FREE EXHIBITS! • FREE ENTERTAINMENT!
• HEALTH SCREENINGS! • SAMPLES & PRIZES!

SENIOR HEALTH & LEISURE FAIR

Information & Resources for a Safer, Healthier and Happier Life!

Learn hundreds of ways to improve your health and extend your life. Find out more about retirement, investments, and income opportunities for seniors. Make sure to stop at each informative booth. Celebrate by participating in a full line up of activities to keep you safe, healthy, and informed. Walk through the exhibit hall and learn more about:

- Nutrition & Health Foods
- Safety Matters
- Sports & Fitness
- Financial & Retirement Planning
- Anti-Aging Programs
- Natural Healing
- Home & Garden
- Chiropractors and Massage
- Vacations & Travel
- Physical & Mental Health

Great Entertainment & Music

Rockin' DJ plays old time rock n' roll, cruising songs, surfer songs. It's the music you grew up with!

Sponsored by






MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting
October 12, 2017
at
North Highlands Park and Recreation
District, 6040 Watt Ave, North Highlands 95660.

Meeting starts at 1030 hrs and we have a speaker from the Bureau of Automotive Repair.
★ Come on out and enjoy a cup of coffee and meet new friends. ★

Questions can be referred to our volunteer staff at 916-640-8446,
Monday through Thursday, 0900 to 1500 hrs.

NorCal Gourd Art & Competition Festival

Presented by
Folsom Fourd Artists & Amador Gourd Artists
with California Gourd Society Competition






September 30th 10am – 5PM
October 1st 10am – 4PM
Orangevale Community Center
5826 Hazel Ave., Orangevale, CA.

- ★ Beautiful Artwork for Sale
- ★ Make & Take
- ★ Classes 9/29, 9/30, 10/1
- ★ Gourd Supplies
- ★ Raffles
- ★ Demonstrations
- ★ Food Vendors
- ★ Jim Story Competition

Enjoy our Gourd Hat Parade!
Learn About Manipulated Gourds
Free Admission! Free Parking

www.FolsomGourdArtists.com • www.CaliforniaGourdSociety.com



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **483-2299**

All Legal Ads Published by Messenger Publishing 

Baha'is of Carmichael Marking the 200th Anniversary

Celebrating the Birth of Bahá'u'lláh, Founder of the Bahá'í Faith



BAHÁ'Í FAITH
LIGHT OF UNITY
FESTIVAL
200TH BIRTHDAY OF
BAHÁ'U'LLÁH

Baha'is of Carmichael are preparing to mark the 200th anniversary of the birth of Bahá'u'lláh, the Founder of the Bahá'í Faith, on October 22, 2017.

Bahá'u'lláh (1817-1892) was a spiritual teacher who announced in 1863 that He was the bearer of a new revelation from God. His teachings have spread around the world, forming the basis of a process of social transformation and community building which is unique in its global scope and the diversity of participants.

The Light of Unity Festival is a celebration of the transformative impact of Bahá'u'lláh's teachings on the lives of families, neighborhoods and communities around the country and the world. Bahá'u'lláh's vision of the oneness of humanity is an antidote to the racial prejudice and materialism

that are corroding American society.

"Now more than ever we need positive models of social change that bring people together rather than divide them," said Chris Miller. "This is what we will be celebrating in the months leading up to Bahá'u'lláh's birthday celebration in October."

The Light of Unity Festival is not an event but a series of activities generated at the grassroots level all around the country, which reinforce Bahá'u'lláh's vision of the

oneness of humanity and empower participants to contribute. Activities will include drama, music, art exhibits, storytelling, service projects, prayer and devotional programs. At the national level, the Bahá'í House of Worship in Wilmette, IL will host a nine-week series of programs beginning in early September on themes applying the principle of the oneness of humanity to contemporary challenges, including environmental justice, race relations, indigenous peoples, human rights, and the harmony of science and religion.

Plans underway include a large public celebration at the **Unitarian Universalist Society** 2425 Sierra Blvd., **Sunday October 22, 2017** For more information email carmichaellsa@gmail.com.



Discover your next opportunity



Now hiring full-time warehouse associates in Sacramento, CA

Are you ready to take on the world? Amazon is hiring full-time associates in Sacramento. Get your career going by starting with a great company and adding Amazon to your resume.

Apply online, complete our quick assessment, and watch your email for next steps.

Benefits include:

- Health care benefits on day one
- Tuition assistance program
- Stock awards program
- 401(k) with company match

Apply Now

amazon.com/sacramentojobs

Amazon is an Equal Opportunity-Affirmative Action Employer — Minority / Female / Disability / Veteran / Gender Identity / Sexual Orientation

Carmichael Cafe & Deli

FROM DELI TRAYS TO HOT BUFFET



Come Try Our **Shrimp Scampi** Only \$14.99

We are looking forward to your visit

50% Off

2nd Entree
Breakfast, Lunch or Dinner

*2nd entree of lesser value. Excludes Senior Menu Items, other restrictions may apply. One coupon per visit. Must present coupon. Exp 10/31/17

FREE COFFEE

with Breakfast
6-9am only

*Must present coupon. Excludes Senior Menu Items, other restrictions may apply. One coupon per visit. Exp 10/31/17

FREE

Ice Cream Sundae
on your Birthday

*Must present ID. One coupon per visit. Must present coupon. Exp 10/31/17

4314 Marconi Ave (S.E. corner of Marconi & Eastern) • carmcafedel.com
481-5000 • M-th 6am - 8pm, Fri - Sat 6am- 9pm • To-Go Orders Available

YOU'RE INVITED TO A HOWL-OWEEN PAWTY

Saturday
October 21, 2017
12pm - 4pm

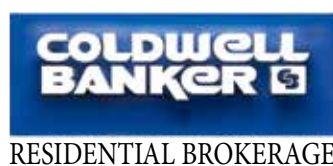


Where: Ancil Hoffman Park Game Field | 6700 Tarshes Drive, Carmichael
(First open field off Tarshes where park fees are collected)

About This Event: Join The Craig Diez Team for a tail wagging good time to raise much needed funds and awareness for local animals at the Sacramento SPCA. Enjoy free professional photos of your pets, Leatherby's ice cream and refreshments, games, a pet costume contest with prizes and more! As a special treat, the SPCA will be bringing a few of its most eligible pets that are begging to meet their forever families. To make this a paw-sitively safe event for everyone, pets are required to be on leashes at all times.

What You Can Bring: Attendees are encouraged to bring a small donation in the form of a check, cash, or one of the following wish list items: canned dog and cat food, gently used or new toys, blankets, beds, towels, kongs, peanut butter and cans of pumpkin. And don't forget to dress up your pet in a costume for the chance to win one of three spooktacular prizes!

Contact Craig with any questions related to the event, donation items and more!



7144 Fair Oaks Blvd., Suite #7 Carmichael, CA 95608

craigdiezteam.com
cdiez@cbnorcal.com

916.425.5884



When your Best Friend needs a check up!

Compassionate, Affordable and Comprehensive Veterinary Services

Services for Pets

- Full medical/surgical services
- Emergency and extended care
- Exotic medical and surgical services
- Nutritional counseling
- Wellness and vaccine discounts

- Full dental services
- Saturday hours available
- Annual VIP discount Cards

- Early morning drop offs available with prior arrangements
(Drs not available until 9am)

New!
Now seeing
Exotics / Small Mammals

► www.Reagorpethospital.com ► Please find us on facebook!

REAGOR PET HOSPITAL

2513 Walnut Avenue Carmichael, California 95608

Phone:

916-971-1551

After Hours Please Call

916-783-4655



Why "Hate Speech" is, and Should Remain, Constitutional



Commentary by Harold Pease, Ph. D

Alexander Hamilton once wrote, "The sacred rights of mankind are not to be rummaged for, among old parchments, or rusty records. They are written, as with a sun beam in the whole volume of human nature, by the hand of the divinity itself; and can never be erased or obscured by mortal power."

One such is the First Amendment to the Bill of Rights, which in part says, "Congress shall make no law ... abridging the freedom of speech." Since neither the executive or judicial branches can make law, only Congress (Art. 1, Section 1), or in the case of the judiciary rule in such a way as to make law, the federal government can impose no restriction on speech and neither can the states as the 14th Amendment made the Bill of Rights applicable to them as well.

Under liberty, speech cannot be qualified by government into types of speech as good, bad, harmful or hateful. Segments of society cannot authorize government to forbid speech they disagree with. It is left to the individual to do it for himself by turning off the television, radio, Internet or not attending an event expected to have such and leaving it when it does. Peer pressure harnesses most unacceptable speech but moving from offensive speech can deal with the rest.

If government could qualify speech into types, levels of restriction would follow with anti-government speech listed as one of the first. The Founding Fathers were at the top of the list in prerevolutionary times, thus their obsession to forbid a place for government in speech. If government decides these things we are not free, as it will always

decide in favor of enhancing itself.

Colleges and universities are places where intellectual debate should flourish and be encouraged. Learning requires the free flow of ideas. Viewpoint diversity, now absent in so many universities, is critical. Restricting viewpoint is tantamount to burning books in medieval times.

Student unrest in many universities last spring demonstrated what is becoming obvious; institutions of higher learning are becoming radicalized and project intolerance for anything but a liberal view. Too few permit conservative or libertarian speakers and far fewer constitutional speakers.

College is supposed to be a big tent housing all types of thinking so that the student can gravitate to what he thinks best after all sides are presented. Although everyone gives lip service to this statement, there still exists a preferred philosophy. Most colleges insist that they adhere to the idea of intellectual diversity, but the literature suggests otherwise, that the vast majority of colleges and universities are weighted in favor of one ideology and professors to one political party. Many political science textbooks acknowledge this. In my field it is rare when professors present more than the preferred philosophy.

There exists a consensus of what a "good education" consists. Students are immersed in race consciousness, feminism, multiculturalism, environmentalism, collectivism, globalism, political activism, class warfare, global warming, acceptance of sexual deviations as normal, and minimization of the importance of Christianity. The end product, the student, must come to accept the above script. It is also in virtually all textbooks. It's not that any of these notions are bad, in and of themselves, but it is the nearly universal absence of the opposing view that is most troubling.

It is no wonder that in a just completed study of 1500 students; a majority felt that the First Amendment should not protect "hate speech" (which translates to speech they disagree with). In the geographically diverse survey covering college students from 49 states, John Villasenor found that "Freedom of expression is deeply imperiled on U.S. campuses. In fact,

despite protestations to the contrary (often with statements like "we fully support the First Amendment, but...), freedom of expression is clearly not, in practice, available on many campuses, including many public campuses that have First Amendment obligations."

As mentioned, to the question, "Does the First Amendment protect 'hate speech'?" Most said no. This was so across all three political affiliations liberal, conservative and independent.

Other observations were noteworthy as well. Most, 62% of Democrats and 39% of Republicans also agreed that it was appropriate to shout down a controversial speaker to which they disagreed. With respect to the use of violence to shut down a speaker 20% of Democrats and 22% of Republicans agreed. Most incorrectly believed that the First Amendment required a presentation of a counter view. It does not. Worst yet, as college is supposed to be a place of competing viewpoints, most also expected their institution to provide a learning environment that "shelters them from offensive views." Nonsense! College is supposed to prepare students for the real world, which has no filters.

This is especially disconcerting as students today do not know the most rudimentary parts of the Constitution and the consequence of this ignorance is serious. As pointed out by the Villasenor Survey, "What happens on campuses often foreshadows broader societal trends. Today's college students are tomorrow's attorneys, teachers, professors, policymakers, legislators, and judges."

"The sacred rights of mankind," as expressed by Alexander Hamilton, in this instance freedom of speech, is not hidden in old parchment but is, "as with a sunbeam," in the Constitution. It clearly denies government a function in addressing speech—even so-called "hate speech."

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 30 years at Taft College. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★

Join the Walk, Do Some Good

By Debbie Smith

SACRAMENTO REGION, CA (MPG) - Northminster Presbyterian Church encourages everyone to join in the annual CROP (Christians Responding to Overcome Poverty) Hunger Walk on Saturday, October 7. Registration is at 9:30 a.m. (I can of food is your registration admission) and the walk begins at 10:00 a.m. The route is from the south steps of the State Capitol Building, 1315 10th Street, to the River City Food Bank and back – a round trip

of 3 miles. If one is too tired to make the return walk back to the Capitol, you can always hop on the light rail!

Hunger Walks are worldwide nonprofit events sponsored by the Church World Service and organized by local congregations and groups to raise funds to provide food and water as well as resources to families facing extreme challenges. One fourth of the money raised from the Walk stays local. The recipients will include the South Sacramento Interfaith Partnership Food

Closet, the River City Food Bank, and the Northminster Senior Brown Bag Program. The rest of the funds will go for disaster relief supplies where needed including a portion to Hurricanes Harvey and Irma victims.

We hope that you will help to stop hunger by joining us in the Walk, sponsoring a walker, or both. For more information, call Kathy Ross at (916) 468-2828, Craig Chalmers at (916) 826-0513, NPC at (916) 487-5192 or visit northminsteronline.org. ★

2017-2018 Concert Series Fair Winds

Tributes

Homage to America's human and natural treasures

Early Light **Elegy for a Young American**
Yosemite Autumn **Pastime, a Salute to Baseball**
 ... and more!

Sunday, October 15, 2017 – 2:30 pm
**** Doors open 2:00 pm ****
 Crowne Plaza Sacramento Northeast

General Admission \$15 5321 Date Ave, Sacramento 95841
 Student (11-17), Sr (65+) \$10 Tickets at the door - Free parking
 Info: (916) 489-2576 www.sacwinds.org Find us on Facebook

Be a part of something important

Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

Jobs@mpg8.com

Call us today at 916-361-1234

Oct 3rd MIXER

• 6241 Fair Oaks Blvd, Carmichael, 95608 •

★ ★ ★ **THE PATRIOT** ★ ★ ★
 RESTAURANT AND EVENT CENTER

4:30 - 6:30pm

Complimentary Drinks and Appetizers

RSVP by emailing: sierra@patrioteventcenter.com

★ Patriotrestaurant.com ★

Mission Oaks Recreation & Park District

Mission Oaks Community Center

CELEBRATION!

FREE!

FRIDAY OCT 13
1:15pm - 3:30pm

CONCERT / DANCE

Pop/Rock + 50/60's Rock & Roll
Refreshment

Holiday Craft Faire

November 4
Saturday
9am-3pm

Shop with 60+ Vendors
Indoor and Outdoor spaces
Rain or Shine
New Vendors Welcome!

SWANSTON COMMUNITY CENTER

SECOND FRIDAY DANCES

Friday Oct 13, Free
6:30 - 8:30pm

Enjoy this community dance
for Adults/Seniors
----- all levels welcome -----

Space is limited, register today at MORPD.com

MISSION OAKS RECREATION
& PARK DISTRICT

Office Hours: 8 am-5 pm
Registration Hours:
8:30 am- 4 pm Monday-Friday

MORPD.com

DISTRICT OFFICE

(916) 488-2810 • Fax (916) 488-4349
3344 Mission Ave., Carmichael, CA 95608

MISSION OAKS COMMUNITY CENTER

(916) 972-0336 • Fax (916) 972-7371
4701 Gibbons Dr., Carmichael, CA 95608

SWANSTON COMMUNITY CENTER

(916) 333-6464 • Fax (916) 488-4349
2350 Northrop Ave., Sacramento, CA 95825

AN IMPORTANT MESSAGE FOR DENTAL OFFICES

New EPA Rule Requires Dental Practices to Install Amalgam Separators and Implement Best Management Practices

The Environmental Protection Agency (EPA) recently issued technology-based pretreatment standards under the Clean Water Act to **reduce discharges of mercury from dental offices into municipal sewage treatment plants.**

The Dental Office Effluent Guidelines became effective July 14, 2017. This final rule **requires dental offices install amalgam separators and two best management practices.** Dental offices that place or remove amalgam:

- ✓ Must install, operate, and maintain an amalgam separator
- ✓ Must not discharge scrap amalgam into the sewer
- ✓ Must not use certain kinds of line cleaners, such as bleach

Existing dental dischargers must comply and submit a form to Regional San (see links below) by October 12, 2020. New dental dischargers or ownership transfers must comply within 90 days of their first discharge. If any dental practices already had amalgam separators prior to June 14, 2017, they have until June 14, 2027, to replace them with compliant separators. Dentists who never place amalgam or remove amalgam in limited or unplanned circumstances are exempt.

Who is affected by this new rule?

This rule applies to offices, including large institutions such as dental schools and clinics, where dentistry is practiced that discharge to a municipal sewage treatment facility. It does not apply to mobile units or offices where the practice of dentistry consists only of oral pathology, oral and maxillofacial radiology, oral and maxillofacial surgery, orthodontics, periodontics, or prosthodontics.

Why are these standards necessary?


When dentists remove old amalgam fillings from cavities or place a new filling, mercury in the form of dental amalgam enters the wastewater of the dental office. Mercury from waste amalgam can make its way into the environment from the treatment plant through the land application of sludge or through surface water discharge to the Sacramento River. Mercury is a potent neurotoxin that can have a wide range of health effects. Once released into the aquatic environment, certain bacteria can change mercury into methylmercury, a highly toxic form of mercury that bioaccumulates in fish and shellfish. Eating fish and shellfish is the main source of people's exposure to methylmercury in the U.S.

Questions? Contact us at (916) 876-4141 or amalgamrecovery@sacsewer.com.

More Information & Compliance Forms: www.amalgamrecovery.com

EPA's Dental Effluent Guidelines: www.epa.gov/eg/dental-effluent-guidelines

If you are outside Regional San's service area, call your municipal sewage treatment agency.



This message is brought to you by the Sacramento Regional County Sanitation District (Regional San), which owns and operates the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant, serving residential, industrial, and commercial customers throughout unincorporated Sacramento County; the cities of Citrus Heights, Elk Grove, Folsom, Rancho Cordova, Sacramento, and West Sacramento; and the communities of Courtland and Walnut Grove.



Make It Fun and It Will Get Done!
The Secret to Being Organized
Pam Young's Corner
Love Who You Are Right Now

What if when you said, "I do," you really knew how much had to be done? Maybe you should have said, "I do, sometimes." Did you know that if you are disorganized you've done way more work than an organized person who said "I do?" Ask BOs (Born Organized) why they're organized and one of their main reasons is that they're lazy! One BO told me, "I'm basically lazy and I'm not willing to leave the kitchen a mess after a meal because it takes twice as long to wash off food that's dried on plates, silverware, pots and pans and counters. I know exact times because I have a stop watch and I have timed both clean-ups! Twice as long when you put it off."

Just think, if you'd been a BO from the time you said, "I do," until now, you'd have had twice as much time to play! But who wants to be a BO? Not me!

What if you were organized right now? What if your garage looked like an advertisement for storage cabinets for a garage? What if you were ready for back to school right now? What if you were debt free? What if you weighed what you weighed in high school?

"Where's a magic wand when you need one?"

Well you can't wave a magic wand and have those scenarios be true, but you can change your beautiful mind right now and be grateful for the way your life is in all of its imperfection.

Would you like to be somebody else? Can you imagine being anyone besides you?

This YOU that you are is the only one there is. There are no duplicates. Even identical twins have separate and unique lives to experience.

Your life is a gift and your body is too. In the Course

in Miracles, it says, "If you knew who was with you every moment on the path you've chosen, you would never be afraid."

Do you live in Thenland?

Most people dwell in the land of then: back then or until then. When you're in Thenland, you've left NOW and right now you have exactly what you need unless someone has a strangle hold on you or you're getting water boarded.

Leave this perfect, now moment for a second and go back to Thenland (which is just a gigantic bunch of nows all strung together back then). Think how many now moments you missed perhaps in thinking about what would be happening right now.

On a flight to Atlanta, I sat next to a man who shared with me that he was in New York on September 10, 2001 with his family as sightseers. (He is from India.) He got tears in his eyes as he shared the feelings they had the next day as the trade towers came down and they were on their way home after spending the previous evening in the restaurant at the top of one of the towers.

None of us can go back to September 11, without deep sadness and there is still grief among those who lost loved ones and our hearts go out to them, but healing is happening and great good has come out of that horrible tragedy.

When any negative, back-then moment comes to mind, scan your mind for joyful thoughts as quickly as you can. You have the power to neutralize all past negative thens by practicing being happy and peaceful right now. Constantly be on the lookout that you are

mindful in this now moment and that everything is alright.

Right now, maybe your house is a wreck, your cars are in the drive-way because you have too much stuff in the garage, you don't have a clue how you'll pull off getting school clothes for the kids because your credit cards are maxed, but if you knew who is with you on this path you've chosen, you wouldn't be afraid. You have within you everything it would take to get out of debt, get the cars in the garage, lose weight, get organized and enjoy the glory of this summer. Just be still and go within and remember that right now, all is well and you're not alone.

The Sidetracked Home Executive 3x5 get organized system is such a great tool for the chronically disorganized! And since disorganization effects every area of one's life; health, relationships, finances and even your spiritual life, by putting this system in place you can get organized just enough to please you. The system is in my book *The Joy of Being Disorganized* available on my website.

FYI, while you've been reading this article, you've breathed in and out about 30 times and your heart has been beating the whole time. Who did that?

If you only knew.....
Love,
Pam

Thank you for reading my ideas and I hope you make a grand entrance for you and your guests.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. ★



Healthy, Wealthy & Wise

living smart
Eat Healthy, Buy Local
Farmers Markets

Carmichael Park FARMERS MARKET
Every SUNDAY, 9AM - 2PM

- ⇒ In the Park 5750 Grant Ave under the trees
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE Parking

Health, Fitness, and Wellness
Body, Soul, Mind & Spirit Fair
Hosted by The Living Smart Farmers Markets

- Meet local health professionals & learn about products and services
- Chef Demo 11:00-12:00
- Sunday, October 1, 2017 9 am—2 pm

Falling Leaf CRAFT FESTIVAL
Hosted By Living Smart Farmer's Market
Coming Soon..
Sunday, October 15 - 9 am to 2 pm
Carmichael Park
Call for more information 916-484-7000

ILoveMyFarmersMarket.com



SEASON 22
2017
2018

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

SAT, OCTOBER 21
8 PM
Fremont Presbyterian Church
STAINED GLASS REVELATIONS OF LOVE
The Ecstasies Above | Tarik O'Regan
Fern Hill | John Corigliano

SAT, DECEMBER 9
2 PM & 7:30 PM
Sac Memorial Auditorium
WELLS FARGO HOME FOR THE HOLIDAYS
Back from last year—
Matt Hanscom and the Grinch Puppets!

SAT, APRIL 7
8 PM
Sac Community Center Theater
EUROPEAN MASTERWORKS MOZART REQUIEM
Lux in Tenebris | James Whitbourn
Agnus Dei-Lux Aeterna | Morten Lauridsen

SAT, MAY 12
8 PM
Sac Community Center Theater
PRAISE AND JUBILATION
Te Deum | Antonin Dvorak
(West Coast Premiere)
Jubilate | Dan Forrest



December, April and May concerts
Tickets on sale August 15*

Purchase online
SACRAMENTOCHORAL.com

*Purchase by September 1st and save \$5/ticket
CCT BOX Office | 916.808.5181

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

KC BUYS HOUSES - FAST - CASH - Any Condition. Family owned & Operated. Same day offer! (951) 805-8661 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-800-743-1482 (Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE (707) 965-9546 (Cal-SCAN)

Business Opportunity

OWN YOUR OWN DOLLAR, DOLLAR PLUS, BIG BOX, MAIL/ PACK/SHIP, OR PARTY STORE. 100% FINANCING. OAC FROM \$65,900. 100% TURNKEY. Call 1-800-518-3064 or www.dollar-storeservices.com/start www.partystoredevelopers.com/start www.mailboxdevelopers.com/start Cal-SCAN

Cable/Satellite TV

DISH TV. 190 channels. \$49.99/mo. for 24 mos. Ask About Exclusive Dish Features like Sling@ and the Hopper@. PLUS HighSpeed Internet, \$14.95/mo. (Availability and Restrictions apply.) TV for Less, Not Less TV! 1-855-734-1673 (Cal-SCAN)

Cut the Cable! CALL DIRECTV. Bundle & Save! Over 145 Channels PLUS Genie HD-DVR. \$50/month for 2 Years (with AT&T Wireless.) Call for Other Great Offers! 1-888-463-8308 (Cal-SCAN)

Cemetery Plot for Sale

Mount Vernon Cemetery-single plot in Garden of Hope value \$4995, asking \$3800. Will pay deed transfer fee 916 708-0071.

CONCRETE WORK

Driveways - patios - walkways. All types finishes. Steve Wiezorek. 530-300-2766. Lic# 797744

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!



773-1111

Financial Services

Social Security Disability? Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-800-966-1904. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL, member TXNM Bar. (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
Making Your Fitness Goals Come True!
16 Years of Experience
3 Sessions for \$99, new clients only!

- Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates

Be Active, Call Today!
Jenn@YourFitnessGenie.com (916)768-8767

FOR SALE

Large glass display cases for cheap. Call 916 481-8459 or 833-9348

Handyman

QUALITY LABOR & MAINTENANCE
Yard Clean-ups, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

CARPENTER DAVID MACK

Handyman • 25 Years Experience
Bus. Lic. # 636425
Honest Man • Quality Work

Doors Specialist • Dry Rot
Roof Repairs • Painting
Sheet Rock • Texture
All Floors, Windows, Decks,
Tiles, Patios A to Z
Exterior Sidings
Not a Licensed Contractor
916-548-8249

Health & Medical

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-796-5091 (Cal-SCAN)

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-855-397-6808 Promo Code CDC201725. (Cal-SCAN)

Weight loss/ sleep/ mood issues. Consultant / educator. Small reading and discussion group. See truehope.com and or youngevity.com. Call Tim B. 503-460-7149 12-31-17

OXYGEN - Anytime. Anywhere. No tanks to re-fill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)

ELIMINATE CELLULITE and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 1-844-703-9774. (Cal-SCAN)

Help Wanted

Now hiring for PT/FT and Holiday positions. Notary/Finger Printer wanted. Benefits Available w/ FT position. Bring resume to 7405 Greenback Lane Corner of San Juan & Greenback Lane. 916-725-1345

Home Maintenance

A Quality Home Maintenance
Gutters Cleaned
By Gutter Dog
(916) 613-8359

Insurance/Health

Best Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation. Est. 1987 American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

Lawn / Yard Care

JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

Medical Supplies / Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Miscellaneous

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-30-17)

Classified Advertising
773-1111

Pets/Animals

Professional, Loving PET CARE
Established Reputation
Kennel Free Environment
Lots of TLC
Call Madeline
(916) 723-1608

DOG RESCUE
Gary (916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU@hotmail.com

PLUMBING

French Connection

Plumbing (916) 833-7618
If your husband did the job, call me!

- Emergency Plumbing
- New Construction
- Gasline Repipe
- Sewer Inspection

40 YRS Experience
Contractor Lic.#936953

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#17945 35 Years Experience
916.920.0100
www.bernardinoroofing.com

RV Sales

Bill Eads RVs
Buy, Sell, Trade & Consign

"Results... not Promises"
Number 1 Consignment Lot in Northern California

We Pay Top \$\$\$ for clean RVs!
Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp!
Check out **BillEadsRV.com**
4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

Do you owe over \$10,000 to the IRS or State in back taxes? Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

Tree Service

BP TREE SERVICES

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
bptreeservices.com
VISA / MASTER CARD
California Contractors Lic.#831766

Work Wanted

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. Tim, 503-460-7149. (MPG 12-31-17)

PSYCHIC READINGS

Psychic Doreen

- Palm Reading
- Psychic Reading
- Tarot Card Reading
- Chakra Balancing
- Specialized Life Coaching

Help with all problems of Life
Call for Appointment
916-534-7507
* Mention this ad *
* Save \$10.00 *

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Crossword Puzzle on Page 9

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

Roommate Wanted

Citrus Heights area. 3 Bd/2bth house - \$475 month, plus shared utilities. Female only. 916 722-8989

Guitar for Sale

Oasis Custom solid body electric guitar. \$1,800, serious offers only. 916 723-7021.

Home for Lease

3bd 2bth w/pool. Beautiful Carmichael neighbor. 1 yr lease, 2,300 per month. Terms negotiable. Call Larry at River City 916 549-6673. Private showing, Available Oct. 1.

Sudoku Puzzle on Page 9

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That! Call **483-2299**

AIRLINE CAREERS START HERE

Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance.
Call Aviation Institute of Maintenance
877-205-4138

EARN \$200⁰⁰ per month for just a few hours' delivery work per week
CALL 916-773-1111

Land For Sale

NORTHERN AZ WILDERNESS RANCH - \$197 MONTH - Quiet secluded 37 acre off grid ranch set amid scenic mountains and valleys at clear 6,200'. Near historic pioneer town & large fishing lake. No urban noise & dark sky nights amid pure air & AZ's best year-round climate. Evergreen trees /meadowland blend with sweeping views across uninhabited wilderness mountains and valleys. Self-sufficiency quality garden loam soil, abundant groundwater & maintained road access. Camping & RV's ok. No homeowner's Assoc. or deed restrictions. \$22,900, \$2,290 dn. Free brochure with additional property descriptions, photos/ terrain map/ weather chart/area info: 1st United Realty 800.966.6690. (Cal-SCAN)

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

COMMERCIAL JANITORIAL SERVICES

FRANCHISE OPPORTUNITIES AVAILABLE

Anago Commercial Janitorial Service
OF SACRAMENTO
The Superior Choice for Commercial Cleaning
Call to schedule your FREE Quote
916.782.3300 • www.ANAGOSAC.COM

COLLISION REPAIR

Ken Grigg
2341 Fulton Av Sac, 95825
Just want it fixed right?
Bring your claim number & Keys
916.437.0128
Ken Grigg @ Caliber Collision

WATCH REPAIR

Watch Batteries Installed for \$5.00
Some models cost more

Frank's Jewelry Shop
7319 Fair Oaks Blvd.
Carmichael, CA 95608
916-481-0176

Painting Services

QUALITY A PAINT SERVICE
24 Years Experience ♦ Testimonials Available ♦ Bonded & Insured

Prefer Small Jobs
Interior, Also, wood Fence & Pressure washing
All Seniors get 20% off
916-967-0763 State Lic. 646386

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.
HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!
DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

LET'S FACE IT!
Some jobs are just too big to do-it-yourself!
Whatever it is that you need done,
Call A Professional.
Check out the advertisers on this page. They are waiting to hear from you!

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

Advertise Your Business Here
CALL 773-1111

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

Print Your Flyers With Us!
Low Cost • High Volume • Quick Service
Specialties Plus

- Machine Repairs (all makes and models)
- Toner Cartridge Refills
- FREE Cleaning (with our cartridge)

(916) 723-8430
specpluscopiers@gmail.com

Legal Advertising Hotline
916-483-2299
 Legal Advertising Fax
916-773-2999

LEGAL ADVERTISING

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

Legal Advertising
 P.O. Box 14
Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06752 Jared Gleason, 1482 34th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Constant Courier" at 1482 34th Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County August 29, 2017. Publish: September 8, 15, 22, and 29, 2017
 CONSTANT 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06626 Geoff Wharton, 4634 Cameron Ranch Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Dragonfly Lawn Service" at 4634 Cameron Ranch Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 23, 2017. Publish: September 8, 15, 22, and 29, 2017
 DRAGONFLY 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06739 Sandeep Ahluwalia, 1014 10th Street Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Cowo Campus, Cowo" at 1014 10th Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County August 29, 2017. Publish: September 8, 15, 22, and 29, 2017
 COWO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06502 Sabre Hawk, LLC, 2706 Mercantile Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Detoxination Wellness Centers" at 2706 Mercantile Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 17, 2017. Publish: September 8, 15, 22, and 29, 2017
 DETOX 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06721 Randal Rooney, 7344 Filbert Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Pro-Crete Custom Concrete Design" at 7344 Filbert Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
 PRO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06705 Caitlyn Tweedy, 5920 Kennel Avenue Fair Oaks, CA 95628 and Pamela Willower, 1125 Los Robles Boulevard Sacramento, CA 95838 are doing business under the Fictitious Business Name(s) "Real Brand Marketing" at 5920 Kennel Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
 REAL 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06631 Jamie J. Chae, 2807 Macon Drive Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Dolce Floral Design" at 2807 Macon Drive Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 23, 2017. Publish: September 8, 15, 22, and 29, 2017
 DOLCE 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06785 Nancy Clayton, 6700 Greenleaf Drive Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Your Balanced Bookkeeper" at 6700 Greenleaf Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
 BOOKKEEPER 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06535 Zopa Realty Group Inc, 2277 Fair Oaks Boulevard #195 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "IncomeProps.com, Income Props, Income Props" at 6316 Westbrook Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 18, 2017. Publish: September 8, 15, 22, and 29, 2017
 INCOMEPROPS 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06584 Hyun Mi Lee and Jong Man Yi, 4400 Malana Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Park Place Cleaners" at 7238 Murieta Drive A-7 Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento County August 22, 2017. Publish: September 8, 15, 22, and 29, 2017
 PARK 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06797 Levon Tukhalyan, 2894 Londonderry Drive Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "GLA Jewelry" at 11050 Coloma Road #7 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
 GLA 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06609 Cantrell Turf Equipment, 3306 Orange Grove Avenue North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "CTE Plus" at 3306 Orange Grove Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 22, 2017. Publish: September 8, 15, 22, and 29, 2017
 CTE 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06763 Apex Lab LLC, 6370 W. Flamingo Road Suite 12 Unit 539 Las Vegas, NV 89103 is doing business under the Fictitious Business Name(s) "Apex Technologies" at 6151 Fair Oaks Boulevard #108 Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 29, 2017. Publish: September 8, 15, 22, and 29, 2017
 APEX 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06522 Jadyrn Peterson, 8604 La Paenda Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Paw & Order Dog Training" at 8604 La Paenda Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 18, 2017. Publish: September 8, 15, 22, and 29, 2017
 PAW 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06730 Xuan Nguyen, 9813 Allen Ranch Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Studio 8 Salon" at 8324 Elk Grove Florin Road #8 Elk Grove, CA 95829. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
 STUDIO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06573 Raynell Davis Walker, 3100 Jersey Way #2 Sacramento, CA 95821 and Jonathan Emon Walker, 3100 Jersey Way #15 Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "The Perfect Arrangement" at 3100 Jersey Way #2 Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 22, 2017. Publish: September 8, 15, 22, and 29, 2017
 PERFECT 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06788 Truxel Papa Murphy's, 4920 Trouville Lane Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Papa Murphy's Pizza CA #081" at 3291 Truxel Road Suite 29 Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
 PAPA 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06668 Dmytro Herman, 3911 Santa Fe Way North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Pro Line Construction" at 3911 Santa Fe Way North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 25, 2017. Publish: September 8, 15, 22, and 29, 2017
 PRO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06701 Qilian Xu, 16022 Via Media San Lorenzo, CA 94580 is doing business under the Fictitious Business Name(s) "Villa Fat Cuisine" at 440 Elkhorn Boulevard Suite 5 Fila Linda, CA 95673. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
 VILLA 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06790 Paise Corporation, 12501 Short Horn Road Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Appliance Geek" at 12501 Shorthorn Road Wilton, CA 95693. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
 APPLIANCE 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06841 Inna Proshak, 1105 Fulton Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "RCFAdvisors" at 1105 Fulton Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 8, 15, 22, and 29, 2017
 RCF 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06133 Monica Marie Buckner, 2860 Anderson Way Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Mommy Clean" at 2860 Anderson Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 2, 2017. Publish: September 8, 15, 22, and 29, 2017
 MOMMY 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06847 M & C Veterinary Corp, 4917 T Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "East Sacramento Veterinary Care, East Sac Vet Care, ESVC" at 4917 T Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County August 23, 2017. Publish: September 15, 22, 29, and October 6, 2017
 EAST 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06826 Ana R. Hernandez, 3200 Lori Court Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Contents Recovery Solutions" at 4790 Dewey Drive #1 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 15, 22, 29, and October 6, 2017
 CONTENTS 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06824 Brah, LLC, 180 Promenade Circle Suite 300 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Infinite Goods" at 180 Promenade Circle Suite 300 Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 15, 22, 29, and October 6, 2017
 INFINITE 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06915 Clear Book LLC, 412 N Main Street Suite 100 Buffalo, WY 82834 is doing business under the Fictitious Business Name(s) "Precision Collision Auto Body" at 5320 Buena Vista Ave #3 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017
 PRECISION 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06871 Jessica Lora, 280 Aldeburgh Circle Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Brighten Up Event Lighting" at 280 Aldeburgh Circle Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 15, 22, 29, and October 6, 2017
 BRIGHTEN 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06939 Saulo Hernandez Rosas, 2407 Larkspur Lane #194 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "La Casa Del Alfarero" at 6661 Florin Road Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017
 LACASA 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06853 Ashley Megan Fisher and Andrew Mark Fisher, 8011 Stutz Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Vineyard Pet Services" at 8011 Stutz Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 15, 22, 29, and October 6, 2017
 VINEYARD 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06964 Rodriguez MD, Inc, 4800 Manzanita Avenue Suite C-2 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Avila Clinic" at 4800 Manzanita Avenue Suite C-2 Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017
 AVILA 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06535 Brandon Villalobos, 7353 Sidney Drive Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Clear Water Pool Services" at 7353 Sidney Drive Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 14, 2017. Publish: September 15, 22, 29, and October 6, 2017
 CLEAR 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06947 Fred Services, LLC, 5801 Power Inn Road Suite D Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Yogurt Monkey" at 2095 Golden Centre Lane #20 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017
 YOGURT 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06987 Kalpana Ahmed, 2300 Iron Point Road Apt 111 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Make U Divine" at 1300 E. Bidwell Street Suite 140 Folsom, CA 95632. Filed with the Clerk of Sacramento County September 7, 2017. Publish: September 15, 22, 29, and October 6, 2017
 DIVINE 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06338 Aright Investments LLC, 7465 Mission Gorge Road Suite 106 San Diego, CA 92120 is doing business under the Fictitious Business Name(s) "Fortius Technologies and Consulting Services" at 7465 Mission Gorge Road Suite 106 San Diego, CA 92120. Filed with the Clerk of Sacramento County August 10, 2017. Publish: September 15, 22, 29, and October 6, 2017
 FORTIUS 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06718 Jason Cavlier, 7133 Carana Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "All About A Check Co." at 7133 Carana Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 15, 22, 29, and October 6, 2017
 ALL 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06979 Jelani M. Zuberi, 1400 Sundance Drive Plumas Lake, CA 95661 and Teaira Harris, 1821 Helena Ave #8 Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Axis Barbershop, State Barber Training" at 2850 Northgate Boulevard #4 Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 7, 2017. Publish: September 15, 22, 29, and October 6, 2017
 AXIS 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06922 Ann Mary Joseph and Manoj George, 4016 Grover Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "American Aromatics" at 4016 Grover Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017
 AMERICAN 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06960 Jorge U. Aidama, 3016 Valkyrie Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sacramento Rock" at 3016 Valkyrie Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017
 SAC 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06935 George Moua, 5001 Hari Gopal Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Papillon Supply Co., Papillon Supply Company" at 5001 Hari Gopal Way Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017
 PAPILLON 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06958 Tommy Pongoh and Sherly Pangu, 10741 Fair Oaks Boulevard Apt # 67 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Tender Loving Care II-T/S" at 1526 Crestmont Oak Drive Roseville, CA 95661. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017
 TENDER 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06682 John Selep, 111 Valley Falls Place Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Insight and Execution" at 111 Valley Falls Place Folsom, CA 95630. Filed with the Clerk of Sacramento County August 25, 2017. Publish: September 22, 29, October 6, and 13, 2017
 INSIGHT 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07183 Dawn Marie Long, 2706 Wendale Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "DML Creative Resources" at 2706 Wendale Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 15, 2017. Publish: September 22, 29, October 6, and 13, 2017
 DML 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07027 Francis Mead, 3670 State Highway 49 Colton, CA 95614 is doing business under the Fictitious Business Name(s) "Midtown Foreign Auto Specialties" at 1831 Q Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017
 MIDTOWN 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06965 Aaron Grinstain, 2803 57th Street Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Hypertivne Athletics" at 2703 S Street #6 Sacramento, CA 95818. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 22, 29, October 6, and 13, 2017
 HYPER 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07035 Faiguni Priet, 9262 Floyd Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "JFA Ceuticals" at 9262 Floyd Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017
 JFA 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06892 Mohammad Reza Yousefkhani, 1612 Safary Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fixer Upper Homes" at 1612 Safary Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 22, 29, October 6, and 13, 2017
 FIXER 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07022 Karen A Roy, 6311 Mineral Court Carmichael, CA 95608, Robert and Lane V Parks, 11904 S. Carson Way Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Howe About A Sub, Subway" at 2310 Fair Oaks Boulevard #B Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017
 HOWE 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07020 House of Bread Church, 6521 Hazel Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "House of Bread Christian Academy, House of Bread Academy" at 6529 Hazel Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017
 HOUSE 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07039 A&G Commercial Services, LLC, 2616 Riesling Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "A&G Commercial Services LLC, A G& Services" at 2616 Riesling Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017
 A&G 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06909 1020 Digital LLC, 1900 Three Springs Road Bowling Green, KY 42104 is doing business under the Fictitious Business Name(s) "CNX" at 1900 Three Springs Road Bowling Green KY, 42104. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 22, 29, October 6, and 13, 2017
 CNX 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06865 miRx, LLC, 2075 Overland Avenue Billings, MT 59102 is doing business under the Fictitious Business Name(s) "miRx Pharmacy" at 2075 Overland Avenue Billings, MT 59102. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 22, 29, October 6, and 13, 2017
 MIRX 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07144 Jason Timmons, 7991 Vintage Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Plant Rx" at 7991 Vintage Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 13, 2017. Publish: September 22, 29, October 6, and 13, 2017
 PLANT 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07045 Rio Events Group, LLC, 1 Granville Court Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Rio Events Group, Contemporary DJs" at 1 Granville Court Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 11, 2017. Publish: September 22, 29, October 6, and 13, 2017
 RIO 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07002 George Little Investments Inc, 4125 Winters Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "College Oak Towing, Little's Auto & Truck" at 4125 Winters Street Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 7, 2017. Publish: September 22, 29, October 6, and 13, 2017
 COLLEGE 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07058 Manjit Gill, 8200 Cook Riolo Road Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Nor-Cal ATMS USA" at 8200 Cook Riolo Road Antelope, CA 95843. Filed with the Clerk of Sacramento County September 11, 2017. Publish: September 22, 29, October 6, and 13, 2017
 NOR_CAL 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07167 Loel G Heupel, 4725 Moore Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mosaic Wealth Solutions" at 650 University Avenue Suite 202 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 22, 29, October 6, and 13, 2017
 MOSAIC 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07156 Behroz Hajjhosseinzadeh, 2251 Watt Avenue #226 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Sabzezar" at 2521 Yorktown Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 22, 29, October 6, and 13, 2017
 SABZEZAR 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07162 Advanced Home Health and Hospice, Inc, 4370 Auburn Blvd Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Advanced Hospice & Palliative Care" at 4970 Auburn Boulevard Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 22, 29, October 6, and 13, 2017
 ADVANCED 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07123 Partap Distributor, LLC, 9132 Palmerson Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bio Green Roots" at 9132 Palmerson Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County September 13, 2017. Publish: September 22, 29, October 6, and 13, 2017
 BIO 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07153 Yuriy Lavrenchuk, 7846 Kanan Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "King Trans" at 7846 Kanan Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 13, 2017. Publish: September 22, 29, October 6, and 13, 2017
 KING 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07395 Hillcrest Apartments, LLC, 7524 Old Auburn Road Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "San Juan Center" at 7524 Old Auburn Road Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 22, 2017. Publish: September 29, October 6, 13, and 20, 2017
 SAN_JUAN 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07289 Henry Vi Lu, 3981 Cottontail Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Mandarin Garden" at 9185 Kiefer Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 20, 2017. Publish: September 29, October 6, 13, and 20, 2017
 MANDARIN 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06798 Kathleen Smith, 2009 Vizcaya Walk Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Club Pilates, Natalia's" at 2680 Del Paso Road Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 29, October 6, 13, and 20, 2017
 CLUB 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07246 Tim Long, 7875 Snead Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Long Insurance Services" at 6840 65th Street #115 Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 18, 2017. Publish: September 29, October 6, 13, and 20, 2017
 LONG 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07256 Joshua Annanais Gillespie, 5212 Heartland Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Norcal's Traffic Safety" at 5212 Heartland Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County September 19, 2017. Publish: September 29, October 6, 13, and 20, 2017
 NORCAL 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07283 Abbas Alruhaby, 4800 Zube Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "AA Auto Body" at 3784 Ormeo Circle Suite #3 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 19, 2017. Publish: September 29, October 6, 13, and 20, 2017
 AA 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07100 Ronald Gene Nelson, 4549 Rosecliff Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "On-Site Emissions Service" at 4549 Rosecliff Circle Mather, CA 95655. Filed with the Clerk of Sacramento County September 12, 2017. Publish: September 29, October 6, 13, and 20, 2017
 ON-SITE 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07182 Erick and Rafael Villeda, 10346 Birmingham Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Elegant" at 5940 Don Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 29, October 6, 13, and 20, 2017
 ELEGANTE 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-07320 David Brooke, 3313 Brownlea Circle Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Norcal Moulding, Norcal Molding" at 3313 Brownlea Circle Antelope, CA 95843. Filed with the Clerk of Sacramento County September 20, 2017. Publish: September 29, October 6, 13, and 20, 2017
 NORCAL 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06895 Jacqueline A Cole, 2142 4th Avenue Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "VG Consulting" at 2142 4th Avenue Sacramento, CA 95818. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 29, October 6, 13, and 20, 2017
 VG 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-06912 Vang Sanh Inc, 5345 San Juan Avenue Fair Oaks, CA 95628 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 September 5, 2017. Publish: September 29, October 6, 13, and 20, 2017
 SALON 170810 10-20-17

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
 FBNF2014-05278 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Contemporary DJs" located at 4471 E. Commerce Way Sacramento, CA 95834. Jessica Lora, 4471 E. Commerce Way Sacramento, CA 95834. The Fictitious Business Name Statement referred to above was filed on June 24, 2014 in the County of Sacramento. Publish: September 15, 22, 29, and October 6, 2017
 LORA 170707 10-06-17

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
 FBNF2015-08938 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Yogurt Monkey" located at 2095 Golden Center Lane #20 Rancho Cordova, CA 95670. Christina and Mark Sinclair, 3153 Flagler Way Rancho Cordova, CA 95670. The Fictitious Business Name Statement referred to above was filed on November 19, 2015 in the County of Sacramento. Publish: September 15, 22, 29, and October 6, 2017
 YOGURT 170707 10-06-17

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2017-0


Food Truck
Food Truck • Vendors • Entertainment & Fun!



Thursday, Oct 5
5pm - 8pm

at Carmichael Park 5750 Grant Avenue
For more info:
Call 916.485.5322 or visit carmichaelpark.com

Parks Make Life Better!


“We Meet By Accident”

Considered Chamber of Commerce • Carmichael Times
BEST OF CARMICHAEL 2017
WINNER 2017

- ★ Complete Collision Repair
- ★ Free Estimates
- ★ 24 Hour Towing
- ★ We Work with All Insurance Companies

up to **\$500⁰⁰**
Instant Rebate
towards your **DEDUCTIBLE**
Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires 12/31/17.

FREE LOANER CAR WITH ANY REPAIR
Present this coupon and receive a free loaner car for the duration of your repairs after authorization. Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires 12/31/17.

6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700
Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed

Sacramento muffler
NEW IN CARMICHAEL



• Mufflers • Converters
• Fabrication • Custom Exhaust

6611 Fair Oaks Blvd, Carmichael

We Beat Anyone's Prices
Call Us!! 916-333-3318

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

DON'T SUFFER FROM PAIN, STRESS OR FATIGUE ANY LONGER

The Rewards: By removing undetected nerve damage, eliminating the harmful effects of stress and reducing chemical toxicity, we often get results from problems no one else has helped.

Stop Suffering From:

- Stress
- Neck or back pain
- Numbness/tingling
- Fatigue
- Sleep problems
- Joint pain
- Allergies/asthma
- Headache
- Dizziness
- Digestive problems
- Irritability
- Weight problems
- Hormonal imbalance

→ Medicare provider
→ Auto accidents covered **100%** with your med-pay or attorney lien
→ Cash plans

\$49 - Consultation, Chiropractic & Orthopedic Exam, Functional Medicine Testing, Spinal x-rays (if necessary) & Report of any findings (a \$128 value).



Blakely Health and Wellness
Dr. Beth Blakely, DC.
3928 California Ave.
Carmichael, CA 95608
Female Chiropractor, Owner/Practitioner

Call us today to schedule your appointment!
916-944-1444
www.drblakely.com


RECREATION AND PARK DISTRICT
CARMICHAEL CELEBRATES 108 YEARS OF COMMUNITY!

FOUNDERS DAY
SATURDAY, SEPTEMBER 30TH / 10-3PM

at Carmichael Park
5750 Grant Avenue


FOOD TRUCKS. LIVE MUSIC. KIDS ZONE!

Fun Activities
CLASSIC CAR SHOW. PETTING ZOO
APPLE RECIPE CONTEST
PANCAKE BREAKFAST. VENDORS
18 FOOT ROCK WALL. ARTS & CRAFTS
28 FOOT CRAZY SLIDE. & MORE!

FEATURING
TODD MORGAN and the Emblems
JENNIE LYNN & HER REAL GONE DADDIES

SPECIAL THANKS TO OUR SPONSORS
Access Dental
MISSION OAKS RECREATION & PARK DISTRICT
CARMICHAEL CHAMBER OF COMMERCE. SAMS CLUB
CALIFORNIA FAMILY FITNESS


FOR MORE INFORMATION CALL 916.485.5322 OR VISIT CARMICHAELPARK.COM


Serving Carmichael and Sacramento County since 1981




It is the intent of the *Carmichael Times* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Carmichael Times* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Carmichael Times* are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Carmichael Times*, 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County. The *Carmichael Times* is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).



We are proud members of these newspaper associations.

A-TEK GLASS CENTER

Your One Stop Local Glass Shop

Serving Carmichael Community for 23 Years

AUTO ■ HOME ■ BUSINESS



Free Windshield Chip Repair with Insurance Coverage

- Auto Glass
- Windshields
- Power Windows
- Truck Slider
- Sunroofs
- Single & Dual Pane Glass
- Store Front Windows
- Mirror & Screen
- Glass Shelves
- Table Tops
- Shower Door

Fast, Professional Glass Repair ■ Direct Approved Insurance Billing

Factory Direct New Vinyl and Aluminum Windows

Call 7 Days a Week ■ 916-481-9966
Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou



POPOFF!

with Mary Jane Popp

SYNTHESIS. Combining two or more concepts and creating something new at the intersection. **2) RAPID LEARNING.** You can grasp concepts and pick up skills quickly. **3) ADAPTABILITY.** You can make yourself right at home in many settings and roles. **BIG PICTURE THINKING.** You are able to see how individual ideas connect to the wider world. **5) RELATING AND TRANSLATING.** Multipotentialites are natural connectors, both in the sense they love connecting with people on an emotional level, and they love helping people understand and connect with one another.

If you think you fit the bill, **Emilie** adds that although there isn't a single career for Multipotentialites, most can be happy using one of the following four work models. **1) GROUP HUG APPROACH.** Having one multifaceted job or business that allows you to wear many hats and shift between several domains at work. **2) SLASH APPROACH.** Having two or more part-time jobs and/or businesses that you flit between on a regular basis. **3) EINSTEIN APPROACH.** Having one full-time job or

business that fully supports you, while leaving you with enough time and energy to pursue your other passions on the side. **4) PHOENIX APPROACH.** Working on a single industry for several months or years and then shifting gears and starting a new career in a new industry.

I found this to be the key to this whole approach. It's okay to mix and match. The four models provide plenty of opportunities for customization and flexibility. Mix and match the four approaches as you please. Switch models every few years. Be a hybrid. It's all good. These work models aren't meant to restrict you. They simply provide a structure and starting place so that you can make sense of your many facets and conceptualize how they might translate into a fulfilling career and life.

You are not alone. Meet other famous Multipotentialites like Maya Angelou, David Bowie, Benjamin Franklin, Steve Jobs, Hedy Lamar, even Galileo. Good company. There's lots more to learn in **Emilie Wapnick's** book "How to be Everything." She is a TED speaker and has been featured in "Forbes" and "The Huffington Post." Now go for it! ★

Be Everything

Question of the day...what do you want to be? Do you have a life dream? What if I told you that you can learn how to be everything? **Emilie Wapnick** tells me it is possible to be multiple things and that doesn't mean you are a flake! Maybe you are a multipotentialite...someone with many interests and creative pursuits. **Emilie** is that and more as speaker, career coach, blogger, and community leader. But don't be surprised when I tell you she was not able to settle on a single path. She studied music, art, film production, and law! But she insists that if you feel like you are always working on several things at once, and can never focus on just one thing at a time, you might be a multi-tasker: someone with many interests and creative pursuits.

Here are five things that multipotentialites do extremely well. **1) IDEA**



Dare to Live Without Limits

The Answer is in Front of You



by Bryan Golden

"The answer was right there in front of me the whole time!" is something we have all said ourselves and heard from others. You don't see it sooner because of the tendency to doubt the existence of obvious solutions.

Life is filled with questions, problems, obstacles, and challenges. Searching for answers can easily be frustrating and overwhelming. We gravitate toward elaborate solutions.

People use many strategies in their quest for answers. One approach is constantly moving from one place to another. The objective is to escape from problems for which we think there is no easy solution.

Another strategy employed is hopping from one job to another. A person's tenure at each job may be a year or less. New jobs are sought with the motivation of more pay, promotions, a better boss, nicer coworkers, or improved working conditions.

It's impossible to outrun recurring problems. This is because you are the one constant in the equation. That is the reason problems follow you wherever you go.

Then there are those who blame other people or circumstances rather than looking for answers. They abdicate responsibility for

their lives by making endless excuses for why situations are never their fault.

Yet another scenario is simply giving up; either ignoring a situation or passively waiting for things to improve. People even go so far as pretending a problem doesn't exist at all.

There is a natural inclination to overly complicate matters, which makes it more difficult to find answers. This approach is self-defeating in that it leads to action inhibiting discouragement.

Step back and honestly assess existing cause and effect connections. What actions have you been taking and what are the results they have led to? A change in your behavior is required in order to change the results.

Spend time and effort analyzing a problem. Break it down into manageable components. Look to identify the root cause of your situation. Simple solutions are more prevalent than complex ones. Human nature drives us to overlook easy answers that are right in front of us, while we search for involved solutions we think are needed to solve seemingly complex problems.

You have within you the ability to find the answers you need. This process begins with a mindset of, "I can." It is impossible to

accomplish something you don't believe is doable. Next you must engage your willpower by being willing to do whatever it takes. Discard all excuses you have been using.

Now you are ready to formulate a list of possible simple solutions. Opening your mind to all possibilities helps you to find the answer in front of you. Start with the easiest approach and work your way up from there. Often, the simplest plan is also the most effective. Don't get caught up in complexities.

For example, suppose you have a friend who is always complaining about an endless litany of problems whenever you get together. Every encounter with them leaves you feeling completely drained. You can't change who they are and you can't solve all of their problems. The simplest solution is to reduce the amount of time you spend with this friend.

The answers you need are closer and simpler than you realize. Stop looking off into the distance. When you look in the mirror, the answers you need are right in front of you. You are the one responsible for your life. Within you is more ability to solve problems than you have been utilizing.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2011 Bryan Golden. ★

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984

Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

Legal Advertising Hotline 916-483-2299

Legal Advertising P.O. Box 14, Carmichael, CA 95609

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00219400

WHEREAS Aimee Stark has filed a petition with this court for a decree changing the name(s) of Fatima Mae Santillana Khan to Famy Mae Stark.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 26, 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: September 21, 2017
David L. Brown, Judge of the Superior Court
Publish: September 29, October 6, 13, and 20, 2017
STARK 170705 10-20-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00219328

WHEREAS Chia Kaja has filed a petition with this court for a decree changing the name(s) of Chia Kaja to Chia Kaja Yang.

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: September 29, October 6, 13, and 20, 2017
KAJA 170705 10-20-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00216762

WHEREAS Lupemua Makelesi Olympia Smith & Lemisio Moe Vaea have filed a petition with this court for a decree changing the name(s) of Lemisio Antonio Vaea Moe to Lemisio Antonio Vaea, Tevita Teiko Vaea Moe to Tevita Teiko Vaea, Gared Thomas Vaea Moe to Gared Thomas Vaea, and Malia Lilya Vaea Angelyse Vaea to Malia Ana Lily Tupou'u Vaea.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 7, 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: August 4, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: September 29, October 6, 13, and 20, 2017
VAEA 170705 10-20-17

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER
ESTATE OF PHILIP C. KENNEY
CASE No. 34-2017-00218126

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Philip C. Kenney, Philip Craig Kenney, A Petition for Probate has been filed by Kerry Kenney in the Superior Court of California, County of Sacramento, requesting that Kerry Kenney, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows November 30, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court

this court as follows November 1, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner is: John P. McGrath 1940A Tice Valley Boulevard Walnut Creek, CA 94595 925-938-6107 Publish: September 15, 22, and 29, 2017 KENNEY 170622 9-29-17

NOTICE OF PETITION TO ADMINISTER
ESTATE OF MAUREEN ANN ANCKNER
CASE No. 34-2017-00218417

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Maureen Ann Anckner. A Petition for Probate has been filed by Thomas Michael Anckner in the Superior Court of California, County of Sacramento, requesting that Thomas Michael Anckner, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows November 30, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court

before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Thomas Michael Anckner 12103 Columbine Street Thornton, CO 80241 720-556-8268 Publish: September 15, 22, and 29, 2017 ANCKNER 170622 9-29-17

NOTICE OF PETITION TO ADMINISTER
ESTATE OF RONNIE GARY BLOCK
CASE No. 34-2017-00218868

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ronnie Gary Block. A Petition for Probate has been filed by Kathleen J. Connors in the Superior Court of California, County of Sacramento, requesting that Kathleen J. Connors, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows December 14, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other

STATEPOINT CROSSWORD • HOLLYWOOD

CLUES

- ACROSS
- * Jessica Parker
 - Bag, in Paris
 - Diplomat's forte
 - Opposite of cathode
 - "Chinatown" sequel: "The _____ Jakes"
 - Chocolate tree
 - Considering everything
 - Pro vote
 - Sleep spoiler?
 - "Famous filmmaker Cecil
 - "The Jazz Singer" was the first one
 - "To Kill a Mockingbird" recluse
 - "Cary Grant in "His _____ Friday"
 - FedEx competitor
 - Family room staple
 - "Hollywood, a.k.a. _____ town
 - Not kosher
 - Perfect houseplant spot
 - Mother-of-pearl
 - Tiny amount
 - _____ Island, NY
 - Pre-college school
 - Opposite of rappel
 - "Japanese American actor with star on Hollywood Blvd.
 - Religious offshoot
 - Trojan hero
 - Superbright
 - Pilot's deadline
 - _____ we forget"
 - Ballerina's support
 - "Famous boulevard
 - "Graham's _____ Theatre
 - A mood disorder
 - Before
 - Did not smell good
 - Discrimination against seniors
 - Immeasurable period
 - Fear-inspiring
 - "Scorcese and De Niro flick
 - _____ the wild rumpus

CROSSWORD													
1	2	3	4	5	6	7	8	9	10	11	12		
13						14			15				
16						17			18				
19				20			21	22					
		23				24							
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50		51		52		
					53		54		55		56		
64						65	66			67			
68						69				70			
71						72				73			

dish
Our Best Deal Ever!

DISH TV
\$39.99 MO
2 Year Price Guarantee

INTERNET
\$14.95 MO
Where Available

Free Installation!
Call Today, Save 30%! **1-800-318-5121**
for more information

© StatePoint Media

Crossword Puzzle Solutions on Page 6

SUDOKU

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace
At Under a \$60 Cost to You
You May Qualify for Free Shipping
We Do All The Paperwork!
Shoulder Braces, Ankle Braces,
Back Braces Also Available

Medicare Patients
Call Us Right Now
1-800-984-0360

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 6

LEGAL NOTICE

NOTICE TO CREDITORS
IN THE MATTER OF
ARLAND CONNER

NOTICE is hereby given that the undersigned is a duly appointed and qualified Trustee of
The ARLAND & PEGGY CONNER REVOCABLE LIVING TRUST, DATED SEPTEMBER 18, 2014; ARLAND CONNER, the Grantor of the Trust, died on August 15, 2017.

A creditor having a claim against the Trust estate must file a claim with Kalicki Collier, LLP at 401 Ryland Street, Suite 200, Reno, NV 89502, within ninety (90) days after the first publication of this notice.

DATED this 6 day of September, 2017.

Philip Brown
ALLIANCE TRUST COMPANY, TRUSTEE

Sacramento County DA Reports



Former Teacher Convicted for Sexual Acts with Student

DATE: September 12, 2017

CASE: John Young (Case #17FE007685)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit
John Young pled no contest to committing a sexual act with a person under 18 years of age.

John Young was a teacher at Sheldon High School where the 17-year-old victim attended school. Young began an inappropriate relationship with the victim, culminating in a sexual act between the two of them. The relationship was discovered when a victim's family member found text messages between the two, which referenced the inappropriate relationship and sexual conduct.

Young faces a maximum sentence of 3 years in prison. Sentencing is set for October 16, 2017, at 8:30 a.m. in Department 8 before the Honorable Lawrence Brown.

Defendant Convicted for Murder at Carmichael Party

DATE: September 13, 2017

CASE: Kenyatta Brown & Keyon Brown (Case #15F05786)

PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit

Kenyatta Brown was convicted by a jury for the second-degree murder of 18-year-old Joslynn Sovenski. The jury also found true the allegation that Kenyatta Brown personally discharged a firearm causing death. Keyon Brown was convicted by a separate jury of accessory after the fact. Both defendants were also convicted of possession of an assault weapon.

On the night of September 18, 2015, brothers Kenyatta and Keyon Brown and the victim were at a party in Carmichael. Keyon Brown brought several guns to the apartment. The victim and her friend took videos of themselves handling and waiving the guns around while in the company of Kenyatta Brown and Keyon Brown. At 2:45 a.m., the Sacramento County Sheriff's Department received a 911 call reporting someone had been shot. Responding deputies found the victim on the apartment floor with a single gunshot to the chest. The victim died at the scene.

Initially, Keyon Brown repeatedly claimed that an unknown male shot the victim and fled the scene. He later admitted there was no unknown male shooter and that Kenyatta had been at the party, but left before deputies arrived. He also admitted to hiding one of the guns under a mattress. Based on Keyon Brown's new statement, several witness statements and videos from that night, Kenyatta was identified as the shooter.

Kenyatta Brown faces a maximum sentence of 41 years to life in prison. Keyon Brown faces a maximum sentence of 4 years county jail prison. Sentencing is set for October 6, 2017, at 9:00 a.m. in Department 26 before the Honorable Curtis Fiorini.

Habitual Sex Offender Sentenced for Child Sexual Assault

DATE: September 25, 2017

CASE: Lionel Phillip Jacques (Case #16FE001361)(Case #16FE009607)

PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit

The Honorable Emily Vasquez sentenced Lionel Phillip Jacques to 240 years to life in prison. On August 25, 2017, Jacques pled no contest to three counts of committing lewd and lascivious acts on a child under 14 years of age. Jacques also admitted to five prior lewd acts upon a child strike convictions and to a habitual sex offender allegation.

In 1986, Jacques was convicted of five child sexual assault charges in San Diego County. In that case, Jacques was a youth minister and victimized a member of his congregation for several years. Starting in 1996, Jacques sexually assaulted male relatives in multiple counties, including Sacramento County. Those assaults were discovered when Jacques dropped a memory (SD) card at his place of employment. When security workers examined the SD card to determine ownership, they found multiple images of child pornography and turned the card over to law enforcement. Detectives with the Sacramento County Sheriff's Department Internet Crimes Against Children Unit searched Jacques' digital devices and found images of Jacques sexually assaulting a victim.

Former Coach Pleads Guilty to Having Sex with Minors

DATE: September 25, 2017

CASE: Michael Martis (Case #16FE011239)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

Michael Martis pled guilty to unlawful sexual intercourse involving two minors.

One of the minors, age 15, played on a softball team Martis coached between 2006 and 2007. The other minor, age 16, was also a player on a separate team he coached in 2013. That relationship began with flirtatious text messages and developed into a sexual relationship.

Martis faces four years in prison and will be required to register as a sex offender. Sentencing is set for November 20, 2017, at 1:30 p.m. in Department 20 before the Honorable Michael Bowman. ★



Save 20%!

*Save 20% on your Entire Transaction!
Online code: 20AD

Citrus Heights

Sunrise Mall

Sep 21 - 25

Folsom

Lakeside Church

Sep 28 - Oct 2

Roseville

Westfield Galleria

at Roseville

Oct 5 - 15

CircusVargas.com

BUY NOW!



LIVE BIG. BUILD SMART. HAVE FAITH.

COMPANY CULTURE EXPERTS > TRANSFORMING LEADERS WORLDWIDE SINCE 1989

Since 1989, BusinessCoach.com has been transforming businesses and lives. Our holistic relationship-oriented approach to creating vibrant and healthy workplaces comes from a core belief that every human being has greatness inside them. Our passion is to work with companies that have a commitment to be great and want to learn how to create and implement a culture where people are thrilled to work.

25 YEARS

COACHING, MENTORING & BUSINESS ADVICE FOR ENTREPRENEURS, LEADERS & COACHES

BusinessCoach.com



2830 G Street, Suite 210, Sacramento, CA 95816 USA
Office: 916.922.7766 | Email: info@businesscoach.com

GENERATIONS MEMORY CARE



Come by for a Personal Tour Today

And See Why We Are Different....

- Private Suites with Oversized Bathrooms
- Resident-Centered Culture
- Gated Community and Secured Outdoor Courtyard
- Individualized Memory Enhancement Programs
- Management team has specialized in dementia and complex care needs
- Meals are home cooked made from scratch
- Family is included as care partners in the residents' journey



SAGEBROOK

SENIOR LIVING AT CARMICHAEL

7125 fair Oaks Blvd • Carmichael, CA 95608

(916) 481-7105

www.SagebrookCarmichael.com



Lic# 342700002

Make your final arrangements, then go enjoy the rest of your life.



The Privilege of Planning

A 25-minute free presentation. We'll provide you with a Catered Meal!

Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

CHOOSE ONE OF THESE SEMINARS

Wed., Sept. 13
Thurs., Nov. 9

11:30 am to 12:30 pm

East Lawn Elk Grove Memorial Park & Mortuary
9189 E. Stockton Blvd., Elk Grove, CA 95624
To RSVP or More Info: 916.732.2031

Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)

East Lawn Andrews & Greilich Mortuary
3939 Fruitridge Road, Sacramento, CA 95820
To RSVP or More Info: 916.732.2026

Wed., October 11

11:30 am to 12:30 pm

East Lawn Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane, Sacramento, CA 95841
To RSVP or More Info: 916.732.2020

Thurs., October 12

11:30 am to 12:30 pm

East Lawn Memorial Park & Crematory
4300 Folsom Blvd., Sacramento, CA 95819
To RSVP or More Info: 916.732.2000

RSVP to the location of your choice

Reservations Required

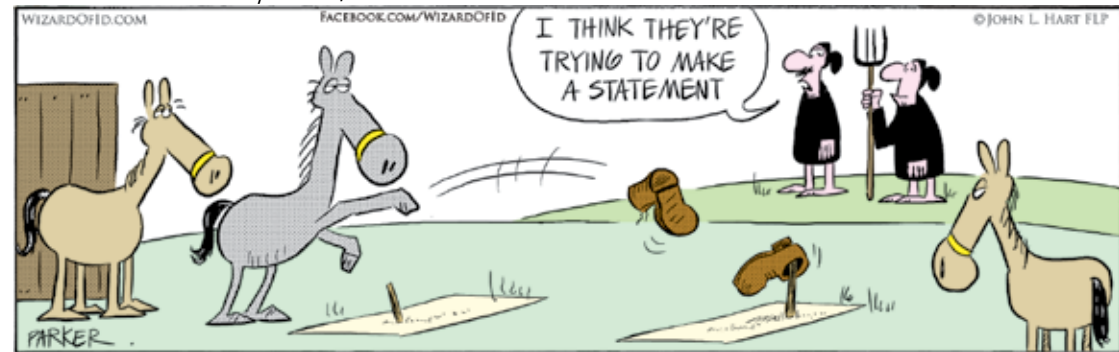
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.



www.EastLawn.com

Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



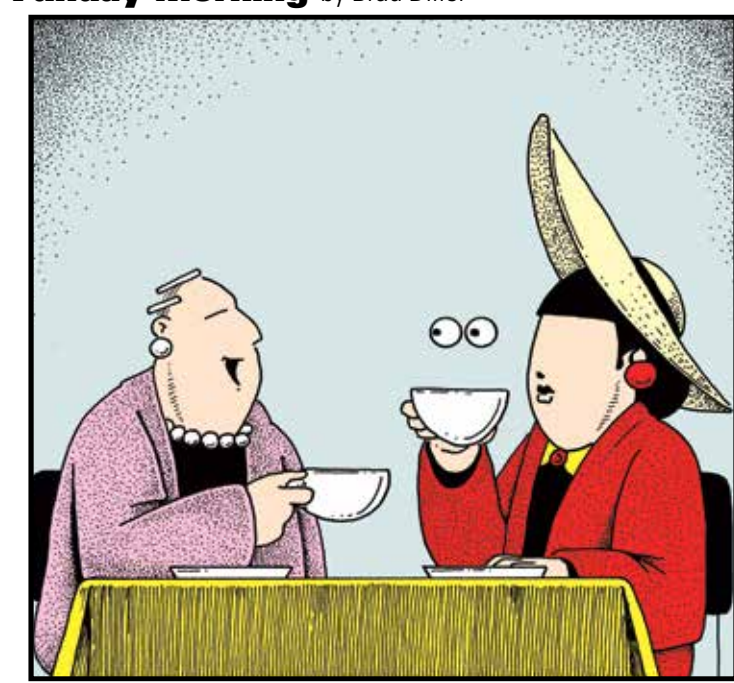
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



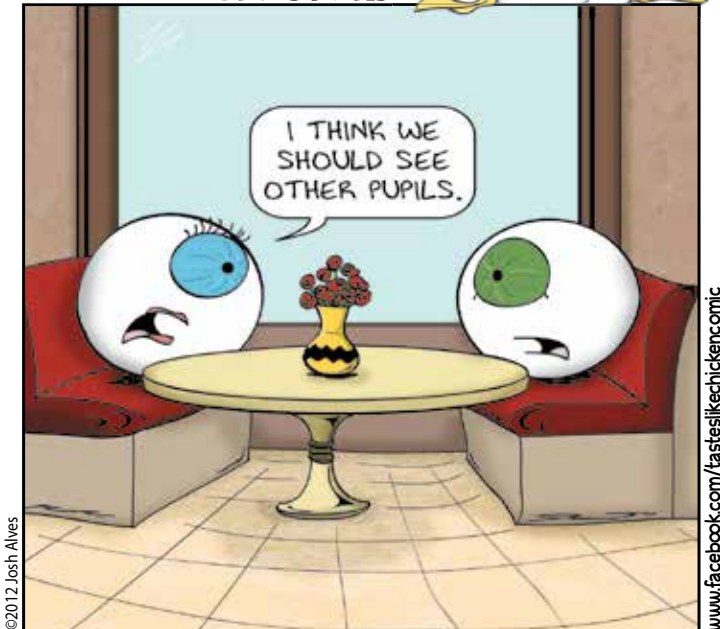
Funday Morning by Brad Diller



Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES



Union Gospel Mission Sacramento

JESUS SAVES

WE ACCEPT DONATIONS!
7 Days a week
8am - 8pm

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811

Listen to "Voices from the Streets" on KFIA 710 AM, Sun at 2 pm, Mon at 3 pm
For Mission Updates, go to UGMSAC.COM and Facebook.com/ugmsac

Golden Pond

SENIOR LIVING

Your Neighborhood Extended Family

- All Day - Every Day Activities
- Flexible Dining
- Compassionate Staff
- Personal Move Manager
- We're Pet Friendly
- Free VA Benefits Assistance

Now Providing Independent Living, Assisted Living and Memory Care

AFFORDABLE ♦ QUALITY ♦ FAMILY

Call Today 916.369.8967

FREE LUNCH
Bring in this coupon and Have Lunch on Us!
Call ahead for Reservations

Golden Pond
SENIOR LIVING

RCFE #34700985

Sacramento Fine Arts Center
galleries • classes • gift shop

Through Oct. 1, "Go With the Flow" Watercolor Exhibit
Opens Oct. 3, "Bold Expressions", NCA's Open Show

"Thank You for the Compliment" by Donald Bruce Wright

Ends Sept. 30 in our Foyer Gallery:
Daphne Stammer

Open Tuesday 11am-7pm. Wed-Fri 11am-3pm,
Now Open Sat-Sun 11am-5pm
5330-B Gibbons Dr. Carmichael, CA 95608
916-971-3713 • www.sacfinearts.org

sacramento fine arts center
come. create.

Aerojet Propulsion Guided Cassini on its Grand Finale at Saturn

By Carri Karuhn, Aerojet Rocketdyne

SACRAMENTO, CA (MPG) - Aerojet Rocketdyne, Inc., a subsidiary of Aerojet Rocketdyne Holdings, Inc. (NYSE: AJRD), played a vital role in the planned plunge of NASA's Cassini spacecraft into Saturn. As the spacecraft entered the atmosphere, Aerojet Rocketdyne's onboard Reaction Control Thrusters worked to counter atmospheric torques, helping Cassini fight to keep its high-gain antenna pointed at Earth as it relayed its final data to NASA's Jet Propulsion Laboratory. These measurements of the atmosphere's composition are anticipated to be scientifically incredibly rich and valuable.

"The success of this mission is a testament to the reliability of our thrusters," said Aerojet Rocketdyne CEO and President Eileen Drake. "They traveled more than 2 billion miles through space, guided Cassini past worlds that shed light on the possibility of life beyond our planet, and served as a building block for next-generation thrusters being used on critical missions for government and commercial applications today. Congratulations to everyone on 100 percent mission success!"

"Whenever I see images come back from Cassini, I can't help but think of the role our propulsion played in making them possible, from the liquid rocket engines used to launch the spacecraft two decades ago, to the thrusters used on its final journey," said Jerry Tarnacki, senior vice president of Aerojet Rocketdyne's Space Systems Business Unit. "The robust technologies we originally incorporated into those systems can be traced directly to the successful propulsion systems we design for missions today. That speaks volumes about the dependability of our products."

Aerojet Rocketdyne provided

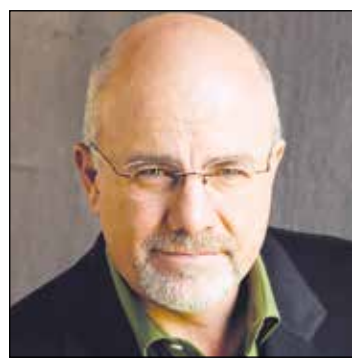
propulsion for all aspects of the Cassini mission, which began its 2.2 billion-mile journey to Saturn in October 1997. The company provided the LR87 rocket engine that helped power the first stage of the Titan IV launch vehicle. Additionally, two RL10 rocket engines powered the vehicle's Centaur upper stage, which also included 12 monopropellant engines to help control the spacecraft. The R-4D derives its heritage from the Apollo program. The most recent variant, the High Performance Apogee Thruster (HiPAT™) rocket engine, is the world's premier apogee insertion engine for geosynchronous spacecraft. The MR-103H derives its heritage from the Voyager missions (40 years on orbit and still operational) and its most recent variation provides attitude control for a variety of Low-Earth Orbit, Medium-Earth Orbit, geosynchronous and interplanetary spacecraft including New Horizons. In late 2016, the Cassini spacecraft began its second to last set of orbits called the ring-grazing orbits. Following a gravity assist from Saturn's moon, Titan, the R-4D main engine was fired to fine-tune the trajectory, during which Cassini passed just outside of Saturn's main rings 20 times. It was the 183rd and last planned firing of the main engine, and all remaining maneuvers were completed using Aerojet Rocketdyne's MR-103H thrusters.

On April 22, 2017, a final close flyby of Titan reshaped Cassini's flight path to begin the mission's Grand Finale phase, leaping over the rings and making the first of 22 plunges through the 1,500-mile-wide gap between Saturn and its innermost ring. The thrusters guided Cassini through this previously unexplored region, enabling the spacecraft to obtain samples of Saturn's atmosphere and particles from the main rings, as well as the closest-ever views of Saturn's clouds and inner rings.

On Aug. 14, 2017, Cassini began a set of ultra-close passes through Saturn's upper atmosphere with its final five orbits around the planet. The spacecraft's point of closest approach to Saturn during these passes was between about 1,010 and 1,060 miles (1,630 and 1,710 kilometers) above Saturn's cloud tops. Because of the density of the atmosphere this close to Saturn, the spacecraft used the MR-103H thrusters to maintain stability under conditions similar to those encountered during many of Cassini's close flybys of Saturn's moon, Titan, which has its own dense atmosphere.

The mission ended with a final dive into Saturn's atmosphere, ending a remarkable story of exploration (on September 15, 2017.) The spacecraft has made startling discoveries throughout the Saturnian system, including liquid methane seas on its largest moon, Titan, and a liquid water ocean beneath the frozen outer layer of its moon, Enceladus. Data from Cassini has revealed that these two moons contain environments that may be suitable for life—which is why NASA chose to end the mission with a deliberate dive into the planet. After a seven-year journey from Earth, Cassini spent another 13 years in orbit around Saturn, following a flight plan that was carefully designed to spend all the fuel used to adjust its course. According to NASA, to avoid the possibility that the spacecraft might someday collide with Titan and Enceladus, the space agency chose to safely dispose of the spacecraft in Saturn's atmosphere, thus preserving the moons for future missions to explore their habitability and potential life.

Additional information about Aerojet Rocketdyne can be obtained by visiting our websites at www.Rocket.com and www.AerojetRocketdyne.com. ★



Dave Says

Help parents or pay student loans?

Dear Dave,
I graduated from college two years ago, and I have a good job making \$60,000. I have about \$10,000 in student loan debt, but my mom and dad have a real issue with their roof. It's leaking in places to the point they have to set buckets around to catch the water, and I've gotten repair estimates of \$3,000 to \$5,000. They're good, hard-working, blue collar folks, but they're less fortunate financially and have more debt than I do. What should I do first — help them fix the roof or pay off my student loan debt?
- Jordan

Dear Jordan,
You've got a great spirit, man. If I woke up in your shoes, I'd probably help them fix the roof first. The only way I would do that, though, is if they agree to let you help them address the reasons they don't have any money. If you have the cash, go ahead and pay for the roof. But let them know they must pay you back by getting some

financial counseling.

I know you love your mom and dad, and they work too hard to be broke. We're not talking about you shaming or condemning them in any way. Talk to them in a loving, caring way, but you have to address the situation. If they've worked all their lives and can't come up with \$3,000, something's wrong. The fact they don't have any money is the symptom. The problem is they've mishandled the dollars they earned. Even if you don't make a lot, you can have cash set aside for emergencies if you manage it well.

You're a young guy making good money, so there's no reason you can't do both things quickly. Help your folks with the roof, then turn around and knock out that student loan debt. It won't be a huge burden to you. But remember, you fixing their lives without them fixing their lives will be a burden — to all of you!
—Dave

What's reasonable fun?

Dear Dave,
We're debt-free except for our house. I've been talking to a friend about how much money to allow for fun in your budget. The other day we bought a \$100

bottle of wine, and she thought that was unreasonable. What's your opinion?
- Beth

Dear Beth,
Something like that depends entirely on your overall financial situation. Buying a \$100 bottle of wine is pretty stupid if you only make \$20,000 a year. It's not unreasonable, though, if you make \$200,000 a year. Having a great income-to-asset ratio and living debt-free gives you the opportunity to relax and enjoy a few things. You've got to take the whole picture into account. I know a guy who makes well over \$15 million a year, and he bought a \$200,000 car. As a ratio, that's a very small percentage of his income. So, it's kind of silly to say an item is too expensive, or an irresponsible purchase, based on price alone.
—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 and on Twitter at @DaveRamsey. ★

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722
 In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

KP International MARKET

FOOD COURT NOW OPEN
Come Enjoy the Flavors of the World!

10971 Olson Drive - Rancho Cordova, CA 95670 - 916.853.8000

WEEKLY MEAT SPECIALS

Sanderson Farms

Boneless & Skinless Chicken Breasts
Pechuga de Pollo Desahucada y sin Piel

40 lb Box...\$66.99

BONUS BUY!

Beef Ribeye Steak or Roast-Boneless
Filete de Bistec o Asado de Ribeye

\$3.99 /lb

USDA CHOICE

Beef Cross Rib/Shoulder Clod Roasts
Trozo de Res sin Hueso

\$2.59 /lb

USDA CHOICE

Espaldilla/Shoulder Clod Steak
Espaldilla de Res sin Hueso

\$2.89 /lb

OLYMPIAN

Pork Butt-Boneless
Trozo de Puerto sin Hueso

\$1.59 /lb

IBP

Pork Butt-Bone In
Trozo de Puerto con Hueso

\$1.39 /lb

SWIFT

Pork Hocks
Huesos del Cuello

99¢ /lb

LAMB Superior Farms
NATURALLY

Lamb Shoulder Chops \$7.99/lb	Boneless Lamb Flanks \$7.99/lb
Lamb Arm Shoulder Chops \$7.99/lb	Boneless Lamb Stew \$8.99/lb
Lamb Rib Chops \$19.99/lb	Hind Lamb Shanks 3x2 Pack \$3.99/lb
Lamb Loin Chops \$13.99/lb	Short Cut Lamb Leg \$5.99/lb
Lamb Leg Steaks \$9.99/lb	Lamb Neck Stew \$3.99/lb
Lamb Riblets \$5.99/lb	Ground Lamb \$6.99/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE SEPTEMBER 27 - OCTOBER 3, 2017. *RECALLED ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Might Diaperless Cutler (info: Nony Nany), Plastic Pot (info: Duff Co.) and Happy Animal Tumbler (info: Alberta Green). Please return these items to the store to receive a full refund.

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Red Potatoes 2lbs/\$1	Yellow Onions 3lbs/\$1	Caiflower 1.29	Green Bell Peppers 89¢	Kale 69¢	Fresh Express Clean Spinach & Spring Mix 2.99	Carrots 1 lb Bag 89¢	Red Cactus Pears 69¢
Gala Apples 89¢	Jicama 59¢	Danjou Pears 99¢	Popeye Spinach 2/\$3	Limes 230 ct 10/\$1	Pineapples 1.99	Beets 79¢	

AMERICAN/HISPANIC GROCERY

2/\$3 Fabulon Fragrance Cleaner 22 fl oz	99¢ Western Family Chopped Olives 4.25 oz	99¢ Jarrino Salsa 1.5 Liter	2/\$1 Little Debbie Little Debbie 12 x 12 fl oz

ASIAN GROCERY

2/\$3 Soy Sauce 29.36 fl oz	2/\$3 Crispy Seaweed Snacks 1.12 oz	99¢ Young Corn 15 oz	7.99 Brown Coffee 28.5 fl oz

EUROPEAN GROCERY

\$2.49 Grilled & Pickled Asparagus 11.6 oz	\$2.99 Canadian Style Sour Cream 1 lb Container	\$1.99 Killik in Tomato Sauce 250 gr	59¢ Eggroll Biscuits Filled w/Chocolate Cream 2.40 jr

KOREAN/JAPANESE GROCERY

6.99 CJ Rice 2 Kinds 15 lb Bag	1.99 Pickled Radish 2.2 lb	9.99 Shin Ramyun Noodle Soup 16 Pk 16 x 4.2 oz	5.99 CJ Baked Sesame Oil 4.2 L

HOUSEWARES

\$23.99-\$67.99 LUMINARC POTS	\$39.99 PREMIUM PRESSURE COOKERS	5.99 BAKE SPEC	6.99 TRAY SET

FROZEN DEPARTMENT

\$2.99 Mopio's Mopio's Louisiana Shrimp & Crab	\$9.99 Seared Pork Tenderloin 1.5 lb Bag	\$1.99 Yonah's Pasta Balls 1.5 lb Bag	\$7.49 Bekki's Buns

EUROPEAN DELI

\$5.99 North Star Chikara Gratin	\$5.99 North Star Chikara Gratin	\$5.99 North Star Chikara Gratin	\$5.99 North Star Chikara Gratin

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE SEPTEMBER 27 - OCTOBER 3, 2017. *RECALLED ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Might Diaperless Cutler (info: Nony Nany), Plastic Pot (info: Duff Co.) and Happy Animal Tumbler (info: Alberta Green). Please return these items to the store to receive a full refund.

KP INTERNATIONAL MARKET PRESENTS

ROCKING BLUES

SEPT/2017 6 PM TO 8 PM

30

SATURDAY

FOOD COURT @ KP INTERNATIONAL MARKET
10971 OLSON DR - RANCHO CORDOVA, CA 95670

FEATURING PERFORMANCE

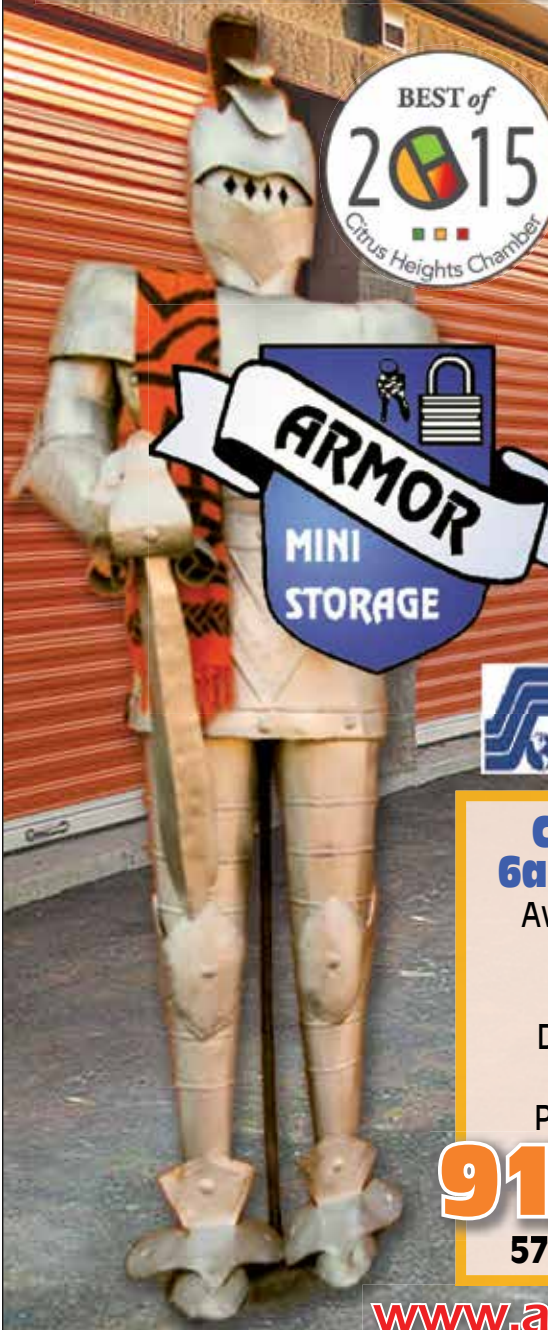
ROOSTER CROWS

DAVE PEARCE / LARRY LAVERDURE III / NEIL CAMPISANO

FREE ADMISSION

Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE? ARMOR MINI STORAGE



Since 1980



Office Hours:
Mon-Sat 9-6 • Sun 9-4



Computer Gate Access
6am-9pm 365 Days A Year

- Award Winning Customer Service
- Digital Video Camera System
- Competitive Rates
- Daily / Monthly / Annual Rentals
- Easy Drive-Up Access
- Professional Resident Managers

916.332.6455

5714 Auburn Blvd., Sacto. 95841

www.armorministorage.com

Triple Play!

1. Guaranteed Delivery of the Carmichael Times
2. Guaranteed Delivery of The Sunday Sacramento Bee
3. And One Free Car Wash from QUICK QUACK Car Wash (\$799 value)

Get a great deal on this six month subscription for only:

\$25⁰⁰



YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

* To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:

MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

CT
*Some delivery restrictions may apply.

As a valued Carmichael Times subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$25 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

Eskaton Village Carmichael



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

Discover the magic of the Eskaton Village Carmichael lifestyle

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

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

* Some restrictions may apply. Call for details.

Monthly fees from \$3673



eskaton.org/evc

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



The Exciting New World of Snap On Dentures!



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

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

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

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

Carmichael Dental Group

www.YourCarmichaelDentist.com

916-944-1197

\$1,200.00 off
2 Implants with attachments to a Denture
Offer Expires 10/31/17

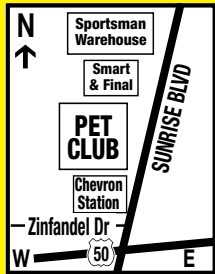
8329 Fair Oaks Blvd., Ste A Carmichael, CA, 95608

PET CLUB is Excited to Now 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 9/27/17 - 10/3/17



COUPON
FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 CT
Limit 1 Coupon per family
Effective 9/27/17 - 10/3/17

COUPON
\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CT
Limit: 1 Coupon Per Family
Effective 9/27/17 - 10/3/17

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg. \$11.00 Off) 30 Lb Bag
•Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
AS MARKED \$8 OFF
Our Regular Low Prices!
Effective 9/27/17 - 10/3/17

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF Our Super Low Prices
Effective 9/27/17 - 10/3/17

MERRICK'S GRAIN FREE DRY DOG FOOD
25 Lb Bag
•Chicken/Sweet Potato
•Duck/Sweet Potato
•Buffalo/Sweet Potato
•Salmon/Sweet Potato
•Venison/Sweet Potato
ON SALE
Limit 2 Bags
Effective 9/27/17 - 10/3/17

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
\$8.99
Limit 2 Bags Per Family
Effective 9/27/17 - 10/3/17

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
20/\$9.00
Effective 9/27/17 - 10/3/17

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz
(Gold Label 2.8 Oz. 20/\$14.00)
Limit 2 Cases Per Family
20/\$13.00
Effective 9/27/17 - 10/3/17

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Multiple Cat Formula
Limit 2 Jugs Per Family
\$6.99
Effective 9/27/17 - 10/3/17

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 9/27/17 - 10/3/17

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 cases
On Sale

CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES
•Multi Protein •Chicken Meal & Rice 30 Lb Bag
•Lamb Meal & Rice •Less Active Limit 2 Bags
\$7 OFF OUR REGULAR LOW PRICES

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties, 3.5 Oz Limit 2 Cases
69¢

NEW OKOCAT CLUMPING WOOD LITTER
•Regular 11-13 Lb **\$3.00 OFF**
•Soft Step 16.7 Lb **\$4.00 OFF**
Dust Free Natural Paper 12.3 Lb \$4.00 OFF
SUPER BUY!

EVERELEAN PREMIUM CAT LITTER
•ES Unscented •US Ever Fresh •Multiple Cat
25 Lb. Box Limit 2 Boxes
\$10.99

WELLNESS CANNED CAT FOOD
Limit 1 •Selected Varieties Case
•Grain Free 5.3oz. Core Signature
\$1.35 Signature **\$1.39**

PESTELL CLUMPING CAT LITTER
40 Lb. Bag Limit 2 Bags
\$8.99

WELLNESS DRY DOG FOOD
(3 Free Wellness 12.5 Oz Can Dog Food With Each Purchase)
•Chicken •Healthy •Lamb •White Fish •Senior
30 Lb Bag (Lrg Breed Adult \$57.99) **\$51.99** **\$52.99**

Limit 2 Bags
ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Duck •White Fish •Trout/Salmon •Zessential •Venison •Salmon •13.5 Lb •27 Lb
20% OFF OUR REGULAR LOW PRICES

NUTRO MAX MAX CAT DRY CAT FOOD
•Adult •Indoor/Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$17.99

CORE GRAIN FREE DRY DOG FOOD
3 FREE Core Dog Food 2 Oz Can With Each purchase
Original **\$54.99** Ocean Reduced Fat **\$59.99**

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5.99

ASPEN PET & PETMATE PET BEDDING
All Varieties, Including Self Warming Bedding
20% OFF OUR SUPER LOW PRICES

CADET BULL STICKS DOG TREATS
All Varieties
20% OFF OUR SUPER LOW PRICES

NATURE'S MIRACLE STAIN & ODOR REMOVER
1 Gallon
•Just for Cats •Regular •Advanced Formula •Urine Remover •Oxy Formula
ON SALE

PENN PLAX BIRD LIFE BIRD PRODUCTS
All Varieties
•Regular •Natural Toys •Ladders •Perches
20% OFF OUR SUPER LOW PRICES

SPOT PET TOYS
•Play Strong •Skinneez •Stretch Squeak •Dual-Fused
All Varieties
20% OFF OUR SUPER LOW PRICES

HAGEN FLUVAL FILTER SALE

MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE
106...25 GAL.....	\$84.99	306...70 GAL...	\$129.99
206...40 GAL.....	\$99.99	406...100 GAL..	\$174.99

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

KENT MARINE WATER SUPPLEMENTS **20% OFF** OUR SUPER LOW PRICES

INSTANT OCEAN SEA SALT
50 Gal. Salt Mix **\$12.99**

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 9/27/17 - 10/3/17
\$1.59 CT PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 9/27/17 - 10/3/17
\$1.29 CT PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties
Except Elegant Medley
Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 9/27/17 - 10/3/17
53¢ CT PLU 361