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Carmichael Times

Volume 37 • Issue 04

Serving Carmichael and Sacramento County since 1981

January 27, 2017

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Realtors Elect New Leader



Franco Garcia (second right) was recently named 2017 President of the Sacramento Association of Realtors. Directors include Ed Anderson (left), Deneice Ross-Francom and Linda Wood (above photo).

Franco Garcia (photo at right) selects tools of his trade at SAR headquarters on Howe Avenue.

Story and photos
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Franco Garcia sold his first house when he was 22. It was modest home on Hillcrest Way, Carmichael. Though he was simply following family footsteps, he remembers the thrill 30 years later. "There's always satisfaction in helping someone achieve the American dream," says the realtor.

Recently elected the 100th president of the Sacramento Board of Realtors, Garcia is also the group's first Latino leader. "Considering the local demographic," he considers, "it's a huge honor. The organization opened many doors my family and me." Another recent victory was being named one of 250 top producers in the National Association of Hispanic Real Estate Professionals.

Selling real estate clearly runs in Garcia blood. In her 79th year, mom Eva is still a dynamo at the family's midtown office. Franco's sister Rosanna and both siblings' spouses are among the sales team. "My sister and I never planned to join the business," recalls the boss. "We were just used to it. We grew up thinking it normal to get picked up from school by a parent who had a stranger in the front seat. We did homework in the car.

They looked at houses."

Champions of the Mexican community, his parents founded local, state and national Hispanic chambers of Commerce. "They met with President Jimmy Carter many times, advocating for their minority's representation," recalls the son. "With their business and the many charities they were involved with, it's amazing they found time to put home-cooked meals on the table and keep us kids moving forward."

Church and Catholic school education helped. Garcia's son Sebastian is currently an athletic star at dad's Carmichael alma mater, Jesuit High. After graduating from UC Berkeley with a political economics degree, Franco set out to work in the mortgage

industry. When his father's health declined, he was called back to the family fold. "In 1964, my parents started one of the first Hispanic-owned real estate companies in Northern California," attests their son. "Spanish is still is still spoken in our office; we've long tapped an underserved demographic. But we still pride ourselves in serving every client faithfully. We been around so long, we're now helping children and grandchildren of my parents' first clients."

Footnote: Carmichael founder Daniel Carmichael began the Sacramento Association of Realtors in 1908 and was president in 1910. The organization now has more than 6500 members. Learn about the association at www.sacrealtor.org ★

Region Now Conserving Water at 25 Percent

SACRAMENTO REGION, CA (MPG) - Sacramento-area residents reduced water use by 25 percent in 2016 compared to 2013 even without a state mandate to conserve, according to an analysis of water use figures submitted to the State Water Resources Control Board (State Water Board) and the Regional Water Authority (RWA), which represents nearly two dozen water providers in the Sacramento region.

"The savings last year demonstrate that residents are continuing many of the water-wise behaviors adopted during the drought," said RWA Water Efficiency Program Manager Amy Talbot. "The conservation ethic did not go away with the mandates."

The State Water Board in May 2016 adopted a new Emergency Regulation that allowed water utilities to set their conservation standard based upon local water supply conditions and the utility's ability to pass a "stress test" (to meet customer demand in the next three years if drought continued). Local water providers certified that they have adequate supplies to meet customer needs. "However, this was not a signal to stop using water wisely," Talbot said. "Instead, it recognized that local water providers have planned and invested in building reliable supplies for decades."

The 25 percent savings in 2016 comes on top of significant water use reductions over the past decade. Overall, the region's water demands have decreased 9 percent from 2000-13, while population increased 17 percent. The region uses the same amount of water today as it did in 2000 while serving 400,000 more people. And, during the drought, the Sacramento region achieved some of the highest water use reductions in the state.

"Although the Sacramento region is no longer in a drought, we're encouraging everyone to continue using water wisely," Talbot said. "Droughts are a part of life in California and remind us that water is precious. Wasting water is foolish, especially when there are so many easy ways to conserve."

RWA and local water providers are asking residents to turn off sprinkler systems until spring, especially in light of the recent drenching by winter storms. In addition, now's a great time to consider how to save water indoors by, for example, replacing older fixtures with high-efficiency WaterSense-labeled ones. These include toilets, showerheads, faucets, aerators and weather-based sprinkler timers.

Learn about rebates for high-efficiency fixtures available from local water providers, as well as tips for using water wisely, at BeWaterSmart.info.

RWA is a joint powers authority representing two dozen water providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources. RWA was awarded the national 2016 WaterSense® Excellence in Education and Outreach Award for its outstanding efforts to educate Sacramento-area residents about water efficiency and the WaterSense brand.

Source: RWA

Rotary Serves February Feast



Rotarians supplied new concrete picnic tables now installed at Carmichael Park.

Story and photo
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A crab feed will fund community outreach by Carmichael Rotary Club. The February 4 event is the club's annual fundraiser and allows support of numerous local causes. La Sierra Community Center will host the feast.

Thanks to one recent Rotary donation, Carmichael park picnickers are now spared wobbly tables. Aided by matching funds from Rotary International, the club last year presented seven concrete tables to Carmichael Park District.

The tables each weigh about 2400 pounds and are embellished with the non-profit's logo. Considered less likely to be vandalized than existing

picnic furniture, they are also far less portable. Indeed, a 13-ton semi was needed to transport the behemoth benches from their Anderson, CA manufacturer. Once delivered, a fork-hoist placed them on concrete pads installed by Rotarian volunteers and park staff.

After the loss of funding opportunities that resulted from a legal challenge to the 2014 property-owner assessment, the Rotary donation - valued at \$7000 -- was doubly welcomed by CRPD. "We're grateful to the club," said district administrator Tarry Smith. "Gifts from community organizations provide amenities we could not otherwise afford."

For information on Carmichael Rotary visit www.carmichaelrotary.org ★

Attacking Carmichael's Homeless Problem: First, the Numbers

Commentary from ATLAS

Past annual counts of Carmichael's homeless people suggest that as many as 150 may be on our streets, but many hundreds more are out of sight – most of them children.

No one knows the exact numbers, but every two years volunteers take an on-the-street count of homeless people across Sacramento County. Besides the informal government-directed census, they also conduct voluntary in-depth interviews

While volunteer counters fanned out on the evening of Jan. 25, Winter Sanctuaries involving Carmichael churches were offering overnight housing and meals. Christ Community Church was a host overnight site for up to 20 men and women who were bused in from Citrus Heights. The church and 10 others are participating in Carmichael HART (Homeless Assistance Resource Team), a collaboration also involving businesses, nonprofit charities and schools.

Since last August, as many as 40 people have attended HART's past six monthly organizing meetings to get information about the scope of Carmichael's situation and devise solutions ultimately aimed at helping people move off the street into transitional or permanent housing with resources and, later, job prospects.

Carmichael HART has pitched in to help its counterpart in Citrus Heights, which for the first year has been operating its own Winter Sanctuary program to offer homeless men and women safe haven from the season's cold and rain. Last year, Citrus Heights helped Rancho Cordova HART's shelter program. Other community-based shelters also have been operating in Davis and Elk Grove for several years.

Besides Carmichael's shelter,



the Greater Sacramento Winter Sanctuary, involving dozens of the county's churches, have offered overnight spaces for 100 or more people daily through March 31. Carmichael Presbyterian Church has been our community's intake center where "guests" are registered, then bused to a host church by 6 p.m. The program runs through March 31.

Guests are given a dinner and loaned a cot and sleeping bag that they check back in before they return to the intake center by 7 a.m. the next morning. Many homeless people are repeat visitors.

Some nonprofits also operate other winter shelters around the county. Most exclude children under age 18 and pets. Organizers say the word gets out about the shelters although many people choose to stay on the street rather than accept restrictions related to hours, conduct and prohibitions of drugs and alcohol. Sometimes people are turned away once capacity has been reached.

County and school district figures show that many

of Carmichael's residents who don't have a permanent address are children who have no say in where they spend their nights. They typically "couch surf" with friends or relatives, sleep in cars or move around to temporary day shelters and motels. Regular school attendance is a huge challenge.

Steve Young, a school community worker for homeless children and families for the San Juan Unified School District, says almost 3,000 of the 40,000 students in the district are "living in transition" – including about 790 in the Carmichael area.

"Truancy is a big issue when it comes to homelessness," Young said at a Carmichael HART meeting. "A lot of kids are missing school because of it. There's a lot of trauma where these kids are becoming homeless like a death in the family, a mental health issue or drug addiction. A divorce can lead to it, or the loss of a job. Right now, in Sacramento, you need to make at least \$20 an hour to rent a two-bedroom apartment. We've got single mothers who are making \$10 an hour and they've got five

kids. They're not making it."

Shaun Dillon, a Carmichael community advocate, told HART that Sacramento County has a deficit of up to 60,000 affordable housing units.

Several plans are in the works to develop such units in the region, including a village of "tiny houses" grouped around common service facilities. Elk Grove HART operates four transitional houses to move people off the street and position them for the job market.

Ken Bennett of Sacramento Self-Help Housing says Carmichael HART may want to consider "shared housing" where four or more people pay about \$450 a month for space in a rented residence with house leaders and counseling. Transitional housing is another model being considered. However, Bennett says, "The long-term goal of transitional housing requires financing and extensive partnering."

Despite such challenges, Carmichael HART participants are upbeat about the strong turnout of community volunteers at planning meetings and winter shelters.

Scott Young of ATLAS, a nonprofit thrift shop operator and charity serving needy Carmichael people, said at a recent HART meeting:

"There's a lot of capital in this room. We've made a good head start. Our winter shelters are meeting a need and giving us experience. However, they're not getting us any closer to a permanent solution to homelessness. What we really need is more affordable housing. We're learning about the population that we're serving, about their needs and how they landed on the street. But until we see them in permanent housing and with better access to employment, we won't be nearly finished." ★

Video Contest Challenges Kids to Bust Water Use Myths

SACRAMENTO REGION, CA (MPG) - Sacramento-area middle and high school students can win cash prizes and the opportunity to view their video on the Raley Field Jumbotron by entering the 2017 Water Spots Video Contest.

Sponsored by the Regional Water Authority (RWA), Sacramento Bee News in Education program and local water providers, the contest challenges students to create 30-second Public Service Announcement videos on the 2017 water efficiency theme: WATER MYTHS BUSTED: Most household water use occurs outdoors!

"In the Sacramento region, most household water use occurs outdoors, but people don't believe it," said Regional Water Authority Water Efficiency Program Manager. "Time and again, public opinion surveys show the residents incorrectly believe that more water is used indoors."

That's why RWA and local water providers are challenging kids to bust the myth and educate the public about a fundamental fact: Most of the water we use daily goes on lawns and outdoor landscaping. "There are lots of ways to save water, but reducing outdoor water use can make the biggest difference of

all," Talbot said.

Water Spots Video Contest entries are due by Friday, March 3, 2017. Entries will be judged by a panel of water conservation experts and distinguished judges on creativity, entertainment value, accuracy, originality and incorporation of the 2017 water efficiency message. Finalist videos will be displayed on the Raley Field Jumbotron screen, and winners announced at a Sacramento River Cats game in April 2017. Videos may be used in RWA's 2017 advertising campaign. Winning students and their teachers will also get cash prizes.

Learn more about Water Spots, as well as tips for using water wisely, at BeWaterSmart.info.

RWA is a joint powers authority representing two dozen water providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources. RWA was awarded the national 2016 WaterSense® Excellence in Education and Outreach Award for its outstanding efforts to educate Sacramento-area residents about water efficiency and the WaterSense brand. ★



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A "Splash" at California Swim Shop



CARMICHAEL, CA (MPG) - The Carmichael Chamber of Commerce recently held an evening "Splash" mixer at the California Swim Shop on Fair Oaks Blvd. The event was hosted by Daniel Cullifer and his staff, with plenty of great catered food, raffle prizes and hugs and kisses from chamber members.

The California Swim Shop is located at 7330 Fair Oaks Blvd. in Carmichael. Stop by to check out their amazing selection of swim wear and gear.

To find out more about the Carmichael Chamber of Commerce go to www.carmichaelchamber.com. ★

Allergy Alert on Undeclared Cashew Allergen in Dry Roasted Almonds

U.S. FDA Special Report

SACRAMENTO REGION, CA (MPG) - Specialty Commodities, Inc. (SCI), a subsidiary of Archer Daniels Midland Company (NYSE: ADM), is recalling a specific lot of dry roasted almonds because they may contain undeclared cashews. People who have an allergy or severe sensitivity to cashews run the risk of a serious or life-threatening allergic reaction if they consume these products.

The recall was initiated after it was discovered that the cashew-containing product

was distributed in packaging that did not reveal the presence of cashews. The recalled dry roasted almonds were distributed between December 22, 2016, and January 19, 2017, to three customers, one of whom redistributed them for sale in either bulk bins or clam shells to retail outlets in California, including Safeway and Nugget Markets.

Representatives of SCI are working with DSD Merchandisers Inc., the distribution customer, and these outlets to ensure the product is removed from shelves and returned. No illnesses have been reported

to date in connection with this issue.

Subsequent investigation indicates the problem was caused by a temporary process irregularity that occurred at the third-party contract manufacturer that processed and packaged the almonds for SCI. Then, an inventory processing irregularity resulted in the almonds being forwarded to the impacted customers.

Please direct any customer inquiries to 770-752-8229 between the hours of 8 a.m. and 5 p.m. Eastern Time Monday through Friday. ★

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New Resolutions to Save Water

Special Release from SSWD

The New Year is the perfect time to make a resolution to use water wisely and one of the first places you can start is by updating your water using fixtures and appliances with WaterSense-labeled ones.

The WaterSense label is given to those products that have been independently certified to be 20 percent more water efficient than average products in that category and to perform as well or better.

Look for the WaterSense-label when shopping for:

• Bathroom sink faucets and accessories

You can conserve water every time you turn on the tap by installing WaterSense labeled faucets and aerators. Faucets and aerators that feature the label use a maximum of 1.5 gallons per minute and can save the average household 700 gallons of water per year. They'll also lower your energy bill

by reducing the demand on your water heater.

• Showerheads

The average family could save 2,900 gallons of water per year by installing WaterSense-labeled showerheads. These showerheads use a maximum of 2 gallons per minute and will help you wash off the grime as well or better than regular showerheads. And just like with WaterSense-labeled faucets, they'll help reduce the amount your water heater needs to work.

• Toilets

Toilets use the most water of any fixture in a home and account for nearly 30 percent of an average home's water use. Older toilets can use as much as 6 gallons of water per flush. New WaterSense-labeled high-efficiency toilets use as little as 1.28 gallons per flush or less and still provide equal or

superior performance to older models.

• Weather-Based Irrigation Controllers

Replacing a standard clock based sprinkler controller with a WaterSense-labeled weather-based irrigation controller takes the guess work out of running sprinklers and can save the average home nearly 9,000 gallons of water each year. These controllers act like a thermostat for your sprinkler system, telling it when to turn on and off, and use local weather and landscape conditions to deliver just the right amount of water. SSWD even has rebates available. Find out more online at sswd.org

So start off 2017 right with some new WaterSense appliances or fixtures. They'll help you conserve 365 days of the year. Learn about WaterSense products at <https://www3.epa.gov/watersense/> ★



By County Supervisor Susan Peters

Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

Arden Arcade Community Meeting

In February I will be holding a community meeting and you're invited. Sergeant Troy Rivers of the California Highway Patrol will be the guest speaker and he is in charge of the CHP's Problem Oriented Policing (POP) Team and Special Investigations Unit for the North Sacramento Area Command.

Under state law, the CHP has jurisdiction over traffic enforcement for the County's unincorporated area. It should be an informative discussion.

CARMICHAEL COMMUNITY UPDATE

The meeting will occur on Thursday, February 9, at 6 pm at the Sacramento Suburban Water District's Board Room, 3701 Marconi Avenue.

Earlier this month I held my first Fair Oaks Community Coffee Meeting of the year at the Fair Oaks Water District. The guest speaker that morning was Thom Gruniesen who supervises the Fair Oaks Branch of the Sacramento Public Library Authority.

A full listing of all the 2017 meeting dates is available online at my web page accessible at bos.saccounty.net.

Grand Jurors Wanted

It's not too late to apply to serve on the Grand Jury for the 2017-18 term -- the application deadline is this coming January 29.

Serving on the Grand Jury often is referred to being a "citizen watchdog" of local government, with the crucial role of monitoring and reviewing government actions. To be eligible you must be a U.S. Citizen, at least 18 years old, a resident of Sacramento County, and not currently serving in any elected office.

Applicants must be prepared

to devote at least 20-30 hours per week to Grand Jury service.

For more information about serving on the Grand Jury, please visit their website sacgrandjury.org.

Parkway Volunteer Success

The American River Parkway Foundation is a valuable partner with the County's Department of Regional Parks in maintaining the natural habitat and beauty of the 23-mile long American River Parkway.

Last year through the Foundation's efforts, more than 7,643 volunteers contributed 18,000+ hours to removing over 57,747 pounds of trash and 81,650 invasive plants plus maintaining trails and much more.

If you are interested in volunteering or learning more about the Foundation, please go online and visit arpf.org. For more information is online at dgs.saccounty.net or call 311 (875-4311).

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net. ★

Winter Singles Dance Tapped for January 28

From CSN Events

SACRAMENTO REGION, CA (MPG)

A Winter Dance plus dance lesson for singles and couples will be held Saturday, October 22, at Roseville Veteran's Hall, 110 Park Dr., Roseville, next to Royer Park. Dance teacher Richard Kowaleski teaches the Salsa 7-8 PM. DJ music 8-11 PM by DJ John Maricich. Singles and couples are invited to attend, and all ages are welcome.

Doors open at 6:45 PM. A mix of rock and roll, ballroom, country and Latin. Tickets are \$15 presale, \$20 at the door. Price includes hors d'oeuvres

and desserts, non-alcohol beverages and the dance lesson. Volunteers attend free.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages are welcome, although most people are 35 and up. CSN dances draw around 125 people.

To receive more information about activities or directions call the 530-878-8606. The website, www.csnevents.net, includes directions to the dance, information about upcoming events as well as presale tickets. Discount presale tickets are also available by mail at CSN, P.O. Box 909, Meadow Vista, CA 95722 or at the website www.csnevents.net

or christiansingle-snet.com.

The next CSN dance is on February 11, and is our Valentine's Dance. That dance will be held at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. Attire for that dance is semi-formal, formal or party attire, jacket and tie suggested for men. The price is the same, \$15 presale, \$20 at the door. A second dance in February will be back at Roseville Veteran's Hall Sunday, February 19, featuring live band The Aaron Gayden Band for music, and dance lessons by Richard K. at 7 PM. ★

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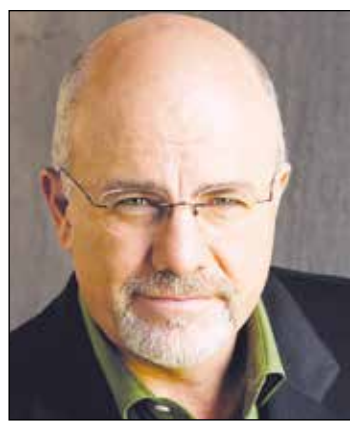
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Dave Says

annuities is because they wind up with bigger commissions. Annuities aren't evil or anything, but they're definitely not the proper product for you in this situation.

the Work You Love. The issue you're talking about is very close to his heart, and I think his books will be a great help to you.

There's also a book by Richard Bolles. It's called *Job Hunting for the So-Called Handicapped or People Who Have Disabilities*, and it's full of ideas to help you work around the issues you'll be facing.

There are lots of people out there — well-known, highly successful folks — who have disabilities and still make good money and have rewarding lives using the principles found in these books. Another great piece of news is it sounds like you have a wonderful support system around you.

God bless you all, Chris. I'm praying for you.
 —Dave

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

Run From That Guy

Dear Dave,
 My husband was recently laid off, and he has \$229,000 in a 401(k). He has been told that he should roll it into a hybrid annuity. Is this a good idea?
 - Durnae

Get away from the guy who gave you this advice, and find a good financial advisor — not an insurance guy — with the heart of a teacher. You need to talk to someone who's interested in helping you two plan for *your* future, not theirs!
 —Dave

Jobs From Home?

Dear Dave,
 I'm 37 years old, married with two great kids, and I was just diagnosed with multiple sclerosis. I'm trying to plan for the future, and I was wondering if you have any suggestions for work at home or self-employment ideas for people with disabilities.
 - Chris

Dear Durnae,
 Absolutely not! It sounds to me like he's been talking to an investment agent instead of an annuity. There's no reason to put a 401(k) into an annuity. Annuities are there to protect money, as it grows, from taxes. Well, guess what? The 401(k) is already protecting it from taxes.

I would roll it into a traditional IRA in a series of growth stock mutual funds. You'll have half the fees, the advisor won't make anywhere near the commission he'd make on an annuity, and you'll get much better results in the end.

Yeah, I definitely wouldn't go the annuity route. I don't have a single annuity, and I've got a lot of investments. One of the reasons so many "advisors" push

Dear Chris,
 I'm really sorry to hear you're facing this. You're a smart, brave young woman to be looking ahead and making plans for the coming years.

I suggest you read a book by Dan Miller called *48 Days to Creative Income*. Dan is a friend of mine, and he also wrote a popular book titled *48 Days to*



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Crossword Puzzle on Page 9

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

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Sudoku Puzzle on Page 9

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

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FICTITIOUS BUSINESS NAME STATEMENTS

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 FBNF2016-10093 MoorePark Enterprises, LLC, 10964 Britton Way Mather, CA 95655 is doing business under the Fictitious Business Name(s) "InfoPrincess Graphics & Design, Moore Associates Group" at 10964 Britton Way Mather, CA 95655. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 6, 13, 20, and 27, 2017
 DESIGN 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10002 Kiet Tran, 7322 Florin Wood Drive #307 Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Arden Nail Care" at 3349 Arden Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 27, 2016. Publish: January 6, 13, 20, and 27, 2017
 ARDEN 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09905 Tim Hee Langerderer, 4939 Marconi Avenue # C8 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Timmy Lin" at 4939 Marconi Avenue #C8 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 21, 2016. Publish: January 6, 13, 20, and 27, 2017
 TIMMY 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09986 Helena Alston, 7205 Grenola Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Unsatisfied Judgement Enforcement" at 7205 Grenola Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 23, 2016. Publish: January 6, 13, 20, and 27, 2017
 UNSATISFIED 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09994 Miranda Viani, 3975 Oak Villa Circle Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Healing Paws Training" at 3975 Oak Villa Circle Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 27, 2016. Publish: January 6, 13, 20, and 27, 2017
 HEALING 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09729 Capitol Dance Center, Inc, 11460 Upper Meadow Drive Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Capitol Dance Center, Inc" at 11270 Sanders Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 13, 2016. Publish: January 6, 13, 20, and 27, 2017
 CAPITAL 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09681 Pacific Coast Supply, LLC, 4290 Roseville Road North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Anderson Lumber" at 4290 Roseville Road North Highlands, CA 95660. Filed with the Clerk of Sacramento County December 12, 2016. Publish: January 6, 13, 20, and 27, 2017
 ANDERSON 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09809 Laura Summers Coleman, DVM 10065 Dillard Road Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Sacramento Valley Veterinary Services" at 10065 Dillard Road Wilton, CA 95693. Filed with the Clerk of Sacramento County December 16, 2016. Publish: January 6, 13, 20, and 27, 2017
 VETERINARY 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10040 Nicole Tryra Fladger, 1958 San Juan Road #17 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Wisdom and Worth Ministries" at 1958 San Juan Road # 17 Sacramento, CA 95833. Filed with the Clerk of Sacramento County December 28, 2016. Publish: January 6, 13, 20, and 27, 2017
 WISDOM 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10033 Alex Mwaura, 11965 Pericles Drive Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "AKM Trading Company" at 11965 Pericles Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 28, 2016. Publish: January 6, 13, 20, and 27, 2017
 AKM 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10019 Musa Kazmi, 194 Barnhill Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Local Diner Media Services" at 194 Barnhill Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County December 27, 2016. Publish: January 6, 13, 20, and 27, 2017
 LOCAL 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10020 Davron Abzalov, 613 Stafford Street Apt #19 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Plutus Investments Co" at 613 Stafford Street Apt #15 Folsom, CA 95630. Filed with the Clerk of Sacramento County December 27, 2016. Publish: January 6, 13, 20, and 27, 2017
 PLUTUS 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09875 Raul Carbajal, 2036 Bowling Green Drive Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Raul Tree Services" at 2036 Bowling Green Drive Sacramento, CA 95823. Filed with the Clerk of Sacramento County December 19, 2016. Publish: January 6, 13, 20, and 27, 2017
 RAUL 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10049 Jady Vue, 3710 Branch Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Sacramento Lawn Care" at 3710 Branch Street Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 28, 2016. Publish: January 6, 13, 20, and 27, 2017
 SACRAMENTO 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09561 Abdul H. Khan, 1728 Highbridge Way Sacramento, CA 95832 and Zaireem N. Khan, 1728 Highbridge Way Sacramento, CA 95832 is doing business under the Fictitious Business Name(s) "RollinOx Meat Company, Block and Chopper" at 1728 Highbridge Way Sacramento, CA 95832. Filed with the Clerk of Sacramento County December 7, 2016. Publish: January 6, 13, 20, and 27, 2017
 ROLLINOX 161230 1-27-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00066 Ozneq Inc, 2391 Arden Way # 218 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "BMU Auto Sales" at 2391 Arden Way # 218 Sacramento, CA 95825. Filed with the Clerk of Sacramento County January 4, 2017. Publish: January 13, 20, 27, and February 3, 2017
 BMU 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10059 Ashlyn Oiera Webb, 3991 Riley Anton Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Sun Illusions" at 3991 Riley Anton Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 29, 2016. Publish: January 13, 20, 27, and February 3, 2017
 SUN 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10110 Rebecca A Ilaas, 1382 Turnbridge Way Plumas Lake, CA 95961 is doing business under the Fictitious Business Name(s) "Rancho Cordova Home Care" at 10609 Charbone Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 13, 20, 27, and February 3, 2017
 RANCHO 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00243 Bogdan Galbanuta and Jasmina Galbanuta, 3113 Walnut Avenue Unit B Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "BG Construction" at 3113 Walnut Avenue Unit B Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 9, 2017. Publish: January 13, 20, 27, and February 3, 2017
 BG 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10104 Harvey Gilchrist, 10031 Terrier Way Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Soul Heir, SoulHeirMusic" at 10031 Terrier Way Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 13, 20, 27, and February 3, 2017
 SOUL 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09933 Steve Thomason, 6205 Riverside Boulevard #142 Sacramento, CA 95831 and Brett Garibaldi, 6221 Almond Avenue Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "California Spas & Outdoor Superstore" at 9778 Business Park Drive Suite C Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 22, 2016. Publish: January 13, 20, 27, and February 3, 2017
 CALIFORNIA 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09980 David Scott Company, 11320 Gold Country Boulevard Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "David Scott Company" at 11231 Gold Express Drive Suite 104 Gold River, CA 95670. Filed with the Clerk of Sacramento County December 23, 2016. Publish: January 13, 20, 27, and February 3, 2017
 DAVID 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00211 Cindy Cavanaugh-Soler, 7805 Caber Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "CeCe's Sweet Shoppe" at 7805 Caber Way Antelope, CA 95843. Filed with the Clerk of Sacramento County January 8, 2017. Publish: January 13, 20, 27, and February 3, 2017
 CECE 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00130 Abreyse Locasiano, 6913 Le Havre Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "The Sud Network" at 1600 Sacramento Inn Way Suite 205 Sacramento, CA 95815. Filed with the Clerk of Sacramento County January 5, 2017. Publish: January 13, 20, 27, and February 3, 2017
 SUD 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10066 Jordan Martin, 1108 Pond View Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Lips Lashes & Lattes, Kera & Company" at 1108 Pond View Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County December 29, 2016. Publish: January 13, 20, 27, and February 3, 2017
 LIPS 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09988 Jia Xiong, 1530 Fulton Avenue # 102 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "JX Skyrise Travel" at 1530 Fulton Avenue #102 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 23, 2016. Publish: January 13, 20, 27, and February 3, 2017
 JX 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09838 Lynda Gronich and Edward Gronich, 9942 Hatherton Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Luxury Suites and Retreats" at 9942 Hatherton Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County December 16, 2016. Publish: January 13, 20, 27, and February 3, 2017
 LUXURY 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10026 David E. Mcleory, 9637 Allegheny Drive Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "DJFR Dave and Jeff Furniture Repair, Daves Furniture Restoration" at 9637 Allegheny Drive Sacramento, CA 95827. Filed with the Clerk of Sacramento County December 28, 2016. Publish: January 13, 20, 27, and February 3, 2017
 DJFR 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00008 Kevin Koerber, 4349 Cottage Way Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Happy City 916" at 4349 Cottage Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County January 3, 2017. Publish: January 13, 20, 27, and February 3, 2017
 HAPPY 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00003 Christian Perry, 4744 Keema Avenue Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Semper Auto Sales" at 4744 Keema Avenue Sacramento, CA 95842. Filed with the Clerk of Sacramento County January 3, 2017. Publish: January 13, 20, 27, and February 3, 2017
 SEMPER 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09334 John McCormack, 9207 Agena Court Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Rainbow Electronics" at 7531 Madison Avenue Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County November 30, 2016. Publish: January 13, 20, 27, and February 3, 2017
 RAINBOW 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10105 Andrew Gus Karres, 102 Fahey Court Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Olympic Auto Sales" at 102 Fahey Court Folsom, CA 95630. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 13, 20, 27, and February 3, 2017
 OLYMPIC 161230 2-3-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10034 Goudeaux Family Foundation, 7619 Grant Line Road Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Home Suites Home" at 7773 Mist Trail Way Antelope, CA 95843. Filed with the Clerk of Sacramento County December 28, 2016. Publish: January 20, 27, February 3, and 10, 2017
 HOME 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10108 June Kashiwada and David Clendenen, 9079 Fanega Court Elk Grove, CA 95758 are doing business under the Fictitious Business Name(s) "Tantiss Picks" at 9079 Fanega Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 20, 27, February 3, and 10, 2017
 TANTRIS 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00350 Daniel R. Wright, 5305 Gibbons Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Liquid Landscapes Services" at 4021 California Ave Unit 17 Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 12, 2017. Publish: January 20, 27, February 3, and 10, 2017
 LIQUID 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00299 Oscanic Victorville LLC, 4380 Alvarado Canyon Road San Diego, CA 92120 is doing business under the Fictitious Business Name(s) "Lions Gate Hotel" at 3410 Westover Street McClellan Park, CA 95662. Filed with the Clerk of Sacramento County January 10, 2017. Publish: January 20, 27, February 3, and 10, 2017
 LIONS 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00293 Katrina L. Cole-Legault, 7670 Gibson Lane Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Property Plus" at 7670 Gibson Lane Antelope, CA 95843. Filed with the Clerk of Sacramento County January 10, 2017. Publish: January 20, 27, February 3, and 10, 2017
 PROPERTY 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00289 Nicholas and Krystal Boston Lozano, 2569 Butano Drive Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "The Phoenix Loft, The Rambling Raven" at 2569 Butano Drive Sacramento, CA 95821. Filed with the Clerk of Sacramento County January 10, 2017. Publish: January 20, 27, February 3, and 10, 2017
 PHOENIX 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09496 Lance N. Meinzter, 5735 Woodleigh Drive Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "LNM Construction" at 5735 Woodleigh Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 6, 2016. Publish: January 20, 27, February 3, and 10, 2017
 LNM 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10074 Mandep Singh, 120 W Portals Avenue #C Clovis, CA 93612 and Robert Sharma, 40 N Caesar Avenue Clovis, CA 93612 are doing business under the Fictitious Business Name(s) "Red Carpet Spa Car Wash" at 2105 Arden Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 20, 27, February 3, and 10, 2017
 RED 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10001 Angela McElroy, 2814 D Street #19 Sacramento, CA 95816 are doing business under the Fictitious Business Name(s) "Angela's Office Management" at 2814 D Street #19 Sacramento, CA 95816. Filed with the Clerk of Sacramento County December 27, 2016. Publish: January 20, 27, February 3, and 10, 2017
 ANGELA 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00369 Hussain M. Isa, 2740 Lacy Lane Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Samco Office Supplies" at 5650 Marconi Avenue #7 Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 13, 2017. Publish: January 20, 27, February 3, and 10, 2017
 SAMCO 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00395 Kenneth McKean, 5724 Chipping Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Balanced Air Conditioning and Heat Service" at 5724 Chipping Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County January 13, 2017. Publish: January 20, 27, February 3, and 10, 2017
 BALANCED 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09930 Michelle Alexander, 1108 R Street Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Starboard Strategies" at 1108 R Street #610 Sacramento, CA 95811. Filed with the Clerk of Sacramento County December 21, 2016. Publish: January 20, 27, February 3, and 10, 2017
 STARBOARD 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09999 Linh Nguyen, 6244 Bobbiwood Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Teresa's Nails" at 2448 Mission Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 27, 2016. Publish: January 20, 27, February 3, and 10, 2017
 TERESA'S 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09989 Tifani Marie Brown and Sarah Elizabeth Brown, 7800 Caber Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Innovative Handyguy Services" at 7800 Caber Way Antelope, CA 95843. Filed with the Clerk of Sacramento County December 23, 2016. Publish: January 20, 27, February 3, and 10, 2017
 INNOVATIVE 170105 2-10-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00607 Sinbad Inc, 3033 Hurley Way Suite 101, 102, 103, Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Sinbad Market & Bakery, Dubai Pear" at 3033 Hurley Way Suite 101, 102, 103, Sacramento, CA 95864. Filed with the Clerk of Sacramento County January 20, 2017. Publish: January 27, February 3, 10, and 17, 2017
 SINBAD 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00229 Western Feed & Pet Supply, Inc, 4401 Hazel Avenue Suite 212 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Aloha Pet Food Delivery" at 4401 Hazel Avenue Suite 212 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 9, 2017. Publish: January 27, February 3, 10, and 17, 2017
 ALOHA 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00501 Vollman Property Management Co., Inc, 11460 Sunrise Gold Circle Suite F Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "JADE Properties" at 11460 Sunrise Gold Circle Suite F Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 19, 2017. Publish: January 27, February 3, 10, and 17, 2017
 JADE 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00191 Wings In Motion, Inc, 1063 Cheshire Circle Danville, CA 94506 is doing business under the Fictitious Business Name(s) "Wingsstop" at 7423 Fair Oaks Boulevard Suite 4 Carmichael, CA 95608. Filed with the Clerk of Sacramento County January 6, 2017. Publish: January 27, February 3, 10, and 17, 2017
 WINGSTOP 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00488 Kris Gudel, 12440 Woods Road Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Ranchers Direct" at 12440 Woods Road Wilton, CA 95693. Filed with the Clerk of Sacramento County January 18, 2017. Publish: January 27, February 3, 10, and 17, 2017
 RANCHERS 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00539 Richard W. Sammons, 8590 Tiogawoods Drive Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Exclusively Yours" at 8590 Tiogawoods Drive Sacramento, CA 95828. Filed with the Clerk of Sacramento County January 19, 2017. Publish: January 27, February 3, 10, and 17, 2017
 EXCLUSIVELY 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00527 California Republic Productions, Inc 9573 Gardella Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Cal Rep Productions" at 9573 Gardella Sacramento, CA 95829. Filed with the Clerk of Sacramento County January 19, 2017. Publish: January 27, February 3, 10, and 17, 2017
 CAL 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00492 Dennis Reynolds, 2963 Erin Drive Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "DC Enterprises" at 2963 Erin Drive Sacramento, CA 95833. Filed with the Clerk of Sacramento County January 18, 2017. Publish: January 27, February 3, 10, and 17, 2017
 DC 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00061 TW Smith Consulting, Inc, 2401 Ferry Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Elk Grove Mixed Martial Arts" at 9880 Waterman Road #160 Elk Grove, CA 95624. Filed with the Clerk of Sacramento County January 4, 2017. Publish: January 27, February 3, 10, and 17, 2017
 ELK 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00253 Vira Ursakii and Leonid Ursakii, 12284 Habitat Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Lavera Party Rentals" at 3301 Sunrise Boulevard #K Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County January 9, 2017. Publish: January 27, February 3, 10, and 17, 2017
 LAVERA 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10042 James R. Byron, 3428 Grant Park Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "JRB Pest and Sanitation" at 3428 Grant Park Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 28, 2016. Publish: January 27, February 3, 10, and 17, 2017
 JRB 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2017-00425 Darko Borovnica and Jesse Borovnica, 5726 Hoffman Lane Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "BDH Construction" at 5726 Hoffman Lane Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County January 17, 2017. Publish: January 27, February 3, 10, and 17, 2017
 BDH 170115 2-17-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-10094 Folsom Hall Investors Inc, 2295 Iron point Road #160 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "The Ben Kenny Team Folsom" at 2295 Iron point Road #160 Folsom, CA 95630. Filed with the Clerk of Sacramento County December 30, 2016. Publish: January 27, February 3, 10, and 17, 2017
 FOLSOM 170115 2-17-17

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00205682

WHEREAS, Jennifer C. Blessett has filed a petition with this court for a decree changing the name(s) of Jennifer C. Blessett to Leah Rose A Hart Williams. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 14, 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: December 30, 2016
 Raymond M. Cadei, Judge of the Superior Court
 Publish: January 6, 13, 20, and 27, 2017
 BLESSETT 161221 01-27-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00205328

WHEREAS, Glenn and Iris Holley have filed a petition with this court for a decree changing the name(s) of Morgan Alexandra Holley to Morgan Alexandra Rosse Holley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 10, 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: December 23, 2016
 Raymond M. Cadei, Judge of the Superior Court
 Publish: January 6, 13, 20, and 27, 2017
 HOLLEY 161221 01-27-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00205527

WHEREAS, Jessica Lee Leonard has filed a petition with this court for a decree changing the name(s) of Jessica Lee Leonard to Jessica Lee Rasler. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 13, 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: December 29, 2016
 David I. Brown, Judge of the Superior Court
 Publish: January 6, 13, 20, and 27, 2017
 RASLER 161105 01-27-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00205376

WHEREAS, Ahmad Javed and FNU Freshita have filed a petition with this court for a decree changing the name(s) of Ahmad Javed to Javid Ahmad Kakar and FNU Freshita to Freshita Kakar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 11, 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: December 27, 2016
 Raymond M. Cadei, Judge of the Superior Court
 Publish: January 6, 13, 20, and 27, 2017
 KAKAR 161221 01-27-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00202486

WHEREAS, Anthony Vincent Rodriguez has filed a petition with this court for a decree changing the name(s) of Anthony Vincent Rodriguez to Anthony Vincent Arieta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 15, 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: October 28, 2016
 Raymond M. Cadei, Judge of the Superior Court
 Publish: January 13, 20, 27, and February 3, 2017
 RODRIGUEZ 161221 02-03-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00205324

WHEREAS, Ivan Omar Aramand has filed a petition with this court for a decree changing the name(s) of Ivan Omar Aramand to Ivan Omar Sonu Bhardwaj. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 10, 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: December 23, 2016
 Raymond M. Cadei, Judge of the Superior Court
 Publish: January 13, 20, 27, and February 3, 2017
 ARAMAND 161221 02-03-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00205802

WHEREAS, Abdul Hamid and FNU Malha have filed a petition with this court for a decree changing the name(s) of Abdul Hamid to Abdul Hamid Hamidi and FNU Malha to Malha Hamidi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 18, 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: January 5, 2017
 David I. Brown, Judge of the Superior Court
 Publish: January 13, 20, 27, and February 3, 2017
 HAMIDI 161105 02-03-17

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2016-00206203

WHEREAS, Mustafa Sayed Hashimi has filed a petition with this court for a decree changing the name(s) of Mustafa Sayed Hashimi to Sayed Iqbal, and Kamal Sayed Hashimi to Sayed Kamal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 28, 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: December 21, 2016
 Raymond M. Cadei, Judge of the Superior Court
 Publish: January 27, February 3, 10, and 17, 2017
 FRANE 170

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Publisher, Paul V. Scholl

Carmichael Times is a member of Messenger Publishing Group

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Carmichael Times

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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).



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By Shelly Lembke

SACRAMENTO REGION (MPG)

One Sacramento-based company has quietly and efficiently carved a niche into the home health care business by providing superlative care for patients and caregivers alike. The “whole-istic” business model of Advanced Home Health and Hospice (AHHH) has earned them not only professional accolades and a thriving business, but a stellar reputation for their positive results for even the most complex patient care. The beating heart of this organization is founder Angela Sehr. Sehr is a woman with a mission and a vision with patient wellbeing in the Sacramento area.

Born in Xian, China, home of the famous Terra Cotta Warriors, Sehr started college at 15 and became a nurse at 18. The youngest of nine children, her siblings are also high achievers with a judge, college professor, engineer and a teacher among her immediate family.

Shyly self-admitted as a teacher’s pet, she loved science from a very young age. She says her mother encouraged her children to all be independent. “Marry well, she said, but always be able to stand on your own two feet,” was her mom’s advice.

Sehr may now be the boss, but she is far from being afraid to roll up her sleeves when it comes to patient care. She paid her dues with years in hands-on nursing. In fact, she still takes care of patients herself, in addition to her many other duties. AHHH offers patients around the clock care, just one of the many aspects that separate them from their competition. “I go out to patients’ homes at 2 in the morning if they need it, just like everyone else on staff,” said Sehr.

“When asked why her company’s clinicians have been so successful in treating complex patients, compared to other facilities, she says, “I think part of it is quality. It’s high quality care fast. Patients always come first. You’re not giving care if you’re sitting behind a desk.”

— ANGELA SEHR
FOUNDER, ADVANCED HEALTH AND HOSPICE

Sehr is a Registered Nurse who has worked around the world with patients of all ages and many different health issues. She came to Sacramento, having worked in places like China and Saudi Arabia. She attended Sacramento State’s Nursing program and earned her BSN here, spending over a decade in pediatric care and found her way into Infusion care as a nurse for patients in need of



The dedicated management staff of Advanced Home Care; Angela Sehr, Owner, Angie Macadangang, Chief Clinical Officer, Debi Moroles, Director of Business Development, Deb Ryan, Administrator and Lisa Gaza, Director of Patient Care Services. Photo courtesy of Colby Barrett

this specialized help. She has built her company on years of caring for infusion patients. Her company carries her compassion forward, providing top-notch, compassionate care for patients and their families.

During a time when healthcare laws and models are in flux, Sehr’s company, AHHH has built a company that successfully and efficiently treats and maintains a base of anywhere from 600 to 800 patients, more than double similar programs of even healthcare giants like full-fledged local hospital systems. To meet the need AHHH has found, the company currently has a staff of approximately 400 highly-trained specialists performing an impressive array of care and support services, and specializes in “complex” patients, often avoiding such patients having to be readmitted to hospitals.

AHHH is as advertised. Staff is on-call 365 days a year, 24 hours a day. They provide truly advanced wound care, infusion nursing, orthopedic, occupation and physical rehabilitation, speech and swallow function therapy, specialized medical social workers and a chaplaincy ministering to the patients and their loved ones. The tiniest staff member is a therapy dog.

AHHH is a Medicare Certified Home Health Provider. They are licensed by the by the California Department of Public Health. They have provided care for premature babies, pre-and post op patients, patients such as diabetics with wounds that can be nearly impossible to heal. Many of these



Angela continues to see patients on a daily basis while running one of the largest home care organizations in the region. Photo courtesy of Colby Barrett

are patients the hospitals have given up on and AHHH has succeeded where others have failed, improving patient outcome in terms of health and healing. Sehr is intent that her teams utilize the latest technology to treat patients and makes available ultrasound and laser therapy, in addition to debridement if physician ordered.

The Low-Level Laser Therapy (LLLT) alone, per Sehr can be highly effective in treating, diabetic ulcers, venous stasis and arterial ulcers, and many other types of non-healing wounds.

The hospice care that Sehr’s company provides is a growing service, based on industry best practices, but also on her own experiences as a nurse. Most hospice patients they see are given six months or less to live, but that isn’t an outcome set in stone. “We don’t give up,” she says. “We’re not God, but people do ‘graduate’ from hospice. They do get better.” Hospice care provides

comfort care to patients and family. “Advanced hospice nurses are registered nurses specifically dedicated to end-of-life care. They are focused on pain and symptom management for our patients around the clock. In addition to serving the terminally ill, hospice clinical team counsel and educate caregivers and family members on the needs of the patient, guiding them through every issue that may arise. Our hospice nurses work as a part of an interdisciplinary team that develops and manages the care for our patients and their families.”

A vital part of their team are the hospice social workers who are there to support patients and their families. “Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“We understand that our patients and their families may have financial problems. Our social workers are equipped with the necessary tools and knowledge to provide counseling in these areas, as well as coordinating possible aid from other organizations,” Sehr commented.

What does it mean to be an advanced hospice social worker? According to AHHH, “It means to be a supporter of our patients and their families. Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“A loss of a loved one, even if anticipated, brings a slew of emotions and grief for surviving family and friends. Our hospice bereavement professionals and volunteers are trained to provide counseling and support by

understanding the loss and compassionately walking step by step with surviving spouses, children, or parents.”

“To help our patients cope with the end of their life, AHHH provides spiritual services by certified chaplains to promote spiritual and emotional wellbeing. Our chaplains may also work with the patient’s clergy and coordinate spiritual nourishment and revitalization.”

Sehr credits hospice volunteers for the selfless work they do as part of the organization. “Our hospice volunteers spend time with patients and their loved ones. They run errands and provide caregiver relief, companionship, and supportive services. Volunteers are the backbone of our hospice team.”. Volunteers form bonds with patients and family members. Patients and families often tell volunteers things they feel they can’t tell their loved ones and help open the way for people to talk honestly. Volunteers work alongside paid staff in every area of hospice care.”

AHHH truly treat the entire family, and that includes monthly bereavement support group meeting. “At Advanced Hospice, patients are nearing and passing the end of their life, leaving behind husbands, wives, sons, and daughters,” according to the company website.

“When a patient is diagnosed with a serious illness or is recovering from an injury, our medical professionals, nurses, and therapists work hard to rejuvenate him/her to normal life. In addition to purely medical procedures, medications, and techniques, a huge part of a person’s recovery depends on his/her psychosocial condition.”

AHHH is making a concerted effort to reach America’s veterans. “Veterans have done everything asked of them in their mission to serve our country and we believe it is never too late to give them a hero’s welcome home. That’s why our hospice is taking part in the We Honor Veterans program. Our staff understand the unique needs of veterans and are prepared to meet the specific challenges that veterans and their families may face at the end of life.”

AHHH measures its success with data, not just good feelings. Their clinicians log every visit in detail, right down to wound and physical improvement, modality effectiveness, length of visit and many more details. That data is analyzed for the benefit of each patient, but the accumulation of data is used by the company to improve patient outcome and patient satisfaction. The company has recently broken ground on its next project, a free-standing Hospice Facility. While starting small, at 6 beds, it will be the only hospice in the area and unlike any other, due again to Sehr’s experience and personal touch. ★

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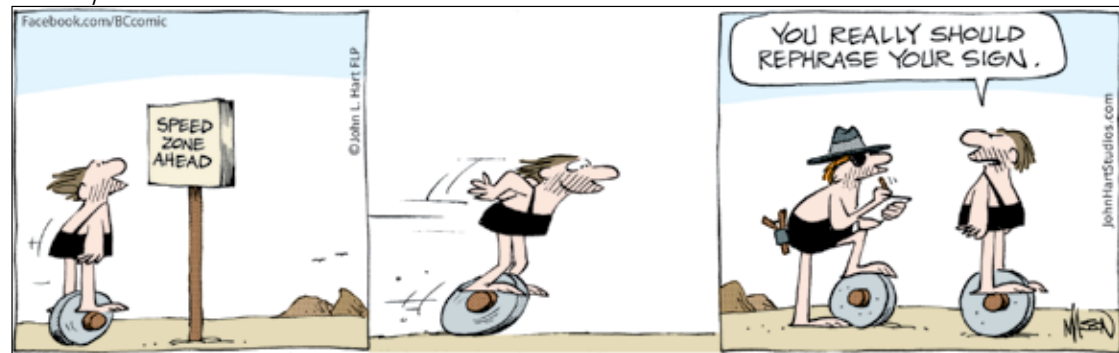
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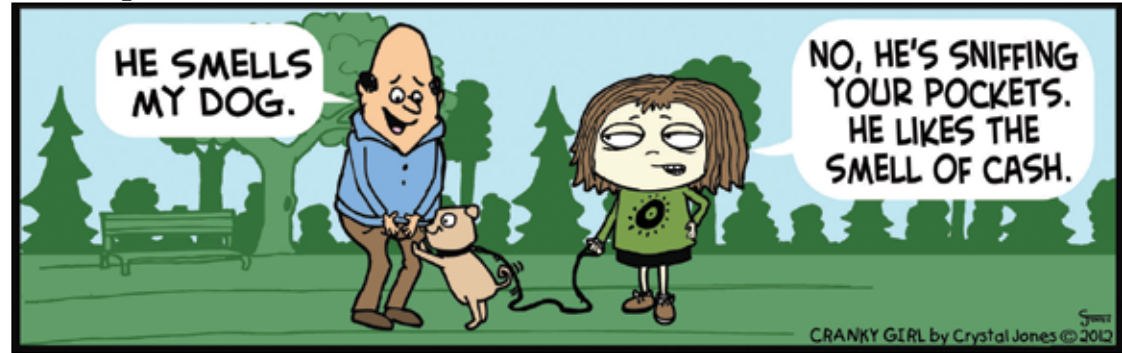
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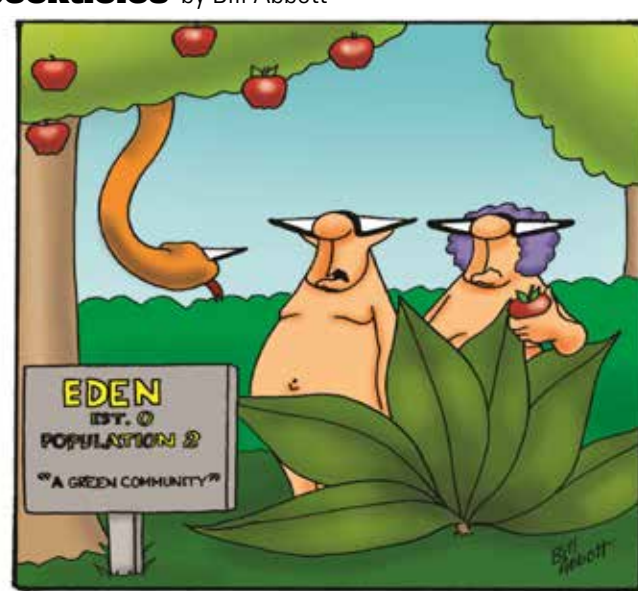
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Frédéric Auguste Bartholdi, age 10.

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IRS Tax Filing Season Open

WASHINGTON, D.C. - The Internal Revenue Service has said that it successfully started accepting and processing 2016 federal individual income tax returns on schedule. More than 153 million returns are expected to be filed this year.

People have until Tuesday, April 18, 2017 to file their 2016 returns and pay any taxes due. The deadline is later this year due to several factors. The usual April 15 deadline falls on Saturday this year, which would normally give taxpayers until at least the following Monday. However, Emancipation Day, a D.C. holiday, is observed on Monday, April 17, giving taxpayers nationwide an additional day to file. By law, D.C. holidays impact tax deadlines for everyone in the same way federal holidays do. Taxpayers requesting an extension will have until Monday, Oct. 16, 2017 to file.

"Following months of hard work, we successfully opened our processing systems today to start this year's tax season," said IRS Commissioner John Koskinen. "Getting to this point is a year-round effort for the IRS and the nation's tax community. The dedicated employees of the IRS look forward to serving taxpayers this filing season, and I want to thank all of the tax and payroll community for their hard work that makes tax time smoother for the nation."

The IRS expects more than 70 percent of taxpayers to get tax refunds this year. Last year, 111 million refunds were issued, with an average refund of \$2,860.

Refund Delays

A law change now requires the IRS to hold refunds on tax returns claiming the Earned Income Tax Credit (EITC) or Additional Child Tax Credit (ACTC) until Feb. 15. Under this change required by the Protecting Americans from Tax Hikes (PATH) Act, the IRS must hold the entire refund — even the portion not associated with the EITC and ACTC. Even though the IRS will begin releasing EITC and ACTC refunds on Feb. 15, many early filers will still not have actual access to their refunds until the week of Feb. 27. The additional delay is due to several factors, including weekends, the Presidents Day holiday and the time banks often need to process direct deposits.

This law change gives the IRS more time to detect and prevent fraud. Beyond the EITC and ACTC refunds and the additional security safeguards, the IRS anticipates issuing more than nine out of 10 refunds in less than

21 days. However, it's possible a particular return may require additional review and take longer. Taxpayers are reminded that state tax agencies have their own refund processing timeframes that vary, and some states may make additional reviews to ensure their refunds are being issued properly. Even so, taxpayers should file as usual, and tax return preparers should submit returns as they normally do.

Use e-File and Free File

The IRS expects more than 80 percent of returns to be filed electronically. Choosing e-file and direct deposit remains the fastest and safest way to file an accurate income tax return and receive a refund.

The IRS Free File program, available at IRS.gov, gives eligible taxpayers a dozen options for brand-name products. Free File is a partnership with commercial partners offering free brand-name software to about 100 million individuals and families with incomes of \$64,000 or less. Seventy percent of the nation's taxpayers are eligible for IRS Free File. People who earned more than \$64,000 may use Free File Fillable Forms, the electronic version of IRS paper forms.

Protecting Taxpayers from Identity Theft-Related Refund Fraud

The IRS continues to work with state tax authorities and the tax industry to address tax-related identity theft and refund fraud. As part of the Security Summit effort, stronger protections for taxpayers and the nation's tax system are in effect for the 2017 tax filing season.

The new measures attack tax-related identity theft from multiple sides. Many changes will be invisible to taxpayers but will help the IRS, states and the tax industry provide new protections. New security requirements will better protect tax software accounts and personal information.

Renew ITIN to Avoid Refund Delays

Many Individual Taxpayer Identification Numbers (ITINs) expired on Jan. 1, 2017. This includes any ITIN not used on a tax return at least once in the past three years. Also now expired is any ITIN with middle digits of either 78 or 79 (Example: 9NN-78-NNNN or 9NN-79-NNNN). Affected taxpayers should act soon to avoid refund delays and possible loss of eligibility for some key tax benefits until the ITIN is renewed. An ITIN is used by anyone who has

tax-filing or payment obligations under U.S. tax law but is not eligible for a Social Security number.

It can take up to 11 weeks to process a complete and accurate ITIN renewal application. For that reason, the IRS urges anyone with an expired ITIN needing to file a return this tax season to submit their ITIN renewal application soon.

New AGI requirement for e-file

All taxpayers should keep a copy of their tax return. Beginning in 2017, taxpayers using a tax filing software product for the first time may need their Adjusted Gross Income (AGI) amount from their prior-year tax return to verify their identity. Taxpayers can learn more about how to verify their identity and electronically sign tax returns at Validating Your Electronically Filed Tax Return.

Free Tax Help

Low- and moderate-income taxpayers can get help filing their tax return for free. More than 90,000 volunteers around the country can help people correctly complete their return.

To get this filing help, taxpayers can visit one of the more than 12,000 community-based tax help sites that participate in the Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs. To find the nearest site, use the VITA/TCE Site Locator on IRS.gov or the IRS2Go mobile app.

Filing Assistance

The IRS reminds taxpayers that a trusted tax professional can provide helpful information about the tax laws. A number of tips about selecting a preparer and information about national tax professional groups are available on IRS.gov.

The IRS urges all taxpayers to make sure they have all their year-end statements in hand before filing. This includes Forms W-2 from employers and Forms 1099 from banks and other payers. Doing so will help avoid refund delays and the need to file an amended return.

Online tools

Many tax issues can now be resolved online or by phone from the convenience of a home or office. The IRS urges taxpayers to take advantage of the many tools and other resources available on IRS.gov. IRS phone lines will be busy again this year, so in order to save time, people should first visit the IRS website for tax assistance. ★

How to Build Better Drugs Faster

Commentary
by Peter J. Pitts

Breast cancer surgeon Dr. Laura Esserman sings to her patients as they go under anesthesia. She tackles any song request, whether it's a top 40 hit or a Broadway ballad. This same patient-centric attitude drove Dr. Esserman to participate in adaptive clinical trials, a game-changing way to test new medications.

It's past time that other researchers think beyond traditional clinical trials. Adaptive trials can make drug testing both more efficient and accurate. If regulators were to encourage greater use of adaptive trials and facilitate sharing of electronic health record data, researchers could deliver better drugs to patients, faster.

In a traditional clinical trial, researchers plan out every element of the trial -- from the number of participants to the type of data to be collected -- before they begin testing. They stick to this rigid master plan until the trial is complete.

But in an adaptive trial, researchers pre-plan certain modifications that they can make part-way through the trial, based on the results they've uncovered so far.

Think of it in terms of mapping a run. A runner might look at a map and realize that at one point, the road will fork. Instead

of deciding whether to go left or right before he ever begins jogging, he might choose to postpone the choice until actually reaches the fork. Perhaps he'd like to observe which path is muddier or which path has less traffic -- and he'll only know when he gets there.

Similarly, researchers administering adaptive clinical trials can modify their tests as they make observations. Like the runner, they have to pre-plan what choices they'll make and when. But the more flexible trial formula enables them to alter the trial in response to real-world results.

Dr. Esserman's trial, for example, personalized testing by splitting breast cancer patients into different groups depending on various measurements of their health. She tested a combination of therapies on these patients -- and only continued testing those that were found initially effective. By not having to run a dud treatment through the course of a standard clinical trial, the adaptive design reduced the cost, time, and number of patients needed for the trial.

The FDA currently permits adaptive trials in limited instances. Letting researchers use this model more often would improve the drug development process.

Another way to improve the process is to enable doctors,

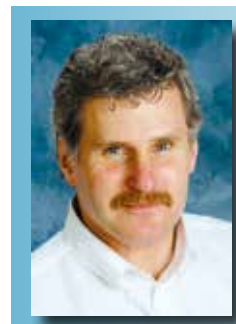
and drug companies to share data on patients' health outcomes after they take new FDA-approved medicines. By analyzing this data, they could uncover patterns that can't be detected even in the largest clinical trials.

For instance, a clinical trial for a diabetes drug might include 1,000 participants, 10 of whom are Native American. Perhaps 60 percent of all patients respond well to the drug, but all 10 Native Americans get their blood sugar under control thanks to the medicine. It's impossible to tell from such a small sample size whether the medicine really is vastly more effective for Native Americans, or whether those 10 patients just got lucky.

Changing regulations to permit greater sharing of such data would help researchers unveil rare side effects, complications, or "miracle" results that crop up.

Adaptive trials and increased data sharing would deliver better medicines to patients faster and with greater safety. That's something to sing about.

Peter J. Pitts, a former FDA Associate Commissioner, is the president and co-founder of the Center for Medicine in the Public Interest. CMPI receives some funding from biopharmaceutical firms, which could benefit from adaptive trials. ★



Dare to Live Without Limits The Domino Effect

by Bryan Golden



"For want of a nail the shoe was lost.
For want of a shoe the horse was lost.
For want of a horse the rider was lost.
For want of a rider the message was lost.
For want of a message the battle was lost.
For want of a battle the kingdom was lost.
And all for the want of a horseshoe nail."

As you have experienced, small problems have the ability to mushroom into larger ones with incredible speed. Yet, there is a tendency to ignore or put off addressing issues that warrant your attention.

There are numerous reasons for this: procrastination, avoidance, denial, lack of awareness, lack of time, or hoping things will either fix themselves or go away. Regardless of why you don't address them, unresolved problems grow quickly and even multiply.

No matter how many times a person is burned by growing problems, many still don't change their approach. If you want things to change, you have to change them. Remember, doing the same thing over and over and expecting a different result is one definition of insanity.

Bigger problems generate more stress than smaller ones. Constant stress creates its own secondary problems. Judgment is impaired. Patience is diminished. All types of physical problems can follow as well.

At some point you do have to address your problems. It makes so much more sense to handle them while they are still small and more easily rectified. As you have already learned, putting them off doesn't work. So you need to develop a more effective strategy.

Begin by differentiating problems from symptoms. Problems lead to symptoms which themselves cause additional secondary problems if the original problems are ignored. Not only do ignored problems grow in size, they also grow in number.

Treating only symptoms leaves problems untouched. For example, if a lost nail causes the horseshoe to shift, the horse would start limping. So, if you erroneously identify the limp as the problem, you would then allow the horse to rest. Unless and until you accurately recognize the problem as a missing nail, you won't be able to formulate a solution. For maximum effectiveness, the root problem must be rectified.

Once you identify the root problem, the exact cause must be determined and corrected. Otherwise, the problem will keep recurring. Since, the missing nail is the real problem, it should be replaced. But why did it fall out in the first place? Was it the wrong size, the wrong shape, the wrong type, worn out, or defective? Unless it was worn or defective,

the nail will continue to fall out unless a different type is used.

Your goal is to correct the root cause of a problem while it is still small and has not yet generated secondary problems. The sooner you identify and fix a problem, the better.

Problems that initially appear overwhelming should be broken down into smaller, manageable pieces. Each component can then be tackled individually. This approach enables you to expeditiously handle unwieldy issues.

Correcting problems as they arise prevents a problem backlog. Rather than being constantly bogged down by problems, you have the energy and freedom to stay on your desired course. You will be able to quickly identify and fix problems as they arise. Your stress level will drop while enthusiasm rises. No longer will you feel as if you are on a treadmill which is going a little faster than you can keep up.

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@columntist.com or write him c/o this paper. © 2011 Bryan Golden. ★

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Smokey Oaks Tavern, An Almost Hidden, Delicious Gem

By Shelly Lembke

SACRAMENTO REGION (MPG) - Ever find one of those places that are so wonderful that you want to keep it to yourself, but can't seem to? Smokey Oaks Tavern in Fair Oaks is one of those places. Delectable food, delightful drinks, inviting atmosphere (right down to the roaring fireplace), clean as a whistle – all contribute to the ambience that is rapidly making Smokey Oaks a local favorite.

Co-owners Blaine Santos and Neil Glass had their grand opening in August and have nailed down how to do a place right. "It was a perfect spot for us, for a neighborhood bar and grill. The space was great. It's what we wanted," said Santos.

With a professional history in bar and beverage, he and co-owner Glass, who specializes in the restaurant side figured out years ago that they made a great pair. They have a combined nearly 50 years in restaurant and bar management and both remain hands-on in running

"It was a perfect spot for us, for a neighborhood bar and grill. The space was great. It's what we wanted."

— BLAINE SANTOS
SMOKEY OAK TAVERN CO-OWNER



The staff of the Smokey Oaks Tavern (pictured above) make it a great neighborhood stop for delicious food, cocktails and friendly service. Photo courtesy Smokey Oaks Tavern

on their own. "We wanted to do something on our own. We wanted to venture out.

What sets Smokey Oaks apart from other places is the

impressive fact that they do all their own smoking of meats and vegetables on site. They have a 110 gallon drum smoker that they utilize for everything from

chicken, to cuts of beef such as tri-tip, brisket and even peppers. "We smoke all our protein in house," said Santos.

Least diners think all that work will have a high ticket price, Santos and Glass strive to keep the prices affordable without sacrificing quality. "We want produce a good product at a reasonable price," Santos said.

They have working business arrangements with the nearby Waldorf School to provide them with local tomatoes and firewood, for instance. They buy all their wood for smoking from GBR Ranch in Lodi. That selection currently includes Applewood, Oak and Cherrywood, giving all their

smoked goods a delicious and distinctive flavor. Almond wood is next on their list to add, a rare treat for the wood smoking connoisseur.

Smokey Oaks isn't all about the meat though. According to local regular "Dirty Don" Leek, the Caesar Salad is "off the hook." The restaurant is also well known for its Dirty Tots and other tantalizing treats such as wings, lettuce wraps, battered and fried green beans and mac and cheese. Seafood, surf and turf and vegetarian options, soups and sandwiches round out the menu offerings.

Not to be outdone, Smokey Oaks makes some mean cocktails. Santos says he knows how

to make just about concoction behind the bar and knows he can wing and still mix a winner. Featured cocktails include Cucumber-Melon, Strawberry Sizzle, and some interesting offering such as Aces and Eights and the Recoil.

"The Smokey Oak Tavern Caesar Salad is off the hook!"

— DON LEEK
SMOKEY OAK TAVERN REGULAR PATRON

Smokey Oaks is open Monday through Saturday from 11 am to 9 pm. In addition to bar and restaurant seating (don't forget the lovely fireplace), the tavern also is open for private parties and special events. They have a 60-seat banquet room and a beautiful outdoor patio for additional seating.

Smokey Oaks is located at 9634 Fair Oaks Blvd in Fair Oaks, close to major intersections at San Juan Ave and Sunrise Blvd. They



Try one of the tavern's signature burgers such as Loaded Bleu Cheese or Cowboy. Sandwiches included cucumber, chicken, tri-tip pulled pork and more. Photo courtesy Smokey Oaks Tavern

can be reached by phone at 916.536.9330 or check them out online at www.smokeyoakstavern.com. Do your palate and senses a favor and get in before the word gets out about this friendly and fabulous local tavern. ★



The tavern also features appetizers and salads such as Deep Fried Battered Green Beans, Dirty Tots, in house Mac & Cheese, and a variety of soups. Photo courtesy Smokey Oaks Tavern

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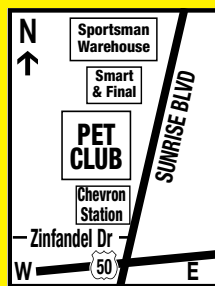
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CT PLU 367

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CT PLU 569

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