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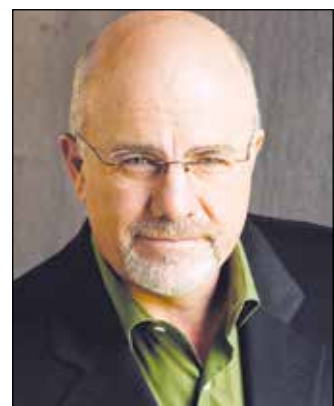
December 23, 2016

**POLICE OFFICERS
BRING HOLIDAY
SMILES**



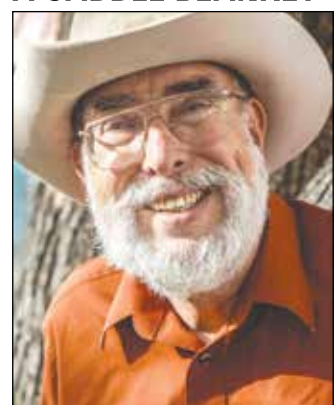
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**"CHICKEN-FRIED
STEAK THE SIZE OF
A SADDLE BLANKET"**



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MERRY CHRISTMAS!



**Mobile Passport
Control Expands
to Sac Airport**

SACRAMENTO REGION, CA (MPG) - U.S. Customs and Border Protection (CBP) and Sacramento International Airport (SMF) announced on December 16, 2016 the expansion of Mobile Passport Control (MPC) services to SMF. Sacramento International Airport becomes the 21st airport to offer Mobile Passport Control for Customs and Border Protection processing.

Mobile Passport Control is the first authorized app to expedite a travelers' arrival into the United States. Eligible travelers submit their passport information and answers to inspection-related questions to the CBP via a smartphone or tablet app prior to arrival. Travelers who use it do not have to complete a paper form. As a result, travelers will experience shorter wait times, less congestion, and faster processing.

Android and iPhone users can download the Mobile Passport app for free from the Google Play Store and Apple App Store. The app is available to US citizens and Canadian visitors.

"U.S. Customs and Border Protection remains committed to keeping the international arrivals process as secure and traveler-friendly as possible by offering new and innovative technology systems," said Brian J. Humphrey, CBP Director of Field Operations in San Francisco. "The Mobile Passport Control (MPC) app adds another option proven to reduce wait times for the ever-growing number of international visitors without compromising our important border protection mission."

This first-of-its-kind app was developed in partnership with U.S. Customs and Border Protection by Airports Council International-North America and their technical partners.

"The number of international travelers continues to grow at Sacramento International Airport and we are happy to announce this free service and its added convenience in time for Christmas travel," said John Wheat, Director of Airports. "Mobile Passport Control joins Global Entry as new amenities at the airport to facilitate customs processing for international travelers."

The free app will come in especially handy for travelers on Alaska Airlines' new non-stop service from Sacramento to Cabo San Lucas, which begins in June.

The Sacramento County Department of Airports is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. Sacramento International Airport is a self-supporting enterprise offering more than 145 nonstop flights on nine domestic and international carriers to 30 destinations. The regional economic impact of the airport system is more than \$4 billion annually. For more information, visit www.smf.aero.

Source: Sacramento County Media

Supermarket Sweep for Food Banks

Story and photo
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael's junior philanthropist Cameron Dax shopped up a storm for his annual food drive last week. With more than \$600 personally saved or donated dollars, the 12-year-old ended up with 1000-plus items to fill closets at local food banks.

The 12-year-old has organized an annual food drive for food banks since he was six. His first retail stop was The Grocery Outlet on Greenback Lane. Owner Sarah Wheeler gave the young shopper a generous discount on her store's already low prices and commended his efforts: "He's the youngest big shopper we've had here," she said. "He is doing great things." The happy customer and his family hauled his six-cart inventory away in three vehicles. They combined purchased goods with thousands of non-perishables previously gathered items from friends, neighbors and the



Cameron Dax checks his list at The Grocery Outlet checkout with store owner Sarah Wheeler. His parents and grandmother bring up the rear with overflowing carts.

community. Carmichael Presbyterian Church Food Drive in 2017, contact Cameron's efforts support the food banks. Daxgirl@surewest.net or call San Juan School District and To assist Cameron's Canned (916) 320-7928. ★



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United Way Honors Five Local Donors and Volunteers with Awards



Representatives from Dr. Pepper Snapple Group in Del Paso Heights accept the Cornerstone Award from United Way California Capital Region at a donor appreciation event last week. Photo courtesy United Way

SACRAMENTO REGION, CA (MPG) - Five of United Way California Capital Region's donors and volunteers were honored by the local nonprofit last week for their commitment to United Way's Square One Project that is ensuring local students graduate from high school prepared for success in college and beyond. Honorees included Al Goldberg of Natomas, Amber Lovett of East Sacramento, Jim Shetler of Galt and Sandy Smoley of Midtown Sacramento. Del Paso Heights-based Dr. Pepper Snapple Group was United Way's fifth honoree.

At the recognition event held at restaurant Mulvaney's B&L in Midtown Sacramento, United Way California Capital Region President and CEO Stephanie Bray told the guests and honorees, "All of you in this room have played a powerful

role in changing people's lives this year. None of this would have been possible without your time and financial commitments, which will continue to fuel our Square One Project in coming years."

Goldberg was named Young Leaders Society Member of the Year for his dedication to United Way's Young Leaders Society by reaching out to new members, promoting events and bringing ideas to the group. Lovett received the Women in Philanthropy Member of the Year Award for her work getting United Way's Women in Philanthropy off the ground 15 years ago and her continued dedication to the group as a donor. Shetler received the Boje and Price Award for Outstanding Volunteerism for his service on the group's board of directors creating a five-year strategic plan in

addition to being a top United Way donor. Smoley received the Frances Wisebart Jacobs Live United Award for her longtime commitment to United Way since 1967 through a women's group, leadership on the board of directors and donations to United Way's Women in Philanthropy.

Dr. Pepper Snapple Group was honored with the Cornerstone Award for achieving outstanding results in the company's United Way campaign and making volunteerism and community engagement part of its company culture. The company has contributed countless volunteers and more than \$273,000 over the last five years.

"I know we have a bright year ahead as we continue to work together to make sure kids succeed in school and beyond," Bray said.

"But it's going to take all of us. By bringing together companies, schools, government and individuals across the region we know that we can bring about that change."

United Way California Capital Region has launched the Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, the local United Way now believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college. To donate or volunteer, visit www.yourlocal-unitedway.org.

Source: Kristin Thèbaud Communications

State Water Project Allocation Increased to 45 Percent

Storms Dent, Don't End Drought

SACRAMENTO REGION, CA (MPG) - With reservoirs rising from December storms, the Department of Water Resources (DWR) boosted its early-season estimate of next year's State Water Project (SWP) supply from 20 to 45 percent of most requests on December 21.

"This winter's wet start gives us hope we'll be able to keep increasing the State Water Project allocation," said DWR Director Mark Cowin. "But the faucet can shut off suddenly and leave us dry for a sixth year in a row. Drought always looms over California, so we must use water wisely and sparingly."

Each December, DWR makes its initial estimate of SWP water delivery capability (allocation) for the following calendar year. The allocation is adjusted -- hopefully upward -- as hydrologic conditions develop through the rainy season. Under the initial 20 percent water allocation for 2017, the 29 public agencies served by the SWP would receive only 839,376 acre-feet of the 4,172,786 acre-feet they collectively requested. Under today's allocation, they would receive 1,894,645 acre-feet.

The initial allocation for this calendar year (2016) was 10 percent of the requested 4.1 million acre-feet, but was increased to 60 percent as storms developed and reservoir storage increased.

Lake Oroville in Butte County, the SWP's principal reservoir, this morning was holding 1,895,292 acre-feet, 54 percent of its 3.5 million acre-foot capacity and 88 percent of its historical average for the date. Shasta Lake north of Redding, California's and the federal Central Valley Project's (CVP) largest reservoir, was holding 3,327,257 acre-feet, 73 percent of its 4.5 million acre-foot capacity and 120 percent of its historical average. San Luis Reservoir, a critical south-of-Delta storage facility for both the SWP and CVP, was holding 1,155,838 acre-feet, 57 percent of its 2 million acre-foot capacity and 87 percent of its average for the date.

It's important to note that nearly all areas served by the SWP have sources of water other than their SWP allocation, among them streams, groundwater and local reservoirs.

The last 100 percent SWP allocation -- difficult to achieve even in wet years because of Delta pumping restrictions to protect threatened and endangered fish species -- was in 2006.

Source: DWR

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Monday, December 26 through Monday, January 2.

www.carmichaelchamber.com

Holiday Scents for Seniors

Rio Americano Students Deliver Fresh Wreaths To Seniors

CARMICHAEL, CA (MPG) - For the second year in a row, Rio Americano High School's Independent Living Skills (ILS) students delivered more than 50 fresh evergreen wreaths to every senior resident at the Sunrise Senior Living in Carmichael.

The community outreach, organized by Rio school pride and spirit support group OneRio, allowed Rio students to come together to bring holiday cheer to the local senior care facility. When they were done hanging the wreaths, they spent some time socializing with residents and spreading holiday cheer.

The wreaths were created and decorated by ILS students, in collaboration with student groups across campus, including student government and CIVITAS.

"Any time we can integrate



Rio Americano students (above) from the school's Independent Living Skills program prepare fresh wreaths to deliver to each senior resident at Carmichael's Sunrise Senior Living facility. Photo courtesy SJUSD

our class as part of all the great things happening at Rio, it's a great experience for our kids," said Heather Ludwig, a Rio Americano ILS teacher. "Last year the kids had so much fun

working together to bring some holiday cheer to the elderly residents of the community we were excited to make it a yearly tradition."

Source: SJUSD ★

Sacramento County Wins National Tech Savvy Award

SACRAMENTO COUNTY, CA (MPG) - The Public Technology Institute (PTI) awards a handful of city and county governments each year with the Tech Savvy designation. PTI announced recently that Sacramento County was awarded with the PTI 2016 Tech Savvy Designation for having proven exceptional talent, great ideas, a spirit of teamwork and collaboration, creativity, technology leadership and proven technology best practices across the entire enterprise.

As one of six local governments designated as Tech Savvy for 2016, Sacramento County met or exceeded in nine criteria for: adhering to a stated standard of

ethics and excellence, embracing performance management practices and using data/business intelligence to drive decision-making; providing leadership communication and collaboration around technology solutions; encouraging professional development; implementing a Technology Plan; offering cybersecurity and network security training and awareness; demonstrating a commitment to green technology initiatives; and embracing a culture of technology innovation.

Some of the elements of the County submission of excellence included the creation of 3-1-1, the use of data driven analytics for the Department of Human Assistance,

commitment to green technology initiatives, and a progressive training and professional development program for Department of Technology employees. All while maintaining the highest level of integrity and accountability to the constituents of Sacramento County.

Created by and for cities and counties, the not-for-profit Public Technology Institute promotes innovation and collaboration for thought-leaders in government, and advances the use of technology to improve the management and delivery of services to the citizen. For more information, visit www.pti.org.

Source: Sacramento County Media ★

SAMHSA Provides \$7,196,038 in Grants for People Recovering from Trauma

SACRAMENTO REGION, CA (MPG) - The Substance Abuse and Mental Health Services Administration (SAMHSA) has awarded up to a total of \$7,196,038 over the next five years to programs in California for programs that help people and communities recover from, and build resiliency from trauma.

"Trauma, whether from exposure to child abuse, community violence, or natural disaster can have a devastating effect on people," said SAMHSA Principal Deputy Administrator Kana Enomoto. "We must help people in every segment of our community -- especially youth and Tribes, many of whom have experienced significant historical, community, and individual traumas."

The grant programs going to California included in this

SAMHSA effort are:

National Child Traumatic Stress Initiative: Purpose - Creates a national network of grantees - the National Child Traumatic Stress Network (NCTSN) or Network - that works collaboratively to develop and promote effective trauma treatment and services for children, adolescents, and their families exposed to a wide array of traumatic events

Community Treatment and Services Centers grants: Purpose - Improves the quality of trauma treatment and services for children, adolescents, and their families who experience or witness traumatic events; and to increase access to effective trauma-focused treatment and services for children and adolescents throughout the nation. The work of this

initiative is carried out by a national network of grantees - the National Child Traumatic Stress Network - that works collaboratively to develop and promote effective trauma treatment, services, and other resources for children, adolescents, and families exposed to an array of traumatic events.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. For more information on SAMHSA grants, visit <http://www.samhsa.gov/grants>. ★



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Grandchildren of the Sixties



Commentary by Dr. Earl Tilford

College students in the streets protesting a Trump presidency are not so very different from the demonstrators who took over Columbia University in April 1968. Nevertheless, what took place in less than three weeks back then did a lot to mold the present.

On April 9, 1968, at a memorial service for Martin Luther King, Jr., 20-year-old Mark Rudd, president of Columbia's Students for a Democratic Society (SDS), grabbed the microphone to denounce Grayson L. Kirk, the university's conservative president. Columbia bordered Harlem, where it had recently acquired land to build a

new gymnasium. Rudd accused Kirk of racism for building a gym to serve Columbia's wealthy and predominantly white student body at Harlem's expense. He also lambasted Columbia for supporting the war in Vietnam by acquiring grants from the Institute for Defense Analyses (IDA) to study military strategy.

For 20 days, Rudd channeled passion into idealism to fuse issues of race with frustrations over Vietnam. On Tuesday, April 23, several hundred students seized the library. After venturing out and failing to bring down a fence around the gym construction site, some protestors returned to the library while others occupied the administration building. Two days later, over a thousand students and off-campus supporters were ensconced in five university buildings. Protestors came together and then clustered around causes. Banners marked off various "liberated zones." The hardcore revolutionaries—advocating violence—wore red armbands. Those urging nonviolence wore green. Black Panthers hung Huey Newton posters. SDS favored images of Karl Marx, Che Guevara, and Vladimir Lenin.

On Thursday, April 25, black students and allies from Harlem demanded white occupiers leave the administration building. Mark Rudd and SDS moved to Kirk's office in the occupied library. On Monday

night, April 29, over 1,000 New York City police swarmed the campus. By dawn, 720 students were in custody and 148 people were hospitalized.

Columbia marked the height of the "Sixties" movement. The Student Non-Violent Coordinating Committee (SNCC) expelled whites in 1965. The Black Panthers, founded in Alabama by SNCC the same year, morphed into a sexist and racist separatist movement. After Columbia, Mark Rudd and student colleague Ted Gold split from SDS to found the radical and violent Weather Underground. On March 6, 1970, Gold and two other Weathermen perished when a bomb they were making exploded prematurely. Weather Underground leaders Mark Rudd, Bernadine Dohrn, and Bill Ayers went underground. Dohrn and Ayers eventually married. Later they supported the political aspirations of Chicago activist Barack Obama.

Rudd became one of the charter members of the 2008 group, Progressives for Obama, the mission statement of which was written by SDS founder Tom Hayden.

Images of protesting students, police brutality, and Tom Hayden's appeal for creating "two, three, many Columbias" mobilized young people on other campuses in the '60s. SDS went on to Chicago, where with Yippies and hippies, they sparked mayhem that contributed to putting Richard Nixon in the White

House. Radicals then captured the Democratic Party to support Senator George McGovern's presidential candidacy leading to near political seppuku in 1972.

The May 1970 campus eruptions—protesting four deaths at Kent State—more closely resembles what's happening now with the grandchildren of the Sixties generation. Then, as now, there indeed were "many Columbias." What difference did it—or does it—make?

Back then, not much. Columbia caved. It didn't build the gym and cut off relations with IDA. In 1968, like most of American academe, Columbia was still conservative. But pressure on administrators was growing so that by June 1969, 80 major colleges and universities were seeking new presidents. Unable to stand up to demands issued by students and, increasingly by faculties, college and university administrators tried accommodation. This allowed a generation of Sixties-inspired radicals to move into academia where they thrived while instilling their leftist ideological perspectives. Only a handful of institutions, mostly in the South, held the line, at least for a while. Today only a few academically rigorous conservative colleges and universities remain: Grove City College, Hillsdale College, and Pepperdine University are among them.

America's war in Vietnam ground along until January 1973. Richard

Nixon's troop withdrawals, made possible by massive bombing coupled to Henry Kissinger's deft diplomacy, contributed far more to ending U.S. involvement than protestors ever did. In the 1980s, the "68'ers" twice elected Ronald Reagan. Our kids are the helicopter parents who coddled the 20-somethings rioting today.

Columbia was the first real media-driven student protest event. Sporadic, short-lived campus disturbances usually took place in college towns with limited media coverage. The Columbia unrest lasted three weeks. The press honed in because it involved pampered white children from upper middle class to wealthy New York/New England families. The New York Times covered it. Major newspapers from Philadelphia to San Francisco dispatched reporters from their New York City offices. Camera crews from the three TV networks rode the subway to Columbia to provide coverage.

The current children's crusade will rock on through Inauguration Day 2017. Then the kids will return to school, maybe learn something, and hopefully grow up.

—Dr. Earl Tilford is a military historian and fellow for the Middle East & terrorism with The Center for Vision & Values at Grove City College. Content provided by Vision and Values. ★

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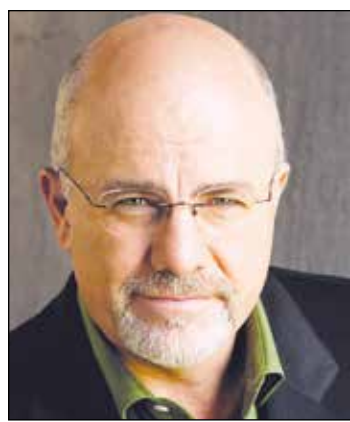
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Dave Says

Dave's take on layaway

Dear Dave,
 How do you feel about using layaway programs?
 - Jay

Dear Jay,
 I'm not a huge fan of layaway plans, because they're not really the solution to a problem. What's wrong with just saving up and buying stuff when you have the cash? I mean, Christmas comes at the same time every year, you know? It's not like it snuck up on you.

I know there are rare instances when particular items are on sale, and you can take advantage of it through layaway if you don't have the cash at the moment. I don't really have a problem with that kind of thing in rare instances. But I would not, under any circumstances, use a layaway plan that has fees attached. You might as well borrow the money if you're going that route.

Here's a good rule of thumb: if you don't have the money, you can't afford it. And make sure you don't get into the habit of lusting after things you don't

own, because that lack of contentment is always tied to people being broke. Just don't make plans like this a way of life, Jay. If you do, you're liable to stay chained to layaway programs just like you'd be chained to debt!
 —Dave

Credit cards are not an emergency fund

Dear Dave,
 My husband and I are trying to follow your plan. We've paid off all of our credit cards, but he still doesn't want to close the accounts and cut up the cards. Instead, he wants to keep them in a drawer and use them as an emergency fund. He grew up really poor, and I think he's afraid of being poor again. We both know that's not what you recommend, so what can I do to convince him to follow your advice?
 - Lynn

Dear Lynn,
 I think rather than trying to convince him, it might be a better idea to gently ask questions and talk things through. You said he grew up in poverty. What I'm hearing is that the cards represent a kind of security blanket for him. I can understand that. But if you had \$10,000 set aside for emergencies, you'd have the security of knowing that a

transmission repair on the car or a new water heater for the house would only be a minor inconvenience — and you wouldn't have to go back into debt to make things right again.

Explain to him that what you'd like to do is replace the credit cards with your own money. You'd also be replacing what they do with a debit card. Ask him if there's a reasonable amount you two could have in the bank that would take away his worry and stress. Talk it out, agree on the amount, and then agree that when you've saved up and hit that number, the cards get cut up and the accounts are closed.

Just be patient and understanding. Above all, make sure you work together. If he's recognized the wisdom of getting out of debt and taking control of your finances, he's moving in the right direction!
 —Dave

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



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SATURDAY, MARCH 18, 2017 AT 8:00 PM
 Pre-concert talk at 7:00 PM by Conductor Donald Kendrick


Sacramento Community Center Theater

PLAN TO GET YOUR TICKETS EARLY for this unique concert experience

- British chorus and orchestra gems from the era by Vaughan Williams, Stanford, Parry, Elgar, Holst
- Narrations about memorable Downton Abbey events
- Audience participation, digital green screen photo op
- All are welcome to attend in post-Edwardian England dress
- English tea at the post-concert reception



Donald Kendrick | Music Director

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YOGA

Restorative YOGA
\$10 Donation.
Sunday Night
7-8:15pm. Louise 729-0103.

Crossword Puzzle on Page 9

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

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- We are Local

Sudoku Puzzle on Page 9

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

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 Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09136 Kevin Salem, 5908 Asbury Court Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Dog Training Secrets" at 5908 Asbury Court Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 18, 2016. Publish: December 2, 9, 16, and 23, 2016
 DOG 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09187 Gurpreet Singh Kahlon, 11878 Fire Agate Way Rancho Cordova, CA 95742 and Manpreet Singh, 11878 Fire Agate Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Smoke & Vape" at 9220 Greenback Lane #B Orangevale, CA 95862. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 2, 9, 16, and 23, 2016
 SMOKE 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09107 Beverly Yu and Orion Roger, 160 Arnold Gamble Circle Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Capitol Analytical" at 160 Arnold Gamble Circle Sacramento, CA 95835. Filed with the Clerk of Sacramento County November 17, 2016. Publish: December 2, 9, 16, and 23, 2016
 CAPITOL 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09032 Umar Sarfarz, 131 Bewicks Circle Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Marconi Smog Shop" at 2140 Marconi Avenue Suite #300 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 16, 2016. Publish: December 2, 9, 16, and 23, 2016
 MARCONI 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09242 Liberty Bell Alarm Co. Inc, 5320 South Watt Avenue Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Liberty Bell Smart Home" at 5320 South Watt Avenue Sacramento, CA 95826. Filed with the Clerk of Sacramento County November 23, 2016. Publish: December 2, 9, 16, and 23, 2016
 LIBERTY 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08964 Heidrun B. Gross, 1408 Glen View Court Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Capital Realty, Capital Realty & Loan" at 2740 Fulton Avenue Suite 101-24 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 15, 2016. Publish: December 2, 9, 16, and 23, 2016
 CAPITAL 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09235 Peter Fuller, 5504 Woodforest Drive Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Complete Health Fitness, Elevate YPO" at 901 Sunrise Avenue Suite A-10 Roseville, CA 95661. Filed with the Clerk of Sacramento County November 23, 2016. Publish: December 2, 9, 16, and 23, 2016
 COMPLETE 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09213 Steven J. and Valerie Bright Callori, 112 Crater Peak Place Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Skyline Tahoe Partners" at 112 Crater Peak Place Folsom, CA 95630. Filed with the Clerk of Sacramento County November 22, 2016. Publish: December 2, 9, 16, and 23, 2016
 SKYLINE 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08962 Brad Davis, 1606 McClaren Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "HRV Research & Consulting" at 1606 McClaren Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 15, 2016. Publish: December 2, 9, 16, and 23, 2016
 HRV 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09214 Yevgeniy Stepanov, 4816 Skyway Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Fair Oaks Psych Home Care" at 4816 Skyway Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 22, 2016. Publish: December 2, 9, 16, and 23, 2016
 FAIROAKS 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09196 Vasiliki Kanas, 8401 Granite Cove Drive Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Bellus Spa" at 815 Sutter Street Suite D Folsom, CA 95630. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 2, 9, 16, and 23, 2016
 BELLUS 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08813 Mailing Systems, Inc, 2431 Mercantile Drive Suite A Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Mailing Systems Inc" at 2431 Mercantile Drive Suite A Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 8, 2016. Publish: December 2, 9, 16, and 23, 2016
 MAILING 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09199 Graciela Contreras Inc, 3131 Fruitridge Road Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Los Inmortales Taqueria" at 3131 Fruitridge Road Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 2, 9, 16, and 23, 2016
 TAQUERIA 161122 12-23-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09302 Nicholay Nguyen Tran, 9554 Rose Vista Court Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "T4 South Sacramento" at 6645 Stockton Boulevard Suite 200 Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 29, 2016. Publish: December 9, 16, 23, and 30, 2016
 T4 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09326 K&O Enterprises LLC, 2647 Main Street San Diego, CA 92113 is doing business under the Fictitious Business Name(s) "Loyal Towing, Quality Towing" at 3435 52nd Avenue Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016
 LOYAL 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09312 Sidney Baysinger, 9341 Fair Oaks Boulevard Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Water Heater Pros" at 9341 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016
 WATER 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09208 Michele A. Pelton-Bennett and Paul A. Bennett, 5004 Bonny Kaye Court, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "MyLifeAgent.org" at 5004 Bonny Kaye Court Antelope, CA 95843. Filed with the Clerk of Sacramento County November 22, 2016. Publish: December 9, 16, 23, and 30, 2016
 MYLIFEAGENT 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09266 Armen Shahbazyan, 3572 Emervo Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Zara's Mini Market" at 10675 Coloma Road Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 28, 2016. Publish: December 9, 16, 23, and 30, 2016
 ZARAS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09323 Lisa L. Lemans, 8805 Kelsey Drive Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Exit Stage Right, Staging & Cleaning" at 8805 Kelsey Drive Elk Grove, CA 95624. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016
 EXIT 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09400 HAP Auto Recycling, Inc, 3590 Sunrise Boulevard Suite 5 Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "HAP Auto Recycling, Inc" at 3590 Sunrise Boulevard Suite 5 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016
 HAP 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09398 Aztec Solar Inc, 11370 Trade Center Drive Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Aztec Advertising" at 11370 Trade Center Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016
 AZTEC 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09372 Immanuel Food Service LLC, 9417 Rainbow Falls Way Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Masaya" at 716 7th Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016
 MASAYA 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09345 FINDPRO LLC, 11524 Pylrites Way Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "FINDPRO" at 11524 Pylrites Way Gold River, CA 95670. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016
 FINDPRO 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09179 Sanifran Global, Inc, 2020 5th Street #219 Davis, CA 95617 is doing business under the Fictitious Business Name(s) "Rita's of Arden Arcade, Rita's of Natomas, Rita's Ice Custard Happiness, Rita's Italian Ice Frozen Custard" at 2654 Marconi Avenue Suite 112 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 9, 16, 23, and 30, 2016
 RITAS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08898 Home Boom, Inc, 1111 H Street Suite 202 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Home Boom Financial, ForVeterans.com" at 1111 H Street Suite 202 Sacramento, CA 95814. Filed with the Clerk of Sacramento County November 10, 2016. Publish: December 9, 16, 23, and 30, 2016
 HOMEBOOM 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09328 Hyo S Park, 12304 Pawcatuck Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Call Bowl Teniyaki" at 10673 Coloma Road Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016
 CALI 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09332 The Maxbread Group, LLC, 6822 Domingo Drive, CA Rancho Marieta, CA 95683 is doing business under the Fictitious Business Name(s) "Togo's Carmichael" at 4100 B Manzanita Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016
 TOGOS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09369 Christine Bosley, 5254 Dewey Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Chai Cottage" at 5254 Dewey Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 9, 16, 23, and 30, 2016
 CHAI 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09200 Auto Star Motors Inc, 4625 Auburn Boulevard Suite A Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Auto Star Motors" at 1761 Fulton Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 9, 16, 23, and 30, 2016
 AUTO 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09236 Yevgeniy Kryazev, 5509 Shaver Court Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "KY Transport, KY Transportation" at 5509 Shaver Court Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 23, 2016. Publish: December 9, 16, 23, and 30, 2016
 KY 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08960 Shaless Kumar, 1941 John Still Drive Sacramento, CA 95832 is doing business under the Fictitious Business Name(s) "Hari Bhajan Ramayan Kirtan Faag Mandi" at 1941 John Still Drive Sacramento, CA 95832. Filed with the Clerk of Sacramento County November 15, 2016. Publish: December 9, 16, 23, and 30, 2016
 HARI 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09244 Deena R. Wilson, 4840 Ice Age Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Apex Consulting and Training Services" at 4840 Ice Age Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 23, 2016. Publish: December 9, 16, 23, and 30, 2016
 APEX 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09159 Sanctuary Senior Services, Inc, 2377 Gold Meadow Way Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "M&M Senior Living" at 6524 Main Street Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 18, 2016. Publish: December 9, 16, 23, and 30, 2016
 M&M 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08642 Life Pure Water Inc, 8347 Elk Grove Florin Road #123 Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Life Pure Water" at 8347 Elk Grove Florin Road #123 Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 1, 2016. Publish: December 9, 16, 23, and 30, 2016
 LIFE 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09298 Quest GeoSystems Management, Inc, 11275 Sunrise Gold Circle Suite R Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "ASC Tech Services" at 11275 Sunrise Gold Circle Suite R Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 29, 2016. Publish: December 9, 16, 23, and 30, 2016
 ASC 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09059 18 Grams Coffee & Tea LLC, 2460 Fernandez Drive Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "18 Grams Coffee & Tea, 18 Grams" at 9677 E. Stockton Boulevard, Elk Grove, CA 95642. Filed with the Clerk of Sacramento County November 16, 2016. Publish: December 9, 16, 23, and 30, 2016
 18GRAMS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09212 Abresley Leasiano, 6913 Le Havre Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "SUD Institute, Substance Use Disorder Institute" at 1600 Sacramento Inn Way Suite 205 Sacramento, CA 95815. Filed with the Clerk of Sacramento County November 22, 2016. Publish: December 9, 16, 23, and 30, 2016
 SUD 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-08859 Michelle Bebout, 6342 Perrin Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bebout Business" at 6342 Perrin Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 9, 2016. Publish: December 9, 16, 23, and 30, 2016
 BEBOUT 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09402 Erica Oswald, 2520 Cathay Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "intOMOTION Coaching, intOMOTION Travel" at 2520 Cathay Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County December 2, 2016. Publish: December 9, 16, 23, and 30, 2016
 INTO 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09654 Tarun Gaur and Pritt Gaur, 2679 Silver Stone Lane Santa Rosa, CA 95407 is doing business under the Fictitious Business Name(s) "Folsom Gas & Car Wash" at 500 E. Bidwell Street Folsom, CA 95630. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 FOLSOM 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09337 United Trust Mortgage Inc, 750 N. Capitol Avenue Suite B-2 San Jose, CA 95133 is doing business under the Fictitious Business Name(s) "Infinite Real Estate Group" at 5820 Fair Oaks Boulevard, CA 95608. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 FINFINITE 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09474 Daniel Cruz, 5110 El Camino Avenue #9 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "DCM Services" at 5110 El Camino Avenue #9 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 DCM 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09343 Alina Jar and Dan M. Jar, 6928 LeHavre Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Phyllis' Care Home" at 6924 LeHavre Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 PHYLLIS 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09572 Carolina Torres, 1525 Wayland Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Earth Stone Fibers" at 1525 Wayland Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 FIBERS 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09578 Jason and Elizabeth Newbery, 6510 Alyssa Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Fuzion Metal Fabrication" at 6510 Alyssa Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 FUZION 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09405 Carmen Micsa, 6100 Fair Oaks Boulevard #A3 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Wistful Press" at 6100 Fair Oaks Boulevard #A3 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 2, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 WISTFUL 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09406 Beverly Serpa, 916 Vintage Oak Avenue Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Herald Junction Thrift Store" at 12717 Herald Road Herald, CA 95638. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 HERALD 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09161 David McEwen, 340 36th Way Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "The Lean Thinking Coach and Consultant" at 340 36th Way Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 18, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 THINKING 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09500 Livius Ana and Aurelia Ana, 5121 Arroyo Street Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Fair Oaks Care Home" at 5121 Arroyo Street Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 6, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 FAIROAKS 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09553 Dayyddden Elghassein, 117 Demurrage Way Folsom, CA 95662 is doing business under the Fictitious Business Name(s) "Auto Consulting" at 2309 Lexington Street NE. B-1 Sacramento, CA 95815. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 AUTO 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09571 Artur Kryukov, 8628 Sycamore Glen Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "AK Handyman Services" at 8628 Sycamore Glen Way Antelope, CA 95843. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 AK 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09569 Andrei Zavadski, 5034 Joyce Lane Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "AZ Handyman Services" at 5034 Joyce Lane Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 AZ 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09571 Aleksandr Laschuk, 8577 Copley Court Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Your Neighborhood Handyman" at 8577 Copley Court Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 YOUR 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09570 Vladislav Yuryevich Molchanov, 4221 Clay Creek Way Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Vlad's Handyman Services" at 4221 Clay Creek Way Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 VLADS 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09568 Andrei Zavadski, 5034 Joyce Lane Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "AZ Handyman Services" at 5034 Joyce Lane Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 AZ 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09657 Paradise Oaks Youth Services, 7806 Uplands Way Suite A Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Martins Achievement Place" at 7806 Uplands Way Suite A Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 9, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 MARTINS 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09654 TransCapital Ventures, Inc, 5616 Kingswood Drive Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "TransCapital Realty, TransCapital Property Management" 5616 Kingswood Drive Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 TRANSCAPITAL 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09509 Zachary Sanders, 2301 Morse Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Valley Surface Revitalization" at 2647 Mercantile Drive Suite C Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 6, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 VALLEY 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09012 Rachel Harrison, 8389 Pelligrini Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Pretty Much Syles & Cuts" at 3579 Matherfield Road #B Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 16, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 PRETTY 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09012 Rachel Harrison, 8389 Pelligrini Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Pretty Much Syles & Cuts" at 3579 Matherfield Road #B Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 16, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 PRETTY 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09407 Support for Family, LLC, 1333 Howe Avenue Suite 206 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "ApexCare" at 1333 Howe Avenue Suite 206 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 2, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 APEXCARE 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT
 FBNF2016-09407 Support for Family, LLC, 1333 Howe Avenue Suite 206 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "ApexCare" at 1333 Howe Avenue Suite 206 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 2, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017
 APEXCARE 161122 1-6-17

Slim Randles' HOME COUNTRY



"Chicken-Fried Steak the Size of a Saddle Blanket"

a cavalry regiment. We stepped out into the chill of the night and looked up at the many stars.

"Nice night for neutrinos," Bert said. His wife, Maizie, groaned quietly and looked for something in her purse.

"Neutrinos, Bert?" Doc said. "You know what neutrinos are, of course, Doc," Bert said.

"I think that's the chess team in Fairweather, Doc," Steve threw in. "You're wrong, Steve," said Mrs. Doc. "Those are the Machismos."

"So the neutrinos ... aren't they dogs that have been fixed?" Bert was ready to bust a gut. "Are you kidding? You don't know what neutrinos are? You don't study astronomy?"

"Well, no, actually..." Bert smiled in the darkness. "A neutrino," he pronounced, "is a sub-atomic particle. It doesn't have an electrical charge, and it flies around at the speed of light

going through things. The word neutrino means 'small, neutral one'."

"Just like Gilbert's Chihuahua. He charges around going through things... and I'm pretty sure he's been neutralled."

"I don't know why I even bother bringing up these scientific things," Bert said, in despair. "Me neither," said Dud.

"You probably don't know about charmed quarks, either, I'll bet."

"Charmed, I'm sure," said Steve.

Doc made wing-flapping gestures. "Quark, quark ... QUARK!"

Bert got in the car and drove off. Sometimes drive-by knowledge can hurt innocent bystanders.

Is "Home Country with Slim Randles" on your local radio station? Would you like it to be? Suggest the station email info@syndication.net to learn more ★

If they ever give a Nobel Prize for reading about science, our guy Bert Underwood would be a shoo-in. His own career had been strictly non-scientific, but his retirement absolutely reeked of cutting-edge discoveries, which he read about and tried to pronounce.

It was like that the other night when the Mule Barn closed. We had taken our wives down to split either a chicken-fried steak the size of a saddle blanket, or a fish and chips large enough to feed

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Carmichael Times




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Dare to Live Without Limits

by Bryan Golden

Someday is Today



Procrastination sabotages your future. When you were a kid, time appeared to be limitless. There was no risk in putting things off until later. You had all the time in the world. As you grew older, you began to realize your original outlook was faulty. Time definitely is finite.

Although your understanding changed, the habit of putting things off remained an engrained habit. You continue to utilize the strategy of using someday as a goal for accomplishments. The flaw in this approach is that there is no deadline or sense of urgency so there's no real incentive to get started.

An impending deadline is a great motivator. It can even create a sense of emergency. You rush to get things done because you fear the consequences of not doing so. If there is no deadline, chances are nothing will ever be accomplished.

You rarely put things off you are excited about. It's

those tasks you don't want to do, don't like doing, are too difficult, or you just don't know where to start, that are postponed to some unidentifiable point in the future. Fear of failure is another excuse used when putting things off. The regrets people have later in life are all of those things they never did, not those things that may not have worked out as planned.

Whatever your goals may be, nothing will happen until you make it happen. The best way to accomplish this is by redefining "someday" to mean "today." Your goals for today are much more likely to be accomplished than your aspirations for someday.

Even a task that cannot be completed today can be started today. Taking action, even one small step, no matter how small, is essential to breaking through the wall of procrastination. Forward movement is amazingly powerful. It gets you off the sidelines and on the

road to success.

One effective action strategy is working on a task for just 15 minutes today. Don't worry about how much or how little you will accomplish. You can devote 15 minutes to anything you have been putting off.

Once you get started, you must keep your momentum going. Develop a timeline with specific dates and measurable accomplishments. This process establishes concrete deadlines to maintain your motivation.

Next, you need to identify and remove any roadblocks that have gotten in your way or will inhibit your progress. There are no obstacles which cannot be overcome. Every problem has a solution. Instead of making excuses, find the solutions.

Another anchor that prevents forward movement is worry. Worry is a waste of time and energy. You fret over what has happened, what is happening, or what may happen. Regardless

of how intently you worry, nothing positive will be accomplished. Replace worry with action. Take whatever steps are necessary to bring about your desired outcome.

Do you have goals? What are they? Today is the time to identify your objectives. Don't put it off any longer. If you haven't given this much thought, start now. Identify your likes, dislikes, strengths, and weaknesses. Where would you like to be? What would you like to do?

Today is your someday. Life is not a practice run. Start working on those issues you have been putting off. Until you become proactive, nothing happens. You don't want to be in a position where you look back years from now and lament all those things you didn't do because you put them off. Today is tomorrow's yesterday. Start things today so you won't regret putting them off tomorrow.

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

'Twas The Night Before Christmas...

Dr. James L. Snyder

Unlike me in many ways, the Gracious Mistress of the Parsonage begins her Christmas shopping in January and by August, she is in full shopping mode. There should be a law that any present bought before December cannot be considered a Christmas present.

When the children were still at home, I was just as eager as they were on Christmas morning to see what I had bought them for Christmas. They always appreciated the thought that went into their gift. You did not hear this from me, but sometimes my wife was surprised at the gift as well.

Up to this year, I have successfully eluded such Christmas faux pas. My Christmas Eve starts bright and early in the morning. My first stop is the "Slurp 'N Burp Café" for a big breakfast. After an early breakfast, it is off to the mall for my Christmas Eve ritual of shopping. I only go to the mall once a year.

One of the things on my shopping agenda is a Christmas present for my wife. Although I have had over 45 years experience in this, I am no better off than our first Christmas.

In all those years, I have given her everything from jewelry to perfume to bubble bath. At this stage in my life, I do not know what to get her.

Last year I was tempted to wrap myself and put the box under the tree, but I was afraid I would suffocate by Christmas morning. As I wandered from store to store, I could not find anything to buy for her. I could get her a card with money in it but I'm afraid the check would bounce - and then I would.

If I bought her a dress, I would only be putting my life on the line. If the dress I bought were too small, she would be offended to think I thought she was gaining weight. If the dress I bought was too large - well, you know what that would mean.

If I did not get her something, I would look pretty silly come Christmas morning - I mean sillier than usual.

Wandering in and out of store after store brought me no closer to that gift of all gifts that would say, "I think you're terrific."

I was exhausted and about to give up and go home in shameful disgrace. Then, when I was about to give up, there it was. The perfect gift. I could not believe my eyes. I rubbed

them in disbelief and loudly exclaimed, "Yes, Virginia, there is a Santa Claus after all."

I wept, I laughed, I burped (musta been the soda). Right before my eyes was the perfect gift for my wife. A gift that said, "Honey, you're the greatest." Watching the salesperson carefully wrap my Christmas trophy, I could not help thinking about the real meaning of Christmas.

God searched all of heaven to find that one special gift to tell mankind how much He really loved them. Finding nothing better, He settled on that Gift of all gifts, the Lord Jesus Christ.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16).

My Christmas prayer is that this year you will celebrate with me God's gift of eternal life in Jesus Christ.

Dr. James L. Snyder is pastor of the *Fidelity of God Fellowship Ocala, FL* where he lives with the *Gracious Mistress of the Parsonage*. Call him at 1-866-552-2543 or e-mail james-snyder2@att.net. His web site is www.jamesnyderministries.com. ★

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204363
WHEREAS, Arthur Daniel Herrera, Jr. has filed a petition with this court for a decree changing the name(s) of Arthur Daniel Herrera, Jr. to Arthur Daniel Herrawley.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 20, 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 07, 2016
David I. Brown, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
HERRERA 161105 01-06-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204080
WHEREAS, Casie Eaddy and Marcus Eaddy have filed a petition with this court for a decree changing the name(s) of Broden Donald Eaddy to Broden Donald Manley Eaddy.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 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 1, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
EADDY 161111 01-06-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204048
WHEREAS, Michael Richard Franconeri has filed a petition with this court for a decree changing the name(s) of Michael Richard Franconeri to Richard Michael Quiroz.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 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: November 23, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
QUIROZ 161111 01-06-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204306
WHEREAS, Ilias D Kushubekov and Jibek B Mirzaeva have filed a petition with this court for a decree changing the name(s) of Aybergen Iliasovich Kushubekov to Aybergen Ilias Kushubek.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 17, 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 06, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
KUSHUBEK 161111 01-06-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00201211
WHEREAS, Blake Alexander Deering has filed a petition with this court for a decree changing the name(s) of Blake Alexander Deering to Blake Alexander Roscoe.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 23, 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 8, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
DEERING 161111 01-06-17

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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204351
WHEREAS, Bruce Goulding on behalf of Niko Buchignani, a minor has filed a petition with this court for a decree changing the name(s) of Niko KaiKoa Wayne Buchignani to Niko KaiKoa Wayne Buchignani-Goulding.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 20, 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 07, 2016
David I. Brown, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
GOULDING 161105 01-06-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204304
WHEREAS, Brooke Jean Milde has filed a petition with this court for a decree changing the name(s) of Brooke Jean Milde to Brooke Jean Baker.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 16, 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 06, 2016
David I. Brown, Judge of the Superior Court
Publish: December 16, 23, 30, 2016 and January 6, 2017
MILDE 161105 01-06-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204356
WHEREAS, Nancy Katherine Jeffries has filed a petition with this court for a decree changing the name(s) of Nancy Katherine Jeffries to Katherine Jeffries Patterson.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 20, 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 7, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
PATTERSON 161111 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204616
WHEREAS, Natalya Gonchar has filed a petition with this court for a decree changing the name(s) of Aleksandr Sergii Gonchar to Aleksandr Kalyandra.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 24, 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 13, 2016
David I. Brown, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
GONCHAR 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204686
WHEREAS, Reid Millard McFarland MacDonald has filed a petition with this court for a decree changing the name(s) of Reid Millard McFarland MacDonald to Reid Millard McFarland.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 28, 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 13, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
MCFARLAND 161111 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00202061
WHEREAS, Jill Marie Dearden has filed a petition with this court for a decree changing the name(s) of Jill Marie Dearden to Jill Marie Crosby.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 8, 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: October 21, 2016
David I. Brown, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
CROSBY 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00202058
WHEREAS, Cassandra Luella Carsten has filed a petition with this court for a decree changing the name(s) of Cassandra Luella Carsten to Cassandra Luella Crosby.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 7, 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: October 21, 2016
David I. Brown, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
CARSTEN 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00196977
WHEREAS, Kyle Justin Farmer has filed a petition with this court for a decree changing the name(s) of Kyle Justin Farmer to Kyle Justin Biglow.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 17, 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: July 08, 2016
David I. Brown, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
FARMER 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204670
WHEREAS, Nadera FNU has filed a petition with this court for a decree changing the name(s) of Nadera FNU to Nadera Aslami.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 27, 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 13, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
FNU 161111 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204665
WHEREAS, Raihana FNU has filed a petition with this court for a decree changing the name(s) of Raihana FNU to Raihana Aslami.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 27, 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 13, 2016
David I. Brown, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
ASLAMI 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00204682
WHEREAS, Yoeuth Chhay has filed a petition with this court for a decree changing the name(s) of Yoeuth Chhay to Salina Chhay.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 28, 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 13, 2016
Raymond M. Cadei, Judge of the Superior Court
Publish: December 23, 30, 2016, January 6, and 13, 2017
CHHAY 161111 01-13-17

NOTICE OF PETITION TO ADMINISTER ESTATE
ESTATE OF CAROL ELIZABETH GIACHETTI
CASE No. 34-2016-00203514
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Carol Elizabeth Giachetti, Carol E. Giachetti, Carol Giachetti, (deceased): A Petition for Probate has been filed by Gina Alison Giachetti in the Superior Court of California, County of Sacramento,

requesting that Gina Alison Giachetti, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. A hearing on the petition will be held in this court as follows: January 11, 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: Gina Alison Giachetti 942 Vetch Circle Lafayette, CA 80026 303-819-6659 Publish: December 9, 16, and 23, 2016 GIACHETTI 161111 12-23-16

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- Web connectors
- Bagnold or Blyton
- Urban myth
- ____ Mara, Kenya
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- River of Hades
- Door openers
- Sad sound
- Owl's cry
- English or Irish canine
- Type of word
- Be nosy
- Bridge site
- Do this with hot drink
- *Gordon Ramsay's turf
- *Investors on "Shark Tank"
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- Lumps of fuel
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Solutions on Page 6

River Cats Name Dave Brundage Manager for 2017

SACRAMENTO REGION, CA (MPG) - The Sacramento River Cats, in conjunction with the San Francisco Giants, are excited to welcome Dave Brundage as manager of the River Cats for the 2017 season.

Brundage is the only new face to the field staff as the rest of 2016's coaching and training outfit will return to Raley Field for this coming season. Alongside Brundage will be hitting coach Damon Minor (second season) and pitching coach Dwight Bernard (third season). LJ Petra is back for this third season as Athletic Trainer while Strength and Conditioning Coach Adam Vish (second season) rounds out the club's 2017 field staff.

An Oregon native, Brundage joins the River Cats with nearly two decades of managerial experience. The veteran manager spent the last four seasons with the International League's Lehigh Valley IronPigs (Philadelphia Phillies Triple-A), compiling a 286-289 record (.489). Last year, Brundage led the IronPigs to an 85-58 record, the second best mark in all of Triple-A baseball.

Brundage, 52, made his managerial debut in 1995 with the Riverside Pilots (Seattle Mariners Class A-Advanced) but has spent most of his managerial career at either the Double- or Triple-A levels. Prior to his four seasons with Lehigh Valley, Brundage helmed the Richmond/Gwinnett Braves for six seasons from 2007 through 2012. He made his Triple-A debut in 2006 with the Pacific Coast League's Tacoma Rainiers. Brundage has a career record of 1,371-1,315 (.510) in 19 seasons as a manager and a 793-781 (.504) mark at the Triple-A level.

Drafted in the 4th round of the 1986 Amateur Draft out of Oregon State University, Brundage spent 10 seasons as a player in the Minor Leagues with the Phillies and Mariners organizations.

Minor, 42, returns to the River Cats for his second season as hitting coach. In his first year with the team, the River Cats saw their team batting average climb four points to .272, good for sixth best in the Pacific Coast League in 2016. Minor worked closely with Giants prospect Austin Slater as he adjusted to Triple-A pitching. Slater went on to claim the PCL's August Player of the Month award with a .381 average, nine home runs, and 26 RBI in 30 games.

A former Giant, Minor was drafted by San Francisco in 1996 and made his Major League debut in 2000. In 136 games over parts of four seasons, Minor hit .232 with 13 home runs. He set a career-high in 2002 when he played in 83 games and slugged 10 home runs, helping the Giants claim the National League pennant. While in the Giants farm system, he compiled a .277 batting average with 179 home runs and 648 RBI across nine seasons.

Minor spent the 2016 offseason serving as the hitting coach for the Scottsdale Scorpions (Arizona Fall League), where he worked with potential future River Cats hitters Aramis Garcia, Ryder Jones, and Hunter Cole.

Bernard returns for his third season as pitching coach for the River Cats. In his first two seasons with Sacramento, Bernard coached the River Cats staff to a 3.85 and 4.03 ERA, the first and third-best marks in franchise history respectively. Under his guidance, Clayton Blackburn claimed the PCL ERA title in 2015 (2.85 ERA) and finished second in Pitcher of the Year voting. In 2016, Ty Blach was named left-handed Pitcher of the Year while under Bernard's tutelage. Blach went 14-7 with a 3.43 ERA for the River Cats last season before going 1-0 with a 1.06 ERA in four games for the Giants in September.

Like Brundage, Bernard brings

exceptional experience to his role as pitching coach, having spent 31 seasons as a pitching coach or coordinator dating back to 1986.

Petra enters his ninth consecutive season in the Giants organization and third as Athletic Trainer in Sacramento. The University of Connecticut graduate joined the River Cats field staff in 2015 after spending the 2014 season in Fresno. Prior, Petra was with Double-A Richmond for two seasons (2012-13), and both Augusta (2009) and San Jose (2011) for one season each. Before joining the Giants organization, Petra spent 2007-08 as the assistant athletic trainer and head strength and conditioning coach for the Bowie Baysox, Double-A affiliate of the Baltimore Orioles.

Vish starts his fifth season in the Giants organization as a Strength and Conditioning Coach and second in Sacramento. Entering his sixth season in professional baseball, Vish previously worked in the Kansas City Royals minor league system during the 2011 and 2012 seasons. He was named the Strength and Conditioning Coach of the Year for the Carolina League (Advanced A) in 2012 and is a graduate of the University of Pittsburgh's Master of Science (MS), Exercise and Human Physiology program.

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. The team plays at Raley Field in West Sacramento, consistently voted one of the top ballparks in America. River Cats Season Tickets, Mini-Plans, and Flex Plans can be purchased for the 2017 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleysfield.com. ★

Police Officers Bring Holiday Smiles

Students Participate in Annual Shop With a Cop Event



Officers from the Citrus Heights Police Department (above) are pictured with one happy young shopper at the 10th Annual Shop With A Cop event. Photo courtesy SJUSD

SACRAMENTO REGION, CA (MPG) - Every year, the Citrus Heights Police Department works with schools in the area to provide students with a better holiday season. This year, more than two dozen police officers accompanied 24 students for a shopping spree at the Citrus Heights Walmart as part of the 10th annual Shop with a Cop event.

Two students from each San Juan Unified school in

Citrus Heights were selected for this event, where they each received \$100 for a shopping spree to pick out items for themselves and their families. Police officers accompanied students around Walmart, providing ideas for purchases and helping load carts. Participating students were selected based on criteria focused on character and ethics.

The Citrus Heights Walmart

provided the grant for the shopping spree. Students not only picked items for themselves, such as bikes, toys and clothes, but they also picked out gifts for family members and friends.

Check out photos from the event below, including students from Mariposa Avenue Elementary and Sylvan Middle School!

Source: SJUSD

CDPH Releases Reports on Healthcare-Associated Infections - Vaccination Rates

SACRAMENTO REGION, CA (MPG) - The California Department of Public Health (CDPH) released two annual reports recently. The reports provide information about healthcare-associated infections (HAI) and influenza vaccination rates among health care providers.

While California hospitals have made progress in preventing healthcare-associated infections, HAIs continue to be a significant public health issue in the state. In 2015, hospitals reported 19,847 healthcare-associated infections to CDPH. From 2014 to 2015, 56 hospitals demonstrated significant improvement in preventing one or more HAI type. Hospitals are making progress in preventing HAI with the exception of C. difficile diarrheal infections (CDI), which increased 8 percent

since 2011. CDPH offered infection-prevention assistance to 73 hospitals with high infection rates.

The department's influenza vaccination report indicates that vaccination rates among health care providers have improved in the past five years. Since 2011, vaccination rates increased 21 percent for hospital employees and 11 percent for non-employee healthcare providers, such as physicians or other contracted staff members.

Both the HAI and influenza vaccination rate reports include data reported by 392 licensed general acute care hospitals representing 419 campuses. The reports are on the CDPH website at www.cdph.ca.gov

Due to various factors in the way data are classified and validated, the information in this

HAI report is not directly comparable to previous annual reports the department released. The report provides additional details about these changes.

Using data from these reports, CDPH created an interactive map for the public, Healthcare Personnel Influenza Vaccination in California Hospitals and updated the data for the My Hospital's Infections Map.

"Hospitals can utilize the data in our HAI report to implement and improve infection-prevention strategies," said Dr. Karen Smith, CDPH director and state public health officer. "This same information can help Californians stay informed about what their local hospitals are doing to protect against healthcare associated infections."

Source: CDPH





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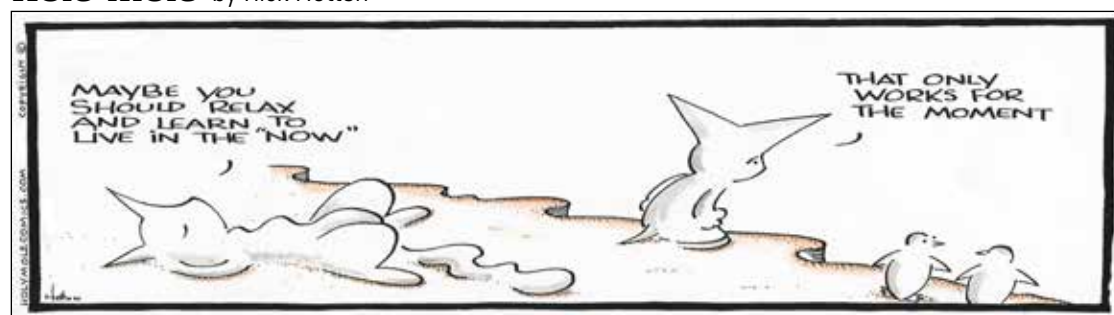
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Sacramento County DA Reports



Defendant Convicted for Murder of Infant

Defendant Sentenced for Inflicting 2nd-Degree Burns on Child

Defendant Sentenced for Murder, Attempted Murder of Homeless Men

Husband & Wife Plead Guilty to Felony Insurance Fraud

DATE: November 30, 2016
CASE: Damian Porter (Case #14F03935)
PROSECUTOR: Deputy District Attorney Timothy Carr, Special Assault & Child Abuse Unit
Damian Porter was convicted by a jury of the second-degree murder of Graeson Byrd and assault on a child resulting in death. A separate jury acquitted co-defendant Davonna Rae Byrd, the victim's mother, of murder and assault on a child causing death charges.

On April 8, 2013, Porter was home alone with 11-week-old Graeson from early in the morning until 911 was called later that afternoon. When medical personnel arrived, Graeson was not breathing and did not have a heartbeat. The child was pronounced dead when he arrived at the hospital a short time later. Medical evidence showed Graeson had sustained a serious head injury that caused his death, and that Graeson had sustained numerous other injuries inflicted over several weeks. Among those injuries were rib, arm, and leg fractures.

Porter faces a maximum sentence of 25 years to life in prison. Sentencing is set for December 30, 2016, at 9:00 a.m. in Department 21 in front of the Honorable Steve White.

DATE: December 2, 2016
CASE: Joseph Zeno (Case #15F02799)
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit
The Honorable Kevin McCormick sentenced Joseph Zeno to 9 years in prison. On October 26, 2016, a jury convicted Zeno of child abuse. The jury also found true the allegation that Zeno personally inflicted great bodily injury on a child under the age of 5.

On the morning of October 17, 2014, Zeno was alone with the 2-year-old victim. The victim's mother later noticed a large blister on the bottom of the victim's foot. The victim was treated at Shriners Hospital for second-degree burns covering the bottom of her foot. It was found that the only item that could have caused the burn was a hot frying pan. Zeno denied injuring the child, but admitted he had a form of discipline called "Hot Feet," where he would smack the bottom of a child's foot with his hand or hanger.

DATE: December 2, 2016
CASE: Kenneth Hill (Case #15F06592)
PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

The Honorable Richard Sueyoshi sentenced Kenneth Hill to 39 years to life in prison. On October 27, 2016, a jury convicted Hill for the first-degree murder of Luis Cortez and the attempted murder of Hwan Chong causing great bodily injury. The jury found true allegations that Hill used a deadly weapon on both charges. In a separate proceeding, the jury found that Hill was sane at the time he committed both crimes.

On August 16, 2015, Hill was homeless when he sliced the neck of Hwan Chong, who was also homeless and mentally ill. Mr. Chong received stitches for his injury. Hill claimed that Mr. Chong attempted to rape him, and he was defending himself. On October 19, 2015, Hill stabbed another homeless man, Luis Cortez, killing him. Hill again claimed that Mr. Cortez attempted to rape him.

Hill had initially pled not guilty and not guilty by reason of insanity.

DATE: December 7, 2016
CASE: Grandon David DeMasters & Sandra Jean DeMasters (Case #16FE010741)
PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

Grandon David DeMasters and his wife, Sandra Jean DeMasters, pled guilty to felony insurance fraud.

On July 16, 2015, the defendants' 21-year-old son, Grandon Dylan DeMasters, left a bar near Isleton on a Harley Davidson motorcycle owned by the defendants. He rode at a high rate of speed, passing motorist Wing Joe. Moments later, Grandon Dylan DeMasters crashed the motorcycle on the side of the road and left it on the roadway. As Mr. Joe came around a bend, he hit the motorcycle. The Harley then burst into flames, totaling both vehicles.

On July 17, 2015, Grandon David DeMasters started an insurance policy on the wrecked Harley Davidson and did not disclose the accident. Sandra Jean DeMasters made a claim and stated her husband crashed the motorcycle. Both defendants gave additional statements to Pacific Specialty Insurance (PSI) in support of their fraudulent claim. On November 2, 2015, PSI paid off the \$12,889 loan on the Harley Davidson and paid \$2,000 to the defendants for other associated losses. On November 3, 2015, Mr. Joe's insurance company sought subrogation against PSI and the fraud was discovered.

The Honorable James McFetridge sentenced both defendants to 60 days in jail, 5 years formal probation, and ordered them to pay \$16,119 to PSI and \$1,000 to Wing Joe in restitution. ★



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Media Hype Aside, Energy Industry is Exceptionally Safe

Commentary
by Robert Bradley Jr.



Oil rigs drilling a relief well are shown in the Gulf of Mexico July 31, 2010, over the Deepwater Horizon well 40 miles from the southern coast of Louisiana. DoD photo by Petty Officer 1st Class Sara Francis, U.S. Coast Guard/Released

The new movie Deepwater Horizon chronicles the 2010 oil spill in the Gulf of Mexico. This is a story worth telling, but the Deepwater disaster should not indict the entire energy industry.

Oil and natural gas firms actually have an exceptional safety record. Thanks to improved technology and safety standards, incidents like Deepwater are extremely rare. Historically, only two accidents occurred besides Deepwater: the 1969 Santa Barbara Oil Spill and the 1989 Valdez Oil Spill.

That's still too many from the industry viewpoint. But energy development involves unique risks. Workers handle heavy equipment and toxic material. That's why developers have created new technologies that reduce danger. Automated machinery reduces the chance of human error. New water pipelines reduce waste. And improved drilling cuts the amount of time workers spend underground.

Moreover, energy firms have worked closely with the Occupational Safety and Health Administration (OSHA) to develop new safety standards for equipment posing the highest risks.

As a result, a new OSHA study shows that the average injury rate on new oil rigs is a third less than that of older rigs.

Meanwhile, the overall fatality rate for the oil and gas industry has dropped 60 percent since 2003. And the rate of work-related injury and illness has fallen 40 percent since 2005.

These are substantial gains. As of 2014, the private sector suffered 3.2 job-related, non-fatal injuries per 100 full-time workers. The energy industry, by comparison, had a rate of only 2.1. And offshore drilling is even safer, with an injury rate of just

.5 per 100 workers.

Transportation is also incredibly safe -- especially pipelines.

Consider liquid pipelines. Since 1999, accidents are down 50 percent. Now, in 99.999 percent of cases, oil and petroleum arrives safely at their destinations.

For natural gas, 99.999997 percent of cases experience no spills. Since 1984, pipeline leaks have decreased 94 percent.

Industry officials spend billions on rigorous inspections and maintenance. Recently, they've increased inspections, used new devices to detect infrastructural weaknesses and required operators to craft unique inspection protocols.

Ironically, it's green extremists that make pipelines unsafe. Misguided environmentalists frequently vandalize pipeline construction sites. In Iowa, extremists protesting the Dakota Access Pipeline set fire to construction sites, causing \$1 million in damage. In North Dakota, four security guards were injured and over two dozen people pepper sprayed after a violent pipeline protest.

Extrapolating larger danger from the Deepwater tragedy and installing punishing regulations beyond newly updated best practices has real economic costs.

Today, the oil and natural gas sector supports over nine million jobs and generates substantial economic activity.

Take Colorado, where the industry now supports over 213,000 jobs and represents over nine percent of state GDP. Additionally, state tax revenue from energy firms has jumped by 50 percent since 2010. That's money that can be invested in schools, roads, and other public infrastructure.

This is the American energy economy in action. But regulations prevent it from reaching its full potential. Under President Obama, the Environmental Protection Agency has finalized nearly 150 new rules. Overall, EPA regulations cost \$386 billion annually -- over 2 percent of GDP.

Indeed, the anti-energy constraints could cost the oil and natural gas industry 830,000 jobs.

The Deepwater Horizon spill was a tragedy. But it was also an isolated incident. The energy industry has driven substantial safety and environmental improvements and is well on their way to zero accidents and zero spills.

Robert L. Bradley Jr. is the founder and CEO of the Institute for Energy Research. ★

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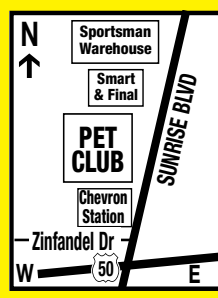
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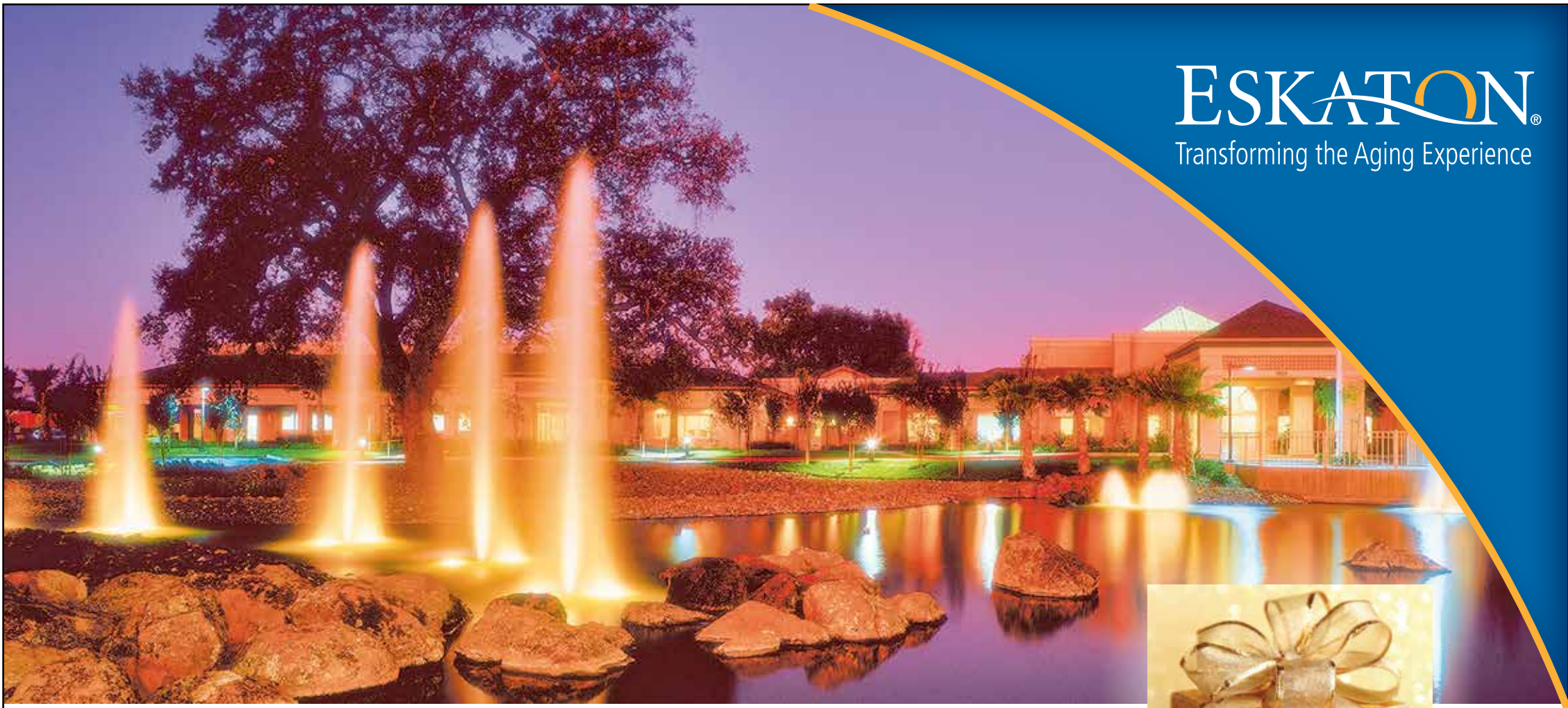
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