

*We Wish Our Readers A Happy Thanksgiving*

**Rotary Turns the Tables for Local Park**

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# Carmichael Times

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*Serving Carmichael and Sacramento County since 1981*

November 25, 2016

**FUN WITH PURPOSE PAYS OFF FOR LOCAL GIRL SCOUTS**



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**SORENSEN NAMED AUTOMOBILE TECHNICIAN OF THE YEAR**



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**ME TIME DURING THE HOLIDAYS**



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## Cameron's Cans Fight Hunger

*Story and Photos by Susan Maxwell Skinner*

**CARMICHAEL, CA (MPG)** - This holiday season will be brighter thanks to the sixth food drive organized by one Carmichael boy.

Not yet in his teens, Cameron Dax has done enough grocery shopping for lifetime. The 12-year-old out penny-pinches the frugal. He can't find a bargain, he'll haggle for one. Two cans for a dollar is his top bid for tomatoes.

From the age of six, he's been pushing a shopping cart like a pro. Since he started Cameron's Canned Food Drive, he has given nearly 10,000 non-perishable items to Carmichael Presbyterian Church, whose food closet helps families and the homeless. The home-schooled kid also donates supplies for San Juan School District's outreach to families.

"When I first saw people who didn't have enough food, I wanted to give them all peanut butter and jelly sandwiches," recalls the young philanthropist. "I learned that food must be non-perishable to be helpful, so I started my canned food drives. This year, I began collecting in October. I leave bins at the offices of friends, at the gym, at our doctor's and chiropractor's clinic. Mom and dad's financial advisor also collects for me. The Carmichael Chamber of Commerce is a new supporter and a motor club in Grass valley has promised a load of groceries." His November collection at Emigh Hardware store yielded a palette of food and 50 crews from Alpha One Ambulance recently pledged help for the young visionary.

Many others donate to fund six-cart shopping sprees at stores that offer good discounts. Throughout the year, Cameron saves his allowance to boost his budget. "I've also sold some of my art projects to raise funds," he says. "My Go Fund Me account (on social media) helps to get donations from out-of-town people. They know I'm helping others. It makes me feel good inside. If all other kids did something like this, perhaps hunger wouldn't be such a problem."



**Cameron Dax has gathered groceries for Arden Carmichael food closets for six years. The 12-year-old paints and sells his art to boost funds for his grocery purchases.**

Cameron's father, contractor Jeff Dax, is ecstatic to have a pre-teen kid with such a monumental heart. "It's inspiring when an 12-year-old thinks this way," says dad. "The project has helped Cameron grow. He's learned to be businesslike and resourceful. He recruits friends to help; he's confident talking to adults. He tells everyone he meets about the project — even our mailman. And he brings food to the door, too."

Cameron's home school teacher, mom Coral Dax, reports eye-opening market expeditions with her son. "He sets a budget before he starts and he sticks to it," she notes. "He's learned to pick components that can be used to make meal. He tries to make good choices for nutrition."

Cameron's career hopes include

being an astronaut or working for a non-profit. Presbyterian Church food closet volunteer Terry Summers predicts great things for the youthful activist. "It's endearing to see someone giving back at such a young age," she approves. "With Cameron's concern for the community, he'll have an amazing future." Cameron's Canned Food Drive supporters include: Dax Construction, Fiske Financial Strategies, CrossFit Loco Ocho gymnasium, Functional Longevity Institute, Visions in Education (charter school group), Acme Chiropractic and The Grocery Outlet. [www.gofundme.com/feedingmyneighbors](http://www.gofundme.com/feedingmyneighbors)

To assist the project, E-mail [Daxgirl@surewest.net](mailto:Daxgirl@surewest.net) or call (916) 320-7928. ★



## Santas Needed to Fill Local Stockings

*You Can Help Formerly Homeless Women and Children*

**SACRAMENTO REGION, CA (MPG)** - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 200 unstuffed stockings and specific fillers for local infants and toddlers, children, teens and adult women.

"There is nothing like hearing the squeals of joy from children and their mothers who have gone from having nothing to now having a place to call home during the holidays and cheerful stockings to hang in their homes," said Lisa Culp, executive director, Women's Empowerment. "But these stockings not only bring joy, they give these families necessary items so they can stay healthy and warm this winter as they rebuild their lives."

For the list of items needed, visit [www.womens-empowerment.org](http://www.womens-empowerment.org). Those interested also



**Help share the joy with children and their mothers who have gone from having nothing to now having a place to call home during the holidays. Photo courtesy United Way.**

can donate \$35 to have a volunteer elf fill a stocking or donate \$15 Target gift cards. Items are

needed by Dec. 7 and can be dropped off at 1590 North A Street, Sacramento.

Celebrating its 15th anniversary this year, Women's Empowerment was recently

featured on NBC's The TODAY Show for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,367 homeless women and their 3,700 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: [www.womens-empowerment.org](http://www.womens-empowerment.org).

Source: Kristin Thébaud Communications ★



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# Cathy Snow Remembered

## Community Advocate to be Honored

**CARMICHAEL, CA (MPG)** - The Carmichael Chamber of Commerce will pay tribute to its Immediate Past President Cathy Snow at a ceremony taking place on Thursday, December 1 at Carmichael Park. A bronze plaque will be attached to the sign along Fair Oaks Blvd that displays the logos of the Chamber, Park District and service organizations in Carmichael. Cathy not only spearheaded this project, but was involved in the community through

the Carmichael Chamber, Kiwanis Club of Carmichael and Carmichael Presbyterian Church.

The dedication will take place at 5:15 pm by the sign. The ceremony is part of the Carmichael Tree Lighting and Food Truck event that runs from 5-8 pm. The public is invited to attend as we honor a woman who had a life of service to her community.

Source: Carmichael chamber of Commerce



The Carmichael Chamber of Commerce will pay tribute to its Immediate Past President Cathy Snow at a ceremony taking place on Thursday, December 1 at Carmichael Park.

# Sheriff Scott Jones Concedes

## Statement on 7th Congressional District Election

**SACRAMENTO, CA (MPG)** - "A week and a half after the election, there have finally been enough votes counted to make it nearly impossible for me to overcome the deficit. As such, I conceded the election tonight to Congressman Bera. Although there were difficult aspects of

the race, I do not regret running and am extremely proud of the campaign that we ran. My campaign staff and volunteers were of exceptional caliber. Thank you to everyone who voted for me, made calls for me, knocked on doors for me, gave money to me, or just supported me in any

of a thousand other ways. Above all else, thank you to my family who endured the race with exceptional grace and support. I am proud to continue to have the opportunity to serve as your faithful Sheriff!"

Source: Campaign office of Scott Jones

# FTB Responds To Gaines' Call to Help Victimized Veterans

**SACRAMENTO, CA (MPG)** - Senator Ted Gaines (R-El Dorado) reported that, per his request, the Franchise Tax Board (FTB) has put into place a dedicated study team to evaluate the taxation of California National Guard Bonus repayments.

"I called on the FTB to create a special task force to aid California National Guard veterans who may need to file amended tax returns resulting from the resolution of this bonus scandal and am pleased to hear they are moving forward," said Senator Gaines. "I want these veterans to have

FTB staff specifically dedicated to their plight so they are not mired in bureaucracy when trying to resolve their tax status. I appreciate the FTB working with these service men and women to ensure our veterans are being honored for their service and not suffering from this betrayal at the hands of the Pentagon."

The FTB reports that they have reached out to the Internal Revenue Service (IRS) requesting information on the IRS interpretation of the federal tax consequences of the bonus repayment and are awaiting a response.

The FTB is also awaiting the final decision from the Department of Defense regarding the repayment of bonuses. Once the appropriate information is received, the FTB will take action to notify taxpayers and tax professionals of the appropriate tax treatment.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

Source: Office of Ted Gaines

# Derek Sorenson Named Automobile Technician of the Year

## Earns 2016 Bridgestone Retail Operations Automotive Service Excellence Award

**CARMICHAEL, CA (MPG)** - Bridgestone Retail Operations (BSRO) recently announced that Derek Sorenson of Carmichael has been named the BSRO/Automotive Service Excellence (ASE) Master/L1 Automobile Technician of the Year. Sorenson accepted his award along with 45 other of the industry's best technicians at the annual ASE Fall Board Meeting and Awards Banquet on Nov. 16 in Concord, North Carolina.

"Derek is a 'go-to' guy who's often called by other stores in his area for help with some of the more challenging jobs," said Damien Harmon, chief operating officer, Bridgestone Retail Operations. "Not only is he an incredibly talented technician, he also serves as a mentor to many of his co-workers, helping them grow and develop their own skills. The combination of his passion, experience and commitment to doing great work makes him exceedingly qualified to receive this prestigious award."

When he's not at work, Sorenson enjoys spending time with his family - his wife of 40 years, six children and 15 grandchildren - and restoring vintage automobiles with his sons. He is an active community volunteer who offers his time to several charitable organizations and has also served his church in different capacities for many years.

Every year, ASE recognizes top technicians from across the country in all areas of the automotive service and repair industry (auto, truck, collision, parts, etc.) through its Technician of the Year program. The ASE Master/L1 Automobile Technician of the Year award recognizes a technician for his or her outstanding individual achievements which include top ASE test scores, on-the-job excellence and community service. By honoring top technicians like Sorenson, and



Derek Sorenson of Carmichael shows off his award. Photo courtesy BSRO.

continuing to partner with ASE to help them further develop their skills, BSRO is working to fulfill its long-term strategic goal of becoming the most trusted provider of automotive care in every neighborhood it serves.

A 40-year veteran of the company, Sorenson works at a Firestone Complete Auto Care location in Sacramento, California. He started with the company in high school through a vocational program

and became a full-time technician immediately following graduation. To further his automotive education, he attended the American River College in Sacramento.

BSRO owns and operates 2,200 tire and automotive service centers nationwide, operating under the Firestone Complete Auto Care, Tires Plus, Hibdon Tires Plus and Wheel Works store brands.

Source: BSRO

# ANNUAL TREE Lighting

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# Rotary Turns the Tables for Park



Rotarians Rich Plath, Ed Bunting, Dick Bauer, Walt Malhoski and Stan Roe joined Carmichael Park District directors Tarry Smith and Karen Borman during delivery of concrete picnic tables for Carmichael Park.

**Story and Photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Picnickers are now spared wobbly tables thanks to a Carmichael Rotary Club project. Through 2016 fundraising – and matching funds from Rotary International – the club last week presented seven concrete tables to the Carmichael Park District.

The tables each weigh about 2400 pounds and are embellished with the non-profit's logo.

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

After the loss of funding opportunities that resulted from a legal challenge to the 2014 property-owner assessment,

the Rotary donation – valued at \$7000 -- was doubly welcomed by CRPD. "We're grateful to the club," said district administrator Tarry Smith. "Gifts from community organizations provide amenities we could not otherwise afford."

An annual crab feed raises money for all Carmichael Rotary donations. The 2017 event is planned for February 4 at the La Sierra Community Center. For information, visit [www.carmichaelrotary.org](http://www.carmichaelrotary.org) ★

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**December 14th**  
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## Sacramento County DA Reports

Father and Son Convicted of Felony Auto Insurance Fraud



Defendant Convicted of Charges Stemming from Vehicle Shooting

DATE: November 8, 2016  
CASE: Harpreet Singh & Satnam Singh (Case #16FE007779)

PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit  
Harpreet Singh and his father, Satnam Singh, pled no contest to felony auto insurance fraud and misdemeanor making a false report to police. Harpreet also pled no contest to felony hit and run with injuries.

On Sept 2, 2015, Harpreet caused a major vehicle crash while driving an Acura registered to his father, Satnam. The crash injured the driver of one of the involved cars. Harpreet fled the scene, but was followed by witnesses who reported his license plate to police. Harpreet then abandoned the car and walked to his gym to call his father, who picked Harpreet up and took him home. One hour later, Satnam called police to report his car had been stolen from his house. He also claimed he had no children and no one else ever drove his car. Satnam also filed an insurance claim for the allegedly stolen Acura. Before discovering the claim was a fraud, CSAA paid Satnam approximately \$22,000. CHP officers investigating the incident spoke to one of Satnam's neighbors who showed them surveillance video of Harpreet driving the Acura away from the house on the morning of the crash.

The Honorable Curtis Fiorini sentenced Harpreet Singh to 270 days in jail and 5 years formal probation. Satnam Singh was sentenced to 240 days in jail and 5 years formal probation. Both men were ordered to pay \$26,240 in restitution to CSAA (the cost of the payout on the claim plus investigative costs), \$9,041 to Allstate Insurance (cost of claims paid to their insured) and restitution to the other drivers involved in the crash.

DATE: November 9, 2016  
CASE: Daevon Love (Case #15F06950)

PROSECUTOR: Deputy District Attorney Shelly McGill, Gangs & Hate Crimes Unit

Daevon Love was convicted by a jury of assault with force likely to produce great bodily injury, discharging a firearm at an inhabited vehicle, three counts of assault with a semi-automatic firearm, and being a felon in possession of a firearm. The jury also found true allegations that Love personally used a firearm and committed crimes while out on bail. The Court found in a separate proceeding that Love has a prior strike conviction.

On July 31, 2014, Love and his friends attacked a man and beat him. On November 8, 2015, Love, while out on bail, was a passenger in a Buick. The Buick nearly collided with another car. When the occupants of the other car honked at the Buick, Love pulled out a firearm and shot at them. Neither the car nor the occupants were struck, but an unrelated individual who was walking to work suffered a gunshot wound to his neck.

Love's prior strike conviction is for battery with serious bodily injury. He faces a maximum sentence of 56 years in prison. Sentencing is set for January 20, 2017, at 9:00 a.m. in Department 39 before the Honorable James Arguelles. ★

## Molly's Revenge WINTERDANCE

11th Annual Celtic Christmas Celebration



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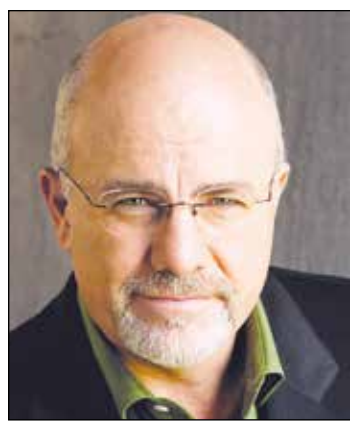
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# Dave Says

## Is this plan too intense?

Dear Dave,  
 My wife and I make a little over \$50,000 a year combined, and we're almost debt-free. Right now, we have \$50,000 left on our mortgage and \$4,000 in student loans left to pay. We're both really excited about the future, and we're thinking about selling our home and moving into a trailer her parents own. On top of this, we'd like to save my wife's entire salary for five years to buy another, better house. What do you think of this plan?  
 - Travis

Dear Travis,  
 Man, I'm really excited for you two. You're working hard to take control of your finances and pay off debt. This is what I mean when I use the phrase "gazelle intensity."

However, I think selling your home is going a bit too far at the moment. Despite a really rocky road the last several years, the housing and real estate market is finally starting to rebound. At

this point, there's every indication that your home is going to go up in value. If you go with your plan, you're going to lose all that appreciation value and lower your standard of living at the same time.

While you have something of a modest income, I think you make enough money to pay off the house and become prosperous during the next five to seven years, without going to the extreme.

Keep up the great work!  
 —Dave

## Health insurance options

Dear Dave,  
 My husband and I are self-employed, and we currently pay almost \$1,000 a month for health insurance. I've heard you talk about the potential for rates to increase as much as 40 to 60 percent next year. Are there other options, such as just saving the money in case of medical emergencies?  
 - Anna

Dear Anna,

You don't want to go completely without insurance, because you'll get penalized by the government. Remember, when it comes to health insurance, the problem usually isn't

a kidney stone or a trip to the emergency room for a few stitches. The problem is a cancer diagnosis, which ends up costing \$500,000 or more.

You might want to check into an HSA (Health Savings Account) type of plan within the exchanges. Another thing you could look at is one of the medical sharing programs through a Christian organization such as Christian Healthcare Ministries.

But a higher deductible, HSA-type plan might help keep your premiums down. It's sad, but this is what Obamacare has done to independent people like you and me who are self-employed. It's destroying small group plans, and I guess that was their intent. I suppose they wanted to put those companies out of business, so the government could take it over.

—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, Entrepreneurship 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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FBNF2016-08770 Shan Yun Wang, 8564 Armada Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Kim Va Hair" at 5587 Mack Road Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 3, 2016. Publish: November 4, 11, 18, and 25, 2016  
HAIR 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08588 Salwan A. Mohammed Almensury, 4800 Marconi Avenue Apt #130 Sacramento, CA 95608 is doing business under the Fictitious Business Name(s) "U.S.A. Pharmacosmetic" at 4800 Marconi Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 28, 2016. Publish: November 4, 11, 18, and 25, 2016  
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FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08403 Deanna N and Lawrence E. Armstrong Jr., 4804 Runway Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Moons Ago" at 10140 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 4, 11, 18, and 25, 2016  
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FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08328 Synkred LLC, 4800 Kokomo Drive #4117 Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "ArtsyJewels, Artsy Jewels" at 4800 Kokomo Drive #4117 Sacramento, CA 95835. Filed with the Clerk of Sacramento County October 19, 2016. Publish: November 4, 11, 18, and 25, 2016  
ARTSY 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08542 Elad Eizenberg, 2221 9th Street #D Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "24HR River City Locksmith" at 2221 9th Street #D Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 4, 11, 18, and 25, 2016  
24HR 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08556 Brent W. Mahan, 4748 Olive Oak Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mahannco" at 4748 Olive Oak Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 4, 11, 18, and 25, 2016  
MAHANCO 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08015 Lenehan Engineering, Inc, 11853 White Rain Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Lenehan Engineering" at 11853 White Rain Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 7, 2016. Publish: November 4, 11, 18, and 25, 2016  
LENEHAN 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08426 Yennie Zhou and Michael Clevenger, 4942 Holyoke Way Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Yennie Zhou Designs" at 4942 Holyoke Way Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 24, 2016. Publish: November 4, 11, 18, and 25, 2016  
YENNIE 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08450 Angela Jones, 176 Gunnison Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Legal Document Assistants, CA Legal Document Assistants" at 176 Gunnison Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 25, 2016. Publish: November 4, 11, 18, and 25, 2016  
LEGAL 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08511 Lisa D. Taylor, 5421 Palm Avenue #27 Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Lisa D presents" at 5421 Palm Avenue #27 Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016  
LSA 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08444 Harish Kumar, 2618 Lunar Lane Apt #3 Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Ride King Express" at 2618 Lunar Lane Apt #3 Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 24, 2016. Publish: November 4, 11, 18, and 25, 2016  
RIDE 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08414 Sara Hossain, 3348 Tualatin Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "One Stop Outlet" at 7660 Stockton Boulevard Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 4, 11, 18, and 25, 2016  
OUTLET 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08427 James Andrew Smith, 3840 Doty Street Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jim's Painting Services" at 3840 Doty Street Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 24, 2016. Publish: November 4, 11, 18, and 25, 2016  
JIMS 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08299 Golden State Auto Parts LLC, 3391 Fitzgerald Road Suite B Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Golden State Auto Parts" at 3391 Fitzgerald Road Suite B Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 18, 2016. Publish: November 4, 11, 18, and 25, 2016  
GOLDEN 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08131 O'Reilly Auto Enterprises, LLC, 233 S Patterson Avenue Springfield, MO 65802 is doing business under the Fictitious Business Name(s) "O'Reilly Auto Parts #5649" at 420 Elkhorn Boulevard Rio Linda, CA 95673. Filed with the Clerk of Sacramento County October 12, 2016. Publish: November 4, 11, 18, and 25, 2016  
OREILLY 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08382 Shaun Gudulis, 7027 Laurel Oaks Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Big Shaun's Home Repair & Renovations" at 7027 Laurel Oaks Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 4, 11, 18, and 25, 2016  
SHAUNS 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08501 Manuel C. Tenorio, 8124 Sundance Drive Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Ten 6 Discounts" at 8124 Sundance Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016  
MANUEL 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08515 Nazarov Vitale, 7519 Wachtel Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Edi Vans" at 7519 Wachtel Way Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016  
EDLI 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08522 Raymond P. Zechender, 8824 Mavis Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "The Bucket Works" at 8824 Mavis Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016  
BUCKET 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08590 Sulindar Patnak, 9100 Pebble Field Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Lightning Auto Sales" at 9100 Pebble Field Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 4, 11, 18, and 25, 2016  
LIGHTNING 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08074 Bike Dog Brewing Co. LLC, 2534 Industrial Boulevard #110 West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Bike Dog Brewing Company, Bike Dog Brewing" at 915 Broadway #200 Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 11, 2016. Publish: November 11, 18, 25, and December 2, 2016  
DOG 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08764 Cesar Antonio Alvarez Witherow and Danielle Alii Ann Sanchez, 3321 Trembork Drive Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Off The Wall" at 2245 Park Towne Circle #2 Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 11, 18, 25, and December 2, 2016  
WALL 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08677 Top Tech Talent LLC, 10734 Segovia Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Top Tech Talent" at 10734 Segovia Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 11, 18, 25, and December 2, 2016  
TOP 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08461 Chauncy Katoure Taylor, 6548 Stoneman Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Cz Little Ppl" at 6548 Stoneman Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 25, 2016. Publish: November 11, 18, 25, and December 2, 2016  
CZ 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08527 Ben Ryan Hannon, 2222 Fort Point Drive Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Rediboss.com" at 2222 Fort Point Drive Gold River, CA 95670. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 11, 18, 25, and December 2, 2016  
REDIBOSS 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08086 Jennifer Weber, 2100 Big Sandy Court Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Serenidipity Design & Graphics" at 2100 Big Sandy Court Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 12, 2016. Publish: November 11, 18, 25, and December 2, 2016  
SERENIDIPITY 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08534 Maurice Bryant Sr., 601 Cannery Avenue #343 Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Bryant's Lawn Care" at 601 Cannery Avenue #343 Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 11, 18, 25, and December 2, 2016  
BRYANTS 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08593 Kristina Karin Scherbel, 6543 Meadowcreek Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "The Life of Legends" at 6543 Meadowcreek Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 11, 18, 25, and December 2, 2016  
LEGENDS 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08261 MIXTURE Concepts LLC, 2443 Fair Oaks Boulevard #56 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Midtown Promotions & Print (MP&P), Ethnic Blend Clothing, DeJanelle" at 2443 Fair Oaks Boulevard #56 Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 17, 2016. Publish: November 11, 18, 25, and December 2, 2016  
MIXTURE 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08530 Muhammed Ahmad, 8803 Orton Street Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Horizon Wireless Group" at 1555 River Park Drive #107 Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 11, 18, 25, and December 2, 2016  
HORIZON 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08597 Evin Lee McCray, 3000 Starfire Drive Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Sacramento Realty Group" at 425 Watt Avenue Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 11, 18, 25, and December 2, 2016  
SACRAMENTO 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08624 Ping Ortiz, 3980 Giarre Way Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Fortuna Spa" at 8121 Madison Avenue #B4 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 1, 2016. Publish: November 11, 18, 25, and December 2, 2016  
FORTUNA 161031 12-2-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08647 Roach Campbell, Inc, 661 Coronado Boulevard Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Roach + Campbell Landscape Architecture" at 111 Scripps Drive Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016  
ROACH 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08399 Prosper Global Enterprise LLC, 6885 Luther Drive Suite F Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Prosper Auto Group, Prosper Auto Sales, Prosper Auto Parts" at 6885 Luther Drive Suite F Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 18, 25, December 2, and 9, 2016  
PROSPER 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08758 Sheila Evangeline Roberts, 4140 23rd Avenue Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "One Love Toffee Company, One Love" at 4140 23rd Avenue Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016  
ONE 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08607 Aleksandr Yanchuk, 1789 Greywood Circle Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "AY Transportation" at 1789 Greywood Circle Roseville, CA 95747. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 18, 25, December 2, and 9, 2016  
AY 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08742 Charles Zachary Huggins Zamora, 7472 Morning Hills Street Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Navigate With Integrity for Professionals, N.W.I. Pro" at 7472 Morning Hills Street Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 4, 2016. Publish: November 18, 25, December 2, and 9, 2016  
NWI 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08818 Tony Samaniego, 7521 Kalamazoo Road Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Professional Hardware Solutions" at 11251 Coloma #C Gold River, CA 95670. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 18, 25, December 2, and 9, 2016  
PRO 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08664 Judy L. Lee, 7717 Chaparral Way Fair Oaks, CA 95628, Sally Tsunekawa, 9038 Stonewood Drive Stockton, CA 95209, Arthur C. Lee, 10856 Linda Vista Drive Cupertino, CA 95014, Terry C. Lee 3380 Prairie Drive Pleasanton, CA 94588, and Stanley C. Lee, 100 Gold Rock Court Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "J&P Properties" at 7717 Chaparral Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016  
J&P 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08657 Judy Y Wong, 1250 8th Avenue Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "J&J Wong Properties" at 1250 8th Avenue Sacramento, CA 95818. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016  
J&J 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08822 Eduard Gergi, 4007 Tresler Avenue North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "I LOVE YOU MOM" at 6809 Melodiara Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 18, 25, December 2, and 9, 2016  
LOVE 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08678 Judah and Sarah Kent, 3510 41st Street Sacramento, CA 95817, Samuel Allen, 2961 34th Street Sacramento, CA 95817, and Micah Baginski, 2348 Castro Way Sacramento, CA 95818 are doing business under the Fictitious Business Name(s) "Porch Light, Porch Light Consulting, PLC" at 3510 41st Street Sacramento, CA 95817. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016  
PORCH 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08733 Danielle Wachowski, 11456 Sutter Mill Circle Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Enlightened Skincare" at 530 Pavilions Lane Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 4, 2016. Publish: November 18, 25, December 2, and 9, 2016  
ENLIGHTENED 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08789 Brandon Ayotte, 6339 Oakcreek Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Elite Sanitation" at 6339 Oakcreek Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016  
ELITE 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08345 The Moana Group, LLC, 9580 Oak Avenue Parkway #7110 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Whatz The Deal" at 8942 Winding Way #613 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 20, 2016. Publish: November 18, 25, December 2, and 9, 2016  
WHATZ 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08376 Kenie Brima, 5150 Village Star Drive Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "BRI-K, Pure CALI" at 8124 Junipero Street #B Sacramento, CA 95828. Filed with the Clerk of Sacramento County October 20, 2016. Publish: November 18, 25, December 2, and 9, 2016  
BRI 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08790 Duc Duong, 3725 Glacier Parkway Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Wing Fung Tong" at 523 Broadway Sacramento, CA 95818. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016  
WING 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08448 John Wright, 8721 Greenback Lane #66 Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Wright Kind Photography" at 8721 Greenback Lane Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 25, 2016. Publish: November 18, 25, December 2, and 9, 2016  
WRIGHT 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08706 Potocki Family Chiropractic and Laser Center Inc, 6836 Westmore Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Restorative Spinal Care Centers, Restoration Spinal Care Centers" at 5150 Sunrise Boulevard #F1 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 3, 2016. Publish: November 18, 25, December 2, and 9, 2016  
SPINAL 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08374 Ricardo Javier Rodriguez Canales, 2164 Gerber Avenue Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "RU Realty, Rentups Really" at 2110 K Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County October 20, 2016. Publish: November 18, 25, December 2, and 9, 2016  
REALTY 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08674 Deeda Salon, 1734 34th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Deeda Salon, Deeda" at 1734 34th Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016  
DEEDA 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08652 Oksana Jora, 6019 Covewood Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Valley Trust Investments" at 6019 Covewood Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016  
VALLEY 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08762 Transpacific University, Inc, 15 Business Parkway Suite 105 Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Humphrey's College Recruitment Center, Transpacific Partnership Chamber of Commerce" at 15 Business Parkway Suite 105 Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016  
HUMPHREYS 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08891 Fiji Angel Care Inc, 4757 J Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Fiji Angel Care Inc" at 4757 J Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 10, 2016. Publish: November 18, 25, December 2, and 9, 2016  
FIJI 161105 12-09-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-09112 David James George Crump, 8662 Falmouth Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Crump's Top Notch Communications" at 3900 Franklin Boulevard Suite A Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 17, 2016. Publish: November 25, December 2, 9, and 16, 2016  
CRUMPS 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-09034 Evdochia Pamujac, 2801 Wah Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "EP Auto Sales" at 8842 Elder Creek #B Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 16, 2016. Publish: November 25, December 2, 9, and 16, 2016  
EP 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-09043 Only Up Inc, 4908 Dingman Circle Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Busy B's" at 4908 Dingman Circle Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 16, 2016. Publish: November 25, December 2, 9, and 16, 2016  
BUSY 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-09055 Watson Athletics, 424 South Lexington Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Watson Athletics" at 424 South Lexington Drive Sacramento, CA 95630. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 25, December 2, 9, and 16, 2016  
WATSON 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08999 June Hisako Goshi and Sam Sweitzer, 10754 Oakton Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Hisako Creations" at 10754 Oakton Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 16, 2016. Publish: November 25, December 2, 9, and 16, 2016  
HISAKO 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-09108 Sarah Desimona, 6133 Palmaya Lane Orangevale, CA 95662, Kelsey Blanc, 6133 Palmaya Lane Orangevale, CA 95662, Sarah Johnson, 891 Holley Court Folsom, CA 95630, and Jami Yarnold, 217 Needles Court Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Good Life Nutrition" at 12417 Fair Oaks Boulevard Suite 300 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 17, 2016. Publish: November 25, December 2, 9, and 16, 2016  
GOOD 161105 12-16-16

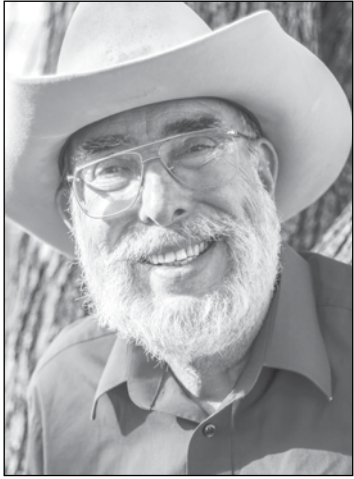
FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08957 Fall Prevention Lady, LLC, POB 661171 Sacramento, CA 95686 is doing business under the Fictitious Business Name(s) "Fall Prevention Lady, LLC" at 9470 Fair Oaks Boulevard #516 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 15, 2016. Publish: November 25, December 2, 9, and 16, 2016  
FALL 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08927 Travis Lohse, 4880 Papaya Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Dynomite Vision Innovations" at 4880 Papaya Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25, December 2, 9, and 16, 2016  
DYNOMITE 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08926 Barry Goleman, 1057 47th Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "BGoleman Associates" at 1057 47th Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25, December 2, 9, and 16, 2016  
BGOLEMAN 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT  
FBNF2016-08411 Patricia Smith,

# Slim Randles' HOME COUNTRY



## A 19-Year-Old Cowboy Couldn't Have Done It Any Better

perked ears for cattle. That's what Snort does for a living. Those ears worked back and forth like radar, searching through trees and behind logs for the tell-tale movement or color of range cattle.

And Steve just grinned. How many horses has he ridden on a morning like this? A hundred? Well, fifty, anyway. And the mornings all stay the same in his memory even if he doesn't stay the same. On a morning like this, his daily dose of "cowboyitis" lets itself be felt. That aching hip? Oh, he remembers when that colt dumped him into the rockpile, putting him on crutches for two months.

The shoulder ache? Too many years with a rope in his hands.

But he also knows when the fall sun gets a little higher, he'll stretch and suddenly get younger. His gray mustache will, in his mind, turn brown again, and once

more that young cowboy who terrorized stray cattle so many years ago will come back to life.

He began kicking cows out and heading them back to the home pasture, and both he and Snort watched and waited for that one roge that would make the morning complete.

It was a black baldy cow who made a dash for the high-ups and Steve and Snort were flying through trees and over rock piles and finally headed her and turned her back with the others. A 19-year-old cowboy couldn't have done it any better.

Steve smiled and reached down to pat ol' Snort on the neck.

Thanksgiving can be more than turkey and cranberry sauce.

*Straight-from-the-shoulder advice: "A Cowboy's Guide to Growing Up Right." Go to LPDpress.com.* ★

Steve slowly saddled his horse, Old Snort, and climbed stiffly aboard in the cold snap of morning. He pulled his hat down a little lower and pulled the wild rag up to cover his nose and mouth from the morning chill.

How many mornings had he done this?

As Snort trotted out into the meadows of the hills surrounding our valley, he looked with

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 Sunday Worship 11:00 am  
 Sunday Evening 6:00pm  
 Wednesday Evening 7:00pm

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## Fun with Purpose Pays Off for Local Girl Scouts

**SACRAMENTO REGION, CA (MPG)** - Girl Scouts may be 104 years old, but the organization continues to deliver relevant, modern experiences that build leaders right here in our community.

This year was an incredible year for local Girl Scouts. Not only did 48 young women earn the highest award in Girl Scouting (the Gold Award), but one local girl earned the prestigious national Girl Scout Medal of Honor for saving a friend's life using skills she learned while pursuing her first aid badge.

"I learned the Heimlich maneuver as a Brownie in third grade," recalls 6th grader Abby Egawa, adding, "I did not think I would ever be faced with an emergency like this, but I do remember thinking to myself that the Heimlich maneuver was important and that I should pay attention." Abby and her grateful friend Rosie Helft were interviewed on local television stations to talk about the harrowing experience and Abby's quick thinking.

Just last month, two young leaders from Sacramento were recognized as "National Young Women of Distinction." Each year, Girl Scouts of the USA (GSUSA) confers special honors on just ten young women who personify the organization's goal of building girls of courage, confidence and character through their Gold Award projects. They are considered the organization's best and brightest young leaders, and the fact that two of them are from Northern California is an unprecedented honor.

Ayana Watkins, a senior and student body president at Christian Brothers High School, planned and executed a symposium for 200 underserved Sacramento youth entitled "Education Matters in Black Lives," to address the issue of the academic Achievement Gap and the need for educational support to ensure the success of African American youth.

Her symposium included a collegiate panel of students of color and a YouTube channel



**Ayana Watkins is a senior and student body president at Christian Brothers High School.** Photo courtesy Girl Scouts of Central California

that carried her message on a digital platform. Ayana believes that education is an antidote to poverty and social injustice. Through the successful implementation of her Girl Scout Gold Award project, Ayana has made a difference in her community and changed the world through education. "I learned that my voice matters and that I can make a difference in society," she said. "I was able to create something that could address an issue, benefit others and make a positive change."

Leyna Reynolds set her sights on making California roadways safer for new drivers. Noting the high number of accidents involving inexperienced drivers, Leyna developed a program by which new drivers could post "Student Driver" decals to let other drivers know there is a newbie behind the wheel. Leyna created the decals and distributed them through a teen driver advocacy group (Impact Teen Driver) and at local driving schools and insurance companies. She even developed a partnership with Mothers Against Drunk Driving!

She worked with California Assemblymember Kansen Chu, who introduced Assembly Bill 2322 to make these decals available to all permit holders while they practice their skills. She has been able to testify before the California Legislature in support of the bill. "The Gold

Award experience helped me to grow myself as a person," says Reynolds, who plans to major in international relations after graduating from C.K. McClatchy High School next June. "I learned that, with enough perseverance and hard work, anyone can change the world." Even though it didn't pass this year, the author of the bill plans to reintroduce it next year.



**Leyna Reynolds developed a program by which new drivers could post "Student Driver" decals to let other drivers know there is a newbie behind the wheel.** Photo courtesy Girl Scouts of Central California

Ayana and Leyna were honored at a national celebration in Philadelphia and received national recognition as well as college scholarships. They will now have the opportunity to serve as representatives of Girl Scouts across the nation, inspiring girls to find their passions and work to change the world, just like they did.

Starting as young as 5 years old, girls have "fun with purpose," gaining valuable life skills, sharing new experiences while having fun and building friendships! In addition to leadership, the organization offers great camps, STEAM opportunities and financial literacy programs.

There is always room for more girls in local troops, year-round. To learn more about Girl Scouting, to join a troop or to volunteer, visit Girl Scouts Heart of Central California at [girlscoutshcc.org](http://girlscoutshcc.org) or 800.322.GIRL.

Source: Girl Scouts of Central California

## SCSO Adds More Festive Cheer to 2016 Celebration

*New Matinée, Puppets, Stories Added to Christmas Celebration*

**SACRAMENTO REGION, CA (MPG)**

- Great news! Since last year's popular Sacramento standing room only Wells Fargo Home for the Holidays celebration sold out, the SCSO has added a new 2 PM matinée followed by a 7:30 PM evening performance on Saturday, December 10th in Sacramento's venerable landmark, Memorial Auditorium.

SCSO Conductor Donald Kendrick has once again created a fresh and sparkling program designed to capture the magic and spirit of the season for the whole family. Says Kendrick, "This year we will welcome Mr. Grinch himself, along with life-size puppets, narrations and San Jose Opera Baritone headliner Matt Hanscom. It is our pleasure to welcome back the Sacramento Children's Chorus and continue our tradition of a candlelit procession and audience sing-along, all accompanied by our professional SCSO Orchestra and dedicated Chorus. We will even offer a musical nod to last summer's Olympics in Brazil and pay homage to Downton Abbey at this celebration."

The SCSO is once again proud to partner with Wells Fargo to help Sacramento area families celebrate the season in a meaningful way. The warm atmosphere created by Memorial Auditorium's u-shaped seating plan fosters a very strong sense of community at the concert. SCSO Christmas CDs will be available as stocking stuffers in the lobby.

"We are working hard to provide a festive and celebratory mood for our Wells Fargo Home for the Holidays concerts



**SCSO Conductor Donald Kendrick helps our Community celebrate the season at Memorial Auditorium at Wells Fargo Home for the Holidays on December 10th**

as we plan to welcome families who come together to celebrate this joyful season," says SCSO Board Member Jeannie Brown. "It is a time to experience a wonderful sense of old-fashioned community and camaraderie brought about by the enduring music of the season." Come celebrate the Christmas season at the SCSO's 2016 Wells Fargo Home for the Holidays

on Saturday, December 10th at 2 PM and 7:30 PM at Memorial Auditorium. For information, call the SCSO at (916) 536-9065 or visit [sacramentochooral.com](http://sacramentochooral.com).

Tickets priced at \$50, \$40, and \$35 (Students enjoy 50% discount) are available by calling the Community Center Box Office at 916-808-5181 or online at [sacramentochooral.com](http://sacramentochooral.com).

Source: SCSO





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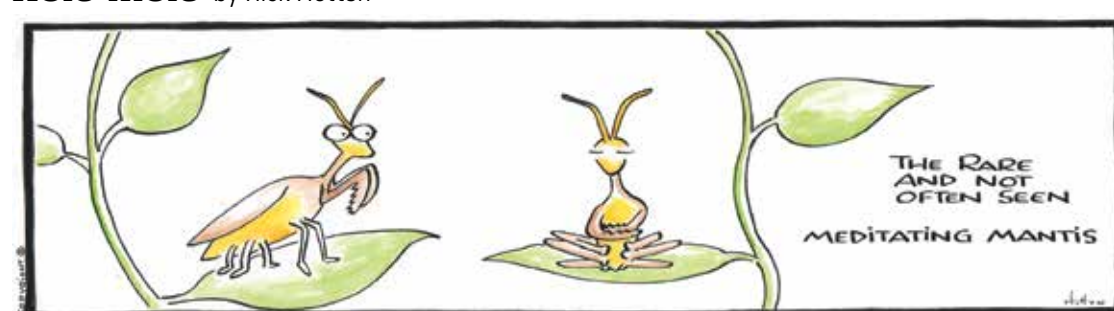
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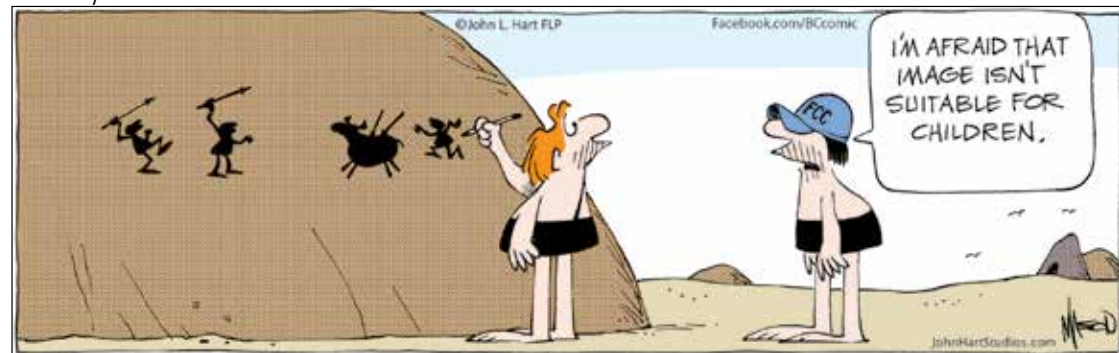
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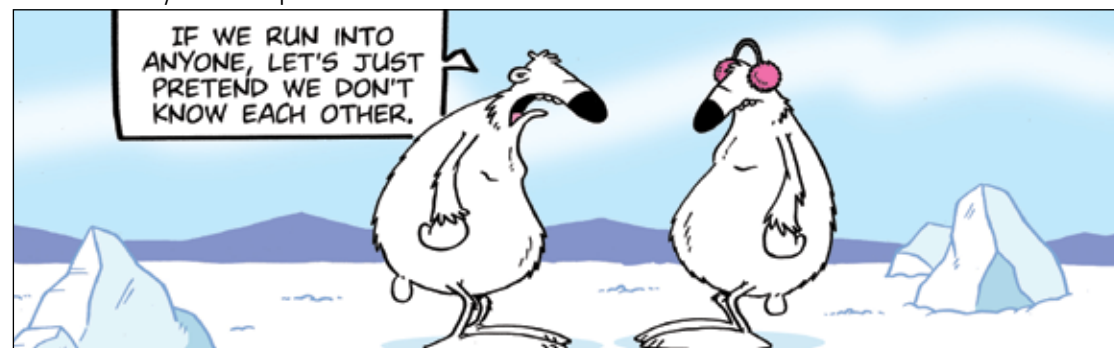
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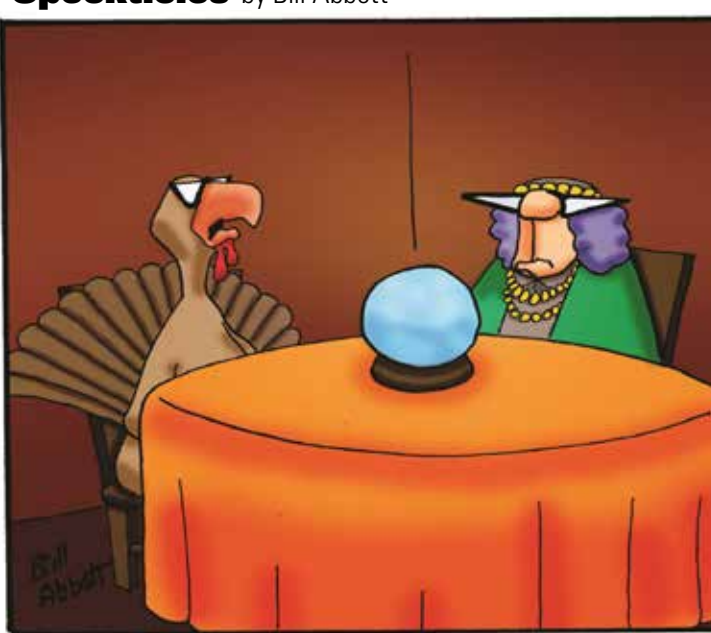
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## Make It Fun and It Will Get Done!

The Secret to Being Organized

### Pam Young's Corner

#### 2 Things to Do to Get "ME" Time During the Holidays

The holiday season is notorious for inciting panic in women and if they don't know how to deal with that shoulder-burdening aspect of this time of year, they're destined to miss what the holidays are really all about...PEACE, JOY, HARMONY.

I was recently asked to appear on a local television talk show in Portland, Oregon, to talk about the free day I have in my weekly plan. To bring up this topic, this time of year when most women who work outside their homes can barely find a free hour let alone a free day each week seemed absurd!

Today it seems we women are more concerned about recharging our cell phones than about recharging ourselves. If you don't take time for yourself, you'll end up being an old lady who looks in the mirror one day and says, "Who in the hell are you?" You won't know what you love and you'll regret not giving yourself time to just be you, without an agenda, without a "To Do" list.

So when I got on the show and was asked, "How can you have a free day every week?" the young host who is a wife and mother, works full time in television and radio and takes care of 80% of the work involved in running a happy household, my answer was, "You can't."

She howled! And when she composed herself, we talked about all the extra things we do for our families to make this time of year festive and fun and how we can eek out some free time even though it's the busiest time of the year.

A few days before I went on the show, I had my semi-annual dental check-up, so I asked the hygienist if she has a free day. She looked at me as though I'd ask her if she has five breasts! Then she said, "I had this discussion with my husband a couple of months ago. I told him I either needed to cut back my hours at work (which would mean less money for us) or he needed to pitch in and help. He's a longshoreman and gets paid for full-time but often works half-time. He didn't like either choice, but he said he'd try and help more. I gave him a month to see if he actually would help more. When he didn't, I cut back to only three days a week instead of five and it has really helped me! Now I get a break from work in the middle of the week so I can clean and keep up the laundry and I can enjoy my weekends with the family instead of catching up all that gets behind.

She went on to say she has one of those deals you strap to yourself that counts your steps and she averages 20,000 steps a day. I told her she should strap it to her husband to see how many steps he clocks. Her eyes got huge and she said, "I wanted to do just that, but he wouldn't let me! He knows he'd probably clock about 2,000 steps!"

When my dentist came in I asked him if he feels the pressure of the holiday season. Instantly he said, "Oh yeah! My patients want to use up all their dental insurance before the end of the year, and college students come home and want to get dental work done

while they're home. Then I said, "No I mean the pressure from all the holiday activities like writing Christmas cards, shopping, decorating, food preparation, gift wrapping and mailing packages in time and entertaining?" He thought for a minute and responded, "Oh, right, well yeah, I have to get up in the attic and get all the boxes down for my wife. Oh and I put the tree in the stand and put the angel on the top."

Well now, isn't that so special? There are two things you need to do if you want free time during the holidays.

1) Learn to delegate and give up control of having things exactly the way you want them. 2) Be willing to eliminate activities that aren't fun. For example, I quit writing and sending Christmas cards at least 20 years ago. Instead, every card I receive goes on a "calling" list. Since I love to talk on the phone I take time to sit and call each one. I don't shop, I give cash with humor and flair with my Stick it Right on the Money Gift-giving kit and using ideas I have in ELM Everybody Loves Money which gives fun ways to give cash which are available on my website.

That's it! Delegate and eliminate.

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



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with Mary Jane Popp

taste buds, cutting off cravings. Second, cayenne helps you eat less. Researchers in the Netherlands gave men .9 grams of ground cayenne pepper either as a pill or mixed into a tomato juice beverage. Then 30 minutes later, they turned the men loose at an all-you-can-eat buffet. Compared with men who were given a placebo, the men who had consumed cayenne reduced their food intake by 16%. Third, it actually requires energy to eat hot peppers. That's right. That's because the heat you feel when you eat chili peppers takes energy to produce. That's why Dr. Jones adds cayenne capsules to her daily health and nutrition program. And especially with any large holiday meal, she finds ways to also consume some cayenne.

2) DON'T SKIP MEALS. Make sure to eat something every 3-4 hours so you won't get famished and end up eating more than necessary.

3) BRING HEALTHY SNACKS. While shopping or in the car, healthy snacks help your blood sugar not to plummet.

4) HAVE SOMETHING SMALL TO EAT. That's before you go out, especially to a holiday party or big dinner so you don't arrive with a voracious appetite.

5) DON'T HANG OUT NEAR THE

FOOD during holiday parties and large gatherings where there are tables of food.

6) DON'T JUST EAT TO BE SOCIAL. Choose wisely what food you hold in your hands while talking to others at holiday gatherings.

7) KEEP YOUR BODY HYDRATED with purified water. We often confuse hunger with dehydration.

8) START ALL MEALS WITH HIGH-FIBER FOODS to fill your stomach. Fiber is your secret weapon to weight control.

9) EAT SLOWLY. Put down the fork between bites. Make a meal last 30 minutes so your brain's satiety center gets the signal when you are full.

10) MAKE SLEEP A PRIORITY. Lack of sleep causes your body to hold on to all of the calories you eat and strengthens your desire for junk foods.

So go ahead and enjoy this wonderful time of the year, but remember all that extra gym work you'll have to do in January if you're not a little careful. If you want more info, go to [www.SusanSmithJones.com](http://www.SusanSmithJones.com) and you can sign up for Dr. Jones' Monthly Newsletter for free. She always has great stuff to make your life happier and healthier! HAPPY SLIM HOLIDAYS! ★

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Limit: 1 Coupon Per Family  
Effective 11/23/16 - 11/29/16

<p><b>BLUE BUFFALO DRY DOG FOOD</b></p> <ul style="list-style-type: none"> <li>•Chicken (Reg &amp; Lrg Breed)</li> <li>•Fish &amp; Sweet Potato (Reg &amp; Lrg Breed)</li> <li>•Puppy (Reg &amp; Lrg Breed)</li> <li>•Senior (Reg &amp; Lrg Breed)</li> <li>•Lamb &amp; Rice</li> <li>•Healthy Weight</li> </ul> <p style="font-size: x-large;"><b>AS MARKED \$5 OFF</b></p> <p style="font-size: small;">Our Regular Low Prices!</p> <p>30 Lb Bag Limit 2 bags Effective 11/23/16 - 11/29/16</p>	<p><b>NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD</b></p> <ul style="list-style-type: none"> <li>•Potato &amp; Duck, 26 Lb</li> <li>•Reduced Calorie, 28 Lb</li> <li>•Regular, 30 Lb</li> </ul> <p style="font-size: x-large;"><b>\$5 OFF</b></p> <p style="font-size: small;">Our Super Low Prices</p> <p>Limit 2 Bags Per Family Effective 11/23/16 - 11/29/16</p>	<p><b>MERRICK'S GRAIN FREE DRY DOG FOOD</b></p> <p style="font-size: small;">25 Lb Bag</p> <ul style="list-style-type: none"> <li>•Chicken/Sweet Potato</li> <li>•Duck/Sweet Potato</li> <li>•Buffalo/Sweet Potato</li> <li>•Salmon/Sweet Potato</li> <li>•Venison/Sweet Potato</li> </ul> <p style="font-size: x-large;"><b>ON SALE</b></p> <p>Limit 2 Bags Effective 11/23/16 - 11/29/16</p>	<p><b>PURINA KIT N' KABOODLE DRY CAT FOOD</b></p> <p style="font-size: small;">16 Lb Bag</p> <p style="font-size: x-large;"><b>\$8.99</b></p> <p>Limit 2 Bags Per Family Effective 11/23/16 - 11/29/16</p>
<p><b>FRISKIES BUFFET CANNED CAT FOOD</b></p> <p style="font-size: small;">5.5 Oz All Varieties</p> <p style="font-size: x-large;"><b>4/\$1.69</b></p> <p>Limit 2 Cases Per Family Effective 11/23/16 - 11/29/16</p>	<p><b>FUSSIE CAT PREMIUM CANNED CAT FOOD</b></p> <p style="font-size: small;">Black label 2.8 Oz (Gold Label 2.8 Oz. 20/\$14.00)</p> <p style="font-size: x-large;"><b>20/\$13.00</b></p> <p>Limit 2 Cases Per Family Effective 11/23/16 - 11/29/16</p>	<p><b>TIDY CATS SCOOP SCOOPABLE CAT LITTER</b></p> <p style="font-size: small;">20 Lb Jug</p> <ul style="list-style-type: none"> <li>•Regular</li> <li>•Multiple Cat Formula</li> </ul> <p style="font-size: x-large;"><b>\$6.99</b></p> <p>Limit 2 Jugs Per Family Effective 11/23/16 - 11/29/16</p>	<p><b>HI-COUNTRY WILD BIRD SEED</b></p> <p style="font-size: small;">20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$4.99)</p> <p style="font-size: x-large;"><b>\$4.99</b></p> <p>Limit 2 Bags Per Family Effective 11/23/16 - 11/29/16</p>

<p><b>MERRICK'S GOURMET CANNED DOG FOOD</b></p> <p style="font-size: small;">13.2 Oz All Varieties Limit 2 Cases</p> <p style="font-size: x-large;"><b>On Sale</b></p>	<p><b>EVERCLEAN PREMIUM CAT LITTER</b></p> <ul style="list-style-type: none"> <li>•Extra Strength Unscented •Multiple Cat</li> <li>•Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes</li> </ul> <p style="font-size: x-large;"><b>\$10.99</b></p>	<p><b>NUTRO MAX MAX CAT DRY CAT FOOD</b></p> <ul style="list-style-type: none"> <li>•Adult •Indoor Chicken •Salmon</li> </ul> <p style="font-size: x-large;"><b>\$19.99</b></p> <p>16 Lb Bag Limit 2 Bags Per Family</p>	<p><b>KAL KAN CESAR SELECT DINNERS DOG FOOD</b></p> <p style="font-size: small;">All Varieties. 3.5 Oz Limit 2 Cases</p> <p style="font-size: x-large;"><b>69¢</b></p>
<p><b>WHISKAS DRY CAT FOOD</b></p> <p style="font-size: small;">With Savory Nuggets 15 Lb Bag Limit 2 Bags Per Family</p> <p style="font-size: x-large;"><b>\$9.99</b></p>	<p><b>ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD</b></p> <ul style="list-style-type: none"> <li>•Turkey •Lamb •Duck •White Fish</li> <li>•Trout/Salmon •Essential</li> </ul> <p style="font-size: x-large;"><b>\$3.00</b></p> <p style="font-size: small;">27 Lb \$5.00</p> <p style="font-size: x-small;">OUR SUPER LOW PRICES</p>	<p><b>PESTELL CLUMPING CAT LITTER</b></p> <p style="font-size: small;">40 Lb. Bag Limit 2 Bags</p> <p style="font-size: x-large;"><b>\$8.49</b></p>	<p><b>CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES</b></p> <ul style="list-style-type: none"> <li>•Chicken •Lamb •Platinum 30 Lbs.</li> <li>•All Life Stages - 44 Lbs Limit 2 Bags</li> </ul> <p style="font-size: x-large;"><b>\$7 OFF</b></p> <p style="font-size: x-small;">OUR REGULAR LOW PRICES</p>
<p><b>SCIENCE DIET SMALL BITES DRY DOG FOOD</b></p> <ul style="list-style-type: none"> <li>•Adult •Light •Mature 17.5 Lb Bag</li> </ul> <p style="font-size: x-large;"><b>\$22.99</b></p>	<p><b>WELLNESS DRY DOG FOOD</b></p> <ul style="list-style-type: none"> <li>•Chicken •Lamb •White Fish (•Large Breed Adult, \$54.99) - 30Lb</li> <li>•Senior •Healthy Weight - 26Lb</li> <li>(3 Free Wellness 12.5 Oz Can Dog Food With Ea. Purchase)</li> </ul> <p style="font-size: x-large;"><b>\$49.99</b></p>	<p><b>FRESH STEP CAT LITTER</b></p> <p style="font-size: small;">21 Lb Bag (14 Lb Bag - \$4.19) Limit 2 Bags</p> <p style="font-size: x-large;"><b>\$5.99</b></p>	<p><b>CALIFORNIA NATURAL DRY DOG FOOD</b></p> <ul style="list-style-type: none"> <li>•Chicken Meal &amp; Rice (Adult Only)</li> <li>•Lamb Meal &amp; Rice (Adult Only)</li> <li>•Grain Free Venison/Lentil 30 Lb Bag Limit 2 Bags</li> </ul> <p style="font-size: x-large;"><b>ON SALE</b></p>

**MIDWEST METAL PRODUCTS**

- Exercise Pens •Crates All Varieties
- Ovation Trainer •iCrate

**20% OFF**

OUR SUPER LOW PRICES

**HAGEN FLUVAL FILTER SALE**

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

**PET n SHAPE HEALTHY DOG TREATS**

- 100% Freeze Dried Treats

**20% OFF**

OUR SUPER LOW PRICES

**K&H HEATED BEDDING**

- Beds •Warmers
- Pads •Mats All Varieties

**20% OFF**

OUR SUPER LOW PRICES

**BOODA BONE & TUG**

- Whole •Multi Colors All Varieties

**20% OFF**

OUR SUPER LOW PRICES

**RELIANCE BIRD CAGES**

All Varieties Stock On Hand

**20% OFF**

OUR SUPER LOW PRICES

**TETRA BOXED 10 GALLON TANK**

Just add Heater For Tropical Fish

**\$36.99**

Limit 1 Per Family

**REPTILE SUPPLY SALE**

- Zoo Med Reptibark 8 Qts ..... **\$5.49**
- Tetra Reptomin 3.7 Oz ..... **\$3.79**
- Tetra Reptomin 10.59 Oz ..... **\$8.49**

**KORDON CORAL SEA**

50 GAL SALT MIX WITH AMQUEL

**\$11.99**

**BONUS COUPON**

**JONNY CAT PREMIUM CAT LITTER**

10 Lb Bag  
Limit 2 Bags With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 11/23/16 - 11/29/16

**\$1.59**

CT PLU 365

**BONUS COUPON**

**WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS**

•All Varieties - 2.4 Oz  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 11/23/16 - 11/29/16

**\$1.29**

CT PLU 423

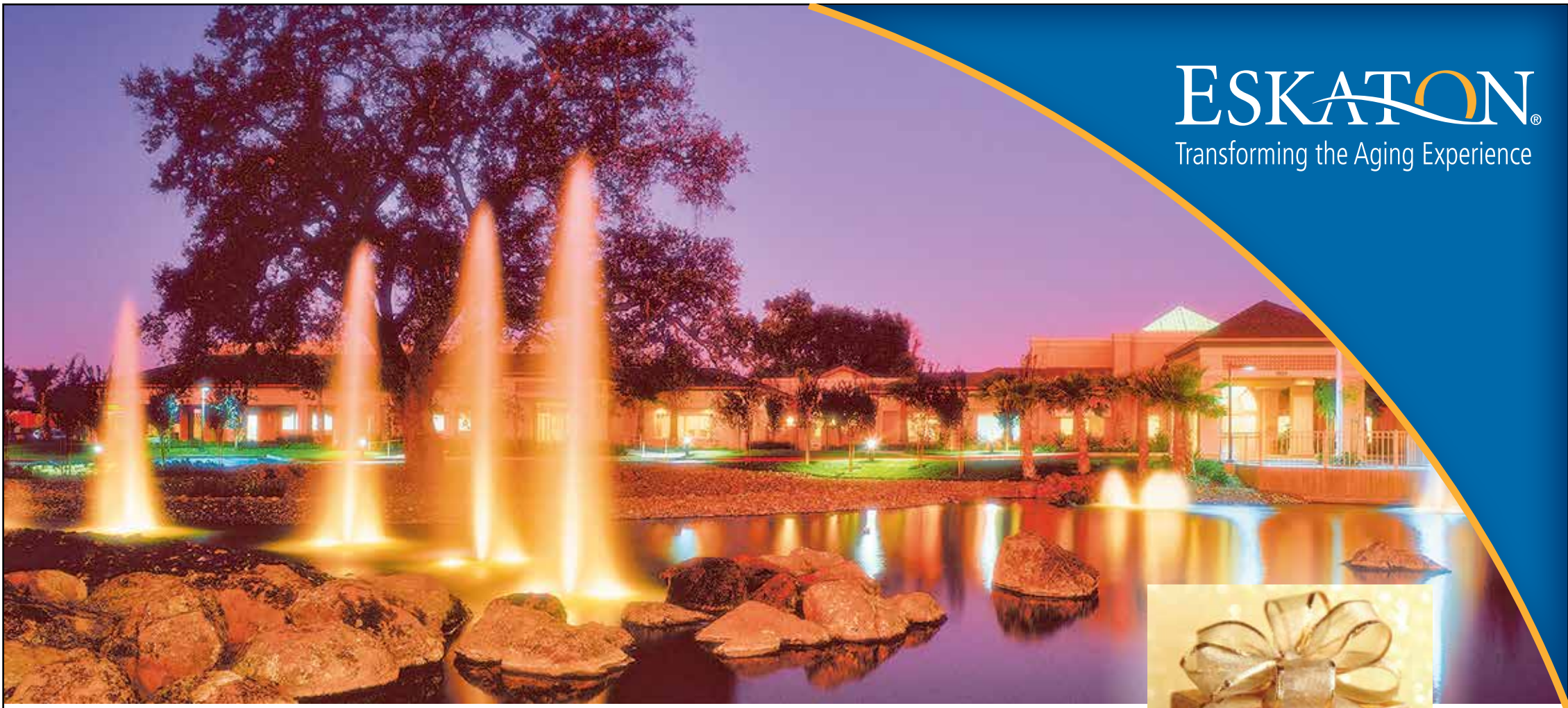
**BONUS COUPON**

**FANCY FEAST GOURMET CANNED CAT FOOD**

3 Oz - All Varieties except Elegant Medley  
Limit 1 Case Per Family  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 11/23/16 - 11/29/16

**53¢**

CT PLU 361



**ESKATON**  
Transforming the Aging Experience

## Eskaton Village Carmichael Golden Opportunity Event



### Don't miss this Golden Opportunity!

For a very limited time, we invite you to take 1/3 off your membership fee (with savings up to \$50,000) on select apartments and cottages at our 37-acre resort-style retirement community. You must close on your selected residence by December 31, 2016.



**Come to a Fall Home Tour to find out more. Lunch is on us! Call now to reserve your spot.** Take advantage of your golden opportunity to save 1/3 on a lifestyle filled with choice, luxury, comfort and service, all at a price that's more affordable than you might think — with monthly fees from only \$3,566.

[eskaton.org/VC](http://eskaton.org/VC)

### Eskaton Village Carmichael

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Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing

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

Monthly fees begin when the unit is ready. For units that sell for a net amount of \$50,000 or less, the amortized contract option must be used.

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## The Exciting New World of Implant Supported Dentures



- *Has the Security of a Fixed Bridge!*
- *Easier to Maintain Good Oral Hygiene*

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

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

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**916 944-1197**

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