



United Way: Square One Project Helping Kids Succeed In School
Page 2

Metro Fire and the Sacramento Kings Celebrate Cancer Survivors
Page 3



Carmichael Times

Volume 36 • Issue 42

Serving Carmichael and Sacramento County since 1981

October 14, 2016

FLICK OR TREAT RETURNS TO RALEY FIELD FOR 2016



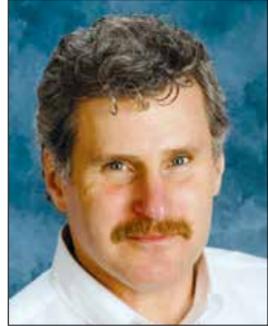
Page 3

WILL POT TAX EVENTUALLY GO UP IN SMOKE?



Page 2

DEALING WITH LACK



Page 8

Water Conservation Drops Below 18 Percent



Many communities who certified that they didn't need to conserve are still conserving up a storm, while others have slipped.

SACRAMENTO REGION, CA (MPG) - The State Water Resources Control Board recently announced that urban Californians' monthly water conservation declined to 17.7 percent in August, down from 27 percent savings in August 2015, raising concerns that some water suppliers are abandoning their focus on conservation as California heads into a possible sixth drought year.

Californians continue to conserve water in significant amounts even in the absence of state-mandated conservation targets. The cumulative average savings from June 2015 through August 2016 was 23.3 percent, compared with the same months in 2013. Since June 2015, two

million acre-feet of water has been saved — enough water to supply 10 million people, more than one-quarter the state's 38 million population, for a year.

Water conservation has dropped steeply among some local water suppliers. These declines highlight the need for continued education and dialogue with customers on the importance of conserving and using water as efficiently as possible. As the State Water Board continues to monitor conservation levels, a return to state-mandated conservation may be necessary beginning next year.

"The statewide August conservation results raise questions, and we are examining the data to understand why some areas

slipped more than others," said State Water Board Chair Felicia Marcus. "Are we seeing relaxation of conservation messaging and programs, or are we seeing abandonment of programs? One may be appropriate, the other is not. It's a mixed picture. Many communities who certified that they didn't 'need' to conserve are still conserving up a storm, while others have slipped more than seems prudent."

Conservation levels have remained significant for many communities that had certified that they did not need top down mandates to keep conserving.

While some local water suppliers may have relaxed water use restrictions from those that were in place last summer, most

agencies have kept up locally mandated restrictions and targets, which is appropriate and which the state strongly encourages. Regardless of a supplier's individual conservation requirement, the statewide prohibitions on specific wasteful practices such as fountains without recirculating pumps, or irrigation of turf in street medians, remain in place.

"Percentages alone tell only part of the story, because a 15 percent reduction by someone using under 100 gallons per person a day can be more challenging than a 30 percent reduction by someone using 250 or 300 gallons a day," Marcus said. "That's true of agencies and it is true for

Continued on page 3

Health Officials Urge Californians to Remove Standing Water

Rains Can Lead to More Mosquitoes

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith called on the people of California to help reduce the number of mosquitoes by eliminating standing water, especially in areas that have recently had rain and continue to experience warm temperatures.

"Rainy weather can create new breeding grounds for mosquitoes if water is allowed to pool and remain stagnant," said CDPH Director and State Public Health Officer Dr. Karen Smith. "Mosquito season in California peaks in October, making it critically important that Californians take action to empty even small amounts of water from our gardens and yards."

To help control mosquitoes, check your yard weekly for water-filled containers. Clean and scrub bird baths and pet watering dishes weekly, and dump the water from dishes under potted plants. Contact your local vector control agency if you detect unusual numbers of mosquitoes or you are being bitten during the day.

The *Aedes aegypti* mosquito, an aggressive mosquito that bites during the day, has been detected in 12 California counties. This black-and-white striped mosquito has the potential to transmit Zika and other diseases, such as dengue fever, chikungunya and yellow fever. While the mosquito is especially active two hours after sunrise and several hours before sunset, it can also bite during the day. These mosquitoes often enter buildings through unscreened windows and doors and bite people indoors.

To prevent mosquito bites, apply repellents containing U.S. Environmental Protection Agency-registered ingredients such as DEET, picaridin, oil of lemon eucalyptus, or IR3535 to exposed skin and/or clothing (as directed on the product label). During the times mosquitoes are most active you should wear long-sleeve shirts, long pants, socks and shoes. Be sure window and door screens are in good condition to prevent mosquitoes from entering your home.

Source: CDPH

Tada! Students Soon to Get Trained Dance and Theatre Teachers

SACRAMENTO, CA (MPG) - California students, living in the arts and entertainment capital of the country, will now be provided education by credentialed Theatre and Dance educators. The Theatre and Dance Act (TADA!), authored by Senator Ben Allen (D - Santa Monica) and supported by a coalition of advocates led by the California Alliance for Arts Education, was signed into law by Governor Jerry Brown today.

"Up until now, dance teachers had to get a PE credential to teach dance in California," says Jessy Kronenberg, Co-President of California Dance Education Association. "PE dance is beneficial for coordination and team-building, but dance as art fosters the 21st century skills of critical thinking, collaboration, communication and creativity."

Twice before, legislative efforts to create these credentials were vetoed by the governor at that time.

"This is an issue that has burned in

the hearts and minds of arts education advocates since 1970, when dance and theatre credentials were eliminated by the Ryan Act" says California Alliance for Arts Education Executive Director, Joe Landon. "Over a thousand advocates responded to our action alerts and sent messages of support to their elected officials in Sacramento"

But, TADA! made it through both houses of the legislature without a single negative vote, buoyed by the support of the California Teachers Association, California Federation of Teachers, California Dance Education Association and California Educational Theatre Association. This effort picked up many vocal allies along the way, including actress Annette Bening, who testified on behalf of the bill in the Senate Education Committee.

"I think it's the right thing; it serves students, it dignifies our teachers, and it will uplift our community," said Ms. Bening.

"California is the arts and entertainment capital of the world, yet we are one of only two states in the country that does not authorize teaching credentials in theatre or dance," Allen said. "I am so pleased that we have finally elevated these two important disciplines to the stature they deserve," he added.

"The next generation of theatre and dance teachers will be the proud bearers of theatre and dance credentials ensuring that California pre-K-12 students are instructed with sound pedagogy in a standards-based curriculum," said CETA President Carol Hovey.

At the same time, the Governor signed Assembly Bill 2862 (O'Donnell) into law enabling California to finally update its Visual and Performing Arts (VAPA) content standards incorporate new practices and technologies to arts curriculum, instruction, and instructional materials

Source: CA Alliance for Arts Education



TADA! made it through both houses of the legislature, buoyed by the support of the California Teachers Association, California Federation of Teachers, California Dance Education Association and California Educational Theatre Association. This effort picked up many vocal allies along the way, including actress Annette Bening (shown above), who testified on behalf of the bill in the Senate Education Committee.



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

Marijuana Tax Revenue Hopes Could Go up in Smoke

Commentary by George Runner

For the third time in state history, California voters will be faced with the question of legalizing marijuana for recreational use.

The official ballot summary for Proposition 64 says the measure could generate up to \$1 billion in new tax revenue annually for state and local governments. Only time will tell if this is true, but voters - regardless of how they plan to vote - would be wise to take these revenue projections with a grain of salt.

First, the facts: Prop. 64 would legalize marijuana - under state, not federal, law - while creating a \$9.25 per ounce cultivation tax on dried flowers, a \$2.75 per ounce cultivation tax on dried marijuana leaves, and a 15 percent excise tax on the retail sale



The official ballot summary for Proposition 64 says the measure could generate up to \$1 billion in new tax revenue annually for state and local governments.

of medical and non-medical marijuana products. In addition, non-medical products would be subject to California sales tax, which currently ranges from 7.5 to 10 percent.

Under Prop. 64, medical marijuana will not be subject to state sales tax. Furthermore, it will be exempt from cultivation taxes when grown by a qualified patient or primary caregiver. Under the new law, local governments could add even more taxes to marijuana purchases. Some local governments are already contemplating additional taxes to fund youth programs or fight homelessness.

Marijuana users who are desperate to save money could return to the black market or pick up a "Prop. 215 card," skipping the state sales tax on marijuana - and likely other taxes as well.

The full op-ed originally printed in *The Sacramento Bee*. Board of Equalization Member George Runner supported legislation to regulate and tax medical marijuana. ★

United Way: Square One Project Helping Kids Succeed In School



United Way announced the launch of its Square One Project through a Facebook Live event at Main Avenue Elementary School in Sacramento.

SACRAMENTO REGION, CA (MPG) - Through a Facebook Live video this morning, United Way California Capital Region announced that all of its work for the next 20 years will focus on ending poverty by increasing the number of local kids who graduate from high school prepared for success in college and beyond. United Way's Square One Project will bring together the organization's work over the last decade as the project focuses on educational milestones for children and the resources they need to succeed in school, including early literacy support, access to nutritious food, stable homes, support systems and more.

"This is our most ambitious project in our 90-year-history," said Stephanie Bray, president and CEO, United Way California Capital Region. "If we want to see real change happen in our community, we have to break the cycle of poverty that's passed down from one generation to another. There is one place in the community where we can do that best - and that's school."

Sacramento-area kids who graduate from college are 62 percent less likely to live in poverty than those who drop out of high

school, according to United Way and the nonprofit Corporation for Enterprise Development. United Way's Square One Project is bringing together community leaders, schools, government, nonprofits, volunteers and donors across five counties to make sure kids stay in school, stay on track, have high expectations for what they can achieve, and have strong support systems.

United Way is launching the Square One Project through a partnership with Robla School District in Sacramento. To make sure kids can come to school every day, United Way and Robla School District are providing case managers at schools through a grant to help the 500 homeless families in the district secure stable housing and other support. United Way's Healthy Meals ensures kids have enough to eat in their after-school programs so they have fuel for their brains. United Way also is providing tutors to help kids meet reading and math milestones so they stay on track. United Way's Young Leaders Society is helping families start saving for higher education by raising matching funds for college savings accounts so that kids have high

expectations of continuing school. "We're excited to be one of the first school districts where the Square One Project has launched," said Ruben Reyes, superintendent, Robla School District. "This is a district with a lot of need, but a lot of awesome kids who are going to do amazing things in our community, thanks to our work with United Way."

Through the Square One Project, United Way also will work with school districts throughout Amador, El Dorado, Placer, Sacramento and Yolo counties to fill gaps in resources so kids have the best chance at success.

"We know ending poverty starts in school, but it's going to take whole communities to make this happen across our region," Bray said. "I hope everyone will find their way to join us at Square One so kids can create a better life for themselves, their community and the next generation."

To donate or volunteer for United Way's Square One Project, visit www.square-oneproject.org.

Source: Kristin Thibaud Communications ★



Katie Pexa

The Carmichael Chamber of Commerce, along with River City Brewing Company is hosting their first Oktoberfest on Saturday, October 22 from 1:00 - 6:00 pm at the new Milagro Centre, 6241 Fair Oaks Blvd in Carmichael.

The day will be filled with great food and drinks, live music and dancing, activities for kids and much more.

Proceeds from this event are twofold: a portion goes toward the Honorary Mayor campaign for Katie Pexa of Farmers Insurance as well as the Alzheimer's Association.

Admission is \$20. Food tickets are \$10 per person. Drinks are additional.



To register for the event call (916)481-1002



CRAIG DIEZ TEAM

Bringing You Home

Your Carmichael Realtor for over 27 years (916) 425-5884

CURRENT LISTINGS



FEATURED

5244 Fair Oaks, Carmichael, CA 95608

5500 sqft, 5-6 Beds
4.5 Baths, 0.45 acres
Built in 2002

Fusion of architectural design



3304 Inverness Ct., Sacramento
2691sqft., 4-5 Beds, 2.5 Baths
Private .34 acre cul-de-sac lot



854 Piccadilly Cir., Sacramento
3143 sqft., 4-5 Beds, 2.5 Baths
Beautifully remodeled kitchen



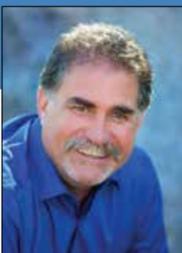
112 Argyle Ct., Shingle Springs
2664sqft., 4 Beds, 3 Baths
Huge .6+ acre lot with pool



3477 N Shingle Rd, Shingle Springs
1945sqft., 3-4 Beds 3 Baths
.73 acre lot, Built in 2006



7144 Fair Oaks Blvd., Suite #7
Carmichael, CA 95608
(916) 425-5884
cdiez@cbnorcal.com



Craig Diez



Mike Giancanelli

Holiday Craft Faire



Saturday November 5

9am-3pm

Rain or Shine

60 + Vendors



Inside and Outside
New Vendors Welcome!



Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA
972-0336



CALL 773-1111 TO ADVERTISE

Flick or Treat Returns to Raley Field for 2016

Annual Community Halloween Event Features On-Field Movie Screening and Clothing and Food Drive

WEST SACRAMENTO, CA (MPG) - Flick Or Treat is back for its third year at Raley Field. The community trick-or-treat event, presented by California Family Fitness, will feature a special screening of Sony's Hotel Transylvania 2 on the ballpark videoboard on Saturday, October 15 at 6:00 p.m. Flick Or Treat is also a part of Dinger's Drive In, a three-part movie series on the field at Raley Field.

Pre-movie trick-or-treating on October 15 will occur from 4:30 - 6:00 p.m. and will be offered on a first come, first serve basis before the movie screening begins. Various local partners and organizations, including California Family Fitness, Blue Star Moms, Yolo County Library, and more will be in attendance, handing out treats and other goodies. Local media, including KCRA, The Sacramento Bee, K-LOVE, and 107.9 The End will also be participating. The Yolo Basin Foundation is bringing live Mexican Free Tailed bats. Additional pre-movie activities include a costume contest, corn hole, candy corn counting, Dinger coloring, and much more.

Also new this year at Flick Or Treat is Dinger's Goods Drive. Starting Saturday, October 15th Dinger will be collecting household goods, canned and dry goods, baby supplies, and new and gently used clothing to give back to those in need. Those who donate will receive a discount coupon to be used at the River Cats On Deck Shop at Raley Field. The drive begins at Flick Or Treat and will last through Friday, November 4.

Hotel Transylvania 2, Sony's ghoulish animated adventure



Pre-movie trick-or-treating on October 15 will occur from 4:30 - 6:00 p.m. and will be offered on a first come, first serve basis before the movie screening begins.

- featuring the voice talents of Adam Sandler, Andy Samberg, and Selena Gomez - was released in 2015. The family-friendly comedy about Dracula's "monsters-only" resort and his half-human, half-vampire grandson is rated PG.

To ensure the best viewing of the videoboard, families and movie lovers of all ages in attendance will be seated in the lower seating bowl or on the field under the stars. Guests are strongly encouraged to bring a blanket when sitting on the field (no chairs are permitted).

The screening is scheduled to start at 6:00 p.m. Trick-or-treating and family-friendly activities will begin when gates

open at 4:30 p.m. Tickets for all children are \$6 while adults are \$8. Season Passes for Dinger's Drive In are still available for just \$10. Tickets can be purchased online or by visiting the Round Table Ticket Office at Raley Field. This event is rain or shine.

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleysfield.com.

Source: Sacramento River Cats ★

Metro Fire and the Sacramento Kings Celebrate Cancer Survivors



After meeting with the survivors, the Pink Engine and the Kings' crew passed out pink Cancer Awareness items at Arden Fair Mall. Join Metro Fire's Pink Engine at tonight's Kings Game, the first home game in the new Golden 1 Center.

SACRAMENTO REGION, CA (MPG) - Metro Fire and the Sacramento Kings, partnering with Albie Aware Breast Cancer Foundation, tried to make the weekend of three breast cancer survivors a little brighter, and a lot "pinker". Metro Fire's Pink Cancer Awareness fire engine, and its crew, drove two Sacramento Kings Dancer's, to the home of each survivor. The Kings Dancers surprised the survivors with a bouquet of pink flowers, a bag of Kings

Memorabilia, and tickets to today's Pre-Season game. The three survivors, Laura Andrus, Teresa Partington, and Therese Shaw, along with their families, were able to take a lot of pictures with the engine, crew and dancers, and more importantly, tell their stories of survival.

After meeting with the survivors, the Pink Engine and the Kings' crew passed out pink Cancer Awareness items at Arden Fair Mall. Join Metro Fire's Pink Engine at tonight's

Kings Game, the first home game in the new Golden 1 Center. The crew and the engine will be available on display, so make sure to take plenty of pictures, then submit them to PinkEngine@metrofire.ca.gov to take part in the District's photo contest. For more information on Metro Fire's Cancer Awareness Engine and the photo contest, visit our website at metrofire.ca.gov ★

Water Conservation Drops Below 18 Percent

Continued from page 1

individuals. In particular, we urge suppliers where conservation levels have dropped steeply to reach out to high use customers to find ways to conserve, and to join their community's conservation efforts. The legislature's passage and Governor's signing of SB 814 will help

water suppliers send monetary signals to their highest users about the need to keep conserving while the drought continues. Most important, it sends a signal that all Californians are in this together and that fairness includes those who use the most doing their part along with the rest of us."

SB 814 (Hill) requires urban

water suppliers to establish financial penalties for excess water use during droughts. Suppliers can either create excess-use ordinances with defined penalty amounts, or they can adopt rate structures that charge their highest users more during drought emergencies.

Source: State Water Resources Board ★



Join us for an evening of hope reconstruction.

BRA Day 2016

On National Breast Reconstruction Awareness Day, Dignity Health Cancer Institute of Greater Sacramento and the Mercy Cancer Centers are teaming up with BRA Day USA to hold a panel discussion on different breast cancer treatments and their associated reconstructive options. Admission is free and includes appetizers from local restaurants, beverages, a tote bag filled with goodies and some tantalizing shopping opportunities.

To RSVP call 916.962.8893

Wednesday
October
19
6 to 8 p.m.
Mercy Cancer Center
3301 C Street
Suite 550
Sacramento, CA 95816



PICKLEBALL
INDOOR

5 Indoor Courts
Tuesdays and Thursdays
9am-12pm

at La Sierra Community Center

\$5 for a Day-Pass
\$30 for a 10 Day Punch Card

(916)-483-7826
carmichaelpark.com

Carmichael Recreation & Park District



MISSION OAKS COMMUNITY CENTER

Baby Boomer Halloween Bash

The 59ers BAND

Rock & Roll 60's, 70's, and 80's Dance Blend
Cost: \$5 online or \$6 at the door

Friday October 28
7 - 9pm

Costume Contest

Come Dance for Fun! No Partners needed.

Sacramento Fine Arts Center
Northern California Arts 2016 Bold Expressions
International Open Exhibit October 4-29

Now OPEN
OPEN SATURDAY & SUNDAY
11 AM-5 PM

HOLIDAY ARTS & CRAFT SHOW
DEC. 3-4!



Best of Show, Steve Walters, "Far Above Sabrina"

galleries • classes • gift shop
Tues. 11 am-7 pm, Wed-Fri 11 am-3 pm, Sat-Sun 11am-5 pm
5330-B Gibbons Drive, Carmichael, CA 95608
916.971.3713 • sacfinearts.org • sfac@sacfinearts.org

sacramento fine arts center
come. create.

Holiday Craft Faire

November 5
Saturday, 9am-3pm
Shop with 80+ Vendors
New Vendors Welcome
Indoor and Outdoor spaces
Rain or Shine

SWANSTON COMMUNITY CENTER

LEARN THE ART OF SOAP & LOTION MAKING

Saturday Classes
November 12, December 3 or 17
Soap 8:30am or Lotion 4pm
\$48 per class & \$10 material fee
for more info (916) 333-6464

MISSION OAKS RECREATION & PARK DISTRICT
Office Hours: 8 am-5 pm
Registration Hours: 8:30 am- 4 pm Monday-Friday
MORPD.com

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

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

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

Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE?

ARMOR MINI STORAGE

BEST of 2015
Citrus Heights Chamber

Since 1980



Office Hours:
Mon-Sat 9-6 • Sun 9-4



Computer Gate Access
6am-9pm 365 Days A Year
Award Winning Customer Service
Digital Video Camera System
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers

916.332.6455
5714 Auburn Blvd., Sacto. 95841
www.armorministorage.com

Falling Leaf Craft Festival

Artisan Craft Items, Live Entertainment & Great Food!

SUNDAY, October 16
9 AM - 5 PM
Carmichael Park
5750 Grant Ave

- Autumn Fun for the Whole Family
- Doggy Costume & Pumpkin Carving Contest
- Onsite DIY Holiday Theme Workshops
- Crafters / Artisans, Specialty & Gourmet Foods & Farmers Market
- Fun Games for Kids & Adults
- Food Truck Food Court & Live Chef Demos
- Live Entertainment: Music, Fire Dancing, Magic Show & more!
- Craft Beer & Wine Corral

For More Information or to be a vendor email us at livingsmartfoundation@gmail.com

ILoveMyFarmersMarket.com





Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

It's So Selfish To Do It All Yourself!

Have you ever helped someone clean up their mess and then came home to your own chaos, that's bigger than your friend's mess? In Mathew 7, 3 - 5 he says, "How can you say to your brother, "Let me take the speck out of your eye, when all the time there is a plank in your own eye? You hypocrite." Matthew sure didn't mince words in those days! But you have to remember, Matthew was a man and Mother Nature did NOT endow any man with mother's instinct, so Matthew didn't understand how we are drawn to help those who need us, in spite of our own messes. We're helpocrites.

As a helpocrite, it's very important to understand your motivation behind helping others **to the detriment of your own well-being.** Is there part of you that thinks, 'I gotta get out of here, my house is a mess and I don't want to be here.' And another part of you thinks, 'I want her to be happy and she needs help and I love to help people.' And yet another part of you thinks, 'I want her to like me and when she sees what I can do to make her feel better, she'll like

me better.'

Here's the deal, take care of you first and then take care of others. Here's why. Once you're in balance by getting enough rest, recreation and work, you'll be healthy mentally and physically and you'll be able to help 10 times more than you did while the plank was in your eye.

Because most of us are caregivers by nature (mother's instinct) we carry that message, to care for others, in our DNA. Because of that, it's not easy for us to ask for help. Have you ever considered that not asking for help is selfish? Because you're reading my column, you're interested in getting and being organized and you're probably in a mess and need help. It is what you need and chances are you can think of a BO (Born Organized friend or relative or even acquaintance) who is dying to help somebody like you. But wait a minute! You're embarrassed. How can you open your home to someone and thereby let them see your dirty little secret?

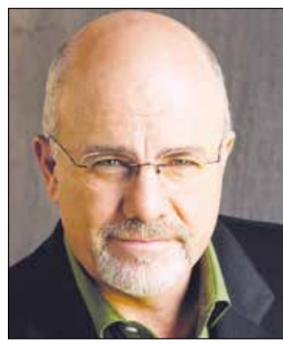
You have to humble yourself and ask for help from those who are gifted in areas you're not, and

that's when you'll see why it's selfish not to ask. When you see the joy the helper takes, you'll see how we all need each other for the skills we've uniquely been given.

Because "Sidetracked Home Executives: from pigpen to paradise" was a best-seller, it exposed my sister and me to hundreds of thousands of people who were struggling to create clean, cozy homes out of their chaos. It was an honor to hear from thousands who said the book was an answer to prayer. (That's because when we wrote the book, we prayed every morning before we picked up our pens (we wrote it in long-hand on legal pads.) asking to be guided to write from our hearts to our reader's hearts.

When you pray for help you do get it, then it's up to you to use it.

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



Dave Says

Married people can't live this way and win in their relationship or with money.

The two of you desperately need to seek marriage counseling together. This relationship is on the rocks. You and your husband obviously have no trust or respect for each other, and there's a definite lack of communication, unity and shared goals. I don't know what happened to bring things to this point, but the preacher didn't pronounce you guys a joint venture when you got married; he said you were now one.

A little maturity, extra work, and living on a simple budget will go a long way toward fixing most personal finance issues. But your marriage is in big trouble, Peggy. Please seek help!

—Dave

Why save before paying off the mortgage?

Dear Dave,

I just read *The Total Money Makeover*, but I'm still unclear as to why you recommend saving for an emergency fund and retirement before paying off your home. Shouldn't a house be paid off as quickly as possible, since it's a liability?

—Mark

Dear Mark,

I appreciate the fact that you're asking questions and thinking

things through. But please don't fall into the trap of thinking of your home as a liability. That mindset is way off base, in my opinion.

Your house is definitely an asset; it's the mortgage that's a liability. Some folks may try to position a house as a liability simply because it costs you money. But the truth is your home will make you more money than it will cost you over time. Therefore, it is an asset.

Some of the saddest situations I've seen in all my years of teaching are seniors who have paid-for homes and nothing saved or invested. Money isn't the most important thing on earth, but it is a fact of life. That's why I encourage people to build an emergency fund of three to six months of expenses and begin saving for retirement before they tackle paying off their homes.

Then, after all that is addressed, take every dollar you can scrape together and put it toward paying off your mortgage as fast as possible. Good question, Mark!

—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. ★

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

All Legal Ads Published by Messenger Publishing

United Methodist Church of Rancho Cordova

Invites you to our **ANNUAL HOLIDAY FAIRE**

Hosted by United Methodist Women
Date: Saturday, November 5th, 2016
Time: 10am - 2pm
Luncheon: 12:00 Noon, Tickets on sale - \$12

For Luncheon tickets contact:
Louise Underwood (916) 635-1604 or louiseunderwood1@hotmail.com
For more information about the Holiday Faire
Contact Louise Underwood: (916) 989-1460

United Methodist Church
2101 Zinfandel Dr., Rancho Cordova
(916) 635-4242

Golden Pond

SENIOR LIVING

Your Neighborhood Extended Family

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

Now Providing Independent Living, Assisted Living and Memory Care

AFFORDABLE ♦ QUALITY ♦ FAMILY

Call Today **916.369.8967**

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

SENIOR LIVING

RCFE #347000985

NOW FLOWING.

40 years of brewing experience goes into every beer we make.

Available at select retailers and fine beer-drinking establishments everywhere.

Follow the River...

Brewery & Tasting Room
Wed - Fri | 4:00pm - 8:00pm
Sat | 2:00pm - 7:00pm

American River Brewing Company
11151 Trade Center Drive, Suite #104
Rancho Cordova, CA 95670
(916) 635-2537
www.AmericanRiverBrewCo.com

There's No Place Like Home

In Home Care Service

Experienced and Compassionate Services Offered

- Respite Care
- Full Time Care
- Meal Preparation
- Food and Diet Monitoring
- Grooming and Bathing Assistance
- Appointments and Errands
- Working with Hospice
- Light House Work and Laundry
- Incontinence
- Companionship

(916) 428-4798

We are just a phone call away!

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

Apple Tutoring
Apple Tutor: Mac, iPad, iPhone. Senior Discount: 2 hours \$100. YourAppleTutor.net, 996-0609

Antiques Wanted
 Highest prices paid in town

Rolex, Omega, Hamilton
 -Private Party-
 All wind ups
 Running or not
 Also buy Gold Rings & Chains, Silver Dollars, Antiques
 (916) 607-7890
CASH for Watches

Appliance Repair

Cortney's Appliance Repair
916-879-7937
 Refrigerators • Dryers
 Stoves • Dishwashers
 Gaskets • Motors
 Relays • Capacitors
 other parts available

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

Autos Wanted
 DONATE YOUR CAR - 888-433-6199 FAST FREE TOWING -24hr Response - Maximum Tax Deduction - UNITED BREAST CANCER FDN: Providing Breast Cancer Information & Support Programs (Cal-SCAN)

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

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

Cable/Satellite TV
DISH Network -NEW FLEX PACK- Select the Channels You Want. FREE Installation. FREE Streaming. \$39.99/24 months. ADD Internet for \$14.95 a month. CALL 1-800-357-0810 (Cal-SCAN)

DIRECTV. NFL Sunday Ticket (FREE) w/Choice All-Included Package. \$60/mo. for 24 months. No upfront costs or equipment to buy. Ask about next day installation! 1- 800-385-9017 (Cal-SCAN)

CARPET & UPHOLSTERY CLEANING
 Graham Carpet & Upholstery Cleaning. Free Estimates 916 910-8643

Cat's Cleaning Service
 Call us... you'll be glad you did!!
FREE- Estimates!!
 • Move in /out
 • General Cleaning
 • No Hidden Fees
 • Satisfaction Guaranteed!!

(916) 834-7144

Concrete

Concrete Specialist
 Free Estimates
 20 Years Experience
 Bonded and Licensed
Concrete America
 (916)410-8726
 (916)730-1441
 Lic#992492

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-16)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-673-5926 (Cal-SCAN)

For Sale

Classic Album Collection
 Get hours of fun and enjoyment out of this classic album collection. Over 150 used albums. Country (Haggard, Jennings, Robbins, Hank Williams, Johnny Cash), some Rock, some Pop, Classical Collections, unique soundtracks, many Christmas classics. Get all 150 for only \$200 cash. Call Paul at 916-773-7337. Pick up in Carmichael.

FOR SALE

2000 24ft 5th wheel with slide out and A/C and extras. 1986 Ford F250 Diesel. 366-8087

FOR SALE

Electric Scooter Blue Pride Victory 10 3-Wheel. 2 months old. Paid \$3,000 - Asking \$1,700. 415 596-8264

Handyman

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

For Classified Advertising CALL

773-1111

Health & Medical

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

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625 (Cal-SCAN)

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

Home Maintenance

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

Insurance/Health

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

Landscaping

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

Legal Services

Xarelto users have you had complications due to internal bleeding (after January 2012)? If so, you MAY be due financial compensation. If you don't have an attorney, CALL InjuryOne today! 1-800-425-4701. (Cal-SCAN)

Lung Cancer? And 60 Years Old? If So, You And Your Family May Be Entitled To A Significant Cash Award. Call 800-950-3940 To Learn More. No Risk. No Money Out Of Pocket (Cal-SCAN)

Medical Supplies / Equipment

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

Medical Supplies / Equipment

Life Alert. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 800-714-1609. (Cal-SCAN)

Miscellaneous

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/halfhour. \$15/hour. freddiebalber1@yahoo.com. 530-263-8926 (MPG 12-1-16)

Pets/Animals

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

Professional, Loving PET CARE

Established Reputation
 Kennel Free Environment
 Lots of TLC
Call Madeline
(916) 723-1608

Real Estate

BORROW \$150K to \$1million Easy Quality CONSTRUCTION & Owner builder loans www.EasyConstructionLoan.com Since 1980, CA Bro Lic #00426805 NMLS id #303135 (Cal-SCAN)

Roofing

BERNARDINO ROOFING
 Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER
*****FREE ESTIMATES*****
SENIOR DISCOUNTS
 Lic.#817945 35 Years Experience
916.920.0100
 www.bernardinoroofing.com

RV Sales

Bill Eads RVs
 Buy, Sell, Trade & Consign
 "Results...not Promises"
Number 1 Consignment Lot in Northern California
We Pay Top \$\$\$ for clean RVs!
Great, Secure I-80 Freeway Location.
 Lic & Bonded - 29 Years Exp!
 Check out **BillEadsRV.com**
 4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273
Senior Living

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

Tractor Work

TALL WEEDS, blackberries cut, dirt moving, discing, trenching, rototill, bobcat backhoe. Dave #571637 916-988-3283
 MPG 10-28-16

Tree Service

BP TREE SERVICES

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

Work Wanted
 Anytime hauling, house, yard, clean outs, spa, deck, concert, anything anytime 916-271-3365 (MPG 8-31-16)

Tax Services

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

Yoga

Your Fitness Genie
 Making Your Fitness Goals Come True!
 15 Years of Experience
 3 Sessions for \$99, new clients only
 • Weight Loss • Injury Recovery
 • Senior Fitness • Yoga • Pilates
 Safe, Effective, Functional Resistance Training
Be Active, Call Today!
 Jenn@YourFitnessGenie.com
(916)768-8767

YOGA

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

HELP WANTED

Folsom Lake College Accountant
 Job Posting Number: 0002316
 Closing Date: 9/29/2016
 Salary: \$4,126.48 per month
 Complete job description and application available online at: www.losrios.edu

The Los Rios Community College District is an equal opportunity employer, and does not discriminate regardless of race, color, sex, religion, age, sexual orientation, national origin, ancestry, disability, medical condition, political affiliation or belief, or marital status.

Help Wanted / Drivers

Drivers: Local!
\$2,000.00 Sign-On Bonus!
 Sacramento Flatbed Openings.
 Great Pay, Benefits!
 CDL-A, 1yr Exp. Req.
 Estenson Logistics
 Apply www.goelc.com
 855-842-8549

Crossword Puzzle on Page 9

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

Sudoku Puzzle on Page 9

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

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

Land For Sale

NORTHERN AZ WILDERNESS RANCH - \$249 MONTH - Quiet secluded 37 acre off grid ranch bordering 640 acres of State Trust land. Cool clear 6,400' elevation. Near historic pioneer town and fishing lake. No urban noise. Pure air, AZ's best climate. Mature evergreens & grassy meadows with sweeping views across wilderness mountains and valleys. Abundant clean groundwater, free well access, loam garden soil, maintained road access. Camping and RV use ok. \$28,900, \$2,890 down, seller financing. Free brochure with similar properties, photos/topo/map/ weather area info: 1st United Realty 800.966.6690 (Cal-SCAN)

Specialties Plus

- Machine Repairs (all makes and models)
- Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine)
- Free Cleaning (with our cartridge)
- Service Contracts (monthly or yearly)
- Lease or Rent
- High Volume Copying (save wear & tear on your machine)
- We are Local

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines
 E-mail: specpluscopiers@gmail.com
(916) 723-8430

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES
SLS Superior Landscape Services
 Landscaping and Maintenance
 • Sprinkler Repair/Install • Pruning
 • Mowing/Trimming • Fertilizing
 Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
 Dave Cochran Owner • dave_SLS@surewest.net

COMMERCIAL JANITORIAL SERVICES
FRANCHISE OPPORTUNITIES AVAILABLE
Anago
 OF SACRAMENTO
The Superior Choice for Commercial Cleaning
 Call to schedule your FREE Quote
916.782.3300 • www.ANAGOSAC.COM

LAWN CARE AND LANDSCAPING
DC Unlimited Lawn Care Will Beat Any Reasonable Price
 One time basic service \$35.00 or less
 Need Affordable Landscaping?
 • Monthly Service • Bi-Weekly Service
 • Weekly Service • One Time Clean Ups
 • Bark/Rock Installation • Sprinkler/Drip Repair
 • Fence Repair • Gutter Cleaning
 • Hauling • Rototiller
 • Shrub Maintenance • Lawn Care
• FREE ESTIMATES • Call (916) 896-8413

PARALEGAL SERVICES
Living Trust • Living Will
 Includes: Trust, Will, Powers of Attorney, Family Residence Deed
Single \$495 • Couple \$550
Call Lynda K. Knight (916) 214-1215
 1337 Howe Ave. Suite 103, Sacramento

CUSTOM CABINETS
Everwood Custom Cabinets
 Custom built to your specifications by Charles Ferguson, over 30 years experience
 Contactors License No. 446488 C-6
(916) 455-1225
 www.everwoodcabinets.com

COMPUTER SERVICES
Zinsky's
 PC Configurations
 "Don't replace it - REPAIR IT!"
 Custom Desktop Computer Configurations
 • PC Repair • Home Wireless Networking
 • Installations • Viri & Spyware Eradication
 Alan Zinsky
 Phone: 916-622-2269
 Zconfig@sbconfig.com
 Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
 www.zinskyspcrepair.com

HOUSE CLEANING SERVICES
Sparkle Clean Agency
 Communication just as important as great cleaning

 • Serving greater Sac since 1987
 • Professional cleaners
 • Detail oriented
 • Floor cleaning on hands and knees
 • Move ins/outs
Call for FREE estimates
916-483-2009
 annspkicln@gmail.com
 residentialcleaningsacramento.com

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

HANDYMAN
CARPENTER DAVID MACK
 Handyman • 25 Years Experience
 Bus. Lic. # 636425
 Honest Man • Quality Work
 • Doors Specialist • Dry Rot • Roof Repairs
 • Painting • Sheet Rock • Texture
 • All Floors, Windows, Decks, Tiles, Patios A to Z
 • Exterior Sidings
916-548-8249

GOT LOCAL NEWS?
 Call
773-1111


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

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07363 Nirmeen Hijwaji, 2067 Moonstone Way Sacramento, CA 95635 is doing business under the Fictitious Business Name(s) "Skintational" at 1143 N.Market Boulevard #1 Sacramento, CA 95634. Filed with the Clerk of Sacramento County September 12, 2016. Publish: September 23, 30, October 7, and 14, 2016
SKIN 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-06805 California Wholesale Material Supply, LLC, 550 W. Adams Street Chicago, IL 60661 is doing business under the Fictitious Business Name(s) "CalPLY" at 1300 S. River Road West Sacramento, CA 95691. Filed with the Clerk of Sacramento County August 23, 2016. Publish: September 23, 30, October 7, and 14, 2016
CALPLY 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07132 Package One, Inc, 4225 Pell Drive Sacramento, CA 95839 is doing business under the Fictitious Business Name(s) "All West Container, All West Packaging" at 4225 Pell Drive Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 1, 2016. Publish: September 23, 30, October 7, and 14, 2016
ALL 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07178 Jodi Lorraine Renzel, 7336 Almond Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "S.W.C Shooting with Confidence Firearms Training" at 7336 Almond Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 2, 2016. Publish: September 23, 30, October 7, and 14, 2016
SWC 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-06712 Keith A. Dawson, 10339 Doyle Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Raz Automotive" at 7227 26th Street Rio Linda, CA 95673. Filed with the Clerk of Sacramento County August 19, 2016. Publish: September 23, 30, October 7, and 14, 2016
RAZ 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07154 Volodymyr Shvets, 4028 N Country Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Quality Truck Engine Service" at 4028 N Country Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County September 2, 2016. Publish: September 23, 30, October 7, and 14, 2016
QUALITY 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-06884 Baile Banks, 7767 La Riviera Drive Apt #220 Sacramento, CA 95826 and Anna Karapetyan, 10819 Coloma Road #3 Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Weave Stop" at 2550 Valley Road Suite 5 Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 25, 2016. Publish: September 23, 30, October 7, and 14, 2016
WEAVE 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07412 Christopher Maddox, 10151 Country Way Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Madd Ox" at 10151 Country Way Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 13, 2016. Publish: September 23, 30, October 7, and 14, 2016
MADDOX 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07359 Andrew Corey Sanders, 8698 Elk Grove Boulevard 1-122 Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Drew's Fabrication and Restorations" at 2947 Ramona Avenue #B5 Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 12, 2016. Publish: September 23, 30, October 7, and 14, 2016
DREWS 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07166 Chanh Hill, 6726 Burdett Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Nate's" at 6726 Burdett Way Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 2, 2016. Publish: September 23, 30, October 7, and 14, 2016
NATES 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07189 Orangevale Chamber of Commerce, 9267 Greenback Lane Suite B91 Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Miss Orangevale" at 9267 Greenback Lane Suite B91 Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 6, 2016. Publish: September 23, 30, October 7, and 14, 2016
MISS 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07305 Paul Kravchuk, 6335 Slippery Creek Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "RG Transport, VK Transport, AY Logistics, A&A Transport, Skyway Transport" at 6335 Slippery Creek Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 9, 2016. Publish: September 23, 30, October 7, and 14, 2016
TRANSPORT 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07399 Esther Igwe-bikunle, 26 Icarus Court Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Mbadugha African Arts Gallery" at 26 Icarus Court Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 13, 2016. Publish: September 23, 30, October 7, and 14, 2016
ARTS 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07364 Traci Ruslan, 4407 Oak Hollow Drive #182 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "TRD Building Design Solutions" at 4407 Oak Hollow Drive #182 Sacramento, CA 95842. Filed with the Clerk of Sacramento County September 13, 2016. Publish: September 23, 30, October 7, and 14, 2016
TRD 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07328 Darlington Digital Services LLC, 8599 Erinbrook Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Darlington Digital Services LLC" at 8599 Erinbrook Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 12, 2016. Publish: September 23, 30, October 7, and 14, 2016
DIGITAL 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07242 Daniel O'Connell, 911 Commons Drive Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Pacific Solar Consulting" at 4825 J Street Suite 112 Sacramento, CA 95819. Filed with the Clerk of Sacramento County September 7, 2016. Publish: September 23, 30, October 7, and 14, 2016
PACIFIC 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07396 Rusty Myers, 3813 Mahogany Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Sacramento Building Maintenance Services" at 3813 Mahogany Street Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 13, 2016. Publish: September 23, 30, October 7, and 14, 2016
SAC 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-06922 Cutting Edge Home Solutions, Inc, 4617 Auburn Boulevard Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "North American Termite" at 4617 Auburn Boulevard Sacramento, CA 95841. Filed with the Clerk of Sacramento County August 26, 2016. Publish: September 23, 30, October 7, and 14, 2016
NORTH 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07144 Word of Restoration Ministries, 8449 Casablanca Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Regents Church, Word of Restoration Ministries" at 8449 Casablanca Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 1, 2016. Publish: September 23, 30, October 7, and 14, 2016
REGENTS 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07509 Eric Lee Johnson, 34 Shady Arbor Court Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Dailyball.com" at 34 Shady Arbor Court Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 16, 2016. Publish: September 23, 30, October 7, and 14, 2016
DAILYBALL 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07476 Elena Nicora, 4124 Pasadena Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Golden House Cleaning" at 4124 Pasadena Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 15, 2016. Publish: September 23, 30, October 7, and 14, 2016
GOLDEN 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07504 Michael McClain, 124 Swift River Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "AFK" at 124 Swift River Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County September 16, 2016. Publish: September 23, 30, October 7, and 14, 2016
AFK 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07270 Mark Stagner, 10284 McCracken Drive Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "The Big Weenie" at 10284 McCracken Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 8, 2016. Publish: September 23, 30, October 7, and 14, 2016
WEENIE 160902 10-14-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07594 Indepjet Singh, 3154 Osuna Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "SVT" at 3154 Osuna Way Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 20, 2016. Publish: September 30, October 7, 14, and 21, 2016
SVT 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07270 Liefelne Debt Relief, Inc, 16192 Coastal HWY, Lewes, DE 19958 is doing business under the Fictitious Business Name(s) "Guardian Debt Relief" at 65 Broadway 17 FL Suite 1702 New York, NY 10006. Filed with the Clerk of Sacramento County September 20, 2016. Publish: September 30, October 7, 14, and 21, 2016
GUARDIAN 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07674 Chee Chang, 1327 Indian Runner Drive Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Smile Care Family Dental" at 4360 Arden Way #5 Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 22, 2016. Publish: September 30, October 7, 14, and 21, 2016
SMILE 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07234 Richard L. and Janice E. Woods, 6906 Paseo Del Sol Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Foot Aid Laboratory, Brown's Original Medicated Foot Bath Since 1943" at 6906 Paseo Del Sol Way Elk Grove, CA 95758. Filed with the Clerk of Sacramento County September 7, 2016. Publish: September 30, October 7, 14, and 21, 2016
FOOT 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07667 Decia LLC, 6241 Freedom Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "iSchema.com, iSchema" at 6241 Freedom Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 22, 2016. Publish: September 30, October 7, 14, and 21, 2016
ISchema 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07663 Lavinia Fuapua, 2941 Great Egret Way Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Transaction Coordinator" at 2941 Great Egret Way Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 22, 2016. Publish: September 30, October 7, 14, and 21, 2016
TRANSACTION 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07648 James Erik Wrieden, 7608 Soquel Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Mariposa Management" at 5407 Palm Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 22, 2016. Publish: September 30, October 7, 14, and 21, 2016
MARIPOSA 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07321 GFC Lending, LLC, 7465 E. Hampton Avenue Mesa, AZ 85209 is doing business under the Fictitious Business Name(s) "Go Financial" at 7465 E. Hampton Avenue Mesa, AZ 85209. Filed with the Clerk of Sacramento County September 12, 2016. Publish: September 30, October 7, 14, and 21, 2016
GOFINANCIAL 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07596 Lindsay Taylor Sanz, 10880 Walnutwood Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "LTS Consulting" at 10880 Walnutwood Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 20, 2016. Publish: September 30, October 7, 14, and 21, 2016
LTS 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07617 McCourt Enterprises, Inc., 629 Ruscello Court El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Apricot Lane-Folsom" at 340 Palladio Pkway #501 Folsom, CA 95630. Filed with the Clerk of Sacramento County September 21, 2016. Publish: September 30, October 7, 14, and 21, 2016
APRICOT 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07590 Janita Rae Garcia, 1233 Dedylnn Street #1 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "J's Housecleaning" at 1233 Dedylnn Street #1 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 20, 2016. Publish: September 30, October 7, 14, and 21, 2016
J 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07622 Tracy Miller and Larry Blain, 7712 Agate Beach Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Roseville Moving Company" at 7712 Agate Beach Way Antelope, CA 95843. Filed with the Clerk of Sacramento County September 21, 2016. Publish: September 30, October 7, 14, and 21, 2016
ROSEVILLE 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07459 Save On International Inc, 5500 Madison Avenue #D Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Save On Cleaners, Alterations on Time" at 5500 Madison Avenue #D Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 14, 2016. Publish: September 30, October 7, 14, and 21, 2016
SAVE 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07293 Eric Smith, 11620 Long Ravine Court Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Foundation Realty" at 11620 Long Ravine Court Gold River, CA 95670. Filed with the Clerk of Sacramento County September 9, 2016. Publish: September 30, October 7, 14, and 21, 2016
FOUNDATION 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07345 John Bolger, 3331 Eastern Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Topographic Landscapes" at 3331 Eastern Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 12, 2016. Publish: September 30, October 7, 14, and 21, 2016
TOPOGRAPHIC 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07349 Kathleen Schultz Guzman, 11018 Fair Oaks Boulevard Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "The Prancing Poodle All Breed Grooming" at 9346 Greenback Lane #1 Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 12, 2016. Publish: September 30, October 7, 14, and 21, 2016
PRANCING 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07502 John Michael Glavin, 7818 Ranch River Drive Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "Commercial Services" at 7818 Ranch River Drive Elverta, CA 95626. Filed with the Clerk of Sacramento County September 16, 2016. Publish: September 30, October 7, 14, and 21, 2016
COMMERCIAL 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07565 Norma R. Mattingly, 5609 Rock Wren Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "AM Janitorial" at 5609 Rock Wren Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County September 19, 2016. Publish: September 30, October 7, 14, and 21, 2016
AM 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07691 Elton Ray Dyer Jr and Deandre Worrence Summerville, 7250 Pepperwood Knoll Lane #147 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Summer Rays Moving Company" at 7250 Pepperwood Knoll Lane # 147 Sacramento, CA 95842. Filed with the Clerk of Sacramento County September 23, 2016. Publish: September 30, October 7, 14, and 21, 2016
SUMMER 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07859 Linh Lu, 3253 Paumanok Way Sacramento, CA 95835 and Kelly Lam Chu, 9065 Kiefer Boulevard Sacramento, CA 95826 are doing business under the Fictitious Business Name(s) "Kim Restaurant" at 1008 J Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 7, 14, 21, and 28, 2016
KIM 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07855 Sarah Herick, 7337 Power Inn Road Apt# 108 Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Devoted Pet Sitting and Dog Training" at 7337 Power Inn Road Apt #108 Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 30, 2016. Publish: October 7, 14, 21, and 28, 2016
DEVOTED 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07845 Rene and Monica Delgado, 5542 Chauncey Way Orangevale, CA 95662 are doing business under the Fictitious Business Name(s) "R&M Framing" at 1200 S Street #C Sacramento, CA 95811. Filed with the Clerk of Sacramento County September 30, 2016. Publish: October 7, 14, 21, and 28, 2016
R&M 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07769 Steven A. Sperber, 812 Piccadilly Circle Sacramento, CA 95864 and Stacy L. Gaeb, 1110 Butterfield Road San Anselmo, CA 94960 are doing business under the Fictitious Business Name(s) "A & L Properties" at 812 Piccadilly Circle Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 28, 2016. Publish: October 7, 14, 21, and 28, 2016
A&L 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07770 A&L Properties, 812 Piccadilly Circle Sacramento, CA 95864 and Sperber Investments 1, 50 Fullerton Court #101 Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Razorbacks" at 50 Fullerton Court #101 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 28, 2016. Publish: October 7, 14, 21, and 28, 2016
RAZORBACKS 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07452 Pinpoint LLC, 9251 Palmerson Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Pinpoint, Stage Me Pretty, Sell Me Pretty, Care Home Funding, Loan Remedy, Pinpoint Investments, Pinpoint Properties, Pinpoint Lending Solutions, Pinpoint Handyman Services, Pinpoint Homes" at 9251 Palmerson Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County September 14, 2016. Publish: October 7, 14, 21, and 28, 2016
PINPOINT 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07748 Y&W Care Home 1 LLC, 1608 Carlmarr Way Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Hillswood Care Home" at 124 Hillswood Drive Folsom, CA 95630. Filed with the Clerk of Sacramento County September 27, 2016. Publish: October 7, 14, 21, and 28, 2016
HILLSWOOD 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07723 Blue Moon REI, Inc, 7322 Villa Del Sol Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Emma Dunham Consulting" at 7322 Villa Del Sol Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 26, 2016. Publish: October 7, 14, 21, and 28, 2016
EMMA 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07806 Workouts on Demand, Inc, 5050 Laguna Boulevard #112 Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "My Big Day Videos" at 5050 Laguna Boulevard #112 Elk Grove, CA 95758. Filed with the Clerk of Sacramento County September 29, 2016. Publish: October 7, 14, 21, and 28, 2016
VIDEOS 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07805 Aloy Inc, 5131 Keane Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "CupAJoy" at 5131 Keane Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 29, 2016. Publish: October 7, 14, 21, and 28, 2016
CupAJoy 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07716 Debbie N. Poon, 10144 Equestrian Drive Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Bountiful Bargains Company" at 10144 Equestrian Drive Elk Grove, CA 95624. Filed with the Clerk of Sacramento County September 26, 2016. Publish: October 7, 14, 21, and 28, 2016
BOUNTIFUL 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07726 John Le, 9508 Delburns Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Focus Point Media" at 9508 Delburns Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County September 27, 2016. Publish: October 7, 14, 21, and 28, 2016
FOCUS 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07803 Arturo Flores, 1422 Nighthawk Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Mariachi Tradicional De Sacramento" at 1422 Nighthawk Way Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 29, 2016. Publish: October 7, 14, 21, and 28, 2016
MARIACHI 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07733 H. Glenn Wilcox, 1237 Q Street Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "The Queen's English Toffee Company, The Queen's Chocolate Company" at 1237 Q Street Sacramento, CA 95811. Filed with the Clerk of Sacramento County September 27, 2016. Publish: October 7, 14, 21, and 28, 2016
QUEENS 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07382 Tres Babes, LLC, 4729 Wilmer Street Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Tres Babes, LLC" at 4729 Wilmer Street Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 13, 2016. Publish: October 7, 14, 21, and 28, 2016
TRES 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07717 Whitney Boyd, 2707 La Verla Court #47 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "The Noted Femme" at 2707 La Verla Court #47 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 26, 2016. Publish: October 7, 14, 21, and 28, 2016
NOTED 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07696 Francisco Paul Perez, 8 Seine Court Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Cisco Salon" at 947 Enterprise Drive #7 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 26, 2016. Publish: October 7, 14, 21, and 28, 2016
CISCO 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07702 Robert and Kathryn OConnors, 7584 Baird Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Classic Detailing Systems" at 7584 Baird Way Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 26, 2016. Publish: October 7, 14, 21, and 28, 2016
CLASSIC 160920 10-28-16

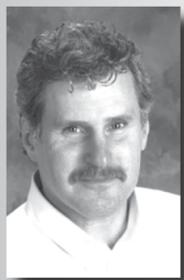
FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07611 Harrison and Brittany Kong, 5515 Celebration Street Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Awkward Designs" at 5515 Celebration Street Sacramento, CA 95835. Filed with the Clerk of Sacramento County September 21, 2016. Publish: October 7, 14, 21, and 28, 2016
AWKWARD 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07689 Annie M Ngo, 880 Larch Lane Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "KiGi" at 880 Larch Lane Sacramento, CA 95864. Filed with the Clerk of Sacramento County September 23, 2016. Publish: October 7, 14, 21, and 28, 2016
KIGI.IT 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07675 Thahab, Inc, 328 Alta Mesa Drive South San Francisco, CA 94080 is doing business under the Fictitious Business Name(s) "Togo's, Baskin Robbins" at 10444 Twin Cities Road Suite 10 Gall, CA 95632. Filed with the Clerk of Sacramento County September 22, 2016. Publish: October 7, 14, 21, and 28, 2016
TOGOS 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07666 Mingmei Zhang, 6721 Burdett Way Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Sunny Spa" at 1361 Fulton Avenue #103 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 22, 2016. Publish: October 7, 14, 21, and 28, 2016
SUNNY 160920 10-28-16

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2016-07974 Peter Pavl Flanck, 4420 Minnesota Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Euro AM INC Discount Auto Repair" at 7649 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 6, 2016. Publish: October 14, 21, 28, and



Dare to Live Without Limits

Dealing With Lack

by Bryan Golden



In any situation, there's a component of human nature that causes us to fixate on what is lacking. This inhibits us from appreciating all we do have. Focusing on what's lacking has a negative impact on our attitude. It actually causes your mind to repel those very things you want.

For example, concentrating on how much money you don't have, suppresses your efforts to correct the situation. Your frustration leads to inaction. Discouragement suppresses motivation. Although it's ironic, focusing on what you lack creates an aura of desperation which repels what you are seeking.

Using this approach for anything you want produces the same outcome; concentrating on what's lacking repels what you are looking to obtain. So how do you acquire what you need and want? Switch to a mindset of abundance. Those who appreciate all they have, always have more than they need. Conversely, those who constantly feel they are lacking, never have enough.

Let's see how this approach can be applied to some areas of life typically thought of as lacking. We'll start with time, a common source of frustration. People are constantly complaining about not having enough of it. Although time is the one thing you can't get more of, you can make better

use of it.

You can become more efficient in using your time. Instead of complaining about not having enough time, eliminate unnecessary tasks while prioritizing the important things you want to accomplish. Focus on tasks that get you closer to your goals rather than simply keeping busy.

Unlike time, there is no external limit to how motivated you can become. Lack of motivation is self-imposed. You are the only one suppressing your motivation. You can't blame other people or circumstances. It doesn't matter what bad experiences you may have had. If you want something bad enough, you will be motivated to attain it.

Many people feel they lack money. They constantly struggle to acquire enough. They work in jobs they don't like in order to have money needed to do things they enjoy. Much of their time is spent thinking about how much money they don't have.

There are wealthy people who think they don't have enough and those of modest means who believe they have more than they need. An attitude of abundance attracts more of what you want whereas a mindset of lack blocks and repels what you desire.

What about people who think they don't have enough friends? They look outside

themselves for comfort and security. You are your own best friend. Your comfort and security is not linked to anyone else, it is rooted within you. Those who look to others for security never have enough friends. When you are comfortable with who you are, you don't need a lot of friends.

You may not be as happy as you would like. Rather than thinking about why you are unhappy, identify those aspects of your life you are happy about. You will be surprised at how many good things there are to be thankful for which have been overshadowed by your preoccupation of dissatisfaction. The area of happiness is a perfect example of how focusing on lack masks and inhibits abundance.

Now is a perfect time to start changing your mental orientation from lack to abundance. It's a very simple concept. When you are aware of and appreciative of all the abundance in your life, you attract more. A mindset of abundance is a cause, not an effect.

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

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

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

Stop Suffering From:

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

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

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



Blakely Health and Wellness

Dr. Beth Blakely, DC.

3928 California Ave.
Charmichael, CA 95608

Female Chiropractor, Owner/Practitioner

Call us today to schedule your appointment!

916-944-1444

www.drblakely.com

Grace Baptist Church



Come and Experience God's Amazing Grace

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

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

Service Schedules

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

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

Call for more information

Thank A Veteran Today

FIXED RATE LOANS

PURCHASE • REFINANCE

TERM	RATE	APR
10_{YR}	2.250	2.66
120 Monthly Payments of \$9.31 per \$1,000 Borrowed		
15_{YR}	2.375	2.65
180 Monthly Payments of \$6.61 per \$1,000 Borrowed		

Check the El Dorado Advantage:

✓ No Application Fee ✓ No Prepayment Penalty ✓ Local Processing and Servicing



EL DORADO SAVINGS BANK

Serving our local communities for over 58 years

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779

Maximum loan \$417,000.00, primary or vacation residence. 20% minimum cash down payment on purchase. 25% equity required on refinance. Other loans available under different terms.

LOAN TERMS SUBJECT TO CHANGE WITHOUT NOTICE



WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

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

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

Watch Batteries Installed for \$5.00

Some models cost more



Frank's Jewelry Shop

7319 Fair Oaks Blvd.
Carmichael, CA 95608
916-481-0176

A-TEK GLASS CENTER

Your One Stop Local Glass Shop

Serving Carmichael Community for 20 Years

AUTO ■ HOME ■ BUSINESS

Free Windshield Chip Repair with Insurance Coverage

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

Fast, Professional Glass Repair ■ Direct Approved Insurance Billing

Call 7 Days a Week ■ 916-481-9966

Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou



Publisher, Paul V. Scholl

Carmichael Times is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial3@mpg8.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Carmichael Times

Serving Carmichael and Sacramento County since 1981

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

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

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County.

The Carmichael Times is published weekly. Call (916) 773-1111 for more information. (ISSN # 1948-1918).



We are proud members of these newspaper associations.



Join us for the 25th annual



Saturday
October 29, 2016
11:00am - 4:00pm

inside Safetyville USA
3909 Bradshaw Road | Sacramento

- A safe alternative to Trick-or-Treating
- Wristbands for unlimited games & bounce house access also available
- Buy tickets online now



Sponsored by:



Proceeds benefit our children's safety & health program at Safetyville USA



Questions? Call 916.438.3357 or email pamela@safetycenter.org
www.safetycenter.org/events

EASTER'S

Catholic Book and Gifts

GRAND RE-OPENING CELEBRATION!
FRIDAY, OCT 21, AND SATURDAY, OCT 22



AUXILIARY BISHOP MYRON J. COTTA
FRI, OCT. 21, 10:00 AM - WILL BLESS THE STORE

EASTER'S

Catholic Books and Gifts

6916 Sunrise Blvd. Suite I, Citrus Heights, CA 95610
(916) 338-7272

OPEN TUES. THROUGH FRI. 10 AM - 5 PM
SAT. 10 AM - 4 PM

See you soon! May God bless you! www.gofundme.com/eastersbooks

25 Minute Educational Presentation and a Free Luncheon



East Lawn Funeral Homes, Cemeteries & Crematory

Reservations Required

Please RSVP for the day of your choice.

Seating is limited to 30 attendees per seminar.



This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's

benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

FREE LUNCHEON SEMINARS

Sierra Hills Memorial Park

5757 Greenback Lane,
Sacramento, CA 95841

RSVP: (916)732-2020 or on-line
at www.EastLawn.com

Wed, October 26 @ 11:30 a.m.

St. Francis

Elk Grove Memorial Park

9189 East Stockton Blvd.,
Elk Grove, CA 95624

RSVP: (916)732-2031 or
on-line at www.EastLawn.com

Thurs., November 10 Dinner

www.EastLawn.com



Donald Kendrick, Music Director

21ST CONCERT SEASON
2016-2017

Stained Glass Concert



ALBINONI | *Adagio for Organ and Strings*
JAMES WHITBOURN | *Lux in Tenebris*
JAKE RUNESTAD | *The Hope of Loving*
OLA GJEILO | *Luminous Night of the Soul*
PERGOLESINI | *Magnificat*

Ryan Enright, Organist
SCSO Chamber Orchestra

SAT, OCTOBER 22 AT 8:00 PM
Fremont Presbyterian Church

Reserved Seating: \$40 | General Seating: \$30 | Students \$15

TICKETS: 916 536-9065 or SACRAMENTOCHORAL.COM



Wells Fargo Home for the Holidays

Guests: Sacramento Children's Chorus
Lynn Stevens, Director

SAT, DECEMBER 10
AT 2:00 PM AND 7:30 PM

Sacramento Memorial Auditorium

TICKETS SCSO OFFICE | 916.536.9065 CCT BOX OFFICE | 916.808.5181
SACRAMENTOCHORAL.COM

Wizard of Id by Parker, Mastroianni & Hart



Hole Molé by Rick Hotten



BC by Mastroianni & Hart



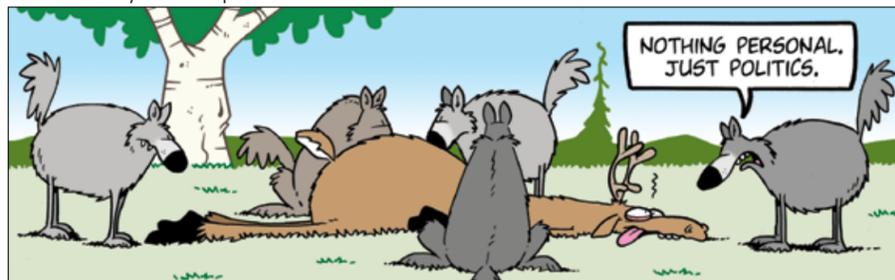
Cranky Girl by Crystal Jones



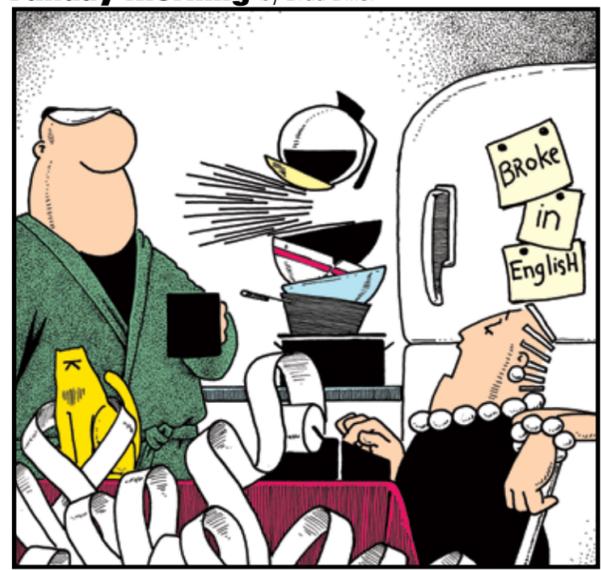
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



Funday Morning by Brad Diller



Speckticles by Bill Abbott



Tastes Like Chicken BY JOSH ALVES



California MENTOR Family Home Agency

Share your heart. Share your home. Become a **Mentor** today.

California MENTOR's Family Home Agency is seeking adult foster families with a spare bedroom to support an individual with special needs. Receive up to \$3,800 a month and ongoing support.

Information Sessions held:
 Tuesdays at 4 p.m. and 7801 Folsom Blvd. | Suite 375
 Thursdays at 11 a.m. Sacramento | CA 95826

We provide education, multiple supports, monitoring and the opportunity to work independently from home.

Contact a Recruiter today at (916) 383-9785 ext.15
www.MentorsWanted.com

Living Trust Senior Special with this ad

If you have a house, you need a Trust.
 If you have a Trust, it needs to be up-to-date.
 (Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

- Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare Wills • One Residential Trust Transfer Deed
- No Charge for Notary Services • Prop 13 Protection
- Long Term Care Government Benefits Planning

WILL ASSOCIATES

Richard H. Will
 ELDER LAW ATTORNEY
 Serving Seniors Since 1975

Avoid Probate Call Today!
 (916) 482-8897

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

AE AMERICAN EAGLE BODY SHOP

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

"We Meet By Accident"

up to **\$500⁰⁰** Instant Rebate towards your DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires 10/31/16.

FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization.

Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires 10/31/16.

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

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

Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

Matthew 25:40
 "Caring for the Least"

50+ Years of Service
 We accept donations, clothing and goods, 7 Days a week... and prayers always!

(916) 447-3268
 400 Bannon Street • Sacramento, CA 95811
 Exec. Director, Pastor Tim Lane • P.O. Box 1108, Sacramento, CA 95812
 Tune in our Radio Program: KFIA 710 AM, Sun & Mon 3 PM
 listen online & visit us at: www.ugmsac.com Facebook.com/UGMSAC

Quick Quack Car Wash Sponsors Creative Writing Contest

SACRAMENTO REGION, CA (MPG) - Quick Quack Car Wash, a Roseville, California based company, has announced the sponsorship of a creative writing contest aimed at fourth to twelfth-grade students aged eight to 18 years old. The writing contest encourages students to invent the biography of the company's beloved mascot duck named Quackals.

The contest has an entry deadline of November 1st and has a grand prize of \$1,000 for the selected entry and eight \$100 prizes for one winner chosen from each grade level. The teacher and parent or guardian of each winning student will receive Free Unlimited Car Washes for one vehicle for one year. Winners will be selected by Quick Quack



Car Wash and its customers. Winners will be announced on December 1, 2016 and posted on DontDriveDirty.com.

"For years we have wanted to tell the story of Quackals, the Quick Quack Duck, and share with our fans more of his background and how he became our mascot," said Travis Kimball, Chief Marketing Officer of Quick Quack. "Now we have the opportunity to

let our fans participate in that storytelling. We are excited to read all of the creative entries describing where he came from and how he ended up as the mascot of our growing chain of car washes."

Quick Quack Car Wash has an established track record of being an active community partner, sponsoring local events and athletic programs as well as contributing to community groups' fundraising efforts. Quick Quack is regularly named the favorite or best car wash in the areas where they operate and has been recognized and honored for sustainable business practices and water conservation.

More information is available online at www.DontDriveDirty.com. ★

New CFR Report Distorts Facts and Aims to Crush U.S. Energy Revolution

Commentary by David Williams

A new report from the Council on Foreign Relations is music to the ears of environmental activists. It claims to show that if the federal government ended its "preferential" tax treatment of the oil and gas industry, public revenues would jump by billions and climate change would slow considerably.

This is pure fantasy. The report's methodology is fundamentally flawed, confusing tax deductions with subsidies and completely overlooking the vital role oil and gas plays in the American economy.

Subsidies are a direct transfer of money from the U.S. Treasury to a private company. American oil and gas companies receive zero -- that's right, zero -- subsidies.

What these firms do receive, however, is the same tax treatment as all other businesses, which, in part, allows them to deduct certain operating expenses. This deduction is typically used to offset the substantial costs of drilling and preparing wells -- and that's a good thing. These deductions encourage energy companies to grow and create jobs.

And the biggest tax benefits aren't going to Big Oil. Back in 1975, federal lawmakers partially repealed a tax code

provision known as "Percentage Depletion," which allowed fossil fuel producers to deduct the depreciation of their reserves. Only small and independent operators are now allowed to make such write-offs. ExxonMobil, Shell, and other large oil companies cannot. Likewise, credits such as the Enhanced Oil Recovery Tax Credit and Well Tax Credit are almost exclusively used by small and mid-sized operations.

These facts have been lost on both the media, which regularly repeats the myth that energy companies receive special tax treatment, and the White House, which has long advocated for steep tax hikes on the energy industry.

If the CFR report informs policy and the federal government does indeed eliminate tax deductions for fossil fuel producers, the American economy would be deeply damaged. After a decade of steady growth, this sector now supports more than 9 million jobs. It would contract under a heavy new tax burden, eliminating many of these positions and putting Americans all over the country out of work.

The CFR report also claims that ending energy tax "breaks" would help fight global warming, chiefly because it would afford the United States the moral standing needed to effectively pressure other nations to end their preferential tax policies

and shrink their own fossil fuel sectors.

This claim ignores that fact that, counter intuitively, America is leading the world in emissions reductions thanks to the fossil fuel industry.

Thanks to the rapid expansion of America's natural gas sector, electricity plants have switched from coal to gas. Largely because of this migration, America's annual carbon emissions are now at a 20-year low. What's more, fossil fuel companies have poured billions into researching and developing carbon reduction technologies. Since 2000, oil and gas companies have invested more than twice as much as any other industry in such technologies.

This Council on Foreign Relations study claims that oil and gas firms receive special public subsidies. That isn't true. The sector simply benefits from the deductions afforded all other businesses. And these write-offs have helped the industry grow, create economic opportunity, and invest in clean energy technologies. The Council -- and its activist allies -- need to check their facts.

David Williams is president of the Taxpayers Protection Alliance, a nonprofit, nonpartisan organization dedicated to educating the public on the government's effects on the economy. ★

Small Businesses Praise Senator Nielsen's Voting Record

SACRAMENTO, CA (MPG) - Citing his experience and strong advocacy of small businesses, the National Federation of Independent Business/California (NFIB) awarded Senator Jim Nielsen (R-Gerber) a perfect score of 100 percent.

"California continues to be a difficult place to do business -- from the burdensome regulations to the out-of-control lawsuits," said Senator Nielsen. "Elected leaders must do all we can to hold the line and help small businesses thrive. I am humbled to have received such an honor from NFIB."

"Senator Nielsen is a leader we turn to in our efforts to support small businesses. We applaud his dedication and passion in supporting small businesses and protecting them from additional taxes, mandates, and complex regulations," added Tom Scott, NFIB/CA State

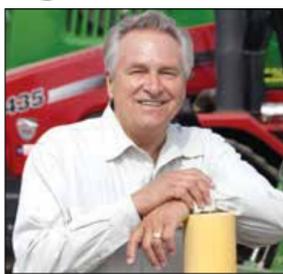
Executive Director.

NFIB assessed lawmakers on 12 bills vital to the health of small business in California. Twenty-nine lawmakers out of 120 had impressive 100 percent scores; however, 62 legislators failed small business this year with scores ranging from 27 percent to just eight percent.

Lawmakers' voting records are compiled and scored annually to provide Californians with a valuable tool to determine how state legislators acted on major mandates, regulations and tax legislation, and to hold elected officials accountable for anti-small business votes.

Established in 1946, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures.

NFIB has 350,000 dues-paying members nationally, with



Senator Jim Nielsen (R-Gerber)

over 22,000 in California. NFIB annually surveys its members on state and federal issues vital to their survival, and as they are America's economic engine and biggest creator of jobs, the growth of the American economy.

Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba.

Source: Office of Senator Nielsen ★

Carmichael Elks to Hold Annual Shred Event

CARMICHAEL, CA (MPG) - The Carmichael Elks are holding an on-site Shred Event, by Red Dog Shred on Saturday, October 22nd from 10am - 1pm -- at the Elks Lodge, 5631 Cypress Avenue in Carmichael.

The event will be held Rain or Shine.

Donation requested only \$5.00 per banker's size box. Elks National Foundation's mission is to help the Benevolent and Protective Order of Elks

build stronger communities by offering college scholarships, funding programs that build the character and competence of youth, serving and honoring veterans. ★

great DECISION OPPORTUNITY

If you are passionate about helping coordinate resources, have a desire to guide members and their families and are self-motivated, Health Net, Inc., has an excellent opportunity for you.

The following openings are working from our Rancho Cordova office:

Case Managers, Appeals & Grievance (RN or LCSW), & Manager Care Mgmt., RN, Supervisor Care Mgmt., RN

Apply Today for Immediate Consideration* <http://jobs.healthnet.com>

- RNs apply to requisition: #29201
- Manager Care Mgmt., RN: #31366
- LCSWs requisition: #29203
- Supervisor Care Mgmt., RN: #30967
- RN A&G: #24221

Upcoming event happening; come visit us:

Tuesday, October 25th & Wednesday, October 26th 3pm-7:00pm
On Site Interviews at Health Net Office
11971 Foundation Place, Rancho Cordova 95670

*We are unable to accept resumes by e-mail or fax. Your on-line application will be reviewed and you will be contacted shortly after you apply.

Apply online today at jobs.healthnet.com



Spend More Time Selling, Less Time Managing Payroll

Specializing in franchises and small businesses, we offer comprehensive and intuitive payroll that's perfect for any size business from 1 employee to 100's

- Direct Deposit
- Accrual Tracking
- File Quarterly Taxes
- Reporting and Filing
- Pay Payroll Taxes
- Payroll App

Call Now and Receive One Month of Payroll Processing FREE!*

Call Now 916.760.7227
www.pinnaclehro.com

Pinnacle Employee Services
 HR | Payroll | Benefits

LIVE BIG. BUILD SMART. HAVE FAITH.

COMPANY CULTURE EXPERTS > TRANSFORMING LEADERS WORLDWIDE SINCE 1989

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

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

BusinessCoach.com

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



Riley Reviews

HAZY "GIRL ON THE TRAIN" THRILLS; "ROCKY HORROR" ON TV

Ferguson) and their infant child. During each morning commute Rachel relives the memories from just outside the home she once shared with her ex-husband, and still pesters him with text messages and late-night phone calls.

Obsessions of a different kind have also taken hold of Rachel, namely addiction to alcohol. On her daily commutes, she sips vodka from a water bottle, gamely trying to act sober as if to fool herself and others around her.

Rachel has also developed a fixation about the occupants of a two-story home where the backyard fronts the rail line. During the morning and evening, she glimpses the seemingly idyllic life of the young couple living in a house only a few doors down from where she once lived.

The lives of the suburban neighbors are intertwined. The beautiful young wife Megan Hipwell (Haley Bennett) has been serving as the nanny for Tom and Anna, but there may be trouble at home despite the outward signs of the romantic fires burning brightly with her husband Scott (Luke Evans).

Meanwhile, one day, on her way into the city, Rachel witnesses something shocking on the backyard balcony of Megan and Scott's home. The presence of another man kissing Megan appears to be the analyst Dr. Abdic (Edgar Martinez), and it's not a therapeutic session.

Soon after, when Megan goes missing and is feared dead, Rachel tells the police what she believes she has seen. Hard-nosed Detective Riley (Allison Janney) is skeptical, and you would be too if you had to rely on the word of an unbalanced alcoholic.

Given that everyone doubts Rachel's grasp of reality, she takes up sleuthing on her own to uncover the clues to Megan's disappearance. Even though often in a haze, Rachel stumbles upon some uncomfortable truths.

"The Girl on the Train" is a serviceable popcorn thriller with a few unexpected twists and turns. It's plodding at times, but Emily Blunt does a great job of bringing authenticity to the role of a paranoid alcoholic.

TV CORNER – "THE ROCKY HORROR PICTURE SHOW" ON FOX

Now more than 40 years old, "The Rocky Horror Picture Show" remains a cult classic film popular for midnight theatrical showings where audience participation is de rigueur.

On Thursday, October 20th, FOX Television Network seeks to recreate the musical that had its initial roots on the London and Broadway stage. "The Rocky Horror Picture Show: Let's Do the Time Warp Again" is a game effort for an eerie homage to the original.

The story is rather basic. Two young, innocent sweethearts named Brad (Ryan McCartan) and Janet (Victoria Justice) get stuck in a deserted area on a stormy

night with a flat tire. Seeking help, they stumble upon the creepy mansion of Dr. Frank-N-Furter (Laverne Cox), a sexually ambiguous, flirtatious mad-scientist who is holding an annual Transylvanian convention to showcase the laboratory birth of Rocky (Staz Nair), a muscle-bound plaything.

In the original film, Tim Curry played the Frank-N-Furter role as a lascivious transvestite seeking to debase Brad and Janet. This time around, Curry forsakes fishnet stockings and takes a somewhat serious turn as the criminologist narrator.

Filled with terrific musical numbers that capture the spirit of the strange world inhabited by the good doctor's sidekicks that include Riff Raff (Reeve Carney) and Magenta (Christina Milian), "The Rocky Horror Show" could be an event viewing for fans of the original.

This television version pays homage to the many late night screenings by having an actual audience watching some of the key scenes in a darkened theater while also reenacting their eager participation of tossing popcorn and ad-libbed dialogue at the screen.

The FOX publicity folks sent over a helpful package of microwavable popcorn, multi-colored confetti, noisemakers and party hats. I presume that I am supposed to pass along these suggestions for your own participatory enjoyment.

Whatever you choose to do, the "Let's Do the Time Warp Again" edition of "The Rocky Horror Show" should prove an option for some homebound fun if a late night theatrical showing of the original is not available to you. ★

A Film and TV Review by Tim Riley

THE GIRL ON THE TRAIN (Rated R)

The Paula Hawkins best-selling novel "The Girl on the Train" is a thriller so familiar to millions of readers that one can only wonder if the cinematic adaptation is worthy of excitement for its legions of admirers.

Regrettably, I cannot shed light on the faithfulness of screenwriter Erin Cressida Wilson to the source material, nor can I deliver sobering analysis for the novelist's apparently conflicted emotions about the mental stability of the protagonist.

For the film version of "The Girl on the Train" you will just have to go along for the ride, much like the titular character does every day while adhering to a Metro-North train commute into Manhattan.

For the get-go, Rachel Watson (Emily Blunt) has the dazed look of a young woman tormented by inner demons while riding the commuter train each day, staring out the window as if trying to catch a glimpse of a better life.

Indeed, Rachel's life has unraveled. She's divorced from Tom (Justin Theroux), who continues to live in their lovely suburban home with his new wife Anna (Rebecca

Sacramento State Competes Against UC Davis in Causeway Classic Blood Drive & Marrow Registry

SACRAMENTO REGION, CA (MPG) - Sacramento State's University Union is pleased to announce the 9th annual Causeway Classic Blood Drive Monday, October 17 through Wednesday, October 19 from 10 am- 4 pm in the University Union Ballroom at Sacramento State.

Throughout the blood drive, administrators, faculty, students, and the general public will roll up their sleeves to compete in this blood donation competition.

The campus as a whole competes against UC Davis, and a trophy will be awarded to the group at the Causeway Classic football game. Sacramento State is the current trophy holder, winning last year's blood drive competition. Additionally, student groups on campus are also competing against each other. Whatever group, organization, or department that collects the most blood and has the most participation have a higher chance of winning a grand

cash prize for their organization for their efforts. All participants will receive a free t-shirt and MyBloodSource rewards.

Blood donation is so important to our campus and students. The same blood that is collected from students will help save the lives of accident victims, surgery patients, cancer patients, and many others who suffer from a myriad of diseases. Blood donation is safe, easy, and fun. To become a donor you must weigh 110 pounds or more,

be in overall good health, be 17 years of age or older, or 16 with signed Blood Source consent form.

Campus sponsors for this event include: Associated Students, Inc., Green Army, The WELL, The Hornet Bookstore, Student Health & Counseling Services and The University Union.

For more information, please visit theuniversityunion.com or call the University Union Info Desk at (916) 278-6997

Source: Sac State Media ★

LEGAL NOTICE

RESOLUTION NO. 2818 RESOLUTION BEFORE THE SAN JUAN UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION ON MESA VERDE HIGH SCHOOL

(Intent To Convey an Easement for Public Utilities)

WHEREAS, section 17556, et seq. of the Education Code authorizes the San Juan Unified School District ("District") to dedicate or convey an easement/real property to municipal corporations for public streets or highways and to a public corporation, to lay, construct, reconstruct, maintain and operate water, sewer, gas, or storm drain facilities or ditches, electric or telephone lines, and access roads used in connection therewith, either with or without consideration and without a vote of the electors of the District being taken;

WHEREAS, the District desires to dedicate a permanent easement for utility access and maintenance to the Citrus Heights Water District (CHWD) for the purpose of maintaining water lines at Mesa Verde High School, located at 7501 Carriage Drive, Citrus Heights, CA 95621. The proposed easement is specifically described in Exhibit "A" attached hereto and incorporated herein by the reference (hereinafter referred to as the "Easement"); and

WHEREAS, the District desires to give notice of its intent to dedicate to the CHWD the Easement described above and to call a public hearing in connection therewith.

NOW, THEREFORE, the Board of Education of San Juan Unified School District does hereby resolve as follows:

Section 1. The foregoing recitals are hereby adopted as true and correct.

Section 2. The District declares its intent to dedicate and convey the Easement to the CHWD, as described and depicted in Exhibit "A" for the purposes set forth in the Grant of Easement Document attached herewith.

Section 3. The Superintendent or a designee thereof is hereby directed to give notice that on October 25, 2016 at 6:30 p.m. or as soon thereafter as practicable, at the District Board Room, located at 3738 Walnut Avenue, Carmichael, CA, the board will hold a public hearing on the question of making the conveyance of the Easement to the CHWD. The public hearing shall be held during a regularly scheduled public meeting of the board. Notice of the public hearing shall be given by posting copies of this resolution, signed by the majority of the board, in three public places within the District at least ten (10) days prior to the hearing, and by publishing the notice once in a newspaper of general circulation in the District, at least five (5) days prior to the hearing. At the time and place of the hearing, if no legal protest is entered, the board may adopt a resolution by a two-thirds vote of all its members authorizing and directing the conveyance of the Easement to the CHWD.

The foregoing resolution was adopted by the Governing Board of the San Juan Unified School District at a meeting of the board on October 11, 2016, by the following vote:

AYES: 4 [Costa, McKibbin, Luttggen, Paulo, Hernandez]
NOES: 0
ABSENT: 0
ABSTAIN: 0

Attest:

Linda Luttggen
Linda Luttggen, Clerk
Governing Board of the
San Juan Unified School District

Pamela Costa

Pamela Costa, President,
Governing Board of the
San Juan Unified School District

Published in the Carmichael Times on October 14, 2016

Look for Advertised Sale Items Everyweek at
www.petclubstores.com

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices* Hot Specials & Coupons
*Short term promotions from vendors (No Membership Fees)

We Only Accept ATM, Cash, & Checks

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

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 10/12/16 - 10/18/16

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

FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with any purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 CT
Limit 1 Coupon per family
Effective 10/12/16 - 10/18/16

GREEN FOREST FACIAL TISSUE 79¢
175 Count. White
"Environmentally Friendly"
With any Purchase of Pet, Fish Food or Supply.
Limit 1 Pkg. PLU 328 CT
Limit: 1 Coupon per Family
Effective 10/12/16 - 10/18/16

<p>NATURAL BALANCE DRY DOG FOOD •Lamb & Rice •Sweet Potato & Fish •Sweet Potato & Venison •Sweet Potato & Bison •Sweet Potato & Chicken 26-28 Lb Bag</p> <p>\$5 OFF Limit 2 Bags Per Family Our Super Low Prices Effective 10/12/16 - 10/18/16</p>	<p>NUTRO NATURAL CHOICE ADULT DRY DOG FOOD Lamb Meal & Rice •Adult •Small Bites (Lrg Breed \$8 Off Orig Price)</p> <p>\$10 OFF 30 Lb Bag Limit 2 Bags Per Family OUR ORIGINAL LOW PRICE! Effective 10/12/16 - 10/18/16</p>	<p>EUKANUBA DRY DOG FOOD 30 Lb Bag •Adult Maintenance •Large Breed Adult (•Senior Adult •Senior Large Breed 30 Lb Bag \$35.99)</p> <p>\$31.99 Limit 2 Bags Per Family Effective 10/12/16 - 10/18/16</p>	<p>FRISKIES GRILLERS BLEND DRY CAT FOOD 16 Lb Bag</p> <p>\$9.99 Limit 2 Bags per Family Effective 10/12/16 - 10/18/16</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>4/\$1.69 Limit 2 Cases Per Family Effective 10/12/16 - 10/18/16</p>	<p>ARM & HAMMER SUPER SCOOP CLUMPING CAT LITER 20 Lb Box •Unscented •Double Duty (Clump 'n Seal Regular 19lb \$8.99)</p> <p>\$5.99 Limit 2 Boxes Per Family Effective 10/12/16 - 10/18/16</p>	<p>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD 13 Oz Can All Varieties except Ideal Balance</p> <p>\$1.39 Limit 2 Cases Per Family Effective 10/12/16 - 10/18/16</p>	<p>SCOOPAWAY CLUMPING CAT LITER 42 Lb Bag •Multi-Cat Formula</p> <p>\$9.99 Limit 2 Bags Per Family Effective 10/12/16 - 10/18/16</p>
<p>PURELY FANCY FEAST CANNED CAT FOOD All Varieties 2 Oz. Limit 1 Case</p> <p>\$1.09</p>	<p>9 LIVES DRY CAT FOOD •Grilled Tuna & Egg 12 Lb Bag & 13.2 Lb Nature Bag Limit 2 Bags Per Family</p> <p>\$7.99</p>	<p>PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case</p> <p>99¢</p>	<p>EVO GRAIN FREE DRY DOG FOOD •Red Meat (Reg & Small Bites) •Turkey •Chicken (Reg & Small Bites) 28 Lb bag Limit 2 Bags</p> <p>ON SALE</p>
<p>CORE GRAIN FREE DRY DOG FOOD Original 22-26 Lb Bag</p> <p>\$53.99 Ocean \$58.99 Reduced Fat</p>	<p>NATURE'S MIRACLE CLUMPING CAT LITER "Natural Care" 10 Lb Bag Limit 2 Bags</p> <p>\$7.99</p>	<p>BLUE BUFFALO NATURALLY FRESH CAT LITER 14 Lb Bag Limit 2 Bags Pellet \$5.99 Clumping \$9.99 Multi-Cat Clumping \$10.99</p>	<p>PREMIUM CHOICE SCOOPABLE CAT LITER All Natural Unscented, 50 Lb Bag Limit 2 Bags</p> <p>\$10.99</p>
<p>PURINA BENEFUL DRY DOG FOOD •Original •Healthy Weight 31.1 Lb (Selected Varieties 15.5 Lb \$13.99) Limit 1 Bag Per Family</p> <p>\$24.99</p>	<p>HEINZ PUP-PERONI DOG TREATS •Beef •Lean •Bacon •Chicken •Prime Rib 25 Oz Pkg Limit 2 Pkgs</p> <p>\$9.49</p>	<p>PRECIOUS CAT CLUMPING CAT LITER 20 Lb Box Cat Attractant Kitten Attractant Respiratory Relief Touch of Outdoors</p> <p>\$11.99 \$7.49</p>	<p>WELLNESS DRY CAT FOOD •Chicken (12 Lb) •Indoor (12 Lb) •Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$34.99) (3 Free Wellness Cat Can 5.5 Oz With Each Purchase)</p> <p>\$32.99</p>

PET-MATE COMPASS PET KENNELS

19" 24.99 (5.00 OFF) \$19.99	32" 89.99 (15.00 OFF) \$74.99
24" 35.99 (5.00 OFF) \$30.99	36" 109.99 (20.00 OFF) \$89.99
28" 69.99 (15.00 OFF) \$54.99	40" 129.99 (20.00 OFF) \$109.99

TETRA BOXED GLASS TANK WITH STARTER KIT

10 Gal Economy \$36.99	20 Gal LED Deluxe \$91.99
10 Gal LED Deluxe \$53.99	29 Gal LED Deluxe \$112.99
	55 Gal LED Deluxe \$187.99

SAVORY PRIME RAWHIDE
100% Beefhide Value Pack

Rawhide Bones **\$6.99**
Retriever Roll **\$10.99**

BOODA DOME COVERED LITER BOX
•Regular •Clean-Step \$21.99

\$14.99

NYLABONE Products
•Dura Chew •Flexi Chew •Dental •Healthy Edibles •Puppy •Antler Alternative All Varieties

20% OFF
OUR SUPER LOW PRICES

FARNAM COMFORT ZONE DIFFUSER, SPRAY, & REFILLS
Cat With D.A.P. & Feliway •Controls Behavior" Dog

20% OFF
OUR SUPER LOW PRICES

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties except Elegant Medley
Limit 1 case with coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/12/16 - 10/18/16

53¢ CT PLU 361

BONUS COUPON
JONNY CAT PREMIUM CAT LITER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/12/16 - 10/18/16

\$32.99 CT PLU 362

BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/12/16 - 10/18/16

\$1.09 CT PLU 573

The Exciting New World of Implant Supported Dentures



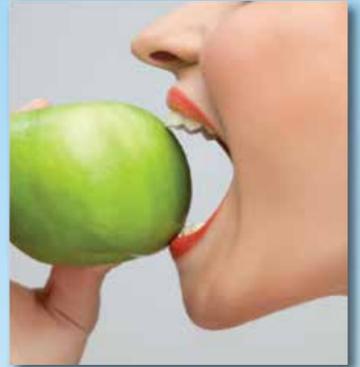
• *Has the Security of a Fixed Bridge!* • *Easier to Maintain Good Oral Hygiene*

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!

Carmichael Dental Group

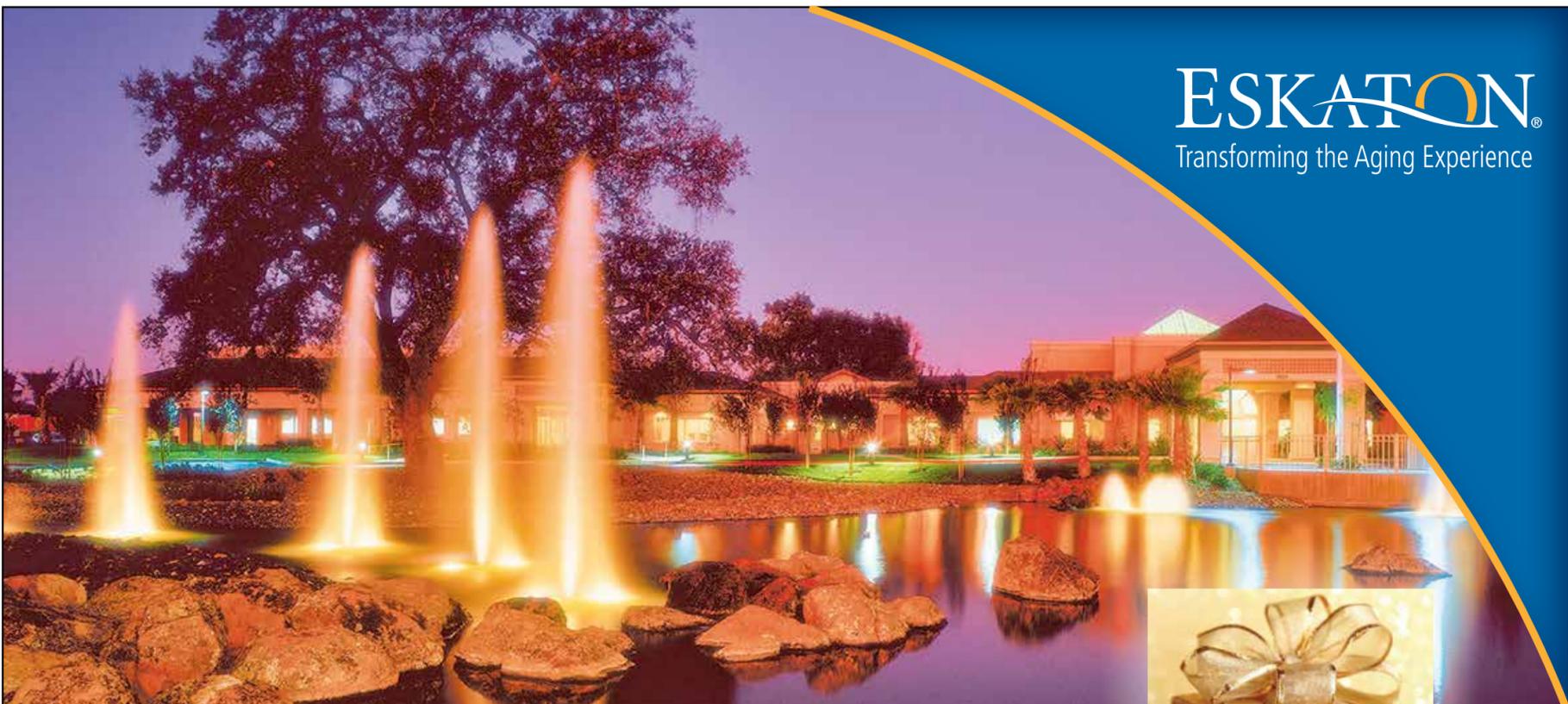
8329 Fair Oaks Blvd., Ste A • Carmichael, CA, 95608
916 944-1197

\$1,200.00 off

2 implants with 2 attachments to upper/lower denture

Offer Expires 11/30/16

www.YourCarmichaelDentist.com



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

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

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.

License #340313383 / COA #202

