

Dr. Johnson Chosen to **Head National Plastic Surgery Association** 

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# Carmichael Times

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Serving Carmichael and Sacramento County since 1981

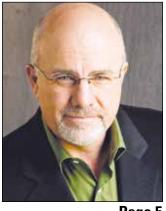
October 21, 2016

#### **USE YOUR IMAGINATION** TO GET BACK **ON TRACK**



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# **CASH FLOW SCHOOL?**



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# **CLEANLI-LESS**



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# Cradle Creators Rock



Carmichael Senior Club members show gifts that George Barton (center) crafted for the Children's Receiving Home of Sacramento. Coco Darko, Kathleen Thomas, Valerie Hobin and Carolyn Lockefeer sewed crib linens. Club President Hobin (below right) presented the gifts to CRH officer Danielle

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Completed by Carmichael Seniors Club members, a "project of love" has provided gifts for Sacramento Children's Receiving Home residents. The Auburn Boulevard facility shelters children -- impacted by abuse, neglect, trauma and health issues – until placement with other families is achieved.

George Barton (80) built and decorated four wooden cribs from a pattern his late wife designed seven years ago. "I've been making them ever since," said the retired lumber worker. "All little girls love dollies in cribs; the Lord put it in my heart to give them to kids from same school I went to – the school of hard knocks."

Lady club members sewed pillows and covers. Dolly occupants came from an outside donor. "This is a project of love,"

approved club president Valerie Hobin. "We know our gifts have the potential to make children happy."

Indeed, many children. The Children's Receiving Home serves more than 1000 youngsters - from toddlers to teenagers – every year. Facility officer Danielle McGarrity thanked the seniors for their gifts. "These are going to a good home," she approved. "We don't get many toys that have such tradition and character; these are imbued with the love of the people who made them." Baby dolls, added McGarrity, are therapeutic for children who miss infant siblings; the toys are also useful for teaching empathy and caring. "They'll put many smiles on many faces," she predicted.

Carmichael Seniors Club is open to anyone over the age of 50. Twice monthly meetings at the Carmichael Park Clubhouse feature speakers and pot lucks. Group



call Club President Valerie Hobin at (916) 487-5525. To learn about George Barton's custom-made cribs, call (916) 925-1099. Website for the Children's Receiving Home of Sacramento is www.crhkids.org

# **Senator Gaines** Rips California's **Business Climate On Verizon Closure**

SACRAMENTO, CA (MPG) - Senator Ted Gaines issued the following statement on the closure of the Verizon customer service center in Rancho Cordova and the 1,000 jobs lost as a result of that closure:

"Who can be surprised by this? California is doing everything it can to drive businesses out of the state. Sky-high workers compensation costs, painful energy costs driven by unchecked environmentalism, and now a minimum wage shooting up by 50-percent in the next few years, it's little wonder that Verizon is packing up.

"A study this year showed 9,000 California businesses had relocated or expanded out of state recently. Sacramento recently lost Campbell's, Waste Connections, and now Verizon. Those are more than statistics and stories; each one is a tragedy for families who are paying the price for California's anti-business policies.

"Just today, Silicon Valley legend Hewlett Packard announced that it would be laying off 4,000 employees. How legislators can push for the expensive and useless high speed rail or keep pushing for ever higher taxes while workers are being pinkslipped by the thousands is amazing to me and needs to stop. Lower taxes and smarter regulations would show businesses that California is not a place to leave, but a place to grow and invest. I'd rather see that than Verizon's tail lights."

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



direct link to our online edition!

Commentary Submitted

CARMICHAEL, CA (MPG) -Momentum is building on two fronts for strategies to reverse the growth of Carmichael's homeless population and its negative impact on the community.

by ATLAS of Carmichael

"We've reached a tipping point," Greg Alderman, senior pastor of Christ Community Church, said in an interview. "Ideally, family would be there to help people get off the street, but what happens when that's no longer the case? There are as many as 150 people on the street saying, 'I live here.' There has to be a plan to transition people off the street who want to make that move."

Alderman is participating in a broad collaborative effort to move homeless individuals into supervised transitional housing and services to help them to become self-supporting. It's called Carmichael HART (Housing Assistance Resource Team), a joint venture involving area churches, nonprofits and businesses. Similar HART

groups already are operating in Elk Grove, Rancho Cordova and Citrus Heights. Elk Grove HART has two transitional houses.

On another front, business leaders are engaged in the county's approval process through a Carmichael committee affiliated with the Chamber of Commerce to develop a "Property Business and Improvement District (PBID)." The target area is mainly along the Fair Oaks Boulevard corridor from El Camino Avenue to Manzanita and Cypress.

If successful, a nonprofit corporation to be formed early next year would act on behalf of Carmichael business and other non-residential property owners who would tax themselves to hire private security and finance economic development. Other PBID arrangements have been highly successful elsewhere, including Fulton Avenue, Watt Avenue north of Auburn Boulevard and Mack Road with strong law enforcement support. "The condition of Carmichael

has deteriorated significantly in

Looking Harder for a Real Solution the past few years," said Gary Hursh, an attorney who chairs the Carmichael project's steering committee. "In my opinion, without action, it will get so bad that expensive and possibly drastic measures will have to be taken."

Hursh and Alderman agree that any fix to Carmichael's homeless problem must have complementary strategies to motivate people from settling into a transient lifestyle and instead consider housing with resources – if that were available.

"Until we start giving them a picture of what transitioning from the street can look like, nobody's going to believe it's possible," Alderman said. "Homeless people rely on word of mouth and regularly check in with each other. If we had stories of people transitioning off the streets, word would travel fast."

Proponents cite national studies showing that the bill for housing a homeless person costs only one-fourth to one-third as much as leaving the person on

"Keeping the homeless out of house people and not make them

emergency rooms, detox centers, psychiatric hospitals, jails and other institutions would diminish our costs greatly," reports Sacramento Self Help Housing, a Carmichael HART supporter and nonprofit that allocates federal money to shelter people, provide life skills improvement and referrals to communitybased help.

Kathilynn Carpenter of Citrus Heights HART estimated at a recent Carmichael HART organizing meeting that having people on the street costs \$50,000 a year on average, compared with \$12,000 to place them in transitional housing with services. The savings comes in part from reducing spending on policing, property damage and theft, emergency room visits, and jail, court and legal fees.

Scott Young, director of ATLAS of Carmichael, says the cost equation is important because a lot of people don't

know that housing saves money. "A lot of people might object, asking, 'We're going to pay to pay for it?' But the point is, we're already spending more money on leaving them out than we would spend if we brought them in. That's a powerful argument."

ATLAS ("Attaining Truth, Love and Self-Control") donates clothing to homeless people from its nonprofit Fair Oaks Boulevard thrift store. It also provides mentoring for people need. Elsewhere, many Carmichael churches are offering winter sanctuaries, food closets, free meals, clothing, showers and limited financial help.

Sacramento Steps Forward, the lead agency working to end homelessness in the Sacramento region, promotes a "housing first" approach to quickly move homeless individuals into independent and permanent housing, then make available additional support and services as needed. "People are better able to move forward in their lives and address additional factors leading to homelessness if they first have access to a stable living situation," the nonprofit advocates in its mission statement.

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# **Broadside Collision Kills Driver** and Passenger on Garfield

CHP Special Report

CARMICHAEL, CA (MPG) - On October 13, 2016, at 6 p.m., a 58 year old female driver from Carmichael was driving a red Honda CRZ southbound on Garfield Ave in the left turn lane for Kiva Dr. She had a 61 year male passenger seated in the front right seat. A 20 year old male from North Highlands, was driving a green 2003 Lexus SC430, northbound on Garfield Ave south of Kiva Dr at a high rate of speed approaching the Honda's location. The driver of the Honda turned left directly in front of the Lexus. The front of the Lexus collided with the right side of the Honda and pushed the



Honda in a northeasterly direction where it eventually crashed into a house on the northeast

After the collision, all three parties were transported to local hospitals and the CHP responded to the scene to conduct an investigation. The driver

and passenger of the Honda died at the hospital. The driver of the Lexus received minor injuries and was eventually released from the hospital. Alcohol and/ or drugs were not a factor in this collision. Criminal charges are being looked into for the driver of the Lexus.



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Craig Diez



Mike Giancanelli

# **#Rethink Your Yard This Fall** With a Visit to Antelope Gardens

**SACRAMENTO COUNTY, CA (MPG)** of each month from 9:00 am to

the fall gives your plants a great opportunity to set down some roots, get well established, and helps you conserve water.

Plants require less water in the fall because the days are cooler and soil stays wet longer than it does during the warmer days of spring and summer.

And there's no better way to get started on rethinking your yard than by visiting Antelope Gardens for plant ideas and irrigation systems to install.

The two-acre Antelope Gardens contains hundreds of species, of plants-both California native and low-water non-native plants—including Aleppo Pine, Autumn Sage, Blue Grama grass, Butterfly Bush and California White Sage.

The garden is located at 7800 Antelope North Road and is open until the end of October, Monday- Friday from 9:00 am to 3:00 pm and the second Saturday

- Experts say that planting in 3:00 pm. Learn more about Antelope Gardens at sswd.org

#### What is River-Friendly Landscaping?

River-Friendly Landscaping is a way to have a beautiful yard that also benefits the Sacramento region. It's an integrated approach to landscape design that focuses on conserving and protecting natural resources, and encompasses seven basic principles

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- Landscape for Less to Landfill: Using grass clippings and plant debris as mulch, and reusing building materials for landscape features.
- Nurturing the Soil: Adding compost and mulch to have a

healthier soil for your plants in which to grow.

- Conserving Water: Designing a landscape that features native and low-water use plants and minimizes the
- amount of turf grass. Creating A Wildlife Habitat: Using native plants to provide food for birds and

beneficial insect species.

- Reducing Energy Use: Planting trees to shade your home and air conditioner reducing the amount of energy needed to cool it.
- Protecting Air & Water Quality: Reducing the use of fertilizer and pesticides, and keeping them out of the air and waterways.

You can find out more about River-Friendly Landscaping by visiting ecolandscape.org

Source: Original Communications

#### 100,000 "Gently Used" Books Available The warehouse is at the rear

SACRAMENTO COUNTY, CA (MPG)

- An ever-changing inventory of more than 100,000 "gently used" books, videos, and audio books will be offered for prices from fifty cents to \$2 at the Saturday November 5 sale at the warehouse of the Friends of the Sacramento Public Library.

Sale hours on Saturday, November 5th, will be from 9 a.m. to 4 p.m., with a preview and sale on Friday November 4 from 5 p.m. to 8 p.m. for Friends members only.

(You can join at the door for \$20).

of the Friends' store at Suite E, 8250 Belvedere Avenue, just south of 14th Ave. between Power Inn Rd. and Florin-Perkins Rd. Plenty of parking is available,

but visitors should be careful not to park between the "No Parking" signs on the south side of Belvedere.

Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford.

With more books constantly

needed, the Friends will be glad to have yours, too. See a staff member on how to donate.

The book store is open weekly on Thursdays 10 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. as well as during the sale. Items there are priced from \$1 up. For more information, call (916) 731-8493 or go to bookden@saclibfriends.org.

Submitted by Friends of Sacramento Public Library ★

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Carmichael Times . 3 October 21, 2016

# **Dr. Johnson Chosen to Head National Plastic Surgery Association**

**SACRAMENTO REGION, CA (MPG)** 

- Sacramento plastic surgeon, Dr. Debra J. Johnson of The Plastic Surgery Center has begun her tenure as President of the American Society of Plastic Surgeons. Dr. Johnson is only the second female physician to be chosen president of ASPS, which was founded in 1931.

Among her duties, Johnson will serve as leader of the 12-member physician executive committee, which sets policy for ASPS, and will also be the chief spokesperson dealing with media and regulatory agencies. Her position will require extensive travel, representing ASPS within the United States and at various international plastic surgical meetings.

"It is an honor to serve as president of the largest organization of board-certified plastic surgeons in the world. Plastic surgery is known for its creativity and innovation: from surgery on children for birth defects, to face and hand transplants, to fine cosmetic surgery. ASPS is a trusted resource regarding patient education and surgical safety and we strive to keep our members up-to-date on the latest procedures" said Dr. Johnson.

Dr. Johnson became involved as a member of ASPS in 1991, and soon volunteered to serve on committees within the organization. Her strong volunteerism and performance were rewarded as she served as committee chair, and then member of the Board of Directors. She was elected Vice president 4 years ago, and served



physician executive committee, which sets policy for ASPS, and will also be the chief spokesperson dealing with media and regulatory agencies.

as president- elect this year. Johnson will take over the reins from David Song MD, professor and chief of plastic surgery at the University of Chicago.

Dr. Johnson joined The Plastic Surgery Center in 1989 as the first female plastic surgeon in Sacramento. She received both her M.D. degree and her plastic surgery training at Stanford

University. She took additional training at Clinica Planas in Barcelona, and the Institut Français de la Main in Paris.sacplasticsurgery.com

ASPS has over 8000 members, represents 95% of all board- certified plastic surgeons in the United States and is committed to patient safety and education. Source Steve LaRosa Media★

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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

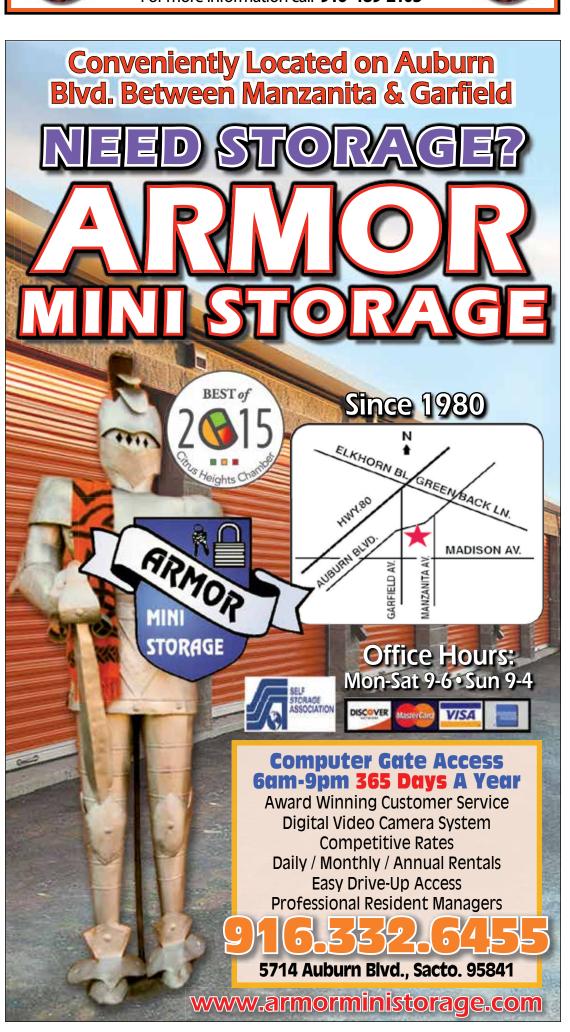


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Market Gift Basket!! (mpg):



Because we're human we get tempted by foods (and other things) that we know aren't especially good for us. It's just not fair that foods that aren't good for us, taste so darn good!

Been on the SES Diet lately (Summer Eating Spree Diet)? You know, too much potato salad and too many corn on the cobs, hot dogs, hamburgers, potato chips, s'mores, sodas, beers, cupcakes and crackers and more. They're all the treats of summer picnics, camping and barbeques and we associate these fun times with those fun foods. And you probably have it in your mind that those times without those treats just wouldn't be fun.

Usually we get back on track because there's something in the future, compelling us. Maybe it's a health problem and your doctor says you need to eat healthy and exercise or you'll drop dead pretty soon. Maybe it's just a wedding approaching and you're one of the bride's maids and you don't want to be the fattest one. Or, maybe you're planning a vacation and you want to have energy to walk a lot. The decision is the first part of the turn and then you have to have the motivation to make the turn and that's where a compelling reason kicks in.

Maybe it's time to go into your imagination booth (by closing your eyes) and use your imagination to get back on the right track. You can take me with you, using these 4 suggestions.

1. While you're in your booth, imagine the feeling when you've turned the corner on an intension to lose weight. Turning the corner is the hardest part of an intention, because you have to put the brakes on the momentum of doing the opposite of your intension,



# Make It Fun and It Will Get Done!

The Secret to Being Organized

# Pam Young's Corner

4 Ways to Use Your Imagination to Get Back on Track

right direction and into the freedom of eating a healthy diet again. If you go to the grocery store

in the next couple of days, just look in the carts rolling around the store and you'll see that the ingredients of carts filled with groceries, are evidence of the cart pusher's condition: healthy or unhealthy.

2. Imagine the feeling when you've turned the corner (you've done it many times) and you're starting to think less about wanting those foods in the SES Diet. Remember how easy it was to eat healthy once it became a habit again. The only hard part is what your mind does before you make the turn, as well as while you're making the turn. But once you've turned, you don't have to think about it anymore. The habit kicks in and you're no longer strapped with decisions to make. That's why when you hear a person say, "I've turned the corner," you know they've "got it."

Here's dialogue between a waitress and a customer who **hasn't** turned that corner.

"May I take your order?"

"Uh, yes, I'll have the hamburger." (Thinks about saying "no bun" but decides that today it's okay, because it's the weekend and, hey, it's date night.)

"And for your side?"

"Uh, oh, why not, fries." "Anything to drink?"

"A coke, or no a glass of Chablis."

Here's dialogue between a waitress and a customer who **has** turned that corner.

"May I take your order?"

"Yes, I'll have the hamburger, no bun, salad and water please."

3. In your imagination, fast forward to October 24th and think

before you can get going in the how your clothes won't hurt anymore and how much easier it'll be to exercise, because you'll be back at the gym regularly. See yourself in a cute workout outfit. Feel how good that feels. Hear someone say, "You look great!" Feel the joy of your body responding to healthy food and exercise.

> 4. Imagine a compelling reason. Be outrageous and it'll spark the interest of your inner child. (Once you're in partnership with that important part of you, you're chances of really changing are very good.) So, for example, you could imagine you're in prison and you've got sensors all over your body and if you don't exercise, it's reported to the warden, and if you don't get 20 days of exercise in the next month, you'll be put into solitary confinement. If you eat sweets, it's recorded. If you go off your intention in any way, it's reported. And if you have a good report, after a month, you'll get paroled, but you still have to have the sensors on for monitoring and if you violate parole, you'll go back to the slammer.

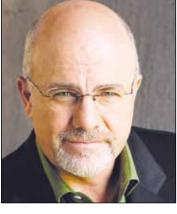
That's just a suggestion. You can probably think of a better one, and if you do, I hope you'll share it with me. pam@pamyoung.org

So start using your imagination to get back on the healthy track. Now close your eyes (go in

your imagination booth). Have fun taking a turn for the

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.

RCFE #347000985



#### Cash flow school?

Dear Dave.

My wife and I are on Baby Step 2 of your plan, and I'm in graduate school while working full-time. We're trying to cash flow my education from this point forward after previously taking out student loans. Our household income is \$90,000 a year, and we have a car payment. Are we taking the correct approach to handle all this responsibly?

- Dan

Dear Dan,

I love this approach and the fact that you're willing to work hard and be disciplined to make all this happen. At this point you just need to lay your finances out and crunch the budget numbers as to what tuition and school are going to cost between now and when you graduate.

Your first goal is to do no more harm, meaning that you graduate and finish this degree without taking on any more debt. I think beyond that, and I don't know what you're paying for the school, vou should have some money beyond that to work your debt snowball. Don't beef up the payments on your debt so heavily that you use up money that you'll need for tuition. Getting though school will slow down your debt snowball somewhat, but that's okay. This is a worthy cause, and you're approaching it the right way. I just don't want you to get so excited and gazelle intense about

Dave Says

up borrowing for tuition. Congratulations on being really smart with your finances and your education. It's a really neat idea, and you guys are going about it in exactly the right way!

paying off your debt that you end

#### Travel medical insurance?

Dear Dave,

My fiancée and I are planning a Caribbean honeymoon cruise after our wedding. Do you think it would be a good idea to purchase travel medical insurance?

Dear Tim,

Normally, I would say travel medical insurance falls into the gimmick category. But if you're concerned about it, I would suggest double-checking your current policy through your provider to see exactly what you've got and how far it extends in terms of coverage compared to any risk factors you may be facing.

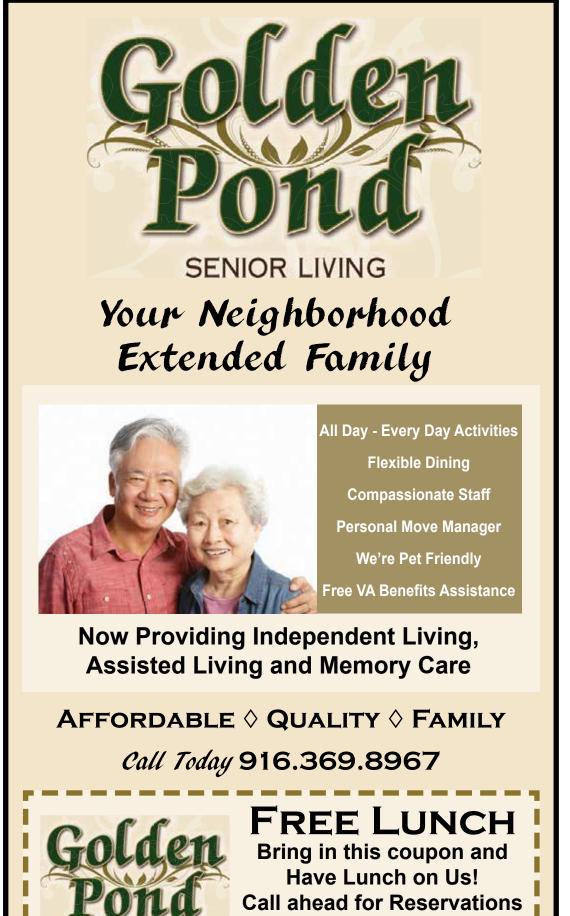
The only reason I can think of as to why your current health insurance wouldn't cover you is that you may be out of the country during portions of the cruise. In most cases and areas, I believe, out-of-network considerations will still apply in the Caribbean. But check with your insurance company for verification and details on that, too.

I've never bought travel medical insurance, and we've gone on two cruises already this year. Just do your homework ahead of time, and make sure you'll have the coverage you need in the locations you're going. Congratulations, Tim!

—Dave

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









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FICTITIOUS BUSINESS NAME STATEMENT Inderjeet Singh, 3154 Osuna FBNF2016-07594 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 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07570 Lifeline 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 10-21-16 GUARDIAN 160920

FICTITIOUS BUSINESS NAME STATEMENT Chee Chang, 1327 Indian FBNF2016-07674 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

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 Laborartory. 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 160920

FICTITIOUS BUSINESS NAME STATEMENT Decia LLC, 6241 Freedom FBNF2016-07667 Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "1Schema. com, 1Schema" 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 1SCHEMA 160920 10-21-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07663 Lavinia Fuapau. 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

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

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 "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 Juanita Rae Garcia, 1233 Dedlynn Street #1 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "J's Housecleaning" at 1233 Dedlynn Street #1 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 20, 2016. Publish: September 30, October 7, 14, and 21, 2016 160920

FICTITIOUS BUSINESS NAME STATEMENT Tracy Miller and Larry Blain, FBNF2016-07622 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 160920 ROSEVILLE

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 Eric Smith, 11620 Long FBNF2016-07293 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 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 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

FICTITIOUS BUSINESS NAME STATEMENT Elton Ray Dyer Jr and FBNF2016-07691 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 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 10-28-16 KIM 160920

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07855 Sarah Herrick, 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 10-28-16 DEVOTED 160920

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 Sacramento County September 30, 2016. Publish: October 7, 14, 21, and 28, 2016

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07769 Steven A. Sperber, 812 Piccadilly Circle Sacramento, CA 95864 and Stacy L. Gaebe. 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

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07770 A&L Properties, 812 Piccadilly Circle Sacramento, CA 95864 and Sperber Investments I, 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** 

FICTITIOUS BUSINESS NAME STATEMENT Pinpoint LLC, 9251 FBNF2016-07452 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 Cantamar 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 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

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 10-28-16 **VIDEOS** 160920

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07805 AJoy 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 160920 10-28-16 **FOCUS** 

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 160920 MARIACHI FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07733 H. Glenn Willock, 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 Tres Babes FBNF2016-07382 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 10-28-16 TRES 160920 FICTITIOUS BUSINESS NAME STATEMENT

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

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 95835. Filed with the Sacramento, CA 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) "KIG.it" 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 KIG.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 Galt, CA 95632. Filed with the Clerk of Sacramento County September 22, 2016. Publish: October 7, 14, 21, and 28, 2016 160920

FICTITIOUS BUSINESS NAME STATEMENT Mingmei Zhang, FBNF2016-07666 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 Ftacnik, 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 November 4, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07970 Fedor Tsushko, 1300 Vinci Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "TFI Bees" at 1300 Vinci Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County October 6, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07732 Nancy Adinolfe, 10011 Folsom Boulevard #295 Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "First Solution" at 10011 Folsom Boulevard Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 27, 2016. Publish: October 14, 21, 28, and November 4, 2016 **FIRST** 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07623 Pavel Volkov, 4404 Reveil Place Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "LV Transport" at 4404 Reveil Place Sacramento, CA 95827, Filed with the Clerk of Sacramento County September 21, 2016. Publish: October 14, 21, 28, and November 4, 2016 11-4-16 TRANSPORT 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07896 Tuan Doan, 16 Grand Avenue Woodland, CA 95695 is doing business under the Fictitious Business Name(s) "MintMe, MintMe Solutions" at 2220 K Street Sacramento, CA 95816, Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07960 Pure Locks LLC, 3715 Tallyho Drive #87 Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Pure Locks Virgin Hair" at 3715 Tallyho Drive #87 Sacramento, CA 95826. Filed with the Clerk of Sacramento County October 5, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07952 Robert Edward Inman, 1200 Creekside Drive #3016 Folsom, CA 95630 is doing business under the Fictitious Business "Delta Breeze" at 1200 Creekside Name(s) Drive #3016 Folsom, CA 95630, Filed with the Clerk of Sacramento County October 5, 2016. Publish: October 14, 21, 28, and November 4, 2016 11-4-16 **DELTA** 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07914 Gi Hong Choi, 6192 Shadow Lane Citrus Heights, CĂ 95621 is doing business under the Fictitious Business Name(s) "JC Auto" at 2834 Walnut Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 4, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07464 LoanCare, LLC, 3637 Sentara Way Virginia Beach, VA 23452 is doing business under the Fictitious Business Name(s) "LoanCare Account Servicing" at 3637 Sentara Way Virginia Beach, VA 23452. Filed with the Clerk of Sacramento County September 14, 2016. Publish: October 14, 21, 28, and November 4, 2016 LOANCARE 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07690 Scott Philpott, 6650 Kenbridge Street Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "First Choice Lawn Care & Maintenance, First Choice Lawn Care & Engineering" at 6650 Kenbridge Street Elk Grove, CA 95758. Filed with the Clerk of Sacramento County September 23, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07713 Kamaria T. Simpson, 7868 Whitetail Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Connected Links & Associates" at 7868 Whitetail Way Sacramento, CA 95823. Filed with the Clerk Sacramento County September 26, 2016. Publish: October 14, 21, 28, and November 4, 2016 CONNECTED 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07392 The Stanovensky Corp. 4037 Leos Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Stanovensky Corp" at 4037 Leos Lane Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 13, 2016. Publish: October 14, 21, 28, and November 4, 2016 STANOVENSKY 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07824 Top Tech Talent LLC. 4961 Alta Drive Sacramento. CA 95822 is doing business under the Fictitious Business Name(s) "Top Tech Talent" at 4961 Alta Drive Sacramento, CA 95822. Filed with the Clerk Sacramento County September 29, Publish: October 14, 21, 28, and November 4, 2016 161005 11-4-16 TOP

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07876 Capitol City Homes LLC, 7144 Fair Oaks Boulevard #A Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Capitol City Homes LLC" at 7144 Fair Oaks Boulevard #A Carmichael, CA 95608, Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016 CAPITOL 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07866 Conyers Auto Transport, Inc, 2529 Winsford Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Junk Revolution" at 5804 Angelina Avenue Carmichael, CA 95608, Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016 JUNK 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07875 Victor Stepanovich Demchuk, 7144 Fair Oaks Boulevard #A Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Capitol City Real Estate, Capitol Investors Property Management" at 7144 Fair Oaks Boulevard #A Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016 CAPITOL 11-4-16 161005

FICTITIOUS BUSINESS NAME STATEMENT Amber Michelle Thomason, FBNF2016-07885 8456 Hedera Court Orangevale, CA 95662 and Thomas Michall Hays, 7870 Locher Way Apt #33 Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Hays Dental Laboratory" at 8456 Hedera Court Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07895 Thanh Tran, 4526 Swindon Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Krista's Hair Salon" at 10947 Olson Drive Suite 409 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016 KRISTAS 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07937 Zip Sleuth Inc, 2401 U Street Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Zip Sleuth Inc, Treepoint Real Estate" at 2401 U Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 5, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07209 Alice Cason, 8 Ames Court Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Ocean Spa" at 5518 Auburn Boulevard Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 6, 2016. Publish: October 14, 21, 28, and November 4, 2016 **OCEAN** 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07612 Christine Kahiu, 10136 Ellenwood Avenue Unit 25 Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Startouch Planners. Unique Caring Hands" at 10136 Ellenwood Avenue Unit 25 Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 21, 2016. Publish: October 14, 21, 28, and November 4, 2016 STARTOUCH 11-4-16 161005

NAME STATEMENT FICTITIOUS BUSINESS FBNF2016-06731 Sacramento Mortgage Inc, 8768 Crocus Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Sacramento Mortgage Inc., Sacramento Realty, Sacramento Reverse Mortgage" at 8768 Crocus Court Elk Grove, CA 95624. Filed with the Clerk of Sacramento County August 19, 2016. Publish: October 14, 21, 28, and November 4, 2016 SACRAMENTO 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07967 Joshua Frich Cameron. 6909 Monticello Court Citrus Heights, CA 95621 is doing business under the Fictitious Business "JEC Consulting" at 6909 Monticello Name(s) Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 5, 2016. Publish: October 14, 21, 28, and November 4, 2016 11-4-16 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07893 Logan Nelson, 7786 Nelson Lane Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Logan Nelson General Labor" at 7786 Nelson Lane Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 3, 2016. Publish: October 14, 21, 28, and November 4, 2016 11-4-16 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07820 Rick Fitzsimmons 15059 Buho Court Rancho Murieta. CA 95683 is doing business under the Fictitious Business Name(s) "Fitz 37" at 15059 Buho Court Sloughhouse, CA 95683. Filed with the Clerk of Sacramento County September 29 , 2016. Publish: October 14, 21, 28, and November 4, 2016

161005 11-4-16 FITZ FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07233 Steve Mullen, 6000 11th Avenue Sacramento, CA 95820 and Sam Fulford, 2821 Ione Street Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "American Beauty Properties" at 2821 ½ Ione Street Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 7, 2016. Publish: October 14, 21, 28, and November 4, 2016

161005

11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07840 Mikhail Varkentin. 13701 Jackson Road Sloughhouse, CA 95683 is doing business under the Fictitious Business Name(s) "MV Precision" at 7473 Reese Road Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 30, 2016. Publish: October 14, 21, 28, and November 4, 2016 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07929 Marciano Matias Jr and Lolita Matias, 9873 Izilda Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Hydrate" at 9873 Izilda Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County October 4, 2016. Publish: October 14, 21, 28, and November 4, 2016 HYDRATE 161005 11-4-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08082 Melissa Thompson. 9668 Allegheny Drive Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Be Free Bodyworks" at 224 J Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County October 11, 2016. Publish: October 21, 28, November 4, and 11, 2016 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07634 Lisa M. Gregory, 555 Delano Street Elverta, CA 95626 is doing business under the Fictitious Business Name(s) "CLC Property Management" at 3318 Howard Street Bld 338 Suite 160 McClellan, CA 95652. Filed with the Clerk of Sacramento County September 22, 2016. Publish: October 21, 28, November 4, and 11, 2016

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07873 Robin Moran 3201 Pepperridge Drive Antelope, CA 95843 is doing business under the Fictitious Business "Salon 3 Sixteen" at 519 12th Street Suite 1 Sacramento, CA 95814. Filed with the Clerk of Sacramento County October 03, 2016. Publish: October 21, 28, November 4, and 11, 2016 SALON 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT Norma Y. Ruiz, 8334 Sutter FBNF2016-07985 Butte Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Yard Pro" at 8334 Sutter Butte Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County October 6, 2016. Publish: October 21, 28, November 4, and 11, 2016 YARD 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07788 Anclita Tirziu, 4737 Tacomic Drive Sacramento, CA 95842 and Shawntae Brianna Stir, 4326 Albertville Way Antelope, CA 95843 are doing business under the Fictitious Business Name(s) "Sacramento Serene Cleaning" at 4326 Albertville Way Antelope, CA 95843. Filed with the Clerk of Sacramento County September 28, 2016. Publish: October 21, 28, November 4, and 11, 2016 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07794 SCS Choice Investments LLC, 7830 Riverhurst Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "SCS Choice Investments LLC" at 7830 Riverhurst Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 29, 2016. Publish: October 21, 28, November 4, and 11, 2016 11-11-16 161005 SCS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07650 Elite Sports Bar Group, LLC, 2190 Meridian Park Blvd Suite G Concord, CA 94520 is doing business under the Fictitious Business Name(s) "Twin Peaks #82" at 535 Howe Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 22, 2016. Publish: October 21, 28, November 4, and 11, 2016 **PFAKS** 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08051 Octane Automotive, 431 N 16th Street Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Midas" at 431 North 16th Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County October 11, 2016. Publish: October 21, 28, November 4, and 11, 2016 MIDAS 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT Eric Bianchi, 2770 Portola Way Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Bianchi Sound" at 2770 Portola Way Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 11, 2016. Publish: October 21, 28, November 4, and 11, 2016 BIANCHI 161005 11-11-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08071 Robin S. Willette, 3343

CA 95603 is doing Corinthian Lane Auburn, business under the Fictitious Business Name(s) "Kids Company Preschool" at 3850 California Avenue Carmichael, CA 95608, Filed with the Clerk of Sacramento County October 11, 2016. Publish: October 21, 28, November 4, and 11, 2016 161005 11-11-16 FICTITIOUS BUSINESS NAME STATEMENT Heinzel Properties Inc. 2100

FBNF2016-07854 Valley View Parkway Apt #836 El Dorado Hills, CA 95762 is doing business under the Fictitious Business Name(s) "Mr. Toad's Car Wash, Mr. Toad's Touchless & Self-Serve Car Wash" at 6695 Folsom Auburn Road Folsom, CA 95630. Filed with the Clerk of Sacramento County September 30, 2016. Publish: October 21, 28, November 4, and 11, 2016 CARWASH 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07966 Joseph Martin, 925 Moonlit Way Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Garage Door Training Institute" at 925 Moonlit Way Folsom, CA 95630. Filed with the Clerk of Sacramento County October 5, 2016. Publish: October 21, 28, November 4, and 11, 2016 GARAGE 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07780 Tena S. Wells, 1731 Rollinghills Road Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Senior Housing Professionals" at 5800 Jameson Court #10 Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 28, 2016. Publish: October 21, 28, November 4, and 11, 2016 SENIOR 161005 11-11-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07708 Joseph Stewart, 6561 Chetwood Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Loyal Roots" at 6561 Chetwood Way Sacramento, CA 95831. Filed with the Clerk of Sacramento County September 26, 2016. Publish: October 21, 28, November 4, and 11, 2016 161005 11-11-16 ROOTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07923 Kevin Gibbs, 4754 Amelia Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "3 Minute Vehicle Registration Services" at 2400 Fulton Avenue Suite 3 Sacramento, CA 95825, Filed with the Clerk of Sacramento County October 04, 2016. Publish: October 21, 28, November 4, and 11, 2016 3MINUTE 161005

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08184 Vasilii Cazemir, 2323 Sierra Madre Court Apt #F Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Alex West Express" at 2323 Sierra Madre Court Apt #F Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 13, 2016. Publish: October 21, 28, November 4, and 11, 2016 **EXPRESS** 161005

# STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2015-04546 The following person(s) has/have abandoned the use

of the FICTITIOUS BUSINESS NAME of "Smart Thrift" located at 6700 Folsom Boulevard Sacramento, CA 95819. Northern California Conference of Seventh-Day Adventist, 401 Taylor Road Pleasant Hill, CA 94523 The Fictitious Business Name Statement referred to above was filed on June 3, 2015 in the County of Sacramento. Publish: September 30, October 7, 14, and 21, 2016 160920 10-21-16

#### STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-06869 The following person(s) has/have abandoned the use

of the FICTITIOUS BUSINESS NAME of "Treepoint Real Estate, Treepoint Realty" located at 2401 U Street Sacramento, CA 95818. Joshua Kretchman, 2401 U Street Sacramento, CA 95818 The Fictitious Business Name Statement referred to above was filed on August 27, 2013 in the County of Sacramento. Publish: October 14, 21, 28, and November 4, 2016 TREEPOINT 160920 11-4-16

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2009-04557

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Refined Care Home" located at 7029 Refined Court Sacramento, CA 95842, Michael A. Mills, 7041 Refined Court Sacramento, CA 95842 The Fictitious Business Name Statement referred to above was filed on May 11, 2009 in the County of Sacramento. Publish: October 21, 28, November 4, and 11, 2016 160920 **REFINED** 11-11-16

### ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200743

WHEREAS, Jack Eugene Cremers has filed a petition with this court for a decree changing the name(s) of Gracey Rea Gloeckle to Gracey Rea Cremers. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 17, 2017, in Department 53, located at 813 6th Street, Second Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted.

Dated: September 23, 2016 David I. Brown, Judge of the Superior Court Publish: September 30, October 7, 14, and 21, 2016 160920

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200660 WHEREAS, Rochelle Rae Romani has filed a

petition with this court for a decree changing the name(s) of Alexis Rae Aquilar to Alexis Rae Romani. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 11, 2017, in Department 54, located at 813 6th Street, Second Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted Dated: September 22, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: September 30, October 7, 14, and 21, 2016 160920 10-21-16 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200005 WHEREAS, Jeffery Alan Chapman has filed a petition

with this court for a decree changing the name(s) of Jeffery Alan Chapman to Levi Alan Chapman IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 30, 2016, in Department located at 813 6th Street Second Floor Street. Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted Dated: September 9, 2016

David I. Brown, Judge of the Superior Court Publish: September 30, October 7, 14, and 21, 2016 CHAPMAN 160920 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200550 WHEREAS, Marilyn Louise Hopkins has filed a petition with this court for a decree changing the

name(s) of Marilyn Louise Hopkins to Marilyn Lebish. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 10, 2017, in Department 54, located at 813 6th Street, Second Floor, Sacramento CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 20, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: September 30, October 7, 14, and 21, 2016 160920

SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00197449 WHEREAS, Wilson Lee and Tammy Troung has filed a

petition with this court for a decree changing the name(s) of Christopher Bao Long Le to Christopher Bao Long Lee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 28, 2016, in Department 53, located at 800 Ninth Street 3rd Floor, Sacramento CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Dated: July 19, 2016 David I. Brown, Judge of the Superior Court Publish: October 7, 14, 21, and 28, 2016 160920 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200871 WHEREAS, Linda Renee' Vela has filed a petition

with this court for a decree changing the name(s) of Linda Renee' Vela to Linda Renee' Petty-Vela. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 31, 2017 in Department 53, located at 813 6th Street Second Floor Street,

Sacramento, CA 95814, and show cause, if any, why the netition for Change of Name should not be granted Dated: September 27, 2016 David I. Brown, Judge of the Superior Court Publish: October 21, 28, November 4, and 11, 2016

160920 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00184882 WHEREAS, Amber Nicole Pickrahn on behalf of

Aubrie Michelle Luba Yovonie has filed a petition with this court for a decree changing the name(s) of Aubrie Michelle Luba Yovonie to Aubrie Michelle Pickrahn. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

9:00 a.m. on December 5, 2016 in Department 54. located at 813 6th Street, Second Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 16, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: October 7, 14, 21, and 28, 2016 160920

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2016-00199697 WHEREAS, Cedric Lamarr Hicks has filed a petition with this court for a decree changing the name(s)

of Cedric Lamarr Hicks to Cedric Lamarr Blackwell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 22, 2016, in Department 53, located at 800 Ninth Street 3rd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 1, 2016

David I. Brown, Judge of the Superior Court Publish: October 7, 14, 21, and 28, 2016 HICKS 160920 10-28-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2016-00201424 WHEREAS, Spencer Chad Collins-Curry has filed a petition with this court for a decree changing the name(s) of Spencer Chad Collins-Curry to Spencer Chad Curry. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 9:00 a.m. on January 30, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted Dated: October 7, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: October 14, 21, 28, and November 4, 2016 160920

#### Cleanli-Less

Are we too clean? Seriously, have we become over sanitized? And, what about our kidlets? Are we putting them in harm's way? **Dr. Marie-Claire Arrieta** says you bet we are. She is a scientist who has researched babies who are missing key intestinal microbiota and are more likely to develop asthma. That's why she and Dr. Brett Finlay put together "Let Them Eat Dirt:" Saving your child from an over5 sanitized world. So, do we need an attitude adjustment in thinking that bacteria is all bad to realizing that bacteria can be something good...and essential to your child's well-being. According to Dr. Arrieta, she really was adamant that we have to rethink our feeling about bacteria because it can affect our kids' lifelong health. The past hundred years have brought advances in and more widespread use of antibiotics, antivirals, vaccinations, chlorinated water, pasteurization, sterilization, hand sanitizers, and

even good old fashioned hand

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washing. However, diseases and disorders like asthma, allergies, obesity, and autism are on the rise. According to the docs, there is a connection here.

The first five years are crucial because it takes about three to five years from the time we are born to become a fully established community for a solid foundation for future health. At the moment of birth, a child receives a big load of microbes from the mother. Babies born vaginally encounter essential microbes. If medical interventions are necessary, such as C-sections and antibiotics, there are ways to re-populate babies' microbiota.

Breast milk is the jackpot for microbes. We all know breast milk is rich with nutrients, but it also contains an ever-expanding list of antibodies, proteins, and enzymes that promote immunity and intestinal development. If breastfeeding is not an option, supplementary probiotics are crucial.

Antibiotics are overused. A recent study of 65,000 children in the U.S. showed that more than 70% of them had received antibiotics by the age of two, and those children and that those kids averaged eleven course by age five. Here is what's disturbing. Children who received four or more courses of antibiotics in

their first two years were at 10% higher risk of becoming obese/

Kids need dirt. You don't have to move to a farm (although Amish children raised among pastures have excellent gut microbiota). But making changes like less frequent handwashing after outdoor play, letting your dog snuggle with your baby (dogs are truly microbes best friend" and requiring daily time outside will all help build a stronger microbiome in your child.

Avoid sugar. The foods that babies eat in the first year of life determine the type of microbes that grow in them. Certain foods, like those with sugars and high starch, are absorbed in the upper intestine and don't even make it to the lower intestine where microbes are waiting to be fed. Try legumes and fiber for microbes to flourish. Probiotics are not approved by the FDA, so some products on the market may not have the exact microbes your child needs. Besides, probiotics are not enough. What's better is not putting microbes at risk in the first place.

You can go to www. letthemeatdirt.com or check out "Let Them Eat Dirt." It will really go into detail. Cleaniliness? Yes! But don't

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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.

Sunday Support - Any and all widows or widowers are invited.

EverySunday from 3:00pm - 5:00pm

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Editorial3@mpg8.com.

# Carmichael Times

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Paul V. Scholl







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#### ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00196605 WHEREAS, Harrith Ibrahim has filed a petition with this court for a decree changing the name(s) of Ahmed

Harrith Ahmed Akram to Ahmed Harrith Ibrahim.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 27, 2017 in Department 53, located at 813 6th Street Second Floor Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 6, 2016

David I. Brown, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 161006 11-4-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201422

WHEREAS, Michael J. Snell has filed a petition with this court for a decree changing the name(s) of Michael Jeffery Snell to Michael Jeffery Hawks, Trevor Mackaully Underwood to Trevor Mackaully Hawks, Emilee Renee Snell to Emilee Renee Hawks. and Bailee Mae Snell to Bailee Mae Hawks.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 30, 2017 in Department 54, located at 813 6th Street, Second Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 7, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: October 14, 21, 28, and November 4, 2016 **SNELL** 160920 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201229 WHEREAS. Kristina Nichole Williams has filed a petition with this court for a decree changing the name(s) of Krisitina Nichole Williams to Audrey Mae Sime. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 24, 2017, in Department 53, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

Dated: October 4, 2016 David I. Brown, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200846

WHEREAS, Gustavo Olmos Jr. has filed a petition with this court for a decree changing the name(s) of Gustavo Olmos Jr to Gustavo Maguire. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 9:00 a.m. on January 17, 2017, in Department 54. located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 26, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 MAGUIRE 160920 11-4-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2016-00201218 WHEREAS. Vera Stovanov has filed a petition with this court for a decree changing the name(s) of Vera Stovanov to Faith Doroshuk.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 23, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 4, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 DOROSHUK 160920 11-4-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201197

WHEREAS, Maria Katharine McCann has filed a petition with this court for a decree changing the name(s) of Maria Katharine McCann to Marea Katharine McCann. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 23, 2017, in Department 53, located at 813 6th Street 2nd Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 4, 2016

David I. Brown, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 MCCANN 160920

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201303

WHEREAS, FNU Mustafa has filed a petition with this court for a decree changing the name(s) of FNU Mustafa to Mustafa Aman.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 25, 2017, in Department 53, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 5, 2016

David I. Brown, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 160920

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201296

WHEREAS, FNU Jaweed has filed a petition with this court for a decree changing the name(s) of FNU Jaweed to Jaweed Aman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 25, 2017, in Department 53, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 5, 2016

David I. Brown, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 AMAN 160920 11-4-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201225

WHEREAS, FNU Hamidullah has filed a petition with this court for a decree changing the name(s) of FNU Hamidullah to Hamidullah Aman. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on January 24, 2017, in Department 53, located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 4, 2016

David I. Brown, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 160920

SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201220

WHEREAS, Amanullah Aman and FNU Sohaila and on behalf of FNU Melad, a minor have filed a petition with this court for a decree changing the name(s) of FNU Sohaila to Sohaila Aman and FNÚ Melad to Melad Aman. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 9:00 a.m. on January 24, 2017, in Department 54. located at 813 6th Street 2nd Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 4, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 AMAN 160920

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200664

WHEREAS, Naveed Ahmad has filed a petition

with this court for a decree changing the name(s) of Naveed Ahmad to Naveed Ahmad Ahmad. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 11, 2017, in Department 54. located at 813 6th Street 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 21, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: October 14, 21, 28, and November 4, 2016 AHMAD 160920 11-4-

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CALISE CHANGE OF NAME #34-2016-00192399

WHEREAS, Ahmad Daud has filed a petition with this court for a decree changing the name(s) Ahmad Daud to Ahmad Daud Ziayee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 25, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 5, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: October 21, 28, November 4, and 11, 2016 160920

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201211

WHEREAS, Blake Alexander Deering has filed a petition with this court for a decree changing the name(s) of Blake Alexander Deering to Blake Alexander Roseo- Salii. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 23, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 4, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: October 21, 28, November 4, and 11, 2016 160920

### NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER **ESTATE OF WILLIAM ALFRED** 

PETERSON CASE No. 34-2016-00196576 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of William (Bill) Alfred Peterson, William A Peterson., (deceased): A Petition for Probate has been filed by Bruce L Peterson in the Superior Court of California, County of Sacramento, requesting that Bruce L Peterson, be appointed as personal representative to administer the estate of the decedent. A hearing on the petition will be held in this court as follows: November 2, 2016 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in 6512 Cookson Court Fair Oaks. CA 95628 916-960-7780

Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Bruce L Peterson

Publish: October 14, 21, and 28, 2016 2016

NOTICE OF PETITION TO ADMINISTER ESTATE OF CATHLEEN LYNN

CHARSKY CASE No. 34-2016-00200974 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Cathleen Lynn Charsky., (deceased): A Petition for Probate has been filed by Cynthia Willis in the Superior Court of California, County of Sacramento, requesting that Cynthia Willis , be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless

they have waived notice or have consented

to the proposed action.) The independent

administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: November 23, 2016 9:00 a.m. in Dept 129 at Superior Court of California. County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Joel A. Harris, ESQ Law Offices of Joel A. Harris 511 West Third Street

NOTICE OF PETITION TO ADMINISTER ESTATE OF SHIRLEY ANN BURKHALTER CASE No. 34-2016-00200906

160902

10-28-16

Publish: October 14, 21, and 28, 2016

Antioch, CA 94509

925-757-4605

CHARSKY

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Shirley Ann Gamble, Shirley Ann Jones, Shirley Ann Hetherington, Shirley Ann Burkhalter.. (deceased): A Petition for Probate has been filed by Brenda Voet in the Superior Court of California, County of Sacramento, requesting that Brenda Voet, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. A hearing on the petition will be held in this court as follows: November 23, 2016 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative. as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Brenda Voet 1305 La Sierra Drive Sacramento, CA 95864 916-509-0763

Publish: October 21, 28, and November 4.2016 161011 11-4-16 VOET

#### SUMMONS

SUMMONS (CITACION JUDICIAL) CASE NUMBER: (NUMERO DEL CASO): 34-2014-00163721 NOTICE TO DEFENDANT:

(AVISO AL DEMANDADO): STS Integrity, LLC; Shaun Tyler Smith, individually and doing business as Quality Law for Less, De Vera Brown, Ansia B. Thobhani, individually and doing business as Law Officers of Ansia N. Thobhanu: Law Offices of Ansia N. Thobhani, an entity of unknown form, and DOES 3 to 50 YOU ARE BEING SUED BY PLAINTIFF: DEMANDANDO ESTA (LO DFMANDANTE): FI

Linda M. Reyes also known as Linda Reyes Dallos Individually and as Trustee of the Linda M. Reves Living Trust NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo. ca.gov/selfhelp), your county law library or

the courthouse nearest you. If you cannot

pay the filing fee, ask the court clerk for a fee

**ACROSS** 

1. \*One should accompany voung Trick or Treaters "Victoria's Secret"

16

19

44

**CLUES** 

- purchase 9. Marine eagle
- 13. "West Side Story character
- 14. Distinctive quality
- 15. "Pulling my leg," e.g. 16. Venomous slitherer
- 17. Dashboard acronym 18. Big tops
- 19. \*Like a house to avoid 21. \*Halloween alternative
- to black
- 24. Type of test 25. Sis' sibling
- 28. Coarse file 30. Centers, old-fashioned
- 35. Indian music
- 39. \*Chocolate bar ingredient
- 40. Do as directed
- 41. Popular garden perennial 43. Jesus' first guests
- 46. Romanov ruler
- 47. Dashing style 48. Accident
- 50. Not mint
- la vie!" 52. "C' 53. 500 sheets
- 55. Nada 57. \*"Night of the \_
- Dead" 60. \*Possible Halloween
- precursor 64. Winnie-the-Pooh's friend 65. High or low card
- 67 Food from heaven 68. Cupcake topper 69. Spring mo.
- 70. Bar by estoppel
- 71. 2 aspirin, e.g.
- 72. Gobbled up
- 73. Desert's lack, pl.
- DOWN 1. Wet nurse
- 2. Dad to a baby 3. Pakistani language 4. Property claims
- 5. Reason to visit dental hygienist 6. Shakespeare, e.g. 7. \*Gravestone wish
- 8. Tanks and such 9. Genesis garden
- 10. \*2002 horror movie "The 11. Sol or fa
- 12. Ambulance crew 15. Typeface letter that slants up
- and to the right 20. E-wallet's content
- 22. Ewe's mate 24. One playing dead
- 26. Torah teacher 27. S-shaped moldings
- 29. Coin opening
- 31. Top of the Capitol 32. 1:10,000 on a map, e.g.
- 33. Marcus Aurelius garb, pl.
- 34. \*Honoree on day after Halloween
- 36. Same as #1 Down

taken without further warning from the court.

may want to call an attorney right away.

If you do not know an attorney, you may

want to call an attorney referral service. If

you cannot afford an attorney, you may be

eligible for free legal services from a nonprofit

legal services program. You can locate these

nonprofit groups at the California Legal

Services Website (www.lawhelpcalifornia.

org), the California Courts Online Self-Help

Center (www.courtinfo.ca.gov/selfhelp), or

by contacting your local court or county bar

association, NOTE: The court has a statutory

lien for waived fees and costs on any

settlement or arbitration award of \$10,000 or

more in a civil case. The court's lien must be

paid before the court will dismiss the case.

AVISO! Lo han demandado. Si no

responde dentro de 30 dias, la corte

puedo decider en su contra sin escuchar su

version. Lea la informacian a continucion.

Tiene 30 DIAS DE CALENDARIO despues

de que le entreguen esta citacion y papeles

legales para presentar una respuesta por

escrito en esta corte y hacer que se entreque

una copia al demandante. Una carta o

una llamada telefonica no lo protegen. Su

respuesta por escrito tiene que estar en

formato legal correcto si desea que procesen

su caso en la corte. Es posible que haya un

formularo que usted pueda usar para su

respuesta. Puede encontrar estos formularios

de la corte y mas informacion en el Centro

de Ayuda de las Cortes de California (www.

sucorte.ca.gov), en la biblioteca de leyes

de su condado o en la corte que le quede

mas cerca. Si no puede pagar la cuota de

presentacion, pida al secretario de la corte

que le de un formulario de exencion de

pago de cuotas. Si no presenta su respuesta

a tiempo, puede perder el caso por

incumplimiento y la corte le podra quitar su

sueldo, dinero y bienes sin mas advertencia.

recomendable que llame a un abogado

inmediatamente. Si no conoce a un abogado,

puede llamar a un servicio de remision a

abogados. Si no puede pagar a un abogado,

es posible que cumpla con los requisitos

para obtener servicios legales gratuitos de

un programa de servicios legales sin fines

de lucro. Puede encontrar estos grupos sin

fines de lucro en el sitio web de California

Legal Services, (www.lawhelpcalifornia.

org), en el Centro de Ayuda de las Cortes

de California, (www.sucorte.ca.gove) o

poniendose en contacto con la corte o el

colegio de abogados locales. AVISO, Por

ley, la corte tiene derecho a reclamar las

cuotas y los costos exentos por imponer un

gravemen sobre cualquier recuperacion de

\$10,000 o mas de valor recibida mediante

un acuerdo o una concesion de arbitraje

en un caso de derecho civil. Tiene que

pagar el gravamen de la corte antes de

que la corte pueda desechar el caso.

(NUMERO DEL CASO): 34-2014-00163721

Sacramento County Superior Court 720

Ninth Street Sacramento, CA 95814

(El nombre y direccion de la corte es):

Sacramento County Superior Court 720

Ninth Street Sacramento, CA 95814

The name, addresses, and telephone

number of plaintiff's attorney, plaintiff without

an attorney, is: Sylvia Velez(109449) 3089

Del Paso Boulevard Sacramento, CA 95815

(El nombre, la direccion y el numero de

telefono del abogado del demandante, o

The name and address of the court is:

NUMBER:

CASE

Hay otros requisitos legales. Es

There are other legal requirements. You

waiver form. If you do not file your response demandante que no tiene abogado, es) on time, you may lose the case by default Sylvia Velez (109449) 3089 Del Paso and your wages, money and property may be Boulevard Sacramento,

95815 CA Telephone: 916-563-7361 2015 Date: December 11, Clerk, Gutierrez, By

Deputy September Published: 30, and 21, 2016. October 7, 14, REYES 160923 10-21-16

#### Case No. 16-DI-0314 Dept. I

IN THE NINTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR DOUGLAS COUNTY KACEY M. LOONEY, PLAINTIFF / DEFENDANT. MOSES LIE. THE STATE OF NEVADA SENDS GREETINGS TO THE ABOVE-NAMED DEFENDANT: You are hereby SUMMONED and required to serve upon plaintiff, KACEY M. LOONEY, whose address is 529 Chandler Place, Hermitage, TN 37076, an ANSWER to the complaint which is herewith served upon you, within 20 days after service of this summons upon you, exclusive of the day of service. In addition, you must file with Clerk of this Court, whose address is shown below, a formal written answer to the complaint, along with appropriate filing fees, in accordance with the rules of the Court. If you fail to do so, judgement by default will be taken against you for the relief demanded in the Complaint. This action is brought to recover a judgement dissolving the contract of marriage existing between you and the Plaintiff. The filer certifies that this document does not contain the social security number of any person. Dated August 23, 2016. By D. Hecimovich Deputy Clerk Ninth Judicial District Court P.O. Box 218 Minden, NV 89423 LOONEY 161005

#### NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of

**ORDINANCE NO. 21-2016** AN ORDINANCE OF THE

CITY COUNCIL OF THE CITY OF RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.40, "MOVING BUILDINGS"

available in the City Clerk's office, 2729

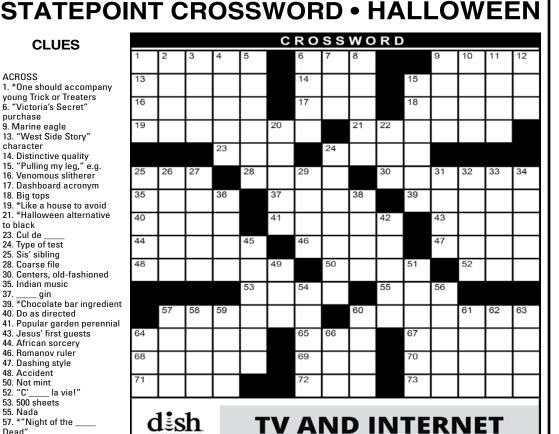
The full text of the proposed ordinance is

Passed and adopted by the City Council this 17th day of October, 2016 by the

AYES: Budge, McGarvey, Sander, Skoglund, Terry

None ABSENT: None

Printed in the Grapevine Independent on October 21, 2016.



# dish

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56.

38. Arrival times

45. Artsy Keith

49. Mont Blanc, e.g.

54. Old World lizard

57. Insane in Spain

58. Avian wader

59. Ivy stem

60. Bone-dry

61 Hostile to

Apso

62. Involved in a secret

63. Midday slumbers

66. \*Witch's familiar

42. Entertainment venue

51. Mood lighting switch

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**Crossword Puzzle Solutions on Page 6** 

#### 1-800-984-0360 1 2 3 5 4 1 3 8 9 6 7 5 6 4 6 8 4 9 8 2 6

GOT KNEE PAIN?

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

2

Solutions on Page 6

#### NOTICE OF ADOPTED ORDINANCE

8

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of October 17, 2016.

### **ORDINANCE NO. 20-2016**

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF **RANCHO CORDOVA AMENDING CHAPTER 16.38.** "GREEN BUILDING CODE" TO THE RANCHO CORDOVA MUNICIPAL CODE. WHICH ADOPTS BY REFERENCE THE **2016 CALIFORNIA GREEN BUILDING STANDARDS CODE** 

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA

Passed and adopted by the City Council this 17th day of October, 2016 by the following vote:

Budge, McGarvey, Sander, AYES: Skoglund, Terry None

ABSTAIN: None Printed in the Grapevine Independent on

ABSENT: None

October 21, 2016.

#### **LIEN SALE** NOTICE OF LIEN SALE Notice

of public sale of personal prop-

erty pursuant to the California Self-Service Storage Facility Act (B&P Code 21700 et seq.). The undersigned will sell at auction on OCTOBER 26, 2016 at 11:30 AM at Armor Mini Storage, 5714 Auburn Blvd, Sacramento, Ca 95841; personal property including; electronics, tools, furniture, clothing tool boxes, toys, or other miscellaneous household items stored by the following persons: VERONICA VELASQUEZ; BILL GIBB; TIMO-THY CALKINS; MARIUS NICK-ELBERRY; ZUNIQUA HICKS PATRESE ESKUE; MIA GUTIER-REZ: JACOB APPLEGATE: RENE PEREZ; ROSITA MCCARTHY; DA VID BARNETT; DANIEL DESKINS BETSY THOMPSON; HILLARY RIDINGS; MARY LEIGH; The owner Reserves the right to bid at the sale. Purchases must be made with cash only and paid for at the time of purchase. All purchased goods are sold as is and must be removed at the time of sale. Sale subject to prior cancellation in the event of settlement between owner and obligated party. Dated this 14th day of OCTOBER and 21st day of OCTO-BER 2016, ROSEBUD STORAGE PARTNERS, LP, dba Armor Min Storage. Auctioneer's name and #; Nor cal Storage Auctions, Inc. CAl Bond I.D. number 7900390179, agent for owner. Telephone (916) 332-6455. 10/14/16, 10/21/16

October 17, 2016.

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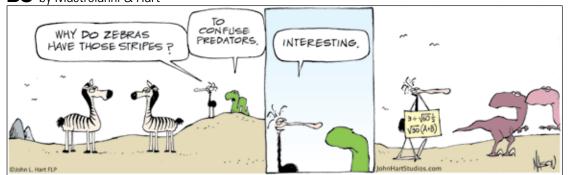
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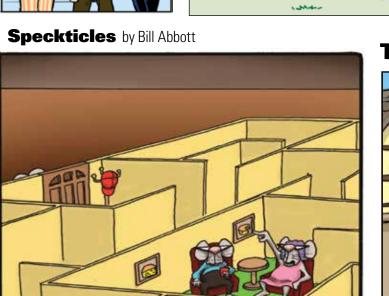


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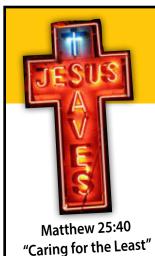
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# **Union Gospel Mission Sacramento**

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.

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# Growing Old On the Streets is

Commentary by AMAC

The homeless are the invisible denizens of America's cities, says Dan Weber, president of the Association of Mature American Citizens. "But, the dirty little secret that has only come to light recently is the fact that the elderly are among the fastest growing populations living on the streets," he reports.

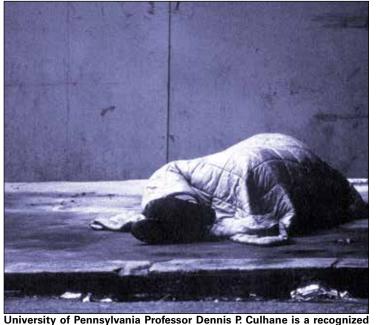
The Department of Housing and Urban Development told Congress last year that there were more than 300,000 homeless Americans 50 years of age or more, 20% more than there were in 2007.

A recognized expert on the issue of the growing number of older individuals who are on the streets is University of Pennsylvania Professor Dennis P. Culhane. He says that in 1990 "the peak age of adults who were homeless was 30" and that today the peak age is 55.

Weber is calling on all candidates for election and re-election in November and those in the private sector to recognize the fact that more seniors are homeless than ever before and to take to heart the needs of "these hapless lost souls. Focus on their plight and let the truth be told, loud and clear. Everyone needs to pitch in if we are to solve this problem, which only grows bigger with each passing day."

Some would blame the spike in homelessness among older Americans on the swiftly aging population. But, Weber says, it has more to do with the rising cost of health care and health insurance, the lagging economy, the impact of such diseases of old age as cancer and Alzheimer's and, perhaps the most damaging cause of all, the lack of affordable housing.

"In fact, talk to any health provider who deals with the homeless and they will tell you that there has been a dramatic shift in recent years in the illnesses from which



expert on the issue of the growing number of older individuals who are on the streets. He says that in 1990 "the peak age of adults who were homeless was 30" and that today the peak age is 55.

they suffer. It used to be that the homeless suffered mainly from drug abuse and mental illness. Nowadays they are more likely to have the chronic diseases of old age," Weber notes.

Mel Martinez and Allyson Y. Schwartz are the co-chairs of the Bipartisan Policy Center Senior Health and Housing Task Force. Martinez is a former U.S. Senator from Florida and Schwartz is a former Congresswoman from Pennsylvania. They published an Opinion Article in U.S. News and World Report last month in which they concluded that "preventing and ending homelessness among older adults should become a major national priority in the United States. By setting goals to end homelessness; increasing available low-income senior housing; and by understanding that the challenge requires participation from public and private partners at all levels, we can and will find ways to ensure that all U.S. seniors have the shelter and security that they deserve."

Meanwhile, Margot Kushel, professor of medicine at University of California, San Francisco, is an expert on the elderly who become homeless. She says that providing them with housing is the key to fixing the problem. "A lot of these people have been healthy their whole lives. But it doesn't take long for their health to plummet once they're homeless. Once someone is housed, depression often lifts, stress fades away, infections heal. It's instant."

Says Weber, "everyone has his own set of priorities, but one thing we all have in common is that we are all growing older. It's one of the hardest things we will all do in this life and so we should have compassion for those who need our help."

The Association of Mature American Citizens [http://www. amac.us] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at http://amac.us/join-amac.

# The Cruel Irony of Hillary America's Dirty, Little Secret Clinton's "Pro-Women" Stance

Commentary by Dr. John Sparks

Hillary Clinton is campaigning that she, of all the candidates, is the one who is a "champion for women and girls" specifically because, among other things, she protects "women's reproductive health" and "confronts violence against women." Her primary talking point is that she has worked 30 years for women and children. The media and various groups accept this claim without examining just how illogical it is and without considering the cruel irony.

Let's look at Mrs. Clinton's assertion that she is a champion of girls and women. Hillary Clinton is a Planned Parenthood, pro-abortion advocate. No one denies that. Her stance has become more and more strident. She no long uses the phrase of years ago that abortion should be "safe, legal and rare." "Rare" is gone from that trio to be replaced by "publically funded." She is advancing abortions. She is ardently pro-abortion.

Think about what this means. The number of abortions in the United States since Roe v. Wade is over58,000,000. The distribution of boys to girls in live-birth statistics gives a slight edge to boys: 51 percent boys to 49 percent girls. Assuming that the sex ratio (boys to girls) for children

aborted is roughly the same as for live births, this means that just under 29,000,000 girls have lost their lives to abortion since 1973. One can quibble about these numbers, but the fact remains that millions of girls' lives have been snuffed out while they were still in the womb.

At least for these pre-born girls, Mrs. Clinton can hardly be said to be their "champion." In fact, the policies that she advocates continue to make possible the taking of the lives of these innocents by the abortionists' instruments of destructionscalpels and suction.

If this is not violence against women, one has a hard time imagining why it isn't.

For the unborn girls this is, of course, an unspeakable tragedy. They will never experience the safety of their mother's or father's arms. They will never have an infancy, a girlhood, a youth. They will never play as a tomboy with the neighborhood children, they will never learn to read or write, wear a frilly dress, sing a popular song, kick a winning soccer goal, or attend a prom. They will never graduate from high school, marry or themselves give birth to children. Those opportunities are irrevocably denied them, often because of the press of careers of their mothers, the irresponsibility of their fathers, and sometimes, mere inconvenience.

For American society, abortion is also an immeasurable loss. For these unborn women do not become our teachers, nurses, business leaders, civic volunteers, our scientists, astronauts, sports heroes, mothers, grandmothers, church members, etc. And they do not and cannot become our U.S. senators, secretaries of state, or even our presidents.

A society's public policies and public officials should be evaluated by how they treat the most vulnerable of their citizenry. Unborn babies are the most defenseless of "cubs" who have no way to protest or grasp their maltreatment through the amniotic fluid that envelops them. Their hands cannot fight off aggressors nor are their voices able to cry for protection.

In the name of all that is decent, it is time to end this outrage. What is absolutely clear is that millions of girls have been deprived of their womanhood by the very ones who claim to be their "champion." What a cruel

—Dr. John A. Sparks is the retired dean of Arts & Letters at Grove City College and a fellow for The Center for Vision & Values. He is a graduate of the University of Michigan Law School and a member of the State Bar of Pennsylvania.



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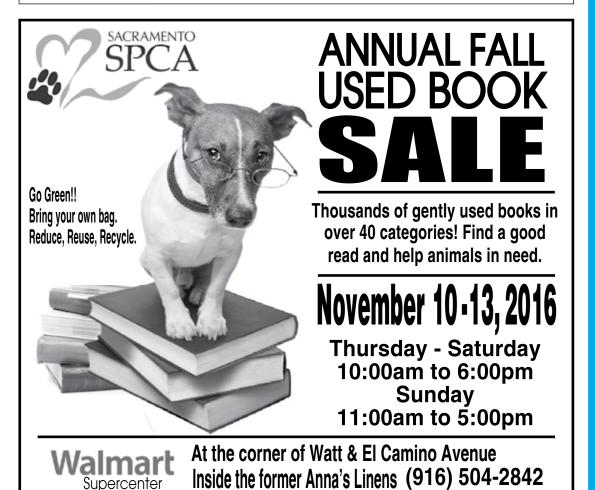
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# FBI Opens New Regional Field Office

SACRAMENTO, CA (MPG) On October 11, 2016, the education programs such as our Sacramento Field Office of the Federal Bureau of Investigation (FBI) hosted an opening ceremony and ribbon cutting to officially debut the field office's new headquarters facility in Roseville, a city in eastern Placer County, Calif. The new building features enhanced security, upgraded technology, and ample workspace to accommodate FBI personnel and its law enforcement partners.

Special Agent in Charge Monica M. Miller welcomed FBI Director James B. Comey and more than 300 attendees representing law enforcement, elected officials, and community partners to the new field office headquarters.

"Our new Sacramento Field Office headquarters facility supports enhanced collaboration within our organization and with our law enforcement partners," said Special Agent in Charge Monica M. Miller. "We are now well prepared for inevitable growth and to host community FBI Teen Academy and FBI Citizens Academy.'

In addition to addresses by Director Comey and Special Agent in Charge Miller, the ceremony featured the Placer County Sheriff's Department honor guard; Sacramento Metropolitan Fire Department Pipe and Drum Corps; Carrie Hennessey, a Grammy-nominated vocalist who sang the national anthem; Norman Dong, Public Buildings Commissioner, General Services Administration; William L. Cunningham-Corso, President, Cunningham Development Company, Inc.; Donald Wetzel, Senior Development Manager, Walsh Group; Carol Garcia, Mayor, City of Roseville: and Congressman Tom McClintock, U.S. Congressional Representative, Fourth District of California.

"GSA and FBI were dedicated to the effective delivery of this project and through strong interagency partnerships, the project

is a great success," said Norman Dong, Public Buildings Service Commissioner. "This building was designed with state of the art secure protection features and energy efficient specs that will lead the way for future FBI

buildings." The FBI's Sacramento Field Office has served the 34-county Eastern District of California since 1967, when the federal judicial districts were reorganized. Currently, the Sacramento Field Office has seven resident agency locations to serve the region— Redding, Chico, Fairfield, Tahoe, Stockton, Fresno, and Bakersfield—in addition to its central headquarters.

New public telephone numbers and the address for Sacramento Field Office headquarters have been posted on its website, www.fbi.gov/sacramento. The public may also submit information via tips. fbi.gov and, for cyber-related crimes, www.ic3.gov.

Source: FBI Media Relations★

# 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

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 Cypress Avenue in Carmichael. 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.





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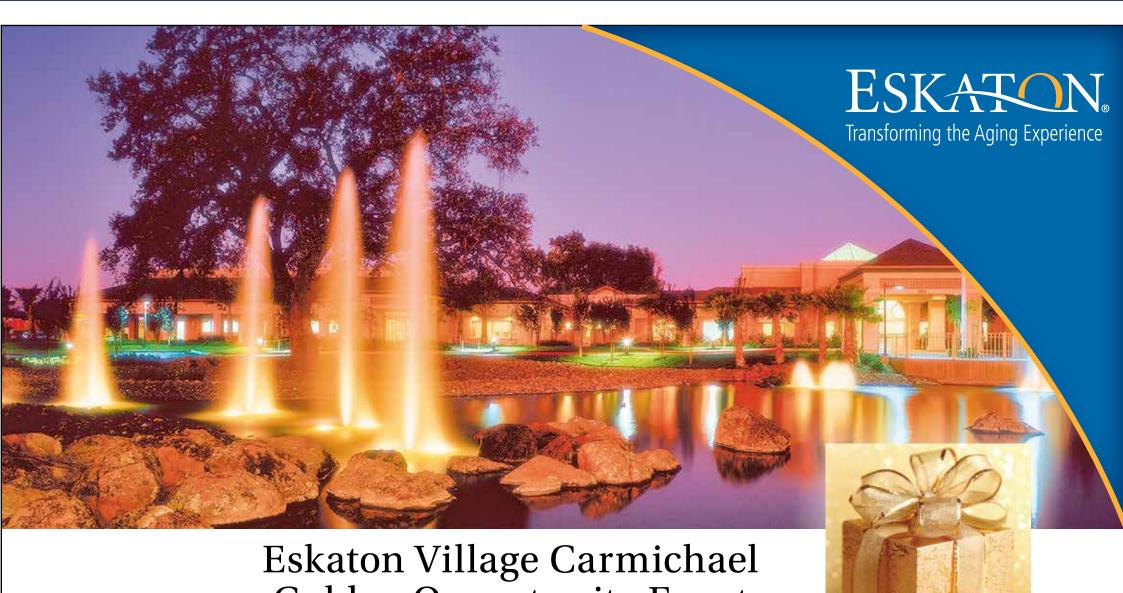
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