

What's Happening in Carmichael

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CDPH Reminds Californians to "Be Better" for Improved Health Page 5

Carmichael Times

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June 3, 2016

AUDITIONS BEING HELD FOR THE SACRAMENTO CHORAL SOCIETY



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POPPOFF!



TEA FOR TOX Page 13

THE D.A. GETS **MORE BAD GUYS**



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direct link to our online edition!

Heroes on Parade for Memorial Day Tributes



Story and photos by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Several generations of warriors joined recent Memorial Day ceremonies at Fair Oaks Cemetery.

Among those honored, Samuel Clower served in WW II, and later in Korean and Vietnam conflicts. Clower was standing guard at Wheeler Army Air Field when enemy bombs struck Pearl Harbor in 1941. He was then a 21-yearold infantryman. In Fair Oaks, the 96-year-old thanked admiring veterans, families and patriots. "I can't tell you how much it means, not just for me, but for all Pearl Harbor survivors," he said. The Rosemont resident retired from the Army in 1971 at the rank of colonel. One of the dwindling "greatest generation," Colonel Clower was among very few attendees at weekend celebrations who had seen WW II service.

Korean, Vietnam, Afghanistan and Iraq veterans and their families boosted the Fair Oaks numbers to over 500. As ceremonies began, a motorcycle guard of American Legion Vietnam vets roared into the historic burial ground. Here military graves include those of 12 men who wore Civil War uniforms.

Speakers included Congressman Ami Bera; Assembly Members

Beth Gains and Ken Cooley and day, and reflect on those who

"the last full measure of devotion."

Supervisor Susan Peters reminded the audience that freedoms enjoyed by Americans "are due to those who have served in uniform."

Recalling the Pearl Harbor attack that precipitated United States' declaration of war against Japan, Franklin Delano Roosevelt's 1941 "day of infamy" address was redelivered. Arriving in a vintage wheelchair, Sacramento actor Joe Hart wore trademark FDR suit and hat. His cigarette and scotty dog were set aside as the lookalike read the historic presidential address. Fittingly for Memorial Day, the opus ends with FDR's immortal

"With confidence in our armed forces — with the unbounded

Supervisor Susan Peters. Dr. Bera suggested citizens should not just celebrate Memorial Day once a year. "We should wake up every answered the call," he said.

Patriots who fell in service helped shape America, said Gains. "We should do our part to never forget them." Assembly Member Cooley said the National Anthem reminds Americans of generations of countrymen who gave what President Abraham Lincoln called

prediction:

Retired US Army Colonel Samuel Clower (center, top photo) represented Pearl Harbor survivors during commemorations at Fair Oaks Cemetery on Memorial Day. Clower (96) was flanked by Vietnam War veterans Ron Berringer (left), Paul Reyes, Jim Russell and Bill Heilmann. Franklin Delano Roosevelt (AKA actor Joe Hart, above) arrived in vintage wheelchair to reenact the "day of infamy speech" as given to Congress in

determination of our people — we will gain the inevitable triumph so help us God."

Anyone may visit Fair Oaks Cemetery, where a Memorial

Wall is dedicated to more than 1700 men and women who served the United States Armed Forces. The facility is located at 7780 Olive Street, Fair Oaks. ★

Receives \$25,000 Grant Grant Will Help Sacramento Women and Children Break the Cycle of Homelessness

Women's

Empowerment

SACRAMENTO, CA (MPG) -Women's Empowerment has received two grants totaling \$25,000 from Union Pacific and Nationwide to help homeless women in Sacramento find homes and jobs that support their families through the most comprehensive job-readiness program in the Sacramento area specifically designed for homeless women. Union Pacific provided \$10,000, and Nationwide provided \$15,000.

"Although the economy is improving, finding work when a woman is homeless can be nearly impossible without the right tools," said Lisa Culp, executive director, Women's Empowerment. "The situation of homeless families in our community is dire - the Sacramento County Office of Education reports nearly 12,000 students are experiencing homelessness. We are grateful to Union Pacific and Nationwide for providing funding that will break the cycle of homelessness for many of these families."

Women's Empowerment's initial eight-week program for women who are homeless in Sacramento provides women with free onsite child care in the group's child development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness, attending classes on job-readiness, confidence and empowerment. She receives health services, focuses on job readiness with her employment specialist and volunteer career mentor, and learns financial literacy. When she graduates after eight weeks, she can access Women's Empowerment's graduate services at any point in her life, which include certifications, counseling, GED preparation, access to a professional clothing closet, financial literacy, and paid job training through the group's Get A Job Kit Training and small business.

Celebrating its 15th anniversary this year, Women's Empowerment was recently featured on NBC's TODAY Show and on CNN.com for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,322 homeless women and their 3,000 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. To donate online: www.womens-empowerment.org. Source: Kristin Thébaud

Communications

Top Celebrities Scheduled for Wizard World

William Shatner and Reggie Jackson to Appear

SACRAMENTO, CA (MPG) - Wizard World, Inc. (OTCBB: WIZD) continues its 2016 schedule with its third trip to Sacramento Convention Center at Wizard World Sacramento, June 17-19. Captain America star Sebastian Stan, X-Men standout Evan Peters, Hayley Atwell ("Agent Carter," Captain America: The First Avenger), William Shatner ("Star Trek," "Boston Legal"), and Baseball Hall of Famer Reggie Jackson (The Naked Gun)

headline the roster of celebrity guests scheduled to attend the pop culture extravaganza, the 11th event on Wizard World's calendar of comic con and gaming cons in

Jackson will attend on Saturday, June 18, only. Atwell will appear Sunday, June 19, only. Shatner will appear on Friday and Saturday; Stan and Peters are scheduled for Saturday and Sunday.

Other well-known Wizard World

Sacramento guests include Jewel Staite ("Firefly"), Caroll Spinney (Voice/puppeteer - "Sesame Street"), Billy Boyd (The Lord of the Rings Trilogy), Scott Wilson ("The Walking Dead," "Damien"), Denis O'Hare ("American Horror Story," "True Blood"), Michael Cudlitz ("The Walking Dead," "Southland"), Dean Cain ("Lois & Clark: The New Adventures of Superman," Vendetta), and others.

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www.CarmichaelTimes.com

Sacramento County **DA Reports**

Defendant Convicted for Transgender Hate Crime Assault; Defendants Convicted in Sweetheart Scam Ending in Murder; Siblings Sentenced for Murdering Tenant

CASE: Trayvon Kirkendoll

PROSECUTOR: Deputy District Attorney Brian Morgan, Gangs & Hate Crimes Unit

Twenty-three-year-old Trayvon Kirkendoll was convicted by jury of assault with force likely to produce great bodily injury. The jury also found the offense to be a hate crime. A bench trial will be held at sentencing as to Kirkendoll's prior convictions.

Kirkendoll was at the Bonfare Market in Oak Park when he saw the victim, who is a transgender female, enter the store. Kirkendoll approached the victim and talked to her. When he realized the victim was transgender, he became embarrassed and then angry. Kirkendoll left the store and went to his car, where his two female companions were waiting. When the victim attempted to leave the store, Kirkendoll and his friends approached the victim, told her that Kirkendoll wasn't gay, and then assaulted her. The three repeatedly punched, kicked and stomped the victim. During and after the assault, they referred to the victim using derogatory insults, which referenced their perception of her sexual orientation.

Kirkendoll faces a maximum potential sentence of 13 years in prison. Sentencing is set for July 23, 2016, at 9:00 a.m. in Department 28 before the Honorable James McFetridge.

CASE: Sandy George, Kevin Moreno, Michael Moreno & Peaches Moreno

PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

Sandy George, Kevin Moreno, Michael Moreno and Peaches Moreno were convicted by jury of first-degree murder. The jury also found true the special circumstance that the murder was committed during the commission of a burglary.

In November 2014, Sandy George befriended 77-year-old Leo Curry. She convinced Mr. Curry to allow her, along with her daughter Peaches Moreno and two of her younger children, to stay in his home by telling him they were homeless. Once inside the home, Peaches Moreno and

George began coordinating the theft of items from Mr. Curry's residence. George's husband, Michael Moreno, and her son, Kevin Moreno, began pawning the stolen items. On November 15, 2014, at least one of the defendants beat Mr. Curry to death in his home and hid his body in the garage. The defendants then sold more of Mr. Curry's property, including his vehicle. The defendants remained in Mr. Curry's residence for two days after killing him. They attempted to open a large safe while at the house, but were

All defendants face a sentence of life in prison without the possibility of parole. Sentencing is set for July 15, 2016, in Department 33 before the Honorable Michael Savage.

CASE: Monica Njoku & Monterio Roberts **PROSECUTOR:** Deputy District Attorney Thomas Asker, Homicide Unit

The Honorable Marjorie Koller sentenced Monterio Roberts to 16 years to life in prison and Monica Njoku to 15 years to life in prison. On October 22, 2015, a jury convicted Njoku and Roberts of second-degree murder. The jury also found true a use of a deadly weapon allegation for Roberts.

Monica Njoku owned a house, which she rented out to single parents with dependents. On November 16, 2014, she demanded one of her tenants and the tenant's baby leave the house immediately. Another tenant, Edward White, protested and told Njoku she had to give the tenant at least a 3-day notice, which led to a heated argument.

Njoku called her brother, Monterio Roberts, and her sister-in-law to come to the house. Roberts threatened Mr. White and Njoku began harassing the female tenant. When Mr. White called 911, Njoku locked Mr. White's 2-year-old son out of the house. Roberts then pulled out a switch blade knife and attacked Mr. White. Njoku and her sister-in-law then jumped into the fight. Mr. White was stabbed three times in the torso. He died at the hospital from internal bleeding.

Region's Renters Just Can't Make It "Work"

Sacramento Residents Earning Minimum Wage Must Work 2 Full-time Jobs, 52-Weeks a Year to Afford Modest, Two-Bedroom Apartment

SACRAMENTO, CA (MPG) - In order has gone in the wrong direction to afford a modest, two-bedroom apartment at fair market rent in Sacramento, renters need to earn \$19.73 hour. This is Sacramento's 2016 Housing Wage, revealed in a national report released today. The report, Out of Reach 2016, was jointly released by the National Low Income Housing Coalition, a Washington, DC-based research and advocacy organization, Housing California, and the California Housing Consortium.

Every year, Out of Reach reports on the Housing Wage for all states, counties, and metropolitan areas in the country. The report highlights the gap between what renters earn and what it costs to afford rent at fair market value.

The typical renter in Sacramento earns \$14.96/hour, which is \$4.77 less than the hourly wage needed to afford a modest 2-bedroom apartment.

"As families struggle to keep up with soaring rents, our state - reducing investment in building homes families can afford by 79% since 2008 and turning away billions in federal funds," said Ray Pearl, Executive Director of the California Housing Consortium. "Each vear California delays in meeting the rising demand for affordable homes, more families are pushed into poverty. Governor Brown and the legislature must make this the year we change direction and get California building again."

Working at the minimum wage of \$10/hour in California, a family must have 2 wage earners working full-time, 52 weeks a year, or one full-time earner working 79 hours/week, 52 weeks a year, to afford a modest two-bedroom apartment in Sacramento.

"From 2000-2014, while rents in Sacramento County have skyrocketed 13%, renter household income has dropped 13%," said Shamus Roller, executive director of Housing California. "Things can't continue this way. People are not just falling into poverty, California's out-of-control rents are keeping them trapped there. It's time for Governor Brown and the state Legislature to make bold investments in affordable development. It is undeniably a key part of the solution to California's housing crisis."

Assembly Democrats, led by Assemblymembers David Chiu (D-San Francisco) and Tony Thurmond (D-Richmond), with the support of Speaker Anthony Rendon (D-Los Angeles), have proposed that California use a one-time budget surplus to invest \$1.3 billion in proven affordable home programs and innovative housing opportunities for Californians.

For interactive graphics and information on every single county in California, visit: http:// www.nlihc.org/oor

Source: California Housing Consortium

Sacramento Has Stingiest Single Men in America

SACRAMENTO REGION, CA (MPG)

- The way a man spends his money can say a lot about his character and how he would treat a potential partner. According to a recent study, not all men are willing to fork out extra cash to impress a first date.

Dating site, WhatsYourPrice. com, pulled member data to determine just how much single men in America are willing to spend on a first date. Results revealed the Most Generous Cities in America, along with the cities where the cheapest daters reside. Bachelors in Sacramento took the No. 5 spot for the stingiest single men in the country, valuing a first date at \$113. The average date offer on WhatsYourPrice.com is \$120.

The least generous cities in America were (according to the average first date offer): Brooklyn, NY came in at \$103, Minneapolis, Minnesota at \$106, Cleveland, Ohio at \$110, Phoenix, Arizona at \$112, and then Sacramento at \$113.

The cost of living in Sacramento is 17 percent higher than the national average, so it's no surprise that bachelors here would rather skimp on first date expenses. Single men in California's capital seem to stick to a budget when looking for love

as the fifth least generous daters in America.

"American women have continuously progressed into higher education and better paying jobs, with 14 percent of top leadership positions currently held by females," said Brandon Wade, CEO and founder of WhatsYourPrice.com. "It's not surprising that when searching for a partner, these women prefer someone who has attained a similar level of success. The willingness to spend freely on a first date signals someone who has financial stability and could provide a comfortable life together."

Source: Whats Your Price.com★





Meet with EHLS staff to learn more!

Arcade Library - Weds., June 8, 10am-12:30pm

2443 Marconi Ave., Sacramento, CA

North Natomas Library - Thurs., June 9, 2-5pm 4660 Via Ingoglia, Sacramento, CA

Hillsdale Job Center - Weds., June 8, 2-3pm 5655 Hillsdale Blvd., Sacramento, CA

More sessions listed on our website! www.ehlsprogram.org/contact-us/information-sessions



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-Karen Sandoval





Craig Diez

Mike Giancanelli

Carmichael Times . 3 June 3, **2016**

What's Happening in Carmichael



Prickly purchase. Regina Quevado (left) and daughters Stacia and Solange joined customers at the Carmichael



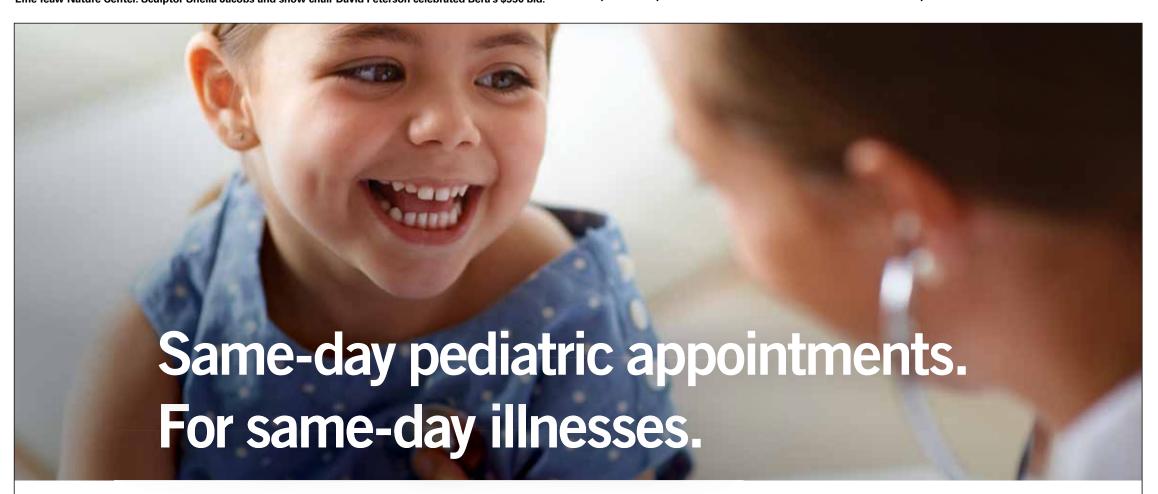
Milagro miracle. Many months overdue, the Milagro Centre's first restaurant opened last week. Center owner Allan Davis and designer/business developer Lani Gannon joined throngs of eager-to- eat customers at the River



Birds of a feather. Congressman Ami Bera (center) bought an avian sculpture at the recent art auction supporting Effie Yeaw Nature Center. Sculptor Sheila Jacobs and show chair David Peterson celebrated Bera's \$950 bid.



Snazzy senoritas. Carmichael dentist Gabrielle Rasi (third from left) hosted a south-of- the-border party at her Coyle Avenue practice. Carmichael Chamber of Commerce was co-sponsor.



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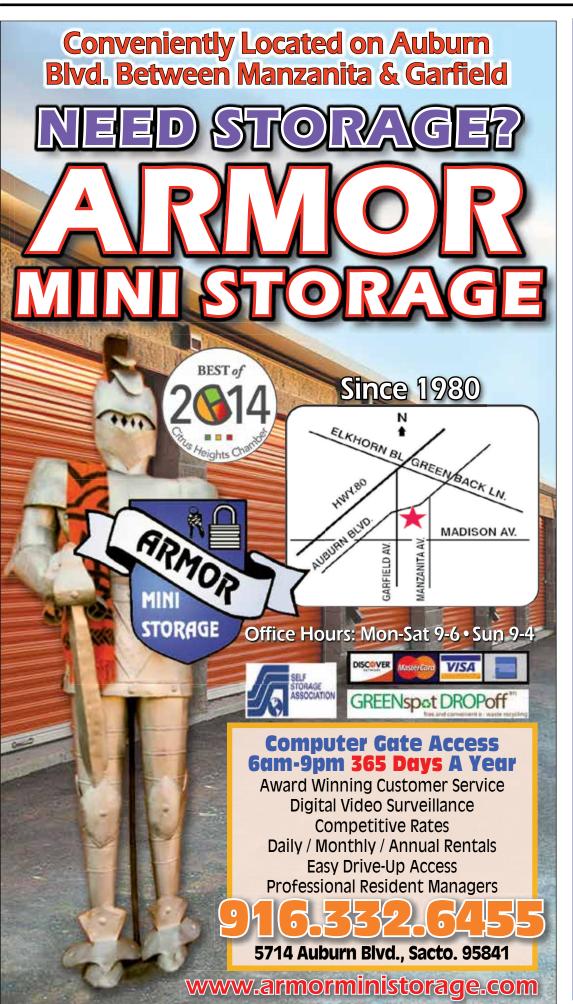
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CDPH Reminds Californians to "Be Better" for Improved Health

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith says you don't have to be perfect to improve your health, but you can strive to be better. "Be Better" is the new CDPH "Champions for Change" campaign unveiled today during a Sacramento River Cats game at Raley Field in West Sacramento.

"Be Better' is a reminder that even small steps can make a difference in improving your health," said Dr. Smith. "Take the stairs, snack on fruits and veggies, and quench your thirst with water instead of soda – these are simple ways that we can all be better to enjoy better health."

Dr. Smith (top right in photo) launched the campaign at the River Cats game as fans took part in an attempt to break the world record for the most people running in place at the same time. The traditional seventh-inning stretch turned into the "seventh-inning flex," when fans twisted and stretched in a two-minute workout led by Dinger, the team's mascot, and local "Champions for Change."

"There's no greater way to celebrate the launch of this important campaign than by showing how even the seventh-inning stretch is an opportunity to be better," said River Cats General Manager Chip Maxson. "Our players were happy to join 'Champions for Change' in coming up with this fun activity for our fans and creating a new healthy baseball tradition right here at Raley Field."

The "Be Better" campaign promotes new federal dietary guidelines that recommend Americans focus on making small shifts in what they eat and drink to prevent chronic health conditions like type 2 diabetes, hypertension and heart disease. Having a normal weight reduces your risk of developing type 2 diabetes by 70 percent.

The "Be Better" campaign will include English and Spanish ads on television and radio stations, billboards and Web banners. There will also be



Dr. Smith (top right in photo) launched the campaign

community-level promotions coordinated with local health departments. The ads will feature "Champions for Change" - real people who have committed to be better for themselves and their families by being more active, drinking water instead of sugary drinks, and eating more fruits and vegetables.

More information about how you can become a "Champion for Change," including how you can "Be Better", is available on the "Champions for Change" website.

Source: www.cdph.ca.gov



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Next Workshop: June 8th, 2016.

To learn more, visit: www.aarp.org/backtowork50plus

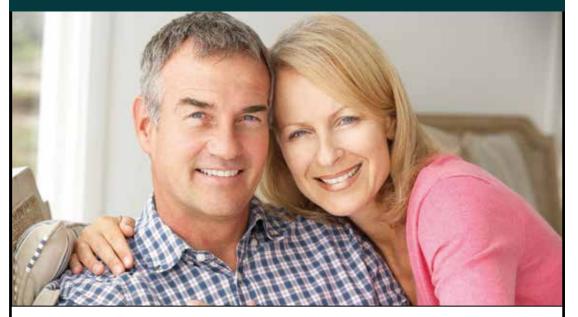




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3939 Fruitridge Road, Sacramento, CA 95820 RSVP: (916)732-2026 or on-line at www.EastLawn.com This presentation will be in **English** and **Spanish Wed, June 15** @ 11:30 a.m.



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FICTITIOUS BUSINESS NAME STATEMENTS FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03550

Christa Morris, 2422 Town Circle Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Physical Massage Therapy" at 2422 Town Circle Sacramento, CA 95821 CA 95821, Filed with the Clerk of Sacramento County April 28, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160502

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03377 John Angulo, 8209 Greenock Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Jrnorcal Hobbies" at 8209 Greenock Way Antelope, CA 95843, Filed with the Clerk of Sacramento County April 22, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 HOBBIES 160509 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03104 Nicole Kneppel, 7372 Gardner Avenue Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Nicole's Mobile Pet Grooming" at 7372 Gardner Avenue Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 14, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160505 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03758 Angelina Romena, 6701 Almond Avenue Orangevale, CA 95662 and Edwin Duatin, 3349 Cottage Way # 37 Sacramento, CA 95825 are doing business under the Fictitious Business Name(s) "Win Express Group and Gold Trucking Group" at 3349 Cottage Way # 37 Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 3, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 WINGOLD 160503 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03463 Catherina Perales. 9525 Dunkerrin Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "CMD Body Works" at 10447 Franklin Boulevard Elk Grove, CA 95757. Filed with the Clerk of Sacramento County April 25, 2016. Publish: May 13, May 20, May 27, and June 3, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03293 Lisa N. Orlando, 8034 Grand Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "MELTDOWN" at 8034 Grand Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 21, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160506

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03658 Rick Ellstrom, 257 Luna Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "ReGlobal Solutions" at 257 Luna Circle Folsom, CA 95630, Filed with the Clerk of Sacramento County April 29, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 REGLOBAL 160505 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT USA Hands, 2100 Watt FBNF2016-03636 Avenue # 180 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Rich Beauty" at 2100 Watt Avenue # 180 Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 29, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160505 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03308 Amber LeAnn Lee 5727 Sutter Avenue # 4 Carmichael, CA 95608 is doing business under the Fictitious Business "Everday Events" at 5727 Sutter Avenue # 4 Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 21, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160503

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03689 Keith I. Schrenk. 1604 Auburn Boulevard Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "The Car Barn" at 649 W. Elkhorn Boulevard # 101 Rio Linda, CA 95673. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 CAR 160503 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03206 Vasyl Parfeniuk, 1132 Hawk Avenue Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Smart Choice Solution Management and SCS Management" at 1132 Hawk Avenue Sacramento, CA 95833. Filed with the Clerk of Sacramento County April 19, 2016. Publish: May 13, May 20, May 27, and June 3, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03035 Irakliy Pachuliya, 4961 Yucca Way North Highlands, CA95660 is doing business under the Fictitious Business Name(s) "Brigada Auto Repair" at 4961 Yucca Way North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 13, 2016. Publish: May 13, May 20, May 27, and June 3, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03616 Tuyet H. Phan, 5305 San Juan Avenue Fair Oaks, CA 95628 and Juliana Bralley 5305 San Juan Avenue Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Julie Barber and Beauty" at 5305 San Juan Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 29, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160429 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03677 Brian Lee Lanse, 5317 Bellflower Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Woodyz Pool Service" at 5317 Bellflower Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 29, 2016. Publish: May 13, May 20, May 27, and June 3, 2106

FICTITIOUS BUSINESS NAME STATEMENT Ran Zheng, 10528 FBNF2016-03812 Malvasia Drive Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "G & Z Technology" at 10528 Malvasia Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 4, 2016. Publish: May 13, May 20, May 27, and June 3, 2106

160504 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03602 Mikhail Zarivny, 4533 Swindon Way Antelope, CA 95863 is doing business under the Fictitious Business Name(s) "Professional International Outreach" at 4533 Swindon Way Antelope, CA 95843. Filed with

the Clerk of Sacramento County April 29, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160429 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2016-03134 Parlour Sacramento, LLC, 9 Orchard, Suite 109 Lake Forest, CA 92630 is doing business under the Fictitious Business Name(s) "Farrell's Ice Cream Parlour Restaurant" at 1625 Watt Avenue Sacramento, CA 95864, Filed with the Clerk of Sacramento County April 15, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 FARRELL'S 160502 06-3-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03204 L & D Solutions, inc., 5536 Red Jasper Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "L & D Solutions,inc." at 6525 32nd Street # A2 North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 19, 2016. Publish: May 13, May 20, May 27, and June 3, 2106 160506

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03926 Jessie C. Love. 6500 47TH # 36 Street Sacramento, CA 95823 is doing business under the Fictitious Business "Love...Naturally" at 6500 47TH # Name(s) 36 Street Sacramento, CA 95823. Filed with the Clerk of Sacramento County May 9, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 LOVE 160511 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03379 Ali Azar, 2444 Spyglass Hill Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "American Eagle Body Shop" at 6801 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 22, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 **AEBS** 160513 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04025 HTG Home Improvements, 2452 Ione Street Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Home Transformation Guys" at 2452 lone Street Sacramento, CA 95864. Filed with the Clerk of Sacramento County May 12, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160513

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03287 Jov Liu. D.O. Inc. 2545 E. Bidwell Street Suite 110 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Healthy Living Primary Care" at 11634 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 21, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160412 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT Nancy Guobadia, 15 Bendit Court Sacramento, CA 95823 and Victoria Guobadia, 15 Bendit Court Sacramento, CA 95823 are doing business under the Fictitious Business Name(s) "Felix Group Home" at 15 Bendit Court Sacramento CA 95823 Filed with the Clerk of Sacramento County April 22, 2016. Publish: May 20, May 27, June 3, and June 10, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03519 Kelly Parsons, 8116 E. Hidden Lakes Drive Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "Simplicity Electrolysis" at E. Bidwell Street Suite 400 Folsom, CA 95630. Filed with the Clerk of Sacramento County April 27, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160502 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03778 HG Holdings, Inc. 924 Enterprise Drive Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "SIA Security Services" at 924 Enterprise Drive Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 3, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160505 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03913 Sandra Blote, 9877 Don Carlos Street Elk Grove, CA 95624, Aaron Blote, 9877 Don Carlos Street Elk Grove, CA 95624 are doing business under the Fictitious Business Name(s) "Outback Electric" at 9877 Don Carlos Street Elk Grove, CA 95624. Filed with the Clerk of Sacramento County May 9, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160509

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03764 Ron Risley, 701 Howe Avenue H-50 Sacramento, CA 95825, is doing business under the Fictitious Business Name(s) "Supporting Changes" at 4421 Northgate Boulevard Suite 5 Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 3, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 CHANGES 160509 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03762 Kyong Sook Chung, 4800 Kokomo Drive # 712 Sacramento, CA Business Name(s) "GEMTECH" at 701 Howe Avenue Suite 40 Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 3, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 GEMTECH 160504 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03847 Gyan Sharma, 9289 Lesnar Way Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "1 To 1 Realty" at 9245 Laguna Springs Drive Suite 200 Flk Grove, CA 95758. Filed with the Clerk of Sacramento County May 5, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160506

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03863 Yasmeen Nazir, 5654 John Runge Drive Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Elite Cleaning" at 4620 Northgate Boulevard # 165 Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 6, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160506 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03723 Viacheslav Zinevych, 2340 Hurley Way # 11 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "ZAKHARA" at 2340 Hurley Way # 11 Sacramento. CA 95825. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160505 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03709 Villata Enterprises. Inc. 1024 Iron Point Road Suite 100-1370 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Villata Real Estate" at 1024 Iron Point Road Suite 100-1370 Folsom, CA 95630. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 VILLATA 160509 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03711 Nick Bloise 6345 Meadowvista Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Victorious Sales" at 6345 Meadowvista Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 VICTORIOUS 160506

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03706 Daniel Gilbert Valencia, 7848 Winding Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "danedutech, bombmehappy" at 7848 Winding Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 DANBOMB² 160503

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03737 Jennifer White, 4406 Stockbridge Avenue Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Zorbies Bumper Ball" at 4406 Stockbridge Avenue Sacramento, CA 95842. Filed with the Clerk of Sacramento County May 3, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 **ZORBIES** 160509 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03884 Tracy Ching, 59 Hidden Lake Circle Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "B Flat" at 59 Hidden Lake Circle Sacramento, CA 95831. Filed with the Clerk of Sacramento County May 9, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 06-10-16 **BFLAT** 160510

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03703 Ewing Diagnostic & Psvchological Services Inc. 100 Howe Avenue Suite 155N Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Therapy Community" at 100 Howe Aveneue 155N Sacramento, CA 95825. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 THERAPY 06-10-16 160510

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03944 Christina Dezett Oliver, 7064 Farmington Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "The Chris Dezett Experience" at 7064 Farmington Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County May 10, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 DEZETT 160510 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03885 Crystal Lynn Gates, 1815 C Street Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Red Feathers Farm" at 1815 C Street Rio Linda, CA 95673, Filed with the Clerk of Sacramento County May 9, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160510

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03880 Troy A. Kaneff, 2238 Burney Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Troy's Heat & Air" at 2238 Burney Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County May 6, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 160509 06-10-16 TROY'S

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03918 Anthony Lewis, 9131 Callock Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "T-Line Trading" at 3112 O Street Suite 8 Sacramento, CA 95816. Filed with the Clerk of Sacramento County May 9, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 T-I INF 160511 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03971 Andrea Michelle Musico, 11230 Arno Road Galt, CA 95632 and Samuel William Musico, 11230 Arno Road Galt, CA 95632 are doing business under the Fictitious Business "Rancho Murieta Window Cleaning" Name(s) at 11230 Amo Road Galt, CA 95632. Filed with the Clerk of Sacramento County May11, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 **RMWC** 160511 06-10-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03375 Melissa Los Banos, 5121 Leader Avenue Sacramento, is doing business under the Fictitious Business Name(s) "Purml8change Services" at 5121 Leader Avenue Sacramento, Filed with the Clerk of Sacramento County April 22, 2016. Publish: May 20, May 27, June 3, and June 10, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03255 Erika Badillo, 6509 Salia Way North Highlands, CA 95660, Gerardo Gomez, 7546 Glendora Court Sacramento, CA 95823, David Lopez, 3829 Altos Avenue Sacramento, CA 95838, Roberto Rubio, 7140 Clearbrook Way Sacramento, CA 95823. Azael Guzman. 1707 Mawson Road Meridian, CA 95957, Maria Juarez, 8847 Winding Way Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Sacramento Latinos" at 3015 Franklin Boulevard Sacramento, CA 95818. Filed with the Clerk of Sacramento County April 20, 2016. Publish: May 20, May 27, June 3, and June 10, 2106 **LATINOS** 06-10-16 160516

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03626 Michael Steiner, 5606 Hillsdale Boulevard Unit C Sacramento, CA 95842 and Rvan Westlake, 2591 Betty Way West Sacramento, CA 95691 are doing business under the Fictitious Business Name(s) "NorCal Kettlecorn" at 2700 Fruitridge Road Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 29, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 **NORCAL** 160513

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04026 The Grange of the State of California's Order of Patrons of Husbandry, Charted 1311 Williow Glen Road Fallbrook, CA 92028 is doing business under the Fictitious Business Name(s) "CSG and California State Grange" at 1311 Williow Glen Road Fallbrook, CA 92028. Filed with the Clerk of Sacramento County May 12, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160520 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03956 Scott Duke, 5121 Aileron Court Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Thin Blue Grind" at 5121 Aileron Court Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 10, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 BLUE 160504 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04213 Mike K. Kouch, 8842 Winding Way # 301 Fair Oaks, CA 95628 and Muy Ly Taing, 8842 Winding Way #301 Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "Donut Stop" at 4325 Hazel Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 19, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160519 DONUT

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04105 United Global Access Transportation, LLC, 2949 Longboat Key Way Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "United Global Access Transportation, LLC and Access California Transportation" at 2949 Longboat Key Way Sacramento, CA 95835. Filed with the Clerk of Sacramento County May 16, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 ACCESS 160519 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03964 Ellen Angello, 2040 Medusa Way Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Moxy Threads" at 1029 Front Street Sacramento, CA 95814, Filed with the Clerk of Sacramento County May 10, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160519

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04189 T.L.S. Parts, Inc., 3811 Recycle Road Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "BenZeen Auto Parts" at 3811 Recycle Road Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County May 18, 2016. Publish: May 27, June 3, June 10, and June 17, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04188 T.L.S. Parts. Inc., 3811 Recycle Road Rancho Cordova, CA 95742, is doing business under the Fictitious Business Name(s) "TLS Auto Recycling" at 3811 Recycle Road Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County May 18, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 **TLSAUTO** 160519 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04177 Maun S. Cheo. 2810 Peoper Oaks Drive Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Meaningful Collections" at 2810 Pepper Oaks Drive Sacramento, CA 95827. Filed with the Clerk of Sacramento County May 18, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160518 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04135 Pardeep Singh, 9990 Ocean Dunes Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Purewal Trucking" at 9990 Ocean Dunes Court Sacramento, CA 95829. Filed with the Clerk of Sacramento County May 17, 2016. Publish: May 27, June 3, June 10, and June 17, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04125 James Joshua Gudaitis, 8529 Stratus Drive Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "JG Maintenance & Repair" at 8529 Stratus Drive Orangevale, CA 95662, Filed with the Clerk of Sacramento County May 17, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 06-17-16 JGMAIN. 160518

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03592 Kelvina Taylor, 5500 71ST Street Sacramento, CA 95820, Tara Burton, 11033 Fiore Drive Rancho Cordova, CA 95670, and William Burton, 11033 Fiore Drive Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name(s) "Nevaeh's Hair By K & T, I am You Clothing" at 11033 Fiore Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 28, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160517

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03835 Abel Reyna, 6828 Kettering Circle Fair Oaks, CA 95628 and Claudia E. Reyna, 6828 Kettering Circle Fair Oaks, CA 95628 are doing business under the Fictitious Business Name(s) "A. Reyna Landscaping & Maintenance" at 6828 Kettering Circle Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County May 5, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160509 06-17-16 REYNA

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04118 TamraMcIntosh, 2960 Holdrege Way Sacramento, CA 95835 and Keith Dobson, 2960 Holdrege Way Sacramento, CA 95835 are doing business under the Fictitious Business Name(s) "KTL Transportation Services, KTL" at 180 Promenade Circle Suite 300 Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 16, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160518 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT Kiss & Makeup LLC, 1665 FBNF2016-03734 Scarlet Ash Avenue # 227 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Kiss & Makeup, Kiss & Makeup Salon and Spa" at 917 30TH Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County May 3, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160518 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04115 Blue Syren Productions LLC. 2740 Fulton Avenue Suite 108 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Shasta Virtual Services, California Family Law Talk, Snowman Raincoat Reviews, Easy Listening Forum, Alien Believers" at 2740 Fulton Avenue Suite 108 Sacramento, CA 95821, Filed with the Clerk of Sacramento County May 16, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 SHASTA 160517 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04098 On-Way Logistics Corporation, 4005 Manzanita Avenue Suite 135 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Onway Logistics" at 2740 Fulton Avenue Suite 103 Sascramento, CA 95821. Filed with the Clerk of Sacramento County May 16, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 ONWAY 160517 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04138 Louis Bonacich, 100 American River Canyon Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "All Green Hydro" at 8686 Greenback Lane Orangevale, CA 95660, Filed with the Clerk of Sacramento County May 17, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160517 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04107 Srioevi Putcha, 3243 California Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Sangeethanjall School of Camatic Music" at 3243 California Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 16, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160517

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03594 Dr. Jyl's Mobile Vet Connection Inc., 7438 Cardwell Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Dr. Jvl's Mobile Vet Connection, Inc" at 7438 Cardwell Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County April 28, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160317

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03837 Shawn Le Celry Raiford, 4339 Galbrath Drive # 474 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "SRE Transportation Services, SRE" at 180 Promenade Circle Suite 300 Sacramento, CA 95834. Filed with the Clerk of Sacramento County May 5, 2016. Publish: May 27, June 3, June 10, and June 17, 2106

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04086 Info Tech Solutions, Inc., 171 Elkins Circle Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Info Tech Solutions, Inc., ITSI, and Info Tech Solutions" at 171 Elkins Circle Folsom, CA 95630. Filed with the Clerk of Sacramento County May 16, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 06-17-16 160516

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03831 Fred Donham, 8274 Mediterranean Way Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Photographer Link, ConsigntheWorld, F8 Tees" at 8274 Mediterranean Way Sacramento, CA 95826. Filed with the Clerk of Sacramento County May 5, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160516

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04059 Isaac Van Etten, 5025 North Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Slackface" at 5025 North Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County May 13, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160513 06-17-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03840 Vadim Dariychuk 5417 Old England Court Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "D-Connection" at 6529 32ND Street # 32 North Highlands, CA 95660. Filed with the Clerk of Sacramento County May 5, 2016. Publish: May 27, June 3, June 10. and June 17. 2106 DCONN 160523 06-17-16

FICTITIOUS BUSINESS NAME STATEMENT Kulpreet Singh, 9590 Blue Mountain Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "SB Logistics" at 9590 Blue Mountain Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County May 18, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160519 SBLOG 06-17-16 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2016-03713 Daniel Henry Mahoney 10043 River Mist Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "DJC & Associates" at 10043 River Mist Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 2, 2016. Publish: May 27, June 3, June 10, and June 17, 2106 160523 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2016-03862 Denise Preszler, 7374 Huntington Square Lane # 133 Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "A Clean Edition" at 7374 Huntington Square Lane # 133 Citrus Heights, CA 95621, Filed with the Clerk of Sacramento County May 6, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 CLEAN 160425 06-24-16 FICTITIOUS BUSINESS NAME STATEMENT

Justin Paul Brazil, 6635 FBNF2016-04277 Marysville Boulevard Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "JB Auto Sales" at 1015 Richards Boulevard Sacramento, CA 95811. Filed with the Clerk of Sacramento County May 24, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 160531 06-24-16 FICTITIOUS BUSINESS NAME STATEMENT

FBNF2016-04119 Gurpreet Dhillon. 9424 Havenview Way Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Executive Realty" at 9424 Havenview Way Elk Grove, CA 95624, Filed with the Clerk of Sacramento County May 16, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 06-24-16 **EXCREALTY** 160531

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03805 Erasmo Alvarez Gonzalez, 320 Vazquez Court Dixon, CA 95620 is doing business under the Fictitious Business Name(s) "Los Vaqueros" at 4610 Franklin Boulevard Sacramento, CA 95820. Filed with the Clerk of Sacramento County May 04, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 **VAQUEROS** 160524 06-24-16.

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03803 Erasmo Alvarez Gonzalez, 320 Vazquez Court Dixon, CA 95620 is doing business under the Fictitious Business Name(s) "Los Vagueros" at 2694 Northgate Boulevard, CA 95833. Filed with the Clerk of Sacramento County May 04, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 160524

FICTITIOUS BUSINESS NAME STATEMENT Sivin Chen, 8575 Traynor FBNF2016-03855 Way Sacramento, CA 95828 and Carmen Ting Toy, 8174 Grandstaff Drive Sacramento. CA 95823 are doing business under the Fictitious Business Name(s) "BelAir 510" at 1540 W. El Camino Avenue Sacramento, CA 95833. Filed with the Clerk of Sacramento County May 05, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 **BELAIR** 160524 06-24-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04108 Frank Woo, 625 14TH Street Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "California Real Estate and Loans, California Real Estate Co." at 625 14TH Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County May 16, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 REALESTATE 160525

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04353 Gennadiv Mokrushin, 2304 Hightrail Way Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Auto Inspection & Service" at 2989 Orange Grove Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County May 25, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 160525 06-24-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04307 Sergey Bukhantsov, 5833 Himalaya Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Paramount Electric" at 5833 Himalaya Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County May 24, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 PARAELCT 160525 06-24-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-03750 Scott Williams, 10816 Berwick Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Patriot Awards" at 10392 Rockingham Drive Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County May 03, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 160522 PATRIOT 06-24-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-04262 Lein Nguyen, 8704 Ranton Circle Elk Grove. CA 95624 is doing business under the Fictitious Business Name(s) "Bliss Nails & Spa" at 4501 Auburn Boulevard Suite 101 Sacramento, CA 95841, Filed with the Clerk of Sacramento County May 23, 2016. Publish: June 3, June 10, June 17, and June 24, 2106 160524 06-24-16

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-00688 The following person(s) has/have abandoned

the use of the FICTITIOUS BUSINESS NAME of "The Sandwich Spot" located at 2606 Gateway Oaks Drive. Judy Casazzza, 12333 Edyth Way Rancho Cordova, CA 95742. The Fictitious Business Name Statement referred to above was filed on January 25, 2016 in the County of Sacramento Publish: May 6, May 13, May 20, and May 27, 2016 160428

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-02468 The following person(s) has/have abandoned

the use of the FICTITIOUS BUSINESS NAME of "Physical Massage Therapy" located at 1413 Glenwood Road Sacramento, CA 95864. Christa Morris, 1413 Glenwood Road sacramento, CA 95864.

The Fictitious Business Name Statement to above was filed on March 2016 in the County of Sacramento. Publish: May 13, May 20, May 27, and June 3, 2016 160504

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2014-02803

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Servicing Solutions" located at 2510 N. Redhill Avenue Šanta Ana, CA 92705. LoanCare LLC, 3637 Sentara Way Virginia Beach, VA 23452. The Fictitious Business Name Statement referred to above was filed on April 1, 2014 in the County of Sacramento. Publish: May 13, May 20, May 27, and June 3, 2016 160505 SSOLUTIONS

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2011-05014

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Navis Pack & Ship CA 1048" located at 11415 Sunrise Gold Circle Suite 10 Rancho Cordova. Belinda Reid, 1650 Springvale Road Placerville, CA 95667 and Kathy Baclgalupi, P.O. Box 873 Lotus, CA 95651 Fictitious Business Name referred to above was filed on June 2016 in the County of Sacramento.

> STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2015-02057

The following person(s) has/have abandoned

Publish: May 20, May 27, June 3, and June 10, 2016

160509

the use of the FICTITIOUS BUSINESS NAME "Infusion Software/Infusion Marketing" located at 1387 Garden Highway Suite 200 Sacramento, CA 95833. 402-101 LLC 1387 Garden Highway Suite 200 Sacramento, CA 95833. Fictitious Business Name Statement referred to above was filed on March 2015 in the County of Sacramento. Publish: June 3, June 10, June 17, and June 24, 2016 160524

> STATEMENT OF ARANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2013-09022

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "420/101" located at 1387 Garden Highway Suite 200 Sacramento, CA 95833. 402-101 LLC 1387 Garden Highway Suite 200 Sacramento, CA 95833.

The Fictitious Business Name Statement referred to above was filed on November 2013 in the County of Sacramento. Publish: June 3, June 10, June 17, and June 24, 2016 420/101 160524 06-24-16

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME

STATEMENT OF WITHDRAWAL FROM

PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FBNF2013-02885 The following person(s) has/have withdrawn as a

general partner from the partnership operating under the FICTITIOUS BUSINESS NAME of "Farbantlix AV" located at 915 48th Street Sacramento, CA 95819. Rebecca Edward Sykes, 915 48th Street Sacramento, CA 95819. The Fictitious Business Name Statement for the partnership was filed on April 5, 2013 in the County of Sacramento Publish: May 13, May 20, May 27, and June 3, 2016 160501 **FARBAN**

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00194002

WHEREAS, Beckham Pei has filed a petition with this court for a decree changing the name(s) of Beckham Pei to Jordan Pei. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Aug 10, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 4, 2016

David I. Brown, Judge of the Superior Court Publish:, May 13, May 20, May 27 and June 3, 2016 **BECKHAM** 160504 06-3-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00193898

WHEREAS, Navjot Kaur has filed a petition with this court for a decree changing the name(s) of Navjot Kaur to Navjot Kaur Garcha. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 08, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 3, 2016

Raymond M. Cadei, Judge of the Superior Court Publish:, May 13, May 20, May 27 and June 3, 2016 160504

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00193810 WHEREAS, Abdul Piaweray and FNU Zahid have

filed a petition with this court for a decree changing the name(s) of FNU Zahida to Zahida Kochay Piaweray and Abdul Mogtadir to Abdul Mogtadir Piaweray. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2:00 p.m. on Aug 05, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 29, 2016 David I. Brown, Judge of the Superior Court

Publish:, May 13, May 20, May 27 and June 3, 2016 160502 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00192738 WHEREAS. Jon Lloyd Houston II has filed a petition

with this court for a decree changing the name(s) of Jon Lloyd Houston II to Faustus Dskies Markt. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Jul 12, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 6, 2016

Raymond M. Cadei, Judge of the Superior Court Publish:, May 13, May 20, May 27 and June 3, 2016 160504 JON 06-3-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00193971

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

above entitled matter appear before this court at 2:00 p.m. on Aug 09, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted Dated: May 4, 2016

David I. Brown, Judge of the Superior Court FNU 160504

Publish: May 13, May 20, May 27 and June 3, 2016 06-3-16

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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.

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



Publisher, Paul V. Scholl

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Carmichael Times

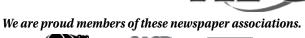
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CLUES

- **ACROSS**
- 1. Bigwig in the Orient 6. I in T.G.I.F. 9. Brazilian indigenous
- 13. In the past
- 14. Not bright
- 15. Like a clichéd remark
- 16. Sandbar 17. Oahu greeting gift
- 18. Acoustic output 19. *Christopher Robin's father
- 21. *Little Mermaid's royal father
- 23. Poor man's cavia
- 24. Bell sound 25. Buffoon
- 28. Miami Heat's Dwyane 30. *Prolific TLC father
- 35. Radar flash 37. Michelin product
- 39. Third rock from the sun
- 40. Republic of Ireland 41. Sizeable
- 43. Facts and figures 44. Sour in taste
- 46. Chicken of the sea? 47. Like fair share
- 48. Concerning this
- 50. Debilitating spray 52. Energy unit
- 53. Beast's most precious
- 55. *John John's dad didn't wear it at his inauguration 57. *Overprotective father in
- "Meet the Parents" 60. *Scout and Jem's juris-
- prudent father 64. Enter user name and password
- 65. A note to follow soh 67. Animal catcher
- 68. Flip-flop
- 69. Draft pick
- 70. Iron + nickel
- 71. Command: "At 72. Outer limit 73. African antelope

DOWN

- 1. Discovery group
- 2. Turkish honorific 3. Sonic sound
- 4. "Believe it or not, I'm walking
- 5. Loud cow noise
- 6. Not in action 7. *Wearable gift for dad
- 8. Inflict a blow 9. Tight like a bow string
- 10. Backward arrow command
- 11. Stepping stone to gain? 12. United Nations labor agency
- 15. Municipal officer in Scotland 20. Poetic "beneath __ Koothrappali of "The Big
- Bang Theory" 24. Fragrant toiletry
- 25. African sorcery 26. *"You Are Old, Father William" in Wonderland"
- 27. One who fires firecrackers, e.g. 29. Soda choice 31. Like a full-fledged Mafia man
- 32. *King Fergus is Merida's dad in this Pixar flick

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2 3

- 34. Edible cannabis substance
- 36. *Alexandre Dumas to Alexandre 38. Largest volcano in Europe
- 42. Jet-setter's agua ride 45. Mind-numbing or wearisome
- 49. Hemingway's " Whom the Bell Tolls
- 51. As opposed to "eats out" 54. Type of renewable energy 56. Metallic sounding
- 57. Capital of Qatar 58. Between the id and super-ego.
- 59. Not any
- 62. Eurasian mountain range 63. "Will be" in Doris Day song

64. Long Term Evolution

66. *Laila's dad, Muhammad

- 60. Attention grabber
- 2 8 5 4 6 6 8 2 9 4 8 6 3 4 2 5 8 4

Fill in the blank squares in the grid, making sure that every on and 3-by-3 box includes all digits 1 through 9 Solutions on Page 6

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OVER 190 CHANNELS TV & INTERNET • FREE SAME DAY INSTALLATION • 3 MONTHS OF PREMIUM CHANNELS AND GET NETFLIX INCLUDED FOR A YEAR BUNDLE HIGH SPEED INTERNET **Crossword Puzzle Solutions on Page 6** © StatePoint Media GOT KNEE PAIN? 33. Weasel's aquatic cousin

Protect California's Forests and Trees - Buy It Where You Burn It

SACRAMENTO REGION, CA (MPG) - Californians can help protect urban and wildland trees this summer by buying firewood local to where they will be using it and not moving it from one place to another. Invasive insects and diseases can hitchhike on firewood, spreading to new locations where they can further damage trees and native environments.

"Time and time again we see invasive species spread long distances as a result of firewood movement. This is something we can all help stop. Keeping firewood local is such an easy way for all of us to help do our part to protect our trees and the forests we love," said Katie Harrell, California Firewood Task Force Chair.

Invasive species such as the goldspotted oak borer, shot hole borers, sudden oak death, and pitch canker are killing millions of trees in California, and all can move on firewood. Over the past year alone, the goldspotted oak borer, Kuroshio shot hole borer, and polyphagous shot hole borer have spread to new counties in southern California as a result of firewood and green waste movement. Trees susceptible to one or more of these pests are found throughout most of the state, making it paramount that firewood not move outside of its local area.

Campers and homeowners looking for locally sourced wood can go to www.firewoodscout.org to identify where local firewood distributors are in a given area. The site also offers information on invasive species of concern in California in addition to a set of questions consumers can ask firewood dealers to help assure the wood being purchased is low risk for invasive insects and diseases.

For more information on invasive species in California's forests or the risks of moving firewood and the California Firewood Task Force*, go tohttp://www.firewood.ca.gov.

The California Firewood Task Force is a non-profit subcommittee of the California Forest Pest Council. It is a coalition of agencies, organizations, and other stakeholders working to protect the State's urban and wildland forests as well as natural environment from invasive pests that can be moved on firewood.

Source: California Firewood Task Force

Small Business Employment Weakens

NFIB Data Shows That Small Business Owners Are Trying to Hire, but Cannot Find Qualified Workers

- A large portion of small business owners reported that they were hiring or trying to hire, yet job creation turned slightly negative in April, according to the Jobs Report released

by the National Federation of

Independent Business (NFIB). "For the first four months of 2016 job creation has been stagnant," said NFIB Chief Economist William Dunkelberg. "Month after month we see no strong direction in our jobs report. This month hiring activities increased, but apparently applicants are not qualified for the open positions."

NFIB/CA State Executive Director Tom Scott added, "This is troubling news for small businesses especially here in California. Facing a shortage of qualified workers, small businesses will see labor costs increase, further adding to the cost of doing business in this state."

The average employment change during the month of April decreased to an average loss of 0.08 workers per firm. Twelve percent reported

SACRAMENTO REGION, CA (MPG) increasing employment an fill open positions." average 2.2 workers per firm while 13 percent reported reducing employment an average of 3.5 workers per firm. Up 5 points, 53 percent of owners reported hiring or trying to hire. Of those trying to hire, 87 percent reported few or no qualified applicants for the positions that they were trying to fill. Twelve percent of owners cited the difficulty of finding qualified workers as their Single Most Important Problem, a high reading for this recovery. Twenty-nine percent of all owners reported job openings that they could not fill in the current period, which is up 4 points. A seasonally adjusted net 11 percent plan to create new jobs, up 2 points from March.

"For several months, owners have been reporting that finding qualified workers is the third 'Single Most Important Business Problem' behind taxes and government regulations and red tape," Dunkelberg continued. "Small business owners want to hire and that is clear from our data, but they're scrambling to find applicants to

He also predicts that the April jobs number will remain weak, close to the 200,000 mark with little change in the unemployment rate.

NFIB's April Jobs Report is based on the NFIB monthly Small Business Economic Trends survey. The survey was conducted in April and reflects the response of 1644 small businesses. The full Small Business Economic Trends report was be released on Tuesday, May 10th.

For more than 70 years, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures. NFIB has 350,000 dues-paying members nationally, with over 22,000 in California. NFIB annually surveys its members on state and federal issues vital to their survival as America's economic engine and biggest creator of jobs. To learn more visit www.NFIB.com/ california.

Source: National Federation of Independent Business

Top Celebrities Scheduled for Wizard World

William Shatner and Reggie Jackson to Appear

Continued from Page 1

Wizard World is also the home of the most creative comics artists and writers on the a.m.-4 p.m.

Wizard World comic and gaming con events bring together thousands of fans of all ages to celebrate the best in pop-fi, pop culture, movies, graphic novels, cosplay, comics, television, sci-fi, toys, video gaming, gaming, original art, collectibles, contests and more. Wizard World Sacramento show hours are

Saturday, June 18, 10 a.m.-7 p.m., Sunday, June 19, 10

Wizard World is also the place for cosplay, with fans young and old showing off their best costumes throughout the event. Fans dressed as every imaginable character will roam the convention floor. The famed Wizard World Sacramento Costume Contest will take place on Saturday

Wizard World, Inc. (www.

Friday, June 17, 3-8 p.m.; wizardworld.com) produces comic, gaming and pop culture conventions across North America that celebrate the best in pop-fi, pop culture, movies, television, cosplay, comics, graphic novels, toys, video gaming, sci-fi, gaming, original art, collectibles, contests and more.

For more on the 2016 Wizard World Sacramento, visit http:// wizd.me/SacramentoPR.

Source: Wizard World

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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 #34-2016-00194174

WHEREAS, Ryan Blake has filed a petition with this court for a decree changing the name(s) of Ryan Blake to Rosemary Blankenship. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 11, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 6, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: May 13, May 20, May 27 and June 3, 2016 RYAN 160506 06-3-SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00192335

WHEREAS, Ana Karen Arreola has filed a petition with this court for a decree changing the name(s) of Ana Karen Arreola to Ana Karen Arreola - Reves. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Jul 1, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 30, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: May 13, May 20, May 27 and June 3, 2016 160503

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00193764

WHEREAS, Timothy Paul Wanner and Hayley Ella Seifert have filed a petition with this court for a decree changing the name(s) of Hayden Alexander Seifert to Hayden Alexander Wanner.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 5, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: April 28, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: May 13, May 20, May 27 and June 3, 2016 TIMOTHY 160502 06-3-

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00193905

WHEREAS, Vyjze Nza Stroup has filed a petition with this court for a decree changing the name(s) of Vyjze Nza Stroup to Vize Nja Pumas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

2:00 p.m. on Aug 8, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 3, 2016 David I. Brown, Judge of the Superior Court

Publish: May 13, May 20, May 27 and June 3, 2016 160425 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00194497 WHEREAS, Christina Camp Gomez has filed a

petition with this court for a decree changing the name(s) of Christina Camp Gomez to Christina Camp IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Aug 18, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted

Dated: May 13, 2016 David I. Brown, Judge of the Superior Court Publish: May 20, May 27 June 3, and June 10, 2016 160516

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00181427

WHEREAS, Paul Ashley Skapinok has filed a petition with this court for a decree changing the name(s) of Paul Ashley Skapinok to Asher Gideon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Jun 08, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 28, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: May 20, May 27 June 3, and June 10, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00193982

WHEREAS. Sanita Devi Kumar has filed a petition with this court for a decree changing the name(s) of Sanita Devi Kumar to Sanita Devi Mcqueen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 09, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 04, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: May 20, May 27 June 3, and June 10, 2016 160509

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

#34-2016-00192145 WHEREAS, Sophia Sam has filed a petition with this court for a decree changing the name(s) of Sophia Sam to Amelie Lena- Nadine Rottana. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Jun 24, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 24, 2016 Raymond M. Cadei. Judge of the Superior Court

Publish: May 20, May 27 June 3, and June 10, 2016 160509 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00194305

WHEREAS, Masuod Ahmed and FNU Maryam have filed a petition with this court for a decree changing the name(s) of Masuod Ahmed to Samaah, FNU Maryam to Maryam Samaah, FNU Shamsullah to Shamsullah Samaah IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Aug 09, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: Aug 15, 2016

David I. Brown, Judge of the Superior Court Publish: May 20, May 27 June 3, and June 10, 2016 160511

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00194425

WHEREAS, William Eugene Harrison has filed a petition with this court for a decree changing the name(s) of William Eugene William Eugene Hanaway. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 17, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 12, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: May 20, May 27 June 3, and June 10, 2016 160516

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00194672

WHEREAS, Timothy Joel Durkee has filed a petition with this court for a decree changing the name(s) of Timothy Joel Durkee to Joel Timothy Durkee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 19, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 18, 2016

Raymond M. Cadei, Judge of the Superior Court blish: May, 27 June 3, June 10, and June 17, :

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

#34-2016-00195030 WHEREAS, Mohammed Akbar has filed a petition with this court for a decree changing the name(s) of Mariam Hara Ali Tran to Mariam Hara Ali, Mohammed Ayaan Ali Tran to Mohammed Ayaan Ali, and Umar Rayhaan Ali Tran to Mohammed Rayhaan Ali. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00

p.m. on Aug 26, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 26, 2016 David I. Brown, Judge of the Superior Court

Publish: June 3, June 10, June 17, and June 24, 2016

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

#34-2016-00195039 WHEREAS, Vincent Phillip Leonard has filed a petition with this court for a decree changing the name(s) of Vincent Phillip Leonard to Vincent Phillip Pamell Sr. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Aug 29, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 26, 2016

David I. Brown, Judge of the Superior Court Publish: June 3, June 10, June 17, and June 24, 2016

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

#34-2016-001954996 WHEREAS, Sayed Rassol and FNU Rohya have filed a petition with this court for a decree changing the name(s) of FNU Rohya to Rohya Asadi and FNU Marwa to Marwa Rassoli

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Aug 26, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 25, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: June 3, June 10, June 17, and June 24, 2016 SAYED 160525 06-24-16 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00192352

WHEREAS, Mohammed Sharif and FNU Razia have filed a petition with this court for a decree changing the name(s) of Mohammed Sharif to Mohammed Sharif Haqiqi, FNU Razia to Razia Haqiqi, FNU Firoz to Firoz Haqiqi, and FNU Robina to Robina Haqiqi . IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Jul 06, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: May 18, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: June 3, June 10, June 17, and June 24, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00192350

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

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on Jul 05, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 30, 2016

Publish: June 3, June 10, June 17, and June 24, 2016 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00192348

WHEREAS, FNU Faisal has filed a petition with this court for a decree changing the name(s) of FNU Faisal to Faisal Hagigi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on Jul 05, 2016, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 30, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: June 3, June 10, June 17, and June 24, 2016 160525

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00192347

WHEREAS, FNU Rohina has filed a petition with this court for a decree changing the name(s) of FNU Rohina to Rohina Haqiqi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m., on Jul 05, 2016, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: March 30, 2016

David I. Brown, Judge of the Superior Court Publish: June 3, June 10, June 17, and June 24, 2016

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF BRAD LEE PONITOUS (descendent) ESTATE NO. 34-2016-00194437

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Brad Lee Pontious (deceased): A Petition has been filed by Joy Pontious in the Superior Court of California, County of Sacramento, requesting that Joy Pontious 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: August 4, 2016 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 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 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(s) is: Anastasia Salmon (SBN 301114), 10630 Mather Boulevard Mather, CA 95655 916-313-3030 Publish: May 27, June 3, and June, 10 2016 **PONTIOUS** 160518

NOTICE OF PETITION FOR PROBATE OF WILL NOTICE OF PETITION FOR PROBATE OF WILL

AND FOR LETTERS TESTAMENTARY ESTATE OF CAROLE J. NORLEN (descendent) ESTATE NO. 34-2016-00194822

To all heirs, beneficiaries, creditors, and

contingent creditors of and persons who may

be otherwise interested in the will or estate, or both of Carole J. Norlen (deceased): A Petition has been filed by Anita J. Follett in the Superior Court of California, County of Sacramento, requesting that Anita J. Follett 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: July 26, 2016 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 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-111) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 8482. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner(s) is: Anita J. Follett, 6608 Vierna Court Citrus Heights CA, 95621. 916-729-7384 Publish: June 3, June, 10 and June 17, 2016 160523

Legal Advertising P.O. Box 14 Carmichael, CA 95609 **LEGAL NOTICE**

Public Hearing Notice Recreation Fees

The Fair Oaks Recreation and Park District (FORPD) Board of Directors will consider a revision to the fee schedule for recreational programming during the meeting listed below. Members of the public may attend and address the Board

Wed., June 15, 2016 6:00 pm Village Hall (Clubhouse) 7997 California Avenue Fair Oaks, CA 95628

If you challenge this resolution in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered at or prior to the public hearing. Please submit any written comments to the Parks and Recreation Department prior to the public hearing.

Copies of the revised fees report prepared for the Board will be available for review after June 10, 2016 at the FORPD Administration Office at 4150 Temescal St. For questions or comments, please call (916) 966-1036.

A public notice from: Fair Oaks Recreation and Park District www.fairoakspark.org PUB: 05-27-16, 06-03-16 06-03-16

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Publish June 03, 2016

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10 · Carmichael Times June 3, 2016

How to Fix America's Failing Cybersecurity Capabilities

Commentary by Nada Marie Anid

Barack Obama just became the first U.S. president to write a line of computer code. The gesture is part of a national push for computer science education. In fact, the White House recently announced a \$4 billion "Computer Science for All" initiative that will help educate the next generation of coders.

It couldn't have come soon enough. In addition to playing an increasingly central role in business, computer science know-how is vital to America's economic and national security. 2015 was the worst year ever for cybercrime, with nearly 1,000 major data breaches.

from the federal government's Office of Personnel Management and a T-Mobile breach that exposed the names, addresses, and Social Security numbers of 15 million customers.

Efforts to bolster cybersecurity all face the same obstacle: a shortage of talent. Protecting our citizens requires a large-scale effort to attract talented people to the cyber workforce and then train them to meet and thwart modern, unexpected threats.

There are currently 209,000 unfilled positions for cybersecurity workers in the United States, according to a Stanford University report. Worldwide, the figure totals roughly 1 million.

With cybercriminals grow-

close the cybersecurity talent

To start, computer science must become a central component of our education system.

According to a recent Gallup survey commissioned by Google, less than one third of K-12 teachers and administrators say that computer science is a top priority for their school. In a survey commissioned by defense contractor Raytheon, 82 percent of millennials reported that no teacher or guidance counselor had ever mentioned the possibility of a job in cybersecurity.

Thankfully, some policymakers are attempting to change the status quo. On top of President Obama's national initiative, New York Mayor Bill de Blasio has tem to offering computer science classes to all students within 10

Efforts to ignite a passion for cybersecurity careers should give special attention to young women. According to that same Raytheon survey, men are five times more likely to consider a career in cybersecurity than women. Research from a study I'm conducting with colleagues from Cisco and the wider tech community for an upcoming book called The Internet of Women, supports Raytheon's findings.

Another valuable step would be the creation of a cybersecurity scholarship program. The National Science Foundation

provided recipients work for the government upon graduation.

What's needed is a more ambitious scholarship program, similar in scope to the GI Bill.

Private-sector businesses such as technology firms and military contractors should establish related initiatives, offering to pay off education loans for students who accept in-house cybersecurity positions.

But it won't be enough to simply encourage more Americans to earn degrees in computer science. Students also need access to tech immersion programs to see the practical implications of their studies.

My own university, New York Institute of Technology, already offers funding for has worked with industry

theft of 21.5 million records we need a long-term strategy to committed his city's school sys- degrees related to cybersecurity, leaders to create internships and other real-world experiences and opportunities. And we've dramatically increased our cybersecurity course offerings, hiring expert faculty in biometrics, swarm intelligence, cryptography, data mining and forensics, and network security. We've even added a cybersecurity concentration for undergraduates and a master's program.

America faces mounting cyber threats. Only through better funding incentives and hands-on immersive training can we hope to attract more young people to the cybersecurity field.

Nada Marie Anid, Ph.D. is dean of the school of engineering and computing sciences at New York Institute of Technology. ★





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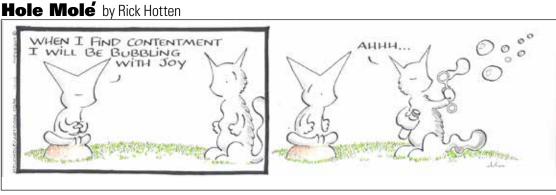


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Cranky Girl by Crystal Jones There's no cars around here... I guess we could try "off leash" for awhile. I WAS YOU GOT THAT HAVE YOU A GIFT HORSE IN

Frank and Steinway by Wil Panganiban







Speckticles by Bill Abbott

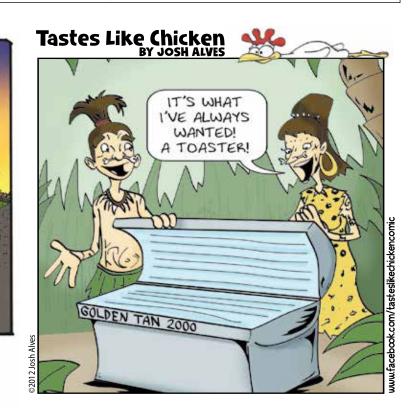
Tundra by Chad Carpenter OH 6XX I DON'T HAVE ANY CHANGE.

Funday Morning by Brad Diller



"SWEETHEART, I'M SO PROUD OF YOU. YOU'VE MADE A COMPLETE FOOL OF YOURSELF."

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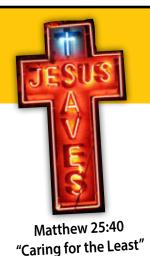




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For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also 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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Auditions Being held for the Sacramento Choral Society

- Do you want to sing? The Sacramento Choral Society and Orchestra and Music Director Donald Kendrick are currently holding membership auditions for their 2016-2017 Concert Season. If you are an experienced choral singer with good music reading skills, please call the SCSO at (916) 536-9065 or email the SCSO: scso2005@gmail.com The

chorus rehearses September

through May on Monday eve-

nings from 7 - 9:30 PM. The

Sacramento Choral Society

in the Capital Region with concerts in Sacramento's Fremont Presbyterian Church, Memorial Auditorium and the Sacramento Community Center Theater. Join us for a blockbuster season continuing the tradition of large choral and orchestral masterworks for the Sacramento community. The SCSO Chorus plans to tour to Scandinavia and the Baltics (Finland, Estonia, Latvia) in June 2017

The SCSO is comprised of 170 singers from six counand Orchestra is celebrating ties in the Sacramento region.

its 21st year of performances They have received the "Arts Excellence Award", the "Outstanding Non Profit of the Year" award and numerous other awards for their work in the Capital Region. As well as presenting their own concert series, the SCSO has performed with the Boston Pops Orchestra, Sarah Brightman's World Tour, the Kenny Rogers Christmas Show, Barry Manilow and on national and international concert stages in Carnegie Hall, Disney Hall (LA), Europe, China, Italy, France and England. For



If you are an experienced choral singer with good music reading skills, please call the SCSO at (916) 536-9065 or email the SCSO: scso2005@gmail.com Photo courtesy SCSO

further information visit the website at sacramentocho- scso2005@gmail.com Sacramento Choral Society ral.com or email the SCSO at

Consumer Business Review "Save This Section, These Are Businesses You Can Trust!"

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The editors of this 2015 Consumer Business Review urge all of our readers to check with Cordova Sewing & Vacuum Center for professional knowledge, sales and maintenance. Family owned and operated for over 30 years!

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www.hoshallscarmichael.com

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Perms, highlighting, coloring, and more are also provided by Hoshall's Salon & Spa.

The editors of this 2015 Consumer Business Review highly recommend Hoshall's Salon & Spa as the best place n our entire readership area to achieve the "Look That Spells Success."

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Ken & John's Auto Repair in Carmichael, at 3937 Marshall Avenue, offers complete scientific service on all makes of cars and trucks by trained mechanics.

It is always the policy of Ken & John's Auto Repair to give the maximum service at the lowest possible price. Their many satisfied customers prove this.

"Service" is Ken & John's Auto Repair's motto, and is backed by their fine reputation. Expert workmen give your automobile the attention it needs from the smallest repair to a complete overhaul or engine rebuild job.

Every vehicle needs adjustments at some time or other. Wise owners allow Ken & John's Auto Repair to keep their car in first class operating condition!

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Wouldn't it be nice to be able to take your car to just one place for all of your repair work? There is such a place and we're talking about American Tires & Auto Service! With shop facilities at 6800 Fair Oaks Boulevard, in Carmichael, American Tires & Auto Service is the area's leading repair shop. Ask any one who's used their services. They'll tell you this is the ONLY stop you need to make on your way to worry-free driving!

From a simple oil change to complete repairs, American Tires & Auto Service has the equipment, parts and skill to repair or replace any part that may malfunction. With years of recommendations behind them, American Tires & Auto Service has established the type of reputation you can trust.

So, when you need ANYTHING done to your car, see the <u>best</u>...<u>first</u>.

The editors of this 2015 Consumer Business Review recommend you make an appointment with American Tires & Auto Service. They will take good care of you at prices you can afford!

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13 - 13.2 Oz Tin All Varieties
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Food, or Supply Limit 1 PLU 321
Limit: 1 Coupon Per Family
Effective 6/1/16 - 6/7/16

ANY PURCHASE OF (Excluding Pet Food or Litter)

(Excluding Pet Food or Litter)

Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324 or dollar off coupons. Limit 1 Limit: 1 Coupon Per Family

Effective 6/1/16 - 6/7/16

AVODERM NATURAL DRY DOG FOOD 24-26 Lb Bag Limit 2 Bags Per Family •Lamb Meal & Rice •Chicken Meal & Rice ... Lite •Original •Large Breed Adult . . Effective 6/1/16 - 6/7/16

9 LIVES **CANNED CAT FOOD** 5.5 Oz

Limit 1 Case Per Family

Leads

CAT TREATS

All Varieties

IAMS DRY DOG FOOD 26 - 30 Lb Bag

 Lamb Meal & Rice • Weight Control Mini-Chunk • Lrg Breed Adult Limit 2 Bags Per Family

Effective 6/1/16 - 6/7/16

FANCY FEAST GOURMET CANNED CAT FOOD All Varieties 3 Oz

Limit 2 Cases Effective 6/1/16 - 6/7/16

Limit 2 Bags

DIAMOND NATURALS DRY DOG FOOD 40 Lb Bag

 Chicken •Lamb •Beef •Senior 35 Lb •Light 30Lb \$ 2099 •Large Breed

 Large Breed Lamb . . . \$**36**99

Effective 6/1/16 - 6/7/16 PURINA

CAT CHOW DRY CAT FOOD •Regular •Indoor 16 Lb Bag

Effective 6/1/16 - 6/7/16

EARTHBORN **HOLISTIC DRY** DOG FOOD Natural Grain-Free 28 Lb Bag
• Primitive Natural • Great Plains Feast
• Meadow Feast • Coastal Catch

Limit 2 Bags

Effective 6/1/16 - 6/7/16 SCOOPAWAY

CLUMPING CAT LITTER 20 lb Box Multi-Cat • Unscented

(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Effective 6/1/16 - 6/7/16

Effective 6/1/16 - 6/7/16 PURINA PRO-PLAN
CANNED FOOD SALE

• Dog Food Grain Free \$1.29 Dog Food 99 Cat Food 3 Oz wild FRONTIER DRY DOG FOOD Real Chicken •Real Lamb •Real Salmon •Venison Meat
 Grain Free •High Protein •Adult 24 Lb Bag Limit 2 Bags

MEOW MIX Original Choice 16 lb Bag

5**10**99 **Limit 2 Bags Per Family** WILDERNESS DRY CAT FOOD AS MARKED •Chicken •Salmon •Duck •Indoor Weight Control 100% Grain Free
 11-12 Lb Bag Limit 2 Bags

WORLD'S BEST Extra Strength Limit 2 Bags Original

PRECIOUS CAT CLUMPING CAT LITTER 18 Lb Bag Limit 2 Bags Per Family

JONNY CAT **PREMIUM CAT LITTER**

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER 15 Lb Jug Limit 2 Jugs

WELLNESS CANNED DOG FOOD

Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49)

SCIENCE DIET SMALL BITES DRY DOG FOOD *Adult *Light *Mature *Puppy 17.5 Lb Bag Limit 2 Bags (Lamb & Rice Small Bites 15.5 lb \$25.99)

PEDIGREE •Adult (Large Breed Adult 36 Lb \$21.99)
46 Lb Bag Limit 2 Bags Per Family MEOW MIX

CAT FOOD

Market Select

2.75 Oz Cup Limit 1 Case MARINELAND POWER FILTER SALE

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 Leather Leashes 20% OFF OUR SUPER LOW PRICES CADET **BULL STICKS** DOG TREATS
All Varieties

FELINE GREENIES

(also Smart Bites) All Varieties

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Varieties

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KORDON WATER CONDITIONERS Amquel Plus Novaqua Plus 16 Oz

50 Gal. Salt Mix BONUS COUPON

BONUS COUPON FANCY FEAST **ELEGANT MEDLEY CANNED CAT FOOD**

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/1/16 - 6/7/16 PLU 568

PURINA WHISKER LICKINS CAT TREATS

•Soft & Delicious - 2.5 Oz •Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 6/1/16 - 6/7/16 PLU 446

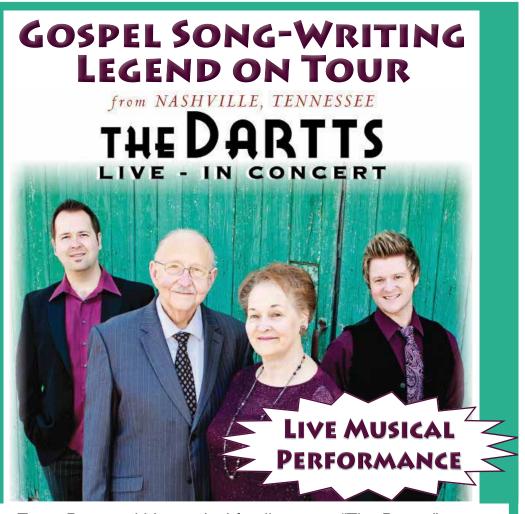
BONUS COUPON

ARM & HAMMER **CAT LITTER DEODORIZER**

Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/1/16 - 6/7/16

CT PLU 422

CRYSTALS



Tracy Dartt and his musical family group, "The Dartts," are a treat to the ears of music lovers everywhere, especially if you're a fan of gospel music. Their song list flows from one style of music into another, built from a catalog of original Gospel songs they've written themselves, and it's all delivered with a smooth vocal blend and beautiful harmonies too!

The Dartts travel full time throughout the USA and abroad, doing around 200 concerts a year. Their brand new album, "The Colors Of Another World" is a wonderful collection of freshly written songs that audiences everywhere seem to love.

The Dartts invite you to check out their full length movie, "The God on the Mountain Legacy," which has been aired on television, featured in magazines and websites.

When: 6 p.m. on Saturday, June 12, 2016 Where: Grace Baptist Church, 6724 Palm Ave. Fair Oaks, CA • (916) 967-3915 Tickets: At the door, love donation

Visit www.DarttMusic.com to see a preview of the film, listen to samples of the album, and to order CDs, mp3s and the DVD.

TEA FOR TOX

Can you use tea as your medicine for fitness and weight loss? According to health and wellness expert Dr. Holly Lucille, you certainly can. Dieting can be hard work and frustrating too... especially after days or weeks of deprivation and that number on the scale has hardly moved. It might even go in the wrong direction all together.

But before you give up, listen up. Don't head to that pint of Ben and Jerry's yet. The good Doc has a simple suggestion she shared with me on POPPOFF that can help all struggling dieters. How about a tea detox? According to Dr. Lucille, there are two primary reasons why body toxins interfere with weight loss.

1) "Our bodies try to protect us from dangerous substances by isolating and surrounding them with mucous, fat, and fluid so that they will not cause an imbalance or trigger an immune

POPPOFF!

with Mary Jane Popp

response. Our body want to keep its fat and fluid in place to buffer the toxins."

2) "Toxins cause inflammation, leading to leptin resistance. When leptin resistance occurs in the body, excess weight is maintained."

Teas have been used for detoxifying and healing properties for many centuries. Here are a few tea types that have been shown both anecdotally and clinically to stimulate the detoxification process and/or jump-start the burning of resistant body fat.

- 1) GREEN TEA. Green tea has many well-researched health benefits including its ability to reduce oxidative stress, slow the aging process, reduce the formation of fat cells, speed metabolism, and increase fat-burning.
- 2) OOLONG WU YI TEA. Grown in the mountains of China, Oolong increase metabolism, improves alertness and cognitive function. Medicinally, it has been used to prevent tooth decay, cancer, heart disease, and osteoporosis.
- 3) ROOIBOS TEA. A healing tea with anti-viral and antiinflammatory properties.
- 4) GINGER TEA. This tea aids digestive health, lowers cholesterol, dilates blood vessels, triggers thermogenesis, and boosts metabolism.

- 5) BIRCH TEA. Assists the transfer of toxins out of the body through the skin by stimulating perspiration. Birch possesses antiviral properties and is an immune activator.
- 6) GUARANA TEA. Guarana lessens food cravings and also increases the metabolic rate. It also acts as a diuretic, aiding the body in the elimination of excess fluids.
- 7) SYNERGISTIC BLENDS. Tea blends. Blended formulations give dieters and health enthusiasts additional benefits derived from the synergistic effect of the teas when taken in combination. Blended teas like Fit Tea, which contains the organic teas listed above and more, are enjoying tremendous consumer acceptance.

Healing teas have been around for thousands of years, but there is a surge in their use for both detoxing and slenderizing bodies. Dr. Holly Lucille is a nationally recognized and licensed naturopathic doctor and educator who has appeared on a myriad of TV programs with the likes of "Dr. Oz" and "The Doctors." In her book, "The Art of Detoxing," she explores all the possibilities for doing this thing detoxification which can help with getting fit and weight loss. You can also check out her website www.fittea.com. Have a spot of Tea for Tox!

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14 · Carmichael Times June 3, **2016**

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

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky

dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day. Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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





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