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at Annual Christmas
Tree Lighting**
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DECEMBER 1, 2017

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ADDRESSING THE DAMAGE OF METH IN SAC



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The Greatest Story Ever Told



The Live Nativity is back this year, five performances per night from December 7 through 10. Photo by Mark Spicer

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - The Live Nativity is much more than a creche with real people in it. With a cast of 70 each night, the outdoor presentation takes visitors through the story of the Nativity, past shepherds watching their flocks and the three kings searching for the child, into the city of Bethlehem. Choirs of angels sing, and recorded narration accompanies the action. "All aspects of

this event, from the traffic flow, to the movement of the cast, have been designed with one purpose in mind: everything leads to the stable," said Kristen King, creative director for the event.

Production assistant Ashley Wagstaff said that her favorite part is knowing that they have live babies in the Nativity. Wagstaff and the "baby liaison" recruit six babies who will be between the ages of 6 and 10 weeks at the time of the

performances. Each night three of the babies are present with their moms, waiting to be chosen for the entrance as the baby Jesus, one for each of the five performances. "Whichever baby is happy, and set, and sleeping, that's who goes on next," Wagstaff said. "What I love is when they finally realize that it's a real baby, you hear little kids say, 'Baby Jesus is real!'"

Brent Horrocks and 12-year-old son Craig are

shepherds in the cast this year. Each Christmas he and his family read the Bible story and re-enact the Nativity at home just for themselves, with homemade costumes. "We know the story, but seeing it in a large scale production like this with professional costumes and lighting and cast," Horrocks said, "it really brings home to you what a wonderful event it was."

The Folsom California Stake of The Church of Jesus Christ of Latter-day

Saints will present five performances each night for four nights, starting every half hour from 6:30 to 8:30 p.m., December 7-10. Reservations are recommended, but not required. The location is 2100 California Circle, Rancho Cordova, which is across Folsom Boulevard from the Folsom Auto Mall. Turn onto Birkmont Drive and follow signs to the parking for the Live Nativity.

"There is something
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Fishman Elected SMUD Board President

SACRAMENTO REGION, CA (MPG) - SMUD Director Gregg Fishman was elected president of the SMUD Board of Directors. His term as president will run from January through December 2018. Fishman served as vice president in 2017. He was first elected in 2014 and began serving on the SMUD Board of Directors in January, 2015. He represents Ward 3, covering East Sacramento, much of the Arden-Arcade area, and the Campus Commons, College Glen and Rosemont neighborhoods, as well as parts of the Florin and Vineyard Park areas.



SMUD Director
Gregg Fishman

In his varied career, Fishman has been a news reporter and anchor at KFBK and KGO Radio, a public information officer at SMUD and the California Independent System Operator (CAISO), and he currently serves as the communications coordinator for the California State Association of Counties.

Fishman is also active in the community, having served on the board of his neighborhood homeowners association, the Arden Park Recreation and Park District Board, and he is an active volunteer with the Sacramento Tree Foundation. He led a tree-planting program aimed at replacing the
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FCUSD Superintendent Calls for Teamwork to Help Youth Achieve Their Dreams

Story and photos
by Margaret Snider

RANCHO CORDOVA, CA (MPG) -There are many ways to be a leader and a great influence to youth today. Sometimes it is done by "leaving a heart print."

Dr. Sarah Koligian at the Rancho Cordova November Luncheon called for all those involved in teaching and influencing our kids to "Leave our heart print." The new Folsom Cordova Unified School District superintendent referred to the term from a book titled Heart by Timothy Kanold. It's all about relationships. "When the day is done and our students graduate from our schools, what do you think they're going to remember?" Koligian said. "It's the . . . memories that they make when they're in our schools, those wonderful events that take place, and those teachers and custodians and food service workers, and instructional aides and administrators – all those people that left their heart print, or their legacy."

Koligian started with FCUSD



Front, from left, Melody Granger-Mayer, Shelly Blanchard, new FCUSD Superintendent Sarah Koligian, Diann Rogers, Chris Clark, Cyrus Abhar, Angela Griffin Ankhelyi, Angelica Miklos. Back, Daniel Thigpen, Sarah Aquino, JoAnne Reinking, Linda Burkholder, Matt Washburn, and Curtis Wilson. "It's difficult work we do, so we have to really count on one another," Koligian said about her FCUSD team.

on July 1. Previously she was superintendent for Tulare Joint Union High School District and before that for Golden Valley Unified School District in Madera County. Her years of experience include instructional leadership positions after beginning as a resource teacher

at Madison Elementary School in Fresno.

"She has every aspect of school leadership you could imagine and has a wonderful sense of direction for our District," said Curtis Wilson, assistant superintendent of elementary instruction. That

direction, he said, is "Excellence in learning for all students."

Koligian has visited all 32 school sites in the District and is now starting on her second round. She said what she learned was all about the glows and the grows. "The glows are those things that the

schools are most proud of, the successes that they've been working so hard to achieve," Koligian said. This includes Cordova Villa Elementary teacher Mary Hawkins receiving ABC10 teacher of the year, and Walnutwood High School

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Music is Universal and So is Learning

SGS Has Evolved Into a Full-Fledged Nonprofit Dedicated to Providing Free and Low-Cost Classical Guitar Workshops and Performance Opportunities

By Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG)

- Can teaching someone how to play the guitar deliver on the promise of overcoming socio-economic challenges?

Absolutely, says Lili Williams, president of Sacramento Guitar Society (SGS), which has, somewhat under the radar, been promoting and celebrating the art of the guitar for decades through its community classes, workshops, youth scholarships, public performances, and even onsite classes for prison inmates.

Originally founded in 1961 as a small group for guitar enthusiasts in the Bay Area, SGS has evolved into a full-fledged nonprofit dedicated to providing free and low-cost classical guitar workshops and performance opportunities to youth and adults from across a broad spectrum of cultural and economic backgrounds.

Guitar classes and performance opportunities are available to players of varying ages, abilities and backgrounds, Williams said, however, the focus of SGS' community classes is moving more exclusively in the direction helping underserved youth and students in schools where funding for the arts is lacking.

"A lot of kids in the community have never been exposed to the art of classical guitar, or say a flamenco guitar performance," said Williams, a former Intel engineer who came out of retirement to raise funds for SGS before becoming its president. "Our purpose is to give youth of all abilities an outlet through classes and performance opportunities on the guitar, and we are deeply focused today on at risk and disadvantaged kids."

Through its educational outreach programs in schools, community spaces and,



Guitar classes and performance opportunities are available to players of varying ages, abilities and backgrounds, Williams said, however, the focus of SGS' community classes is moving more exclusively in the direction helping underserved youth and students in schools where funding for the arts is lacking. Photo courtesy Sacramento Preparatory Musical Academy

most recently, two newly secured partnerships with the Carmichael and Rancho Cordova parks and recreation programs, SGS is working to expand its reach deep into the communities where access to musical education and instruction are needed most.

Previously, SGS raised funds for outside organizations with similar missions, primarily the Sacramento Preparatory Musical Academy, which served to extend the SGS mission through its own workshops and performances. Now, SGS, which currently runs on a \$48,000 operating budget, is shifting its funding toward its own programs, primarily the new parks and recreation

partnerships, as well as plans for extending services to targeted youth living in foster homes across Sacramento County.

"For the last few years we've been raising funds through grants for the Sacramento Preparatory Academy's efforts," Williams said. "Now our focus will be on redirecting funds from our grantors and supporters back to our own agency in order to expand our own programs," Williams said.

SGS students do not need to have any guitar skills. They are given a safe, professional space in which to learn to play the guitar. They learn to read chords and notes, finger pick and strum, and how to properly position the guitar in classical

styles.

"Music is universal and so is learning," said Williams. "But not every kid out there has access to both of those things. For many disadvantage youth, exposure to something like the history of classical guitar and how to play an instrument seems way out of reach. So we are here to help change that."

In addition to classes for youth, the SGS Community Orchestra, comprised of members of all ages, offers community concerts throughout the year, including its upcoming Winter Concert, slated for December 17 at The CLARA (E. Clare Raley Studios for the Performing Arts) in midtown. Monthly rehearsals for the

orchestra are also held at The CLARA and invitations to join are open to players ranging 10 and up, Williams said.

The "The SGS community orchestra is an amazing part of our agency," said Williams. "You'll not only be treated to a concert of ensemble players if you come to one of its performances, you'll see players from middle school on stage playing side-by-side with adults. It's truly a wonderful event and experience."

SGS also supports music programs in the San Juan Unified School District by holding in-class performances by featured artists, including SGS teachers. Also, SGS accepts donations of used acoustic guitars, which are restored, tuned-up and given to schools and music academies in need.

"A big part of our program is making sure that music programs in the schools across the districts that do not have the funds to purchase new guitars for their students get guitars," Williams said.

Other community performances help support SGS programming. In February, SGS will hold its annual Young Artists Showcase Concert featuring talented young artists from the San Francisco Conservatory of Music Preparatory Division and Yuri Liberzon's Los Altos Studio. The 2018 spring concert lineup includes An Evening with Alex De Grassi & Andrew York at the Harris Center in March, and Eleftheria Kotzia from Greece at The Sophia Tsakopoulos Center for the Arts in April.

As a nonprofit, SGS relies on membership fees, concert ticket sales and the generosity of its corporate and individual donors. Over the next decade, Williams said, SGS will be pushing to expand its operating budget to \$1 million—a tall order,

"It's because of my passion for kids who are low-income or struggling in some way that I want to grow this program into one that brings our underserved youth more opportunities to gain exposure to music and learn to play the guitar."

LILLY WILLIAMS
PRESIDENT
SACRAMENTO GUITAR SOCIETY

perhaps, but, says Williams, when you are driven by passion, everything is possible.

"It's because of my passion for kids who are low-income or struggling in some way that I want to grow this program into one that brings our underserved youth more opportunities to gain exposure to music and learn to play the guitar," she said. "We want to reach the ones out there in our communities that don't have those opportunities and see to it that they get there."

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A Live Nativity Presentation



Production assistant Ashley Wagstaff said that her favorite part is knowing that they have live babies in the Nativity. Photo by Mark Spicer

Continued from page 1

special about having the opportunity to be part of the greatest story ever told,” King said. “. . . Sometimes the commercialism of the holiday overruns Christmas itself. This event, in

its beautiful setting, provides those much-needed moments to reflect on what is most important – the birth of Jesus Christ. An average of 6,500 visitors attended the event each year in the two years since it began.

Admission is free. For more information and to make reservations, go to www.LiveNativity.org. Plenty of parking is available and the Live Nativity is wheelchair accessible. ★

FCUSD Superintendent Calls for Teamwork to Help Youth Achieve Their Dreams

Continued from page 1

teacher Jessica Cisneros-Elliott being chosen as 2017 teacher of the year. There are many stories of individual students excelling; students from Peter J. Shields Elementary are learning how to code. The grows are the challenges the District is facing, such as support for the new refugee population in Rancho Cordova. In tune with her heart print theme, Koligian said, “We want to remove the barriers that some families feel about not feeling that welcoming embrace into our schools. It’s really forming the trust and relationship with our families, feeling comfortable enough to be there and to be fully engaged with their child’s education.” What she has learned from her students and from raising her own four children, Koligian said, is that not every child learns at the same rate, in the same way, at the same pace or in the same setting. “It also formed my philosophy, that we have to offer opportunities for our students to succeed and it may not always be the traditional classroom setting.” The District must also continue to challenge the students that are ready for the next step. “What we’re aiming for is educators and family leaders jointly planning interactive training for family members on how to support college and career readiness. And it starts really at the time that our children enter school as kindergartners.” JoAnne Reinking, FCUSD Board vice president is pleased with Koligian’s emphasis on a safe, positive, school climate. “It’s all about the kids,” Reinking said. “And that message is resonating throughout the District.” Koligian’s call to action is, “Look at the ways that you can be involved. It really does take all of



New superintendent Sarah Koligian told about herself and the focus for FCUSD at the Rancho Cordova November Luncheon. “It really does take all of us to help our youth reach their dreams,” Koligian said.

us to help our youth reach their dreams, we can’t do it by ourselves.” Speaking of the Folsom/Rancho Cordova area, Koligian said it has far exceeded her expectations. Koligian and her husband had passed through the Highway 50 corridor many times on their way to Lake Tahoe, without realizing what was on either side of Highway 50. They have not found it difficult to adjust to the move. “It’s been a hidden gem, and it’s just been like opening a gift as I explore and find out about Rancho Cordova, about Folsom and all the wonderful opportunities and offers to the children, to our families, to the community.” ★

Fishman Elected SMUD Board President

Continued from page 1

old Modesto Ash trees in his neighborhood, resulting in the planting of more than 2,000 new trees since 2001. He received an award from the MLK 365 organization for helping to make it easier to remove racially restrictive clauses from local property records, and he is a 20-gallon blood donor with the Sacramento Blood Source. He is also a frequent volunteer master

of ceremonies for Project Ride in Elk Grove. Fishman is a graduate of CSU Sacramento with a bachelor’s degree in journalism. He and his wife live in Arden Park and are the parents of two daughters. As the nation’s sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County (and small

adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD’s power mix is about 50 percent non-carbon emitting. For more information, visit smud.org. Source: SMUD Media ★

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By Bob McGarvey

I hope you had a wonderful Thanksgiving. I wish to thank all the volunteers who helped hand out turkeys and the rest of the food that was included and passed on to those who received some help at our Cordova Community Food Locker. There will be another call for help at the Cordova Community Food Locker for turkeys, canned food, etc. to distribute on December 16th so many families will have a great dinner for Christmas. Our food locker is the second largest location in the region where people who need some help are able to get food for the holidays and during the rest of the year. The only location that is larger is the Sacramento Food Bank. If you can, please help during the coming weeks and donate to the Cordova Community Food Locker for Christmas.

There were some “Scrooges” on Wednesday night, the day before Thanksgiving, who vandalized the property at Rancho Cordova Elementary School. I know the Folsom Cordova Unified School District worked to get the disgusting words removed before

And Another Thing ...

“Nothing Else To Do” Doesn’t Cut it as Far as I’m Concerned

the kids went back to school on Monday, and I know there have been such things done in the past and at other places. But why it is done is a question which I haven’t found an answer to. “Nothing else to do” doesn’t cut it as far as I’m concerned, and nor does being mad at someone or something at the school. I hope that when our kids go on Christmas and New Year holiday vacations, the school district won’t have to take care of more vandalism before school goes back into session.

Now even with something like that being done on the school grounds, around the school, the City of Rancho Cordova has increased safety for everyone who uses the school. More than 1.5 miles of new sidewalk, crosswalks and bike routes were completed by the City this year. We spent \$2.43 million completing this project, and \$200,000 of that money was from the Community Enhancement Fund. Some of the finishing work wouldn’t have been completed if that extra money, which was approved by our citizens, wasn’t there. Thank you again for helping us get closer to catching up with the delayed maintenance that had been put aside by the county for 50 years.

We will be continuing the

tradition of passing on the baton to the next mayor of Rancho Cordova this month. The City Council will discuss and then vote on the next mayor and vice mayor during the December 4, 2017 City Council meeting, and then the mayor and vice mayor will be sworn in to office at the City Council meeting on December 18, 2017. For those who are new to our area or are new to the city, the only cities in Sacramento County who have a separate mayor’s race are the City of Sacramento and the City of Elk Grove. In Sacramento, the mayor is elected for four years, and in Elk Grove, the mayor is elected for two years. In the other five cities of Sacramento County, Rancho Cordova, Citrus Heights, Folsom, Isleton and Galt, the Council members choose the mayor for one year. It has been working well for those cities so far. While any of them could change the method if their citizens would decide to do so, that method has worked well for the City of Folsom, for example, since they incorporated on April 20, 1946. I hope you are all able to enjoy the coming Christmas and the new year of 2018.

From Councilman Bob McGarvey, God bless, and see you next time. ★

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Climate Change and Political Party Science

Commentary by
Harold Pease, Ph. D



Have you ever wondered why respected scientists of both major political parties see climate change so differently, one party viewing the future with great fear and trepidation the other calmly viewing it as normal and natural? The one claiming their position to be “established science,” the other “we have seen this before.” One, we have got to legislate away greenhouse gasses; the other increased CO2 gasses actually benefit the earth. It all comes down to what assessment tools are used by the scientists, computer models or actual climate history.

Nowhere is the discrepancy wider than with respect to sea level assessments. Is it rising or subsiding or neither? A recent article, perhaps the best in assessing the problem in laymen’s terms, was printed in “The New American,” September

2017 (Sea Level Lies, by Ed Hiserodt and Rebecca Terrell, pp. 10-16). Only two factors can affect a rise or a decline, adding or subtracting water.

Increasing water volume can only happen in three ways: water added by volcanic eruptions, temperature rising expands water, and frozen water melting. Added water by volcano eruptions is minimal. NOAA reports “the global mean temperature of land and ocean has increased ... 1.3 degrees Fahrenheit over the past 135 years,” no “real” volume change. Glacial melt does not increase sea levels when it is floating ice any more than does ice floating in a glass of water, when thawed, overflow the glass. “When ice melts it contracts causing no change in water level.” The poles are mostly floating ice.

Land ice, as opposed to sea or floating ice, is displaced from the sea and does affect sea levels when

it melts because it adds back the water initially taken to make the land ice. Between the coolest ice age (when sea levels were 410 feet lower than today) and warmest age (when sea levels were 19.7 feet higher than today) there was a sea level change of 380 feet, but there has been very little change in actual sea level change in many decades. The extremes account for why there once existed a land bridge between North American and Asia some 600 miles wide and why Southern Greenland, once a forest, is not today. Certainly we have a long way to go before either extreme is met again.

Since most of the ice on the poles is floating ice, and not land ice, the effect of sea level change is minimal. Scientist estimate that a melted land ice sheet the size of New Hampshire, 1,000 inches thick, would raise sea levels only a fourth of an inch. There has been little sea level rise from melting glaciers the past 20 years.

If the sea level of the planet is best illustrated as a bowl partially filled with water, the level of that water thereafter can change only, as we have said, by two factors adding or subtracting water. If the three possibilities of adding water, volcanic eruptions, water temperature rising, and water melting do not change the levels significantly, perhaps the answer is in subtracting water, instead.

This can happen in four ways: subduction, subsidence, displacement and isostasy. All four amount to changing the dimensions of the bowl not the amount of water in the bowl. Subduction alters local tidal readings when one tectonic plate overlaps another and moves. Subsidence, somewhat similar to subduction, is a gradual sinking of land such as in sinkholes in Florida, but on the ocean floor instead. Its twin, called displacement, would be volcanoes pushing land upward where water once was, such as those creating Hawaii. The water is now

simply displaced elsewhere causing sea level risings in other places. Isostasy is the melting of land ice returning water to the bowl, which, using New Hampshire as our example is important, but minimally changes the water surface of the globe.

All of these things can affect local readings up or down by varying the dimensions of the bowl but not the volume of water in the bowl. Further complicating readings is the moon and its alignment with the sun resulting in gravitational pull but this too does not add or subtract water.

What the geological and historical data show for the last 20 centuries is little fluctuation in sea levels, perhaps 7-8 inches a century. So why do “alarmists” and “normalist” scientists vary so on this subject; the first taking over the Democratic Party, the second maintaining their hold on the Republican Party? Because Republican scientist continue to

focus on documented past trends for their predictions and Democrat scientists accept past trends to 1993 but thereafter abandon these favoring “computer simulations of global temperature rise, which suffer from faulty models.”

The advent of what is known as satellite radar altimetry, although not time tested and yielding only a very limited database, has allowed faulty data to be seriously considered as fact. Why would any scientist value such data without it having had a long-term verifiable past? The answer is because its projections fit with those believing in man-made climate change theories? It is because catastrophic science is more easily funded than non-catastrophic science and because global warming education infiltrated the cartoons of preschool learners and inundated government schools thereafter. And it is because science has become politicized and most of the established media cover only the alarmist view. ★

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Crossword Puzzle on Page 9

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

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Sudoku Puzzle on Page 9

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2	3	7	8	4	9	1	6	5
4	9	6	5	3	1	8	2	7
3	7	2	9	8	6	5	1	4
8	5	1	2	7	4	9	3	6
7	2	3	4	1	8	6	5	9
9	6	4	7	2	5	3	8	1
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SPENDMEND 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08134 TLC Transportation Inc, 6605 Lincoln Avenue Carmichael, CA 95608 and Kathryn Whipple, 6605 Lincoln Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "TLC, TLC EMS, TLC MED Trans, TLC MED Transport, TLC Medical Trans, TLC Medical Transport, TLC Medical Transportation, TLC Non-Emergency Medical Transport, TLC Transport, TLC Transportation" at 3991 Attawa Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County October 25, 2017. Publish: November 10, 17, 24, and December 1, 2017
TLC 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08361 Donnell Livingston, 391 Morey Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "The Dude Brand" at 391 Morey Avenue Sacramento, CA 95838. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 10, 17, 24, and December 1, 2017
DUDE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08114 The Maxbread Group, LLC, 6822 Domingo Drive Rancho Murietta, CA 95683 is doing business under the Fictitious Business Name(s) "Togo's Eatery" at 4981 Watt Avenue #600 North Highlands, CA 95661. Filed with the Clerk of Sacramento County October 24, 2017. Publish: November 10, 17, 24, and December 1, 2017
TOGOS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08364 Norman Brown, 6917 Monte Casino Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "TFG Lifestyles" at 6917 Monte Casino Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 10, 17, 24, and December 1, 2017
TOGOS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08240 Ashok K. Singh, 9924 Red Ginger Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "AKS Real Estate" at 9924 Red Ginger Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County October 30, 2017. Publish: November 10, 17, 24, and December 1, 2017
AKS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07765 Lana Dran, 8828 Freed Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Attitude Hair Design" at 8892 Elk Grove Boulevard Elk Grove, CA 95624. Filed with the Clerk of Sacramento County October 11, 2017. Publish: November 10, 17, 24, and December 1, 2017
ATTITUDE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08372 Hoang Van Dao, 8762 Pacific Hills Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Salon D'Elegance" at 5345 San Juan Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 10, 17, 24, and December 1, 2017
SALON 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08321 Capitol Consortium for Medical Education, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University, College of Medicine, California Northstate University, College of Psychology" at 9700 West Taron Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
CAUNI 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08319 California Northstate College of Pharmacy, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University, College of Pharmacy, California Northstate University, Master of Pharmaceutical Sciences Program" at 9700 West Taron Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
CALIFORNIA 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08317 California Northstate University, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University" at 9700 West Taron Drive Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
CANORTH 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08320 Capitol Consortium for Medical Education, LLC, 9700 West Taron Drive Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "California Northstate University, College of Pharmacy, California Northstate University, College of Health Sciences" at 2910 Prospect Park Drive rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
UNIVERSITES 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07995 Dorian Lawrence, 7805 Cordially Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Dorian's Barber Studio" at 8785 Center Parkway Suite B-300 Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 18, 2017. Publish: November 10, 17, 24, and December 1, 2017
DORIAN 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08310 Home Pro Direct, Inc, 1024 Iron Point Road Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Solar Delivery Experts, Rooftop Solar Delivery" at 9549 Winterbrook Way Orangetvale, CA 95662. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
SOLAR 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08338 Donald Ryan and Carolyn Ryan, 5483 Carlson Drive #2 Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "The Redwoods At River Park" at 5483 Carlson Drive #2 Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
REDWOODS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08337 L. Kathleen Tyler, 4211 Vega Loop Shingle Springs, CA 95682 is doing business under the Fictitious Business Name(s) "Belle Consignments" at 1012 E. Bidwell Street Folsom, CA 95630. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
BELLE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08279 Elensburg Lamb Company Inc, 2530 River Plaza Drive Suite 200 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Superior Farms, Superior Farms California, Southland Meat, Southland Meats" at 2530 River Plaza Drive Suite 200 Sacramento, CA 95833. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017
SUPERIOR 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08100 Michael Le, 6035 Stockton Boulevard #A Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Pho Binh" at 6035 Stockton Boulevard #A Sacramento, CA 95826. Filed with the Clerk of Sacramento County October 24, 2017. Publish: November 10, 17, 24, and December 1, 2017
PHO 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07903 The Northern California Chapter of UrIsa, 2538 El Tonas Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "The Northern California Chapter of UrIsa" at 2538 El Tonas Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 16, 2017. Publish: November 10, 17, 24, and December 1, 2017
URLSA 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08228 Aleksander Babchanki, 7559 Sylvan Creek Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "AIB Performance" at 4865 Pasadena Avenue #17 Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 27, 2017. Publish: November 10, 17, 24, and December 1, 2017
AIB 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08324 Bravo Security Services Inc, 6051 Greenback Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Bravo Security Services" at 6051 Greenback Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 1, 2017. Publish: November 10, 17, 24, and December 1, 2017
BRAVO 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08280 Valery Karpukhin, 7632 Downing Place Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Val Transport" at 7632 Downing Place Way Antelope, CA 95843. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017
VALTRANSPORT 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08265 Hau B Cam, 10108 Mosaic Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Wave Analytics" at 10108 Mosaic Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017
WAVE 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07711 Core Group Enterprise, Inc, 8100 Carmencita Avenue Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Texas Chicken and Seafood" at 3101 Marysville Boulevard Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 6, 2017. Publish: November 10, 17, 24, and December 1, 2017
TEXAS 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08243 Joshua Velasquez, 12 Whitestone Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Infinity Volleyball Academy" at 9606 Oates Drive Sacramento, CA 95827. Filed with the Clerk of Sacramento County October 30, 2017. Publish: November 10, 17, 24, and December 1, 2017
INFINITY 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08270 Muhammad Adeel Ahmed, 12499 Folsom Boulevard #234 Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Nexvin, Adevaa, Dhaane, Sotfoi, Adeino, Belpel, Turaxo" at 12499 Folsom Boulevard #234 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 10, 17, 24, and December 1, 2017
NEXIIN 171107 12-1-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08545 Auburn Storage, LLC, 1508 Eureka Road #230 Roseville, CA 95661 is doing business under the Fictitious Business Name(s) "Auburn Blvd Mini Stor, Mini Stor Self Storage" at 6230 Auburn Boulevard Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 9, 2017. Publish: November 17, 24, December 1, and 8, 2017
AUBURN 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07840 Sharlie Jasper, 5026 Shell Street North Highlands, CA 95660 and Heather Luciani, 4909 Douvan Court Carmichael, CA 95608 are doing business under the Fictitious Business Name(s) "S & H Cleaning Agency" at 5026 Shell Street North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 13, 2017. Publish: November 17, 24, December 1, and 8, 2017
S&H 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08125 Katrina Zerbe, 5704 Raybel Avenue Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Zerbe Cuts" at 5704 Raybel Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 25, 2017. Publish: November 17, 24, December 1, and 8, 2017
ZERBE 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08455 Harpreet Singh Dhillon, 11020 Coloma Road #33 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "AB Trucking" at 11020 Coloma Road #33 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017
AB 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08524 Kharisma Edwards, 2806 Wah Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Charismatic Tax Services" at 2806 Wah Avenue Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 17, 24, December 1, and 8, 2017
CHARISMATIC 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08446 Diana Sanchez Rod, 7470 Cosgrove Way Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "A Good Maid, A Perfect Maid" at 7470 Cosgrove Way Sacramento, CA 95822. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017
MAID 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07766 Diana Dich, 5201 Whitter Drive Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Happy Takeout" at 3201 Martin Luther King Jr. Boulevard Sacramento, CA 95817. Filed with the Clerk of Sacramento County October 11, 2017. Publish: November 17, 24, December 1, and 8, 2017
HAPPY 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08370 Stefan Ceaser, 3330 Long Branch Court #38 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Ceaser & Fam Trucking" at 3330 Long Branch Court #38 Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 2, 2017. Publish: November 17, 24, December 1, and 8, 2017
CEASER 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08410 Jacque Thornley, 5218 Greenberry Drive Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "By the Books" at 5218 Greenberry Drive Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 17, 24, December 1, and 8, 2017
BOOKS 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08159 Lali Fitness, LLC, 8361 Hidden Valley Circle Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Lali Fitness" at 4351 Arden Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 26, 2017. Publish: November 17, 24, December 1, and 8, 2017
LALU 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08466 Jaswant S. Virk, 23 Beaucanon Court Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Airpro" at 23 Beaucanon Court Elk Grove, CA 95758. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 17, 24, December 1, and 8, 2017
AIRPRO 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08274 Laurie Dakin, 1845 2nd Avenue Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Studio Laurus" at 3444 24th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 31, 2017. Publish: November 17, 24, December 1, and 8, 2017
STUDIO 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08464 Gennady 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 November 7, 2017. Publish: November 17, 24, December 1, and 8, 2017
AUTO 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08447 Ronald Smith, 7514 Elsie Avenue Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Benchmark Appraisal Service" at 7514 Elsie Avenue Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017
BENCHMARK 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08479 Victorious Osagwimaro, Nancy Osagwimaro, Nelson Osagwimaro, and Samuel Osagwimaro, 15 Benoit Court Sacramento, CA 95823 are doing business under the Fictitious Business Name(s) "Cienna Home Care" at 15 Benoit Court Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 7, 2017. Publish: November 17, 24, December 1, and 8, 2017
CIENNA 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08430 Alonzo L. Houston, 8116 Prior Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Moma Judy's Son Senior Care" at 8116 Prior Way Antelope, CA 95843. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 17, 24, December 1, and 8, 2017
MOMA 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08426 Myco, Inc, 2740 Fulton Avenue Suite 101-19 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Elkhorn Cleaners" at 6705 Watt Avenue Suite B North Highlands, CA 95660. Filed with the Clerk of Sacramento County November 3, 2017. Publish: November 17, 24, December 1, and 8, 2017
ELKHORN 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08494 Celeste L. Cox, 6633 Misty Creek Drive Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "CLC Defense Training" at 6633 Misty Creek Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 17, 24, December 1, and 8, 2017
CLC 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08510 Cynthia Rebecca Moseley, 7255 Roca Way Sacramento, CA 95842 and John Michael Gonzales Jr., 3745 Viola Drive Sacramento, CA 95660 are doing business under the Fictitious Business Name(s) "NCA Consultants Inc" at 7255 Roca Way Sacramento, CA 95842. Filed with the Clerk of Sacramento County November 8, 2017. Publish: November 17, 24, December 1, and 8, 2017
NCA 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08220 Vuja De, Inc, 1633 Juliesa Avenue Unit B Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Ethos Cabinetry, Liberty Maintenance Management" at 1633 Juliesa Avenue Unit B Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 27, 2017. Publish: November 17, 24, December 1, and 8, 2017
ETHOS 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08440 Gerry Johnson, 2121 Natomas Crossing Drive #200 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Tri-Star Real Estate, Brand Elite Realty" at 4030 Truxel Road #D Sacramento, CA 95834. Filed with the Clerk of Sacramento County November 6, 2017. Publish: November 17, 24, December 1, and 8, 2017
TRI-STAR 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08002 Maxim Kreydich, 2835 Belle Fleur Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "IMK Trucking" at 2835 Belle Fleur Way Sacramento, CA 95833. Filed with the Clerk of Sacramento County October 19, 2017. Publish: November 17, 24, December 1, and 8, 2017
MK 171011 12-8-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-08334 Rochelle C. Morgan, 15757 Grand Island Road Walnut Grove, CA 95690 is

The Seven Stages of Dementia

By Randi Beasley,
Outreach Manager

SACRAMENTO REGION, CA (MPG) - You have probably heard it dozens of times from seniors in your life: “I can’t find my glasses, I must be getting Old Timer’s Disease”. Which is only half joking when it comes to dementia. It is often hard, even for health care professionals, to sort out normal aging symptoms from those associated with dementia. It is no wonder that families often find themselves asking: “Is this normal? Should we be concerned? What can we do about the situation?” Unfortunately, there are no clear or straight-forward answers. Nearly everyone has been touched by dementia, either through direct experiences with families or friends or indirectly through co-workers, acquaintances or life experiences. It is a scary, sneaky indiscriminate killer that crosses all social boundaries and drastically changes the dynamics of family life.

Even though the prevalence rate of dementia has fallen dramatically in recent years, there are still over 7 million American seniors today that have some form of dementia. Diet and exercise, along with staying physically fit and mentally active, have helped slow and reduce the overall risk of dementia.

Alzheimer’s disease is by far the most prevalent and recognized form of dementia. There are presently 5.5 million Americans with Alzheimer’s. Someone in the United States develops Alzheimer’s disease every 66 seconds--that is 500,000 additional Americans every year. By 2050, that number of Americans with Alzheimer’s disease alone is

expected to increase to 16 million. Alzheimer’s is the sixth leading cause of death in the United States and it kills more people than breast cancer and prostate cancer combined. Alzheimer’s is also the only disease in the top ten that cannot be cured or prevented. (American Alzheimer’s Association).

Alzheimer’s disease is a progressively degenerative disorder that becomes worse over time. It involves a gradual loss in memory, as well as changes in behavior, thinking, physical abilities and language skills. Even though it cannot be cured, the symptoms of Alzheimer’s can be managed with early identification of the disease, treatment, care and changes to in daily environment and living conditions.

Identifying someone with dementia or Alzheimer’s is sometimes difficult, even for health care professionals. Many dementia symptoms overlap with normal aging related changes that typical occur when people move into their 50s. The most common aging symptoms include slower recall speed and reaction times, decreased problem solving abilities and decreased attention span and concentration. These are all regular mental declines associated with aging, which occur at a slow and gradual pace. Dementia, however, is often characterized by rapid, sudden and severe changes in memory and cognitive ability (Mayo Clinic).

There are a number of recognized systems to help identify, chart and measure dementia. The most common system used to measure the stages of dementia is the Reisberg Scale, also known as the Global Deterioration Scale, or GDS. The GDS divides the disease

process into seven stages based on the amount of mental and physical decline. These stages range from very mild to very severe.

While identifying possible signs of dementia is tough enough, dealing with its repercussions and aftermath is often a daunting experience for families and loved ones. There are a number of educational programs and seminars relating to identifying and understanding dementia and Alzheimer’s. One such program is a two part workshop entitled the Stages of Dementia and Life As a Caregiver series developed by Kristina Blocker of Silver Pathways in Loomis.

Blocker is a geriatric specialist who has an expertise in lifestyle care planning, dementia training, home care plans and placements and assessments for families with assisted living and dementia needs. She has found that families often needed more help coping with a relative’s dementia that did the residents themselves, stating: “I decided to start a business with educating families on what to do and how to cope with dementia, and what to expect when the unexpected happens, how to communicate, that sort of thing”.

Blocker’s next workshop on helping to identify the symptoms and stages of dementia (Stages of Dementia) will be Thursday, December 6th from 10-12:30 at the Summerset Senior Living, located at 2341 Vehicle Drive, Rancho Cordova. Her follow up seminar (Life As a Caregiver) will also be at the Summerset Community from 10-11:30 on Thursday, December 13th. There is no cost for this seminar and reservations can be made by calling Summerset at (916) 330-1300 ★

‘Be a Santa to a Senior’ Program Provides Comfort, Companionship and Cheer to Sacramento Area Seniors

SACRAMENTO REGION, CA (MPG) - While many seniors enjoy being able to live independently, the holidays can be a difficult time for those who are unable to spend them with friends or loved ones. In fact, isolated seniors are at greater risk for loneliness, anxiety and depression.

This is why the local Home Instead Senior Care® offices serving Sacramento and surrounding counties are inviting the community to come together to bring some comfort and holiday cheer to area seniors through their Be a Santa to a Senior® program.

“Research suggests that feelings of loneliness can have a real effect on both mental and physical health. The holidays are a prime time for many people to feel lonely, and that may be especially true for seniors who cannot travel from their homes or have lost their support network,” said Buck Shaw of Home instead Senior Care in Sacramento. “With Be a Santa to a Senior, we are able to bring them some comfort through a thoughtful gift that they might not otherwise receive, but, more importantly, by delivering them with a warm friendly face and kind words reminding them that their community cares about them.”

Providing gifts and companionship at a time when seniors may need it most, the program is made possible through the generous support of Sacramento area businesses, nonprofit organizations, retailers, numerous volunteers and members of the community. The local Home Instead Senior Care offices are partnering with Meals on Wheels to help with gift collection and distribution.

Holiday shoppers are invited to support Be a Santa to a Senior by visiting a participating location where Be a Santa to a Senior trees will be on display from Nov. 16 to Dec. 15. Those trees will be decorated with paper ornaments featuring seniors’ first names and their desired gifts. Holiday shoppers can choose an ornament, buy the requested gift and return it to the store with the ornament attached. There’s no need to worry about wrapping — community volunteers and program partners will wrap and deliver the gifts to local seniors in time for the holidays.

“We’re excited to get started and see the tree ornaments turn into meaningful gifts and interactions that can make a real impact on seniors’ quality of life this holiday season,” said Shaw. “We know there are a variety of gift initiatives out there, and are

so grateful to have our partners and community come together to support this important cause that will bring some much-needed holiday spirit to many of our senior neighbors.”

More than 50 Be a Santa to a Senior trees can be found this year, including the following locations, or by entering a zip code at www.BeaSantatoaSenior.com: Eskaton Lodge Gold River, 11390 Coloma Rd., Gold River; Meals on Wheels, 7375 Park City Dr., Sacramento; Sagebrook at Carmichael, 7125 Fair Oaks Blvd., Carmichael; Summerset Senior Living, 2341 Vehicle Dr., Rancho Cordova

For more information about the program, visit BeaSantatoaSenior.com or call (916) 920-2273 or (530) 885-3904.

Founded in 1994 in Omaha, Nebraska, by Lori and Paul Hogan, the Home Instead Senior Care® network provides personalized care, support and education to help enhance the lives of aging adults and their families. Today, this network is the world's leading provider of in-home care services for seniors, with more than 1,000 independently owned and operated franchises.

Source: Home Instead Senior Care ★

River City Christian Holds Seventh Annual Christmas Mall

By Shelly Blanchard

RANCHO CORDOVA, CA (MPG) - Approximately 1000 people in need from the Sacramento region will be given a very unique holiday experience this weekend at River City Christian’s Seventh Annual Christmas Mall. Partnering organizations include Folsom Cordova Unified School District, Wellspring Women’s Center, World Relief Sacramento, Veterans’ Resource Centers, Next Move and Volunteers of America.

Guests will each be treated to vouchers valued at \$50 to shop for new merchandise donated by church members. Children will be empowered to shop for their parents and siblings; parents will be able to choose the items they want their children to receive. Donations will be displayed in six “stores” on the church campus: toys, women’s, men’s, children, babies and sports. Each store is decorated for the holidays.

In addition to shopping, guests are welcome to enjoy a full service salon and spa

where they can receive haircuts, manicures and chair massages. VSP will be on-site offering free eye exams and glasses for those who qualify. Various live performances will be featured throughout the event including former “America’s Got Talent” contestant Dave the Horn Guy (davethehornguy.com) and the River City Christian choir. Guests will enjoy various elegant appetizers and sweet treats. Various fun activities for children will be available in “Candyland” and nursery care will be provided. Families can also participate in several holiday craft projects. Gift wrapping is also offered for all guests. All services are free of charge.

Over 300 of the guests are refugees from Iraq and Afghanistan who have settled in Sacramento; many of these families are new to the American tradition of giving and receiving Christmas presents. Approximately 75 men and women from the Veterans’ Village in Mather will be in attendance. A group of young adults who have recently aged

out of the foster care program will be in attendance as well. Families from two Title I elementary schools in the Rancho Cordova area have also been invited. Approximately 200 of the guests are connected to Wellspring Women’s Center in Oak Park. Translators will be available for Spanish, Arabic and Dari speakers.

Over 700 volunteers will be serving at the Christmas Mall. Hundreds of church members will be serving alongside employees of Paul Mitchell The School-Sacramento, National Holistic Institute and VSP as well as students of the Culinary Academy at Cordova High School.

The Christmas Mall will be held at River City Christian, 10933 Progress Court, Rancho Cordova, CA. Hours are Friday, December 1, 5:30-9:00 p.m. and Saturday, December 2, 9:00 a.m. - 4:00 p.m. The event is closed to the public. For more information please contact Executive Pastor Mark Shetler at mshetler@rivercitychristian.org or at 916-599-8422. ★

Gold River School Part of National Award for Health and Wellness

By Rachel Smith

GOLD RIVER, CA - The Learning Care Group, which includes La Petite Academy of Gold River, has been recognized as the 2017 Partnership for a Healthier America Partner of the Year for the company’s work in aligning with the standards of Let’sMove! Child Care goals for physical activity, food, beverages, infant feeding, screen time and parent engagement.

In May 2017, Learning Care Group announced a renewed three-year agreement with PHA, pledging to maintain adherence to the PHA goals. The expanded commitment encompasses:

Nutrition: Having already eliminated all fried foods and juice from the Grow Fit menu, Learning Care Group will now convert the remaining non-whole grain offerings to whole grain within the next year. It will also eliminate all grain-based desserts from the menu, further reducing



The company is developing a new Grow Fit Gardening Program. Photo courtesy VWordsmith Communications

consumption of sugar and saturated fats.

Fitness: Leveraging its exclusive personalized curricular approach designed to ensure school readiness, the company is augmenting its fitness curriculum with new guided activities for indoor and outdoor play.

Garden Program: In keeping with its emphasis on hands-on

STEM and STEAM learning, the company is developing a new Grow Fit Gardening Program with scalable options for creating outdoor and indoor gardens at its schools.

La Petite Academy in Gold River is located at 11378 Coloma Rd, Gold River, CA 95670.

Source: Wordsmith Communications ★

LEGAL ADVERTISING

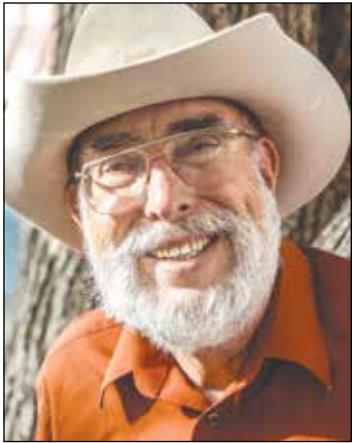
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294--February 7, 1984
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TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 134213 Title No. 170280068 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 04/29/2016. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 12/18/2017 at 9:30 AM, The Mortgage Law Firm, PLC, as duly appointed Trustee under and pursuant to Deed of Trust recorded 05/04/2016, as Instrument No. xx, in book 20160504, page 2523, of Official Records in the office of the County Recorder of Sacramento County, State of California, executed by Jaime Melgoza, a Married Man as His Sole and Separate Property, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (payable at time of sale in lawful money of the United States), Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814 , East Main Entrance All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State, described as: FULLY DESCRIBED IN THE ABOVE DEED OF TRUST. APN 072-3250-043-0000. The street address and other common designation, if any, of the real property described above is purported to be: 3235 Bridgeway Drive, Rancho Cordova, CA 95670. The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other

common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$284,462.08. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written Notice of Default and Election to Sell. The undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. Dated: 11/9/2017 THE MORTGAGE LAW FIRM, PLC Adriana Durham/ Authorized Signature 41689 Enterprise Circle North, Ste. 228, Temecula, CA 92590 (619) 465-8200. FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (800) 280-2832. The Mortgage Law Firm PLC may be attempting to collect a debt. Any information obtained may be used for that purpose. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of

the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 for information regarding the trustee's sale or visit this Internet Web site -www.Auction.com- for information regarding the sale of this property, using the file number assigned to this case: 134213. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. A-4638128 11/24/2017, 12/01/2017, 12/08/2017



Dud came in the Mule Barn truck stop all grins. Aha! thought the other members of the world dilemma think tank, Dud’s been up the road in deer camp three days now. We know what that happy look means.

Or maybe not ... “You fellas have GOT to come out to the camp with me and see what I’ve got!” Dud said. “You won’t believe it!”

“Got a nice buck did you, Dud?” said Doc.

Slim Randles’ HOME COUNTRY

I Can’t Figure Out How to Fold it Up
And Get it Back in the Bag

“You just have to see for yourself,” he said.

So after another round of refills, the guys went out and got in two cars and headed off to camp. And when they got there, they saw all of Dud’s camping gear stacked neatly, ready to go home, and his camouflage spring-steel-armed ground blind still standing.

Picture an outhouse-sized tent. “Where’s the deer?” asked Herb.

“Well,” Dud said, “I didn’t get one.”

“So what do you want us to see?”

“The ground blind,” he said. “I can’t figure out how to fold it up

and get it back in the bag.”

So Dud got one end and bent the steel inserts, and Doc got on the other end, while Herb and Steve each took a side. After half an hour of engineering arguments and cussing, the offending tent was back in its bag.

When Doc got his breath back, he looked at the others and grinned. “You fellas know I’ve delivered hundreds of babies, but I gotta tell ya, this is the first time I’ve ever had to put one back.”

Brought to you by Arizona’s Book of the Year, “Stories from History’s Dust Bin,” by Wayne Winterton. Available everywhere online. ★

CALL 773-1111 TO ADVERTISE

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984
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Legal Advertising Hotline 916-483-2299
Legal Advertising Fax 916-773-2999

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00220843

WHEREAS Antwanique Sharde Anderson-Weaver has filed a petition with this court for a decree changing the name(s) of Antwanique Sharde Anderson-Weaver to Sharde Yvonne Shaver. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 23, 2018, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 19, 2017
David I. Brown, Judge of the Superior Court
Publish: November 10, 17, 24, and December 1, 2017
SHAVER 170705 12-1-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00218107

WHEREAS Nicholle Marie Sowers Niskern has filed a petition with this court for a decree changing the name(s) of Nicholle Marie Sowers Niskern to Theron Aidan Sowers. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 6, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 29, 2017
David I. Brown, Judge of the Superior Court
Publish: November 10, 17, 24, and December 1, 2017
SOWERS 170705 12-1-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00222346

WHEREAS Abdul Mateen Adel Mohammad Qasim and Angela Mohammad Adel have filed a petition with this court for a decree changing the name(s) of Abdul Mateen Adel Mohammad Qasim to Mateen Adel, Angela Mohammad Ismail to Angela Adel, Fatema Zahra Abdul Mateen to Fatema Adel, and Khadija Abdul Mateen to Khadija Adel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 9, 2018, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 17, 2017
Christopher E. Krueger, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017
ADEL 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00220290

WHEREAS Tanisha Marsha Bullard has filed a petition with this court for a decree changing the name(s) of Brooklyn Amara Riley to Brooklyn Amara Young Bullard. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 11, 2018, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 11, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017
RILEY 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00221210

WHEREAS Marvel Wangsvick Scott has filed a petition with this court for a decree changing the name(s) of Marvel Wangsvick Scott to Marvel Adele Wangsvick. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 23, 2018, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 25, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017
SCOTT 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-0022283

WHEREAS Joy Madaline Stern has filed a petition with this court for a decree changing the name(s) of Joy Madaline Stern to Jude McCabe Stern. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 8, 2018, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 16, 2017
David I. Brown, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017
STERN 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00220921

WHEREAS Dinoschka Solcire Roussel has filed a petition with this court for a decree changing the name(s) of Dinoschka Solcire Roussel to Solcire Dinoschka Roussel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 24, 2018, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 20, 2017
David I. Brown, Judge of the Superior Court
Publish: November 24, December 1, 8, and 15, 2017
ROUSSELL 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2016-00194813

WHEREAS Liliana Gomes has filed a petition with this court for a decree changing the name(s) of Liliana Gomes to Liliana Ostli. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 5, 2018, in Department 129, located at 3341 Power Inn Road Sacramento, CA 95826, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 31, 2017
Publish: November 24, December 1, 8, and 15, 2017
GOMES 170705 12-15-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00222627

WHEREAS Gladys Vazquez Acosta has filed a petition with this court for a decree changing the name(s) of Gladys Vazquez Acosta to Gladys Vazquez-Lopez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 20, 2018, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 22, 2017
David I. Brown, Judge of the Superior Court
Publish: December 1, 8, 15, and 22, 2017
LOPEZ 170705 12-22-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00219338

WHEREAS Grace Trinidad Andea and Steven Edward Rathbun have filed a petition with this court for a decree changing the name(s) of Steven Andea Rathbun to Steven Edward Andea Rathbun III. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 26, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 20, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: December 1, 8, 15, and 22, 2017
RATHBUN 170705 12-22-17

SUMMONS

Christopher E. Blackwell
4050 Crest Ln. Lake Havasu City, AZ 86406
(928) 486-6386

SUPERIOR COURT OF ARIZONA
MOHAVE COUNTY
SUMMONS

Case Number: CV 2017 07153
Name of Plaintiff: Christopher E. Blackwell
Name of Defendant: James H. Martin, Manser Alice Martin, Patricia Williams, and Mohave County Treasurer
WARNING: This is an official document from the court. It affects your rights. Read this document carefully. If you do not understand it, contact a lawyer for help.
FROM THE STATE OF ARIZONA TO: James H. Martin, Manser Alice Martin, Patrice Williams and Mohave County Treasurer
1.A lawsuit has been filed against you. A copy of the lawsuit and other court papers are served on you with this Summons.
2.If you do not want a judgment or order taken against you without your input, you must file an "Answer" or a "Response" in writing with the Court, and pay the filing fee. If you do not file an "Answer" or "Response" the other party may be given the relief requested in his or her Petition or Complaint. To file your "Answer" or "Response" take, or send, the "Answer" or "Response" to the Office of the Clerk of the Superior Court, 401 East Spring Street, Kingman, AZ 86401 (P.O. Box 7000, Kingman, AZ 86402-7000) or the Office of the Clerk of the Superior Court, 2225 Trane Road, Bullhead City, AZ 86442, or Office of the Clerk of the Superior Court, 2001 College Drive, Lake Havasu City, AZ 86404. Mail a copy of your "Answer" or "Response" to the other party at the address listed on the top of this Summons.
3.If this Summons and the other court papers were served on you by a registered process server or the Sheriff, within the State of Arizona, your "Response" or "Answer" must be filed within TWENTY (20) CALENDAR DAYS, starting the day after you were served. If this "summons" and other court papers were served on you by a registered process server or the Sheriff outside the State of Arizona, your "Response" must be filed within THIRTY (30) CALENDAR DAYS, starting the day after you were served. Service by a registered process server or the Sheriff is complete when made. Service by Publication is complete (30) days after the date of the first publication.
4. You can get a copy of the court papers filed in this case from the Petitioner at the address at the top of this paper, or from the Clerk of the Superior Court at the address listed in Paragraph 2 above.
5. Requests for reasonable accommodation for persons with disabilities must be made to the office of the judge or commissioner assigned to the case, at least (5) five days before your scheduled court date. Signed and Sealed this date June 26, 2017 by Deputy Clerk Virlynn Tinnell Clerk of the Superior Court BLACKWELL 171101 12-1-17

NOTICE OF PENDENCY SUIT

STATE OF NEW MEXICO
COUNTY OF VALENCIA
THIRTEENTH JUDICIAL DISTRICT COURT TIERRA GRANDE IMPROVEMENT ASSOCIATION, INC., A New Mexico nonprofit corporation, Plaintiff, v. No. D-1314-CV-2017-00536 KATHLEEN (BOWLER) THOMPSON, JAMES T. BOWLER, MARY BOWLER and JOHN BOWLER, JR., Defendants. NOTICE OF PENDENCY OF SUIT
THE STATE OF NEW MEXICO TO THE FOLLOWING NAMED DEFENDANTS BY NAME, KATHLEEN (BOWLER) THOMPSON, JAMES T. BOWLER, MARY BOWLER and JOHN BOWLER, JR.: You are hereby notified that Plaintiff Tierra Grande Improvement Association, Inc., a New Mexico nonprofit corporation (hereinafter "TGIA") has filed a Complaint for Debt and Money Due and Foreclosure of Lien (In Rem for Foreclosure Purposes Only) (hereinafter, the "Complaint") against you in the above-entitled and numbered lawsuit in the above-designated Court. The general object of the action is to foreclose a lien held by the Plaintiff (Tierra Grande Improvement Association, Inc.) and for other appropriate relief regarding the below described property located in Valencia County, New Mexico: The Real Property consists of a tract of land located on the East side of Highway 47 on Menta

Loop off Ingresso in the in the TGIA Subdivision in Valencia County, New Mexico. The Property is more particularly described as follows: All of Lot 4 in Block 3 of Tierra Grande Unit No. 19, according to the plat thereof recorded in the Office of the County Clerk of Valencia County, New Mexico: Together with all structures and improvement located thereon (hereinafter, the "Property"). You are further notified that unless you enter your appearance in the said cause on or before the expiration of the time permitted by law, a Judgment will be entered against you by default, and the relief prayed for in the Complaint will be granted. The name and address of the attorneys for TGIA are as follows: Katherine A. Lynch, Esq. Moses, Dunn, Farmer & Tuthill, P.C. P.O. Box 27047 Albuquerque, NM 87125-7047 (505) 843-9440 WITNESS my hand and the seal of the District Court of Valencia County, New Mexico on November 7, 2017. PHILIP ROMERO DISTRICT COURT CLERK By /s/ A. Yohn BOWLER 171111 12/1/17

TRUSTEE SALE NOTICES

T.S. No. 17-46814 APN: 235-0610-028-0000, 235-0610-029-0000

NOTICE OF TRUSTEE'S SALE
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/22/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: GARY PAUL LONG AND DEBORAH LONG, HUSBAND AND WIFE, AS JOINT TENANTS Duly Appointed Trustee: Zieve, Brodnax & Steele, LLP Deed of Trust recorded 11/30/2006 as Instrument No. in book 20061130, page 1427 of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 12/8/2017 at 10:00 AM Place of Sale: East Entrance County Courthouse, 720 9th St, Sacramento, CA 95814 Estimated amount of unpaid balance and other charges: \$356,285.81 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: 9292-9294 Madison Avenue Orangevale, CA 95662 Described as follows: As more fully described on said Deed of Trust A.P.N #: 235-0610-028-0000, 235-0610-029-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 848-9272 or visit this Internet Web site www.elitepostandpub.com, using the file number assigned to this case 17-46814. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 11/8/2017 Zieve, Brodnax & Steele, LLP, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (714) 848-9272 www.elitepostandpub.com Christine O'Brien, Trustee Sale Officer THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. EPP 23627 11/17, 11/24, 12/1/17 EPP#23627 171110 12/1/17

As more fully described on said Deed of Trust A.P.N #: 235-0610-028-0000, 235-0610-029-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 848-9272 or visit this Internet Web site www.elitepostandpub.com, using the file number assigned to this case 17-46814. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 11/8/2017 Zieve, Brodnax & Steele, LLP, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (714) 848-9272 www.elitepostandpub.com Christine O'Brien, Trustee Sale Officer THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. EPP 23627 11/17, 11/24, 12/1/17 EPP#23627 171110 12/1/17

T.S. No. 17-47784 APN: 223-0490-005-0000 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED

STATEPOINT CROSSWORD • PEARLS OF WISDOM

CLUES

ACROSS
1. "No way" partner
6. Lending letters
9. Basketball star Nowitzki
13. "Love," à Paris
14. ____ date
15. Kind of chisel
16. Infamous Ford model
17. Stuff in a tray?
18. Romanov's edict
19. Bony chest plate
21. "It makes the heart grow fonder"
23. "You can't make an omelet without breaking one"
24. Border
25. Prune
28. Block of granite, e.g.
30. Whacko one
35. Eye layer
37. Author Murdoch
39. Paparazzo's quest
40. Common allergens
41. "Sure sign of fire"
43. Like nay-sayers
46. Rid of obstructions
46. Done to trouble
47. Asian weight unit
48. Cold sore, e.g.
50. Object of worship
52. 9 to 5, e.g.
53. Not of the cloth
55. Famous frat house
57. "Louder than words"
61. "They can't be choosers"
65. Allocated quantity
66. Famous T-Rex
68. Cereal killer
69. Prodded
70. "No ____ crying over spilt milk"
71. Recycle, in a way
72. H or O in H2O, e.g.
73. "You can't make a silk purse out of a sow's ____"
74. Make tea, e.g.

DOWN
1. Midday slumbers
2. Fail to mention
3. Use a whetstone
4. Grossly unconventional
5. *Two of these do not make a right
6. Genesis man
7. Pimple fluid
8. ____ center for help
9. Home of Blue Devils
10. Ali Khamenei's domain
11. CISC alternative
12. Genuflecting joint
15. Serious quarrel
20. Tangerine-grapefruit hybrid, pl.
22. Ballerina's do
24. Non-living
25. "No such thing as a free one"
26. Egg cell
27. ____ Cottontail
29. Picture on a coat?
31. Not this
32. Actor Hill
33. Weasel's aquatic cousin
34. "A watched pot never does this"
36. Hurry up!
38. Row of vagrants
42. With a jagged margin
45. Follows aim and shoot
49. ____ Diego
51. They're usually golden or amber

DISH DEALS!!

190 Channels
Now only ...
\$49.99
/mo.
for 24 months

ADD HIGH-SPEED INTERNET
\$14.95
/mo.
where available

Switch to DISH and Get a FREE Echo Dot
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AUTHORIZED RETAILER

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54. Question in dispute
56. White heron
57. Caribbean color
58. Like a short reply
59. Burkina Faso neighbor
60. Big-ticket ____
61. Duff in Springfield, e.g.
62. Flu symptom
63. Kate Winslet in "Titanic"
64. *Beginning of a thousand mile journey
67. "This land is your land..."

8/30/2016. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: JONATHAN WILSON, AN UNMARRIED MAN Duly Appointed Trustee: Zieve, Brodnax & Steele, LLP Deed of Trust recorded 9/15/2016 as Instrument No. in book 20160915, page 1037 of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 12/15/2017 at 1:30 PM Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE 720 9TH STREET, SACRAMENTO, CA 95814 Estimated amount of unpaid balance and other charges: \$310,209.30 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: 9169 RENEE ANN ST ORANGEVALE, CA 95662 Described as follows: As more fully described on said Deed of Trust A.P.N #: 223-0490-005-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the

highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (888) 632-4482 or visit this Internet Web site www.realtybid.com, using the file number assigned to this case 17-47784. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 11/16/2017 Zieve, Brodnax & Steele, LLP, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (888) 632-4482 www.realtybid.com Christine O'Brien, Trustee Sale Officer THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. EPP 23676 11/24, 12/1, 12/8/2017. EPP#23676 171120 12-8-17

Lien Sale

Vehicle Identification No: 2HGF612256H577879
Year: 2006
Make: HONDA
Model: CIVIC
License: 6EUP433
Sale Date: 12/11/2017 at 9:00 am
Vehicle Location: A-1 Towing: Downtown 601 1st Avenue Sacramento, CA 95818
Publish Dec 1, 2017

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

Solutions on Page 6

Lien Sale

Vehicle Identification No: 4T1BE32KX4U825709
Year: 2004
Make: TOYOTA
Model: CAMRY
License: 5GCJ392
Sale Date: 12/11/2017 at 9:00 am
Vehicle Location: A-1 Towing: Downtown 601 1st Avenue Sacramento, CA 95818
Publish Dec 1, 2017

Lien Sale

Vehicle Identification No: 1G1ZS58F78F139423
Year: 2008
Make: CHEVY
Model: MALIBU
License: 7PDU502
Sale Date: 12/11/2017 at 9:00 am
Vehicle Location: A-1 Towing: Downtown 601 1st Avenue Sacramento, CA 95818
Publish Dec 1, 2017

Lien Sale

Vehicle Identification No: 3N1BC1CP9BL445182
Year: 2011
Make: NISSAN
Model: VERSA
License: 6WFY881
Sale Date: 12/11/2017 at 9:00 am
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Lead Levels in Our Urban Environment

**Sacramento County
Special Release**

SACRAMENTO REGION, CA (MPG) - Lead is a naturally occurring element. Before the health effects of lead were understood, lead had been used in many products from paint and gasoline to pottery and plumbing fixtures. Over the years, lead use has been greatly reduced in the products we use. However, once lead is in the environment, it does not degrade or readily disappear over time - this fact makes it important for you to know where lead may be present, and how to take steps to protect yourself and your family from lead exposure.

Lead is most dangerous to our health when it is ingested. Lead exposure to children is especially serious and can cause learning and mental disabilities, behavioral problems, and stunted growth. In adults, lead poisoning can cause memory loss, kidney damage as well as other symptoms.

Homes built before 1979 were likely painted inside and out with lead-based paint, which, over time can flake to contaminate interior and exterior surfaces in and around homes. In addition, yards may become contaminated when exterior lead-based paint gets into the soil. Soil can also be contaminated from nearby industry or from past use of leaded gasoline in cars. Before being banned from automobiles in 1996, millions of tons of lead were introduced into the environment through combustion of leaded gasoline. These sources of lead contribute to “man-made background concentration” of lead in soil. Another past source of lead in homes were lead-containing water pipes, solder and plumbing fixtures.

Although paint, water pipes, solder and plumbing fixtures no longer contain lead, and millions of our automobiles now use unleaded gasoline, lead is still a contaminant in our environment, so we need to know how to reduce our exposure risk. “Due to past lead use in products, urban and suburban areas can have higher soil lead levels, especially within

several feet of building foundations and near streets, but with some education, everyone can limit their exposure to lead,” said Interim Director Marie Woodin, Sacramento County Environmental Management Department.

Healthy Foods Protect the Body from Absorbing Lead

- Eat regular meals and healthy snacks.
- Eat calcium-rich foods often (cheese, milk, spinach, salmon, yogurt, tofu, and leafy greens).
- Eat iron-rich foods often (lean red meat, chicken/turkey without skin, raisins, beans, oatmeal and split peas).
- Take vitamin C to help the body absorb iron (fruit juice, oranges, grapefruit, tomatoes, broccoli, kiwi and strawberries).
- Reduce fatty foods such as fried foods, fast foods, and “junk” foods (donuts, potato chips, cupcakes, etc.), but some fat in the diet is very important for brain development, especially for children under age two. Milk and butter are healthier sources of fat.

Preventing Childhood Lead Poisoning

Anyone can be affected by lead exposure, but young children are particularly vulnerable. California has established the Childhood Lead Poisoning Prevention Branch (CLPPB), a children's environmental health program to address lead exposure. In Sacramento County, when a child is identified as having a high blood lead level, the County's Health and Human Services and Environmental Management investigators work closely with the child's family to identify and remove the cause of the lead poisoning.

“In 2013 less than 1% of children age 0-21 that were tested in Sacramento County had blood lead levels above 4.5. Typically with these elevated blood lead level cases, it is lead-based paint in the home that is the cause,” said,

Dr. Olivia Kasirye, Sacramento County Public Health Officer.

Assessing and Screening for Childhood Lead Poisoning

Doctors, nurse practitioners and physician assistants have a responsibility in California to conduct a lead assessment on all children between 6 months and 6 years old, and if appropriate to screen with a blood lead test. Children in programs such as Medi-Cal are required to be screened with a blood lead test. If you have concerns about lead exposure, discuss it with your health care provider and go to California Department of Public Health website to learn more about the Standard of Care on Screening for Childhood Lead Poisoning and review Blood Lead Level Data for California Counties and Zip Codes.

Resources for Home Lead Testing

If you are interested in performing lead testing at your house, learn more about Lead Test Kits on the EPA website. Also many local home improvement and paint stores carry easy-to-use and low cost lead testing kits in the paint section. For additional information about lead testing kits, contact the EMD Childhood Lead Program, 916-875-8448.

Sacramento County Environmental Management Department

For Sacramento County, unauthorized releases of hazardous materials into the environment are handled by the Sacramento County Environmental Management Department, which has been designated by the California Environmental Protection Agency (Cal-EPA) for Site Assessment and Mitigation. This program provides mandated regulatory oversight of the assessment and remediation of properties on which there has been an unauthorized or illegal release of hazardous materials to soil and/or groundwater in order to protect public health, safety, and the environment. ★

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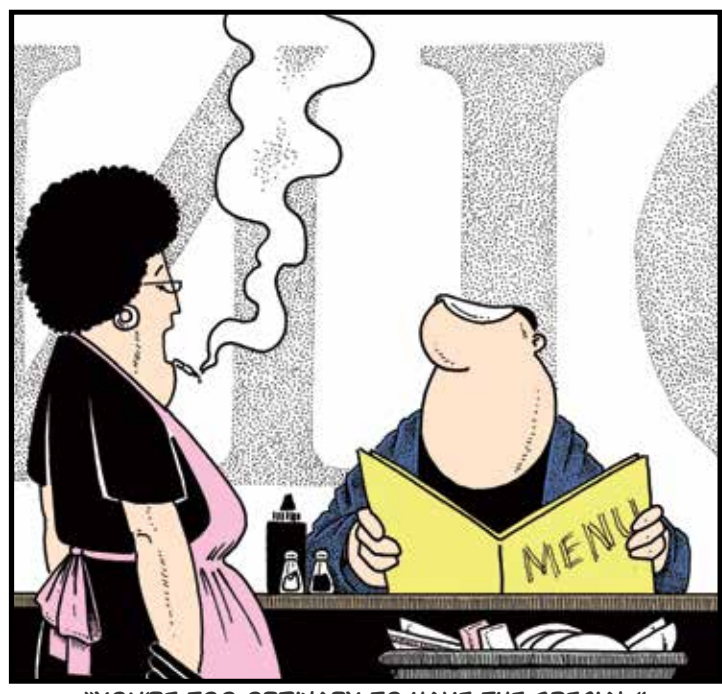
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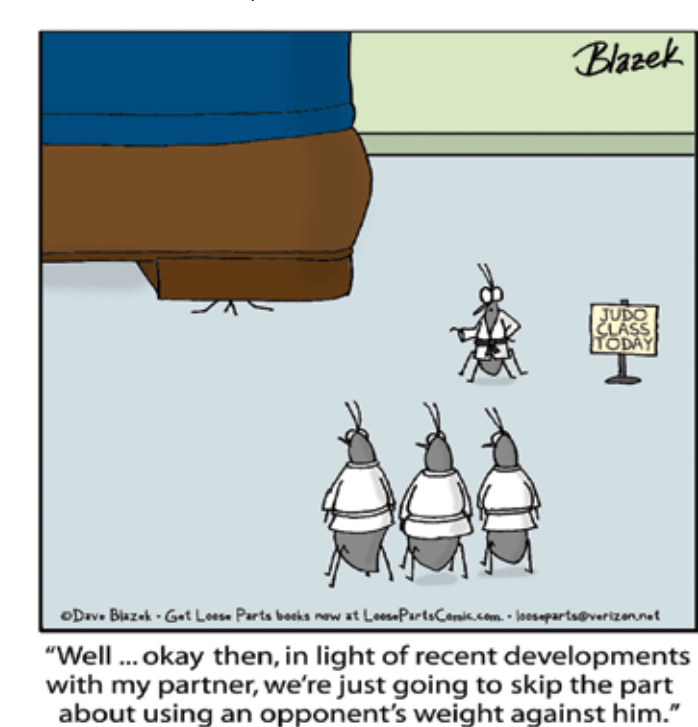
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Addressing the Damage of Meth with Collaboration

**Sacramento County
Special Release**

SACRAMENTO COUNTY, CA (MPG) - While the opioid crisis holds a high-profile spot in national news, methamphetamines (meth) are highly addictive and continue to be a serious issue across the country and for Sacramento County. Through persistent planning, tenacious understanding and far-reaching collaboration, Sacramento County has delved into the complex issues to tackle the devastating consequences of meth abuse on our friends, family and community.

On November 1, more than 130 gathered at the Sacramento County Methamphetamine Symposium. These participants from community-based organizations, public health, mental health, child welfare, homeless advocates, law enforcement, criminal justice, environmental management, hospital systems and members of the public joined together to better understand meth and the impact it has across these systems. The goals of the symposium were to also promote education, awareness and collaboration, explore funding for treatment, set community priorities and work together on addressing meth use and abuse.

“Drug abuse is a preventable behavior and drug addiction is treatable. Those who abuse or are addicted to meth have complex treatment needs that require concurrent and coordinated efforts to address medical, psychiatric and psychosocial problems,” said Uma Zykofsky, Sacramento County Behavioral Health Director and Alcohol and Drug Administrator. “Recovery does happen with the right interventions and supports.”

The Sacramento County Department of Health and Human Services, Alcohol and Drug Services Unit began working to meet abuse and addiction treatment needs by developing a strategic plan in 2015 with the development of a special workgroup that



This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity.

consisted of more than 20 participants from county departments and organizations. This workgroup identified areas to bridge gaps, determine key points of impact and used data driven practices with the goals of increasing access to care, treatment and service capacity. <http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>

“One of the lessons we learned was that for us to get an effective response to methamphetamine use in our community, we had to leverage all community resources and work together to successfully assist people toward wellness and recovery,” said Lori Miller, Sacramento County Health Program Manager for the Alcohol and Drug Services Unit.

Anyone who uses meth is susceptible to becoming quickly addicted and there is no particular socioeconomic status or cultural background the drug targets. However, what is all too common is the devastating impacts the drug has on those who use it and their children and families. Meth also has tremendous economic and social costs for our community, burdening our public health and social services programs, as well as our law enforcement agencies.

At the November Symposium, several courageous people told their stories of meth abuse and their successful treatment to battle addiction – one of whom was Wes Colter. Wes, raised by an alcoholic father, endured neglect and abuse where he ended up on the streets

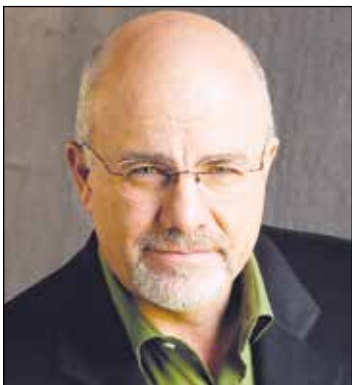
at age 12. He was then introduced to meth, becoming a daily user and seller at the age of 15 and was in and out of Juvenile Hall, the County Jail, and ultimately was in prison by age 19. Just before turning 29, Wes began Sacramento County services for alcohol and drug treatment, mental health, homeless/transitional housing and self-help, all of which helped him become clean and sober. “I still have battles and I still struggle, but, now I have the help and support to maintain a healthy lifestyle,” said Colter. Wes now has more than 10 years of sobriety, is married, a father and stepfather, member of his church and is working in the field of substance use disorder treatment.

Prevention and education are key. Learn the signs and symptoms of meth abuse; take the time to talk with your kids about alcohol and drugs; and if you see something in your neighborhood that you are concerned about, contact your law enforcement agency, or if your concern involves children, contact Sacramento County Child Protective Services. These partner agencies have the knowledge to assess the situation to get them the services they need.

Learn more about Sacramento County Department of Health and Human Services, Alcohol and Drug Services and review a compiled list of resources on the Centers for Disease Control and Prevention (CDC).

See <http://www.saccounty.net/news/latest-news>

Source: Sacramento County Media ★



It's a dream, not a plan

Dear Dave,

I've been trying to save cash to buy a home, but things always seem to come up that eat away at my savings. I have \$130,000 set aside, plus an emergency fund, and I make \$120,000 a year. I'm debt-free and renting right now, but eventually I'd like to buy a house in the \$300,000 range. I really hate the idea of owing the bank money, so would you advise continuing to save and pay cash, or is it okay to make a big down payment and take out a small mortgage?

- Megan

Dear Megan,

I love your idea, but right now you have more of a dream than a plan. You'll need \$170,000 to go from \$130,000 in savings to \$300,000, right? So, let's start planning.

If you save \$60,000 a year, it would take you a little less than three years to get there. If you set aside \$40,000 a year, it would take a little more than four years. A little division — just divide \$170,000 by the amount you want to save each year — and

Dave Says

you've got the beginnings of plan. A dream is a good place to start, but I want you to develop this into a plan that focuses on a goal. Break this down, and figure out how to achieve it.

I see three ways to achieve this home ownership goal. One, you do the long division math and save like crazy for however many years it takes to save up \$170,000. The second is to put \$130,000 down on a \$300,000 home, and take out a \$170,000, 15-year fixed rate mortgage. This is the only kind of debt I don't beat up people for having. The good news is, with your income, you could probably pay it off in half that time.

A third possibility is to buy a \$130,000 house. Write a check for nice, modest home now, and in five years — saving wildly the whole time, since you'll have no house payments — move up and pay cash for a \$300,000 home.

If I'm in your shoes, that's what I'm doing!

—Dave

Get it now!

Dear Dave,

I've noticed that the younger you are, the less expensive life insurance can be. I'm 32, and I'm still paying off my student loans. With this in mind, what's the best age to get term life insurance, and what does it cover?

- Kalina

Dear Kalina,

Simply put, term life insurance covers death. Having student loans doesn't really matter when it comes to life insurance, either. If you have a family — or someone who is dependent on your income — you need 10 to 12 times your yearly income in a good, level term insurance policy. If you make \$50,000 a year, that means you need a term life insurance policy with \$500,000 to \$600,000 worth of coverage. If you don't have a family or dependents, I'd recommend a simple burial policy of \$10,000 to \$20,000 to cover any final expenses.

Either of these would be very inexpensive for someone your age. Keep in mind that life insurance becomes costlier as you get older. The reason? Statistically speaking, the older you are the more likely you are to die. It's not a fun thought, but it's the truth.

Life insurance, or at least a burial policy if you're single and have no dependents, isn't one of the Baby Steps in my plan. But in your case, it's a go-get-it-now adult responsibility kind of thing!

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

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CORDOVA SPORTS

Lancers Land Plenty on All-SVC Teams

By Mike Bush

RANCHO CORDOVA, CA (MPG) - One of the benefits of winning a conference title is one of the players is most likely going to be named MVP.

That is the case for Alvin Banks.

The junior wide receiver and defensive back for the Cordova High School football team was one of 14 Lancers named to the all-Sierra Valley Conference's first and second teams. Cordova finished its season winning a share of the SVC title with El Dorado, as both went 4-1 in conference and 7-4 overall. The Lancers also earned their second consecutive Sac-Joaquin Section Division III playoff berth.



Raymond Fite has an interception against Rio Linda in a non-league game in September. Fite is one of 14 Lancer players who was named to the all-SVC first and second teams. Photo by Rick Sloan

Banks, who also started as a sophomore last year, had 61 receptions for



Cordova wide receiver Alvin Banks (16) finds room to run after a reception, with blocking from teammate Anthony Diaz in the Lancers' Division III playoff game against Vista del Lago last month. Banks was named the SVC's MVP. Photo by Rick Sloan

1,270 yards, averaging 20.8 yards per reception, and 14 touchdowns. Banks also rushed 30 times for 307 yards and two touchdowns.

Cordova head coach Darren Nill made his case to the rest of the SVC head coaches at their all-SVC meeting last month.

"My point, when I nominated him to the coaching staff was I think he should be the MVP of the league because three of the (Lancers' five opponents) changed their defenses to play them," Nill said. "He, absolutely, changes the way people defend your offense. He's such a talent that you almost have to absolute double-teamed him."

From his defensive



Cordova quarterback Johnele Sanders runs the ball on a keeper against Union Mine in an SVC football home game in October. Photo by Rick Sloan

back spot, Banks had 27 tackles that included 19 solo. He also had eight interceptions.

Lancer quarterback Johnele Sanders was named the SVC's co-MVP on offense with El Dorado's Danny Bell. A junior, Sanders completed 131 of 206 passes for 2,192 yards and 26

touchdowns. He was also the Lancers' leading rusher with 1,024 yards on 132 carries and 11 touchdowns, making it 37 total touchdowns.

Another offensive threat for the Lancers named to the all-SVC first team was junior running back Raymond Fite, who had 57 carries

for 457 yards and three touchdowns. He also had 10 receptions for 173 yards and two touchdowns.

Banks, along with Sanders and Fite, were part of the all-SVC first team. Joining them were senior running back/defensive end Clifford Bright, who had 44 tackles; senior tight end/outside linebacker Yusef Pugh, who led the Lancers in tackles with 117; junior offensive lineman/inside linebacker Andrew Turner; offensive tackle/defensive end Josh Colvin, who had 42 tackles; junior running back/linebacker Elijah Jenkins and tight end/outside linebacker Ryan McMoore, who had 91 tackles.

Cordova players named to the all-SVC second team were junior offensive/defensive lineman Austin McCoy, junior wide receiver Jeremiah Bankett, junior running back/linebacker Chase Allen and sophomore running back/linebacker/defensive back Jaylen Jones.

For a second consecutive year, Nill was named the SVC's Coach of the Year. In his three seasons as the Cordova football head coach, Nill has guided the Lancers to back-to-back SVC titles, as well as back-to-back playoff berths. His combined record in the last three seasons is 19-13, which includes 7-4 records this and last season. ★

Folsom Lake College Sports Update

Women's Soccer

SACRAMENTO COUNTY, (MPG) - The Folsom Lake Falcons and Santa Rosa Bear Cubs met for the sixth time in two years on Saturday afternoon - with a berth in the State Final Four at stake - at Falcon Stadium. Of the previous five meetings, four ended in a tie, with Santa Rosa winning once, 1-0, back in September 2016. This time, there would be no overtime or



Falcon goalkeeper Valerie Ogorodnikov went airborne to deflect this shot, one of her several key saves. Photo by Doug Guler

tie, although it looked like it might happen again after the first 45 minutes ended with the teams knotted at 0-0. But five minutes into the second half, Falcon sophomore Britney Johnson collected a deflected ball and sent it toward the goal from 35 yards out. The ball sailed over the Bear Cub goalkeeper into the net, setting off a Falcon celebration. Goalkeeper Valerie Ogorodnikov was stellar, keeping several Santa Rosa shots out of the net with diving saves and leaping punches. The Falcons sealed the victory with just over ten minutes to play when Jackie Kittredge sent a free kick soaring toward the goal from 40 yards out. The shot was a little high and struck the crossbar just above the goalkeeper's hand, then bounced to where an opportunistic Tiara Webb was waiting to tap it in for a 2-0 Falcon lead. The final 10 minutes seemed like an eternity, but when the final whistle

blew, a massive on-field celebration ensued. After six tries, the Falcons had finally beaten the Bear Cubs.

The Falcons (21-1-2) now head to the CCCAA State Championship Final Four at American River College, where they'll face the number one team in California, undefeated Santa Barbara City College (20-0-1) on Friday night at 7:00 pm. A victory on Friday would advance the team to Sunday's 3:00 pm championship match.

Women's Volleyball

It may have been played at Sierra College, but it sounded more like a home match for the Folsom Lake College women's volleyball team on Saturday night in Round 2 of the CCCAA state playoffs. A raucous contingent of Falcon parents and particularly FLC student athletes (the Flock?) turned out in Rocklin to witness a Folsom Lake 4-set victory over the higher-seeded Wolverines, 22-25, 25-17, 25-13, 25-20. Utilizing great defensive play from the back row - Meggie Bolstad and Deonna Robinson in particular - the resilient Falcons bounced back and looked dominant as they tied the match with an easy victory in set 2. The third set was the tightest, with neither team gaining more than a two point lead at any time. Sophomores Kylie Haverson and Emma Flewell were instrumental in the victory with their play at the net.

With the win, the Falcons (24-4) have advanced to the CCCAA state championship tournament at Solano College in Fairfield on Saturday, Dec. 2. As the 4th seed from the north, they'll have to face the south's number 1 seed, Irvine Valley College (24-0) on Saturday morning at 9:00 am. The winner will advance to the state semi-finals on Saturday evening at 5:00, with the championship finals being played on Sunday at 2:00 pm. ★

Kids Read to a Dog at Monthly Library Program



Maddy 5, center, reads to dog Kaylee, also 5, at the Rancho Cordova Library Read to a Dog program. Grandma Judy Ingram looks on. Kaylee's owner Glenn Kono said his English Springer Spaniel loves kids and has been doing this kind of work for more than a year.

Story and photo by Margaret Snider

Rancho Cordova, CA (MPG) - Learning to read for most kids can be really fun. For other kids it can sometimes be a little "ruff".

On the second Tuesday of every month between 3:30 and 4:30, kids come to the Rancho Cordova Library at 9845 Folsom Blvd., to Read to a Dog. "This is our first time we have come here to read to the dogs," said Maddy, 5. Maddy came to the library with her brother Daniel, 7, her mother, Rachel Aucutt, and her grandma Judy Ingram. Maddy said reading is fun, and she likes dogs, "Because they're playful."

Children of mostly elementary school age (all ages of children are invited) sit around the library meeting room on colorful carpets reading to one dog at a time, while the dog's owner sits close by. The dogs may lie in a relaxed sprawl or sit up watching the reader attentively.

Katie Dekorte, 26, is a youth

services librarian and has monitored the Read to a Dog program here since she came to the Rancho Cordova Library last March. Dekorte, who is a Master of Library Science, was a teen volunteer with a similar program at the Carmichael Library when she was in high school. In all, she has worked with the Sacramento Public Library System for around nine years. "It's something different every day, which is what I really like," Dekorte said.

The dogs and their humans are members of "Lend a Heart," a Sacramento-based organization that has provided animal-assisted therapy for 30 years in Sacramento and surrounding counties. To qualify for the program, said Will Clenney, who participates in the programs with his Plott Hound Sophie, a dog goes through normal obedience training. Then under a team leader, the dogs and owners have six trial evaluations, paperwork is completed, and if the evaluation is good the dog and owner receive a

certificate that they have passed the evaluation process.

Dogs often participate in other types of programs such as visiting hospitals or nursing homes. They may also go to the airport to calm nervous passengers. "We have a lot of people whose planes are delayed, the kids are running wild," said Sue Berli, who was with her dog Diesel at the library Read to a Dog program. "It's called Boarding Area Relaxation Corps or BARC for short."

Kids had more than half a dozen dogs to read to at the November Read to a Dog program in Rancho Cordova. "The kids) think it's fun," Clenney said. "They're going to read and then they have a dog there to read to, so that's kind of a bonus for them." The dogs are well behaved and more calm than the dogs most children are familiar with. That makes it easy for the kids to relate to them.

"So far the kids have loved it," said Ingram. "I think Dan's on his fifth dog now." ★



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