

ASKED AT ARDEN FAIR MALL:

What is your New Year's resolution?



SAM KHAN
student

My New Year's resolution is to meet my three goals which are: working out, to be a project engineer at Caltrans and balance work and my personal life.... I'm already on a workout plan, and I bought a 22-pound tub of protein powder. Now, all I have to do is find a job in my field and excel in it.



MICHAEL BRAVO
server/MMA fighter

I don't like resolutions because I feel like what it does is give people an excuse to be lazy or give in to their vice longer. ... If you want to change something, you got to do it that day.



JESSICA VERVILLE
retail supervisor

My resolution is to get a job that has to do with the field that I am studying. I go to Sierra College, and I want a career in the psychology field. I currently work as a supervisor at a thrift store ... I'm going to school to help people, families and children and I want a job that reflects that.



SHEILA MADDOX
delivery driver

Throughout the year, I'm always working on something, so I never set goals at the beginning of the year because I feel like it's a setup. I work on myself continuously throughout the year and I feel like you should do it now instead of wait to the next year.



DANIELLE WALSH
manager

I'm not a huge person on resolutions, but I do take the new year as a fresh start, reflect from the last year and move forward with a positive beginning. It's easy to be on board with a New Year's resolution and not stick with it. I believe in creating better life choices for the long-term.



TONY HERRERA
architect

I want to stay fit this year. So, I'm binge eating now so I can drop it afterward because my daughter said that holiday calories don't count.

Your Downtown Service Shop

SMOG CHECK \$31⁷⁵ <small>(reg \$49.75) most cars. Call for details. Same day. Fast In/Out</small>	OIL CHANGE \$26⁹⁹ <small>Call for details.</small>	\$60 EMISSIONS DIAGNOSTIC <small>w/repairs at time of service. (reg \$120) most cars. For renewal reg. only. Call for details.</small>
--	---	--

SMOG DIAGNOSTIC SPECIALISTS
916 554-6471 2000 16th St Sacramento
M-F 7:30-5:30 Sat 8-4
sacsmog.com

Use your smart phone QR reader for more specials

100% ScanOnLogOn goo.gl/SQAfuu

STAR Certified

JOIN US FOR MINDFULLY-CRAFTED DINNER, LUNCH AND WEEKEND BRUNCH

THE MUFFALETTA

BROUGHT YOU BY THOSE MONGERS AT
The Rind
Cheese. Wine. Beer.

La Crosta
PIZZA BAR

916-389-0372 • 330 3RD ST. WEST SACRAMENTO

GOT PAIN? **Free Samples!**

GET HELP WITHOUT THE HIGH

100% absorption vs. 10% with our competitors

CBD

Road Runner Natural Wellness

THE MOST POWERFUL CBD HEMP OIL PRODUCTS AVAILABLE

Mon-Fri 11AM - 7PM
Sat 11AM - 5PM
Sun Closed

RoadRunnerNaturalWellness.com [f](#) [i](#) [yelp](#)

(916) 664-3507 • 4548 Auburn Blvd. Sacramento, CA 95841

BEST CAR WASH SPECIALS

EXPRESS HAND WAX **ONLY \$59⁹⁹*** WITH SNR COUPON

The Works Wash Included

NORMALLY \$69.99
*Expires 1/31/19 • Cost may change for larger vehicles • Coupon Code 164

SNR SPECIAL WASH

25.99	Full Service Wash including interior vacuum & wipe down
9.00	Triple Foam Wax
6.00	Underbody Rust Inhibitor
1.00	Air Freshener
7.00	Sealant

\$48.99 VALUE
*Expires 1/31/19 • Coupon Code 158

ONLY \$25⁹⁹* WITH COUPON

1901 L Street • 916.446.0129
(on the corner of 19th and L) • www.harvscarwash.com

HARV'S CAR WASH