

# Cordova Lancers Football Looks Promising

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**PLUS:**  
Cancer Society Gives Award to Rancho Cordova Employees  
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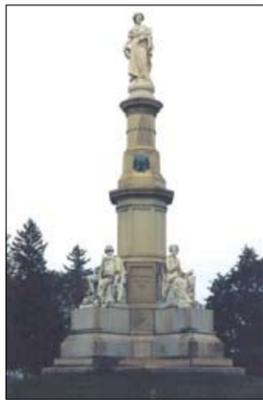
# Grapevine Independent

VOLUME 45 • ISSUE 47

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

NOVEMBER 22, 2013

Read The Gettysburg Address



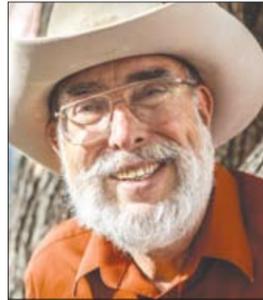
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Community Invited to Watch or Send Holiday Cards In Pony Express Ride



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What Exactly Is Female Trouble?



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## City Gives Ten Year Service Awards



Honored for their 10 years of service with the City of Rancho Cordova are Council Member Robert McGarvey (left); Mayor Linda Budge; Howard Williams, Principal Building Inspector; Donna Hall, consultant; City Manager Ted Gaebler; City Attorney Adam Lindgren; Lisa Brown, Human Resources Analyst; Planning Director Paul Junker; Marilyn Phelps, Assistant Land Surveyor; Economic Development Director Curt Haven; Jay Hadley, Information Technology Manager; Bill Campbell, Principal Planner; Joe Cuffe, Building Permit Service Supervisor; Public Works Director/Chief Building Official Cyrus Abhar; and Council Member David Sander.

**RANCHO CORDOVA, CA (MPG)** - Three Council Members and 12 staff members who have worked for the City of Rancho Cordova for 10 years as employees and/or consultants were honored at Monday's City Council meeting. All three Council Members and most of the 12 employees have served the City since it first opened on July 1, 2003.

"Employee turnover can be quite costly monetarily and efficiency-wise," said Stacey Peterson, the City's Human Resources Manager. "We have experienced a significant level of loyalty and dedication from

our City team that has resulted in very low turnover costs during our first 10 years of cityhood."

In addition to City employees, Mayor **Linda Budge**, Council Members **Robert McGarvey** and **David Sander** also received commemorative 10-year plaques. Budge and McGarvey were part of the earliest incorporation efforts. Sander was instrumental in setting up the Growing Strong Neighborhood program. As original members of the City Council, all three were instrumental in formulating initial policy direction.

### 10-Year City Employees

**Curt Haven**, Economic Development Director who started on July 1, 2003, has the distinction of being the first person hired as a City employee.

Others who share a July 1, 2003 start date include **Cyrus Abhar** who serves as both the Public Works Director and the Chief Building Official; **Paul Junker**, Planning Director and **Bill Campbell**, Principal Planner, both under contract with PMC; **Howard Williams**, Principal Building Inspector, and **Joseph Cuffe**, Building

Permit Service Supervisor, started in the Building and Safety Division; **Jay Hadley**, Information Technology Manager initially started under contract to set up the City's phones and computer systems; and **Adam Lindgren**, City Attorney, who provides legal consultation and representation.

Starting on July 7, 2003 in the Public Works Department was **Marilyn Phelps**, Assistant Land Surveyor.

**Ted Gaebler**, Rancho Cordova's first and only City Manager was appointed by the

City Council on October 6, 2003.

**Lisa Brown**, Human Resources Analyst, and **Donna Hall**, Consultant, joined the City on August 4, 2003 and November 1, 2003, respectively.

"All of the honorees helped develop a high level of service for our residents and businesses and established leadership and collaboration within the region which continues to move our City towards a brighter future," concluded Peterson. ★

Source: City of Rancho Cordova

## Tree Lighting Kicks Off Holidays Dec. 1

**RANCHO CORDOVA, CA (MPG)** - Mother Nature may be in charge of decorating the Sierras for the holidays, but Santa's elves are working overtime to be sure snow is on the way to Rancho Cordova, too - all part of the fun Thanksgiving weekend at Village Green park.

Organizers promise that when the 14<sup>th</sup> Annual Cordova Community Christmas Tree Lighting event opens to kick off the holiday season on Sunday, Dec. 1, it's a sure bet that it will snow.

The Cordova Community Council and supporting sponsors return this holiday weekend with "Let it Snow," an evening of free holiday entertainment and activities - and a series of snowy "blizzards."

The perfect way to shake off the turkey hangover, the traditional tree lighting event will be complete with free hay rides, free steam train rides, free kid's activities, free music, treats and more. Admission? It's free!

The fun begins at 4:30 p.m. Sunday, Dec. 1 and continues until 7:30 p.m. when the 30-foot sparkling Community Christmas Tree is lit and the holiday season officially begins. The event is held at Village Green Park, located at 3141 Bridgeway Drive, at Capital Village. By the way, the street encircling the park will be closed for everyone's safety, so be sure to plan on some walking time to get to the event.

On stage, award-winning children's magician Trevor Wyatt will conjure up Christmas magic as emcee, with the



The Cordova Community Christmas Tree Lighting is produced with the support of the City of Rancho Cordova, Cordova Recreation and Park District, SMUD and a host of businesses.

Rancho Cordova River City Concert Band filling the air with music. Dancers, singers and Bandura-strumming performers, plus Santa and the big countdown to the lighting of the tree will make it a party.

The Rancho Cordova Police Department and other community partners are urging all to bring an unwrapped toy and help "Stuff the Squad Car." The gifts will benefit needy children in the Rancho Cordova community during a giant holiday giving

program called "Christmas in Cordova." New gifts for all ages are urged, and as each squad car fills with gifts, listen for the siren and lights as cops peel off to Santa's secret Rancho Cordova workshop.

As for Santa Claus, he arrives aboard the Mills One antique fire truck right around 5 p.m. and will consult with children regarding their wish lists until tree lighting time at 7:30 p.m. Tree lighting honors this year go to Ross Johnson, the

2013 "Rancho Cordovan of the Year."

As for the weather, the only thing known for certain is that it will be snowing -- part of the "Christmas magic" that is always a part of the tree lighting event.

With a dash of magic and some theatrical know-how, the forecast is for about eight snowstorms to occur during the event, including the blizzard sure to blow

Continued on Page 2

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# Cancer Society Gives Award to Rancho Cordova Employees



Displaying the Award of Recognition and Appreciation are members of the City Rancho Cordova Cancer Crushers Relay Team: Evelyn Richardson, Customer Service Representative (left); Esther Pinola, Senior Accounting Technician; Denise Reese, Building Permit Technician; Maria Lopez, Management Technician; Lorianne Ulm, Management Technician; and Stacy Delaney, Administrative Assistant. Not pictured: Stephanie Nobriga, Administrative Assistant.

**RANCHO CORDOVA, CA (MPG)** - Rancho Cordova city staff members have received an Award of Recognition and Appreciation from the American Cancer Society Relay for Life for their "generosity and many years of dedicated support." Nicknamed the Cancer Crushers, employees have participated in every Rancho Cordova Relay event at Mills Middle School since 2006. For this year's Relay, City staff raised \$4,819.89.

In addition to a team that participated during the relay event, employees held various fundraisers prior to the event such as a car wash, a Shop for a Cure Bazaar, and Jeans Day at City

Hall where employees "paid" for the right to wear jeans to work. Another colorful fundraiser was to pay to vote for what color a Cancer Crushers' committee member should dye her hair. "I had lovely green hair for about six weeks and raised \$1178," said Denise Reese, a Building Permit Technician in the Public Works Department.

This year's Relay for Life marked the 10th time that a Relay event has been held in Rancho Cordova. This year was also the 10th anniversary of the City of Rancho Cordova and the 100th birthday for the American Cancer Society.

"It was exciting to be part of

all these celebrations this year," said Reese, who will serve as Area Co-lead Volunteer for the Great Valley Metro Area in 2014. "Plus we all have friends and family who are survivors, are battling cancer now, or have lost their battle to this terrible disease. Being involved with the Relay for Life gives us a way to do something positive for the community and in the fight against cancer."

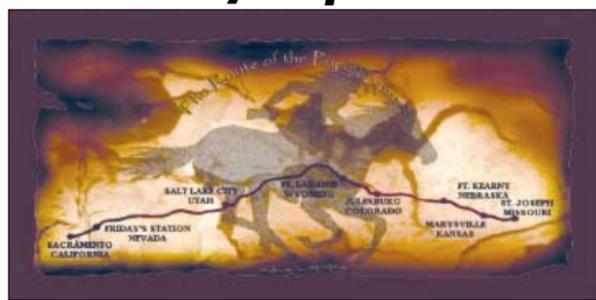
Rancho Cordova's award was sponsored by the Relay for Life - California Division of the American Cancer Society. ★

Source: The City of Rancho Cordova

# Community Invited to Watch or Send Holiday Cards In Pony Express Ride

**RANCHO CORDOVA, CA (MPG)** - Community members can have their 2013 holiday cards carried by the National California Pony Express Association riders during their annual Christmas Card Ride on Saturday, December 14th. Rancho Cordova City Hall is one of the collection sites for addressed and stamped cards through Friday, November 29th. A collection box is located in City Hall's first floor lobby area at 2729 Prospect Park Drive during regular business hours Monday through Friday from 8 a.m. to 5 p.m. You can also make a donation to the Pony Express at the collection site.

The City of Rancho Cordova will also offer free stamped postcards at the Cordova Community



The National California Pony Express Association riders are scheduled to arrive at 3:35 p.m. at the Sacramento History Museum, 101 I Street. At that time, each envelope will be imprinted with a commemorative stamp, hand cancelled, and delivered to the U.S. Postmaster for delivery.

Christmas Tree Lighting at the Village Green Park, 3141 Bridgeway Drive at Capital Village, from 4:30 to 7:30 p.m. on Sunday, December 1st. Stop by the City's booth to fill out

your holiday postcards and have them delivered through the Christmas Card Ride.

The community is invited to watch the Christmas Card Ride on December 14th. Riders will depart from the Folsom History Museum, 823 Sutter Street, at 10 a.m. and carry the mail through Rancho Cordova to Old Sacramento.

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For up-to-date details on times and locations of all Pony Express activities, visit [www.ponyexpress.com](http://www.ponyexpress.com) or [www.facebook.com/xp.ponyexpress](http://www.facebook.com/xp.ponyexpress). ★

Source: The City of Rancho Cordova



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# Tree Lighting Kicks Off Holidays Dec. 1

Continued from page 1

in at the moment the tree is lit. Be prepared for other surprises, organizers warned.

In addition to hay rides and steam train rides, the California Carnival Company returns with its gift to the community - a free giant slide! And, for a few bucks you can bundle up with your sweetheart and take in the sights from the heights aboard a giant Ferris Wheel brought in especially for the festive occasion. Nine food trucks are threatening a holiday food mob, so the best advice is "come hungry!" Numerous local organizations and businesses will be providing

free food and drink samples. Available for purchase will be hot kettle corn, Christmas wreaths, plus glow hats and toys, all benefitting local non-profit groups.

The Cordova Community Christmas Tree Lighting is produced with the support of the City of Rancho Cordova, Cordova Recreation and Park District, SMUD and a host of businesses including Republic Services, California Carnival Company, Cordova Veterinary Hospital, Golden State Water Company, Heald College, Heritage Community Credit Union, PG&E, Rancho Cordova Dental Group, REA

Real Estate America, Sims Metal Management and Wells Fargo Bank, Assemblyman Ken Cooley, Folsom Cordova Unified School District and Wingstop.

Other event partners include First Covenant Church, Sacramento Valley Live Steamers, Cordova Church of Christ, Rotary Club of Rancho Cordova, and the Rancho Cordova River City Concert Band.

For more information about the event, contact the Cordova Community Council at 273-5704, or via email at [info@cordovacouncil.org](mailto:info@cordovacouncil.org). ★

Source: The City of Rancho Cordova

# Volunteers Needed for Annual Food Locker Thanksgiving Giveaway

**RANCHO CORDOVA, CA (MPG)** - The Cordova Food Locker is again providing Thanksgiving baskets to the needy in our community. As in the past, the organization is asking for help in distributing thousands of meals

on Thanksgiving day. Rancho Cordova has traditionally shown up in force to participate in this event.

The public is also encouraged to donate; food or money dropped off during hours of

operation: Monday-Wednesday-Friday 9:30 a.m. to 1:30 p.m. The Food Locker is located at 10497 Coloma Road. For more information call (916) 364-8973. ★

Source: Food Locker

## Union Gospel Mission Sacramento

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

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Subscriptions should be mailed to The Grapevine Independent 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$23 per year within Rancho Cordova. The Grapevine Independent is published weekly. Call 916-773-1111 for more information.

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## Rancho Cordova Library Events December 2013

**Adult**  
Sakuramento Anime Society @ Rancho Cordova Branch Library (Recurring)  
Sunday, December 01, 2013  
Other Dates: Sundays 12/8/2013, 12/15/2013, 12/22/2013, 12/29/2013  
3:00 PM  
Attend the Sakuramento Anime Society weekly event and watch old and new anime and anime music videos (amvs). Come play ccgs (collectable card games), practice your art skills, and make amvs. This event is free and all adults are welcome!

**Adult**  
Job Coach @ Rancho Cordova Library (Recurring)  
Tuesday, December 03, 2013  
Other Dates: Tuesdays 12/10/2013, 12/17/2013, 12/31/2013  
2:00 PM  
Schedule an appointment for one-on-one help finding, applying to, and interviewing for your next job! Need help with your resume? We can help you. For questions or to schedule an appointment, contact the job coach at jobnowsac@gmail.com. Please schedule only through email. There is no online registration except by direct email to the job coach. Thank you.

**School Age (6-12)**  
Homework Zone @ Rancho Cordova Library (Recurring)  
Tuesday, December 03, 2013  
Other Dates:  
Tuesdays 12/10/2013, 12/17/2013  
3:30 PM  
Drop-in homework help for school-age students is available on Tuesdays from 3:30 - 5:30 p.m. Volunteer homework coaches will be available to assist students in grades 1-8 with homework assignments.

**School Age (6-12)**  
Read To A Dog @ Rancho Cordova Library (Recurring)  
Tuesday, December 03, 2013  
6:30 PM  
Bring your own book or read one of ours to a furry pal from the Lend-A-Heart Association. A fun way to practice your reading!

**Adult**  
AARP Tax Training Orientation And Class  
Wednesday, December 04, 2013  
9:30 AM  
Registration is through AARP only. Sign up through AARP to be a tax aide for the AARP tax program for seniors and low income.

**School Age (6-12)**  
Homework Zone @ Rancho Cordova Library (Recurring)  
Wednesday, December 04, 2013  
Other  
Dates: 12/11/2013, 12/18/2013  
3:30 PM  
Drop-in homework help for school-age students is available on Wednesdays from 3:30 - 5:30 p.m. Volunteer homework coaches will be available to assist students in grades 1-8 with homework assignments.

**School Age (6-12)**  
Homework Zone @ Rancho Cordova Library (Recurring)  
Thursday, December 05, 2013  
Other  
Dates: 12/12/2013, 12/19/2013  
3:30 PM  
Drop-in homework help for school-age students is available on Thursdays from 3:30 - 5:30 p.m. Volunteer homework coaches will be available to assist students in grades 1-8 with homework assignments.

**School Age (6-12)**  
Kendama @ Rancho Cordova Library (Recurring)  
Thursday, December 05, 2013  
5:00 PM  
Become a "dama" enthusiast! Learn new tricks, showcase your skills, and have fun with this popular Japanese skill toy! Bring your own kendama or use one of ours. Beginners are welcome!

**Adult**  
Volunteer Orientation at the Rancho Cordova Branch (Recurring)  
Friday, December 06, 2013  
4:00 PM  
Learn to be a library volunteer. Primarily, we need volunteers to shelve books. Thank you for thinking of the library.

**Adult**  
Coffee, Tea And Conversation for Seniors at Rancho Cordova Library (Recurring)  
Saturday, December 07, 2013  
10:00 AM  
Share what your favorite books are, your favorite memories: let the conversation flow! Light refreshments will be served. First Saturday every month except July 5 2014, a furlough day.

**Family/All Ages**  
Make Moon Sand @ Rancho Cordova Library  
Saturday, December 07, 2013  
2:00 PM  
Get me the moon! Children will go home with glittering moon sand after enjoying Eric Carle's clever tale 'Papa Please Get the Moon for Me'. Next children will explore two art stations. At one, they will create Carle style drawings using watercolor and wax crayons to create a moonscape. At the other station, using simple ingredients, the children will mix sand, corn starch, glitter and water to create moon sand, a magical sand that holds its shape and carries a bit of the moon's glow. Program made possible by the friends of the Rancho Cordova Library.

**Adult**  
Friends Group Mailing Work Committee Meeting at Rancho Cordova Branch (Recurring)  
Tuesday, December 10, 2013  
10:00 AM  
Help these Friends' members do a major mailing to all friends members. Join this convivial group and do work to benefit the library and community! Meets the second Tuesday each month through Dec. 2013.

**Rancho Cordova Library**  
9845 Folsom Blvd., Sacramento  
Sunday & Monday: Close  
d; Tuesday & Wednesday: 10 A.M. - 8 P.M.; Thursday: 10 A.M. - 6 P.M.; Friday: 1 P.M. - 6 P.M.; Saturday: 10 A.M. - 5 P.M.  
For details, telephone the Sacramento Public Library At (916) 264-2920 or visit www.saclibrary.org.

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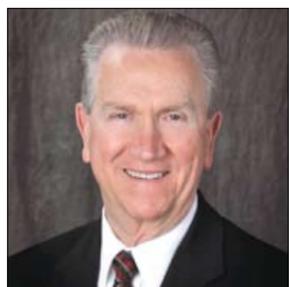
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## Back to Pen and Paper

developed to get the pictures. All and all, we must have had the luck of the Irish with us.

Here we are in November already and in a few days we will be celebrating our 8th Annual Veterans Day. Our Veterans Day/Memorial Day committee decided this year's theme will be "Vietnam 50 Years Later" and while honoring all Veterans as we always do, our focus this year will be on Vietnam Veterans. One of our Committee members, Stacy Delaney, became aware of the "Department of Defense Vietnam War Commemoration" and applied for our Rancho Cordova Committee to become a "Commemorative Partner." We didn't think of it again during the summer, but when I came back from vacation, there was a FedEx Box on my desk. Inside was quite a surprise. One of the items inside states, "Department of Defense Vietnam War Commemoration Recognizes Rancho Cordova Memorial and Veterans Day Committee as a 'Commemorative Partner.'" "As we observe the 50th anniversary of the Vietnam War, we reflect with solemn reverence upon the valor of a generation that served with Honor. We pay tribute to the more than 3 million servicemen and women who left their families to serve bravely, a world away from everything they knew and everyone they loved."

The Commemoration of the 50th anniversary began May 28, 2012 and will continue through November 11, 2025. There isn't room for all the information in this article, but if you bring up the web site [www.vietnamwar50th.com](http://www.vietnamwar50th.com), there is much more to see.   
★  
From Councilman Bob McGarvey, God bless, and see you next time.

There was also a proclamation from the President of the United States, a proclamation showing the objectives of the commemoration, and a flag which shows the 50th Anniversary of the Vietnam War. On the bottom of the flag, it states, "A GRATEFUL NATION THANKS AND HONORS YOU!"

The proclamations, the letter from the President, and the 50th Anniversary flag will be on display at our Veterans Day celebration at Mather on Monday, November 11. For those who lived through the Vietnam War at home and abroad, the President's proclamation begins to say what should have been said 50 years ago.

"As we observe the 50th anniversary of the Vietnam War, we reflect with solemn reverence upon the valor of a generation that served with Honor. We pay tribute to the more than 3 million servicemen and women who left their families to serve bravely, a world away from everything they knew and everyone they loved."

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## Deck The Halls, Rancho Style

**RANCHO CORDOVA, CA (MPG)** - The Rancho Cordova Christmas Ornament series returns this holiday season – the perfect gift for everyone who loves this town!

The 2013 edition is shatter-proof and pearl white, decorated with the Rancho Cordova 10th Anniversary logo inside a holiday wreath. It is the third in the Rancho Cordova Holiday Series.

They're available for \$8 each, or three for \$20, while supplies last and can be picked up at the Cordova Community Council office, Suite 117, inside Rancho Cordova City Hall, 2729 Prospect Park Dr.

A limited supply of the first three in the series – the 2010 All-America City ornament, the 2011 Holiday Ice Rink ornament and 2012 City Seal ornament are available for \$8 each, or three for \$25, mix and match. Trim your tree with these collectibles and support community events at the same time.



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support community events at the same time.   
★ Source: The City of Rancho Cordova

Our Grapevine Independent was asked and they also asked if I had stopped the column and the answer is no. My wife and I went on vacation for a couple of weeks and we had a wonderful time in Ireland. We hadn't actually been on a vacation for years, and as many of you know, if you don't make the time you won't find the time. So we made the time and went to a place we had never been before. Neither of us had been to Europe or England or Ireland, or as they said when I was growing up, "across the pond."

It only rained two days out of the 16 days we were there so we could see many views I am told that can be blocked by the weather. So from when we landed in Shannon Airport to when we left from the airport at Dublin on our way back home, it was a dream vacation. I will have more information in the future about where we went and what we saw but for now we are going through a few hundred pictures that will take a little time to complete. At least this time on vacation, we had digital pictures instead of having to have film

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South Side of 50, Zinfandel Exit

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# The Toll Of Obamacare

**Congressman Tom McClintock, House Floor Speech**

Washington, D.C., November 19, 2013

Mr. Speaker: We are now seven weeks into the implementation of Obamacare. We know in the first four weeks, 106,000 Americans placed health plans in their shopping baskets, though it is not clear how many of them actually purchased plans.

Meanwhile, it is now estimated that some FIVE AND A HALF MILLION Americans have lost the health insurance that they had, that they liked, and that they were promised they could keep.

The inconvenient truth is that this law has dramatically INCREASED the ranks of the uninsured.

Yesterday came word that college students are seeing their low-cost student plans cancelled – with replacement costs as much as 1,800 percent higher under Obamacare.

Although the President recently assured the nation that the cancellations are confined to the individual market, we are now learning that his administration gives a mid-range estimate that 2/3 of small employer plans and 45 percent of large employer plans face cancellation as well. Some estimates are as high as 93 million Americans with employer-sponsored plans will lose their plans next year.

And these reports don't account for the millions more who are seeing massive rate increases in their current plans.

Nor do they account for the millions more who have had their hours cut back to part time, have had their wages cut back, or who have lost their jobs altogether as employers struggle to

stay in business while bearing these staggering costs.

Nor do they account for those who discover that by accepting Obamacare plans they are losing their doctors.

Wal-Mart now warns that the financial impact of this law could materially depress holiday shopping.

Mr. Speaker, we are watching nothing less than the wholesale destruction and collapse of the American health care system, which, for all its flaws, was still the most advanced, accessible, adaptable and responsive health care system the world has ever known.

If you doubt that for a second, ask yourself where the world's elites came when they needed first class medical care. It wasn't Canada or England or Mexico – it was the United States.

And now we are losing that. There was nothing unforeseen about this fiasco: Republicans have been warning of these outcomes from the very beginning.

When we warned that Americans would not be able to keep their health plans, we were called extremists.

When we warned that Obamacare would result in massive cost increases on consumers we were called alarmists.

When we warned that many Americans would lose their jobs, have their hours cut back or see salary cuts, we were called racists.

When we asked for a one year delay in this program to address these issues, we were called demagogues, arsonists and jihadists.

But now all of those warnings have come to pass, and still the Democrats persist in imposing this law on an unwilling nation.

In doing so, great violence is being done to our Constitution.

In implementing this takeover

of one sixth of the American economy, the President has repeatedly asserted what can only be described as a doctrine of executive nullification: the authority to ignore the parts of the law he finds inconvenient or embarrassing and to pick and choose those who must obey that law and who need not.

He has granted a reported 1,600 exemptions for politically well-connected interests, including many labor unions.

He has excused big businesses from the requirement that they provide health care to their employees, while forcing employees to fend for themselves.

He has excused members of Congress and their staffs from paying the full cost of Obamacare policies.

And last Thursday, he announced that health insurers can ignore the law that requires them to cancel existing policies. Notice that he didn't say he would seek to change the law. He said he would IGNORE the law for a year and he invited health insurers to do the same, in direct violation of his principle constitutional responsibility to "take care that the laws be faithfully executed."

Mr. Speaker, I appeal to my Democratic colleagues to consider the damage that this law is causing – both to the American health care system and to the rule of law itself. I ask them to heed the growing pleas of the American people to have their health plans restored to them. I ask them to join Republicans in repealing Obamacare and to help us replace it with the patient-centered health care that we have proposed: reforms that preserve the best of American Health Care while repairing its flaws. ★

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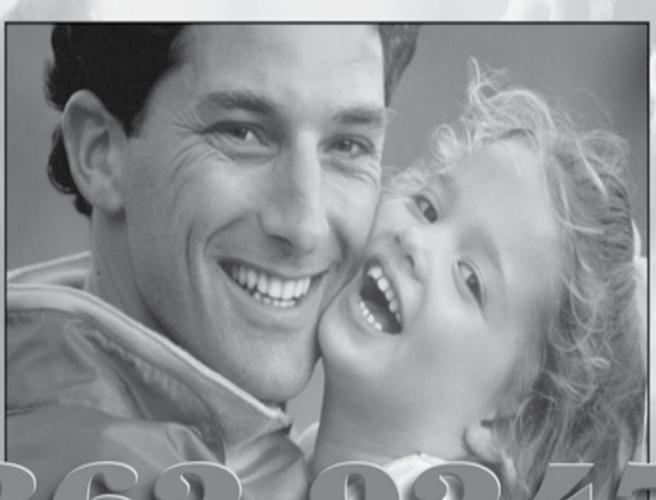
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### CLUES

- ACROSS**
- "The buck \_\_\_\_\_ here"
  - Augment
  - Like a jury unable to agree
  - Orca, e.g.
  - \*Photographs in text messages
  - Wiser
  - Buddhist who has attained nirvana
  - Australian runner
  - Sign of life
  - \*Movie host
  - \*Like popular TV genre
  - Hot springs resort
  - Ski lift
  - Sensitive subject to some
  - Delhi wrap
  - Boredom
  - \*"Free" (1966)
  - \*What a judge does on "Top Chef"
  - Straight muscles
  - Continental currency
  - Iron Age priest
  - Churn
  - Make more attractive
  - Major European river
  - "Fool me \_\_\_\_\_, shame on you"
  - Rodent and name of outdoor gear maker
  - Fungal spore sacs
  - Articulate
  - Coffin along with stand
  - Mozart's "L\_\_\_\_ del Cairo"
  - \*One Direction, e.g.
  - \*Modern book
  - Architectural projection
  - Jelly-like stuff
  - \*\*"Say Yes to the Dress" target
  - Calyx part
  - Emergency responder
  - Saint \_\_\_\_\_ of Rome
  - \*American Idol's Ryan Seacrest
  - Unidentified John
  - City in Belgium
- DOWN**
- Go to and fro
  - Through, to a poet
  - Pearl Harbor location
  - Surveyor's maps
  - Arrangements
  - D'Artagnan's weapon of choice
  - \*Kourtney and Khloé's sister
  - Beyond suburbs
  - Drag
  - Tangerine and grapefruit hybrid
  - Egg holder
  - \*Multi-shaded Christian
  - Merciful one
  - Talked like a sheep
  - \*"The Biggest Loser" isn't supposed to do it a lot
  - Like a noble dignitary
  - At right angles to ship or plane
  - Known for its common red casing
  - Computer message
  - Like pink steak
  - Audition tape
  - "They're on an iPhone screen"
  - \*The Jonas bros
  - Interior designer's focus
  - Cricketer penalty
  - Sn, on periodic table
  - First-aid item
  - Bordered
  - Frustration, in print
  - \*"One of Miami Heat's "Big Three"
  - Filling treat
  - Pitiful puppy cries
  60. \*"Teen \_\_\_\_\_" mag (1967-2007)
  - Besides
  - Have supper
  - Original garden?
  - R in RIP
  - Rock music style

CROSSWORD												
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72						73			74			

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	8	2			6	3					
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**Canada Drug Center** is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

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**Miscellaneous**

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08169. Fancia B. Sims, 3615 6th Ave., Sacramento, CA 95817 is doing business under the Fictitious Business Name "Fancia's Faithful Services" at 3615 6th Ave., Sacramento, CA 95817. Filed with the Clerk of Sacramento County on October 15, 2013. Publish: October 30, November 6, 13, 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08021. Kristin Goodman, 8020 Copperwood Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Bejeweled Bubbles" at 8020 Copperwood Dr., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 30, November 6, 13, 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08050. Mateo R. Lopez, 4892 Westlake Pkwy., Sacramento, CA 95835 is doing business under the Fictitious Business Name "Clean Cut Painting" at 4892 Westlake Pkwy., Sacramento, CA 95835. Filed with the Clerk of Sacramento County on October 9, 2013. Publish: October 30, November 6, 13, 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08476. Cherie Manica, 10270 Elder Creek Rd., Sacramento, CA 95829 is doing business under the Fictitious Business Name "Truckparts For You" at 10270 Elder Creek Rd., Sacramento, CA 95829. Filed with the Clerk of Sacramento County on October 24, 2013. Publish: October 30, November 6, 13, 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07928. Jeremy L. Marquez, 2460 Larkspur Ln., No. 342, Sacramento, CA 95825 is doing business under the Fictitious Business Names "Jmmarketing" and "MyBizisYourBiz" 2460 Larkspur Ln., No. 342, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: October 30, November 6, 13, 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08036. Jeremy L. Marquez, 2460 Larkspur Ln., No. 342, Sacramento, CA 95825 is doing business under the Fictitious Business Names "Closing On Dreams" and "Closer To Dreams" 2460 Larkspur Ln., No. 342, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 8, 2013. Publish: October 30, November 6, 13, 20, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-07931. Melaine J. Irwin and Scott W. Irwin, 6723 Outlook Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "RavenWulf Designs" at 6723 Outlook Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08619. Philip Ormstead, 5832 West 4th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Bronco Plumbing Heating and Air" at 5832 West 4th St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on October 29, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08649. Ramesh K. Sawhney, 1048 Santa Barbara Ct., Sacramento, CA 95816 is doing business under the Fictitious Business Name "Dolphin International Electromagnetic Technologies" at 1048 Santa Barbara Ct., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on October 30, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08626. Bruce B. Saunders, 1910 Mammoth Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Sacramento TM Activities and Sacramento TM Center" at 1910 Mammoth Way, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 29, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08310. Heidi Grasty, 2104 Lady Emma Ct., Gold River, CA 95670 is doing business under the Fictitious Business Name "Sprinkles & Chips" at 2104 Lady Emma Ct., Gold River, CA 95670. Filed with the Clerk of Sacramento County on October 18, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08245. Phuong Nguyen, 8715 Clear Star Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Vapebox" at 7411 W. Stockton Blvd., Ste. 130, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on October 17, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08665. Anatoly Khokhlan, 4242 Oberon Ave., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Your Marketing Solutions" at 4242 Oberon Ave., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08679. Arturo Carrillo and Eileen Ramirez, 3149 Brindley Way, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "AC Prints" at 3149 Brindley Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 1, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08663. Jeannie Zhang and Steven Zhang, 6255 Calvine Rd., Sacramento, CA 95823 are doing business under the Fictitious Business Name "Chesesteak & Burger Stop" at 1870 Prairie City Rd., No. 250, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08739. Myra Rae Hubbard, 1012 Frenza Ave., Sacramento, CA 95815 is doing business under the Fictitious Business Name "Hubbard & Associates Realty" at 1012 Frenza Ave., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on November 4, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08746. Jason P. Barrows, 1724 7th St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "Jaybites" at 1724 7th St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on November 4, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08831. Melani Dovalina, 2601 Harkness St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Nor-Cal Publishing Services" at 2601 Harkness St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on November 7, 2013. Publish: November 13, 20, 27, December 4, 2013.

NORCAL 131201 12-4-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08631. Anahit Movsesyan, 6006 McNeely Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Ana's Home Laundry Service" at 6006 McNeely Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on October 30, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08935. Chris Faubel, 7046 Charolais Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "CJ's Pizzaz" at 9045 Fair Oaks Blvd., G. Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 13, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08875. Yogni Living LLC, 7504 Lost Creek Ct., Citrus Heights, CA 95621 is doing business under the Fictitious Business Names "East2West Massage and East2West Massage & Wellness" at 4748 Engle Rd., No. 107, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 8, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08945. Lisa Wiese, 6538 Via Sereno Dr., Rancho Marieta, CA 95683 and Eugene K. Wiese, 1212 Robertson Way, Sacramento, CA 95818 are doing business under the Fictitious Business Name "Lisa Wiese and Associates" at 6538 Via Sereno Dr., Rancho Cordova, CA 95683. Filed with the Clerk of Sacramento County on November 13, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08532. Lindy Puckett, 9691 Livory Ct., Wilton, CA 95693 and Jennifer Schultz, 9640 Wilton Ct., Wilton, CA 95693 are doing business under the Fictitious Business Name "E-Aprons" at 9690 Livory Ct., Wilton, CA 95693. Filed with the Clerk of Sacramento County on November 8, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08532. Christy Jahlea Jahlou, 7852 Olympic Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Shazaam Studios" at 2410 Butano Dr., Suite 101, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 28, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08921. Sanna Catherine Sornick, 8032 Rye Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Total Effects For Hair & Skin" at 5841 Fair Oaks Blvd., No. A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 12, 2013. Publish: November 20, 27, December 4, 11, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08619. Philip Ormstead, 5832 West 4th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Bronco Plumbing Heating and Air" at 5832 West 4th St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on October 29, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08649. Ramesh K. Sawhney, 1048 Santa Barbara Ct., Sacramento, CA 95816 is doing business under the Fictitious Business Name "Dolphin International Electromagnetic Technologies" at 1048 Santa Barbara Ct., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on October 30, 2013. Publish: November 6, 13, 20, 27, 2013.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08245. Phuong Nguyen, 8715 Clear Star Court, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Vapebox" at 7411 W. Stockton Blvd., Ste. 130, Sacramento, CA 95823. Filed with the Clerk of Sacramento County on October 17, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08665. Anatoly Khokhlan, 4242 Oberon Ave., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Your Marketing Solutions" at 4242 Oberon Ave., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 6, 13, 20, 27, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08679. Arturo Carrillo and Eileen Ramirez, 3149 Brindley Way, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "AC Prints" at 3149 Brindley Way, Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on November 1, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08663. Jeannie Zhang and Steven Zhang, 6255 Calvine Rd., Sacramento, CA 95823 are doing business under the Fictitious Business Name "Chesesteak & Burger Stop" at 1870 Prairie City Rd., No. 250, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 31, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08739. Myra Rae Hubbard, 1012 Frenza Ave., Sacramento, CA 95815 is doing business under the Fictitious Business Name "Hubbard & Associates Realty" at 1012 Frenza Ave., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on November 4, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08746. Jason P. Barrows, 1724 7th St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "Jaybites" at 1724 7th St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on November 4, 2013. Publish: November 13, 20, 27, December 4, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-08831. Melani Dovalina, 2601 Harkness St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Nor-Cal Publishing Services" at 2601 Harkness St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on November 7, 2013. Publish: November 13, 20, 27, December 4, 2013.

NORCAL 131201 12-4-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152521

WHEREAS, John Allein Aquino has filed a petition with this court for a decree changing the name of John Allein Aquino to John Allen Castanar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 26, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 30, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152828

WHEREAS, Megan Elizabeth Butts has filed a petition with this court for a decree changing the name of Megan Elizabeth Butts to Megan Elizabeth Barretto. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 8, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 6, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152780

WHEREAS, Harry Patrick Earley has filed a petition with this court for a decree changing the name of Harry Patrick Earley to Sarah Patricia Earley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 6, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 6, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152161

WHEREAS, Christina Pridmore has filed a petition with this court for a decree changing the names of Kaylee Nevaeh Pridmore to Kaylee Nevaeh Paquin and Christina Lynn Pridmore to Christina Lynn Paquin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 6, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 16, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152787

WHEREAS, Kyzen Chan Sin has filed a petition with this court for a decree changing the name of Kyzen Chan Sin to Alex Chan Sin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 6, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 6, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152547

WHEREAS, Lindsey Ruth Sinks has filed a petition with this court for a decree changing the name of Lindsey Ruth Sinks to Lindsey Ruth Hamner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 30, 2013, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 30, 2013.

DAVID I. BROWN Judge of the Superior Court Publish: November 13, 20, 27, December 4, 2013

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00153174

WHEREAS, Scott Alan Holmes has filed a petition with this court for a decree changing the name of Scott Alan Holmes to Allison Stephanie Holmes. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 13, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 13, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00153159

WHEREAS, David Lloyd McNabb has filed a petition with this court for a decree changing the name of David Lloyd McNabb to Debra Jean McNabb. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on January 10, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 13, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00152819

WHEREAS, Samantha E. Stevens has filed a petition with this court for a decree changing the name of Samantha Elizabeth Stevens to Sam Edward Stevens. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on January 8, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 6, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00153021

WHEREAS, Whitney Strong has filed a petition with this court for a decree changing the name of Whitney Strong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on January 9, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 11, 2013.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00153205

WHEREAS, Robert Scott Alioto has filed a petition with this court for a decree changing the name of Robert Scott Alioto to Robert Scott Alioto and Robert Scott Elliott to Robert Scott Alioto. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on January 13, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 13, 2013.

SUMMONS - DIVORCE IN THE TENTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR THE COUNTY OF CHURCHILL. SUMMONS - CASE #39048

NOTICE TO DEFENDANT: AIDA CABRADILLA THE STATE OF NEVADA SENDS GREETING TO THE ABOVE NAMED DEFENDANT: You are hereby SUMMONED and required to serve upon the plaintiff, CARLO CORBOLLON, whose address is 5055 West Hacienda Avenue, Unit 1114, Las Vegas, NV 89118, an ANSWER to the Complaint which is herewith served upon you, within 20 days after service of this Summons upon you, exclusive of the day of service. In addition, you must file with the Clerk of this Court, whose address is shown below, a formal written answer to the Complaint, along with the appropriate filing fees, in accordance with the rules of the Court. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint. This action is brought to recover a judgment dissolving the contract of marriage existing between you and the Plaintiff. The filer certifies that this document does not contain the social security number of any person.

DELIVERY ROUTES AVAILABLE CALL 773-1111

MPG

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at: Hazel Mini Stor 6108 Hazel Avenue Orangevale, CA 95662

On 12/05/13 at 10:00 a.m. in accordance with Section 21700 of seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, and similar misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/supplies/tools and materials; musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc. boxes/containers and bags, contents unknown; craft, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic and audio/video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; Hill adjustable chiropractic table; Hope Micromax X-ray processor; medical equipment wall/ceiling guide/mount apparatus; windsock pole and materials; Powercoustic speakers; aftermarket car/truck tires & wheels; painting equipment/supplies.

The self-service storage units under contract with the following tenants will be auctioned at this public lien sale: Beard, Timothy; Davis, Patricia; Davis, Patty; Frazier, Andrea; Gronley, Jamie; Harrison, Michelle; Holland, Debbie (Debra); Holland, Debra (Debbie); Holland, Michael; James, Nick; Knepsfield, Mike & Lou Anne; Lewis, Mark; Loomis, Susan; Matis, Jason; Pell, Shari; Perini, Jeanne Therese; Talkington, Michelle; Veiga, Vicki

This is a cash auction due immediately when sold; no checks or credit cards accepted. Each person attending as bidder must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation such as in the event of settlement between landlord and obligated party.

Publish: November 20, 2013 and November 27, 2013

NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at: Auburn Blvd. Mini Stor 6230 Auburn Blvd. Citrus Heights, CA 95621

On 12/05/13 at 12:00 p.m. (noon) in accordance with Section 21700 of seq of the Business and Professions Code of the State of California. The auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, skateboards and similar misc. motorized & non-motorized transportation devices; hand/garden and power tools; construction equipment/tools and materials; musical instruments; exercise equipment; beds and bedding; misc. boxes/containers and bags, contents unknown; craft, art, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic equipment; office furniture, machinery, equipment and supplies; sking/snowboard equipment; tool chests; large screen televisions; truck camper shell; Blue Point & misc. engine lift parts; truck tool boxes; tile saw; aluminum rowboat; welding equipment; DeWalt jackhammer; sword canes; musical recording and performance equipment incl. keyboards and microphone/cords; radial arm saw; 6hp Troy Built gas trimmer/mower.

The units belonging to this public lien sale will be auctioned at this public lien sale: Banks, Donna; Carson, Mia; Curtis, Richard; Downes, Amanda; Hayes, Heather; Kotanko, Darryl; McBoon, Wendy; Peace, Stacey; Perillo, Gina; Rhinehart, Broc; Schwartz, Vicky; Stevens, Shane; Wilhelm, Tina

This is a cash-only auction due immediately when sold; no checks or credit/debit cards accepted. Each person attending must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (noon) on the second day following the sale. This sale is subject to cancellation such as in the event of settlement between landlord and obligated party.

Publish: November 20, 2013 and November 27, 2013

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# Legal Advertising for City of Rancho Cordova



## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 31-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.02, "UNIFORM ADMINISTRATIVE CODE," WHICH ADOPTS BY REFERENCE PORTIONS OF CHAPTER 1 – DIVISION II OF THE 2013 CALIFORNIA BUILDING CODE AND CHAPTER 1 – DIVISION II 2013 CALIFORNIA RESIDENTIAL CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF PROPOSED ORDINANCE

The following is a summary of an ordinance proposed for adoption by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 41-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA ADOPTING THE SUNCREEK SPECIFIC PLAN, DESIGNATING THE ZONING FOR AREAS WITHIN THE SUNCREEK SPECIFIC PLAN AREA

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Printed in the Grapevine Independent on November 22, 2013.

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 34-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.24, "PLUMBING CODE," WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA PLUMBING CODE, AND BY REFERENCE THE 2012 UNIFORM PLUMBING CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 35-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA ADDING CHAPTER 16.26, "ENERGY CODE" TO THE RANCHO CORDOVA MUNICIPAL CODE WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA ENERGY CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 39-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA ADDING CHAPTER 16.38, "GREEN BUILDING CODE" TO THE RANCHO CORDOVA MUNICIPAL CODE, WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA GREEN BUILDING STANDARDS CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 36-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.28, "ELECTRICAL CODE," WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA ELECTRICAL CODE, AND BY REFERENCE THE 2011 NATIONAL ELECTRICAL CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 30-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA ADDING CHAPTER 8.11 TO THE MUNICIPAL CODE, TO BE ENTITLED "KEEPING OF BACKYARD HENS," AND AMENDING TITLE 23 OF THE MUNICIPAL CODE TO PROVIDE FOR CONSISTENT CORRESPONDING LAND USE REGULATIONS

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## PUBLIC NOTICE

### REQUEST FOR PROPOSALS FOR ON-CALL PLAN REVIEW, PERMITTING AND FIELD INSPECTION SERVICES FOR THE BUILDING & SAFETY DIVISION

Sealed Proposals will be received at City Hall, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova, CA 95670, up to the hour of 3:00 P.M. on **Tuesday, December 31, 2013**. Proposals will not be publically opened.

The City of Rancho Cordova's Building & Safety Division has need for: on-call, in-house, permit technicians, and possibly out-sourced plan review and commercial and residential field inspectors to cover all phases and trades in inspection.

Copies of the Proposal Document are available at the below address. An electronic version of the RFP may be obtained by emailing Denise Reese at [dreese@cityofranchocordova.org](mailto:dreese@cityofranchocordova.org).

City of Rancho Cordova  
Building & Safety Division  
2729 Prospect Park Drive  
Rancho Cordova, CA 95670

Printed in the Grapevine Independent on November 22 and 29, 2013  
Printed in the Grapevine Independent on December 6, 13, 20 and 27, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 32-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.04, "BUILDING CODE," WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA BUILDING CODE, AND BY REFERENCE THE 2012 INTERNATIONAL BUILDING CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 33-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA ADDING CHAPTER 16.06, "RESIDENTIAL CODE" TO THE RANCHO CORDOVA MUNICIPAL CODE WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA RESIDENTIAL CODE, AND BY REFERENCE THE 2012 INTERNATIONAL RESIDENTIAL CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 40-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 17.04, "FIRE CODE," WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA FIRE CODE, AND BY REFERENCE THE 2012 INTERNATIONAL FIRE CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 38-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.36, "SWIMMING POOLS," WHICH ADOPTS BY REFERENCE THE 2012 UNIFORM SWIMMING POOL, SPA & HOT TUB CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 37-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING RANCHO CORDOVA MUNICIPAL CODE CHAPTER 16.32, "MECHANICAL CODE," WHICH ADOPTS BY REFERENCE THE 2013 CALIFORNIA MECHANICAL CODE, AND BY REFERENCE THE 2012 UNIFORM MECHANICAL CODE

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Passed and adopted by the City Council this 18th day of November, 2013 by the following vote:

**AYES:** Budge, McGarvey, Sander, Terry  
**NOES:** None  
**ABSENT:** Skoglund  
**ABSTAIN:** None

Printed in the Grapevine Independent on November 22, 2013

## NOTICE OF PROPOSED ORDINANCE

The following is a summary of an ordinance proposed for adoption by the City Council of the City of Rancho Cordova at its meeting of November 18, 2013.

### ORDINANCE NO. 42-2013

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA APPROVING SIX DEVELOPMENT AGREEMENTS FOR THE SUNCREEK PROJECT

The full text of the proposed ordinance is available in the City Clerk's office, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Printed in the Grapevine Independent on November 22, 2013.



# Slim Randles' HOME COUNTRY



## What Exactly Is Female Trouble?

unusually quiet this morning and we asked why. He hemmed and hawed a little, then said, "Doc, you know about these things. What exactly is female trouble?"

Oh shoot. Pretty heavy stuff for just two cups of coffee, so the rest of us hurried down a third as Doc puffed up a bit and got ready.

"Sure, Bert," Doc said kindly. Then Doc gave us the best his nine years of college and 50 years of medical practice had blessed him with. He waxed eloquent on hormonal elements, the ebb and flow of female fertility, things that could go wrong with tubular parts, and the effect all of these things could have on the attitudinal proclivities of the dear ladies we all love and admire. He took a break while Mavis returned with more coffee

and with strange looks at our faces while we tried not to stare at her. Then she was gone, and Doc began again. Finally, when we had been pretty well checked out on the mysterious workings of the gentle gender, Doc said, "Bert, if your wife is having some problems, have her give me a call."

"Oh, it ain't her, Doc," Bert said. "It's Dud."

We all looked at Dud. He grinned sheepishly. No one wanted to say anything. Finally, Steve said, "I'm not going to be the one to ask."

"That's what you said, Dud, right?" Bert asked. "That's why Saturday's plans are shot."

"Female trouble?" Doc said, looking at his old friend.

Dud nodded. "Anita won't let me go fishing this weekend." ★



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# Gettysburg Address



Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we can not dedicate -- we can not consecrate -- we can not hallow -- this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather

for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.

**Abraham Lincoln**  
November 19, 1863

Bliss Copy: Ever since

Lincoln wrote it in 1864, this version has been the most often reproduced, notably on the walls of the Lincoln Memorial in Washington. It is named after Colonel Alexander Bliss, stepson of historian George Bancroft. Bancroft asked President Lincoln for a copy to use as a fundraiser for soldiers (see "Bancroft Copy" below). However, because Lincoln wrote on both sides of the paper, the speech could not be reprinted, so Lincoln made another copy at Bliss's request. It is the last known copy written by Lincoln and the only one signed and dated by him. Today it is on display at the Lincoln Room of

the White House. ★

Source: [www.abrahamlincolnonline.org](http://www.abrahamlincolnonline.org)

**Publisher's note:** Having visited Gettysburg many years ago, I suggest to anyone who can possibly make the same journey that it is an imperative one to truly understand our nation's history. My journey was a solitary one, taking the time to slowly walk the sacred battlefields, to slowly walk through the still-grieving trees well off the normal path, and to reverently read the acknowledgements on every monument to the thousands of fallen. This experience, it changes your soul.



Commentary by  
David R. Koenig

This week will be the 50th anniversary of the assassination of JFK that shocked the country/world. It snuffed out the bright, shining light people most-often thought of that Kennedy exhibited and the term Camelot was often used to describe the Kennedy White House. During his 1961 inaugural address, he spoke one of the most famous lines ever used in our country's history: "Ask not what your country can do for you -- ask what you can do for your country". Reading through his entire address it sounds more like a conservative Republican speaking and with all due respect to the man, he must be turning over and over and over in his grave when he sees what the country has turned in to. After his election in 2008, numerous articles were penned regarding Barack Obama and the "Resident of the New Camelot".

Unfortunately, during his

## JFK 50 Years Later – What Happened to Camelot?

presidency the country has morphed into a sense of entitlement in our citizens who want paychecks without work, homes without paying mortgages and healthcare that someone else pays for. The mantra today is "what can the country do for me while I sit at home watching others do all the work?" The handout mentality is rampant in our society where we allow illegal immigrants to possess drivers licenses, vote in elections and in some states, get a free college education off the backs of the tax-paying citizens. This is not a knock against the hard-working individuals who are here looking for a better life for them and their families but more against our own citizens who spend more time sitting back and complaining about what they AREN'T getting rather than looking for ways to contribute towards the greater good.

One of President Kennedy's less-famous quotes is "The ignorance of one voter in a democracy impairs the security of all". Looking at the last 2 elections and seeing that 131+ million votes were cast for Barack Obama, it's hard to see the light of Camelot at the end of the tunnel . . . ★

## Bera Votes for Keep Your Plan Act

**RANCHO CORDOVA, CA (MPG)** - Congressman Ami Bera, M.D. (D-7th Dist.) offered the following statement after the passage of the Keep Your Plan Act:

I voted for the Keep Your Plan Act today so that all Sacramento County families have the individual choice to keep their insurance if it is working for them.

That being said, I encourage Californians to explore their options on California's new health insurance marketplace, Covered California, where families are likely to find plans that offer better coverage, for less money. California's website is working, and health plans in the

marketplace offer more patient protections and assistance to help pay for insurance, which isn't available under existing plans.

The bipartisan passage of today's bill, and the President's new proposal to let Americans keep their current coverage through 2014, are important steps in the right direction. As a doctor and the former Chief Medical Officer of Sacramento County, I am committed to bringing down the cost of health care and will keep working to fix parts of the Affordable Care Act that aren't working for the American people. ★

Source: Ami Bera's Office

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SUNDAY

### Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)  
Every Sunday from 9 am to 2 pm - all year round

THURSDAY

### UC Davis Health System Sacramento Farmers Market

45th & Y Streets (Behind Shriners Hospital)  
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)

SATURDAY

### Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings)  
Every Saturday from 8 am to 1 pm - all year round, rain or shine

WEDNESDAY

### Fair Oaks Plaza Park Farmers Market

7003 Park Drive, Fair Oaks (Old Fair Oaks Village)  
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)

SATURDAY

### Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)  
Open every Saturday from 8 am to 1 pm - all year round

SATURDAY

### Historic Folsom Farmers Market

915 Sutter Street, Historic Folsom Public Plaza, Folsom  
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# SPORTS

## Lancers Football Looks Promising

By Mike Bush

### RANCHO CORDOVA, CA (MPG)

Cordova High School football head coach Vance Mueller feels the program made positive strides prior and during the 2013 season, and will continue to make strides toward upcoming seasons.

In its final season in the Capital Athletic League, Cordova went 1-4 and 2-8 overall. In Mueller's first season in 2012, the Lancers were 0-5 in the CAL and 1-9. Though those numbers differ in recent years to when Cordova was winning conference titles and/or making Sac-Joaquin Section playoff appearances, returning to the winning ways are expected to return.

"Before we played our first game, we were all pretty optimistic," Mueller said. "We lost a couple of close games. We were super competitive and our kids fought to the end, which is something that we are very proud of. Our kids didn't have quit in them; we (coaches) were really excited about that and we just want to continue that."

Mueller felt the team grew stronger as one unit after a 7-on-7 passing game at El Dorado in July. Mueller and his coaches escorted their players to In-N-Out Burger in Placerville.

"I felt collectively, JV and varsity, we were more of a team and more of a group instead of individuals," Mueller said.

There were 18 seniors on the Lancers' 31-player roster.

"I think we can say that we had some team leaders this year, which is really great to see," Mueller said.

Some of the seniors who played key roles on both sides of the ball were wide receivers Lorenzo Bermedez and Grant Johnson, quarterback Zach Tapia

and lineman Journey Fatu. On defense, Bemedez was a defensive back, Johnson strong safety and Fatu also a lineman.

"They were leaders," Mueller said. "They really helped steer the ship and help keep us on track."

Juniors returning next season are quarterback Carlos Cuevas, fullback Brandon Buck, running back Gor Arakelyan and lineman David Domashuk.

"They are just every day workers," Mueller said. "They give you everything they got."

Talen on the Cordova frosh/soph team comes up that finished its season at 3-2 in the CAL, 6-4 overall.

"I think we have more expectations on ourselves (coaches) and players," Mueller said. "If you want to be a football team and not just a football player that it takes a player bigger than yourself. You really have to buy into the concept of what we're doing here and a team and community effort. I think we have more expectations to have more wins."

Continuity in head and assistant coaches was an asset for the Lancers. Next season, Mueller enters his third season. The program went through two head coaches in five seasons. Prior to those coaches, legendary and winning coach Max Miller finished his second tenure as the Lancers' head coach. He now runs Rio Americano's grid program.

"The tough was the first year when you install a new offense, new defense and not only are the kids learning it but the coaches are learning it," Mueller said. "The second year you come back and there's growing pains but in a different way. Now there's expectations, both football coaches and players."

The key to any high school football program in the section is off-season weight training

program.

"I think we had a fairly good turnout in the off-season in the weight lifting program," Mueller said. "I think a lot of kids were excited about it."

Seven players made the program's 1,000-pound club and eight players made the 850-pound club.

"The year before we didn't any," Mueller said. "We made huge strides in the weight room this year."

Juniors on this year's team, plus sophomores who move up to play varsity ball next year will start off-season weight training in February, Mueller said. He's hoping to have 40 or more players on the 2014 roster next August.

"Hopefully pick up where we left off," Mueller said. "We need to pass up those numbers from the junior varsity level to varsity."

In 2014, Cordova returns to the Sierra Valley Conference, which is Division IV, for all sports. Cordova was in the SVC from 1996 until 2010 when it was moved to the CAL, which is D-III. Mueller is looking forward to SVC games against Galt, El Dorado, Union Mine, Liberty Ranch-Galt and Rosemont.

"It's good to be back in the SVC," Mueller said. "I feel the competition level is more on par to where we are with our kids. Getting out of the CAL is a good move for us."

Cordova will open its 2014 season with five non-league games - Pioneer of Woodland will be the home and season opener, followed by Bella Vista, McClatchy, Hiram Johnson and Foothill. The Lancers have their bye week after playing Foothill and start conference play at home against Galt. ★



### Let's Talk Turkey

When you dig into that turkey dinner with dressing and yams with a dash of pumpkin pie, will you think of that first Thanksgiving so long ago and wonder what it was really like? The man to ask is Ken Davis who knows what it was really like. He is author of the "Don't Know Much About" series from history to presidents.

First of all, the pilgrims did not wear black. And the feast was more of a surf-and-turf, full of venison, turkey, and mussels and scallops from the nearby ocean. And, as for the "Happy Meal" with the friendly Indians, well, I'll get into that later.

If you think it was only religious freedom they sought, you only get a partial credit. Pilgrims were an offshoot sect of Puritans, people who were challenging the Church of England and the English monarchy itself. They wanted to purify the Church of England...that is to get rid of any vestige of Roman Catholicism. But the Pilgrims went another step. They wanted to separate from the Church of England completely. It was not a polite disagreement, but a phase of the Protestant Reformation that eventually led to a bloody English Civil War and the beheading of King Charles I in 1649. These separatists left England to take refuge in Holland. Unhappy there, they set up a company that would start a new colony in America where the Virginia colony had been established in 1606. And they did not call themselves "Pilgrims." They referred to themselves as "Saints" or "First Comers." Only later did William Bradford call them Pilgrims. Not even all the passengers on the Mayflower were Pilgrims. Of 102 people on board, only 50 were Pilgrims. The others were members of the Church of England who had signed on simply as laborers, soldiers, or those looking to gain property in the "New World." The Pilgrims called them

# POPPOFF!

with Mary Jane Popp

"Strangers." In my own words... what a trip that must have been!!!

Now to the turkey thing. There was turkey, but not the one we know and love. It was wild turkey (the animal not the beverage). The menu for this major feast was a colonial surf-and-turf which included ducks, geese, cod, salmon, lobster, mussels, eels, and clams, along with wild onions to make salad and vegetables, including pumpkins (but no pie) and "crane berries" (no cranberry jelly). Dessert would have been cornmeal bread and puddings.

So who all was there? In addition to about fifty Pilgrims, unexpected company arrived. About ninety Wampanoag Indians showed up with their Chief Massasoit. As there was not yet any Hamburger Helper, so the Indians went out like good guests and brought back plenty of venison which added to the menu. The harvest lasted three days. The peace and good will of that celebration lasted about a generation. First, the English settlers fought a brutal war against nearby Pequot, wiping them out in 1637. Then in 1676, Massasoit's son Metacom...known as King Philip...led the Wampanoag in a war of survival against the English. This bloody war nearly wiped out the colonists who ultimately prevailed. Metacom's head was placed on a pole; his wife and son...grandson of the Chief who came to dinner in 1621...were sold into slavery.

By the way, to the Pilgrims, a true day of thanksgiving simply meant a day of prayer and fasting...not what most of us have in mind when turkey day comes around. What we call "Thanksgiving" today was in fact a harvest festival for the Pilgrims who celebrated in October...not November...1621. Those Pilgrims were mostly grateful to be alive...half of their company had died during the bleak first winter in Massachusetts, after they landed at Plymouth in December 1620. Oh, and there was no mention of Plymouth Rock at the time. That's clearly a notion cooked up more than a hundred years later. They had Public Relations folk even back then. ★

So when did the modern day Thanksgiving begin? It was first celebrated as an official holiday in 1777, to mark the patriot victory at Saratoga in the Revolutionary War. When Washington later tried to proclaim a Thanksgiving Day, some in Congress complained that he had no right to make such a proclamation. Gradually, Presidents routinely proclaimed days of "thanksgiving, but the custom died out in the 19th century. In 1837, a writer and magazine editor named Sarah Joseph Hale began a campaign to reinstate the holiday. Hale was also the author of the poem "Mary Had a Little Lamb." At Hale's urging, Abraham Lincoln finally proclaimed a national holiday of Thanksgiving on November 1863. During the Great Depression, Franklin D. Roosevelt moved the date to the third Thursday in November at the request of retailers who wanted to extend the holiday shopping season. In 1941, with individual state governors declaring separate thanksgiving days, Congress declared a national holiday and it was fixed on the fourth Thursday in November where it remains to this day. If you want more of the super reality info that Ken Davis has to tell, go to [www.dontknowmuch.com](http://www.dontknowmuch.com). All his books are there with a bunch more information!

There!!! Now we have some truths about all the fuss and muss of Thanksgiving Day and what it really was all about. Nevertheless, I hope your day is filled with the love and camaraderie that should be experienced on this day. Reach out to someone who will be alone and share. It does not have to be a feast, just a taste of caring! And don't forget to look back and cherish just being. Put aside the things that are wrong in your life and be grateful for those that are right! I have much to be grateful for...a wonderful husband of 42 years, a beautiful brother and his wife who care about us, and a job of sharing all aspects of life with you on both on radio at KAH-AM 950 and here in my POPPOFF Column. HAPPY THANKSGIVING...no matter how you celebrate it...to you and yours!!! ★

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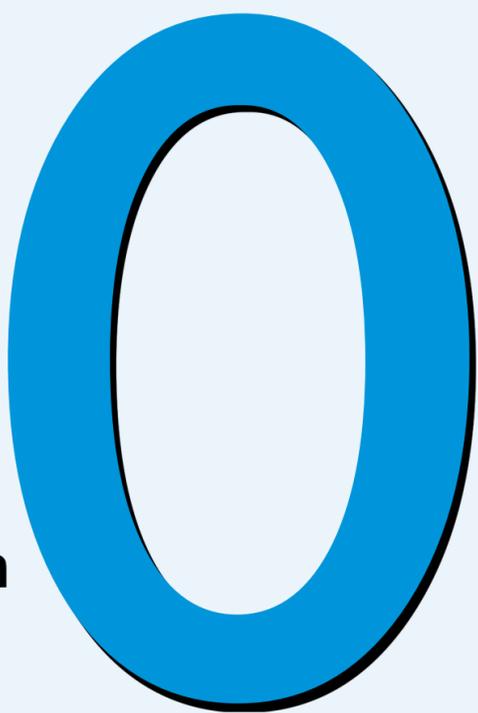
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