



# Come Get Your Brew On!

“Whole Lotta Brews Going On” Raises Money to Empower Local Children and Families

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# Grapevine Independent

VOLUME 45 • ISSUE 41 PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY OCTOBER 11, 2013

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# Beyond the Controversy



**Breast Cancer Awareness Month: Beyond the Controversy of Screening.** Pioneering psychotherapist Dr. Niki Barr shares 3 exercises for maintaining emotionally while coping with a diagnosis

Breast Cancer Awareness Month has been one of the most successful campaigns to raise public awareness in recent history. Unfortunately, in terms of successfully reducing breast-cancer mortality, the results have been mixed, which has caused fierce debate among doctors, researchers, non-profit groups and patients.

“Embedded in the message driving the campaign every October includes instruction to women to strongly consider getting screened for breast cancer, which is often asymptomatic during the early stages, in the hopes of finding cancer before it metastasizes,” says cancer psychotherapist Dr. Niki Barr, author of “Emotional Wellness,

The Other Half of Treating Cancer,” (canceremotionalwell-being.com).

Debate over the efficacy of screenings has arisen as new studies reveal possible shortfalls: self-examinations haven’t been proven effective; younger women experience false positives due to denser breast tissue, as well as missed positives, despite clinical examinations; and recently published studies such as The New England Journal of Medicine’s findings on three decades of screening have been mixed, Dr. Barr says.

The latter found that screenings did reduce late-stage cancer rates, to a small extent, but mammograms also drastically increased over-diagnosis and unnecessary

treatment, including surgeries, toxic drugs and an incalculable amount of stress and suffering, she says.

“I think each woman needs to consider screenings on an individual basis. Family history, age and other risk factors should be considered in their decision,” Dr. Barr says. “It’s equally important to remember that, should you or a loved one be diagnosed with breast cancer, you should care for your emotional well-being as much as you take measures to restore physical well-being.”

While doctors, nurses and medical staff tend to your body, you can tend to your mental health with some of these exercises she recommends to her patients:

- **Catch anxious feelings before they become anxiety.** Prevent anxious thoughts from becoming full-blown anxiety by “catching” those feelings before they intensify. If you find anxious thoughts repeating themselves in your mind, take out some index cards and a pen and write them down, one by one, one per card. When you’ve written them all down, try to identify which one thought started the chain reaction. Then find the thought that came next. Continue until you have each thought in order. Now, go back to the first thought and write down a new thought that does not make you feel anxious. When the first thought comes to

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## Cordova High Celebrates Homecoming Football Game

Submitted by  
Assad Choudhry

**RANCHO CORDOVA, CA (MPG)** - Cordova High School Homecoming football game will be held on October 18th. Junior Varsity will kick off at 5:30pm. Varsity will kick off at 7:30pm. Cordova High School Lancers will be playing against the El Camino High School Eagles.

High School Royalty from each individual class, including prince and princess, and the senior class king, queen, princess and prince will be presented during halftime of the varsity game. The theme slogan will be Dancing With The Stars.

There will be a Cordova High School alumni reception taking place at Cordova High School cafeteria on the 18th of October from 5:00 pm - 7:00 pm. All alumni are invited. There will be free snacks provided.

During halftime of the football game all alumni will be invited to walk the Cordova High School track, along with their graduating class.

Look for the story on Homecoming royalty in the Grapevine Independent after the game.

This is Cordova High School’s 50th Anniversary as a school. It is also the 50th Homecoming. This would be a great game to have the community come out and support your local high school students. ★

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# DMV Prepares to Implement AB 60 Requirements For Undocumented Drivers

**SACRAMENTO, CA (MPG)** - DMV announced October 3rd that it will begin the process of implementing AB 60 (Alejo)—the new law requiring DMV to issue driver licenses to undocumented persons—by drafting new regulations and preparing field offices to process new applications. The new law becomes operative by January 1, 2015.

“This law will improve public safety for all Californians by helping ensure that undocumented persons pass a written and driving test and obtain proof of insurance and a license before driving their vehicles in California,” said DMV Chief Deputy Director Jean Shiomoto. “Thanks to AB 60, we believe more drivers will be safer on California roads.”

To implement the new law, DMV will adopt regulations that

will detail how applicants can prove identity and California residency. In drafting the regulations, DMV will follow rules set forth by the Office of Administrative Law (OAL). In general, this process will involve public notice of draft regulations, a public comment period, and a final decision by OAL. DMV will immediately begin this regulatory process by consulting with stakeholders and drafting proposed regulations.

DMV will also propose a design for the license; however the design must be reviewed by the U.S. Department of Homeland Security for compliance with federal law. DMV’s proposal will look similar to current licenses while complying with the new law by, for example, having the abbreviation “DP” for driving privilege, rather

than “DL” for driver license. The new law explicitly prohibits its discrimination based on this license. The new law also explicitly prohibits using the license for criminal investigation, arrest or detention based on immigration status.

In addition to drafting new regulations and designing the license, DMV will also begin preparing to process the additional applications. DMV currently processes approximately 27 million transactions per year in its offices, including about 10 million driver license related transactions. DMV also processes more than 12 million online transactions a year, such as renewing vehicle registrations and driver licenses, change of address, and notice of release of liability. DMV estimates that roughly 1.4 million undocumented persons could

apply for driver licenses over the next three years once the program is implemented.

DMV encourages future applicants for a driver’s license, to prepare for the written exam by studying the California Driver Handbook available on the DMV webpage at [www.dmv.ca.gov](http://www.dmv.ca.gov). The website also features sample tests that could be useful for the applicants. The California Driver Handbook is available in 10 languages at all DMV field offices: English, Armenian, Chinese, Farsi, Korean, Punjabi, Russian, Spanish, Tagalog, and Vietnamese.

With the DMV Now app – applicants can also start preparing to take the written driver’s license exam by taking sample tests, watching DMV driving videos, finding local DMV field offices and getting important

DMV alerts. DMV also has a YouTube channel where drivers can find useful and informative videos to help hone driving skills and learn the rules of the road. ★

*Don’t Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California Transportation Agency. Source: DMV*

# Recognizing Those with Dyslexia

**RANCHO CORDOVA, CA (MPG)** - Council Members Donald Terry and David Sander presented a proclamation at Monday's City Council meeting to Esther Romero recognizing October as Dyslexia Awareness Month. Dyslexia is a specific learning disability that is neurobiological in origin and is characterized by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities.

According to the National Institutes of Health, dyslexia affects between 10 and 20 percent of the population. Greater recognition and understanding are necessary to ensure that individuals with dyslexia living in Rancho Cordova and throughout the country are accurately identified and provided with appropriate services.



Photo and story from City of Rancho Cordova

## In Memoriam

*Jeannie Gail Wood. 3/28/51-9/17/12. It's so hard to believe it's been one year since you left us. Knowing that you lived your life to the fullest, always seeking adventure and living your life with passion, has left me with so much pride and wonderful memories. Your creative spirit, love of nature, loyalty to family and friends, and your overall humanity, made you very unique and irreplaceable. I know that those we love are never really lost to us. We feel them in so many special ways - through friends they always cared about and dreams they left behind, in beauty that they added to our days, in words of wisdom we still carry with us and memories that never will be gone. You touched so many lives very deeply and will continue to be in our thoughts every day. I miss you tremendously, but I hold your love and memories close to my heart.*

Love, Mom (and the rest of your family)



### The Chain

I little knew that morning God was going to call your name. In life I loved you dearly, in death I do the same. It broke my heart to lose you. You did not go alone. For part of me went with you, the day God called you home. You left me beautiful memories. Your love is still my guide. And though we cannot see you, you're always at my side. Our family chain is broken and nothing seems the same, But as God calls us one by one, the chain will link again.

Anonymous

## Rancho Cordova Recruiting Volunteers for Business Walk

**RANCHO CORDOVA, CA (MPG)** - Volunteers are needed to participate in the 6th Annual Rancho Cordova Business Walk on Friday, October 25th from 8:30 a.m. to 2 p.m. at the Rancho Cordova Police Department, 2897 Kilgore Road.

Volunteers walk door-to-door to Rancho Cordova businesses to gather feedback about the local economy. Businesses are asked questions such as how business is, what do you like about doing business in Rancho Cordova, and what needs to be done to make it even better.

"The business walk gives us a snapshot of the struggles and successes of Rancho Cordova businesses," said Economic Development Director Curt Haven. "Rancho Cordova is the second largest job base

in the region and sustaining relationships is key to retaining and growing our business community."

The business walk is an annual event conducted in partnership with the City of Rancho Cordova, Rancho Cordova Chamber of Commerce, and the Sacramento Metro Chamber.

Last year, volunteers visited 110 businesses in commercial and industrial areas gathering ideas for improvement and benefits to conducting business in Rancho Cordova. Location and friendliness of community members were the highest rated benefits.

The city also implemented an internal business survey program requiring each employee to visit five businesses by the end of the year. This program is modeled after the business walk to take a

citywide approach to economic development efforts.

"The economic health of Rancho Cordova's very deep and diversified business community is of critical importance to the health of our community as a whole," said Mayor Linda Budge. "Visiting with our business people in their own stores and offices is the best way to understand what issues they deal with on a daily basis. The communication and understanding that takes place during these routine business walks assures them that their best interests are a priority."

Free breakfast and lunch will be provided to volunteers. For more information or to register as a volunteer, visit [www.metrochamber.org/businesswalks](http://www.metrochamber.org/businesswalks).

Source: City of Rancho Cordova



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## Rancho Cordova Buries Time Capsule in Ceremony at Kilgore Cemetery

By Helen Brewer

**RANCHO CORDOVA, CA (MPG)** - A procession with Dixieland musicians, youth groups, special guests, and the City's 10th Anniversary Time Capsule will open Rancho Cordova's Time Capsule Ceremony on Sunday, October 13th at noon, in the Kilgore Cemetery, 2911 Kilgore Road.

The New Orleans-style procession will start at the next-door Police Station and wind

through the cemetery to the stage area. Special guests will include the City Council, the 10 ten-year-old Anniversary Ambassadors, and other elected officials. Activities will include signing the time capsule tube and a complimentary lunch, immediately following the ceremony.

To be part of the procession, participants should meet in the Police Station parking lot at 2897 Kilgore Road between 11:30 and 11:45 a.m.

The Time Capsule Ceremony is part of the Rancho Cordova Historical Society's "Afternoon at Kilgore Cemetery" that will continue until 4 p.m. Those activities will include tours and stories by costumed guides, music, and exhibits. ★

*For more information about the Time Capsule Procession and Ceremony, please call (916) 851-8723 or visit [www.RanchoCordovaHistory.com](http://www.RanchoCordovaHistory.com).*

## Old Sacramento "Souls of the City" Celebration Begins

**SACRAMENTO REGION, CA (MPG)** - In honor of "Day of the Dead" activities celebrated each year in Mexico and in major cities around the world, Sol Collective and the Historic Old Sacramento Foundation have teamed up to present a series of 2nd Annual Dia De Los Muertos/"Souls of the City" events and activities in Old Sacramento that take place throughout October and culminate on November 1, 2013. The annual tradition - a national holiday in Mexico - is showcased by friends and families building elaborate altars to honor loved ones who have died then gathering in remembrance and celebration.

A series of fun pop up art labs and special activities will be held in October that showcase the traditions and/or demonstrate how to create some of the special items used in "Day of the Dead" celebrations. A schedule of the free workshops and special activities follows:

**Decorate Calaveras (Skulls) Pop Up Art Lab** - Saturday, 10/12, 11 a.m. to 2 p.m.at

Sacramento History Museum/Stanford Gallery (111 I Street, next to Museum)

**Mini Altars Pop Up Art Lab** - Saturday, 10/19, 11 a.m. to 2 p.m. at Sacramento History Museum/Stanford Gallery (111 I Street, next to Museum)

**Honoring Our Past Community Lecture Series** - Thursday, 10/24, 6:30 to 9 p.m.at Sacramento History Museum (101 I Street)

**Dia De Los Muertos Celebration** - Friday, 11/1, 6 p.m. to midnight in front of the Sacramento History Museum (101 I Street)

The finale Dia De Los Muertos Celebration includes a traditional procession and lighting of the altar led by Kalpulli Maquilli Tonatuih (Aztec Dancers), interactive community alters, a pop up art exhibit, family activities and games, food, face painting, live music and more. This symbolic "gathering of the spirits" celebration offers Sacramento area residents and Old Sacramento visitors a chance to experience

and learn more about the cultural tradition that is highlighted by chanting, singing, dancing, the building of the altar with personal items, intricate offerings of orange Mexican marigolds on the altar, and much more.

More information about the Dia De Los Muertos/"Souls of the City" events is available at [www.historicoldsac.org](http://www.historicoldsac.org) or [www.solcollective.org](http://www.solcollective.org). ★

Source: T-Rock Communications

Calendar of events

**What:** 2nd Annual "Souls of the City" Events & Activities

**Where:** Sacramento History Museum

101 I Street in Old Sacramento and/or next door at Stanford Gallery

**When:** Skulls) Pop Up Art Lab

10/19 (11 a.m. to 2 p.m.) -

Mini Altars Pop Up Art Lab

10/24 (6:30 to 9 p.m.) - Honoring Our Past Community Lecture Series

11/1 (6 p.m. to midnight) - Dia De Los Muertos Celebration

**Cost:** Free

*For More information:*

916-808-7059, [www.historicoldsac.org](http://www.historicoldsac.org) or [www.solcollective.org](http://www.solcollective.org)



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[www.cordovaalumni.com](http://www.cordovaalumni.com)

# Come Get Your Brew On!

## "Whole Lotta Brews Going On" Raises Money to Empower Local Children and Families

**RANCHO CORDOVA, CA (MPG)** - Whole Foods Market Folsom presents their inaugural event "Whole Lotta Brews Going On" benefiting the Folsom Cordova Community Partnership (The Partnership). This event is scheduled to take place on Saturday, October 19, 2013 from 6:00 to 9:00 p.m. will be held at Whole Foods Market in Folsom located at 270 Palladio Dr. "As part of our mission, we recognize our responsibility to be active participants in our local community. This is just our way of giving back" says Whole Foods Market Marketing Coordinator Ciara Glass.

"Whole Lotta Brews Going On" is a key fundraiser for the valuable work of The Partnership. The Partnership provides an array of programs targeted at reducing the risk of child abuse and neglect as



well as impacting generational cycles of poverty. "Each year The Partnership provides parent education and support, safe youth activities, employment services and safety-net services to over 5,000 children, youth and adults in our local community," says Executive Director, Robert Sanger. "We



offer this wide range of services in one place to best serve our families through our Family Resource Center environment."

"Whole Lotta Brews Going On" will be an evening of beer and wine samplings from around the region along with gourmet food tastings from Whole Foods Market in-store vendors as well as local restaurants and caterers. The event features live music featuring the sounds of Mr. December and Foxtrot Mary featuring Marshal Wilkerson. Also, a spectacular silent auction showcasing a variety of desired items ranging from fine art, golf packages, exotic getaways, unique home décor and more.

This event will also feature Chef Tyler Stone, a young Chef who represents the next generation in food preparation, and a former contestant of Bravos Top Chef. Tyler enjoys incorporating "molecular gastronomy" into his dishes such as liquid nitrogen

wine ice cream as well as other dishes.

You can partner with Whole Foods Market in supporting The Partnership and empowering children and families in our local community by purchasing tickets for "Whole Lotta Brews Going On" and enjoy an evening of delightful, beer, food, wine, and entertainment. Tickets are \$25 per person in advance or \$30 at the door. Event sponsorships are also available. ★

For more information please contact Christopher Clark, Resource Development Manager (916) 859-0045 ext 281 or CClark@theFCCP.org



# Its Hard Out There for a Doctor

Commentary  
by Sally C. Pipes

America's doctor shortage is quickly becoming a crisis. No less than 14 states have introduced legislation or created new programs to deal with the problem.

The Association of American Medical Colleges reports that the country is currently short 20,000 doctors. Over the next decade, that number could quintuple.

And Obamacare is only making things worse. Physicians are responding to the health reform law's intrusive regulations and insufficient payments by treating fewer patients — or even abandoning the medical profession altogether.

One cornerstone of Obamacare is its expansion of Medicaid, the jointly run federal-state health insurance program for the poor.

Starting in 2014, the program will cover all Americans with incomes up to 133 percent of the federal poverty level. The federal government will absorb 100 percent of the cost of this expansion through 2016, and then a declining share in subsequent years, until the feds' responsibility rests at 90 percent in 2020. By then, some 12 million people will have gained coverage anew through Medicaid.

But the program is already dysfunctional. Reimbursement rates are so low — about 60 percent of the rate paid by private insurers — that doctors routinely refuse to see Medicaid patients. A recent study published in Health Affairs found that 33 percent of doctors did not accept new Medicaid patients in 2010 and 2011.

By throwing millions more people into the program without

raising Medicaid payment rates, Obamacare will make it even harder for patients covered by the program to secure care.

The story is much the same for the government's other big health program — Medicare. More than 9,500 doctors opted out of treating Medicare patients in 2012. That's almost triple the number that abandoned Medicare in 2009.

According to American Medical Association President Dr. Ardis Hoven, "While Medicare physician payment rates have remained flat since 2001, practice costs have increased by more than 20 percent due to inflation, leaving physicians with a huge gap between what Medicare pays and what it costs to care for seniors."

Unsurprisingly, Obamacare will exacerbate the problem. The law creates a new government entity — the Independent Payment Advisory Board (IPAB) — charged with ensuring that Medicare hits designated spending targets. IPAB is forbidden from rationing care or changing seniors' benefits. So the Board's only real cost-cutting option will be to ratchet down reimbursement rates for doctors.

Obamacare will also reduce payments to doctors who do not adhere to the law's byzantine new regulations. For instance, doctors who fail to comply with the Centers for Medicare and Medicaid Services' Physician Quality Reporting System or order a certain number of prescriptions electronically could see their reimbursements docked up to 7 percent by 2017.

In many cases, doctors will have to make substantial investments in their office infrastructure

and computer systems just to follow all the new rules.

Many doctors — particularly those nearing the end of their careers — will simply hang up their scrubs instead of spending heavily to comply with Obamacare. According to Dr. Jeff Cain, President of the American Academy of Family Physicians, "Almost a third of family doctors in rural America are thinking about retiring in the next five years."

A 2013 Deloitte survey of physicians found that six in 10 doctors believe that many in their profession "will retire earlier than planned in the next one to three years."

Those who can't afford to retire may look to partner with hospitals in order to offload increases in overhead fueled by Obamacare. That's bad news for physicians, hospitals, and patients alike.

American Enterprise Institute Senior Fellow Dr. Scott Gottlieb predicts that doctors will work less, once they become salaried employees of hospitals. Their employers will respond by reducing their pay. And patients will find that they're competing for an ever-scarcer number of appointments.

Obamacare is causing a doctor depression. And what's bad for doctors is ultimately bad for patients. The cure for this sickness is full repeal of Obamacare — and the installation of market-based reforms in its place. ★

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is *The Cure for Obamacare* (Encounter 2013).

# "Making Strides" Against Breast Cancer

**SACRAMENTO REGION, CA (MPG)** - The American Cancer Society turns 100 this year, and area residents will be among the 20,000 expected to participate locally in the Making Strides Against Breast Cancer 5K fundraising walk on Oct. 20 in Sacramento.

This event will help the Society finish the fight against breast cancer. The walks, in nearly 300 communities, help to raise \$60 million dollars for the American Cancer Society each year to save lives from breast cancer. The dollars raised fund groundbreaking research to find,

prevent, treat and cure breast cancer; ensure access to mammograms for women who need them; and provide free resources and support to the one in two newly diagnosed women who turn to the Society for help and support, including transportation and lodging during treatment.

"Making Strides Against Breast Cancer unites us to walk together as the most powerful force to end breast cancer," said Randy Smedley, local American Cancer Society volunteer and breast cancer survivor. "The money you raise helps the American Cancer

Society do the most for people with breast cancer today to end the disease tomorrow."

Making Strides Against Breast Cancer takes place on Oct. 20, at the West Steps of the State Capitol. Registration begins at 7 a.m. with a rolling start at 8 a.m. ★

Visit [www.makingstrideswalk.org/sacramento](http://www.makingstrideswalk.org/sacramento) for more information or to register. To learn more about breast cancer, contact the American Cancer Society at (800) 227-2345 or visit [www.cancer.org](http://www.cancer.org).

Source: ACS

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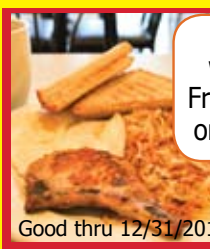


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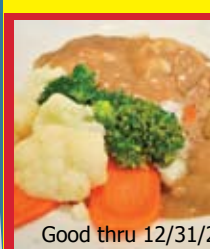


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# The Parsonage Kitchen Shutdown Threat

By Rev. James L. Snyder

A certain situation has been building in the Parsonage for the last several months. At first, I did not think it too serious but alas, we have reached a terrible impasse.

It started a few months ago when I came home, walked into the house and was hit in the face so hard I almost passed out. At the time, I was hoping I would pass out, but no such luck.

I think everybody knows what it is like to be hit unexpectedly by something you do not actually expect. I guess that is why it is called unexpectedly. It happened to me and I am not sure I am over it yet.

Even though I have been married 42 years, of which most of it has been happily, I did not see this one coming. Just when you think you have your spouse figured out, they do something off the radar. Every husband knows exactly what I am talking about.

This makes it hard to buy Christmas and birthday presents. What they liked last year is not what they like this year. I remember buying my wife a watch one year for Christmas of which she was so delighted that for the next four years after I bought her a watch for Christmas. How was I supposed to know she only wanted one watch!

I think we hit one of those impasses.

Walking into the house, I was hit with the horrific smell of broccoli cooking on the stove. I do not know if you ever smelt such a smell as that but if you are not prepared for it and even if you are prepared for it, it can smack you in the face like you have never been smacked in the face before.

When I came to myself and gathered what little composure I could find, I queried the Gracious Mistress of the Parsonage who was in the kitchen.

"What is that awful smell?"

"I don't know, have you taken a shower yet?"

After being married for 42 years, I know when to respond to a question and when not to. I knew if I responded to this question the way I wanted to respond to this question, the smell of broccoli would be the least of my worries at the time.

"No," I said gathering a little bit of manliness about me, "Something in this house smells dreadful. I smelled it as soon as I walked in the door."

Then she chuckled. I hate it when she chuckles.

"Oh, that must be the wonderful aroma of broccoli cooking on the stove. Isn't it marvelous?"

Adhering to my rules about questions, I tossed that one aside and opted for another one.

"You're not cooking broccoli for supper tonight, are you?"

I was hoping she would catch my attitude of disdain and disgust in this question. Obviously, for whatever reason, she did not catch the drift.

"Yes," she said as chipper as I have ever heard her chip, "I thought I would surprise you with a wonderful dish of broccoli for supper tonight, to go along with our pork chops."

Can you live with a person for so long and not know what they like or do not like? Nobody has to be around me for five minutes before they will understand that broccoli and I have had a feud that has been going on since before the Hatfield's and McCoy's.

"But I thought you knew I do not like broccoli?"

"Oh, that," she said with another chuckle, "I just thought you were joking."

Nobody jokes about broccoli, especially me.

Then a brilliant idea reverberated between my ears. I thought I could take advantage of this situation and sneak in something forbidden in our kitchen and house for that matter, a rare delicacy.

"I will then run to the store and get some fresh Apple Fritters for our dessert."

I figured if she wants to put in front of me broccoli the least she can do is allow me an Apple Fritter or two.

In a moment, all the chipper drained from her person and she looked at me and said, "Apple Fritters are not allowed in this house."

"Let's negotiate," I said as calmly as I have ever been in my life. "I will allow you to eat broccoli tonight if you allow me an Apple Fritter for my dessert."

I wonder if there is a husband living today, that has ever successfully negotiated with his wife.

"This is how we will negotiate, we will have broccoli tonight without any Apple Fritter. I am only thinking of your health."

The way she glared at me I knew negotiations were off the table at this time and in its place was some steaming broccoli.

What I am going to do is sneak behind her back and eat two, not one but two, Apple Fritters and I will savor every bite.

If only we could act like grownups, come together, voice our differences and strike a compromise. After all, our government works that way.

I thought about this and came to a certain conclusion. The Christian life is not really negotiating your preference but rather honoring Christ. Jesus said, "For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20 KJV).

When self is at the center of my negotiations, Christ is never honored. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His website is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).

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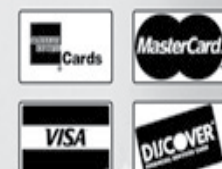
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#### ACROSS

- Abandon
- \*\*One, \_\_\_\_, Buckle My Shoe"
- Not as much
- Convex molding
- \*\*Have \_\_\_\_ any wool?"
- Fancy home
- Chocolate substitute
- Boy toy
- Permeate
- \*Like jumping Jack
- \*Jack Horner's spot
- \*Blackbird dessert
- Bad impression
- \*\*He \_\_\_\_ in his thumb, and pulled out a plum"
- "A \_\_\_\_ of Two Cities"
- Josey Wales, e.g.
- Aphrodite's son
- Email folder
- "Fear of Flying" author, \_\_\_\_ Jong
- Swing seat?
- Levy of 1/10th of something
- Bypass
- Painter's helper
- Mystery writer, \_\_\_\_ Paretsky
- Ready to serve
- Relating to nose
- Gang's domain
- "Dear" one
- \*\*"A \_\_\_\_ Old Owl"
- Tennis shot
- \*Muffet's seat
- Reflexive me
- Pilaff, to some
- Gold of "Entourage"
- Queen's headdress
- Declare invalid
- H+, e.g.
- Leaf-eating moth
- Stop depending on
- Food coloring, e.g.
- Set to zero

#### DOWN

- Elmer to Bugs
- "Terrible" czar
- Reality TV star Spelling
- Walk clumsily
- Middle-earth dweller
- \*Nursery rhymes audience, sing.
- \*Wednesday's child is full of this
- "An \_\_\_\_ of prevention..."
- Trace or outline
- Hamburg river
- Insult
- Self-addressed envelope
- Moral excellence
- Minimal
- Lennon's lady
- With tooth-like projections
- \*He couldn't keep his wife
- Dickens's Heep
- Bodies
- Luuu souvenirs
- Walked on
- Prom rides
- Raspberry or blackberry drupelets
- \*Jack and Jill's quest
- Witnessed
- "Through" in a text?
- Ahead of time
- Rule-governed
- Tell tall tale
- \*He went to Gloucester
- Respectable and quiet
- Sandy color
- Fork part
- Arm bone
- Roman goat-like deity
- Part of colliery
- Falls behind
- " \_\_\_\_ at last!"
- It has pads and claws
- Cowboy Rogers
- Product of creativity

For Solution See Page 7

For Solution See Page 7

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			7					
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**FICTITIOUS BUSINESS NAME STATEMENTS**

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07294. Richard E. Anderson, 7065 Pebblebrook Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "AAA Imaging Solutions" at 7065 Pebblebrook Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on September 13, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. AAAMA 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07025. Amrondo Esparza, 6208 Walerga Rd., North Highlands, CA 95660 is doing business under the Fictitious Business Name "Aquatics by Amrondo" at 6208 Walerga Rd., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on September 4, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. AQUATIC 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-06804. Berg Properties Inc., 237 Randall Dr., Folsom, CA 95630 is doing business under the Fictitious Business Name "Auburn & Antelope Car Wash" at 7742 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 23, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. AUBURN 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-06396. Carvell Printing, 1791 Tribute Rd., Suite A, Sacramento, CA 95815 is doing business under the Fictitious Business Name "C. Otto and Company" at 11415 Sunrise Gold Circle, Ste. 17, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on August 28, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. COLUM 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-06885. Cindy Otto, 8194 East Pelletier Rd., Acampo, CA 95662 is doing business under the Fictitious Business Name "C. Otto and Company" at 11415 Sunrise Gold Circle, Ste. 17, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on August 28, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. C.OTTO 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-06773. Dan Hatchcock, 6019 Cowder Ct., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Disaster Masterz" at 6019 Cowder Ct., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on August 23, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. DISASTER 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07307. Jonathan David Brown, 8726 Mohawk Way, Fair Oaks, CA 95620 is doing business under the Fictitious Business Name "JDB's Handyman Services and JDB's Services" at 8726 Mohawk Way, Fair Oaks, CA 95620. Filed with the Clerk of Sacramento County on September 13, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. JDBSHA 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07052. Rajivinder Mahay, 5504 Lilyview Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "MGM Distributor" at 5504 Lilyview Way, Elk Grove, CA 95757. Filed with the Clerk of Sacramento County on September 5, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. MGMDIS 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07057. Rajivinder Mahay, 5504 Lilyview Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Tobacco And More" at 2400 Florin Rd., No. B, Sacramento, CA 95822. Filed with the Clerk of Sacramento County on September 5, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. TOBACCO 131002 10-9-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07343. Symia J. Stigler, 6310 Conejo, Rancho Marieta, CA 95683 is doing business under the Fictitious Business Name "9 Sixteen" at 6310 Conejo, Rancho Marieta, CA 95683. Filed with the Clerk of Sacramento County on October 16, 2013. Publish: Sept. 25, October 2, 9, 16, 2013. 9SIXTE 131003 10-16-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07398. Cynthia Renee Baldwin, 2949 Longboat Key Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Besame Bella Kiss Me Beautiful" at 2949 Longboat Key Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on September 17, 2013. Publish: Sept. 25, October 2, 9, 16, 2013. BESAME 131003 10-16-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-06928. Tony Barbach, 8720 Woodman Way, Unit F, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Little Hearts of Mary" at 8720 Woodman Way, Unit F, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on August 29, 2013. Publish: Sept. 25, October 2, 9, 16, 2013. LITTLE 131003 10-16-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07341. Jackie Rittenhouse, 8609 Ackerman Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Select Performance Vehicles" at 8609 Ackerman Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on September 16, 2013. Publish: Sept. 18, 25, October 2, 9, 2013. SELECT 131003 10-16-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-06869. Joshua Kretchman, 2401 U St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "Treetop Real Estate and Treetop Realty" at 2401 U St., Sacramento, CA 95818. Filed with the Clerk of Sacramento County on August 27, 2013. Publish: Sept. 25, Oct. 2, 9, 16, 2013. TREETP 131003 10-16-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07200. Jeffrey Adkins, 9848 Oakplace, No. E, Folsom, CA 95630 is doing business under the Fictitious Business Name "Adkins Eye Specialists" at 5404 Laurel Hills Dr., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on September 11, 2013. Publish: October 2, 9, 16, 23, 2013. ADKINS 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07675. Lynda Marenich, 8083 Sunrise East Way, No. 48, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "American Aviation Surplus" at 8083 Sunrise East Way, No. 48, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on September 25, 2013. Publish: October 2, 9, 16, 23, 2013. AMERIC 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07698. April Lynn Stenen, 6807 Greenleaf Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "April Sunshine Healing" at 6807 Greenleaf Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on September 26, 2013. Publish: October 2, 9, 16, 23, 2013. APRILS 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07389. Tollefson and Associates, Inc., 8025 Greenback Ln., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Batteries Plus Bulbs" at 1632 Howe Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 17, 2013. Publish: October 2, 9, 16, 23, 2013. BATTER 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07603. Adam J. Stoner, 5621 North Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Hospitality Network Support Solutions" at 5621 North Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 23, 2013. Publish: October 2, 9, 16, 23, 2013. HOSPIP 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07693. Alan Dismuke, 420 15th St., Sacramento, CA 95814 is doing business under the Fictitious Business Name "Left Coast Editions" at 420 15th St., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on September 25, 2013. Publish: October 2, 9, 16, 23, 2013. LEFTCO 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07705. Paul V. Scholl, 7144 Fair Oaks Blvd., Ste. 5, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Flancho Cordova Grapevine Independent, West Sacramento Sun, and Rancho Cordova Independent" at 7144 Fair Oaks Blvd., Ste. 5, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 26, 2013. Publish: October 2, 9, 16, 23, 2013. RANCHO 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07054. Ha Wan Ku, 4364 Oxwood Dr., Sacramento, CA 95826 is doing business under the Fictitious Business Name "Vogue Cleaners" at 3437 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 5, 2013. Publish: October 2, 9, 16, 23, 2013. VOGUE 131004 10-23-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07538. Brittany Hood, 4908 Dingman Cir., Sacramento, CA 95823 is doing business under the Fictitious Business Name "B. Forever Young homecare" at 4908 Dingman Cir., Sacramento, CA 95823. Filed with the Clerk of Sacramento County on September 20, 2013. Publish: October 9, 16, 23, 30, 2013. B.FORE 131005 10-30-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07769. Rachael Mazingo, 1523 Hood Rd., Unit A, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Eco Appliance Recycling" and "Eco Appliance" at 1523 Hood Rd., Unit A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 20, 2013. Publish: October 9, 16, 23, 30, 2013. ECOAPP 131005 10-30-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07844. Sara Volkell, 3510 Los Alamos Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "hathmade" at 1523 Hood Rd., Unit A, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 2, 2013. Publish: October 9, 16, 23, 30, 2013. HATHAM 131005 10-30-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07790. Thong Hoang Pham, 8732 Banton Cir., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "PG Advanced Glass Services" at 8732 Banton Cir., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on September 30, 2013. Publish: October 9, 16, 23, 30, 2013. PGADVA 131005 10-30-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07930. Coders Online, Inc., 6141 Grant Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Single Take Productions," "Single Take Video," "Single Take Photography," "Single Take Audio," "Live Motion Pictures," and "Full Motion Cinema" at 6141 Grant Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 4, 2013. Publish: October 9, 16, 23, 30, 2013. SINGLE 131005 10-30-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07861. New Life Health, LLC, 1931 H St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "New Life Health" at 1931 H St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on October 2, 2013. Publish: October 9, 16, 23, 30, 2013. NEWLYFE 131005 10-30-13

**FICTITIOUS BUSINESS NAME STATEMENT** #FBNF2013-07750. Rashid Amin, 8155 Waterman Rd., Apt. 1212, Sacramento, CA 95829 is doing business under the Fictitious Business Name "R & F Phone Shop" at 1500 W. El Camino Ave., Ste. 6, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on September 27, 2013. Publish: October 9, 16, 23, 30, 2013. R&FFPHO 131005 10-30-13

**ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME**

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE** #FBNF2010-06639.  
The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of C. Otto & Co., 6628 Fiesta Lane, Orangevale, CA 95662; Dwayne Keith Brooks Co., Inc., Delaware Corp., 6628 Fiesta Lane, Orangevale, CA 95662.  
The Fictitious Business Name Statement was filed on July 23, 2010, in the County of Sacramento.  
Abandonment filed with the Clerk of Sacramento on August 28, 2013.  
Publish: Sept. 18, 25, October 2, 9, 2013. C. OTTO 131002 10-9-13

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE** #FBNF2010-09106.  
The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of Freight Connections, 6151 Fair Oaks Blvd., No. 110, Carmichael, CA 95808; Freight Connections, Inc., 6151 Fair Oaks Blvd., No. 110, Carmichael, CA 95808.  
The Fictitious Business Name Statement was filed on October 14, 2010, in the County of Sacramento.  
Abandonment filed with the Clerk of Sacramento on August 30, 2013.  
Publish: Sept. 18, 25, October 2, 9, 2013. FREIGHT 131002 10-9-13

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE** #FBNF2009-03660.  
The following corporation has abandoned the use of the FICTITIOUS BUSINESS NAME of Cooks Collision of Carmichael, 6801 Fair Oaks Blvd., Carmichael, CA 95608; Cooks Collision, Inc., 2990 Lava Ridge Ct., Ste. 190, Roseville, CA 95661.  
The Fictitious Business Name Statement was filed on April 7, 2009, in the County of Sacramento.  
Abandonment filed with the Clerk of Sacramento on August 29, 2013.  
Publish: October 2, 9, 16, 23, 2013. COOKS 131004 10-23-13

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE** #FBNF2013-07222.  
The following individual has abandoned the use of the FICTITIOUS BUSINESS NAME of PG Advanced Construction Services, 8732 Banton Cir., Elk Grove, CA 95624; Thong Hoang Pham, 87232 Banton Cir., Elk Grove, CA 95624.  
The Fictitious Business Name Statement was filed on September 11, 2013, in the County of Sacramento.  
Abandonment filed with the Clerk of Sacramento on September 30, 2013.  
Publish: October 9, 16, 23, 30, 2013. PGADVA 131005 10-30-13

**ORDER TO SHOW CAUSE CHANGE OF NAME**

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00150694  
WHEREAS, Sasha Valeska Burton has filed a petition with this court for a decree changing the name of Sasha Valeska Burton to Sasha Valeska Grismore.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 28, 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: September 11, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: Sept. 18, 25, October 2, 9, 2013. BURTON 131002 10-9-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00150721  
WHEREAS, Khamsone Sattanak has filed a petition with this court for a decree changing the name of Khamsone Sattanak to Khamsone Onedara.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 29, 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: September 11, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: Sept. 18, 25, October 2, 9, 2013. SATTAN 131002 10-9-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00147913  
WHEREAS, Erin Victoria Wagstaffe has filed a petition with this court for a decree changing the name of Erin Victoria Wagstaffe to Victoria Erin Wagstaffe.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 24, 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: September 11, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: Sept. 25, October 2, 9, 16, 2013. WAGSTAF 131003 10-16-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00150666  
WHEREAS, Christopher Michael Walas has filed a petition with this court for a decree changing the name of Christopher Michael Walas to Kriss Mathue Walas.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 28, 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: September 11, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: Sept. 18, 25, October 2, 9, 2013. CWALAS 131002 10-9-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00150717  
WHEREAS, Fnu Zabihullah and Fnu Yalda have filed a petition with this court for a decree changing the names of Fnu Zabihullah to Zabihullah Najem, Fnu Yalda to Yalda Kabiri, and Fnu Sana to Sana Najem.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 28, 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: September 11, 2013  
Raymond A. Cadei  
Judge of the Superior Court  
Publish: Sept. 18, 25, October 2, 9, 2013. ZABIHU 131002 10-9-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151150  
WHEREAS, Stacey Anne Billingsley has filed a petition with this court for a decree changing the name of Stacey Anne Billingsley to Stacey Anne Mayes.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 7, 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: September 18, 2013  
Raymond A. Cadei  
Judge of the Superior Court  
Publish: Sept. 25, October 2, 9, 16, 2013. BILLIN 131003 10-16-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151161  
WHEREAS, Michelle Lewis has filed a petition with this court for a decree changing the name of Maia Jade Jean Hallock to Maia Jade Weithington.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 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: September 18, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: Sept. 25, October 2, 9, 16, 2013. LEWIS 131003 10-16-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151686  
WHEREAS, Stephanie Georgina Koenig has filed a petition with this court for a decree changing the name of Stephanie Georgina Koenig to Stephanie Georgina Watson.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 20, 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: September 25, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: October 2, 9, 16, 23, 2013. KOENIG 131004 10-23-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151946  
WHEREAS, Marilyn Ponce Lopez has filed a petition with this court for a decree changing the name of Marilyn Ponce Lopez to Marilyn Ponce.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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: September 25, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: October 9, 16, 23, 30, 2013. PONCE 131005 10-30-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151962  
WHEREAS, Amy Marshall has filed a petition with this court for a decree changing the name of Julia Marie Saller to Julia Marie Marshall.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 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 2, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: October 9, 16, 23, 30, 2013. MARSHAL 131005 10-30-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151946  
WHEREAS, Marilyn Ponce Lopez has filed a petition with this court for a decree changing the name of Marilyn Ponce Lopez to Marilyn Ponce.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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: September 25, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: October 2, 9, 16, 23, 2013. SANCHEZ 131004 10-23-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151161  
WHEREAS, Michelle Lewis has filed a petition with this court for a decree changing the name of Maia Jade Jean Hallock to Maia Jade Weithington.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 8, 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: September 18, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: Sept. 25, October 2, 9, 16, 2013. LEWIS 131003 10-16-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00150703  
WHEREAS, Lucy Margerita Coleman-Merchant has filed a petition with this court for a decree changing the name of Lucy Margerita Coleman-Merchant to Lucy Margerita Coleman Merchant, Navaeh Jeannette Yong to Navaeh Jeannette Coleman Merchant, and Sir Von Anthony Isacc Church II to SaVon Jeremiah Coleman Merchant.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on October 28, 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: September 11, 2013  
David I. Brown  
Judge of the Superior Court  
Publish: Sept. 25, October 2, 9, 16, 2013. COLEMAN 131003 10-16-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00150721  
WHEREAS, Khamsone Sattanak has filed a petition with this court for a decree changing the name of Khamsone Sattanak to Khamsone Onedara.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 29, 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: September 11, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: Sept. 25, October 2, 9, 16, 2013. COLEMAN 131003 10-16-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151686  
WHEREAS, Amy Marshall has filed a petition with this court for a decree changing the name of Julia Marie Saller to Julia Marie Marshall.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 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: September 25, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: October 2, 9, 16, 23, 2013. SANCHEZ 131004 10-23-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151946  
WHEREAS, Marilyn Ponce Lopez has filed a petition with this court for a decree changing the name of Marilyn Ponce Lopez to Marilyn Ponce.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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: September 25, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: October 9, 16, 23, 30, 2013. PONCE 131005 10-30-13

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME** #34-2013-00151946  
WHEREAS, Marilyn Ponce Lopez has filed a petition with this court for a decree changing the name of Marilyn Ponce Lopez to Marilyn Ponce.  
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 22, 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: September 25, 2013  
Raymond M. Cadei  
Judge of the Superior Court  
Publish: October 2, 9, 16, 23, 2013. SANCHEZ 131004 10-23-13

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



## Legal Advertising for City of Rancho Cordova



### City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, October 21, 2013, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

#### RIVERGATE SHOPPING CENTER MONUMENT SIGNS - PROJECT NO. DD8235 - CONDITIONAL USE PERMIT:

**REQUEST:** The applicant is requesting remove two existing K-Mart monument signs that are located in the Sunrise Special Sign Corridor and install a new 10X20 foot monument sign on Sunrise Boulevard and a 10x10 foot monument sign on Zinfandel Drive, which are over size in height and size.

#### OWNER/APPLICANT:

Ethan Conrad Properties  
Mr. Ethan Conrad  
1300 National Drive  
Sacramento, CA 98534

Hupp Signs & Lighting  
Mr. Joe Hupp  
70 Loren Avenue  
Chico, CA 95928

**LOCATION/APN:** 2352 Sunrise Boulevard / APN: 058-0261-027-0000

**ZONING:** Commercial Mixed Use (CMU)

**ENVIRONMENTAL:** Categorically Exempt under Section 15303 (New Construction or Conversion of Small Structures) of the California Environmental Quality Act Guidelines.

**PROJECT PLANNER:** William Campbell, Principal Planner

The City of Rancho Cordova encourages interested parties to attend public meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.

Questions regarding this matter should be directed to the City of Rancho Cordova Planning Department at (916) 851-8750.

#### NOTICE REGARDING CHALLENGES TO DECISIONS

Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

#### ADA COMPLIANCE STATEMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's Department at (916) 851-8720. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting.

Printed in the Grapevine Independent on October 11, 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 October 7, 2013.

#### ORDINANCE NO. 29-2013 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING CERTAIN ZONING CODE DESIGNATIONS WITHIN THE SUNRIDGE PLANNING 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 October 11, 2013

#### NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:  
LJ's Towing  
333 N. Pioneer Ave.  
Woodland, CA 95776

On October 24, 2013, at 10 A.M. in accordance with Section 21700 et seq of the Business and Professions Code of the State of California, the following lien sale will be conducted by West Coast Lien Service, P.O. Box 1994, North Highlands, CA 95660:

2007 Nissan Altima  
1N4AL2IE57C15488  
6AJA275

2006 Chevrolet Impala  
2G1WB55K669128455  
6AJA275

Publish: October 11, 2013



## Northstar Rancho Cordova Senior Community Names Director of Sales and Marketing

**RANCHO CORDOVA, CA (MPG)** - Jennifer Willard has been named Sales and Marketing Director for Northstar Rancho Cordova, an assisted living and memory care community under construction at 2341 Vehicle Drive near Sunrise Blvd. and Zinfandel Drive.

Ms. Willard joins Northstar with over 25 years in sales and marketing leadership roles. For the past four years, she has worked with local senior communities, dedicating herself to educating families and helping them with residential care decisions. "One of the greatest pleasures in my life," she said, "is seeing a family after a placement decision enjoy life and find peace knowing their loved ones are thriving."

Additionally Ms. Willard successfully owned and operated an executive recruiting firm in Sacramento for nearly 15 years, providing sales environment consulting and career guidance.

A native Sacramentan, Ms. Willard attended American River College and Folsom Lake College. She currently makes her home in Folsom.

Northstar Rancho Cordova is the city's first large-scale senior community and will offer assisted living as well as specialized memory care. It is slated



for a January 2014 opening. The three-story, 78,000-square-foot building will be comprised of 106 apartments providing homes for up to 125 residents. There will be studio, one- and two-bedroom apartments available.

Prospective residents and their families interested in learning more about senior living options and Northstar Rancho Cordova are encouraged to contact Ms. Willard, at (916) -717-2423, to set up an in-home appointment

or to visit the temporary sales center to learn more about the services, amenities and lifestyle planned for the new community, as well as the special, limited-time offers for early depositors and "First Families".

Northstar Rancho Cordova is located along the Highway 50 corridor and is Rancho Cordova's first large-scale senior community. ★

Source: OddJobs Ink

## Governor Brown Signs Immigration Legislation



Governor Jerry Brown

**SACRAMENTO, CA (MPG)** - As advocates rallied across the nation early in October to urge Congress to adopt comprehensive immigration reform, Governor Edmund G. Brown Jr. signed legislation to enhance school, workplace and civil protections for California's hard-working immigrants.

"While Washington waffles on immigration, California's forging ahead," said Governor Brown. "I'm not waiting."

Immigration reform advocates rallied in cities across the United States to call on the U.S. House of Representatives to give legal status to undocumented U.S. residents.

While gridlock continues in Washington, California continues to move forward on immigration reform. On Thursday, October 3rd, Governor Brown signed AB 60, extending the legal right to drive on the state's roadways to millions of Californians and in October 2011, Governor Brown signed AB 131, the California Dream Act.

The Governor signed the following immigration-related bills on October 5th:

• **AB 4 by Assemblymember Tom Ammiano** (D-San Francisco) - Prohibits a law enforcement official from detaining an individual on the basis of a United States Immigration and Customs Enforcement (ICE) hold after that individual becomes eligible for release from custody, unless specified conditions are met.

• **AB 35 by Assemblymember Roger Hernández** (D-West Covina) - Provides that immigration consultants, attorneys, notaries public, and organizations accredited by the United States Board of Immigration Appeals are the only individuals authorized to charge a fee for providing services associated with filing an application under the U.S. Department of Homeland Security's deferred action program.

• **AB 524 by Assemblymember Kevin Mullin** (D-South San Francisco) - Provides that a threat to report the immigration status or suspected immigration status of an individual or the individual's family may induce fear sufficient to constitute extortion.

• **AB 1024 by Assemblymember Lorena Gonzalez** (D-San Diego) - Allows applicants, who are not lawfully present in the United States, to be admitted as an attorney at law.

• **AB 1159 by Assemblymember Lorena Gonzalez** (D-San Diego)

- Imposes various restrictions and obligations on persons who offer services related to comprehensive immigration reform.

• **SB 141 by Senator Lou Correa** (D-Santa Ana) - Requires that the California Community Colleges and the California State University, and requests that the University of California, exempt a United States citizen who resides in a foreign country, and is in their first year as a matriculated student, from nonresident tuition if the student demonstrates financial need, has a parent or guardian who was deported or voluntarily departed from the U. S., lived in California immediately before moving abroad, and attended a secondary school in California for at least three years.

• **SB 150 by Senator Ricardo Lara** (D-Bell Gardens) - Authorizes a community college district to exempt pupils attending community colleges as a special part-time student from paying nonresident tuition.

• **SB 666 by Senator Steinberg** (D-Sacramento) - Provides for a suspension or revocation of an employer's business license for retaliation against employees and others on the basis of citizenship and immigration status, and establishes a civil penalty up to \$10,000 per violation. ★

Source: The Office of Governor Edmund G. Brown, Jr.

## Governor Signs Bill to Assure Equity In Infertility Insurance Coverage

**SACRAMENTO, CA (MPG)** - Gov. Jerry Brown has signed AB 460 by Assemblymember Tom Ammiano, a bill that guarantees non-discrimination in the provision of infertility coverage under medical insurance. (October 8th, 2013)

"Reproductive medicine is for everybody's benefit," Ammiano said. "To restrict fertility coverage solely to heterosexual

married couples violates California's non-discrimination laws. I wrote this bill to correct that."

Infertility - the state of being unable to produce offspring - is defined in state law. Under current law, insurers are required to offer coverage for infertility and, when purchased, that coverage is subject to non-discrimination in insurance laws.

Nevertheless, some people - individuals and couples - have been denied coverage because they are not heterosexual married couples. AB 460 clarifies existing mandates for non-discrimination to ensure that unmarried individuals and same-sex couples can receive the same benefits as married heterosexual couples. ★

Source: Office of Jerry Brown

### Dare to Live Without Limits

Work With What You Have

by Bryan Golden

If you wait until all circumstances become ideal, you will shortchange yourself. There are several reasons for this. First of all, things are never perfect. You will always be able to identify some element which is lacking or needs improvement.

People who fail to take action explain they are waiting for the right time. Acting too hastily, they argue, would only doom their efforts to failure. The flaw in their supposition is the fact that one can always find some deficiency.

You may feel today is not ideal. Resist the temptation to wait. It's too easy to keep pushing action off until tomorrow. Then, before you know it, the years fly by without any accomplishments.

Here is a better approach. Do what you can, with what you have, right where you are, and start now. This means you should begin moving forward from your current position today.

Where are you now? How much education do you have? What is your financial situation? How much free time do you have? Whatever your answers, you need to start right away. You can improve on any deficits as you move forward.

To acquire more knowledge, either learn it yourself or utilize the expertise of others. Improve your financial picture by increasing income, reducing expenses, or both. If you feel you don't

have enough free time, track how you use your discretionary time. Many people find they can fit more in by setting priorities.

Don't idly wait around for ideal circumstances to materialize. Engage in the above actions while you are moving toward your goals. Those who utilize what they have at hand are on the route to success.

Imagine you are on journey in a 30 foot sailboat. On board you have a finite amount of food, fuel, sails, and clothing. You also have nautical charts for any place you might want to go. However, you are not happy with some of your conditions.

You would really prefer to be on a larger boat. The food isn't that great. There is not as much foul weather clothing as you would like. What do you do? Is waiting for conditions to improve before you continue your journey an option? Of course not. Nothing would change and you would run out of food. You must sail on to your next port.

What about bad weather? No one likes storms, but you can't always avoid them. You have to venture on. If there is damage to your equipment, you need to make repairs and proceed onward. Once you arrive at a destination there will be plenty of options. You can make repairs, get new supplies, and perhaps even a bigger boat.

A sailor embodies the

philosophy of always doing what you can, with what you have, wherever you are. On the sea, this principle isn't an option. Rather, it means the difference between surviving and perishing. It's not magic, just attitude and determination.

Although life doesn't have the same daily risks as an ocean voyage, your success and happiness is just as dependent on working with what you have right now. As you do so, keep your aspirations in sight, as they will help keep you motivated.

As you move ahead, make improvements as needed. Working with what you have doesn't mean you should stagnate. The purpose of taking action is to improve and ultimately arrive at all the destinations you desire.

Take inventory of all your personal assets and attributes, pick your direction, let out your sails, and get underway. Tomorrow you will be glad you started today. ★

*NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2008 Bryan Golden*

## 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.

We accept donations, clothing and goods, 7 days a week...and prayer always!

**Matthew 25:40**  
"Caring for the Least"

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Exec. Director, Pastor Tim Lane  
P.O. Box 1108, Sacramento, CA 95812

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Councilman Bob McGarvey

The "news" media, whether network, cable, radio, or daily newspaper did not cover the "news"! The fact that they decided to completely ignore "The California Capital Airshow" at Mather Field on Saturday and Sunday was an insult to everyone there. It has my blood boiling!

The Canadian Consul General, Cassie Doyle, was at Mather on Saturday to see the Royal Canadian Air Force Snowbirds give the tens of thousands of people at Mather Field a show they will never forget. In her speech, she reinforced the wonderful relationships between the United States and Canada.

The Consul General from Germany, Peter Rothen, was at Mather on Saturday to join us in the 65th Anniversary of the Berlin Airlift Tribute. He gave a wonderful speech thanking Rancho Cordova and Sacramento County for the tribute. He honored the 92-year-old pilot, Retired Air Force Colonel Gail Halverson, who was there and who not only flew one of the planes in the Berlin Airlift but also was the one who created the "candy drop" which was added to the

## Time Capsule... The "News" Media?

Airlift. He said he was thinking of the children in Berlin and how something like a piece of candy might bring a smile to their faces at a time when their lives were pretty grim. Also at the Airshow were 20 citizens from Berlin who were children when the Airlift was going on. They came to the Airshow to thank Colonel Halverson and all the other pilots who saved Berlin from starvation because of the blockade that stopped all goods from reaching them. Sadly, the majority of the Airlift pilots have since died.

Also performing this year were the "Patriots" who have performed at Mather in the past and were added to this year's airshow at the last minute because their performance at the Marine Corps Air Station Miramar Air Show was cancelled on Thursday by Washington, D.C. We had sponsors who stepped up and enabled the Patriots to be here and we can thank Darcy Brewer, our Airshow's Executive Director, who helped make those connections.

The Sacramento Bee didn't show one picture or print one sentence on Sunday or Monday about the actual Airshow, and there will not be such a show again! Especially the part of the Airshow on Saturday with the Consul Generals from Canada and Germany, the 92-year-old pilot, and the people from Berlin, Germany who were there to pay

tribute to the people involved in the Airlift for saving their lives and their country.

There were many cameras in many hands at Mather this weekend, recording memories of an event that will never be repeated. We will have Airshows again but being able to meet the people who were part of and made history after WWII will not be done again. That part of history helped create our country as we know it today.

It is truly a shame that the "news" media didn't see fit to share the stories and pictures of the California Capital Airshow of 2013 with the many, many people who were not able to come and see and hear it themselves. Apparently, the old saying about the news that "if it bleeds, it leads" unfortunately holds true. And the stories that show the good that people do for each other don't seem to have a chance most of the time. ★

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

**Publisher's note:** The Messenger Publishing Group promoted the Captial Airshow with front page stories and photos in most of the newspaper printed the two weeks prior to the event. MPG also posted many articles on our web sites to help promote the event.

## October Events at the Rancho Cordova Library

**SACRAMENTO, CA (MPG)** - All events below will be held at the Rancho Cordova Library, 9845 Folsom Blvd., Sacramento

**HOURS:** Sunday & Monday: Closed; 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 <http://www.saclibrary.org/Locations/Rancho-Cordova/>

**JOB COACH @ RANCHO CORDOVA LIBRARY (RECURRING)**  
Tuesday, 10/22-10/29 2:00 PM  
Schedule an appointment for one-on-one help finding, applying to, and interviewing for your next job! We can help with your resume? For questions or to schedule an appointment, contact the Job Coach at [jobnowsa@gmail.com](mailto:jobnowsa@gmail.com). Please schedule only through email. There is no online registration except by direct email to the Job Coach. Thank you.

**E-READER HELP @ RANCHO CORDOVA LIBRARY (RECURRING)**  
Saturday, 10/12 2:00 PM  
Want to learn how to better use your e-reader? Register for 20 minutes of individualized help with your Nook, Kindle, iPad and more. Bring your e-reader and library card. Please register by emailing [ranbranch@saclibrary.org](mailto:ranbranch@saclibrary.org) or call the Library Switchboard at 916-264-2920 and ask to be transferred to the Rancho Cordova Branch for registration. Only three patrons can be helped in that one hour.

**RANCHO CORDOVA MYSTERY LOVERS BOOK CLUB (RECURRING)**  
Tuesday, 10/15 3:00 PM  
Whodunit? Find out when you join other mystery book lovers for discussion of the current club read and other favorites, the third Tuesday every month, 3-4 pm. Also enjoy the occasional mystery author visit or movie. This

book club is not for the faint of heart! Oct. 15 book: Treason at Lisson Grove by Anne Perry

**SPANISH CONVERSATION FOR BEGINNING STUDENTS @ RANCHO CORDOVA**  
Tuesday, 10/15 6:00 PM  
Practice your Spanish in a fun way. This event will be facilitated by a Spanish teacher. Please RSVP via the Meetup Group: [www.meetup.com/sis-spanish](http://www.meetup.com/sis-spanish). Class size is limited to 10 people.

**KIDS' CHESS CLUB @ RANCHO CORDOVA LIBRARY (RECURRING)**  
Wednesday, 10/16, 4:00 PM  
Come play chess! Play, watch, and learn, for all skill levels.  
**THIRD WEDNESDAY EVERY MONTH**, April through December 2013, and January 2014.

**RANCHO CORDOVA THIRD THURSDAYS WRITING GROUP AND LITERARY READINGS (RECURRING)**  
Thursday, 10/17 6:00 PM  
Rancho Cordova Library Adult WRITING GROUP and LITERARY READINGS - If you are just starting to write, want feedback on your writing, or need a helpful push to write more, this group is for you! We will provide gentle advice in a supportive environment. We will critique writing and occasionally sponsor LITERARY READINGS. For critiquing, we ask you to bring something you have written to share with others, to help you improve your writing or just get more confident in your creative abilities! Writers of poetry, short stories or short prose essays are welcome. This group is co-sponsored with the Sacramento Region Community Foundation, the Sacramento Poetry Center and the Rancho Cordova Library Friends Group. Bob Stanley of the Sacramento Poetry Center will be in charge of scheduling the readings.

**BATS: MYTHS & FACTS @ RANCHO CORDOVA**

**LIBRARY**  
Friday, 10/18 4:00 PM  
Corky Quirk of Nor Cal Bats discusses the importance of bats as related to food, insect control, pollination and seed dispersal. The discussion is followed by the viewing of live, native California bats. Program made possible by the Friends of the Rancho Cordova Library.

**NEVERMORE: THE RAVEN HALLOWEEN BANNER @ RANCHO CORDOVA LIBRARY**  
Tuesday, 10/22 4:00 PM  
In this celebration of the spooky season, kids will be introduced to Poe and one of his most famous works, The Raven. After the reading, participants will be invited to create a raven-inspired Halloween banner using paints, fabric, feathers, stencils and more. This event is part of One Book Sacramento: the works of Edgar Allan Poe.

**JOB SEARCHING ONLINE: FREE CLASS @ RANCHO CORDOVA LIBRARY (RECURRING)**  
Friday, 10/25 10:00 AM  
This free Oasis class will help you look for a new or part-time job. In today's world, the Internet is an important resource in the search for work. In this class, you will learn to search for jobs online, post your resume and communicate with prospective employers. Before taking this class you will need some basic computer experience. This course is limited to eight adults. You need to register for this free class. You may register online, by calling the library at 916-264-2920, or by signing up at the library service desk. This class is held while the library is closed, so please enter through the Staff Entrance. This is part of the JobNow series.

**LEGO MANIA! (RECURRING)**  
Friday, 10/25 3:30 PM  
Build cool things with LEGOs - racers, space ships, bridges, inventions, whatever you choose. Our LEGOs, your creativity!

**Going Out of Business SALE**  
Oct. 17 - Oct. 21  
10am - 6pm  
**Everything Must GO!**  
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Kevin Kitrell Ross invites you to join us at Unity of Sacramento in Recognition of Domestic Violence Awareness Month for

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Friday, October 18, 2013 at 7:00 pm at Unity of Sacramento

Featuring Season 9 American Idol finalist and recording artist **Michelle Delamor** and The Voice Season 4 finalist Latin Grammy Award-winning **Karina Iglesias** with Unity of Sacramento's **Chakra House Band**

**General Admission Tickets \$25.00**

**VIP Tickets: \$50.00** - Reserved seating, VIP reception and pre-concert meet and greet photo op with the artists.

**VIP Gold Ticket: \$100** - reserved seating, VIP reception, meet and greet photo op with artists and 2 autographed CD's by Karina Iglesias and Michelle Delamor, plus the DVD of the concert.

Portion of the Proceeds to Benefit WEAVE (Women Escaping A Violent Environment) and the Darryl "Cappy" Lewis and Jerry Wood Center for the Cultural and Performing Arts at Unity of Sacramento

Tickets online: at [www.unityofsacramento.com](http://www.unityofsacramento.com) or call the Unity of Sacramento box office and ask for Helen at 916-368-3950.

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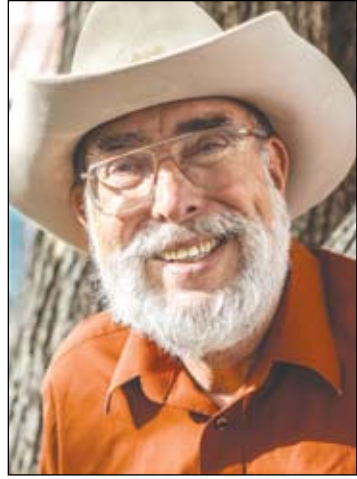
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MPG Grapevine Independent MPG

# Slim Randles' HOME COUNTRY

## Must Be Good To Be Home



to be a massive septic tank, Bud said, "big enough so if I want to put in a hotel, I don't have to worry."

It was a balmy day in May, past coffee time, and the backhoe master was at work. Bud was standing there watching Jim work his digging magic in the backyard, along with half a dozen others, including us. Now and then Jim would just do something to show off his skill. At one point, when Jim's backhoe cut through a buried tree root, there was about a foot-long section of root lying alone at the bottom of the hole.

"Hey," Bud yelled at Jim, good-naturedly, "firewood!"

Jim grinned and reached his long steel arm down into the hole, gently picking up just the one piece of wood, lifting it out of the hole, and delivering it to Bud's outstretched hand as

though it were the crown jewels.

As we watched, Jim lifted the massive concrete vault of the septic tank and placed it gently in the hole. Then his helper hooked a chain to the septic tank lid and Jim lifted this into the air and swung it over the hole. But instead of lowering it, Jim stopped the machine in mid stride and hollered at the new septic tank owner.

"Hey Bud!" he yelled, "Got any bodies you want to hide?"

The perfect place for a murder victim. Agatha Christie didn't even come up with that one.

You have to admire professionalism wherever you may find it.★

*Preview the Home Country Minute television spot at <http://youtu.be/yWS09PpG3Cc>. Then share your local station email [shaunriley1961@hotmail.com](mailto:shaunriley1961@hotmail.com) for details.*

When Jim Kennedy uses his big backhoe, a crowd usually gathers. He's an artist, you see.

He runs his massive-toothed monster gouging holes in the backyards of his neighbors, putting in their pipes and even the occasional swimming pool, and does it with the grace of a surgeon.

At Bud McFarland's place the other day, he was there to install Bud's new septic tank. This was

## Beyond the Controversy

*Continued from page 1*

mind, substitute it with the second thought. Continue through the list until you have positive, empowering thoughts for each negative, anxious one.

• **Release painful feelings and then let them go:** Writing down painful thoughts and feelings through journaling is an excellent way of exorcising them. Some people find rereading what they've written can be helpful, but others hesitate to use this tool for fear someone will find it and read their private thoughts. For those people, Barr suggests an extra measure of release: Shred the pages while focusing on "letting go" of those feelings.

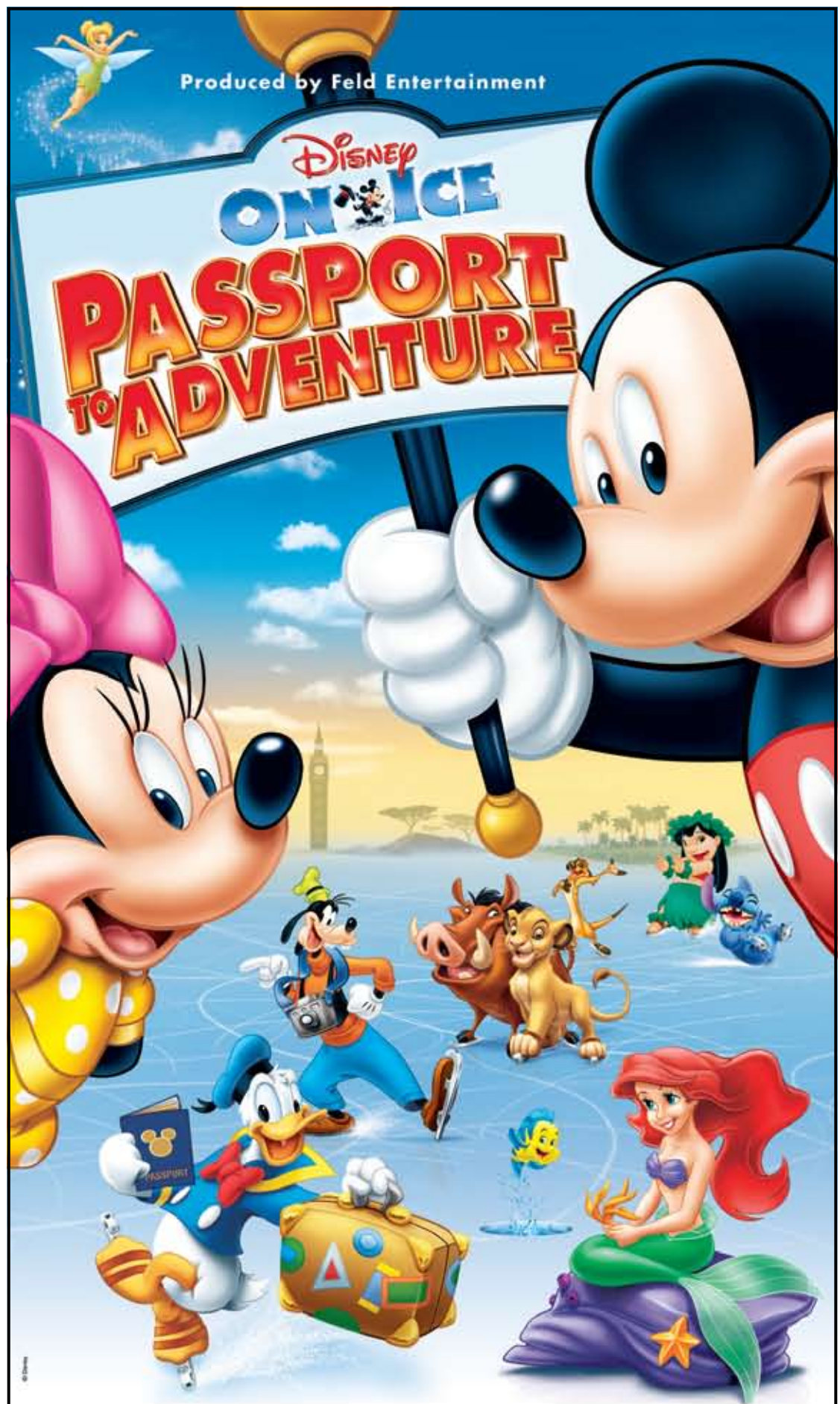
• Give your mind respite by escaping through music and

meditation: Music is a tonic for many things: It can help us relax, lift our spirits, provide an escape from anxious thoughts and the here and now. Always have favorite CDs easily accessible so you can escape with music whenever you need to. Meditation CDs are available to help you learn how to meditate and to provide guided imagery for meditation, which is scientifically proven to trigger soothing chemical changes in the brain. Try "Meditation for Beginners" by Jack Kornfield or "Guided Mindfulness Meditation" by Jon Kabat-Zin. Finally, sleep is an absolute must for both physical and emotional health. If you're having trouble sleeping, there are CDs and downloads to help! Try "Sleep Through Insomnia" by KRS Edstrom.

"Having an actual box, with three-dimensional items, gives patients something tangible to use during a confusing time," Dr. Barr says. ★

*Niki Barr, Ph.D. founded a pioneering psychotherapy practice dedicated to working with cancer patients in all stages of the disease, along with their family members, caregivers and friends. In her book, she describes an "emotional wellness toolbox" patients can put together with effective and simple strategies, ready to use at any time, for helping them move forward through cancer. Dr. Barr is a dynamic and popular speaker, sharing her insights with cancer patients and clinicians across the nation.*

Source: [www.newsandexperts.com](http://www.newsandexperts.com)



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## OCT. 9 - 13

**SLEEP TRAIN ARENA**

OCT. 9 ★ 7:00 PM	Thu. OCT. 10	Fri. OCT. 11	Sat. OCT. 12	Sun. OCT. 13
<b>OPENING NIGHT TICKETS JUST \$11!*</b>	7:00 PM	7:00 PM	11:30 AM 3:30 PM 7:30 PM	12 NOON 4:00 PM

\*Excludes Front Row and VIP seats. No double discounts. Additional fees may apply.

Buy tickets at [disneyonice.com](http://disneyonice.com), [ticketmaster](http://ticketmaster.com)® Retail Locations, Sleep Train Arena Box Office or call **1-800-745-3000**

Regular Ticket Prices: \$17 • \$23 • \$40 VIP • \$65 Front Row  
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Yoo Ri Clark, Soprano      Amy Stevens, Mezzo  
 Matt Hidalgo, Tenor      John Martin, Bass

Dr. Ryan Enright, Organist  
 SCSO Chamber Orchestra

Saturday, October 26, 2013 at 8:00 PM

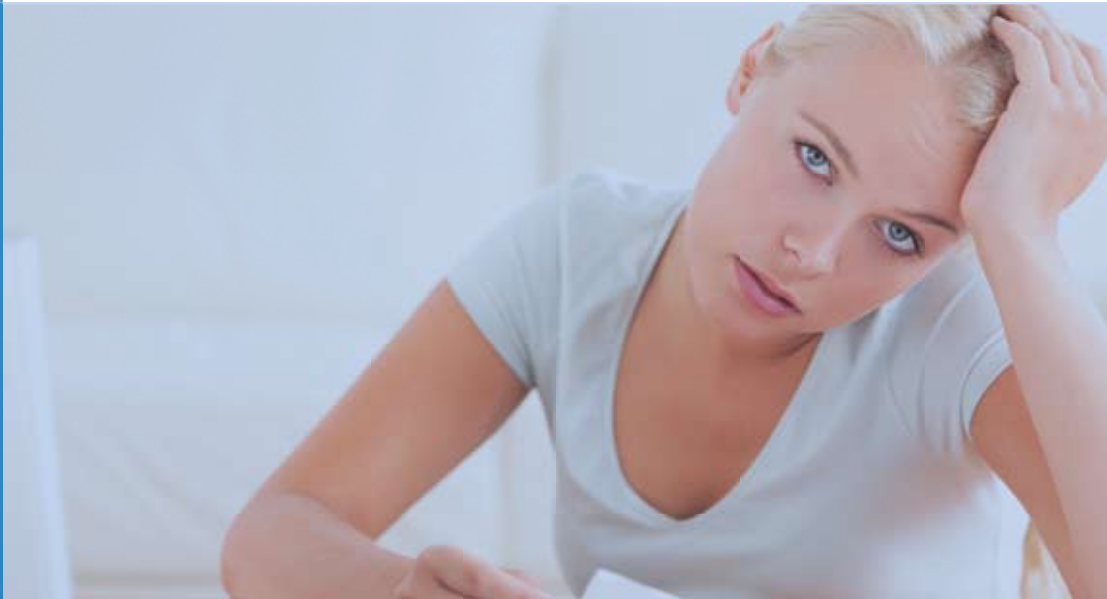
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- WEDNESDAY** **Mather VA Hospital Farmers Market**  
 10535 Hospital Way, Mather  
 Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)
- SUNDAY** **Carmichael Park Farmers Market**  
 5750 Grant Avenue, Carmichael (Corner of Grant & 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  
 Every Saturday from 8 am to 1 pm - all year round



BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Chef Demonstrations, Quarterly Crafting Events and Health Fairs along with special events and activities.

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