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Grapevine Independent

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PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY SINCE 1968

MAY 3, 2019

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Superhero Appearance

Everyone has a Superhero Inside Them



Blockbuster hit superheroes Wonder Woman and Groot from the Avengers made an appearance with spectators during the Kids Day at the Park event at Hagan Park in Rancho Cordova. (See more Superheros on the back page.) Photos courtesy of Rick Sloan

Patrick Larenas

RANCHO CORDOVA, CA (MPG) - You probably noticed that in the last few years at the movies, Marvel and DC Comics seem to be getting a little carried away experimenting with what we may call a Superhero Renaissance in film. Well, citizen of Rancho Cordova, what kind of consequences do you believe this will have for the rest of us?

Set in an outdoor arena our Cordova Council leaders, with police standing by, summoned those experimenting with the forces of good and evil, light and darkness to come forth and reveal their identities to the populace.

And on Saturday, April 27th those who made an appearance locked eyes with spectators to reveal their superhuman forces, and the epicenter was Hagan Park.

You know that this planet and its inhabitants seem to be ever more threatened in a rapidly changing, and very disturbing world. But you will also be relieved to know that our values of fighting crime, protecting the vulnerable, and undertaking the responsibility to save humanity are all safe in our children's hearts and imaginations.

One day, the children who attended the 10th Annual Kids Day in the Park will grow up to be entrusted to take on the menacing

challenges the world of the 21st century delivers. ★

Capital Region Celebrates Small Business Week

By Andrea Sandoval, Sacramento County

SACRAMENTO, CA (MPG) - According to the U.S. Small Business Association, more than half of Americans either own or work for a small business, and they create about two out of every three new jobs in the U.S. To recognize the entrepreneurs and small businesses in the region, Sacramento County is celebrating Capital Region Small Business Week from May 5 through May 11, 2019.

Small businesses play a vital role in stimulating economic growth and creating jobs, which is why Sacramento County offers several incentives to help these businesses meet their start-up or expansion goals. The Capital Region Small Business Week will feature a series of seven events throughout the

week including:

Monday, May 6, 2019
Capital Region Small Business Week Multi-Chamber Mixer - Hosted by COWO, network with other small businesses in the Capital Region!

Event Details: 5:00 - 8:00 p.m. at the COWO Campus, 1507 21st Street, Suite 200, Sacramento CA 95811. Participating chambers that pay \$100 fee, tickets are free and all others, including non-chamber members, admission is \$20. Appetizers and a drink ticket included in admission!

Tuesday, May 7, 2019
BizX: "Leading Like a Boss" - Hosted by Sacramento County, BERC, the City of Sacramento, CSUS and Uptown Studios, join entrepreneurs, small businesses, and industry leaders for

storytelling designed to energize, motivate, and give you practical tips to lead business growth, talent development, and competitive advantage.

Event Details: The program will go from 3:00 - 7:00 p.m. at Golden 1 Center. Tickets are \$10.

Wednesday, May 8, 2019
Capital Connection - Hosted by the Capital Region SBDC, learn how to bridge that gap, and get your small business the capital you need. Come hear from and meet with banks, credit unions and other lending institutions.

Event Details: 9:00 a.m. - 2:30 p.m. at the West Sacramento City Hall Galleria, free admission.

Thursday, May 9, 2019
Small Business Awards Lunch - The Sacramento Business Journal and U.S. Small Business Administration are hosting the annual Small Business

Awards to celebrate the small businesses that drive our economy.

Event Details: 11:00 a.m. - 1:30 p.m. at the Double Tree Hotel 2001 Point W Way, Sacramento, CA 95815. Admission is \$60.

May Marketplace - Hosted by the California Capital FDC, this annual event focuses on supporting small businesses within the Capitol Region! Shop with 70 small businesses and learn about the latest products and services local vendors have to offer.

Event Details: 5:30 - 8:30 p.m. at the Scottish Rite Masonic Center, free admission.

Friday, May 10, 2019
Small Business Start-Up-Guide: Things to Consider When Starting a Business - The City of Elk Grove is ready to

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Dust off Those Pedals, May is Bike Month

By Sarah Gallivan, SACOG

SACRAMENTO, CA (MPG) - May is here - and with it, the Sacramento Region's 15th annual May is Bike Month campaign. Take advantage of the beautiful spring weather and longer days, and join friends, neighbors, and co-workers in their commitment to bicycling to work, school, errands, or for recreation or training this May.

Cycling to work instead of driving not only reduces traffic congestion; it also reduces air pollution, which is better for the environment. There are also many personal health benefits, so dust off the pedals because the May is Bike Month challenge is back!

Participants can start a challenge at work, school or among friends. Cyclists that register and log miles are eligible for weekly prizes including May is Bike Month shirts, socks and more. Register today at mayisbike-month.com.

In addition to registering for the challenge, be sure to check out bike events held throughout the Sacramento Region during May:

May 1 - "May is Bike Month Kick-off Celebration" hosted by the Sacramento Area Council of Governments (SACOG), this event marks the official start to May is Bike Month. It will feature music, free yoga classes from Yoga Moves Us, food and raffle prizes for those who sign up to take the May is Bike Month pledge.

May 9 - Join fellow cyclists for Capitol Bike Fest on the West Lawn at the State Capitol. In addition to prizes and music, the Sacramento Bike Fest will feature vendors such as local bike shops and clubs, nonprofit fundraiser bike rides, commuter information and more!

May 16 - Sacramento Region Bike to Work Day. Biking to work is easy with trails and bike-friendly lanes all over the region. Find an event in your area and join in on the fun! For a full calendar of events in the Sacramento Region, check out the May is Bike Month Calendar.

April 1-May 31 - SACOG will be out in the community attending events, encouraging cyclists to sign up for the challenge, and promoting May is Bike Month. For the latest news, event dates, locations and times visit the event page.

The May is Bike Month challenge is full of fun, fitness, prizes and a chance to help the environment and cut back on roadway congestion. Talk to family, friends and co-workers about how to reduce vehicle usage and take full advantage of bike month! ★

www.RanchoCordovaIndependent.com

"I think it's just a great experience for the kids to give back to the younger kids.... It shows the importance of the leadership aspect of being a student athlete," said Dolliver. "It's good to bring them out here, and I think it's going to make them better football players themselves." ★



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The Revival of the Miss Rancho Cordova Pageant



The girls who are crowned as queens will act as ambassadors for the Rancho Cordova. Photo courtesy Lucinda Witte

By Shaunna Boyd

RANCHO CORDOVA, CA (MPG) - Lucinda Witte got involved in pageants at 15 years old and has maintained a passion for them throughout her life. She has been crowned Mrs. Rancho Cordova, Mrs. Greater Sacramento, Mrs. Sacramento, Miss Citrus Heights, Miss Metro, Miss California Talent, and Mrs. Roseville-City. She loves the gowns, the sparkly crowns, and — most of all — the wonderful and inspiring women. Witte’s love of pageants has inspired her to bring back the Miss Rancho Cordova Pageant for a new generation of girls.

The last Miss Rancho Cordova Pageant was held in 2005. The pageant was originally run by the City of Rancho Cordova in the late 1970s and was later directed by Mary Purvis, who passed away in 2014.

As a long-time resident of Rancho Cordova, Witte has always been very involved in the local community, and she loves finding ways to get more people involved. With her extensive pageant experience, Witte is excited to take on the challenge of reviving the Miss Rancho Cordova Pageant.

Witte described many pageant directors as cold and singularly focused on the business at hand. She contrasted that to her experience participating in pageants with Purvis: “Mary wasn’t all business. Mary was different. She had so much warmth. ... She could sense who needed the extra hugs. ... She was a mother figure, mentor, and friend. ...

That’s why people today still talk about her with a smile.”

“She made an impression on me,” said Witte. “I carry that with me.” To honor Purvis’ legacy, Witte plans to manage the pageant with the same warmth and care for her girls.

Rancho Cordova is a very diverse community, and Witte said that all girls over the age of 13 are welcome in the pageant. Unlike the Miss California Pageant, which has a citizenship requirement, the Miss Rancho Cordova Pageant is open to everyone. “I believe everyone should be able to participate,” said Witte. Witte is also willing to waive the \$50 application fee if interested applicants have financial hardships.

The Miss Rancho Cordova Pageant is a non-profit organization. Witte is currently funding the pageant herself, but she hopes to secure sponsorships to help cover the operating costs once the pageant is established as a community asset.

The pageant will crown the top-scoring girls as Miss Rancho Cordova, Miss Gold River, Miss Anatolia, and Miss Mather. The titles are all equivalent and will be assigned based on a preference ranking system. The girls will rank their title choices on their initial applications, with the highest scoring girl getting her first choice of title.

The scores will be calculated based on four equal categories: swimwear, to show the girls’ commitment to physical fitness; evening wear, to highlight their grace and poise; fun wear, to show their personality; and interviews,

to demonstrate their intelligence and eloquence.

An all-female panel will judge the competition and determine the final scores.

The girls who are crowned as queens will act as ambassadors for the Rancho Cordova, Gold River, Mather, and Anatolia communities. Witte said she wants the queens “to be an active presence” and serve as role models and mentors to younger children in the area. Their role as ambassadors will increase their self-confidence and help them become leaders in the community.

The associated community service work will enable the young women to interact with many different people and take on new responsibilities, which will provide various opportunities to further their personal and professional goals.

Witte said that participating in pageants “brought brightness” into her life. She hopes to bring that same illumination into the lives of local girls. For Witte, the measure of success is if the girls “flourish in all ways in their lives.” She doesn’t expect them all to go on to become Miss America; she wants them to serve the community, take advantage of networking opportunities, and become the women they want to be.

The Miss Rancho Cordova Pageant is scheduled for Saturday, June 29 at the Rancho Cordova City Hall. Applications are due by May 25. To apply or get more information, email MissRanchoCordova@yahoo.com or visit MissRanchoCordova.com★

Rancho Cordova Police Lieutenant Honored by Sacramento State University

By Ashley Downton,
Rancho Cordova Police
Department

RANCHO CORDOVA, CA (MPG) - On April 13, Rancho Cordova Police Department (RCPD) Lieutenant Rob Patton was honored as a Distinguished Alumni at the Sacramento State University Division of Criminal Justice’s 50th Anniversary Gala.

The gala theme was “50 Years of Justice Education Leadership” and honored nine distinguished alumni who have graduated from Sacramento State University with degrees in Criminal Justice. Lieutenant Patton was selected as an honoree for creating the Sheriff’s Leadership Program (SLP) at the Sacramento County Sheriff’s Department.

Lieutenant Patton has been with the Sheriff’s Department for 20 years and worked in a variety of assignments. He joined RCPD one year ago as the Day Shift Watch Commander supporting patrol officers in their role responding to 911 calls, critical incidents and traffic accidents.

While he was working for the Sheriff’s Department, Lieutenant Patton decided to pursue a Master’s Degree in Organizational Leadership from National University and graduated in 2014.

“I realized at that time that my passion and purpose in life was leadership,” said Lieutenant Patton. “Once I started to look within at what I was good at in my career, I realized a lot of things that I was doing weren’t working,



Rancho Cordova Police Department (RCPD) Lieutenant Rob Patton was honored as a Distinguished Alumni at the Sacramento State University. Photo courtesy City of Rancho Cordova

and I needed to create change from within.”

Once he graduated with his Master’s Degree, Lieutenant Patton created SLP, which is open to his colleagues at the Sheriff’s Department. The goal of the program is to help his colleagues learn, lead and grow as people and employees so they are prepared for leadership opportunities in their current roles, specialized assignments and supervisory positions.

SLP is a three-month program that includes two days each month of facilitated instruction and group dialogue, which covers a variety of leadership methods, styles and concepts. Twenty-five employees are selected to participate in each program, and SLP is now in its sixth class.

In addition to teaching in SLP, Lieutenant Patton travels throughout

California with the California Peace Officers’ Association teaching eight hour courses on Transformational Leadership at other law enforcement agencies.

Lieutenant Patton was humbled to have been honored by Sacramento State University for his leadership roles at the Sheriff’s Department and RCPD.

“It’s humbling to have been honored because I have struggled my whole life until I joined law enforcement,” said Lieutenant Patton. “Leadership is not about you, it’s all about you. It’s about how you affect change in yourself before affecting change in people and teams. In other words, be willing to look within in order to have the impact you want on others.”

Please join RCPD in congratulating Lieutenant Patton for this honor! ★

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By Bob McGarvey

Most of this article is about what is going on in Rancho Cordova during the last three days of April and the first three days of May. I am thinking of how fast the year is going by, and our grandkids wish it was going faster so school would be finished and summer would arrive. I am sure sometime in the past, I was thinking the same thing. But that was then, and this is now. And for me, the time is going fast enough.

I am working on this article the Friday and Monday before it will be published because there are so many things happening this coming week that I know I'd better get with it. On Saturday, April 27, 13 families throughout three neighborhoods in Rancho Cordova received home and landscaping improvements during National Rebuilding Month – all at no cost to the homeowners. The joint efforts of the City of Rancho Cordova and Rebuilding Together Sacramento improves the quality of life for residents who can't do everything that needs to be done financially or physically. It is the fifth year this program has happened in Rancho Cordova, and it wouldn't be possible without the 400 volunteers who offer their knowledge and skills to help residents who need their assistance.

On that same day, Kids Day in the Park took place from 11 AM to 3 PM, and we celebrated the 30th Anniversary of the event. The event actually began

The Mayor's Corner

What's Going on in Rancho Cordova?

in White Rock Park, but expanded to the point they had to move it to Hagan Park where there is enough room for the 5,000 to 6,000 people who come to the event every year. The price is free for admission and activities. That's the best price around. There are free rides, crafts and games, as well as free vision, hearing and dental checks. Plus, the Rancho Cordova Police Activities League's Bike Rodeo is always popular and gives away 100 free bikes to kids. This year, Amy Hiramoto, who has been at the event every year since it began, said there were more people at Kids Day in the Park than ever before. It is a wonderful event that gives so much to families and individuals.

The next thing on the calendar will be the Sacramento Area Reading Association's Writer's Showcase at Rancho Cordova City Hall on Wednesday, May 1. Participating student authors and their families, teachers and principals are invited to the Writer's Showcase. In addition to receiving the prestigious Writer's Showcase Award, participants will meet a local author who will sign their own book.

The Cap-to-Cap trip to Washington D.C. will take place from May 4-8. As our 2019 Cap-to-Cap Chair Mac Clemmens said, "Our theme this year is collaboration. We aim to continue to leverage that collaboration to achieve great things for our capital region." The successes of Cap-to-Cap over the years have shown that the investment in the hundreds of elected officials, staff and those who represent many other organizations who go on the trip have a return for that

investment in our city and our region.

Something that many, many people are looking forward to is the 2019 Amgen Tour of California from May 12-18. It is quite an honor to host the Men's Stage 2 Start here in Rancho Cordova on Monday, May 13. There has been a change in the Men's Stage 2 race start time. The original start time was going to be at 10:05 AM, but now the start time is going to be at 9:30 AM. Timing is subject to change, so check CityofRanchoCordova.org/Amgen leading up to the race for time changes. We have been notified by the U.S. Forest Service that due to the well above normal snowfall in the Sierra Nevada this year, they will not be able to open Mormon Emigrant Trail in time for the Men's Stage 2 Race. As a result, the race route and thus the race start time had to be modified. I believe there will be quite a few people here at City Hall in the morning, and there will be many people along the side of the road who want to see the racers go by on their way to South Lake Tahoe.

There is also a 2019 Amgen Tour of California Women's Race from May 16-18. Stage 1 is in Ventura on May 16, Stage 2 begins in Ontario and ends in Mt. Baldy on May 17, and Stage 3 begins in Santa Clarita and ends in Pasadena on May 18. We are more involved in the men's race here in Rancho Cordova, but I thought there are many people who would also be interested in the women's race. Visit www.AmgenTourofCalifornia.com to find out more.

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

Experience the Amgen Tour in Rancho Cordova



The Rancho Cordova Travel and Tourism staff say "Show Us Your Blue & Gold!" Photo courtesy City of Rancho Cordova

By Ashley Downton

RANCHO CORDOVA, CA (MPG) - The Men's Stage 2 Start of the 2019 Amgen Tour of California is coming to the City of Rancho Cordova on Monday, May 13! This is the first time Rancho Cordova has been selected as an Amgen Tour of California Host City. This race will bring an international team of elite cyclists to our city for a Tour de France-style race, and we invite all residents and businesses to get involved.

The Men's Stage 2 Start will kick off on Prospect Park Drive in front of our iconic Rancho Cordova City Hall with a festival at 8 am and the race at 9:30 am. Heading east from the start, the route will follow White Rock Road through the City of Rancho Cordova, ending 133.3 miles later in South Lake Tahoe.

Experience the excitement of the Amgen Tour of California by joining the City and Rancho Cordova Travel & Tourism for the Men's Stage 2 Start. Here are five ways you can participate and welcome the event to Rancho Cordova:

Show Us Your Blue & Gold! Let's "paint the town" in blue and gold—two of the official race colors—to show our Rancho Cordova race spirit! Show Us Your Blue & Gold by taking photos and posting them on social media with the hashtag #BlueGold4AmgenTOC.

Need Blue & Gold Ideas? We've got you covered! Go to CityofRanchoCordova.org/Amgen for cool downloadable blue and gold signs, pinwheel templates, and

other creative blue and gold ideas.

Cheer on the Riders when the race begins at 9:30 am. Come on out to the Men's Stage 2 Start in front of Rancho Cordova City Hall, or find a viewing spot along White Rock Road between Prospect Park Drive and our eastern City limit. *Note: The race start time has been changed to 9:30 AM. Check CityofRanchoCordova.org/Amgen leading up to the race for any additional time changes.*

Join us at the FREE Festival starting at 8 am in front of Rancho Cordova City Hall to see the riders and experience the excitement. Stop by the City booth for some free blue and gold cheering items, while supplies last.

Host a Viewing Party at home or at work. Stream the race when it goes live Monday afternoon, May 13. Make it a party by serving food and drinks, playing games, decorating with blue and gold colors, or whatever fun idea you come up with.

The City has mailed a race guide to every home in Rancho Cordova to help residents get ready for the festivities on Monday, May 13. The race guide includes background on the race, fun facts, road closures and a map of the race, so keep an eye on your mailbox. The race guide and additional information are also available by visiting CityofRanchoCordova.org/Amgen.

If you have any questions, contact the City at 916-851-8700 or communications@cityofranchocordova.org. ★

Capital Region Celebrates Small Business Week

Continued from page 1

help those looking to start a business. Come learn about business fundamentals from a panel of experts. Topics addresses include: creating a business plan, business organization structure, taxes, permits and business licensing and hiring employees.

Event Details: 9:30 – 12:00 p.m. at the Laguna Town Hall, free admission.

Mark Tank Pitch Event

- HaneyBiz is hosting Friday's final event in conjunction with Placer Business Resource Center and Hackerlab. Join us for high energy networking, happy hour with plenty of food and drinks, and the opportunity to watch four startups pitch to Mark Haney, his investment team, and select angel investors at our first "Mark Tank" pitch event. Event Details: 10:00 a.m. – 12:00 p.m.

workshop at Placer Business Resource Center, 2:00 p.m. – 4:00 p.m. mentor sessions at HackerLab, Rocklin and 6:00 p.m. happy hour, networking and Mark Tank pitch event at HaneyBiz, free admission.

To learn more about the programs and resources available to entrepreneurs and small businesses in Sacramento County, visit the Office of Economic and Development's website. ★

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Sorry, Democrats, Your Stars Are Socialists

There was Bernie Sanders at a Fox News Channel town hall, not giving an inch in a forum every Democratic presidential candidate has shunned.

His reward was a cataract of good reviews, and monster ratings. Sanders had a solid hour to try to reach people not favorably inclined to his worldview, at the very least demonstrating that he’s willing to show up outside his political silo.

Why hadn’t any of the other Democrats done it before? Because they lacked the verve and ideological self-confidence of Sanders, as well as the independent streak to buck the Democratic Party’s attempt to hold the line against Fox. As a message candidate, Sanders is willing to take his anywhere.

Speaker Nancy Pelosi, miraculously transformed into a relatively moderate Democratic elder stateswoman, has been pushing back against the notion

that she leads a socialist party defined by a few radicals in the House.

On “60 Minutes,” she staltwarily declared: “I do reject socialism as a economic system. If people have that view, that’s their view. That is not the view of the Democratic Party.” She dismissed the left wing in her caucus as “like, five people.”

In sheer numbers this is true, but it’s the wrong way to count.

The fact is that the most compelling stars of the party are self-declared socialists with a knack for generating controversy and media attention, and with committed mass followings. Pelosi might wish it weren’t true, but poll numbers, fundraising and follower counts don’t lie.

Sanders is reliably second -- sometimes first -- in national and state presidential polling. He’s outraised everyone else in the field and, with his massive small-donor base, probably can continue to do so for the duration. More than anyone else, he has defined the Democratic Party’s current agenda.

It’ll be much harder to maintain that the Democratic Party isn’t socialist if it nominates one as its presidential candidate, which everyone paying attention realizes is a real possibility.

If this happens, it won’t be the work of conservatives hoping to negatively brand the Democrats, but of the party’s faithful. The same

goes for the prominence of Alexandria Ocasio-Cortez. She has been on the cover of Time magazine, Rolling Stone (with Nancy Pelosi), Hollywood Reporter and Bloomberg Businessweek. Annie Leibovitz photographed her for Vogue. She’s been interviewed by “60 Minutes.”

She was among the top 10 House Democrats in fundraising the first quarter, and had the highest percentage of small donors (her ally, Ilhan Omar, also excelled).

It’s obviously vexing to Pelosi to see a House majority built by the careful avoidance of ideological extravagance and won in marginal districts hijacked, at least in terms of public attention, by a few freshmen and a 77-year-old Vermont socialist.

Yes, there are vast numbers of Democrats out there who aren’t on Twitter or Instagram. Maybe there are enough of them to nominate Joe Biden, or a Pete Buttigieg can win on a progressive platform clothed in a moderate demeanor.

But the party’s stars will have something to say about it. The great Zionist Theodor Herzl maintained, “It is the simple and fantastic which leads men.” As Bernie Sanders showed, it’s also willing to go on Fox News.

Rich Lowry is editor of the National Review.

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Effective Life Change Deal with Structural Issues

By Chris Cheney

CARMICHAEL, CA (MPG) - Someone tried to break into her home in the middle of the night. He’d already broken into the neighbor’s. She prayed specifically. The thief left all of the stolen items on a neighbor’s lawn. Find out what specific prayer is and how to do it.

This true experience illustrates how the secure structure of our daily lives often seems interrupted by the unexpected.

“This example can be a bit of a metaphor for our lives,” says practitioner of Christian Science healing and international speaker Janet Hegarty. “Permanent, substantive change in our lives often needs more than a new look, a different job, or even a pill. To find lasting peace and even physical healing, we have to go deeper than just managing surface symptoms.”

Hegarty continues, “Like a building needs a strong foundation, we can find a secure life foundation by discovering the unfailing source of our being. This source is the one, all-good God—not



Janet Hegarty will be the speaker for a free, public talk on “How to Make Change for the Better.”

an unpredictable man in the sky who arbitrarily blesses some and condemns others, but Life and Love itself, the very Principle of everything real and good.”

Hegarty will give a free, public talk exploring this fresh perspective of God titled, “How to make change for the better,” on Thursday, May 9 @ 7 PM; 4949 Kenneth Ave, Carmichael. Her ideas come from the Bible and are practiced in a prayer-based method of healing called Christian Science. Christian Science is fully explained in the book, which Hegarty will reference, Science and Health with Key to the Scriptures,

written by the movement’s founder, Mary Baker Eddy.

Hegarty will also share her own experiences that illustrate effective change, like being cured of an allergy and recovering from a sudden career derailment.

Before becoming a Christian Science practitioner, Janet Hegarty had a career producing original music for theatre and film. Though finding success, she felt an underlying sense of fear for her health and uncertainty about the future. The new concepts about God found in Christian Science moved her to a feeling of fulfillment and security. More than a superficial change in attitude, Hegarty felt the life-changing power of God’s goodness.

Today she helps others find this kind of healing too, and travels from her home base of St. Louis, MO, to talk with audiences as a member of the Christian Science Board of Lectureship.

Janet Hegarty is available for interviews. Contact Chris Cheney at 916-285-5666. ★

Carmichael Cactus & Succulent Society Presents:
Our 43rd Annual Cactus & Succulent Show & Sale
May 18 & 19, 2019

Free Plants to 1st 100 Guests each day

Free Admission

Beautiful Displays of Cacti & Succulents
Carmichael Park Clubhouse
5750 Grant Avenue Carmichael, CA
Saturday 9:00am - 4:00pm
Sunday 9:00am - 2:30pm
**Cash & Checks accepted for purchases*

How to make change for the better
Join speaker Janet Hegarty for a **FREE INSPIRATIONAL TALK** exploring a fresh perspective of God that transforms lives.
Thursday, May 9 at 7pm
at First Church of Christ, Scientist
4949 Kenneth Avenue, Carmichael
Visit website: ChristianScienceChurchCarmichael.com | 916.487.9338

Carmichael Elks Lodge presents
7th Annual Classic CAR & MOTORCYCLE SHOW
(1975 and Older)
8AM - 2PM - MAY 4, 2019

Music & Vendors

Free Admission
Registration \$19.95 - Vendors \$19.95
(Show in our Shady Backyard)

Breakfast and Lunch Available for purchase

Carmichael Elks Lodge #2103
5631 Cypress Ave.
Carmichael, Ca 95608

Interested in joining the Elks? Join us for Cars & Coffee from 8-11am, 2nd Sunday in April. \$1.00 application fee this month only.

Visit our website at www.carmichaelelks2103.org

CAPITAL REGION
—SMALL BUSINESS WEEK—
May 6th- May 11th
Powered by:

Small Business Week Events

May 6
Capital Region Small Business Week Multi-Chamber Mixer
COWO Campus
5:00 pm- 8:00 pm
\$20 Admission
1507 21st Street, Suite 200 (2nd Floor), Sacramento CA 95811 (21st and O Street)

May 7
BizX: “Leading Like A BOSS”
The City of Sacramento, Sacramento County, BERC, CSUS, and Uptown Studios
3:00 p.m. - 5:00 pm
5:00 pm- 7:00 pm After Party
\$10 Admission
Golden 1 Center
500 David J Stern Walk, Sacramento, CA 95814

May 8
Capital Connection
Capital Region Small Business Development Center
9:00 a.m. - 2:30 p.m. (9:00 am Registration)
West Sacramento City Hall Galleria
1110 W Capitol Ave, West Sacramento, CA 95691

May 9
Small Business Awards Lunch
U.S. Small Business Administration, Sacramento District, Sacramento Business Journal
11:00 a.m. - 1:30 p.m.
\$60 registration fee (per person)
Double Tree Hotel
2001 Point W Way, Sacramento, CA 95815

May Marketplace: Small Business Pop-Up Shop
California Capital FDC
5:30 p.m. - 8:30 p.m.
The Scottish Rite Masonic Center
6151 H St, Sacramento, CA 95819

May 10
Small Business Start-Up Forum: Learn about the Fundamentals of Starting a Business
City of Elk Grove
9:30 a.m. Registration & Networking
10:00 a.m. - 12:00 p.m.
Laguna Town Hall
3020 Renwick Ave, Elk Grove, CA 95758

Growing with Confidence
10am - 12pm - “Market Research Hacks for Startups” Workshop at Placer Business Resource Center, Rocklin
2pm - 4pm - “Idea to Prototype” mentor sessions at HackerLab, Rocklin
4pm - 6pm - “Mark Tank” Pitch Event and Networking at HaneyBiz, Rocklin

capitalregionsmallbusinessweek.org
In Partnership with: US Small Business Administration, SMUD, Sacramento Metro Chamber, The City of Sacramento, Sacramento County, Business Environmental Resource Center (BERC), Capital Region , The City of Elk Grove, California Capital Financial Development Corporation, Haney Biz, Sacramento Business Journal, SBDC

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02578 Kevin Gage, 1613 Clinton Road Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "YoungGames916" 1613 Clinton Road Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 20, 2019. Publish: April 12, 19, 26, and May 3, 2019
YOUNG 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03118 Ryan & Ryan Inc, 4670 Central Way Suite D Fairfield, CA 94534 is doing business under the Fictitious Business Name(s) "Trucksntoyz" 3124-3128 Auburn Boulevard Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 3, 2019. Publish: April 12, 19, 26, and May 3, 2019
TRUCK 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02905 JMGJ Group Inc, 10120 Wexley Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "iparis" 10120 Wexley Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County March 28, 2019. Publish: April 12, 19, 26, and May 3, 2019
IPARIS 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02978 Rajeev Bambab and Bonnie Rambab, 7690 Sunset Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Sargam Coffee, Tea and Books" 4719 San Juan Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 2, 2019. Publish: April 12, 19, 26, and May 3, 2019
SARGAM 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02530 Ruben Gutierrez, 6662 Ripledge Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "Express Rooter Plumbing Co." 6662 Ripledge Way Sacramento, CA 95831. Filed with the Clerk of Sacramento County March 19, 2019. Publish: April 12, 19, 26, and May 3, 2019
EXPRESS 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03000 Teresa Ramos Rodriguez, 5359 Scarborough Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Noriega's Auto Sales" 3800 West Pacific Avenue A Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 2, 2019. Publish: April 12, 19, 26, and May 3, 2019
NORIEGA 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02934 Juan Carlos Gonzalez, 10833 Folsom Boulevard #104 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Sparkling Bubbles Mobile Detail" 10833 Folsom Boulevard #104 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County March 29, 2019. Publish: April 12, 19, 26, and May 3, 2019
SPARKLING 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02902 Omar Valencia, 3601 El Dala Lane Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "American Pool Solutions" 3601 El Dala Lane Sacramento, CA 95834. Filed with the Clerk of Sacramento County March 28, 2019. Publish: April 12, 19, 26, and May 3, 2019
AMERICAN 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03004 Getting Hitched Design & Rentals, LLC, 7728 Magnolia Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Magnolia Avenue Events" 7728 Magnolia Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 2, 2019. Publish: April 12, 19, 26, and May 3, 2019
MAGNOLIA 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03006 Lindsey Fischer, 7728 Magnolia Avenue Fair Oaks, CA 95628 and Ramona Arnold, 9080 Money Road Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Crash That Wedding" 7728 Magnolia Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County April 2, 2019. Publish: April 12, 19, 26, and May 3, 2019
CRASH 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02800 Lisa Le, 5216 Whitetail Run Way Court Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bellissima Nail Spa" 2121 Golden Centre Lane #50 Gold River, CA 95670. Filed with the Clerk of Sacramento County March 26, 2019. Publish: April 12, 19, 26, and May 3, 2019
BELLISSIMA 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03013 Ecaterina Fediuc, 6200 Desimone Lane #28A Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Katilda Nails" 6200 Desimone Lane #28A Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County April 2, 2019. Publish: April 12, 19, 26, and May 3, 2019
KATILIDA 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02388 Luzviminda Mack, 4719 Lippi Parkway Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Lourdes Eve Home" 4719 Lippi Parkway Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 14, 2019. Publish: April 12, 19, 26, and May 3, 2019
LOURDES 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02443 Stacy Louise Colletti, 5820 Northgrove Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Norcal Neurotech & Associates" 5820 Northgrove Way Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 15, 2019. Publish: April 12, 19, 26, and May 3, 2019
NORCAL 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02020 WorkFlow Lounge, Inc, 9912 Business Park Drive Suite 170 Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Career Path Development, CPD Group, Rancho Cordova Career Training Center. Filed with the Clerk of Sacramento County March 05, 2019. Publish: April 12, 19, 26, and May 3, 2019
CAREER 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02673 Allied Machining and Engineering, 3212 Gumwood Drive Hyattsville, MO 20783 is doing business under the Fictitious Business Name(s) "Advanced Technologies, Inc, ATI North America" 11281 Prylites Way Suite B Rancho Cordova, CA 95670 March 22, 2019. Publish: April 12, 19, 26, and May 3, 2019
ADVANCED 180201 5-3-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02653 Hanna Zantsevich, 5840 Fairbairn Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "PRF Express" 5840 Fair Bain Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County March 21, 2019. Publish: April 12, 19, 26, and May 3, 2019
PRF 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03292 LaShione Elder, 1590 Pebblestone Way Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Ms. Cutz Barber Salon" 1590 Pebblestone Way Sacramento, CA 95833. Filed with the Clerk of Sacramento County April 11, 2019. Publish: April 12, 19, 26, and May 3, 2019
MS CUTZ 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03153 Jessica J Rogel, 10890 Coloma Road Apt #43 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "El Shop" 2426 Marconi Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 8, 2019. Publish: April 19, 26, May 3, and 10, 2019
EL SHOP 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03055 Tri-Point Corporation, 725 30th Street #102 Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Tri-Point Corporation, Tri-Point Capital, Tri-Point Mortgage, Tri-Point Properties, Tri-Point Realty" 725 30th Street #102 Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 3, 2019. Publish: April 19, 26, May 3, and 10, 2019
TRI 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03020 Stellar Services, Inc, 70 West 36th Street 7th Floor New York, NY 10018 is doing business under the Fictitious Business Name(s) "Stellar Services" 582 Market Street Suite 1218 San Francisco, CA 94104. Filed with the Clerk of Sacramento County April 3, 2019. Publish: April 19, 26, May 3, and 10, 2019
STELLAR 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03147 Casual Elements, Inc, 2419 Mercantile Drive Suite B Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Landscape Elements" 2419 Mercantile Drive Suite B Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 5, 2019. Publish: April 19, 26, May 3, and 10, 2019
LANDSCAPE 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03148 Sheng Ji, D.D.S., M.D., Inc, 7014 Wake Forest Drive Dallas, Texas 75214 is doing business under the Fictitious Business Name(s) "Carmichael Oral & Maxillofacial Surgery" 6600 Madison Avenue Suite 10 Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 5, 2019. Publish: April 19, 26, May 3, and 10, 2019
CARMICHAEL 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02864 Aesthetic Artistry Surgical and Medical Center, LLC, 1841 Iron Point Road Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Kaufman and Davis Plastic Surgery" 1841 Iron Point Road Folsom, CA 95630. Filed with the Clerk of Sacramento County March 27, 2019. Publish: April 19, 26, May 3, and 10, 2019
KAUFMAN 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02750 Kalen Snyder, 1140 Castec Drive Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Elite Coffee" 1140 Castec Drive Sacramento, CA 95864. Filed with the Clerk of Sacramento County March 25, 2019. Publish: April 19, 26, May 3, and 10, 2019
ELITE 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03262 Jaime P Manzo Bermejo, 2978 Wright Street Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Jaime Manzo Transportation" 2978 Wright Street Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 11, 2019. Publish: April 19, 26, May 3, and 10, 2019
JAIME 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03110 Michael R Aurelio, 7361 Verdugo Way Sacramento, CA 95842 and Michael Saldana, 7635 Eastgate Avenue Citrus Heights, CA 95610 are doing business under the Fictitious Business Name(s) "Cut and Maintain Landscaping" 7361 Verdugo Way Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 5, 2019. Publish: April 19, 26, May 3, and 10, 2019
CUT 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03108 Ghuman Enterprise, 5019 El Camino Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Ghuman Enterprise D.B.A. Mountain Mikes Pizza" 5019 El Camino Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 5, 2019. Publish: April 19, 26, May 3, and 10, 2019
MOUNTAIN 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03241 Soheli Samiee, 173 Dutchess Way Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Print N Signs" 9336 La Rivera Drive Suite B Sacramento, CA 95826. Filed with the Clerk of Sacramento County April 10, 2019. Publish: April 19, 26, May 3, and 10, 2019
PRINT N SIGN 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02830 Aleksandr Timofey, 6145 Spruce Avenue Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Eurostar" 6145 Spruce Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County March 27, 2019. Publish: April 19, 26, May 3, and 10, 2019
EUROSTAR 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03219 Thomas M. Towne Jr, 4305 Griffith Drive Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Urban Rock Properties" 4305 Griffith Drive Sacramento, CA 95822. Filed with the Clerk of Sacramento County April 9, 2019. Publish: April 19, 26, May 3, and 10, 2019
URBAN 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02363 California Fish Grill Investments LLC, 17310 Red Hill Avenue Suite 330 Irvine, CA 92614 is doing business under the Fictitious Business Name(s) "California Fish Grill" 2100 Arden Way Suite 100 Sacramento, CA 95825. Filed with the Clerk of Sacramento County March 13, 2019. Publish: April 19, 26, May 3, and 10, 2019
CALIFORNIA 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02372 California Fish Grill Investments LLC, 17310 Red Hill Avenue Suite 330 Irvine, CA 92614 is doing business under the Fictitious Business Name(s) "California Fish Grill" 5406 Sunrise Boulevard Suite 1 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County March 13, 2019. Publish: April 19, 26, May 3, and 10, 2019
CALIFORNIA 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03135 William Wolfe Applegate Jr, 4804 Brompton Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "900 Fulton Ave" 4804 Brompton Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 5, 2019. Publish: April 19, 26, May 3, and 10, 2019
900FULTON 180201 5-10-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03546 Q Bay Inc, 8025 Pegasus Street Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Hospital Dr Valley Pharmacy" 7600 Hospital Drive Suite A Sacramento, CA 95823. Filed with the Clerk of Sacramento County April 22, 2019. Publish: April 26, May 3, 10, and 17, 2019
HOSPITAL 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03536 DonGalen Enterprises, INC, 330 Commerce Circle Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Plastic Machining Company" 330 Commerce Circle Sacramento, CA 95815. Filed with the Clerk of Sacramento County April 22, 2019. Publish: April 26, May 3, 10, and 17, 2019
PLASTIC 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03486 Nino DeCarolis, 5107 Tonya Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Weather All Windows" 5107 Tonya Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 18, 2019. Publish: April 26, May 3, 10, and 17, 2019
WEATHER 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03473 Talaat Shahin, 4520 Arden Way Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Quick Tax" 4520 Arden Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County April 18, 2019. Publish: April 26, May 3, 10, and 17, 2019
QUICK 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03198 Grant Spencer, 1716 Orion Way Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "GTLS Designs" 1716 Orion Way Sacramento, CA 95864. Filed with the Clerk of Sacramento County April 9, 2019. Publish: April 26, May 3, 10, and 17, 2019
GTLS 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03468 Jose Carrillo, 4929 Sunshine Lane Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Renaissance Construction" 4929 Sunshine Lane Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 18, 2019. Publish: April 26, May 3, 10, and 17, 2019
RENAISSANCE 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03435 Ignacio Barragan, 2180 Shady Arbor Drive Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Sidewalk Strategies" 2180 Shady Arbor Drive Sacramento, CA 95833. Filed with the Clerk of Sacramento County April 17, 2019. Publish: April 26, May 3, 10, and 17, 2019
SIDEWALK 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03434 Stephen Bryant Walker, 5900 Oak Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Weardkindness" 720 Alhambra Boulevard Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 17, 2019. Publish: April 26, May 3, 10, and 17, 2019
WEARAK 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02962 Luis Ron, 7805 Rockhurst Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Apex Auto Sales" 11405 White Rock Road Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 2, 2019. Publish: April 26, May 3, 10, and 17, 2019
APEX 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03429 Megan Rush, 2527 Sierra Boulevard Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Omegga Media" 2527 Sierra Boulevard Sacramento, CA 95825. Filed with the Clerk of Sacramento County April 17, 2019. Publish: April 26, May 3, 10, and 17, 2019
OMEGGA 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03203 Reine Steel, 5521 Whitfield Way Carmichael, CA 95608 and Maureen Nard, 5390 Bradford Drive Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Positive Dinking" 5521 Whitfield Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 9, 2019. Publish: April 26, May 3, 10, and 17, 2019
POSITIVE 180201 5-17-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03551 JL Elias Corp, 3229 Fitzgerald Road Suite A Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Floor Coverings International Carmichael" 3229 Fitzgerald Road Suite A Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County April 22, 2019. Publish: May 3, 10, 17, and 24, 2019
FLOOR 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03511 Faisal Alfatty, 6542 Matterhorn Drive Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Prime Home Inspection" 6542 Matterhorn Drive Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 19, 2019. Publish: May 3, 10, 17, and 24, 2019
PRIME 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03635 DePiazza Enterprises LLC, 2540 Old Country Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "DePiazza Fiduciary" 2540 Old Country Lane Carmichael, CA 95608. Filed with the Clerk of Sacramento County April 25, 2019. Publish: May 3, 10, 17, and 24, 2019
DEPIAZZA 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03518 Sukhdeep Singh 7243 Pepperwood Knoll Lane #133 Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Flying Swagger" 7243 Pepperwood Knoll Lane #133 Sacramento, CA 95842. Filed with the Clerk of Sacramento County April 19, 2019. Publish: May 3, 10, 17, and 24, 2019
FLYING 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03480 Jewel Patton, 2300 Iron Point Road #812 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Thee Rarest Jewel" 2300 Iron Point Road #812 Folsom, CA 95630. Filed with the Clerk of Sacramento County April 18, 2019. Publish: May 3, 10, 17, and 24, 2019
THEE 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02727 Andrea Poon, 1501 Avilla Drive Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "Cultivate" 1501 Avilla Drive Sacramento, CA 95822. Filed with the Clerk of Sacramento County March 25, 2019. Publish: May 3, 10, 17, and 24, 2019
CULTIVATE 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03599 Allison Woods, 9767 Clemenza Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Glitter and Sprinkles" 9767 Clemenza Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County April 24, 2019. Publish: May 3, 10, 17, and 24, 2019
GLITTER 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03679 Roberto Rodriguez, 10460 El Mercado Drive #37 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Auto Detail Rodriguez" 10460 El Mercado Drive #37 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County April 26, 2019. Publish: May 3, 10, 17, and 24, 2019
AUTO 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03604 Adriana F. Cruz Valencia, 2201 Northview Drive #83 Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "A&A Cleaning Services" 2201 Northview Drive #83 Sacramento, CA 95833. Filed with the Clerk of Sacramento County April 24, 2019. Publish: May 3, 10, 17, and 24, 2019
CLEANING 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03080 Juliana Shimonenko, 5224 Easton Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Pluto Bakery" 5224 Easton Way Antelope, CA 95843. Filed with the Clerk of Sacramento County April 4, 2019. Publish: May 3, 10, 17, and 24, 2019
PLUTO 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03665 Casandra Arjona, 6746 Sandylee Way Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Nana La Kortia" 6746 Sandylee Way Sacramento, CA 95828. Filed with the Clerk of Sacramento County April 25, 2019. Publish: May 3, 10, 17, and 24, 2019
NANA 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03601 Ramez Kadhym, 5635 Palmgate Court Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "California Staffing Technology and Construction" 5635 Palmgate Court Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 24, 2019. Publish: May 3, 10, 17, and 24, 2019
CALIFORNIA 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-02973 Sac Dance Lab LLC, 215 24th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Sac Dance Lab, Sac Dance Co, Sac Dance Academy, Sacramento Dance Company" 215 24th Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County April 2, 2019. Publish: May 3, 10, 17, and 24, 2019
SAC 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03538 Sayed Roohullah Hossaini, 2511 Edison Avenue #62 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Roohullah General Auto Repair" 6807 30th Street #D North Highlands, CA 95660. Filed with the Clerk of Sacramento County April 22, 2019. Publish: May 3, 10, 17, and 24, 2019
ROOHULLAH 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03675 One Man Mow LLC, 2235 Pyramid Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "One Man Mow" 2235 Pyramid Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County April 26, 2019. Publish: May 3, 10, 17, and 24, 2019
ONE 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03603 Jon A. Guerzon and Cameron Canales, 3956 39th Street Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "The Caricature Entertainment" 3956 39th Street Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 24, 2019. Publish: May 3, 10, 17, and 24, 2019
CARICATURE 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03570 SacTownBites LLC, 5861 18th Street Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "Sac Town Bites" 5861 18th Avenue Sacramento, CA 95820. Filed with the Clerk of Sacramento County April 23, 2019. Publish: May 3, 10, 17, and 24, 2019
SACTOWN 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03637 James Henry, 4615 Cyclamen Way Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Twice R More" 4615 Cyclamen Way Sacramento, CA 95841. Filed with the Clerk of Sacramento County April 25, 2019. Publish: May 3, 10, 17, and 24, 2019
TWICE 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03720 Angel Marie Blystone, 2508 Borica Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sacramento Stage Lighting" 2508 Borica Way Sacramento, CA 95822. Filed with the Clerk of Sacramento County April 29, 2019. Publish: May 3, 10, 17, and 24, 2019
SAC 180201 5-24-19

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2019-03620 Roland Becht, 102 Vangelort Court Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Becht Consulting" 5960 South Land Park Drive #396 Sacramento, CA 95822. Filed with the Clerk of Sacramento County April 24, 2019. Publish: May 3, 10, 17, and 24, 2019
BECHT 180201 5-24-19

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2017-05552 The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of "Sac Dance Lab" located at 3501 J Street #UE Sacramento, CA 95816. Brandon Ortiz, 3501 J Street #UE Sacramento, CA 95816. The Fictitious Business Name Statement referred to above was filed on July 11, 2017 in the County of Sacramento. Publish: May 3, 10, 17, and 24, 2019
SAC 170707 5-24-19

ORDER TO SHOW FOR CHANGE OF NAME

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WEEKLY COMICS

Amber Waves

by Dave T. Phipps

Panel 1: "AHH GEEZ, THE SNOW IS MELTING AND IT'S STILL KINDA COOL OUT."
Panel 2: "WE CAN'T EVEN SWIM YET. WHAT ARE WE EVEN SUPPOSED TO DO?"
Panel 3: "MOM, WE CAN'T FIND ANYTHING TO DO."
Panel 4: "UGH, DO YOU WANNA WASH OR DRY?"

Out on a Limb

by Gary Kopervas

Panel 1: "WHEN WE FIRST GOT MARRIED WED FINISH EACH OTHER'S SENTENCES. NOW, WE FINISH EACH OTHER'S SCOTCH AND SODAS."
Panel 2: "URP..."

R.F.D.

by Mike Marland

Panel 1: "YOU'RE TUNED TO WRFD WOODFIELD!"
Panel 2: "TIME NOW FOR OUR NEW MORNIN' FARM REPORT..."
Panel 3: "THE HENDERSON FARM IS DOIN' JUST FINE... THE POOLE FARM IS DOIN' OKAY... THE COOPER FARM'S DOIN' SO-SO... THE JONES FARM IS HANGIN' BY A THREAD..."

CRIM & BEAR IT

by Dave T. Phipps

Panel 1: "Could I just hang around to meet guys going through mid-life crises?"
Panel 2: "My son got his driver's license today."

The Spats

by Jeff Pickering

Panel 1: "I'M SITTING PRETTY."
Panel 2: "GULP!"
Panel 3: "SHE'S STANDING UGLY."

THEY'LL DO IT EVERY TIME

BY AL SCADUTO

Panel 1: "SIGN OF THE TIMES... TWO... IN THE NON-CELLPHONE SECTION, PLEASE..."
Panel 2: "OL' GRANDAD SAYS DRUGSTORES HAVE CHANGED... I NEED SOME ALUM... SPIRITS OF NITRITE AND BALSAM OF MYRRH..."
Panel 3: "SORRY... NEVER HEARD OF THEM..."

Just Like Cats & Dogs

by Dave T. Phipps

Panel 1: "BOB, FOR POKER NIGHT MY WIFE MADE TOFU AND CUCUMBER SANDWICHES. IF YOU'D RATHER GIVE ME YOUR MONEY AND RUN I UNDERSTAND."
Panel 2: "UGH... I'M ALL IN... I'M COMING HOME EARLY AND GOING RIGHT TO BED..."

HOCUS-FOCUS

BY HENRY BOLINOFF

Panel 1: "Find at least six differences in details between panels."
Panel 2: "Find at least six differences in details between panels."

Crossword Puzzle on Page 8

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

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Sudoku Puzzle on Page 8

5	8	1	2	7	9	4	6	3
2	4	6	5	3	1	7	9	8
7	9	3	8	6	4	5	2	1
9	5	8	4	2	7	3	1	6
1	3	7	9	8	6	2	5	4
4	6	2	3	1	5	9	8	7
3	2	9	1	4	8	6	7	5
6	1	5	7	9	3	8	4	2
8	7	4	6	5	2	1	3	9

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TV
GUIDE
MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to Hoda Kotb
for delivering some really great news. *Today* viewers got a much-needed break from all the politics and international tragedies when the NBC morning-show host called in on April 16 to reveal that she'd adopted her second daughter, named Hope. Mother and baby are doing great; fans are still totally verklempt.

Jeers to NCIS: LA
for taking so long to enlist *JAG!* You'd think the *NCIS* franchise, which was spun off from CBS's late military-law drama back in 2003, would have gotten stars David James Elliott and Catherine Bell back in

court sooner than this season's finale.

Jeers to Schitt's Creek Deniers
Honestly, after the *Roses'* uplifting, uproarious season finale — complete with an engagement, community-theater Cabaret and a gorgeous showcase for Emily Hampshire's Stevie — anyone who willingly ignores Pop's perfect comedy doesn't deserve its joy.

Cheers to General Hospital
for a recast that has our temps rising. After losing Michelle Stafford in a soapy, backstage contract battle, ABC's daytime staple enlisted delicious *Guiding Light* alum



ABC's daytime staple enlisted delicious *Guiding Light* alum Cynthia Watros (pictured) to step into Stafford's stilettos as shady Nina Reeves.

Cynthia Watros (pictured) to step into Stafford's stilettos as shady Nina Reeves. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Who's Behind The God Friended Me Account?

Question: In the Season 1 finale of *God Friended Me*, the question of who created the God account was left unanswered. I've convinced myself that the Machine from *Person of Interest* is behind it all and got tired of communicating to people from rapidly disappearing pay phones in NYC. Any thoughts on the subject? — Brian

Matt Roush: I like

how your mind works — and seeing Amy Acker on *Grey's Anatomy* last week brought back such fond memories of *Person of Interest*. But I do think you're headed for only more disappointment if you're watching *God Friended Me* for the answer to the origins of the God account. (And I kind of wish the characters would just drop their obsession as well.) In the overall scheme of things, spiritual

quests are all about pursuing the big questions which tend to lead to more questions. Easy answers aren't the point, and in this case, the account is just one big metaphor anyway, so with this series more than most, I would stress that the journey truly is the destination.

Question: Has *Alone* on History been renewed? I love *Survivor*; but *Alone* is better. — Kitzer

Matt Roush: History did renew *Alone* for a sixth season, with a new location at the edge of the Arctic Circle. A premiere date hasn't been confirmed, but expect it to return in early summer.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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Rotary Funds Training to Prevent Human Trafficking

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Human trafficking is a \$150 billion industry and is the fast-growing criminal activity in the world. California has the highest volume of sex trafficking, and the Sacramento region is a hotbed for trafficking in the United States.

The local Rotary District 5180 has undertaken a large-scale campaign to combat the issue of human trafficking in the Sacramento Region.

Rotary members Brian Gladden and Bob Deering (former District Governor) initiated the project more than three years ago. Through their research, they discovered that education is the key to preventing human trafficking. District 5180 raised more than \$383,000 in grant funding to educate youth and the general public about the risks of human trafficking.

District 5180 partnered with local non-profit 3Strands Global in a public awareness campaign that reached approximately 78 million people.

Deering spoke at a recent Fair Oaks Rotary meeting to explain just how insidious trafficking is in our area and to update local Rotary members about the project's progress.

Deering said that traffickers initially contact most victims online and that approximately 65% of the victims come from broken homes. When a stranger online begins showing them love and attention, the children are extremely vulnerable to becoming a trafficking victim.

Deering explained that one of the reasons Sacramento has such high trafficking rates is due to the prevalence of gang activity. He said that trafficking is "quickly becoming the number one revenue producer for gangs."

While drugs can only be sold once and there are numerous risks in obtaining more to sell, the traffickers view young people as merchandise that can be sold repeatedly.

Because Interstate 5 and Highway 80 both run right through the Sacramento region, traffickers can easily transport victims throughout the state. Deering said that the practice of frequently moving the victims to new locations leaves them in a constant state of confusion because they don't know where they are or how to find help.

Deering said that the project's most important component was getting the 3Strands Global educational trainings into local schools. Deering described AB 1227, the Human Trafficking Prevention Education and Training Act, which was sponsored by 3Strands Global Foundation and signed into law in 2017.

The law requires California public schools to train county leadership, administrators, and educators in how to identify children who have been, or who are at risk of being, exploited — as well as how to proceed when potential victims are identified. The schools must also provide human trafficking prevention education at least once in middle school and once in high school as part of sexual health education.

Due to the passage of AB 1227, Deering thought it would be easy to get the 3Strands curriculum into local schools, especially since District 5180 would be paying for it with grant funds. But Deering soon found that navigating the politics of the local school boards was no easy feat.

At many of the schools, Deering said it took months for the local curriculum committees to review and approve

the 3Strands training curriculum. He explained that some individuals at the schools didn't appreciate outsiders coming in and suggesting curriculum improvements and that those individuals believed the schools already knew how to handle the problem.

Deering said they also dealt with one angry parent who mistakenly got the impression that the training targeted students of color. Her frequent complaints that the training was racist made that particular school board initially hesitant to accept the trainings.

But Deering knew just how crucial it was to bring these trainings to the students, especially because the average age of trafficking victims is 12 – 14 years old. So they kept pushing, and now they have educated over 25,000 students and more than 650 teachers.

The trainings are already having a significant impact. Deering said that at each training, at least a few students approach the trainers afterward to say they now recognize they were being groomed for trafficking — or that they are already being trafficked and want help getting out.

Students surveyed after the trainings say that they can define human trafficking, they understand how traffickers recruit victims, they know how to contact the human trafficking hotline, and they know how to protect themselves and others from trafficking.

Deering expressed his thanks to all the clubs in the District for supporting this project. He estimates that the remaining grant money will be spent by the end of the year, so he asked that local clubs consider using some of their funds to sponsor trainings in their neighborhood schools.

"We want to find ways to keep this going even after the initial funding runs out." ★

STD Awareness: Prevent, Test, Treat

By Andrea Sandoval, Sacramento County

SACRAMENTO, CA (MPG) - Three common STDs – chlamydia, gonorrhea and syphilis – are surging across the United States, according to the Centers for Disease Control and Prevention, and especially hard-hit are those between 15-24 years old, which are estimated to account for half of all new sexually transmitted infections each year.

Sacramento County is no exception. In 2017, there were 5,581 reported cases of chlamydia, 1,174 gonorrhea cases, and 97 syphilis cases reported among this same age group.

"Looking at the issues that can threaten the health and well-being of our children, families and communities, the Sacramento County Public Health Division works to raise awareness of critical health issues and provides the information and tools to help prevent chronic diseases and infectious disease outbreaks," said Sacramento County Public Health Officer Dr. Olivia Kasirye.

The consequences of STDs are especially severe for young people. Chlamydia and gonorrhea often have no symptoms; therefore, many infections go undiagnosed and can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility.

Early detection through testing is key to avoiding these consequences, yet research has shown many young people don't talk with their health providers about sexual health issues at all during annual health visits.

All but eradicated 20 years ago, syphilis is making a comeback. In 2017, California was reported to have the second highest syphilis rates in the U.S. by the Centers for Disease Control and Prevention; And Sacramento County last year saw three times the number of cases than in 2015.

Although syphilis is treatable with antibiotics, for those who aren't treated, the infection can be dormant for years and lead to neurological or cardiovascular complications. Mothers with untreated syphilis can transmit the disease to their unborn babies with dire consequences – including blindness, developmental delays, physical deformities, and death.

Another trend the Department of Health Services has become aware of is the overlap of syphilis and meth use. The divisions of Public Health and Behavioral Health's Alcohol and Drug Services are working together and this issue will be a topic for

the upcoming May 9 Sacramento County Methamphetamine Coalition Meeting.

Sacramento County Director of the Department of Health Services Dr. Peter Beilenson said, "Meth use can increase risky behavior, which increases the odds of contracting sexually transmitted infections. To preserve health and prevent the spread of disease to others, it is important to know your risks, learn how to prevent STDs, get tested for STDs and get treated."

The total reported in Sacramento County for all ages in 2017: 9,803 Chlamydia cases; 3,344 Gonorrhea cases; 454 Syphilis cases (primary/secondary/early latent)

STDs: Prevent, Test, Treat

To prevent the spread of STDs, the Sacramento County Division of Public Health's HIV/STD Prevention Program provides residents with a variety of STD/HIV prevention and education services including: STD/HIV education and prevention information and condom distribution; Chlamydia and gonorrhea screening; HIV antibody testing and risk reduction counseling; Linkage to HIV and STD treatment; Community involvement through the Sacramento Workgroup to Improve Sexual Health and the HIV Health Services Planning Council; Other STD/HIV outreach activities and social marketing campaigns.

In addition, the Sacramento County program funds and promotes other local community organizations and HIV/STD testing sites, provides free home chlamydia/gonorrhea tests for women and promotes local pharmacies that provide non-prescription sale of syringes to reduce the spread of blood-borne diseases.

Getting tested for STDs is one of the most important things a person can do to protect their health, but it's not the only thing. There are several ways to prevent STDs.

The most reliable way is to not have sex, but there are many options if you are sexually active: talk openly with partners and healthcare providers about your sexual health; get testing for STDs including HIV; use latex or polyurethane condoms correctly and each time you have sex; and know the sexual histories of your sexual partners.

If you test positive for an STD get treated right away – and be sure your partner is also treated to lower the risk of getting infected again. And finally, if you are a parent, talk to your kids about STDs and their sexual health.

For more information on STDs, testing and resources, visit the Public Health HIV/STD Prevention Program webpage, or call 916-875-6022. ★



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Today the American Legion provides many services for Veterans on its website and at its almost 14,000 posts around the world.

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RANCHO SPORTS

Lancers Volleyball Looking to Build Upon Season



Ken Brown jumps for the stuff block. Photo by Rick Sloan

Story by James Darnell

RANCHO CORDOVA, CA (MPG) - The Cordova Lancers boys' varsity volleyball team may have only won a single game this spring during their 2019 season, but within the walls of the Cordova High School gym, the improvement within the program is all the talk.

On the scoreboard, the Lancers' lone victory came at Natomas on March 21. But according to Cordova head coach Mark Reuter, many smaller victories were had every day throughout the season as his young team worked on their craft.

"Every season is filled with promise, and this one was filled with many matches that showed the promise of a young team," he said. "Cordova volleyball has continued to improve every year that I've been with the program, and this year was no exception. Having a JV team this year greatly helps with continuity and allowing the varsity program to build on existing skills instead of going from the ground up."

This year's team

featured a graduating class that included outside hitter Gabrienn Acuna, middle blocker Daniel Aniceto, and two team captains in outside hitter Thuan Tat and libero Thomas Drobkov. The leadership on and off the court by the upperclassmen has helped set an example that Reuter hopes the younger players on the team will follow as they continue to develop and help the program improve.

Looking ahead to next season, Reuter is looking forward to a trio of seniors-to-be in Kenny Brown, RJ Stallworth and Jehosopht de Vera, who will be relied upon as cornerstones of next year's team. Junior-to-be Marius Culibaba will also be counted on as an on-court captain.

According to Reuter, the improvement of Brown and Stallworth will be keys to their success going forward.

"Both of them are very athletic and dynamic players, quickly picking up the overall goals and body knowledge required to accomplish those goals," he added. ★

Cordova Track and Field Excel at League Championship Meet

By James Darnell

RANCHO CORDOVA, CA (MPG) - The Cordova Lancers varsity track and field team wrapped up league play in impressive fashion this past Saturday, April 27, as the Greater Sacramento League Championship meet was held at Cordova High School.

Cordova hosted league rivals Florin, Hiram Johnson, Natomas, Valley, and West Campus in the final league meet of the year with the CIF Sac Joaquin Section meets upcoming, and the Lancers surely finished their regular season strong.

On the boys' side, the

team had nine top-three finishes in their 15 respective events, including taking first place in four of the events. In the 800 meters, Mason Trujillo finished atop the standings with a personal record 2:00.28;

In the 4x100 relay, the team of Trujillo, Brandon Gray, Marlon Shulze, and Kijon Allen took first place with a time of 44.42.

In the 4x400 relay, Trujillo, Gray, Allen, and Gavin Sullivan's time of 3:34.44 took home the win. Additionally, Timothy Apole took finished in first place in the shot put, with a personal-best mark of 49-03.

On the girls' side, the

Lady Lancers earned nine first place finishes in their 15 events. Corrie Harrison was a part of four top finishes, with a 12.81 time in the 100 meters, a 26.99 time in the 200 meters, and she was also a part of first place finishes in the 4x100 and 4x400 relays;

In the 4x100, Harrison, Gabriella Maduri, Blessings Norwood, and Emika Love took first with a time of 50.89. In the 4x400, Harrison, Maduri, Love, and Adasia Watkins earned the top spot with a time of 4:20.72;

Trinity Foster's personal-best time of 16.85 was good for first place in the 100m hurdles, and she

would also finish first in the high jump with a mark of 4-08.00;

Faugia Toelee took first, the shot put with a mark of 39-09.50, and Norwood also earned top honors in the triple jump with a distance of 37-01.00.

The strong performance capped off an impressive regular season that earned the girls the Greater Sacramento League Championship, and the boys finished league play in second place. This year, 13 Lancers athletes take home All League honors, and the team will look to continue its strong season in the Section Division V Trials on Wednesday, May 8. ★





Above - The Cordova High Track and Field 4x100 relay team of Mason Trujillo, Brandon Gray, Marlon Shulze, and Kijon Allen took first place in the Greater Sacramento League Championship meet. Right - pictures the 4x100 relay team in action at the meet. Photos by Rick Sloan



Lady Lancers Cordova High Track and Field contestants participate in the Girls High Jump (top photo) and the Girls Long Jump (Left). Photos by Rick Sloan

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