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Grapevine Independent

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DANCE, SMILES
EVERYWHERE**



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On Any Given Night City Addressing Homelessness in Rancho Cordova



If you encounter a homeless individual, contact the City's Homeless Outreach Navigator, David Elliott, at 916-846-3988, who can connect with these individuals and assist them towards housing and other services. Archive photo by John-Michael Kibrick; MPG

By Maria Kniestedt

RANCHO CORDOVA, CA (MPG) - On any given night in Sacramento County, it is estimated that approximately 3,665 people experience homelessness, according to non-profit organization, Sacramento Steps Forward. According to their 2015 Countywide Homeless Count Report, one-half of these people are unsheltered.

Within Rancho Cordova City limits, City staff estimate that there are approximately 200 individuals experiencing homelessness.

"What causes homelessness is typically the very common combination of factors, such as low income levels, evictions,

substance abuse and/or mental illness challenges, and the shortage of affordable housing," said Stefan Heisler, Reinvestment Analyst and the main point of contact for homelessness programs at the City of Rancho Cordova.

The complex problem of homelessness requires complex solutions, and the City is committed to taking a proactive approach to solving homelessness.

First, the City is working to complete Mather Veterans Village, the first facility of its kind in the region to provide permanent supportive homes for homeless and disabled veterans. Currently, Phase I of Mather Veterans Village is home to 50 formerly homeless and disabled veterans and their families. With the 2019

expected completion of Mather Veterans Village Phases II and III, another approximately 100 homeless and disabled veterans will be placed into transitional and permanent housing.

The City is also implementing the Homeless Outreach Team, a team consisting of its police and code enforcement departments, as well as its Homeless Navigator, that is designed to connect the homeless to housing and supportive services provided through regional partners, such as Sacramento County, Sacramento Steps Forward, the Rancho Cordova Homeless Assistance Resource Team (HART), the Sacramento Housing and Redevelopment Agency, and other nonprofit organizations.

"The hiring of a full-time Homeless Outreach Navigator in late 2015 was an important move towards taking a more proactive approach towards solving homelessness in Rancho Cordova," said City Manager Cyrus Abbar. "And the approach is working."

The City's Homeless Outreach Navigator, David Elliott, works directly with homeless individuals to connect them with housing and supportive services. He's already helped place over 50 individuals in permanent housing and has helped dozens more individuals connect to resources, such as temporary housing, income and health care.

At the Monday, October 2nd Council meeting, Heisler

Continued on page 3

SPCA Holding Free Animal Adoption Event

By Dawn Foster, SSPCA

SACRAMENTO, CA (MPG) - Maita Subaru will host a free adoption event for the Sacramento SPCA in partnership with the ASPCA and Subaru Loves Pets Fee-Waived Adoption Program.

In an initiative to connect at least 25 animals in need with loving new families just in time for Fall, the ASPCA and Subaru Loves Pets will sponsor the adoption fees for pets adopted from the Sacramento SPCA during this one-day event. The sponsored fee will cover the pet's spay/neuter, vaccinations, flea prevention, microchip, pet food starter kit and veterinary exam.



The free adoption event will take place at Maita Subaru located at 2912 Auburn Blvd, Sacramento, CA, 95821 from 11am - 4pm on Sunday, October 8.

"Anytime of the year is a perfect time to fall in love with a pet at the Sacramento SPCA," said CEO, Kenn Altine. "But Fall is an especially wonderful time to add a furry friend to your family - it's the perfect time to enjoy a hiking adventure, a stroll in the park or simply cozy up on the couch with your new companion."

The free adoption event will take place at Maita Subaru located at 2912 Auburn Blvd, Sacramento, CA, 95821 from 11am - 4pm on Sunday, October 8. The Sacramento Adoption Center at 6201 Florin-Perkins Road will be closed during this event and all animals available for adoption will be taken to the off-site location. To view adoptable animal photos and descriptions before the event, visit www.sspca.org/adoptable-animals.

The Sacramento SPCA has been providing homeless animals with individual comfort, shelter, and love for more than 123 years. They provide compassionate medical care to tens of thousands of animals annually and offer a variety of programs and services designed to keep people and pets together for life.

For more information check out their website at www.sspca.org or on www.facebook.com/SacSPCA/

On Saturday, October 28th, we're Purring on the Ritz at the Roaring 20's PAWTY! Join us for this tented gala featuring food and beverage tastings, live jazz entertainment, casino gaming and auctions to benefit the animals at the Sacramento SPCA. Purchase your tickets today - it's sure to be the Bee's Knees, guaranteed!

CRPD Staff Wins Equipment Expo Rodeo

By Becca Niles, CRPD

RANCHO CORDOVA, CA (MPG) - On September 15, 2017 six staff members, representing Cordova Recreation and Park District, competed in the California Parks and Recreation Society's District 2 Equipment Expo Rodeo. The CRPD team was comprised of members of the Park Services department Felton Calloway, Nicolas Fonseca, Horacio Oropeza, Adolfo Salas, Paul Stoddard and Mike Syftestad. CRPD's team was victorious competing against 4 other agency teams and claiming the title of Expo Rodeo Champions from last year's winner, Chico Area Recreation and Park District.

The Expo Rodeo took place at Elk Grove Regional Park and included skill stations: Blower Skills, Riding Mower Race and the Event Relay. All three stations were a race for the best time. The Blower Skills station which showcased the ability to move a soccer ball around construction cones using a leaf blower was manned by Adolfo Salas. The Riding Mower Race station was an obstacle course



L to R: Nicolas Fonseca, Horacio Oropeza, Adolfo Salas, Paul Stoddard, Felton Calloway. Not pictured: Mike Syftestad. Photo courtesy Cordova Recreation & Park District

manned by Nicolas Fonseca who not only won with the fastest time but who also broke the course record. The Event Relay included several activities including trash pickup, setting up a pop-up tent and wrapping power cords using the contractor's wrap method. The Event Relay was manned by Felton Calloway, Horacio

Oropeza, Paul Stoddard and Mike Syftestad.

The team was presented with this year's trophy at the September CRPD Board of Directors regular meeting.

Congratulations to Park Services department staff for winning the trophy in this annual competition! ★

A Respite Club for Caregivers

By Rebecca Graulich

SACRAMENTO REGION, CA (MPG) - There's a happening club in that caters to a select clientele: people with dementia.

The Respite Club is packed with fun activities, music, dancing, games and exercise. A mid-morning snack is provided as well as a full lunch. It is open approximately 10 days per month, five hours a day and is striving to increase its hours of operation.

"Our doors open at 9:30 a.m. and we are on the move until 2:30 p.m. when we end our day," notes Activity Coordinator Terri Lyman. "We focus on mental, physical and social stimulation. It is a place where participants can fit in and be themselves, and usually they make friends quickly."



The Club gives participants a sense of belonging and caregivers needed freedom.

While club goers enjoy themselves, family caregivers take advantage of the "respite" aspect of the program: time for themselves. Caring for a loved one with dementia can be overwhelming - emotionally, physically, mentally and financially. Caregivers need time to run errands, see friends or just be alone.

Bobby, a volunteer, observed, "The Club gives participants a sense of belonging and caregivers needed freedom." He knows, his father attends the program.

"Our goal is to bring peace of mind and support to families



The Club gives participants a sense of belonging and caregivers needed freedom.

touched by dementia," says Program Coordinator Flora Maloney, who over the past 17 years has grown the program from three hours a month to 50. "When caregivers are rested, they are better able to face the challenges of caring for a person with a disease such as Alzheimer's. When care recipients are happy and relaxed, it contributes to a better relationship between caregiver and care recipient."

The Respite Club was recently recognized by the 100+ Women Who Care Sacramento chapter who selected them as the winner of a pitch competition among local nonprofits. The prize, approximately \$10,000, will be put toward expanding the program.

This is good news for participants like Ann who noted, "The club is a great place to meet people and enjoy doing interesting things. We all enjoy the projects and the good meals."

The Respite Club hosts an annual Caregiver Day event, which provides information on a variety of topics to help caregivers navigate the challenges of caring for a loved one. Several professionals, including a trust and estate attorney, a marriage and family counselor, a tax preparer/financial planner, a care manager and an end-of-life coach, as well as many others, donate their time and offer free 30-minute private consultations

with caregivers. This year's event also features panel discussions on home modifications to prolong living at home, and care for the caregiver, as well as a talk on caregiver resources.

Caregiver Day is Saturday, October 21, 9:00 a.m. - 3:30 p.m. at the Cordova Neighborhood Church, 10600 Coloma Road in Rancho Cordova. There is no charge to attend. Consultations are restricted to family caregivers but everyone is welcome to attend the presentations and visit the tables of the various professionals. For more information or to register for private consultations, call (916) 635-5147.

The Respite Club not only benefits the participants and their caregivers but all who come in contact with it. Glenda, the Respite Club bookkeeper, shared, "I came to the Respite Club 15 years ago when my dad was diagnosed with Alzheimer's. I am so grateful for the love, compassion and care we found here. I decided I definitely wanted to be part of such a wonderful program. What a blessing for the caregivers, care recipients, volunteers and staff."

Rebecca Graulich is the Assistant Program Coordinator at The Respite Club and the chair of the Sacramento County Adult & Aging Commission. She can be reached (916) 635-5147 or rebeccag@respiteclub.org. ★

Tunnels in the West Coast's Greatest Estuary is Not the Solution to California's Water Problem

Commentary by Ken Colley

As California's population grows and climate dynamics extend periods of drought, supplying water to Californians has become increasingly challenging. Much of California's water supply passes through the Sacramento-San Joaquin River Delta estuary, and Governor Brown's proposed solution to divert water from this critical estuary threatens its health and has been controversial - receiving criticism from activists, environmentalists and economists alike.

The "WaterFix" proposal includes the construction of two tunnels (40 feet in diameter and 35 miles long) underneath the Sacramento-San Joaquin River Delta. The Delta is the largest estuary on the west coast of North and South America and home to multiple species on the brink of extinction, including winter-run Chinook salmon, Central Valley steelhead, delta and longfin smelt, and green sturgeon. It is vital to the Pacific Coast Flyway through which innumerable species of birds migrate.

"We must find a climate resilient solution to providing Californians with a reliable supply of water. That solution shouldn't rely on the fragile Sacramento-San Joaquin River Delta estuary - a habitat critical for the survival of multiple endangered species and a cherished part of California's heritage," said Assemblyman Ken Cooley.

At least 58 groups opposing the tunnels have sued the



Assemblyman Ken Cooley (D-Rancho Cordova)

state arguing the WaterFix project violates state environmental laws. Litigating groups include those whose livelihoods depend on fishing, several Sacramento area water agencies, surrounding cities, and San Joaquin, Solano, and Yolo counties.

Environmental issues aside, the project is on shaky ground economically. The estimated \$17 billion price tag of WaterFix was calculated without taking into account interest repayment and is based on the assumption that agricultural districts (some of which are specifically exempt from paying for the tunnels) will pay for 45% of the project without any subsidies from urban ratepayers or state taxpayers.

Large cracks in these assumptions are showing themselves and efforts to pass costs on to ratepayers and taxpayers are already ongoing. According to an audit released this month by the US Department of the Interior's inspector general, \$50 million in taxpayer funds were used improperly to subsidize the San Joaquin Irrigation District

for their part in helping plan WaterFix - despite insistence from the Brown administration that no tax dollars would finance the controversial tunnels.

On September 19, officials from the Westlands Water District (who supply water to Fresno and Kings county farmers) defeated an alternate funding plan pitched by one of the state's largest farming groups. The plan would have included raising funds from water districts in more urban areas, including the greater Sacramento area. Not only is this contrary to the promise that urban ratepayers would not subsidize WaterFix, but would have put Sacramento ratepayers in a position where they would be paying to dredge their local estuary and pump the area's water supply to other parts of the state.

All Californians deserve access to clean and reliable drinking water. Unfortunately, the proposed WaterFix project is not the right solution for all Californians. Instead, the state should consider other viable alternatives including water storage, recycling and conservation - that can work for all communities in California and wouldn't rely as heavily on the largest estuary in the state.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/> ★

Parkinson Association of Northern California's Annual Education and Information Conference

By Jan Whitney, PANC

SACRAMENTO REGION, CA (MPG) - The Parkinson Association of Northern California (PANC) is holding its Annual Education and Information Conference at the Sacramento Convention Center on Saturday, October 21st from 9:30 a.m. - 3:30 p.m.

The event will provide information, education, and inspiration to people living with Parkinson's disease (PD) along with their carepartners and family members and interested members of the community. Featuring regionally recognized expert clinicians and therapists in the field of movement disorders, the conference will highlight the future of the disease along with inspiration and tools to help attain the highest possible quality of life for people living with Parkinson's disease.

Additional Information about the event and registration options can be found by visiting the PANC website at www.panctoday.org. The cost to attend the event which includes a full-day of presentations, exhibit fair, and lunch is \$25 per registrant.

"Our annual conference is an upbeat event of community, learning and connection. We



Parkinson Association of Northern California

educate attendees about the latest in Parkinson's disease research and therapies and connect individuals who share challenges and successes with PD. We're excited to host this event for our Northern California constituents and look forward to an uplifting day," says PANC president, Nancy Kretz.

Parkinson's disease is diagnosed in more than 50,000 Americans each year. We are asking for the assistance of the media to help make this event a successful one and provide this information and event coverage to your audiences who may have PD, know someone with PD, or possibly be diagnosed in the future.

The Parkinson Association of Northern California has been dedicated to enhancing the quality of life for people living with Parkinson's, their families, and carepartners since 1996. We facilitate over 30 regional Support Groups, host the Annual Conference, publish a quarterly newsletter (Parkinson Path), offer financial support for caregiver respite, support medical community collaboration across healthcare providers, and more. We live our motto, "Until there is a cure...hope and healing every day." ★

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Flowers, Dance, Smiles Everywhere

By Asha Kreiling

RANCHO CORDOVA, CA (MPG) - The Sacramento Telangana Association hosted Bathukamma and Dussehra 2017 – the Festival of Flowers – at Navigator Elementary School in Rancho Cordova on September 23. The festival was funded by a \$14,600 grant from the City of Rancho Cordova’s Community Enhancement Fund and featured dancing, music, booths, food, and more. “Today the City of Rancho Cordova represents the symbol of American diversity,” said Anil Reddy Kondakrindi, CFO



This multi-culture integration project found its way to engage with each other, to learn from each other. We didn’t just bring a festival to this community, but we brought our soul to this community to live and love. Photo by The Sacramento Telangana Association

of the Sacramento Telangana Association. “This multi-culture integration project found its way

to engage with each other, to learn from each other. We didn’t just bring a festival to this community, but we brought our soul to this community to live and love.” To commemorate the Festival of Flowers, 6-year-old Shakthi Reddy Kondakrindi created a water-color based Bathukamma themed artwork, which was unveiled by Rancho Cordova elected officials and Chamber President & CEO Diann Rogers. Shakthi spent close to 10 hours on this artwork with help and guidance of her art teacher.

Source: City of Rancho Cordova ★

On Any Given Night

City Addressing Homelessness in Rancho Cordova

Continued from page 1

presented the City’s Homeless Action Plan, a summary of key actions the City is taking this fiscal year to address homelessness, including updates on Mather Veterans Village, the City’s Homeless Navigator, and the new Homeless Outreach Team.

Abhar encourages residents to participate in efforts to solve homelessness by reporting issues to the City and by directing

individuals to available resources.

For volunteering, contact Rancho Cordova HART, the Homeless Assistance Resource Team, on their website at www.ranchocordovahart.org.

If you encounter a homeless individual, contact the City’s Homeless Outreach Navigator, David Elliott, at 916-846-3988, who can connect with these individuals and assist them towards housing and other services. When

someone you think is homeless asks you for help, direct them to our Navigator above, or encourage them to call 211, the county’s resource phone number.

If you see someone breaking the law or feel intimidated, call 911.

If you have any questions or comments, contact Stefan Heisler at (916) 851-8757 or sheisler@cityofranchocordova.org.

Maria Kniestedt is the Communications and Public Affairs Director for the City of Rancho Cordova ★

Make New Friends with Sons in Retirement

SACRAMENTO REGION, CA (MPG) - Attention retired men! Do you like to bowl, play golf, go fishing or engage in other leisure activities and enjoy the companionship of retired men like yourselves? Your key to fun and camaraderie is to join SIR (Sons in Retirement), a non-profit organization founded in 1958 whose mission is to improve the lives of its members with fun activities while making friends for life. SIR has over 16,000 members in over 120 Branches from Bakersfield north

to the Oregon border, and Lake Tahoe to the Pacific Ocean.

SIR is all about enjoying an active retired life with like-minded friends. What does SIR not do? SIR doesn’t charge dues, has no political agenda, has no religious affiliation and doesn’t raise money. Sound too good to be true? Please read on to see how membership in SIR could enrich your life.

Right here in Rancho Cordova you will find



SIR Branch 112, a group of over 90 friendly gents who are very active in golf, bowling, fishing and other activities, many of which include our wives. The Branch is nick-named the “Dredgers” to commemorate the gold-mining history of our area. Our meetings take place at the Rancho Cordova Elks Club on the first Thursday of each month, starting around 11:30 AM and usually ending by 1 PM. The Elks’

ladies serve us a delicious lunch for only \$16. We follow lunch with a brief General Meeting, and are then entertained and entertained by a different Guest Speaker each month.

Come to a Branch 112 meeting and check us out- the first meal is on us! Any questions, please call Ed Spellacy at 662-7192, or Tom Beigel at 212-4694. You have nothing to lose and new friends and activities to gain! See you there.

Ed Spellacy, Secretary, Branch 112, SIR. ★

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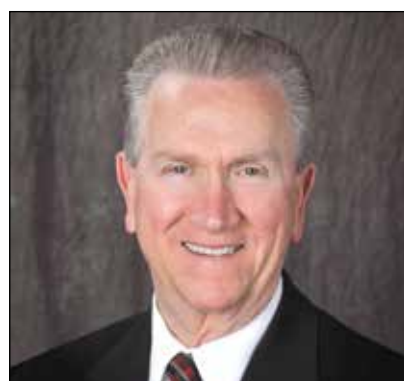
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By Bob McGarvey

It is hard to believe that it's October, but it is. Something we don't have to watch for, at least so far, here in California are hurricanes like Hurricane Maria. The reason I said so far is because the weather is pretty weird lately, and you never know how it may change. It was only 16 days ago that that storm trashed Puerto Rico and demolished power, communication, and transportation throughout the whole country. The government officials there are asking if there isn't something that our country can do to help them. My question is why not? We have seen the planes

And Another Thing ...

... Once Upon a Time ...

from Travis Air Force Base bring tons of material there, but transportation to get the material to where it is needed is the main problem. We have seen that the planes can bring material there, so why not use the US Naval Construction Forces (Seabees)? Their reputation for doing incredible things like clearing and/or repairing roads, bridges, etc. is well known. The required supplies like generators can be brought to the hospitals and the communities, and food can be brought to the places where it's needed to feed the people who are starving.

Now between the bad (hurricane paragraph) and the bad (killer in Las Vegas paragraph), I thought it would be a good idea to share some of the lighter things that I see on occasion. For example, in the latest The American Legion Magazine, I read, "A little girl asked her father, 'Daddy, do all fairytales begin with 'once upon a time...?'" He replied, 'No. There's a whole series of fairytales that begin

with "if elected, I promise..."' I liked that one. That's something you can pass on to almost anyone. And if your children or grandchildren happen to hear you telling that one, you won't be embarrassed if they tell other people what you said.

Sometimes we see a person who was caught up in the mental barbwire of prejudice, bigotry, hatred, or just a person who snapped and never did see the help that was probably there. Why they snapped I don't know any more than you, but whatever led them to their path of personal destruction sometimes drags in a few with them. Sometimes they can also bring in many others in their web of despair and desperation. I am truly sorry for the people who were unfortunate enough to be at that show in Las Vegas when that murderer destroyed so many lives. They will be in our thoughts and prayers.

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

IRS Extension Filers: Deadline is Monday, Oct. 16

By David A. Tucker II, IRS Media Relations

WASHINGTON, DC (MPG) - The Internal Revenue Service has an important reminder for taxpayers who filed for an extension and face an Oct. 16 filing deadline: The adjusted gross income (AGI) amount from their 2015 return may be needed to electronically file their 2016 tax return.

For those taxpayers who have a valid extension and are in or affected by a federally declared disaster area may be allowed more time to file. Currently, taxpayers impacted by Hurricanes Harvey, Irma and Maria as well as people in parts of Michigan and West Virginia qualify for this relief. See the disaster relief page on IRS.gov for details.

As a reminder, taxpayers should keep a copy of their tax returns and supporting documents for a minimum of three years. Prior year tax returns are even more important as the IRS makes changes to protect taxpayers and authenticate their identity.

Extension filers should plan ahead if they are using a software product for the first time. They should have kept a copy of their 2015 tax return or if not, will need to order a tax transcript, a process that may take five to 10 calendar days. The AGI is clearly labeled on both the tax return and the transcript.

Taxpayers who prepare their own electronic tax returns are required to electronically sign and validate their return. Using an electronic filing PIN is no longer an option. To authenticate their identities, taxpayers will also need to enter either of two items: their prior-year

AGI or their prior-year self-select PIN and their date of birth. If married filing jointly, both taxpayers must authenticate their identities with this information.

Generally, tax-preparation software automatically generates the prior-year AGI and/or self-select PIN for returning customers. However, taxpayers who are new to a software product must enter the prior-year AGI or prior-year self-select PIN themselves.

How to Find AGI; Plan Ahead if a Mailed Transcript Needed

The adjusted gross income is gross income minus certain adjustments. On 2015 tax returns, the AGI is found on line 37 of Form 1040; line 21 on Form 1040A and line 4 on Form 1040EZ. Taxpayers who e-filed and did not keep a copy of their original 2015 tax return may be able to return to their prior-year software provider or tax preparer to obtain a copy.

Those who lack access to their prior-year tax returns also may go to irs.gov/transcript and use Get Transcript Online or Get Transcript by Mail. A transcript is a summary of the tax return or tax account. There are various types of transcripts, but the Tax Return Transcript works best. Look for the "Adjusted Gross Income" amount on the transcript.

Taxpayers must pass Secure Access authentication in order to access Get Transcript Online and immediately access their transcripts. Those who cannot pass Secure Access authentication should use Get Transcript by Mail or call 800-908-9946, and a transcript will be delivered to their home address within five to 10 calendar days. ★

LETTER TO THE EDITOR

Rancho Going to Pot?

On Rancho Cordova Commercial Cannabis Policy Workshop

At last night's workshop (October 2, 2017) Rancho Cordova came closer to becoming a "POT" City. Rob Fong of Sacramento a lobbyist (snake oil salesman?) for Nasser Azimi, Nasser Azimi and Diane Rogers of the Rancho Cordova Chamber of Commerce made presentations

supporting the POT business. Mayor Donald Terry has said he is for the industry and I think it is because of the money the City can get. From the interchange between Councilman Garrett Gatewood and Fong in the chamber, it appears that Gatewood is firmly in Fong's pocket.

At the present time the City prohibits all commercial cannabis.

Is this what the community wants or is the Council being swayed by outside interests who do not have the City's best interests at heart?

Bob Cashatt
Rancho Cordova

MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting
October 12, 2017

at
North Highlands Park and Recreation
District, 6040 Watt Ave, North Highlands 95660.

Meeting starts at 1030 hrs and we have a speaker from the Bureau of Automotive Repair.

★ Come on out and enjoy a cup of coffee and meet new friends. ★

Questions can be referred to our volunteer staff at 916-640-8446, Monday through Thursday, 0900 to 1500 hrs.



Baked Potato & BINGO Fundraiser

Saturday, October 14, 2017

• Baked Potato Bar (\$5/person) 11am-12pm • BINGO (\$3/person) 12-2pm

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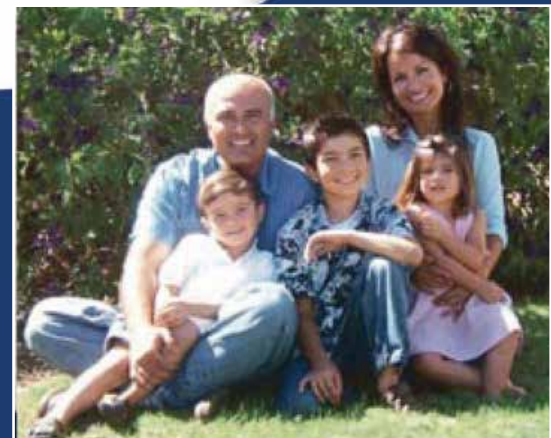
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Sacramento County Growers Smash Crop Output Records

2016 Crop and Livestock Report Tops \$500 Million for the First Time

By Bill Bird, SCFB

SACRAMENTO REGION, CA (MPG)

Led by a dramatic increase in the price for wine grapes, Sacramento County farmers and ranchers set a record for overall agricultural output last year. The 2016 Crop and Livestock Report released by the Sacramento County Agricultural Commissioner's Office revealed that the gross value of all agricultural production in Sacramento County reached a record high of more than \$507 million. The figure represents a 7.9 percent increase over last year's numbers, despite a record fifth year of drought that hurt many agricultural operations.

"Wine grapes continue to rule as King in Sacramento County as they have for the past eight years and milk continues to hold onto the number two slot," said Sacramento County Agricultural Commissioner Juli Jensen during her presentation to the Sacramento County Board of Supervisors. "California is the third top producing state in pears, behind Washington and Oregon. Sacramento County is the top pear producing county in California."

The high prices for wine grapes and other commodities in Sacramento County masked troubling news that yields in several commodity areas dropped significantly last year. The numbers for field crops such as rice, wheat, silage corn, oats and irrigated pasture all suffered significant declines. Yields for other crops such as cherries and walnuts also dropped, as did cattle and calves and other livestock. The value of aquaculture also fell sharply in Sacramento County, led by a steep decline in the price for caviar.

Sacramento County Farm Bureau Executive Director Bill Bird admitted that while drought



"Wine grapes continue to rule as King in Sacramento County as they have for the past eight years and milk continues to hold onto the number two slot," said Sacramento County Agricultural Commissioner Juli Jensen during her presentation to the Sacramento County Board of Supervisors.

may be to blame for the lower output for some commodities, other factors may also be playing a role.

"Our farmers and ranchers are forced to pay the highest labor costs in this country," said Bird. "The high minimum wage coupled with very expensive workers compensation insurance, liability insurance and health care benefits costs our growers millions of dollars. These are costs that growers in other states are not forced to shoulder."

The 2016 Crop and Livestock report also revealed that nursery stock climbed back into the top five agricultural products

produced in Sacramento County, which is attributed to a recovering housing market and efforts by homeowners to replace lawns with drought tolerant landscaping.

The dollar figures in the report do not reflect the cost of the production of these agricultural commodities. The figures also do not reflect grower costs such as processing, transportation and labor.

Sacramento County farmers put food on your fork. Our agricultural operations and products are as diverse as the lands we carefully manage. We are proud to provide healthy, fresh food for your family and ours. ★

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Baha'is of Carmichael Marking the 200th Anniversary

Celebrating the Birth of Bahá'u'lláh,
Founder of the Bahá'í Faith



BAHÁ'Í FAITH
LIGHT OF UNITY FESTIVAL
200TH BIRTHDAY OF BAHÁ'U'LLÁH

Baha'is of Carmichael are preparing to mark the 200th anniversary of the birth of Bahá'u'lláh, the Founder of the Bahá'í Faith, on October 22, 2017.

Bahá'u'lláh (1817-1892) was a spiritual teacher who announced in 1863 that He was the bearer of a new revelation from God. His teachings have spread around the world, forming the basis of a process of social transformation and community building which is unique in its global scope and the diversity of participants.

The Light of Unity Festival is a celebration of the transformative impact of Bahá'u'lláh's teachings on the lives of families, neighborhoods and communities around the country and the world. Bahá'u'lláh's vision of the oneness of humanity is an antidote to the racial prejudice and materialism

that are corroding American society.

"Now more than ever we need positive models of social change that bring people together rather than divide them," said Chris Miller. "This is what we will be celebrating in the months leading up to Bahá'u'lláh's birthday celebration in October."

The Light of Unity Festival is not an event but a series of activities generated at the grassroots level all around the country, which reinforce Bahá'u'lláh's vision of the

oneness of humanity and empower participants to contribute. Activities will include drama, music, art exhibits, storytelling, service projects, prayer and devotional programs. At the national level, the Bahá'í House of Worship in Wilmette, IL will host a nine-week series of programs beginning in early September on themes applying the principle of the oneness of humanity to contemporary challenges, including environmental justice, race relations, indigenous peoples, human rights, and the harmony of science and religion.

Plans underway include a large public celebration at the **Unitarian Universalist Society 2425 Sierra Blvd., Sunday October 22, 2017** For more information email carmichaellsa@gmail.com.

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Crossword Puzzle on Page 9

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L	U	C	I	A		D	O	E		B	E	E	F	Y	
A	T	A	L	L		E	E	R		A	L	D	E	R	
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							H	U	B		T	S	A	R	
B	U	S		D	E	L	I		H	E	P	T	A	D	
U	S	E	D			T	E	N	D		D	I	E	G	O
R	U	L	E		S	A	F	E	S		G	M	A	N	
N	A	M	E	R		R	O	B	E		S	P	I	N	
S	L	A	P		P	I	S		N	T		O	N	E	
							F	O	I	L		S	H	E	
C	A	R	R	O	L	L		G	E	O	L	O	G	Y	
A	D	I	E	U		E	E	L		M	E	T	R	O	
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Sudoku Puzzle on Page 9

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



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FBNF2017-06947 Fred Services, LLC, 5801 Power Inn Road Suite D Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Yogurt Monkey" at 2095 Golden Centre Lane #20 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017. YOGURT 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06987 Kalpana Ahmed, 2300 Iron Point Road Apt 111 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Make U Divine" at 1300 E. Bidwell Street Suite 140 Folsom, CA 95632. Filed with the Clerk of Sacramento County September 7, 2017. Publish: September 15, 22, 29, and October 6, 2017. DIVINE 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06938 Arcflight Investments LLC, 7465 Mission Gorge Road Suite 106 San Diego, CA 92120 is doing business under the Fictitious Business Name(s) "Fortius Technologies and Consulting Services" at 7465 Mission Gorge Road Suite 106 San Diego, CA 92120. Filed with the Clerk of Sacramento County August 10, 2017. Publish: September 15, 22, 29, and October 6, 2017. FORTIUS 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06718 Jason Caviller, 7133 Carana Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "All About A Check Co." at 7133 Carana Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 15, 22, 29, and October 6, 2017. ALL 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06979 Jelani M. Zuberi, 1400 Sundance Drive Plumas Lake, CA 95661 and Teaira Harris, 1821 Helena Ave #8 Sacramento, CA 95815 is doing business under the Fictitious Business Name(s) "Axis Barbershop, State Barber Training" at 2850 Northgate Boulevard #3 Sacramento, CA 95833. Filed with the Clerk of Sacramento County September 7, 2017. Publish: September 15, 22, 29, and October 6, 2017. AXIS 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06922 Ann Mary Joseph and Manoj George, 4016 Grover Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "American Aromatics" at 4016 Grover Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017. AMERICAN 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06960 Jorge U. Aldama, 3016 Valkyrie Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Sacramuerto Rock" at 3016 Valkyrie Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017. SAC 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06935 George Moua, 5001 Hari Gopal Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Papillon Supply Co., Papillon Supply Company" at 5001 Hari Gopal Way Sacramento, CA 95823. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017. PAPILLON 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06958 Tommy Pongoh and Sheryl Pangau, 10741 Fair Oaks Boulevard Apt # 67 Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Tender Loving Care II-T/5" at 1526 Crestmont Oak Drive Roseville, CA 95661. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017. TENDER 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06882 John Selep, 111 Valley Falls Place Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Insight and Execution" at 111 Valley Falls Place Folsom, CA 95630. Filed with the Clerk of Sacramento County August 25, 2017. Publish: September 22, 29, October 6, and 13, 2017. INSIGHT 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07183 Dawn Marie Long, 2706 Wendale Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "DML Creative Resources" at 2706 Wendale Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 15, 2017. Publish: September 22, 29, October 6, and 13, 2017. DML 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07027 Francis Mead, 3670 State Highway 49 Cool, CA 95614 is doing business under the Fictitious Business Name(s) "Midtown Foreign Auto Specialties" at 1831 Q Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017. MIDTOWN 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06895 Aaron Grinstain, 2803 57th Street Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "Hyperthrive Athletics" at 2703 S Street #6 Sacramento, CA 95818. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 22, 29, October 6, and 13, 2017. HYPER 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07035 Falguni Priet, 9262 Floyd Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "JFA Ceuticals" at 9262 Floyd Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017. JFA 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06892 Mohammad Reza Yousefkhani, 1612 Safari Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Fixer Upper Homes" at 1612 Safari Court Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 22, 29, October 6, and 13, 2017. FIXER 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07022 Karen A Ray, 6311 Mineral Court Carmichael, CA 95608, Robert and Lane V Parks, 11904 S. Carson Way Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Howe About A Sub, Subway" at 2310 Fair Oaks Boulevard #B Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017. HOWE 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07020 House of Bread Church, 6521 Hazel Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "House of Bread Christian Academy, House of Bread Academy" at 6529 Hazel Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017. HOUSE 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07039 A&G Commercial Services, LLC, 2616 Riesling Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "A&G Commercial Services LLC, A G& Services" at 2616 Riesling Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County September 8, 2017. Publish: September 22, 29, October 6, and 13, 2017. A&G 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06909 1020 Digital LLC, 1900 Three Springs Road Bowling Green, KY 42104 is doing business under the Fictitious Business Name(s) "CNX" at 1900 Three Springs Road Bowling Green KY, 42104. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 22, 29, October 6, and 13, 2017. CNX 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06865 mRx, LLC, 2075 Overland Avenue Billings, MT 59102 is doing business under the Fictitious Business Name(s) "mRx Pharmacy" at 2075 Overland Avenue Billings, MT 59102. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 22, 29, October 6, and 13, 2017. MRX 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07144 Jason Timmons, 7991 Vintage Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Plant Rx" at 7991 Vintage Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 13, 2017. Publish: September 22, 29, October 6, and 13, 2017. PLANT 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07045 Rio Events Group, LLC, 1 Granville Court Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) Rio Events Group, Contemporary DJs" at 1 Granville Court Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 11, 2017. Publish: September 22, 29, October 6, and 13, 2017. RIO 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07002 George Little Investments Inc, 4125 Writers Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "College Oak Towing, Little's Auto & Truck" at 4125 Writers Street Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 7, 2017. Publish: September 22, 29, October 6, and 13, 2017. COLLEGE 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07058 Manjit Gill, 8200 Cook Riolo Road Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Nor-Cal ATMS USA" at 8200 Cook Riolo Road Antelope, CA 95843. Filed with the Clerk of Sacramento County September 11, 2017. Publish: September 22, 29, October 6, and 13, 2017. NOR_CAL 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07167 Loel G Heupel, 4725 Moore Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mosaic Wealth Solutions" at 650 University Avenue Suite 202 Sacramento, CA 95825. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 22, 29, October 6, and 13, 2017. MOSAIC 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07156 Behroz Hajyhosseinzadeh, 2251 Watt Avenue #226 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Sabzezar" at 2521 Yorktown Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 22, 29, October 6, and 13, 2017. SABZEZAR 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07162 Advanced Home Health and Hospice, Inc, 4370 Auburn Blvd Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Advanced Hospic & Palliative Care" at 4970 Auburn Boulevard Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 22, 29, October 6, and 13, 2017. ADVANCED 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07123 Partap Distributor, LLC, 9132 Palmerson Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Bio Green Roots" at 9132 Palmerson Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County September 13, 2017. Publish: September 22, 29, October 6, and 13, 2017. BIO 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07153 Yuriy Lavrenchuk, 7846 Kanan Court Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "King Trans" at 7846 Kanan Court Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 13, 2017. Publish: September 22, 29, October 6, and 13, 2017. KING 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07395 Hillcrest Apartments, LLC, 7524 Old Auburn Road Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "San Juan Center" at 7524 Old Auburn Road Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County September 22, 2017. Publish: September 29, October 6, 13, and 20, 2017. SAN_JUAN 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07289 Henry Vi Lu, 3981 Cottontail Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Mandarin Garden" at 9185 Kiefer Boulevard Sacramento, CA 95826. Filed with the Clerk of Sacramento County September 20, 2017. Publish: September 29, October 6, 13, and 20, 2017. MANDARIN 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06798 Kathleen Smith, 2009 Vizcaya Walk Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "Club Pilates, Natomas" at 2680 Del Paso Road Sacramento, CA 95815. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 29, October 6, 13, and 20, 2017. CLUB 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07246 Tim Long, 7875 Snead Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Long Insurance Services" at 6840 65th Street #115 Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 18, 2017. Publish: September 29, October 6, 13, and 20, 2017. LONG 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07256 Joshua Annanais Gillespie, 5212 Heartland Drive Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Norcal Traffic Safety" at 5212 Heartland Drive Antelope, CA 95843. Filed with the Clerk of Sacramento County September 19, 2017. Publish: September 29, October 6, 13, and 20, 2017. NORCAL 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07283 Abbas Alrubaye, 4800 Zube Court Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "AA Auto Body" at 3784 Omec Circle Suite #3 Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County September 19, 2017. Publish: September 29, October 6, 13, and 20, 2017. AA 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07100 Ronald Gene Nelson, 4549 Rosecliff Circle Mather, CA 95655 is doing business under the Fictitious Business Name(s) "On-Site Emissions Service" at 4549 Rosecliff Circle Mather, CA 95655. Filed with the Clerk of Sacramento County September 12, 2017. Publish: September 29, October 6, 13, and 20, 2017. ON-SITE 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07182 Erick and Ratael Villada, 10346 Birmingham Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Elegante" at 5940 Don Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 14, 2017. Publish: September 29, October 6, 13, and 20, 2017. ELEGANTE 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07320 David Brooke, 3313 Brownlea Circle Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Norcal Moulding, Norcal Molding" at 3313 Brownlea Circle Antelope, CA 95843. Filed with the Clerk of Sacramento County September 20, 2017. Publish: September 29, October 6, 13, and 20, 2017. NORCAL 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06895 Jacqueline A Cole, 2142 4th Avenue Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "VG Consulting" at 2142 4th Avenue Sacramento, CA 95818. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 29, October 6, 13, and 20, 2017. VG 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06912 Vang Sarh Inc, 5345 San Juan Avenue Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Salon D' Elegance" at 5345 San Juan Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 29, October 6, 13, and 20, 2017. SALON 170810 10-20-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07556 Diane Schreiner, 7225 Linda Sue Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Professional Library Management" at 7225 Linda Sue Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County September 29, 2017. Publish: October 6, 13, 20, and 27, 2017. PRO 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07527 Vladimir Asanidze, 4535 Jenness Way Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Advanced Capitol Realty" at 3221 Elkhorn Boulevard #26 North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 28, 2017. Publish: October 6, 13, 20, and 27, 2017. ADVANCED 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07501 Susan E. Esterley, 4230 Stollwood Drive Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Bear Flag Tours" at 4230 Stollwood Drive Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 27, 2017. Publish: October 6, 13, 20, and 27, 2017. BEAR 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07474 Sacramento Region Performing Arts Alliance, 1030 15th Street Suite 200 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Sacramento Philharmonic & Opera" at 1030 15th Street Suite 200 Sacramento, CA 95814. Filed with the Clerk of Sacramento County September 26, 2017. Publish: October 6, 13, 20, and 27, 2017. SAC 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07184 ELS Investments, 9980 Horn Road Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Environmental Landscape Solutions" at 9980 Horn Road Sacramento, CA 95827. Filed with the Clerk of Sacramento County September 15, 2017. Publish: October 6, 13, 20, and 27, 2017. ELS 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06946 Vitality Rx LLC, 210 Blue Ravine Road Suite 170 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Vitality Pharmacy" at 210 Blue Ravine Road Suite 170 Folsom, CA 95630. Filed with the Clerk of Sacramento County September 6, 2017. Publish: October 6, 13, 20, and 27, 2017. VITALITY 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07419 Ivy Mantombi Gilbert, 5928 Coyle Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "American Goods for Less" at 5928 Coyle Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 25, 2017. Publish: October 6, 13, 20, and 27, 2017. AMERICAN 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07480 Anare Radruva, 2740 Elhyra Way #42 Sacramento, CA 95821 and Mereseini Lave Radruva, 2740 Elhyra Way #42 Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "Fiji Paradise Care" at 2740 Elhyra Way #42 Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 26, 2017. Publish: October 6, 13, 20, and 27, 2017. FIJI 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07042 Annalakshmi Inc, 1167 Riley Street Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Suwai, Anuswai, Suwai 6, Suwai Six, 6 Suwai, Six Suwai" at 1167 Riley Street Folsom, CA 95630. Filed with the Clerk of Sacramento County September 8, 2017. Publish: October 6, 13, 20, and 27, 2017. SUVAI 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07042 Annalakshmi Inc, 1167 Riley Street Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Suwai, Anuswai, Suwai 6, Suwai Six, 6 Suwai, Six Suwai" at 1167 Riley Street Folsom, CA 95630. Filed with the Clerk of Sacramento County September 8, 2017. Publish: October 6, 13, 20, and 27, 2017. SUVAI 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07274 Grace and Armando Cornelio, 2322 Elena Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Crown Plumbing and Construction" at 5920 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 19, 2017. Publish: October 6, 13, 20, and 27, 2017. CROWN 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07267 Edward Louis Jones, 7117 Murdock Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Pro Destiny Coaching" at 7117 Murdock Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 19, 2017. Publish: October 6, 13, 20, and 27, 2017. PRO 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07054 Allison Rene Severini, 4405 Robertson Avenue Sacramento, CA 95821 and Hillary Schuessler, 2812 Garfield Avenue Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "HoneyComb" at 4405 Robertson Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 11, 2017. Publish: October 6, 13, 20, and 27, 2017. HONEY 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07232 ClearInsure Agency, LLC, 1140 Reservoir Avenue Cranston, Rhode Island 02920 is doing business under the Fictitious Business Name(s) "ClearInsure Insurance Agency" at 1140 Reservoir Avenue Cranston, Rhode Island 02920. Filed with the Clerk of Sacramento County September 18, 2017. Publish: October 6, 13, 20, and 27, 2017. CLEAR 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07478 Vitally Martynuk, 4912 Walnut Avenue Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "VM Transport" at 4912 Walnut Avenue Sacramento, CA 95841. Filed with the Clerk of Sacramento County September 26, 2017. Publish: October 6, 13, 20, and 27, 2017. VM 170810 10-27-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07392 Daniel A. Reyes, 805 Quail Court Lincoln, CA 95648 is doing business under the Fictitious Business Name(s) "MAD Backhoe" at 7342 6th Street Rio Linda, CA 95673. Filed with the Clerk of Sacramento County September 22, 2017. Publish: October 6, 13, 20, and 27, 2017. MAD 170810 10-27-17

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2014-05278 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Contemporary DJs" located at 4471 E. Commerce Way Sacramento, CA 95834. Jessica Lora, 4471 E. Commerce Way Sacramento, CA 95834. The Fictitious Business Name Statement referred to above was filed on June 24, 2014 in the County of Sacramento. Publish: September 15, 22, 29, and October 6, 2017. LORA 170707 10-06-17

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FBNF2015-08938 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Yogurt Monkey" located at 2095 Golden Center Lane #20 Rancho Cordova, CA 95670. Christina and Mark Sinclair, 3153 Flagler Way Rancho Cordova, CA 95670. The Fictitious Business Name Statement referred to above was filed on November 19, 2015 in the County of Sacramento. Publish: September 15, 22, 29, and October 6, 2017. YOGURT 170707 10-06-17

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00218669
WHEREAS Michelle Kathleen Witten has filed a petition with this court for a decree changing the name(s) of Maria Rosa Aldrete to Maria Rosa Witten.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 14, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: September 7, 2017
David I. Brown, Judge of the Superior Court
Publish: September 15, 22, 29, and October 6, 2017. WITTEN 170705 10-6-17

SUPERIOR COURT OF CALIFORNIA

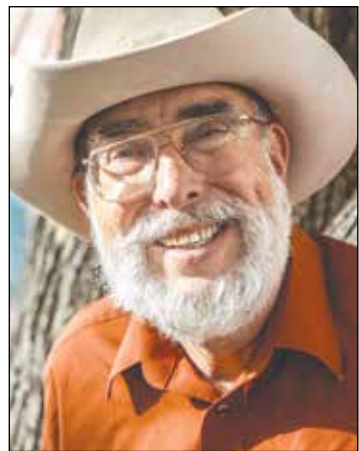
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00219928
WHEREAS Aubrey Renee White has filed a petition with this court for a decree changing the name(s) of Aubrey Renee White to Aubrey Renee Silva.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 5, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: August 25, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: September 15, 22, 29, and October 6, 2017. SILVA 170705 10-6-17

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00218547
WHEREAS Mohammad Hadi and FNU Ruqia have filed a petition with this court for a decree changing the name(s) of Mohammad Hadi to Mohammad Hadi Faizi, and FNU Ruqia to Ruqia Faizi.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 13, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: September 6, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: September 15, 22, 29, and October 6, 2017. FAZI 170705 10-6-17

SUPERIOR COURT OF CALIFORNIA

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2017-00215288
WHEREAS Michelle Pamela Marks have filed a petition with this court for a decree changing the name(s) of Michelle Pamela Marks to Michelle Pamela Adams.
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 13, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: July 11, 2017
Raymond M. Cadei, Judge of the Superior Court
Publish: September 15, 22, 29, and October

Slim Randles' HOME COUNTRY



Maybe She Could Open a Truck Wash Down at the Truck Stop?

those not in the literary loop around here, we generally hem and haw and say something like, "I think the duchess and the truck driver love each other, and there's some murders in it, too."

At least, that tends to be a summation of the main theme, because we can't see the book from Dud's perspective. To Dud, this is the next "War and Peace" but he doesn't want it to be that long. Also, to Dud, sitting there at his computer now for 26 minutes, he has no idea what his characters would do for 800 pages. He is still trying to figure out how to keep them busy for 300, and that hasn't come easily.

You see, the truck driver (he's a handsome guy, of course) is on special assignment to the European country where the duchess (naturally drop-dead gorgeous) lives. Dud hasn't figured out the special assignment yet, either, but it beats having his hero haul groceries in

the middle of the United States. And the duchess, well, turns out she had a love child by the truck driver when he was over there 20-some years ago on his last special assignment. And the truck driver doesn't know he has a European son, but the duchess knows. Well, of course the duchess knows. I mean, she was there as the dukelet's mom all those years, right?

So how do we reconnect them? Well, maybe his truck could accidentally crash into her castle?

Or she could open a truck wash down at the truck stop ... no, that doesn't seem duchess-like. But Dud's been sitting here looking at his computer for half an hour now. Know what? There's a football game coming on television.

Later on, maybe ...
Brought to you by Cedar Ridge Leather Works, fine custom leather for the shooting sports. www.archeryleather.com. ★



By Marlys Johnsen Norris, Christian Author

"TRUTH" actual TRUTH (not opinions of man) always originates from the heart of God. For most of us, truth most often brings conviction that needs correction in an area of our life that needs change. Possibly it is an area of sin that a person enjoys and does not want to change, which makes accepting our wrong behavior very hard to accept. It is offensive especially if it is mentioned by friend or family member.

GOD'S TRUTH is registered and written in the Holy Bible in

God is The Author of All Truth

many different ways, so we can understand its concepts and follow them. Hence receive the blessings of God. The words of God are full of instruction to help us eliminate areas in our lives that ultimately will destroy our lives in one form or another. Conviction comes as a "still small voice within (Holy Spirit)" speaks to our conscience about areas our life.

Confession: I have been a Christian for 49 years (as of July 24th) and this happened to me recently! I FINALLY BECAME AWARE OF SOMETHING I HAVE DONE FOR YEARS YET I HAVE ALWAYS BEEN A VERY SENTIMENTAL AND GIVING PERSON. I grew up with very little materially and then, in my 40's I inherited some money. Escaping my problems, I began to shop till I dropped and collected a lot of "gifts" for someone. However, now I have the two closest full of boxes of gifts! "Conviction" is helping me to curb those ideas and stop

going shopping. I finally realize what I have done! I sat down and talked to God about it. Prayer opened some new ideas of how to bless others I do not know with those gifts which I intend to follow this year. God forgave me and I am grateful.

Conviction is not bad - if we listen and heed it, God has a way of transforming our sin and misdeeds into a blessing in our lives. The words of the Bible are Holy, Pure and Just and serve as a protection to enrich and increase our happiness and blessing.

Just like a loving parent, God desires His "TRUTH" TO BE THE THE "KEY" OF LOVE THAT OPENS THE DOORS OF OUR LIVES THAT NEED SOME HOUSE CLEANING!! It will happen at just the perfect time, then enjoy!

In His Magnificent Love Marlys Johnsen Norris Christian Author of 6 Books & American River Messenger since 2006 Marlysjn@gmail.com ★

Legal Advertising Hotline
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LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969

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 Carmichael, CA 95609

TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE TS No. CA-16-750274-AB Order No.: 160320778 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/17/2015. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): KARRIEM GLASTER, AN UNMARRIED MAN Recorded: 9/21/2015 as Instrument No. XXX in Book 20150921 Page 1105 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 10/20/2017 at 2:00 PM Place of Sale: At the main entrance to the County Courthouse, located at 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$314,418.67 The purported property address is: 2278 LA GRAMA DR, RANCHO CORDOVA, CA 95670 Assessor's Parcel No.: 075-0243-003-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at

the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-16-750274-AB. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 O r Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-16-750274-AB IDSPub #0131593 9/29/2017 10/6/2017 10/13/2017 IDS#0131593 170929 10-13-17

NOTICE OF ADOPTED ORDINANCE

The following is a summary of an ordinance adopted by the City Council of the City of Rancho Cordova at its meeting of October 2, 2017:

ORDINANCE NO. 10-2017

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF RANCHO CORDOVA AMENDING CHAPTER 6.90 WITHIN TITLE 6 AND TABLE 23.310-1 WITHIN TITLE 23 RELATING TO PERSONAL CULTIVATION OF CANNABIS

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

Passed and adopted by the City Council this 2 day of October, 2017 by the following vote:

AYES: Gatewood, McCarvey, Budge, Terry, Sander
NOES: None
ABSENT: None
ABSTAIN: None

Printed in the Grapevine Independent on October 6, 2017.

INVITATION TO BID
2701 Prospect Park Drive
Store Front Doors Replacement Project

Sealed Proposal will be received at the office of the City Clerk, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova CA 95670, up to the hour of **10:00 A.M. on October 19, 2017** and will be publicly opened and read for performing the Store Front Door Replacement Project at 2701 Prospect Park Drive Suite 100 and Suite 110 located at 2701 Prospect Park Drive, Rancho Cordova, CA 95670.

The project Contractor shall furnish all tools, equipment, apparatus, facilities, labor and material necessary to perform and complete all work in a good and workmanlike manner, including: removal of existing two (2) sets glass front doors at the entrance of suite 100 and suite 110 and replacing with Glass and Aluminum Storefront doors and hardware in the existing openings, in accordance with the Contract Documents. All work to be completed by licensed General-B contractor.

Contractors are encouraged to attend a non-mandatory **Pre-Bid Walk** is scheduled for **Friday, October 13, 2017 at 10:00 A.M. at the project site located at 2701 Prospect Park Drive, Rancho Cordova, CA 95670.**

Copies of the contract documents and specifications, including bid proposal forms are available electronically between 9:00 A.M. - 4:00 P.M. at:

City of Rancho Cordova
2729 Prospect Park Drive
Rancho Cordova, CA

Electronic Bid Packages and Plan are available upon request.

For more information contact:

Laurel Bane
 lbane@cityofranhocorodva.org
 (916) 851-8953

Todd Humphrey
 thumphrey@cityofranhocorodva.org
 (916) 851-8875

Dated: 10/2/17
 Grapevine Independent October 6 and 13, 2017

LIEN SALE

Horn Road Self Storage
9973 Horn Road
Sacramento, CA 95827
(916) 366-6226 Fax: (916) 366-6263

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a Lien imposed on said property pursuant to Section 21700-21716 of the Business & Professions Code Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code.

The undersigned will sell at public sale by competitive bidding on Thursday, October 19, 2017 at 1:00pm on the premises where said property has been stored and which are located at Horn Road Self Storage, 9973 Horn Road, Sacramento, State of California, the following: Miscellaneous boxes (contents unknown), House-hold goods and various items. (See slides on line @ <http://www.salemakerauctions.com>)

Tenant	Unit #	Contents
Peggy Tanner	#3093	Home stereo desk chair dining chairs patio table lamps bags boxes totes are more blue case wicker cabinet Kitchenware vase holiday décor artwork dressers Wooden golf clubs—Seal 18415
Linda Artis	#3062	Dressers mattresses wire cable bed frames holiday décor big propane tank—Seal 18448
Rick Soto	#3135	Trombone washer dryer tables mattresses shop vac boxes totes tool bags tool cases—Seal 18450
Raymona Scott	#3145	Sewing machine stripper pole tv stand flat screen tv shoes mirror totes boxes tables lamp pillows blankets plastic drawers—Seal 18445
Debo'rah Younger	#1043	Clothes racks boxes dining chairs large rolling cart clothes on hangers file cabinets dresser vacuum ammo boxes patio umbrellas base kids toys holiday décor scooter bike parts—Seal 18419
Melinda Crites	#4053	Sewing machine file cabinet multiple totes luggage boxes and boxes bags extension cord lid toys fishing poles—Seal 18420
Lisa Bond	#4086	TV clock sectional couch secretary cabinet desk multiple boxes fan art—Seal 18422
Glenda Davis	#4017	Swords holiday décor ice chests microwave entertainment center boxes totes lamps cookware coffee table luggage fishing poles telescope blanket rug tool boxes—Seal 18423

Purchases must be paid for at the time of purchase in cash only. All purchased items sold as is, where is and must be removed at the time of sale. Sale subject to cancellation in the event of settlement between owner and obligated party.

Auctioneer's Name: **Forrest O'Brien Ca #00104533207**
www.salemakerauctions.com

Signed: **Mike Allen** Dated: **09/28/2017**

Published in GRAPEVINE INDEPENDENT October 6 and 13, 2017

City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, October 16, 2017, 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:

SUNDANCE SUBDIVISION - PROJECT No. DD9708—TENTATIVE SUBDIVISION MAP, SPECIAL DEVELOPMENT PERMIT, AND DEVELOPMENT AGREEMENT AMENDMENT:

REQUEST: The applicant is requesting a Tentative Subdivision Map, Special Development Permit, and Development Agreement Amendment for a Residential Subdivision to construct 114 single-family lots, private streets, and common area lots. The Special Development Permit request includes reduction of minimum size of single-family lots and reduction of building setbacks. The project is located west of Sunrise Boulevard, south of Douglas Road, within the Sunridge Specific Plan.

OWNER/APPLICANT:
 Regis Homes of Sacramento, LLC 1990 3rd Street, Suite 400 Sacramento, CA 95811
 RHNC Sundance—Sacramento GP 1990 3rd Street, Suite 400 Sacramento, CA 95811

LOCATION/APN: West of Sunrise Boulevard and south of Douglas Road, within the Sunridge Specific Plan; APN: 0067-0030-040-0000
ZONING: Limited Commercial Sunridge Specific Plan—LC(SDSP)
ENVIRONMENTAL: A Mitigated Negative Declaration was prepared for the Sundance project RC04-122 where the construction of 129 single-family lots were addressed in accordance with the requirements of the California Environmental Quality Act (CEQA). The Notice of Determination was filed on January 31, 2005. The proposed project is consistent with the project analyzed in the Mitigated Negative Declaration, no further Environmental analysis is required.

PROJECT PLANNER: June Cowles, Senior 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.

Notice Request for Bids

Rancho Cordova Police Department and Neighborhood Services
Janitorial Services Contract

ADVERTISEMENT

The City of Rancho Cordova is requesting bids from high qualified vendors with expertise in providing janitorial services for the City of Rancho Cordova. The locations of the requested services are located at 3303 Luyung Drive, 2729 & 2701 Prospect Park Drive.

Mandatory pre-bid meeting will be held in the David Roberts Council Chambers at 2729 Prospect Park Drive on Monday October 16th 2017 at 10:00am

Sealed Bids will be received at the office of the City Clerk, City of Rancho Cordova, at 2729 Prospect Park Drive Suite 100, Rancho Cordova, CA 95670 up to the hour of 2:00 PM on Thursday, October 19th, 2017. Bid opening will follow immediately after.

Copies of Contract Documents and Submittal Guidelines are available at:

City of Rancho Cordova
 Facilities Department
 2729 Prospect Park Drive
 Rancho Cordova, CA 95670
 Or
 To have bid document emailed
 Email Tim Watson at:
twatson@cityofranhocorodva.org

Direct all inquiries regarding this request for bid to the contact person named below; do not contact any other City staff. Information provided by other than the below contact should be considered invalid, and proposals which are submitted in accordance with such information may be declared non-responsive.

Direct all inquiries regarding this Bid in writing to:

Attn: Tim Watson
 City of Rancho Cordova Facilities Department
 2729 Prospect Park Drive Rancho Cordova, CA 95670
 Phone: (916) 851-8872 Email: twatson@cityofranhocorodva.org

Grapevine Independent October 6 and 13, 2017

GOT SPORTS UPDATES?
Call 773-1111



Make It Fun and It Will Get Done! The Secret to Being Organized Pam Young's Corner 3 Easy Things to Do to Lose Weight

Are you always looking for ways to lose weight and keep it off?

To really lose weight you have to change the way you eat. Duh!

Recently there was an article that dealt with the psychology of overeating. It told about a couple of studies you might be interested in. One was conducted by researchers with extraordinary credentials from prestigious educational institutions, but the article concluded with this quote: "Ultimately, all this research shows we need to understand the brain chemistry behind overeating a lot better. Until we do, there won't be any really significant advances in medications to help people lose weight," Dr. David Herber, a professor of medicine and director of the Center for Human Nutrition at the University of California, Los Angeles.

1. You have the power to change your brain chemistry

You have the power to change your brain chemistry with your thinking and feeling. In one of the studies young women were

asked to sit in a brain scanner while drinking a chocolate milk shake. Half the women were told that the yummy treat was a regular shake; the other half were told it was a low-fat version. In truth they all got the same shake!

As the researchers watched their monitors, the reward centers of the shake drinkers' brains lit up when the women consumed the shakes. But the women who *thought* they were getting a low-fat shake had much less activation. In other words, "knowing" that the shake was low fat took a lot of the fun out of the experience. Low-fat labels may backfire by making food seem less tasty, according to scientists at the Oregon Research Institute. Nelly (my inner child) can attest to that! She hates those words "low fat" on a label!

Because of these fancy scanners we now know that we have a "reward center" in our brains! I know we can activate that center by having positive and loving talks with ourselves. Here's an example before I tell you about the other study.

When my grandson underwent very serious, open-heart surgery a few years ago, I could easily have let Nelly be out of control. I wasn't eating regularly or drinking the amount of water I needed and one evening when I came home from the hospital I wanted a glass of wine. Nelly was definitely behind the desire and I recognized her "voice" which had an entitlement edge to it.

"This was a hard day and I don't have to follow the rules after a bad day, I don't want to fix dinner and I want wine." My rule is no wine except on Saturday and then just one glass with dinner. Because I recognized "Nelly," I said, "Let's have a big glass with ice water and sit down in the living room and talk." I'll paraphrase what I said to her:

"Oh sweet heart, I love you so much and I know how hard it's been to see all those tubes in Jacob and to see him suffer and not be himself. I know how much you love him and his mama and how worried you've been for both of them,

but we have to stick to our rules we both agreed on and I'm so proud of how well you've been doing! You are just the best! Oh, wait a minute, I know what we can do while we relax and look out the window at the birds and the river; we can pretend this water is wine! Let's sip it and savor it and breathe and pretend. Common it'll be fun!"

2. You can activate the reward center in your brain with thought

As I sipped the water and enjoyed the beautiful scenery out my living room window I know I lit up my "reward center," because I could feel it! A glass of wine would not even come close to that "happy" hour (really 15 minutes) I had in that chair. If you can take the time and focus on giving your inner child love and attention you can activate that reward center whenever you want to.

3. Control what you see and you'll control your behavior

In the other study, researchers rounded up 53 college students and asked them to judge a bunch of posters promoting exercise. After the students rated the exercise posters, they were then asked to evaluate some raisins. (They were told they could eat as many as they needed to make their evaluations.)

Then researchers ran the same experiment but substituted posters that promoted friendship and togetherness in place of the

exercise posters. Again the students were asked to rate some raisins after evaluating the posters. The group of students who evaluated the exercise posters scarfed down more raisins than the group that evaluated the friendship posters.

The author of this experiment, Delores Albarracin, a professor of psychiatry, *suspects* that the exercise posters simply inspired the students to do "something" and because food was available, eating became the thing to do.

NOT! Now I'm no psychiatrist, but I think Delores is off with here assumption. Even though I didn't see the posters of the exercise people, I'll bet they were hard bodies, all buff and beautiful. It would make Nelly, my inner child want to eat more raisins. I can just hear her say, "We'll never look like that and besides that doesn't look fun! Oh goody some raisins!"

The research community is really in a quandary about how to motivate people to eat healthy and exercise. Delores said, "We need to be careful about when and where we encourage people to work out. We shouldn't be showing ads touting the benefits of exercise when people are sitting in front of the TV with a bag of chips in their hands. The study brings up the intriguing possibility that these ads could be doing more harm than good if they are not targeted correctly."

If I could talk to Delores... Delores, your ads should show real people, with thirty

pounds to lose, all sweaty but happy, because they're THROUGH exercising and now they're feeling that glorious feeling of having it OVER WITH and being proud of what they've done, while they laugh and hug each other on their way to the showers.

In other words, make your ads real and quit telling people to eat a low fat diet. That's why people are fat, they're eating foods high in carbohydrates under the guise of low fat, and if they'd restrict carbs and eat more food high in fat they'd never be hungry or crave those deadly high carb foods which are the culprits behind weight gain...Delores.

If you want to kick the cravings, stop yo-yoing your weight and lose weight for good, I suggest embarking on a low-carb, Paleo lifestyle. In my book, *The Mouth Trap: the butt stops here!* I take you on my journey from being an avid Weight Watcher with its calories-in-calories out theory (which I've never been able to maintain) to eating a restricted carbohydrate, high fat diet and enjoying the healthiest body I've ever had.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★

LEGAL ADVERTISING

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Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969
Legal Advertising
P.O. Box 14, Carmichael, CA 95609

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF RONNIE GARY BLOCK CASE No. 34-2017-00218868 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Ronnie Gary Block, A Petition for Probate has been filed by Kathleen J. Connors in the Superior Court of California, County of Sacramento, requesting that Kathleen J. Connors, be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows December 14, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner is: Samuel K. Swenson 8788 Greenback Lane Suite 105 Orangevale, CA 95662 916-333-0833 Publish: October 6, 13, and 20, 2017 LENNERTON 170622 10-20-17

authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows November 1, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for the Petitioner is: Samuel K. Swenson 8788 Greenback Lane Suite 105 Orangevale, CA 95662 916-333-0833 Publish: October 6, 13, and 20, 2017 LENNERTON 170622 10-20-17

LEGAL NOTICE

IN THE SUPERIOR COURT OF DOUGHERTY COUNTY STATE OF GEORGIA IN THE MATTER OF THE ADOPTION PETITION OF: DOROTHY JOYCE WHITE TO ADOPT THE MINOR CHILDREN: MESSIAH KASH HOLMES, a male minor child and LONDON TYRIONNA HOLMES, a female minor child DOCKET NUMBER 17-M16-1 NOTICE TO LEGAL FATHER: JICOLBI DEMETRIUS JONES, a/k/a/ "JICOLBI DEMETRIUS BUTTS" 5604 Hillsdale Boulevard Apartment A Sacramento, California 95842 You are hereby notified that on September 15, 2017, a petition was filed in the Superior Court of Dougherty County, Georgia by DOROTHY JOYCE WHITE seeking to terminate your parental rights in connection with the above styled adoption proceeding to adopt the following two children: MESSIAH KASH HOLMES, a male minor child, born June 23, 2013, in Dougherty County, Georgia, and LONDON TYRIONNA HOLMES, a female minor child, born December 22, 2015, in Dougherty County, Georgia. Be informed that you will lose all rights to the child and will neither receive notice nor be entitled to object to the adoption of the child, unless, within 60 days of the date of first publication of this notice you file an objection to the adoption and you served a copy on Petitioner's attorney, JAMES FINKELSTEIN, at: JAMES FINKELSTEIN, Ga. Bar #261375 Attorney for Petitioner 606 Baldwin Drive Albany, GA. 31707 (229) 436-7824 Facsimile: 229/436-5657 HYPERLINK "mailto:jfinkelstein@bellsouth.net" jfinkelstein@bellsouth.net

Witness the Honorable WILLIE E. LOCKETTE, Chief Judge, Dougherty County, Georgia, Superior Court. This 15 day of September, 2017. Phyllis N. Johnson Deputy Clerk Superior Court Dougherty County WHITE 170915 10-20-17

Copy Right Notice

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Secured Party, under necessity, is accommodation party, and a surety for the purported debtor, i.e. "JERRY TAI SI NGUYEN©" nor for any derivative of, nor for any variation in the spelling of, said name, nor for any other juristic person, and is so-indemnified and held harmless by Debtor, i.e. "JERRY TAI SI NGUYEN©" in Hold-harmless and Indemnity Agreement No. H.H.I.A.#010207-3/JTNS dated at the time of notarizing; against any and all claims, legal actions, orders, warrants, judgments, demands, liabilities, losses, deposits, summonses, lawsuits, costs, fines, liens, levies, penalties, damages, interests, and expenses whatsoever, both absolute and contingent, as are due and as might become due, now existing and as might hereafter arise, and as might be suffered by, imposed on, and incurred by Debtor for any and every reason, purpose, and cause whatsoever. Self-executing Contract / Security Agreement in Event of Unauthorized Use: By this Copyright Notice, both the Juristic Person and the agent of said Juristic Person, hereinafter jointly and severally "User," consent and agree that any use of "JERRY TAI SI NGUYEN©", other than authorized use as set forth above; constitutes unauthorized use of Secured Party's copyrighted property and contractually binds User. This Notice by Declaration becomes a Security Agreement wherein User is a debtor and Jerry Tai Si Nguyen is Secured Party, and signifies that User: (1) grants Secured Party a security interest in all of User's property and interest in property in the sum certain amount of \$500,000.00 per each trade-name/trademark used, per each occurrence of use (violation/infringement), plus triple damages, plus costs for each such use, as well as for each and every use of any and all derivatives of, and variations in the spelling of, JERRY TAI SI NGUYEN©; (2) authenticates this Security Agreement wherein User is debtor and Jerry Tai Si Nguyen© is Secured Party, and wherein User pledges all of User's property, i.e. all consumer goods, farm products, inventory, equipment, money, investment property, commercial tort claims, letters of credit, letter-of-credit rights, chattel paper, instruments, deposit accounts, accounts, documents, and general intangibles, and all User's interest in all such foregoing property, now owned and hereafter acquired, now existing and hereafter arising, and wherever located, as collateral for securing User's contractual obligation in favor of Secured Party for User's unauthorized use of Secured Party's copyrighted property; (3) consents and agrees with Secured Party's filing of a UCC Financing Statement wherein User is debtor and Jerry Tai Si Nguyen© is Secured Party; (4) consents and agrees that said UCC Financing Statement described above in paragraph "(3)" is a continuing financing statement, and further consents and agrees with Secured Party's filing of any continuation statement necessary for maintaining Secured Party's perfected security interest in all of User's property and interest in property pledged as collateral in Security Agreement described above in paragraph "(2)"; until User's contractual obligation thereto incurred has been fully satisfied; (5) authorizes Secured Party's filing of any UCC Financing Statement, as described above in paragraph "(3)"; as well as in paragraph "(4)"; and the filing of any Security Agreement, as described above in paragraph "(2)"; in the UCC filing office; (6) consents and agrees that any and all such filings described in paragraph "(4)" and "(5)" above are not, and may not be considered, bogus, and that User will not claim that any such filing is bogus; (7) waives all defenses; and (8) appoints Secured Party as Authorized Representative for User, effective upon User's default re User's contractual obligations in favor of Secured Party as set forth below under "Payment Terms" and "Default Terms," with full authorization and power granted Secured Party for engaging in any and all actions on behalf of User including, but not limited by, authentication of a record on behalf of User, as Secured Party, in Secured Party's sole discretion, deems appropriate, and User further consents and agrees that this appointment of Secured Party as Authorized Representative for User, effective upon User's default, is irrevocable and coupled with a security interest. User further consents and agrees with all of the following additional terms of Self-executing Contract/ Security Agreement in Event of Unauthorized Use. Default Terms: In event of non-payment in full of all unauthorized-use fees by User within ten (10) days of date Invoice is sent, User shall be deemed in default and (a) all of User's property and interest in property pledged as collateral by User, as set forth in above in paragraph "(2)"; immediately becomes, i.e. is, property of Secured Party; (b) Secured Party is appointed User's Authorized Representative as set forth above in paragraph "(8)"; and (c) User consents and agrees that Secured Party may take possession of, as well as otherwise dispose of in any manner that Secured Party, in Secured Party's sole discretion, deems appropriate, including, but not limited by, sale at auction, at any time following User's default, and without further notice, any and all of User's former property and interest in property formerly pledged as collateral by User, now property of Secured Party, in respect of this "Self-executing Contract/Security Agreement in Event of Unauthorized Use," that Secured Party, again in Secured Party's sole discretion, deems appropriate. Terms for Curing Default: Upon event of default, as set forth above under "Default Terms,"

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CLUES

CROSSWORD

ACROSS

- Jessica Parker
- Bag, in Paris
- Diplomat's forte
- Opposite of cathode
- "Chinatown" sequel: "The _____ Jakes"
- Chocolate tree
- Considering everything
- Pro vote
- Sleep spoiler?
- Famous filmmaker Cecil
- "The Jazz Singer" was the first one
- "To Kill a Mockingbird" recluse
- "Cary Grant in "His _____ Friday"
- FedEx competitor
- Family room staple
- Hollywood, a.k.a. _____ town
- Not kosher
- Perfect houseplant spot
- Mother-of-pearl
- Tiny amount
- _____ Island, NY
- Pre-college school
- Opposite of rappel
- Japanese American actor with star on Hollywood Blvd.
- Religious offshoot
- Trojan hero
- Superbright
- Pilot's deadline
- "_____ we forget"
- Ballerina's support
- Famous boulevard
- Grauman's _____ Theatre
- A mood disorder
- Before
- Did not smell good
- Discrimination against seniors
- Immeasurable period
- Fear-inspiring
- "Scorsese and De Niro flick
- "_____ the wild rumpus begin!"
- Goes down

DOWN

- Aforementioned
- "Hathaway or Bancroft
- Knock about
- Improptu
- How-do-you-dos
- Eye affliction
- Leave speechless
- Raccoon's South American cousin
- Feature film actors first did it in the 1920s
- Antioxidant-rich berry
- Kind of package
- Director Ford or actor Hanks
- Summon one to enter
- Clint Eastwood's "Every Which Way but _____"
- Motion picture, a visual _____ form
- Dandy
- Carthage's ancient rival
- Proletarian, for short
- Become established
- The industry
- Takes a siesta
- Rocks at mountain base
- Upright
- Former Greek coin
- Walk of _____
- Facebook button
- Truth, in the olden days
- Type of fir
- "Savvy?"
- Made noise
- Stainless stuff
- Bruce Lee's "_____ the Dragon"
- "Hollywood _____" by brother of 19 Across
- Computer operating system
- Inconclusive
- Copper coin
- Eurozone money
- Edward Scissorhands' sound
- Augments
- Dojo turf
- Future fish

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

Solutions on Page 6

LEGAL NOTICE

NOTICE TO CREDITORS

IN THE MATTER OF ARLAND CONNER

NOTICE is hereby given that the undersigned is a duly appointed and qualified Trustee of The ARLAND & PEGGY CONNER REVOCABLE LIVING TRUST, DATED SEPTEMBER 18, 2014; ARLAND CONNER, the Grantor of the Trust, died on August 15, 2017.

A creditor having a claim against the Trust estate must file a claim with Kalicki Collier, LLP at 401 Ryland Street, Suite 200, Reno, NV 89502, within ninety (90) days after the first publication of this notice.

DATED this 6 day of September, 2017.

Philip Brown
ALLIANCE TRUST COMPANY, TRUSTEE

Sacramento County DA Reports



Doctor Convicted for Sexually Assaulting Patient

DATE: September 21, 2017
CASE: Logan Vincent Ford (Case #15F04758)
PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit
 Logan Vincent Ford was convicted by a jury of forcible rape, forcible digital penetration, and two counts of sexual exploitation of a patient. In March 2015, the 53-year-old victim went to the 420MD clinic to get a prescription for medical marijuana to treat pain from various health conditions. Dr. Ford committed a forcible sexual assault on the victim during the exam. The victim reported the assault later that same day and participated in an evidentiary exam at a hospital. Unknown male DNA was recovered during the exam. Testing by the District Attorney's Crime Lab determined the DNA was a match to Ford. Ford is also facing charges in Alameda County for allegedly committing a sexual battery against a different patient during an exam at a Berkeley 420MD clinic.

Ford faces a maximum sentence of 16 years in prison in the Sacramento County case. Sentencing is set for November 17, 2017, at 9:00 a.m. in Department 23 before the Honorable Geoffrey Goodman.

Defendant Sentenced for North Highlands Party Shooting

DATE: September 18, 2017
CASE: Ira Johnson (Case #15F04234)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit
 The Honorable Helena Gweon sentenced Ira Johnson to 74 years and 8 months to life in prison. On May 11, 2017, a jury convicted Johnson for the second-degree murder of Rogelio Gastelum, and two counts of attempted murder. The jury also found true allegations that Johnson personally discharged a firearm causing death or great bodily injury.

On July 12, 2015, Ira Johnson and his friends attended a party in North Highlands. When asked to leave, the group started a fight. Johnson and another unidentified man pulled out guns and fired multiple shots into the crowd of partygoers, killing Rogelio Gastelum. Two other victims were shot, but survived their injuries.

Gang Member Sentenced for Del Paso Heights Shooting

DATE: September 22, 2017
CASE: Joseph Fair (Case #15F00003)
PROSECUTOR: Deputy District Attorney Shelly McGill, Gangs & Hate Crimes Unit
 The Honorable Michael Bowman sentenced Joseph Fair to 42 years to life in prison. On July 19, 2017, a jury convicted Fair of attempted murder and assault with a firearm. The jury also found true multiple allegations that Fair personally used a firearm, personally and intentionally discharged a firearm causing great bodily injury and paralysis, and that Fair committed the offenses for the benefit of, at the direction of, or in association with the criminal street gang Del Paso Heights (DPH) Bloods.

On December 12, 2014, the victim and his brother went to a well-known DPH Bloods hangout on Marysville Boulevard in Del Paso Heights. When a DPH Blood member started a fight with the victim, the victim was thrown out of the club. Joseph Fair followed the victim outside, and then shot him in the back. The bullet caused damage to the victim's spine and aorta, resulting in permanent paralysis.

Defendant Convicted of 18 Child Sexual Assault Charges

DATE: September 27, 2017
CASE: Michael Martis (Case #16FE011239)
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit
 Kurt Chilcott was convicted by a jury of nine counts of sexual assault on a child 10 years old or younger, eight counts of lewd or lascivious acts with a child under the age of 14, and one count of annoying or molesting a child with the allegation that Chilcott has a prior conviction for child sexual assault.

Chilcott was required to register as a sex offender after being convicted in 1992 of sexually assaulting three girls in Sonoma County. The victims in that case ranged in age from 8 to 11 years old. In the current case, Chilcott sexually assaulted a family member when she was 8 to 11 years old from 2014 to 2016.

Chilcott faces a maximum sentence of 131 years to life in prison. Sentencing is scheduled for October 27, 2017, at 9:00 a.m. in Department 20 before the Honorable Michael Bowman. ★

County's Project to End Stigma Celebrates 5th Year

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - It is estimated that one in every five people will experience a mental illness during their lifetime. In Sacramento County alone, nearly 300,000 residents live with mental illness. But many do not seek support or treatment because they worry they will lose their jobs, their friends or family, or be isolated because of the stigma and discrimination associated with having a mental illness.

Sacramento County's "Mental Illness: It's not always what you think" project reaches out to diverse communities and lets family members, friends and individuals of all ages know that they are not alone. Support and resources are available in many languages and by visiting the website www.stopstigma-sacramento.org, people can learn more about mental illness and mental health stigma, as well as organizations and resources that can provide support or information.

Now in the fifth year of the project, Sacramento County is celebrating the progress it has made to inform residents that mental illness is treatable and recovery is possible when education, family, peer and community supports are available and used. Since its inception in 2012, the "Mental Illness: It's not always what you think" project has:

- Established a Stop Stigma Sacramento Speakers Bureau which has grown to more than 145 trained speakers, living with mental illness, who have shared their personal stories with over 8,000 people at more than 180 events and inspired hope for hundreds of others living with mental illness.

- Provided over 200,000 program materials, including brochures, posters and tip cards available in multiple languages, to nearly 100 community organizations and during project events reaching thousands of residents throughout Sacramento County.

- Promoted advertising throughout the County, featuring Sacramento residents living with mental illness, including multi-lingual TV, radio, online and outdoor advertising which resulted in over 476 million impressions.

- Hosted 20 multicultural events throughout Sacramento County with hundreds of local residents to raise awareness about mental illness and the project and to spread messages of hope.

- Developed a robust online presence and social media program which has resulted in more than 165,000 visitors to the website, over 8,000 likes on Facebook and 600 Twitter followers.

"Our project was initiated in direct response to Sacramento County Mental Health Services Act stakeholder feedback following the passage of Proposition 63," said Uma Zykofsky, Sacramento County Behavioral Health Director. "Community leaders agreed that cultural, including LGBTQ, racial, ethnic and age-appropriate messages must be included with any mental health promotion and anti-stigma program."

Lishia Rahman-Jackson, one of the project's Speakers Bureau participants, shared her story on the project's website: "I grew up in a household of substance

abusers, was homeless and experienced anxiety and fits of anger and depression. I struggled with life but somehow found a way to finally get help. Seeking therapy and treatment or just calling someone doesn't mean you're weak. I wholeheartedly support Sacramento County's 'Mental Health: It's not always what you think project.' It inspired me to tell my story so I may help others struggling with mental illness come forward and feel better about themselves too."

In celebration of its five year anniversary and in recognition of Mental Illness Awareness Week (Oct.1-7), a national observance sponsored by the National Alliance on Mental Illness (NAMI), the "Mental Illness: It's not always what you think" project is hosting the "Journey of Hope: Real Life Stories of Living with Mental Health Challenges Portrayed Through Art" exhibit at the Elk Grove Fine Arts Center from Oct. 7-21. This collaborative exhibit is designed to bring insight and understanding about mental illness to the public through art.

The art exhibition pairs local artists with writers who are willing to share their personal stories of struggle, hope and recovery with mental illness. Artists were then tasked with creating artistic portrayals of these stories. Sacramento County employees and residents are encouraged to view the exhibit to show their support for Sacramento's mental health community.

For more information about the anti-stigma project or the Journey of Hope art exhibit, please visit www.stopstigma-sacramento.org. You can also follow the project on Facebook and Twitter.

Source: Sacramento County Media ★

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 Thurs., Nov. 9

11:30 am to 12:30 pm

East Lawn Elk Grove Memorial Park & Mortuary
 9189 E. Stockton Blvd., Elk Grove, CA 95624
 To RSVP or More Info: **916.732.2031**

Wed., Sept. 20 (Dinner @ 6:30 pm)
 (Spanish & English)

East Lawn Andrews & Greilich Mortuary
 3939 Fruitridge Road, Sacramento, CA 95820
 To RSVP or More Info: **916.732.2026**

Wed., October 11

11:30 am to 12:30 pm

East Lawn Sierra Hills Memorial Park & East Lawn Mortuary
 5757 Greenback Lane, Sacramento, CA 95841
 To RSVP or More Info: **916.732.2020**

Thurs., October 12

11:30 am to 12:30 pm

East Lawn Memorial Park & Crematory
 4300 Folsom Blvd., Sacramento, CA 95819
 To RSVP or More Info: **916.732.2000**

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Reservations Required

If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

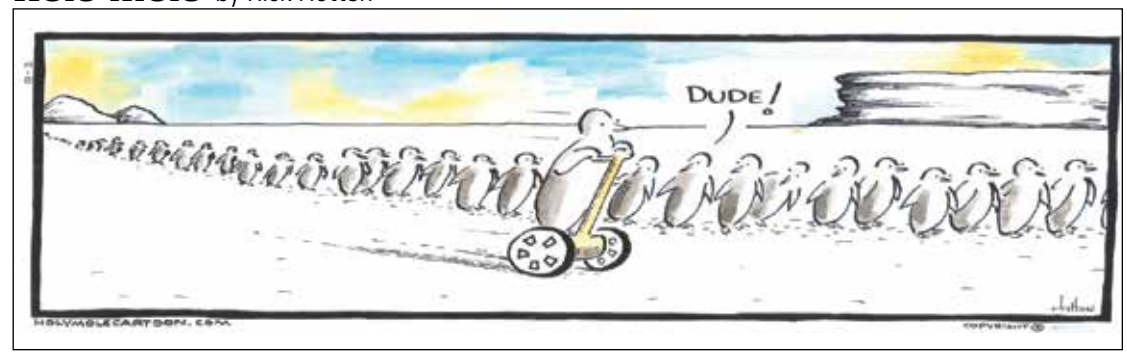


www.EastLawn.com

Wizard of Id by Parker, Mastroianni & Hart



Hole Mole by Rick Hotten



BC by Mastroianni & Hart



Cranky Girl by Crystal Jones



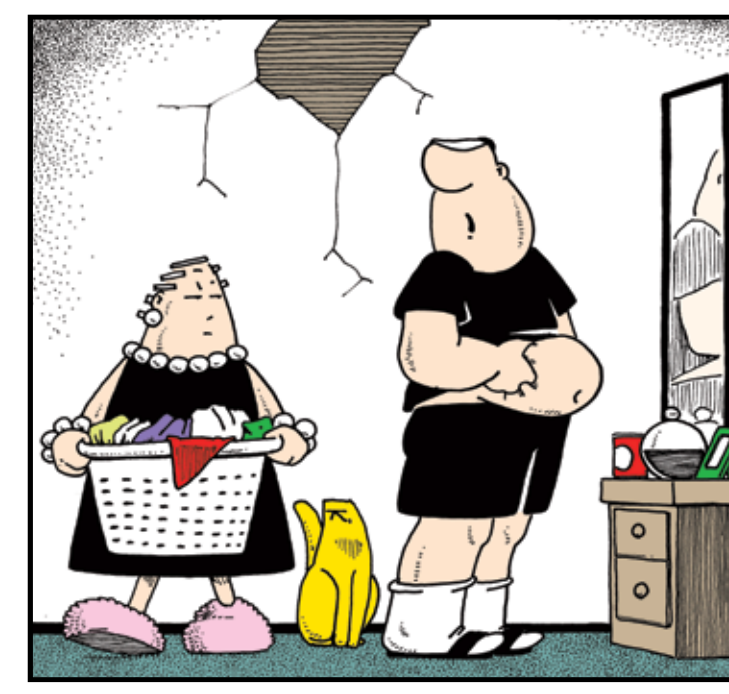
Frank and Steinway by Wil Panganiban



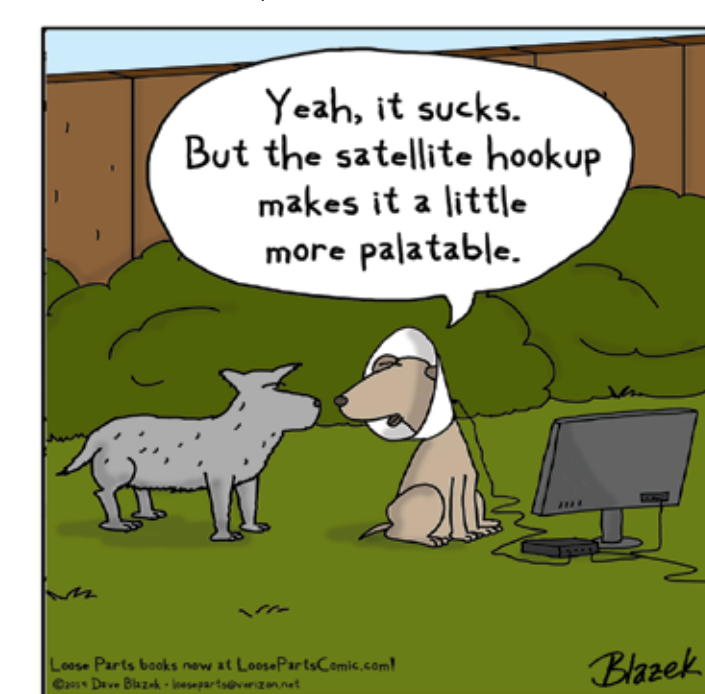
Tundra by Chad Carpenter



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Behaviors You Never See in Successful People



Louis McNerney

When you spend decades working with executives and business leaders, you really can't help but observe what works and doesn't work over the long haul. One thing I've noticed, it's not intrinsic characteristics

or personal habits that determine whether you're successful or not. It's your behavior. Yes behavior! How you react under long-term stress? Whether you meet your commitments or not. How you interact with others? Your attitude toward customers. How hard you're willing to work to do the job right? Whether you're focused and disciplined or scattered and distracted.

Want to Be Successful? Quit Being So Positive. If you want to make it big over the long-term, you might want to take a good, hard look in the mirror and see if any of these career-limiting behaviors describe you.

Naivety. We all start out wide-eyed and gullible, but the sooner you convert that to savvy and skeptical, the better your chances of coming out on top. It's simple: suckers and fools don't win. Learn to question everything you read and hear and always consider the source.

Panic. High-pressure situations are common in the business world. Things almost never go according to plan. It comes with the territory. If you can't override your adrenaline response and remain calm in a crisis, you're in trouble.

Fanaticism. Passion is a big success driver. When you cross that line and become over-the-top fanatical it works against you. You have a skewed perception of reality, flawed reasoning, and bad decision-making.

Laziness. Those who are driven to achieve great things also know one fundamental truth: It takes hard work over the long haul. Always stay focused and disciplined. Most people are slackers. That's why most people don't achieve great things. Simple as that.

Quick-fix mentality. Steve Jobs said, "Half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance". If you're not passionate about what you do, you won't stick with it. Many people want instant gratification these days. That's not going to cut it.

Acting out. Whatever feelings you have trouble dealing with jealousy, shame, inferiority, entitlement – transferring them to people you work with and acting out in anger will make you and everyone around you miserable.

Selfishness. If you act like the world revolves around you, you'd better have the talent to back it up. Being overly self-centered will diminish your effectiveness. Business isn't about you; it's about business. It's about your customers' experience with your products. Remember who serves whom in the relationship.

Living in the past or future. Granted, we can learn from the past, but dwelling on it is self-destructive. Likewise, you can plan for and dream about the future, but if your actions aren't focused on the present, you'll never achieve your plans or your dreams.

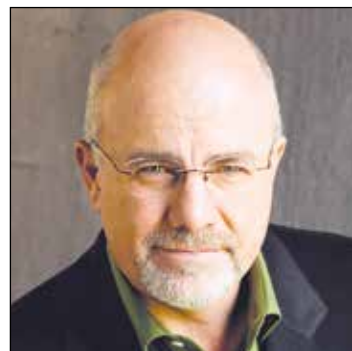
Lighthearted indifference. You hear phrases like "whatever works," "it's all good," and "no worries" a lot lately but you'll rarely hear them from highly accomplished people. They may be a lot of things but apathetic is not one of them.

Oversensitivity. If you're so thin-skinned that any criticism makes you crazy and every little thing offends you, you're going to have a rough go of it in the real business world. There's a good reason why business leaders usually have a good sense of humor and humility. It's sort of a requirement. Don't take yourself so seriously.

When he gets a little older, he can start adding to it himself from the money he makes from odd jobs and chores and such. After 15 years or so, thanks to your foresight and his contributions, he'll probably wind up with a pretty nice chunk of cash.

Good job, mom!
—Dave

Dave Says



Where do I put the money?

Dear Dave,
I have a savings account for my two-year old that has \$5,000 in it, and about half of that is in gold. I'm going to save for his college separately, and give this to him to help start his life after school. Is there a better place to put this other than a traditional savings account?

- Laura

Dear Laura,
First of all, you should not invest in gold. Gold is a very volatile, very dangerous investment. I don't have a dime invested in gold, and I would strongly suggest that you not invest in it, either. If you take a look at the life-long track record on gold it will scare you to death.

For the time being, you can leave it all in a traditional savings account. But if he's not going to use it for many, many years you could move it into a conservative mutual fund. In fact, you started when he was at

such young age, a nice, conservative mutual fund might be a really good idea.

percent head knowledge. The reason the debt snowball pays off debt from smallest to largest — even though it may be mathematically incorrect — is that modifying your behavior and inspiring you to get out of debt is more important than the math. Your probability of becoming wealthy has a lot more to do with your behavior than any sort of financial sophistication or academic degree.

—Dave

Debt snowball reasoning

Dear Dave,
Why do you recommend paying off debts from smallest to largest when doing the debt snowball?

- Michael

Dear Michael,
Lots of people think paying off the debt with highest interest rate first is the best approach. This seems to make sense mathematically, but I realized a long time ago if those people could do math they wouldn't be drowning in debt.

Debt is not a mathematical problem, it's a behavior problem. Personal finance is 80 percent behavior, and only 20

When you pay off a small debt you experience success, and that gives you hope. Then, you move on the next largest debt. When you pay that one off — and you've wiped out two debts — it energizes you. At that point, you really start to believe in yourself and the fact that you're on the road to becoming debt-free!

—Dave

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

For More Information contact Louis McNerney, Contact Lou at (916) 335-1126 or Visit his Website www.theEsource.com/LMcnerney

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

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<p>Pork Loin Chops-Bone In Chuletas de Cerdo con Hueso</p>	<p>Pork Neck Bones Huesos del Cuello</p>

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<p>\$1 FOR 6 PEOPLE \$60.00 3 Hours Karaoke • Pizza • Pitcher Soda • 2 Main Dishes (Small Room) (14 inch) (Up to 3 pitchers) (10 Dishes to Choose From)</p>	<p>\$3 FOR 28 PEOPLE \$280.00 3 Hours Karaoke • 4 Pizzas • Pitcher Soda • Fruit • 7 Main Dishes (Party Room) (14 inch) (Up to 14 pitchers) (Assorted 10 Dishes to Choose From)</p>
<p>\$2 FOR 8 PEOPLE \$80.00 3 Hours Karaoke • Pizza • Pitcher Soda • 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (10 Dishes to Choose From)</p>	<p>\$9 FOR 14 PEOPLE \$140.00 3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Family Room) (14 inch) (Up to 5 pitchers) (10 Dishes to Choose From)</p>
<p>\$6 FOR 18 PEOPLE \$180.00 3 Hours Karaoke • 3 Pizzas • Pitcher Soda • 7 Main Dishes (Large Room) (14 inch) (Up to 7 pitchers) (10 Dishes to Choose From)</p>	<p>10 DISHES TO CHOOSE FROM Hamburger • Cheese Burger • Club Sandwich Chicken Nuggets • Spiced Edamame • Fried Dumpling • Ribon Marbled Chicken Wings • Pork Lumpia • French Fries</p>

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AMERICAN/HISPANIC GROCERY

1-2-3 Vegetable Oil 1 Gallon \$5.99	Mezazeta Tostitos de Bistil Pasa Sazon 25-oz \$4.99	Diamond Almonds 6-oz \$4.99	Quikrete Butter Milk Pancake Mix 7 lb Bag \$6.99	Sazon Chicken \$2.99	Don Sazon Seasoning 14-oz \$2.99
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ASIAN GROCERY

Formosa Cakes 12-oz \$2.99	Juice 10.5oz 3/\$2	Assorted Fruit Cookies 12-oz 2/\$5	Gulian Rice Vermicelli 12-oz 2/\$4	The Real Malt Baking Brew 6.8-oz 2/\$5
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EUROPEAN GROCERY

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KOREAN/JAPANESE GROCERY

CJ Rice 2 Kinds 15 lb Bag 6.99	Backlund Vinegar 2 Kinds 900 ml 1.99	Soy Tangle Soy Sauce 60.87 fl oz 2.99	Hot Pepper Paste 5 lb 5.99	Mirin Cider 100 ct 11.99	Original Style Noodle Puffs 4 lb 2.99
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HOUSEWARES

Laminar Pots \$23.99-\$67.99	Premium Pressure Cookers \$399.99-\$449.99
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FROZEN DEPARTMENT

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CORDOVA SPORTS

Cordova Football Preparing for SVC Opener

By Mike Bush

RANCHO CORDOVA, CA (MPG) - For three days during its bye last week, the Cordova High School football team broke away from its weekly game preparation.

"We concentrated on heavy fundamentals instead of game prep," said Cordova head coach Darren Nill, "and it's always nice to refocus and put an emphasis on (the basics) in the middle of the season."

Now with its pre-season in the rear view mirror, Cordova (3-2) opens Sierra Valley Conference play at Galt (3-2) on Oct. 6th. Last Friday, Franklin beat Galt 34-28 in overtime in a non-conference game on the Erv Hatzenbuehler Field at Warrior Stadium in Galt. The host Warriors and the Stockton school traded scores that led to a 28-28 tie after four quarters. The visiting Yellowjackets scored the winning touchdown on their first offensive possession in overtime after the Warriors had limited success to move the ball from Franklin's 10-yard line. The football is placed on an opponent's 10-yard line when a game is sent into overtime.

Cordova will be facing a Galt squad that still runs the I formation, but also spreads out the



Cordova running back Raymond Fite (12) finds room to run against Foothill during a non-conference game at Lancer Stadium on Sept. 22nd. This Friday, Fite and the Lancers open SVC action at Galt. Photo by Rick Sloan

offense. The Warriors have used many players to score on both sides of the ball this season, and were just plays away from beating Franklin.

"We control our own destiny

as we go out and do what we need to do," Nill said. "It doesn't matter what anybody else does."

Cordova won a share of the SVC title with Liberty Ranch

and El Dorado last season. But this season, the Lancers, plus Galt, Rosemont, El Dorado, Union Mine and Liberty Ranch are opening new chapters entering conference play on the same



Cordova running back Chase Allen (with ball) races past three Foothill players during a non-conference home game at Lancer Stadium on Sept. 22nd. Allen and the Lancers open SVC action at Galt on Oct. 6th. Photo by Rick Sloan

page. El Dorado is 3-2, while Rosemont and Union Mine are 2-3 and Liberty Ranch 1-4.

"I think anybody can beat anybody in the SVC," Nill said. "We are all very competitive, evenly matched. We're not taking any game lightly."

In its first five non-conference games this season, Cordova's offense has been led by junior quarterback Johnnele Sanders, who has completed 74-of-206 passes for 1,233 yards and 14 touchdowns. He also leads the team in rushing at 416 yards and six more touchdowns. Running backs Raymond Fite and Alvin

Banks, both juniors, have rushed for 143 and 122 yards respectively.

Banks have proven to be a multi-threat for the Lancers on offense. He leads the team in receiving with 33 receptions for 788 yards and 11 touchdowns. Fite has 125 yards and Jeremiah Bankett 107.

On defense, Lancer outside linebacker Ryan McMoore leads the team in tackles at 50, and another outside linebacker in Yusef Pugh follows at 48. Linebacker Elijah Jenkins is next at 45, and free safety Tyreke Tate has 42. ★

FLC Weekly Update; Women's Soccer; Women's Volleyball; Men's Soccer

Women's Soccer

SACRAMENTO COUNTY, (MPG) - The FLC women's soccer team jumpstarted the weekend for all Falcon teams when, just three minutes into their match against defending Big 8 co-champions Diablo Valley, sophomore forward Tiara Webb received a ball from Jimena Jovel in the box, turned a defender and scored on the near post. The early goal got the home crowd hyped early, and the Falcons used it to their advantage as they applied stout defense and a relentless offensive attack in defeating the Vikings, 2-0. Sophomore goalkeeper Valerie Ogorodnikov earned yet another shutout victory while Tiara Webb bolstered her stats with two goals (the second came in the 81st minute). With the win, the Falcons improved to 9-0-1 overall and remain in first place in the Big 8 at 4-0-1, just a single point ahead of American River and Sierra. Sierra and FLC will meet at Sierra on Tuesday afternoon at 4:30 pm in a battle for the Big 8 lead.



Sophomore setter Samantha Hegseth had 37 assists. Photo by Doug Guler

Again, the Falcons won the opening set (25-20), dropped the next two (22-25, 17-25), then won the fourth set (25-20) to force a deciding fifth set. The final set wound up being the easiest as the Falcons pulled ahead early on their way to a 15-7

Women's Volleyball

The weekend started well for the Falcons as they traveled to Sacramento City College on Friday night and defeated the Panthers in straight sets, 25-20, 25-18, and 25-21. The win keeps the Falcons undefeated in the Big 8 at 4-0 and sets up a showdown with Sierra (also 4-0) on Wednesday night in Rocklin.

On Saturday, the Falcons hosted the Folsom Lake Classic II Tournament. With state #3 ranked Fresno as their first opponent, the Falcons served notice that they are for real as they won a thrilling five set match, 25-23, 16-25, 24-25, 25-21, and 15-13. As if that weren't enough, the Falcons took on NorCal #5 ranked (and #11 in the state) Feather River in the afternoon match.

Again, the Falcons won the opening set (25-20), dropped the next two (22-25, 17-25), then won the fourth set (25-20) to force a deciding fifth set. The final set wound up being the easiest as the Falcons pulled ahead early on their way to a 15-7

victory. The Falcons now own a 13-1 season record and should expect a top-10 state ranking for the first time ever.

Men's Soccer

In game two of Friday's home soccer doubleheader, the Falcons hosted sister college Cosumnes River and managed a thrilling 2-1 come-from-behind victory. The two teams battled through a scoreless first half, but it was the Hawks who eventually broke through first with a goal 10 minutes into the second half. Despite being down a goal, the Falcons didn't panic. In the 68th minute, sophomore Austyn Ciampa scored off a corner kick from Luis Aguilar to tie the score. With their confidence growing, the Falcons continued to attack in an effort to break the tie. In the 85th minute, a CRC defender used his hands to prevent a Falcon goal off a corner kick, resulting in a penalty kick for FLC. Luis Aguilar put the PK into the net for the winning

goal and earned himself "Man of the Match" recognition. The win gives the Falcons a 7-1-2 overall record and sole possession of first place in the Big 8 at 2-0-1, two points ahead of both Delta and American River. They'll

travel to Santa Rosa on Tuesday, then host American River on Friday evening in a showdown for local supremacy.

The Folsom Lake College fall sports teams are now a collective 29-2-3 in 2017, and all three

teams are either tied or in sole possession of first place in the Big 8 with a combined record of 10-0-2. Coincidentally, all three teams will play against first or second place opponents this week. ★

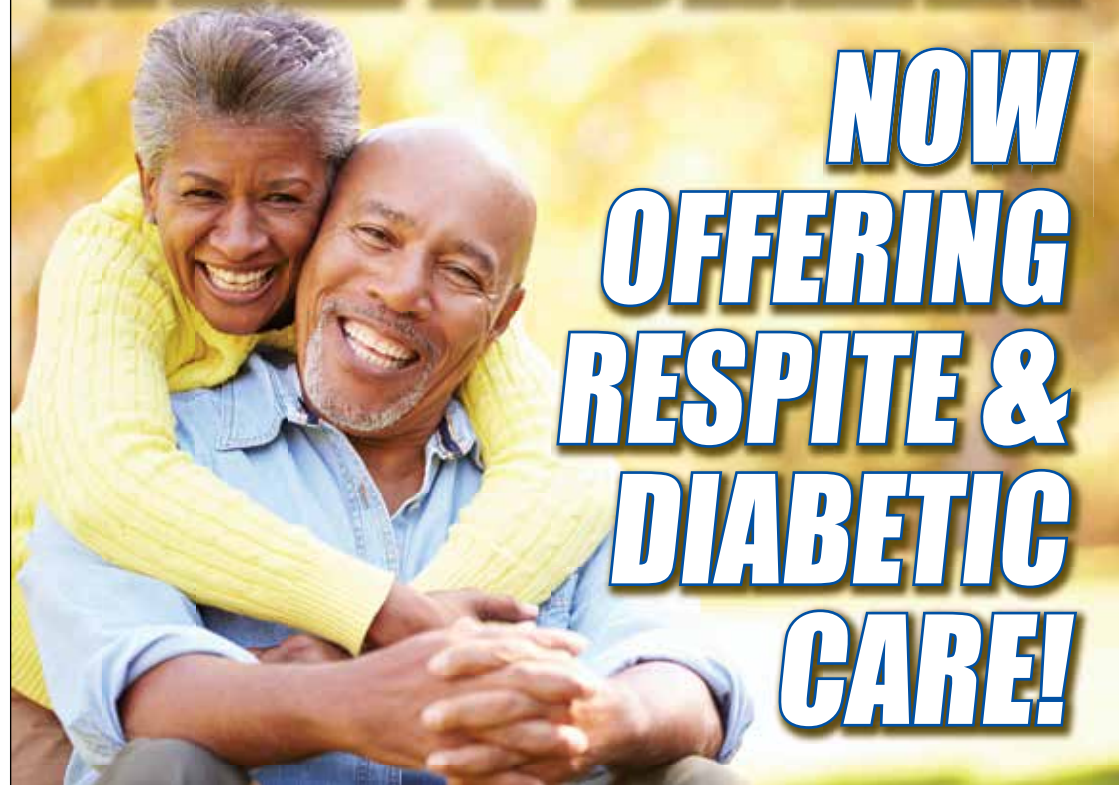
Upcoming Sports Schedule

Fri Oct 6 Women's soccer vs Sacramento City at FLC, 3:30 pm

Men's soccer vs American River at FLC, 6:30 pm

Women's volleyball vs Santa Rosa at FLC, 6:30 pm

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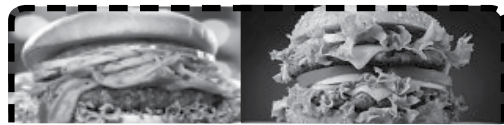
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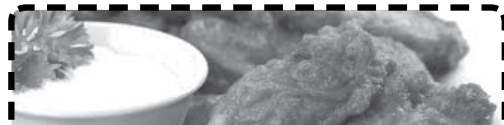
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USCIS Streamlines Process for Work Authorization Documents, Social Security Number Simultaneously

By Sharon Rummery, USCIS

WASHINGTON, DC (MPG) - Based on a new information-sharing partnership between U.S. Citizenship and Immigration Services (USCIS) and the Social Security Administration (SSA), foreign nationals in certain categories or classifications can now apply for work authorization and a social security number using a single form – the updated Form I-765, Application for Employment Authorization.

To lawfully work in the United States, foreign workers in some categories and classifications need both an employment authorization document (EAD) from

USCIS, and a Social Security number (SSN) from the SSA. Previously, applicants needed to submit a Form I-765 to USCIS for an EAD, and then submit additional paperwork in person at their local Social Security office to obtain an SSN.

The revised USCIS form includes additional questions that allow applicants to apply for an SSN or replacement card without visiting a Social Security office. Starting today, USCIS will transmit the additional data collected on the form to the SSA for processing. Moving forward, applicants who receive their approved EADs from USCIS should receive their Social Security card from SSA

within the following two weeks. EADs serve as documentation to show employers that an individual is authorized to work in the U.S. for a specific time period. SSNs are used to report wages to the government, and to determine an individual's eligibility for certain benefits. USCIS encourages all U.S. employers to verify the employment eligibility of all new hires through E-Verify.

For additional information on applying for employment authorization, visit USCIS' EAD page or contact the USCIS National Customer Service Center. For more information about USCIS and its programs, please visit uscis.gov. ★



The Smart Stepfamily Seminar

October 20 & 21



Stanley Winters
LMFT, Shepherd, Minister at
Parkway Church of Christ

Larry Stafford
AACC, Minister at
Cordova Church of Christ



- Come and learn to: Solve the everyday puzzles of step parenting and stepchildren relationships.
- Communicate effectively with an ex-spouse
- Have fun listening and sharing with other step families
- Learn about the blind spots in step-parenting
- Protecting your marriage and keeping your marriage strong
- Parenting, co-parenting and loyalty

Cordova Church of Christ - Family Life Center

Friday, October 20 - Registration begins at 6 p.m.
Seminar from 6:30 - 9:30 p.m.

Saturday, October 21 - Continental Breakfast at 8:30 a.m.
Seminar from 9:00 - 1:00 p.m.

Cost is \$30/couple / Make Check payable to Cordova Church of Christ
Registration form attached or Register online at www.cordovachurch.com

Last day to register October 16, 2017

Presented by Stanley Winters, LMFT, Shepherd, Minister at Parkway Church of Christ & Larry Stafford, AACC, Minister at Cordova Church of Christ

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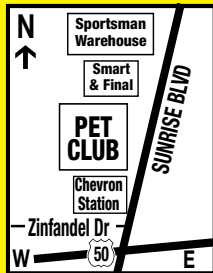


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30 Lb Bag **\$39.99**
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NEW SIZE 25 Lb Bag **\$21.99**
Limit 2 Bags Per Family
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BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight
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100% Grain Free
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Effective 10/4/17 - 10/10/17

FRISKIES DRY CAT FOOD
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Effective 10/4/17 - 10/10/17

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Effective 10/4/17 - 10/10/17

FANCY FEAST GOURMET CANNED CAT FOOD
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•Regular •Multiple Cat Formula
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