



Rancho Cordova Artists Represented at KVIE Art Auction
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LAPEL PINS GIVEN OUT TO VIETNAM SUBMARINE VETS



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Watch the Frost Fright Cake Wars Halloween Spinoff Features Rancho Baker



Joining Burgess on the team are Las Vegas sugar artist Frederick Isla, who won Cake Wars: Christmas Season 1; David Smith, master pumpkin carver from Westerville, OH and owner of Frost Lion, as well as a former Cake Wars competitor; Danny Kissel, pumpkin carver from Newville, PA and former Halloween Wars competitor, and the other newbie: Frank Reaver, an artist and pumpkin carver from New Windsor, MD. Photo courtesy Food Network

Story by *Jacqueline Fox*

RANCHO CORDOVA, CA (MPG) - It started with a birthday cake. Then, through the magic of social media, came a recipe for horror. Actually, a few recipes.

Let us explain. Rancho Cordova resident, Jewel Burgess, is not evil. She just loves to bake. The cake that kicked it off for her was an intricately crafted version of a Mickey Mouse Club House cake she made in 2014 for her son Benjamin's first birthday. She had no prior baking experience, but dabbled in artistic endeavors and thought, what the

heck, YouTube can help.

"The cake caught the attention of some online friends and, from there, word spread," says Burgess. Layer by layer, the Sutter Health administrative employee by day found herself owner and operator of a home-based cottage corporation, Cake Jewel. By night and on weekends, Burgess stays busy, crafting one-of-a-kind cakes from the comfort of her own kitchen.

Cake Jewel specializes in custom, novelty cakes. Actually, Burgess calls them cake "experiences" and that means they may come in many forms, heights, shapes and

even smells. Replicas of full-sized gumball machines with a dispenser and actual gumballs; a "majestic mermaid's tail" cake; bedazzled, four and five layer wedding towers; a stack of pancakes with an egg on the side and a pig for a topper; a brown turtle nesting on a green grassy knoll, ready to chomp down a meal and so life-like it almost creeps you out to think of digging a fork into it.

The Burgess home bakery is perpetually open for business. Tools of the trade are strewn across the kitchen table: an electric drill, knives, a craft box loaded with dozens

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EverGreen Nutrition & Beauty Opens to Reach New Local Clientele

Story and photo by *Jacqueline Fox*

RANCHO CORDOVA, CA (MPG) - It's no secret, online retailers, including Amazon.com, are forcing many smaller mom and pop's and even larger, well-established retailers (think Kmart and even JC Penny) to retool their offline business models in order to stay relevant. So why would a small, online startup offering health and beauty products make the leap to brick and mortar?

That's the first question asked of the owners of the newly opened storefront, EverGreen Nutrition and Beauty, Farzana and Mohammad Haider. The couple, Bangladeshi natives and 19-year residents of Rancho Cordova, have been operating a larger, successful online natural supplement and organic products distribution company under the name Ryliservice.com since 2015.

Their online company offers organic

food products, cruelty and animal-free makeup, essential oils, supplements, candles and eco-friendly cleaning supplies. Sales have been good, so good they helped the Haider's acquire the roughly \$150,000 in startup costs needed to open the storefront on Sunrise Avenue in early September, where many of the same items are now available, as well as onsite "expert" consultants, including a general manager with training in chiropractic care.

But, why the storefront when things were going so well online?

"We wanted to be the first in this area to offer locals an alternative location for organic foods, non GMO products, vitamins and supplements and health care consultation," says Farzana, who got serious about natural wellness and health products while pregnant with her first child. "We know people like to shop for these things in person and although we were doing well with the online company,

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Owners Farzana and Mohammad Haider. The couple are Bangladeshi natives and 19-year residents of Rancho Cordova.

Reported STD's Reach an All-Time High

By *Corey Egel, CDPH*

SACRAMENTO, CA (MPG) - Rates of sexually transmitted diseases (STDs) continue to increase in California, according to new statistics from the California Department of Public Health (CDPH). These diseases are reportable to the state and local health departments. The data are presented in CDPH's 2016 STD Annual Report: a summary that can also be found on CDPH's website.

Over a quarter million cases of STDs were reported in 2016, a 40% increase compared to five years ago including, 198,503 cases of chlamydia, 64,677 of gonorrhea, and 11,222 of early syphilis. Particularly concerning to health officials, 207 cases of congenital syphilis were reported. If not caught early, syphilis during pregnancy can result in congenital syphilis leading to stillbirth or permanent, lifelong disabilities. Syphilis can also cause permanent loss of vision, hearing and other neurologic problems in adults. If left untreated, STDs can increase the risk of HIV infection and lead to lifelong reproductive health problems.

"The number of reported STDs in California is increasing at a concerning rate," said CDPH Director and State Public Health Officer Dr. Karen Smith. "This is the third year in a row that we have seen increases in chlamydia, gonorrhea and syphilis."

These three diseases can be prevented by consistent use of condoms, and they can be cured with antibiotics, so regular testing and treatment is very important, even for people who have no symptoms.

Chlamydia and gonorrhea rates are highest among people under age 30. Rates of chlamydia are highest among young women, whereas males account for the majority of syphilis and gonorrhea cases.

Regular screening for STDs is recommended for people who are sexually active. STD services also provide opportunities for further prevention of HIV through testing and pre-exposure prophylaxis, or PrEP.

"All Californians need to know how to protect themselves and their partners," said Smith. "Getting tested regularly is one of the most important steps." A directory of where to get tested can be found at the Centers for Disease Control and Prevention webpage.

CDPH is collaborating with the California Department of Education and community groups to implement the newly enacted California Healthy Youth Act, which mandates comprehensive STD/HIV prevention education in schools. For more information, go to the CDPH Sexually Transmitted Diseases Control Branch website at www.cdph.ca.gov

Source: CDPH



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Healing Invisible Wounds

Veterans Day Golf Tournament to Aid Veterans and First Responders with PTSD

By Elise Spleiss

SACRAMENTO REGION (CA) (MPG) - "We are dedicated to healing the invisible wounds of war and service." This is the motto of Go Give 2 Live, a local 501(c)(3) nonprofit working with The SPARTA Project to help local veterans, police, fire and emergency personnel get the care they need to recover from the stress and trauma they have experienced in the line of duty.

The SPARTA Project, the nation's premiere program for helping warriors and first responders with Post Traumatic Stress Disorder (PTSD) provides an intensive 5½ day retreat in Southern California to rehabilitate veterans/first responders. To help balance the demanding work, participants enjoy activities such as rock climbing, a rope course, equine therapy and meditation.

SPARTA has asked Go Give 2 Live to provide further resources to help them in their aftercare. Formed in January of 2015 Go Give 2 Live raises funds to support already established non-profits that have a proven record of helping veterans and first responders get the help they need to recover from the stress and trauma caused by their jobs. According to program founder Lindsey Hutchison, most of the veterans in their programs are police officers, and local veterans returning from Afghanistan.

Lindsey and her team of volunteers are aware of local resources to help these men and women in the county where they live. Local programs include Joy House, a



Program graduates of SPARTA and Go Give 2 Live programs. Photo by Go Give 2 Live

transitional sober living home with a focus on women veterans, and programs using the healing quality of horses and dogs to help transform their lives. A Community for Peace located in Citrus Heights offers a men's support group and a crisis center for victims and survivors of domestic violence, family violence, and sexual assault.

What sets Go Give 2 Live apart from other veteran recovery programs is the ongoing support graduates

receive to keep them involved in their own recovery.

Being active in their community helps give survivors a new purpose in life.

Another important aspect of ongoing recovery is the creation of care packages of journals, educational books, pamphlets to local resources and other items send to graduates on an ongoing basis.

Following their own success in the program, graduates are encouraged to become a shepherd or mentor to new

participants to the program.

Volunteers working with Give2Live also aid emergency responders during disasters in counties throughout California. Presently they have a team of 14 volunteers actively working with six veterans who survived the Mariposa fire, doing home health checks and taking care of their pets. They also built a wheelchair ramp for a relocated veteran and provided a refrigerator full of food for one man whose home had

been a total loss. They also assist in relocating animals affected by the fires.

A future vision of Lindsey's is to acquire or build a facility to create a one-day therapy camp where participants can come and go anonymously to work on their own unique issues in a safe environment.

To help provide funds for these programs Go Give 2 Live is hosting a Golf Tournament at Top Golf in Roseville CA on Veterans Day, November 11, 2017.

From 9 a.m. to 1 p.m.

For every \$1,500 raised, one veteran or first responder will go through SPARTA's much-needed life changing program. The hope is to raise enough funds from the tournament to cover three or four attendees to this program along with the Go Give 2 Live services. One hundred percent of funds raised will go right to the programs and aftercare. Player ticket packages range from \$100 and up. Sponsors can pay for a veteran or first responder to play. For information on participating as a player, sponsor or vendor go to www.GoGive2Live.org, and click on projects or call 1-866-306-4569.

Lindsey Hutchison holds an MBA in Business Finance from Grand Canyon University, a BFA in Design & Marketing, and an AA in Business Management. She currently is employed in her family business, Hutchison Financial Group, working as an Account Manager/Insurance Agent. She is a member of Capital Region Family Business Center and the Roseville Chamber of Commerce. She is actively involved in her community, and has been on multiple mission trips outside of the county to help those less fortunate. Her passion has always been to help others. She has been involved in charities and nonprofits her whole life. This passion led to the formation of Go Give 2 Live, a 501 (c)(3) nonprofit organization designed to provide much needed programs and services to veterans and first responders. ★

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Watch the Frost Fright

Cake Wars Halloween Spinoff Features Rancho Baker



Jewel Burgess of Rancho Cordova creates her masterpieces from her home kitchen. Photo by Jacqueline Fox

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of different sized metal icing dispensers, a wood platform and screw contraption for holding cakes in place as the work is done. Cupcakes are cooling on the counter, batter mixes stand ready for the mix. Taped to the cupboards are sketches of cake designs Burgess has already baked and long-since sold, others still in the making. On the wall is her permit for the home-based business.

"It's become a full-fledged operation," says Burgess. "I made the cake for Benjamin and I've been making cakes pretty much non-stop ever since."

Now, here's where the horror comes in. Roughly a year ago Burgess, or rather her cakes were discovered via her Instagram account by a producer from the Food Network. And, just like that, she found herself the only woman on a five-person team comprised of other culinary sugar artists and expert carvers from around the country to compete on three episodes of the channel's 2017 Halloween Wars spinoff, "Hayride of Horror."

Burgess was whisked off to a real-life pumpkin patch in Moorpark, CA just north of Los Angeles last fall, where she joined her teammates for the competition tapings. The first, "Scarecrow Comes Alive," is set to air Saturday, Oct. 2, followed up by "When the Pumpkins Fight Back" on Saturday, Oct. 9th, and wrapping up with the finale episode, "Possessed Zoo" on October 16. All episodes are set to air at 10 p.m. EST.

On the show, you'll see Burgess and her teammates baking, carving, sculpting and frosting three live-sized, walkable and frightening scenes of horror, all competing for a \$15,000 purse for each episode. We can't tell you too much about the scenes or who wins. That would spoil it for you. Even the identity of the judges are secret at this point.

What we can reveal is that the three episodes involve some heart-stopping, blood-curdling Halloween gore: body parts, sinister black crows, green monsters, classic graveyard ghosts, witches and skeletons made to melt in your mouth, or, even better, crunch. And, oh yeah, a lot of pumpkins.

"It was all a total surprise," said Burgess. "I got a phone call from a producer from the network one day and she said she'd been following me on Instagram and liked my work. She asked me if I was interested in joining the team and I said of course."

Burgess said the experience of competing alongside four other, male and, in three cases, more experienced bakers and sugar sculptors was, at first, a bit daunting. (Three had competed on previous Food Network shows.)

"I was one of two newbies on the show," Burgess said. "The other three had competed on the network before. So, being the only woman on the team and being self-taught and new was challenging at first. There was a little bit of ego flying around and, to be honest, at one point I thought about coming home. But then, when I was asked

to show them what I could do my passion kicked into gear and I got down to work. I put in my earbuds and said 'OK, everyone leave me alone.'"

Her creation, and we won't give it away so as to avoid spoiling that for you as well, wowed the producers, other competitors and her teammates, putting to rest any doubts she (and they) had about her newness.

Each of the two teams were given a set of creepy criteria to follow and, using only sugar, pumpkins and cake, they were challenged to come up with a themed scene for each of the three episodes. The set, which will have judges arriving by hayride and walking through to scrutinize the entries before selecting the winning scenes, Burgess said, could not have been better suited. Nor could the weather.

"It was cold every day, and very foggy out there in this huge pumpkin patch down in L.A.," said Burgess. "It couldn't have been more realistic. It was amazing."

Despite the challenges and the egos, the experience was positive, says Burgess. "I'm ready to do it again," she said. Meanwhile, she's back home in her kitchen planning her next creation: A replica of her church's pulpit for an upcoming congregation-wide celebration.

"This is going to be a challenge," says Burgess. "But you know, the way I do it is I say 'Yes, I can make that.' Then, I go and figure out how. I got the inspiration for this from my son. The passion for it and the ability, with a little help from YouTube

and some great mentors out there, just came really natural to me."

Joining Burgess on the team are Las Vegas sugar artist Frederick Isla, who won Cake Wars: Christmas Season 1; David Smith, master pumpkin carver from Westerville, OH and owner of Frost Lion, as well as a former Cake Wars competitor; Danny Kissel, pumpkin carver from Newville, PA and former Halloween Wars competitor, and the other newbie: Frank Reaver, an artist and pumpkin carver from New Windsor, MD. ★

IF YOU WATCH:
Food Network Halloween Wars: Hayride of Horror
Episode 1: Premieres Saturday, Oct. 2 at 10 p.m. EST
Episodes 2-3: Oct. 9 and 16 at 10 p.m. EST

EverGreen Nutrition & Beauty Opens to Reach New Clientele

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we wanted to be out in the community."

Farzana and her husband, Mohammad, both hold advanced degrees in engineering. They met and married in Bangladesh in 2005, moved to the United States, got their training and eventually found themselves working as engineers for Intel Corp. in Folsom. Mohammad still has his day job at Intel, but Farzana quit with the birth of her first son in 2014. She spent much of her pregnancy cultivating her knowledge and interest in the world of organics and natural health and wellness products and it seemed to her that she'd found a new passion.

"When I was pregnant with my first son, I did a lot of online research about healthy foods and supplements for my own pregnancy," says Farzana. "As I got deeper and deeper into that, I just realized I had a real passion for this industry and that was it. I decided to not to go back to work at Intel."

Together, the couple launched ryliservice.com, offering a large line of organic and natural health and wellness products with Amazon.com as their distribution channel, which takes a cut from sales for the use of the Amazon delivery model and international consumer reach.

"It's everywhere, worldwide," says Mohammad of Amazon's powerful presence in the online marketplace. "It made perfect sense for us to use Amazon because of the fast and efficient delivery model. We have been doing very well."

Now, with the business model in brick and mortar form, EverGreen, the couple say, aims to provide a one-stop neighborhood shopping experience for the types of food, health and beauty products available at say a Whole Foods or Sprouts. While the roughly

1,000-square-foot storefront is small, its shelves are chock full of the best-selling brands on the market, including Starwest Botanicals herbs, Amy's soups and boxed pastas, a large selection of organic and chemical free body and bath care items, organic and cruelty free makeup from Mineral Fusion and Desert Essence, among others, natural cleaning supplies and more.

"Think of us as a cross between Sunrise (Natural Foods) and Whole Foods," says Farzana. "We are small, but we carry a lot of products in the store that many people in this part of town have to drive a few miles to find"

Should an item not be available on the shelves, there's a special customer kiosk and research portal in the store, where customers can log on and order what they are looking for. They can even use the portal to research an item and educate themselves about a particular supplement or essential oil, for example, then find it in the store. Or, if they choose, they can just ask for help.

"We want customers to know they are in control of their health but we are here to help them do that, not only by making the products available, but also by giving them the tools and resources to learn more about the world of organic and natural health and wellness," said Mohammad. "If we don't have it in the store, we likely have it online in our other store, or we will find it for them."

For more information: visit www.evergreenfnb.com or call (916) 500-3334. ★

IF YOU GO:
EverGreen Nutrition and Beauty
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By Bob McGarvey

And Another Thing ...

Lapel Pins Given Out to Submarine Veterans Who Served in Vietnam a Belated Welcome Home

Folsom Veterans Hall. Those veterans served during the Vietnam War too, but because they are smaller in number, they aren't heard of as often as larger organizations when Vietnam is discussed.

When I gave them their lapel pins, honored them, and welcomed them home, some of them remembered the welcome home they didn't receive or the welcome that they did receive when they returned home when the war was still going on. Veterans received a proclamation honoring them from the City of Rancho Cordova, a proclamation and a handshake from Supervisor Don Nottoli, and letters from Assemblyman Ken Cooley, State Senator Tom Berryhill, and Congressman Ami Bera. They were honoring them and thanking them for their bravery and their service during the Vietnam War. Our wonderful staff in Rancho Cordova City Hall did wonderful work getting all of the paperwork ready for me when it was time. My wife and I, and staff member Lorianne Ulm, who helped by giving me the folders and lapel pins, and her mother went together to show our respect for the Submarine Veterans.

And another thing, fall is still my favorite time of the year. That includes the falling leaves, the cooler weather, the beginning of

the rainy season, kids (and grand-kids) back to school, and most of the big holidays getting closer than you think. If you are looking for a new car or anything like that, you can usually, but not always, get a deal of some sort with this year's model. Those deals can include this year's model of car or mattress or refrigerator or TV etc. etc. etc. and almost everything else you may be in the market for.

I guess the only big change that seems to be continuing is that many stores are closing their doors, like Sears, Macy's, JCPenney's, and many others because of the number of people who are shopping online instead of actually being in the stores. I still like going to the store and putting my hands on the tools, or clothes, or even a new toaster. It may look okay on the two dimensional computer screen, but most of the time, the color or shape or size etc. never seems to be exactly what I expect. So, I guess most of the shopping my family does will really be in the stores so we can put things in our hands. And even though I want to get all the birthday, anniversary, and Christmas shopping done early...we'll see.

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

Berryhill Bill Helping Disabled Veterans Signed into Law



SACRAMENTO, CA (MPG) - Governor Jerry Brown on Monday, September 25, signed into law a bill by Sen. Tom Berryhill of Modesto that will help disabled veterans in California ease their disability-related burdens.

SB 330 - which was approved unanimously in both chambers of the Legislature last month - will ease construction costs for disabled veterans by allowing local governments to waive or reduce building permit fees for home improvements related to veterans' service-connected disabilities.

"Everything we have is due to the bravery and sacrifices of these amazing men and women, who serve selflessly so that we may be safe," Berryhill said on Monday. "This is really good policy and I'm very grateful for the support of Governor Brown and my colleagues in the Legislature."

The measure is supported by the California Building Industry Association, the American

G.I. Forum of California, the American Legion-Department of California, the AMVETS-Department of California, the California Association of County Veterans Service Officers, the California State Commanders Veterans Council, the Military Officers Association of America, California Council of Chapters and the Vietnam Veterans of America-California State Council.

Senator Berryhill represents Rancho Cordova and the counties of Amador, Calaveras, Inyo, Mariposa, Mono, Stanislaus, Tuolumne and parts of Fresno, Madera, Sacramento and Tulare.

Source: The Office of Senator Berryhill ★

I was ready to turn the clock back an hour very soon - you know spring forward and fall back etc. - until I realized that daylight savings time isn't going to happen this year until Sunday, November 5th. The majority of people cheat and turn their clocks back on Saturday night instead of staying up until 2AM Sunday morning to manually set their clocks back. Some clocks, like the ones on your smartphones do it themselves, but there are some time pieces like the alarm clock next to our bed that doesn't care what time it is if you don't seem to care either. Just remember, if you don't change the clock yourself, you will probably be late for church the next morning. Oh well. We still have to wait for six more Saturday nights before you can get that extra hour of sleep.

Last weekend, I was given the honor of giving the Vietnam War veteran lapel pins to the United States Submarine Veterans Gold Country Base members at the

Still Time to Enroll at Folsom Lake College's Rancho Center This Fall



2nd 8-week term classes start the week of October 12-18. Other courses begin throughout the semester. Photo courtesy FLC

By Kristy Hart

RANCHO CORDOVA, CA (MPG) - It's not too late to enroll at Folsom Lake College this fall! There are open "fast-track" classes that start later in the semester - including offerings in Biology, Business Technology & Computer Science, Economics, English, Fitness & Health, GeoSciences, Management, Physics, and much more.

If you would like to enroll in a class - or just see what is

available - please go to: www.flc.losrios.edu.

2nd 8-week term classes start the week of October 12-18. Other courses begin throughout the semester. Classes are offered at the Rancho Cordova Center (10259 Folsom Blvd., corner of Paseo Dr./Mather Field Rd.), the Main Folsom campus, the El Dorado Center in Placerville, and online.

For more information, please contact the Rancho Cordova Center at (916) 361-6321. ★

Baked Potato & BINGO Fundraiser

Saturday, October 14, 2017

- Baked Potato Bar (\$5/person) 11am-12pm
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<p>FIRST BAPTIST CHURCH of Rancho Cordova 10720 Coloma Road • 635-4672 Bible Study for All Ages 9am Sunday Morning Worship 10:30am Sunday Awana Children's Program Sunday 5-7pm (September - May) Mid-Week Prayer & Encouragement 6pm Wednesday with Pastor Tom Jones Music Director: David Black</p>	<p>SUN RIVER CHURCH 11223 Trinity River Drive Rancho Cordova, CA 95670 (916) 635-9000 9:00 AM: Contemporary Service Worship music with a guitar-driven feel. 10:45 AM: Blended Service A mix of hymns, old favorites, and contemporary worship. "building bridges of irresistible influence"</p>

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Publisher, Paul V. Scholl

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AN IMPORTANT MESSAGE FOR DENTAL OFFICES

New EPA Rule Requires Dental Practices to Install Amalgam Separators and Implement Best Management Practices

The Environmental Protection Agency (EPA) recently issued technology-based pretreatment standards under the Clean Water Act to **reduce discharges of mercury from dental offices into municipal sewage treatment plants.**

The Dental Office Effluent Guidelines became effective July 14, 2017. This final rule **requires dental offices install amalgam separators and two best management practices.** Dental offices that place or remove amalgam:

- ✓ Must install, operate, and maintain an amalgam separator
- ✓ Must not discharge scrap amalgam into the sewer
- ✓ Must not use certain kinds of line cleaners, such as bleach

Existing dental dischargers must comply and submit a form to Regional San (see links below) by October 12, 2020. New dental dischargers or ownership transfers must comply within 90 days of their first discharge. If any dental practices already had amalgam separators prior to June 14, 2017, they have until June 14, 2027, to replace them with compliant separators. Dentists who never place amalgam or remove amalgam in limited or unplanned circumstances are exempt.

Who is affected by this new rule?

This rule applies to offices, including large institutions such as dental schools and clinics, where dentistry is practiced that discharge to a municipal sewage treatment facility. It does not apply to mobile units or offices where the practice of dentistry consists only of oral pathology, oral and maxillofacial radiology, oral and maxillofacial surgery, orthodontics, periodontics, or prosthodontics.

Why are these standards necessary?


When dentists remove old amalgam fillings from cavities or place a new filling, mercury in the form of dental amalgam enters the wastewater of the dental office. Mercury from waste amalgam can make its way into the environment from the treatment plant through the land application of sludge or through surface water discharge to the Sacramento River. Mercury is a potent neurotoxin that can have a wide range of health effects. Once released into the aquatic environment, certain bacteria can change mercury into methylmercury, a highly toxic form of mercury that bioaccumulates in fish and shellfish. Eating fish and shellfish is the main source of people's exposure to methylmercury in the U.S.

Questions? Contact us at (916) 876-4141 or amalgamrecovery@sacsewer.com.

More Information & Compliance Forms: www.amalgamrecovery.com

EPA's Dental Effluent Guidelines: www.epa.gov/eg/dental-effluent-guidelines

If you are outside Regional San's service area, call your municipal sewage treatment agency.



REGIONALSAN
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This message is brought to you by the Sacramento Regional County Sanitation District (Regional San), which owns and operates the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant, serving residential, industrial, and commercial customers throughout unincorporated Sacramento County; the cities of Citrus Heights, Elk Grove, Folsom, Rancho Cordova, Sacramento, and West Sacramento; and the communities of Courtland and Walnut Grove.



Make It Fun and It Will Get Done!
The Secret to Being Organized
Pam Young's Corner
Love Who You Are Right Now

What if when you said, "I do," you really knew how much had to be done? Maybe you should have said, "I do, sometimes." Did you know that if you are disorganized you've done way more work than an organized person who said "I do?" Ask BOs (Born Organized) why they're organized and one of their main reasons is that they're lazy! One BO told me, "I'm basically lazy and I'm not willing to leave the kitchen a mess after a meal because it takes twice as long to wash off food that's dried on plates, silverware, pots and pans and counters. I know exact times because I have a stop watch and I have timed both clean-ups! Twice as long when you put it off."

Just think, if you'd been a BO from the time you said, "I do," until now, you'd have had twice as much time to play! But who wants to be a BO? Not me!

What if you were organized right now? What if your garage looked like an advertisement for storage cabinets for a garage? What if you were ready for back to school right now? What if you were debt free? What if you weighed what you weighed in high school?

"Where's a magic wand when you need one?"

Well you can't wave a magic wand and have those scenarios be true, but you can change your beautiful mind right now and be grateful for the way your life is in all of its imperfection.

Would you like to be somebody else? Can you imagine being anyone besides you?

This YOU that you are is the only one there is. There are no duplicates. Even identical twins have separate and unique lives to experience.

Your life is a gift and your body is too. In the Course in

Miracles, it says, "If you knew who was with you every moment on the path you've chosen, you would never be afraid."

Do you live in Thenland?

Most people dwell in the land of then: back then or until then. When you're in Thenland, you've left NOW and right now you have exactly what you need unless someone has a strangle hold on you or you're getting water boarded.

Leave this perfect, now moment for a second and go back to Thenland (which is just a gigantic bunch of nows all strung together back then). Think how many now moments you missed perhaps in thinking about what would be happening right now.

On a flight to Atlanta, I sat next to a man who shared with me that he was in New York on September 10, 2001 with his family as sightseers. (He is from India.) He got tears in his eyes as he shared the feelings they had the next day as the trade towers came down and they were on their way home after spending the previous evening in the restaurant at the top of one of the towers.

None of us can go back to September 11, without deep sadness and there is still grief among those who lost loved ones and our hearts go out to them, but healing is happening and great good has come out of that horrible tragedy.

When any negative, back-then moment comes to mind, scan your mind for joyful thoughts as quickly as you can. You have the power to neutralize all past negative thens by practicing being happy and peaceful right now. Constantly be on the lookout that you are mindful in this now moment and that everything is alright.

Right now, maybe your house is a wreck, your cars are in the drive-way because you have too much stuff in the garage, you don't have a clue how you'll pull off getting school clothes for the kids because your credit cards are maxed, but if you knew who is with you on this path you've chosen, you wouldn't be afraid. You have within you everything it would take to get out of debt, get the cars in the garage, lose weight, get organized and enjoy the glory of this summer. Just be still and go within and remember that right now, all is well and you're not alone.

The Sidetracked Home Executive 3x5 get organized system is such a great tool for the chronically disorganized! And since disorganization effects every area of one's life; health, relationships, finances and even your spiritual life, by putting this system in place you can get organized just enough to please you. The system is in my book *The Joy of Being Disorganized* available on my website.

FYI, while you've been reading this article, you've breathed in and out about 30 times and your heart has been beating the whole time. Who did that?

If you only knew.....

Love,
Pam
Thank you for reading my ideas and I hope you make a grand entrance for you and your guests.

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. ★



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Crossword Puzzle on Page 9

S	A	R	A	H	S	A	C	T	A	C	T			
A	N	O	D	E	T	W	O	C	A	C	A	O		
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Sudoku Puzzle on Page 9

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

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FBNF2017-06502 Sabre Hawk, LLC, 2706 Mercantile Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Detoxination Wellness Centers" at 2706 Mercantile Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County August 17, 2017. Publish: September 8, 15, 22, and 29, 2017
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06721 Randal Rooney, 7344 Filbert Avenue Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Pro-Crete Custom Concrete Design" at 7344 Filbert Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
PRO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06705 Caitlyn Tweedy, 5920 Kenneth Avenue Fair Oaks, CA 95628 and Pamela Willower, 1125 Los Robles Boulevard Sacramento, CA 95838 are doing business under the Fictitious Business Name(s) "Real Brand Marketing" at 5920 Kenneth Avenue Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
REAL 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06631 Jamie J. Chae, 2807 Macon Drive Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Dolce Floral Design" at 2807 Macon Drive Sacramento, CA 95835. Filed with the Clerk of Sacramento County August 23, 2017. Publish: September 8, 15, 22, and 29, 2017
DOLCE 170810 9-29-17

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FBNF2017-06785 Nancy Clayson, 6700 Greenleaf Drive Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Your Balanced Bookkeeper" at 6700 Greenleaf Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06535 Zopa Realty Group Inc, 2277 Fair Oaks Boulevard #195 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "IncomeProps.com, IncomeProps, Income Props" at 6316 Westbrook Drive Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County August 18, 2017. Publish: September 8, 15, 22, and 29, 2017
INCOMEPROPS 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06584 Hyun Mi Lee and Jong Man Yi, 4400 Malana Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Park Place Cleaners" at 7238 Murieta Drive A-7 Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento County August 22, 2017. Publish: September 8, 15, 22, and 29, 2017
PARK 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06797 Levon Tutkhalyan, 2894 Londondry Drive Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "GLA Jewelry" at 11050 Coloma Road #7 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
GLA 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06609 Cantrell Turf Equipment, 3306 Orange Grove Avenue North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "CTE Plus" at 3306 Orange Grove Avenue North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 22, 2017. Publish: September 8, 15, 22, and 29, 2017
CTE 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06763 Apex Lab LLC, 6370 W. Flamingo Road Suite 12 Unit 539 Las Vegas, NV 89103 is doing business under the Fictitious Business Name(s) "Apex Technologies" at 6151 Fair Oaks Boulevard #108 Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 29, 2017. Publish: September 8, 15, 22, and 29, 2017
APEX 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06522 Jaclynn Peterson, 8604 La Paenda Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Paw & Order Dog Training" at 8604 La Paenda Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County August 18, 2017. Publish: September 8, 15, 22, and 29, 2017
PAW 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06730 Xuan Nguyen, 9813 Allen Ranch Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Studio 8 Salon" at 8324 Elk Grove Florin Road #B Elk Grove, CA 95829. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
STUDIO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06573 Raynell Davis Walker, 3100 Jersey Way #2 Sacramento, CA 95821 and Jonathan Eron Walker, 3100 Jersey Way #15 Sacramento, CA 95821 are doing business under the Fictitious Business Name(s) "The Perfect Arrangement" at 3100 Jersey Way #2 Sacramento, CA 95821. Filed with the Clerk of Sacramento County August 22, 2017. Publish: September 8, 15, 22, and 29, 2017
PERFECT 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06788 Truxel Papa Murphy's, 4920 Trouville Lane Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "Papa Murphy's Pizza CA #081" at 3291 Truxel Road Suite 29 Sacramento, CA 95833. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
PAPA 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06688 Dmytro Herman, 3911 Santa Fe Way North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Pro Line Construction" at 3911 Santa Fe Way North Highlands, CA 95660. Filed with the Clerk of Sacramento County August 25, 2017. Publish: September 8, 15, 22, and 29, 2017
PRO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06689 Jelani M. Zuberi, 1400 Sundance Drive Plumas Lake, CA 95961 and Teaira Haris, 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
FBNF2017-06701 Qilian Xu, 16022 Via Media San Lorenzo, CA 94580 is doing business under the Fictitious Business Name(s) "Vila Fat Cuisine" at 440 Elkhorn Boulevard Suite 5 "Flora Linda, CA 95673. Filed with the Clerk of Sacramento County August 28, 2017. Publish: September 8, 15, 22, and 29, 2017
VILLA 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06790 Paise Corporation, 12501 Short Hom Road Wilton, CA 95693 is doing business under the Fictitious Business Name(s) "Appliance Geek" at 12501 Shortorn Road Wilton, CA 95693. Filed with the Clerk of Sacramento County August 30, 2017. Publish: September 8, 15, 22, and 29, 2017
APPLIANCE 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06841 Inna Proshak, 1105 Fulton Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "RCFAdvisors" at 1105 Fulton Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 8, 15, 22, and 29, 2017
RCF 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06133 Monica Marie Buckner, 2860 Anderson Way Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Mommy Clean" at 2860 Anderson Way Sacramento, CA 95825. Filed with the Clerk of Sacramento County August 2, 2017. Publish: September 8, 15, 22, and 29, 2017
MOMMY 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06847 M & C Veterinary Corp, 4917 T Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "East Sacramento Veterinary Care, East Sac Vet Care, ESVC" at 4917 T Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County August 23, 2017. Publish: September 15, 22, 29, and October 6, 2017
EAST 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06826 Ana R. Hernandez, 3200 Lori Court Roseville, CA 95747 is doing business under the Fictitious Business Name(s) "Contents Recovery Solutions" at 4790 Dewey Drive #1 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 15, 22, 29, and October 6, 2017
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FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06824 Brah, LLC, 180 Promenade Circle Suite 300 Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Infinite Goods" at 180 Promenade Circle Suite 300 Sacramento, CA 95834. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 15, 22, 29, and October 6, 2017
INFINITE 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06915 Clear Book LLC, 412 N Main Street Suite 100 Buffalo, WY 82834 is doing business under the Fictitious Business Name(s) "Precision Collision Auto Body" at 5320 Buena Vista Ave #3 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017
PRECISION 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06871 Jessica Lora, 280 Aldeburgh Circle Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Brighten Up Event Lighting" at 280 Aldeburgh Circle Sacramento, CA 95834. Filed with the Clerk of Sacramento County September 1, 2017. Publish: September 15, 22, 29, and October 6, 2017
BRIGHTEN 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06939 Saulo Hernandez Rosas, 2407 Larkspur Lane #194 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "La Casa Del Alfarero" at 6661 Florin Road Sacramento, CA 95828. Filed with the Clerk of Sacramento County September 5, 2017. Publish: September 15, 22, 29, and October 6, 2017
LACASA 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06853 Ashley Megan Fisher and Andrew Mark Fisher, 8011 Stutz Court Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Vineyard Pet Services" at 8011 Stutz Court Sacramento, CA 95828. Filed with the Clerk of Sacramento County August 31, 2017. Publish: September 15, 22, 29, and October 6, 2017
VINEYARD 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06964 Rodriguez MD, Inc, 4800 Manzanita Avenue Suite C-2 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Avila Clinic" at 4800 Manzanita Avenue Suite C-2 Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 6, 2017. Publish: September 15, 22, 29, and October 6, 2017
AVILA 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06835 Brandon Villalobos, 7353 Sidney Drive Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Clear Water Pool Services" at 7353 Sidney Drive Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County July 14, 2017. Publish: September 15, 22, 29, and October 6, 2017
CLEAR 170810 10-6-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06947 Fred Services, LLC, 5801 Power Inn Road Suite D Sacramento, CA 95831 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
FBNF2017-06338 Aclight 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 Erick and Rafael Villeda, 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
MIRX 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
FBNF2017-06922 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) "Sacramento 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 LI-T/S" 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
FBNF2017-06682 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
FBNF2017-06965 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) "How 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 miRx, LLC, 2075 Overland Avenue Billings, MT 59102 is doing business under the Fictitious Business Name(s) "miRx 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
MIRX 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) "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
FBNF2017-07058 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
FBNF2017-07156 Behroz Haijhosseinzadeh, 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 Hospice & 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
SABZEZAR 170810 10-13-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-07002 George Little Investments Inc, 4125 Winters Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "College Oak Towing, Little's Auto & Truck" at 4125 Winters 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 Haijhosseinzadeh, 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
MOSAIC 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 Hospice & 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
SABZEZAR 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

F

Sacramento Public Library Recruitment for the Rancho Cordova Branch

BOOK SHELVING WANTED

9845 Folsom Blvd., Sacramento CA

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Salary: \$10.50 an hour

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- Pushing carts of books from check-in area to shelves.
- Placing books and other library materials in order on shelves.
- Other duties as assigned

Qualifications:

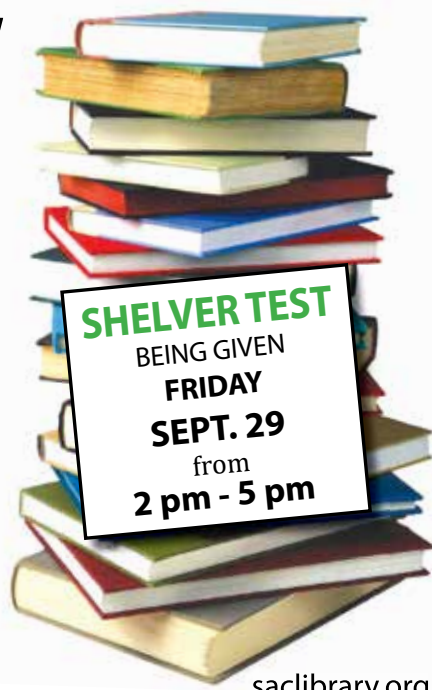
- Verification of High school diploma, G.E.D., or work permit
- Must not be a member of CalPERS

Must be available these days & times:

- **Thursday: 1-4 pm** (3 hrs)
- **Friday: 9 am -12 pm** (3 hrs)

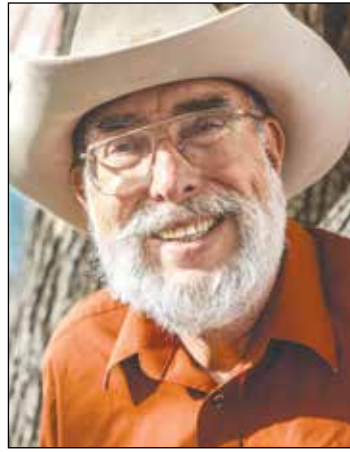
No Registration needed. Test covers math, Dewey Decimal system, and alphabetizing.

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Slim Randles' HOME COUNTRY



Autumn Does Not Arrive On A Certain Day

Calendars be hanged. Autumn does not arrive on a certain day, like a Greyhound bus. The weather guessers among us are quite often fooled. You can't tell it's fall by reading the paper. Even this paper. But the senses know. We know. We can feel it. It's coming.

Autumn is a reward for all the work we did in the sun. Autumn is a multi-colored blessing that drops on us whether we're ready for it or not. Autumn is more than football, more than Sunday dinners inside with relatives. Autumn is a coming together of good things that fall into our lives whether we deserve them or not.

Before the snows come. Before the cold. Before having to scrape the frost from the windshield. That's when it happens. That's when we can look at the natural splendor around us and begin

to believe that our dreams really will come true. Any day now. How could you not believe it on a day that's turning to autumn?

We want to go sit in the woods with a gun or a bow or a fishing rod or a camera, or maybe just a peanut butter sandwich. Because the show is there for us. When the curtain finally does go up on full-fledged fall, it can't be ignored. No amount of political wrangling or religious argument can stop that tree in your yard from exploding into color. No amount of human hassling or interference can make it come earlier than it should, either.

And realizing that, in itself, may be the greatest gift of all.

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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 to 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

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POPOFF!

with Mary Jane Popp

SYNTHESIS. Combining two or more concepts and creating something new at the intersection. **2) RAPID LEARNING.** You can grasp concepts and pick up skills quickly. **3) ADAPTABILITY.** You can make yourself right at home in many settings and roles. **BIG PICTURE THINKING.** You are able to see how individual ideas connect to the wider world. **5) RELATING AND TRANSLATING.** Multipotentialites are natural connectors, both in the sense they love connecting with people on an emotional level, and they love helping people understand and connect with one another.

If you think you fit the bill, **Emilie** adds that although there isn't a single career for Multipotentialites, most can be happy using one of the following four work models. **1) GROUP HUG APPROACH.** Having one multifaceted job or business that allows you to wear many hats and shift between several domains at work. **2) SLASH APPROACH.** Having two or more part-time jobs and/or businesses that you flit between on a regular basis. **3) EINSTEIN APPROACH.** Having one full-time job or

business that fully supports you, while leaving you with enough time and energy to pursue your other passions on the side. **4) PHOENIX APPROACH.** Working on a single industry for several months or years and then shifting gears and starting a new career in a new industry.

I found this to be the key to this whole approach. It's okay to mix and match. The four models provide plenty of opportunities for customization and flexibility. Mix and match the four approaches as you please. Switch models every few years. Be a hybrid. It's all good. These work models aren't meant to restrict you. They simply provide a structure and starting place so that you can make sense of your many facets and conceptualize how they might translate into a fulfilling career and life.

You are not alone. Meet other famous Multipotentialites like Maya Angelou, David Bowie, Benjamin Franklin, Steve Jobs, Hedy Lamar, even Galileo. Good company. There's lots more to learn in **Emilie Wapnick's** book "How to be Everything." She is a TED speaker and has been featured in "Forbes" and "The Huffington Post." Now go for it! ★



Dare to Live Without Limits

The Answer is in Front of You



by Bryan Golden

"The answer was right there in front of me the whole time!" is something we have all said ourselves and heard from others. You don't see it sooner because of the tendency to doubt the existence of obvious solutions.

Life is filled with questions, problems, obstacles, and challenges. Searching for answers can easily be frustrating and overwhelming. We gravitate toward elaborate solutions.

People use many strategies in their quest for answers. One approach is constantly moving from one place to another. The objective is to escape from problems for which we think there is no easy solution.

Another strategy employed is hopping from one job to another. A person's tenure at each job may be a year or less. New jobs are sought with the motivation of more pay, promotions, a better boss, nicer coworkers, or improved working conditions.

It's impossible to outrun recurring problems. This is because you are the one constant in the equation. That is the reason problems follow you wherever you go.

Then there are those who blame other people or circumstances rather than looking for answers. They abdicate responsibility for

their lives by making endless excuses for why situations are never their fault.

Yet another scenario is simply giving up; either ignoring a situation or passively waiting for things to improve. People even go so far as pretending a problem doesn't exist at all.

There is a natural inclination to overly complicate matters, which makes it more difficult to find answers. This approach is self-defeating in that it leads to action inhibiting discouragement.

Step back and honestly assess existing cause and effect connections. What actions have you been taking and what are the results they have led to? A change in your behavior is required in order to change the results.

Spend time and effort analyzing a problem. Break it down into manageable components. Look to identify the root cause of your situation. Simple solutions are more prevalent than complex ones. Human nature drives us to overlook easy answers that are right in front of us, while we search for involved solutions we think are needed to solve seemingly complex problems.

You have within you the ability to find the answers you need. This process begins with a mindset of, "I can." It is impossible to

accomplish something you don't believe is doable. Next you must engage your willpower by being willing to do whatever it takes. Discard all excuses you have been using.

Now you are ready to formulate a list of possible simple solutions. Opening your mind to all possibilities helps you to find the answer in front of you. Start with the easiest approach and work your way up from there. Often, the simplest plan is also the most effective. Don't get caught up in complexities.

For example, suppose you have a friend who is always complaining about an endless litany of problems whenever you get together. Every encounter with them leaves you feeling completely drained. You can't change who they are and you can't solve all of their problems. The simplest solution is to reduce the amount of time you spend with this friend.

The answers you need are closer and simpler than you realize. Stop looking off into the distance. When you look in the mirror, the answers you need are right in front of you. You are the one responsible for your life. Within you is more ability to solve problems than you have been utilizing.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columbus.com or write him c/o this paper. © 2011 Bryan Golden. ★

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ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2017-00219400

WHEREAS Aimee Stark has filed a petition with this court for a decree changing the name(s) of Fatima Mae Santillana Khan to Famy Mae Stark. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 26, 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 21, 2017

David I. Brown, Judge of the Superior Court
 Publish: September 29, October 6, 13, and 20, 2017
 STARK 170705 10-20-17

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2017-00219328

WHEREAS Chia Kaja has filed a petition with this court for a decree changing the name(s) of Chia Kaja to Chia Kaja Yang. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 26, 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 20, 2017

Raymond M. Cadei, Judge of the Superior Court
 Publish: September 29, October 6, 13, and 20, 2017
 KAJA 170705 10-20-17

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2017-00216762

WHEREAS Lupernia Makelesi Olympia Smith & Lemisio Moe Vaea has filed a petition with this court for a decree changing the name(s) of Lemisio Antonio Vaea Moe to Lemisio Antonio Vaea, Tevita Teiko Vaea Moe to Tevita Teiko Vaea, Gared Thomas Vaea Moe to Gared Thomas Vaea, and Malia Lijanya Angelyse Vaea to Malia Ana Lily Tupouliua Vaea. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 7, 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 4, 2017

Raymond M. Cadei, Judge of the Superior Court
 Publish: September 29, October 6, 13, and 20, 2017
 VAEA 170705 10-20-17

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER
 ESTATE OF PHILIP C. KENNEY
 CASE No. 34-2017-00218126

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Philip C. Kenney, Philip Craig Kenney. A Petition for Probate has been filed by Kerry Kenney in the Superior Court of California, County of Sacramento, requesting that Kerry Kenney, 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 November 30, 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

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 deceased, 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: John P. McGrath 1940A Tice Valley Boulevard Walnut Creek, CA 94595 925-938-6107 Publish: September 15, 22, and 29, 2017 KENNEY 170622 9-29-17

NOTICE OF PETITION TO ADMINISTER ESTATE OF MAUREEN ANN ANCKNER

CASE No. 34-2017-00218417

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Maureen Ann Anckner. A Petition for Probate has been filed by Thomas Michael Anckner in the Superior Court of California, County of Sacramento, requesting that Thomas Michael Anckner, 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 deceased, 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 Petitioner is: Thomas Michael Anckner 12103 Columbine Street Thornton, CO 80241 720-556-8268 Publish: September 15, 22, and 29, 2017 ANCKNER 170622 9-29-17

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 deceased, 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

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CLUES

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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
- * "Scorese and De Niro flick
- "___ the wild rumpus begin!"
- Goes down

DOWN

- Aforementioned
- * Hathaway or Bancroft
- Knock about
- Impromptu
- 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

31. Takes a siesta
 32. Rocks at mountain base
 33. Upright
 34. Former Greek coin
 36. *Walk of ___
 38. Facebook button
 42. Truth, in the olden days
 45. Type of fir
 49. "Savvy?"
 51. Made noise
 54. Stainless stuff
 56. * Bruce Lee's "___ the Dragon"
 57. * "Hollywood ___" by brother of 19 Across
 58. Computer operating system
 59. Inconclusive
 60. Copper coin
 61. Eurozone money
 62. Edward Scissorhands' sound
 63. Augments
 64. Dojo turf
 66. Future fish

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Crossword Puzzle Solutions on Page 6

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

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



Former Teacher Convicted for Sexual Acts with Student

DATE: September 12, 2017

CASE: John Young (Case #17FE007685)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit
John Young pled no contest to committing a sexual act with a person under 18 years of age.

John Young was a teacher at Sheldon High School where the 17-year-old victim attended school. Young began an inappropriate relationship with the victim, culminating in a sexual act between the two of them. The relationship was discovered when a victim's family member found text messages between the two, which referenced the inappropriate relationship and sexual conduct.

Young faces a maximum sentence of 3 years in prison. Sentencing is set for October 16, 2017, at 8:30 a.m. in Department 8 before the Honorable Lawrence Brown.

Defendant Convicted for Murder at Carmichael Party

DATE: September 13, 2017

CASE: Kenyatta Brown & Keyon Brown (Case #15F05786)

PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit

Kenyatta Brown was convicted by a jury for the second-degree murder of 18-year-old Joslynn Sovenski. The jury also found true the allegation that Kenyatta Brown personally discharged a firearm causing death. Keyon Brown was convicted by a separate jury of accessory after the fact. Both defendants were also convicted of possession of an assault weapon.

On the night of September 18, 2015, brothers Kenyatta and Keyon Brown and the victim were at a party in Carmichael. Keyon Brown brought several guns to the apartment. The victim and her friend took videos of themselves handling and waiving the guns around while in the company of Kenyatta Brown and Keyon Brown. At 2:45 a.m., the Sacramento County Sheriff's Department received a 911 call reporting someone had been shot. Responding deputies found the victim on the apartment floor with a single gunshot to the chest. The victim died at the scene.

Initially, Keyon Brown repeatedly claimed that an unknown male shot the victim and fled the scene. He later admitted there was no unknown male shooter and that Kenyatta had been at the party, but left before deputies arrived. He also admitted to hiding one of the guns under a mattress. Based on Keyon Brown's new statement, several witness statements and videos from that night, Kenyatta was identified as the shooter.

Kenyatta Brown faces a maximum sentence of 41 years to life in prison. Keyon Brown faces a maximum sentence of 4 years county jail prison. Sentencing is set for October 6, 2017, at 9:00 a.m. in Department 26 before the Honorable Curtis Fiorini.

Habitual Sex Offender Sentenced for Child Sexual Assault

DATE: September 25, 2017

CASE: Lionel Phillip Jacques (Case #16FE001361)(Case #16FE009607)

PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit

The Honorable Emily Vasquez sentenced Lionel Phillip Jacques to 240 years to life in prison. On August 25, 2017, Jacques pled no contest to three counts of committing lewd and lascivious acts on a child under 14 years of age. Jacques also admitted to five prior lewd acts upon a child strike convictions and to a habitual sex offender allegation.

In 1986, Jacques was convicted of five child sexual assault charges in San Diego County. In that case, Jacques was a youth minister and victimized a member of his congregation for several years. Starting in 1996, Jacques sexually assaulted male relatives in multiple counties, including Sacramento County. Those assaults were discovered when Jacques dropped a memory (SD) card at his place of employment. When security workers examined the SD card to determine ownership, they found multiple images of child pornography and turned the card over to law enforcement. Detectives with the Sacramento County Sheriff's Department Internet Crimes Against Children Unit searched Jacques' digital devices and found images of Jacques sexually assaulting a victim.

Former Coach Pleads Guilty to Having Sex with Minors

DATE: September 25, 2017

CASE: Michael Martis (Case #16FE011239)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

Michael Martis pled guilty to unlawful sexual intercourse involving two minors.

One of the minors, age 15, played on a softball team Martis coached between 2006 and 2007. The other minor, age 16, was also a player on a separate team he coached in 2013. That relationship began with flirtatious text messages and developed into a sexual relationship.

Martis faces four years in prison and will be required to register as a sex offender. Sentencing is set for November 20, 2017, at 1:30 p.m. in Department 20 before the Honorable Michael Bowman. ★



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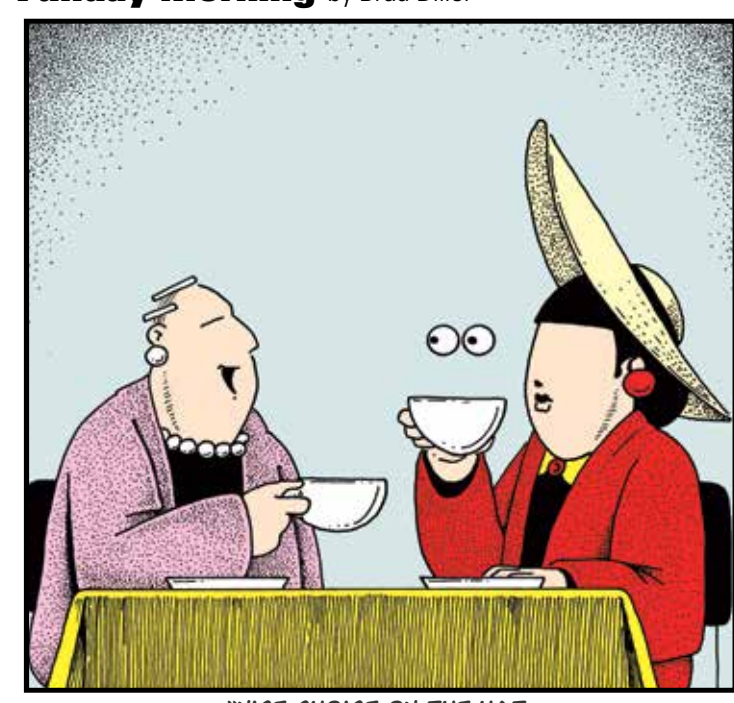
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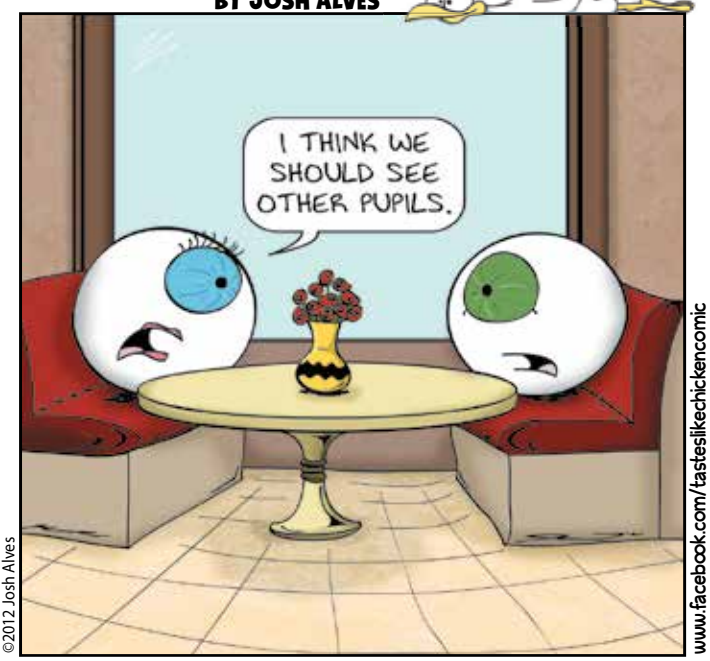
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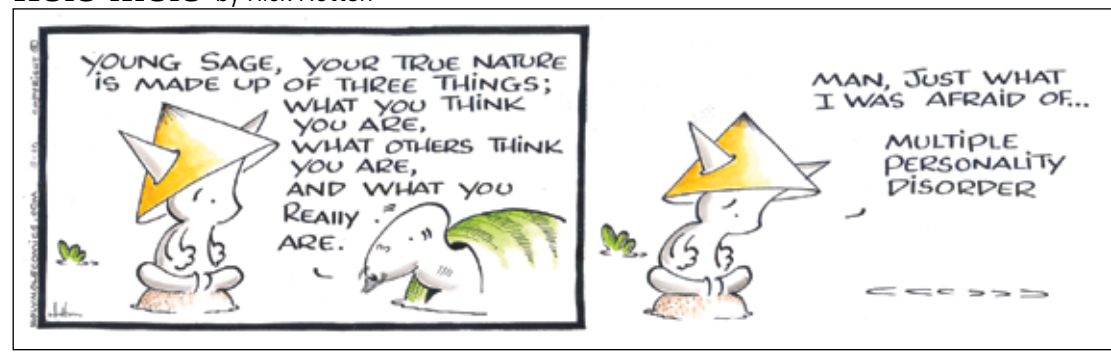
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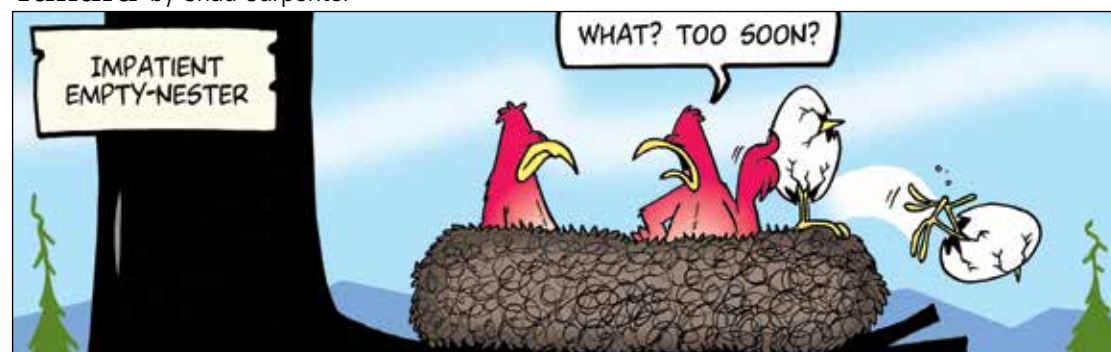
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Aerojet Propulsion Guided Cassini on its Grand Finale at Saturn

By Carri Karuhn, Aerojet Rocketdyne

SACRAMENTO, CA (MPG) - Aerojet Rocketdyne, Inc., a subsidiary of Aerojet Rocketdyne Holdings, Inc. (NYSE: AJRD), played a vital role in the planned plunge of NASA's Cassini spacecraft into Saturn. As the spacecraft entered the atmosphere, Aerojet Rocketdyne's onboard Reaction Control Thrusters worked to counter atmospheric torques, helping Cassini fight to keep its high-gain antenna pointed at Earth as it relayed its final data to NASA's Jet Propulsion Laboratory. These measurements of the atmosphere's composition are anticipated to be scientifically incredibly rich and valuable.

"The success of this mission is a testament to the reliability of our thrusters," said Aerojet Rocketdyne CEO and President Eileen Drake. "They traveled more than 2 billion miles through space, guided Cassini past worlds that shed light on the possibility of life beyond our planet, and served as a building block for next-generation thrusters being used on critical missions for government and commercial applications today. Congratulations to everyone on 100 percent mission success!"

"Whenever I see images come back from Cassini, I can't help but think of the role our propulsion played in making them possible, from the liquid rocket engines used to launch the spacecraft two decades ago, to the thrusters used on its final journey," said Jerry Tarnacki, senior vice president of Aerojet Rocketdyne's Space Systems Business Unit. "The robust technologies we originally incorporated into those systems can be traced directly to the successful propulsion systems we design for missions today. That speaks volumes about the dependability of our products."

Aerojet Rocketdyne provided

propulsion for all aspects of the Cassini mission, which began its 2.2 billion-mile journey to Saturn in October 1997. The company provided the LR87 rocket engine that helped power the first stage of the Titan IV launch vehicle. Additionally, two RL10 rocket engines powered the vehicle's Centaur upper stage, which also included 12 monopropellant engines to help control the spacecraft. The R-4D derives its heritage from the Apollo program. The most recent variant, the High Performance Apogee Thruster (HiPAT™) rocket engine, is the world's premier apogee insertion engine for geosynchronous spacecraft. The MR-103H derives its heritage from the Voyager missions (40 years on orbit and still operational) and its most recent variation provides attitude control for a variety of Low-Earth Orbit, Medium-Earth Orbit, geosynchronous and interplanetary spacecraft including New Horizons. In late 2016, the Cassini spacecraft began its second to last set of orbits called the ring-grazing orbits. Following a gravity assist from Saturn's moon, Titan, the R-4D main engine was fired to fine-tune the trajectory, during which Cassini passed just outside of Saturn's main rings 20 times. It was the 183rd and last planned firing of the main engine, and all remaining maneuvers were completed using Aerojet Rocketdyne's MR-103H thrusters.

On April 22, 2017, a final close flyby of Titan reshaped Cassini's flight path to begin the mission's Grand Finale phase, leaping over the rings and making the first of 22 plunges through the 1,500-mile-wide gap between Saturn and its innermost ring. The thrusters guided Cassini through this previously unexplored region, enabling the spacecraft to obtain samples of Saturn's atmosphere and particles from the main rings, as well as the closest-ever views of Saturn's

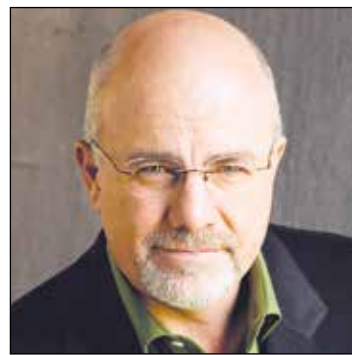
clouds and inner rings.

On Aug. 14, 2017, Cassini began a set of ultra-close passes through Saturn's upper atmosphere with its final five orbits around the planet. The spacecraft's point of closest approach to Saturn during these passes was between about 1,010 and 1,060 miles (1,630 and 1,710 kilometers) above Saturn's cloud tops. Because of the density of the atmosphere this close to Saturn, the spacecraft used the MR-103H thrusters to maintain stability under conditions similar to those encountered during many of Cassini's close flybys of Saturn's moon, Titan, which has its own dense atmosphere.

The mission ended with a final dive into Saturn's atmosphere, ending a remarkable story of exploration (on September 15, 2017.)

The spacecraft has made startling discoveries throughout the Saturnian system, including liquid methane seas on its largest moon, Titan, and a liquid water ocean beneath the frozen outer layer of its moon, Enceladus. Data from Cassini has revealed that these two moons contain environments that may be suitable for life—which is why NASA chose to end the mission with a deliberate dive into the planet. After a seven-year journey from Earth, Cassini spent another 13 years in orbit around Saturn, following a flight plan that was carefully designed to spend all the fuel used to adjust its course. According to NASA, to avoid the possibility that the spacecraft might someday collide with Titan and Enceladus, the space agency chose to safely dispose of the spacecraft in Saturn's atmosphere, thus preserving the moons for future missions to explore their habitability and potential life.

Additional information about Aerojet Rocketdyne can be obtained by visiting our websites at www.Rocket.com and www.AerojetRocketdyne.com. ★



Dave Says

counseling.

I know you love your mom and dad, and they work too hard to be broke. We're not talking about you shaming or condemning them in any way. Talk to them in a loving, caring way, but you have to address the situation. If they've worked all their lives and can't come up with \$3,000, something's wrong. The fact they don't have any money is the symptom. The problem is they've mishandled the dollars they earned. Even if you don't make a lot, you can have cash set aside for emergencies if you manage it well.

You're a young guy making good money, so there's no reason you can't do both things quickly. Help your folks with the roof, then turn around and knock out that student loan debt. It won't be a huge burden to you. But remember, you fixing their lives without them fixing their lives will be a burden — to all of you!

—Dave

What's reasonable fun?

Dear Dave,
We're debt-free except for our house. I've been talking to a friend about how much money to allow for fun in your budget. The other day we bought a \$100 bottle of wine, and she thought

that was unreasonable. What's your opinion?

- Beth

Dear Beth,
Something like that depends entirely on your overall financial situation. Buying a \$100 bottle of wine is pretty stupid if you only make \$20,000 a year. It's not unreasonable, though, if you make \$200,000 a year. Having a great income-to-asset ratio and living debt-free gives you the opportunity to relax and enjoy a few things.

You've got to take the whole picture into account. I know a guy who makes well over \$15 million a year, and he bought a \$200,000 car. As a ratio, that's a very small percentage of his income. So, it's kind of silly to say an item is too expensive, or an irresponsible purchase, based on price alone.

—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. ★

Help parents or pay student loans?

Dear Dave,
I graduated from college two years ago, and I have a good job making \$60,000. I have about \$10,000 in student loan debt, but my mom and dad have a real issue with their roof. It's leaking in places to the point they have to set buckets around to catch the water, and I've gotten repair estimates of \$3,000 to \$5,000. They're good, hard-working, blue collar folks, but they're less fortunate financially and have more debt than I do. What should I do first — help them fix the roof or pay off my student loan debt?

- Jordan

Dear Jordan,
You've got a great spirit, man. If I woke up in your shoes, I'd probably help them fix the roof first. The only way I would do that, though, is if they agree to let you help them address the reasons they don't have any money. If you have the cash, go ahead and pay for the roof. But let them know they must pay you back by getting some financial

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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USDA CHOICE Espaldilla/Shoulder Clod Steak Espaldilla de Res sin Hueso \$2.89/lb	USDA CHOICE Pork Butt-Boneless Trozo de Puerco sin Hueso \$1.59/lb	IBP Pork Butt-Bone In Trozo de Puerco con Hueso \$1.39/lb
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CORDOVA SPORTS

Cordova Football Ends Preseason with Victory



Cordova running back Chase Allen (5) finds room to run in last week's home game win over Foothill. Photo by Rick Sloan

By Mike Bush

RANCHO CORDOVA, CA (MPG) - Three touchdowns set the tone early for the Cordova High School football team in its final pre-season game.

Hosting Foothill at Lancer Stadium on Friday, Sept. 22, the Lancers' fast start led to corraling the Mustangs 69-36. The victory gives Cordova a 3-2 record going into its bye week.

Lancer quarterback Johnnie Sanders scored two of the team's three touchdowns in the first

quarter that led to a 21-0 advantage. The junior scored the first one on a 3-yard run, and toward the end of the quarter, Sanders found wide receiver Alvin Banks on a 44-yard pass for his second TD.

In between Sanders' scores, Cordova running back Jordan Colvin found the end zone on a 10-yard rushing score halfway through the quarter. Banks scored on a 2-point conversion that gave the Lancers a 21-0 lead.

"We knew that we had some athletes of the field who could

take advantage of their defense, and we did," said Cordova head coach Darren Nill.

After Foothill (1-4) scored its first touchdown in the second quarter, Cordova scored four touchdowns. That included two more touchdown passes from Sanders, in between with running back Raymond Fite completed a 20-yard pass to Banks. Sanders finished the quarter with another touchdown on a 20-yard run.

But the Mustangs galloped to two more touchdowns. But the Lancers held a 47-22 halftime

lead.

Both teams were scoreless in the third quarter. Then in the fourth quarter, the Lancers scored three more touchdowns, all on the ground from Banks and Sanders, both of whom combined for eight touchdowns. The Lancers finished with 607 offensive yards; 360 rushing and 247 passing. Cordova is averaging 42.2 points per game.

"If they are going to give us the run, we're going to take the run," said Nill of the Mustangs' defense. "If they are going to give us the pass, we're going to take the pass ... they responded."

Changes on the offensive line, Nill notes, in recent games has helped shore up the Lancers'

rushing game. That includes some linemen going one way, and allowing those who were playing both sides of the ball to focus on defense.

Sanders completed 15-of-23 passes for 247 yards and three touchdowns. He also had 19 carries for 218 yards. Banks had nine receptions for 221 yards, and made 3-of-4 of the Lancers' extra-point kicks.

On defense, Cordova inside linebacker Andrew Turner led the team in tackles with eight. Outside linebackers Yusef Pugh and Ryan McMoore had seven tackles each. Pugh had two fumble recoveries, an interception and a quarterback sack, and Colvin, a defensive end, also had a quarterback sack. Banks, who also plays defensive back, also had two picks and linebacker

Mason Trujillo also had an interception.

Although Cordova produced a win, the defense has given up an average of 39.4 points per game in five games.

"We have a lot of work," Nill said. "Coaches are never content, and especially our group. We are nowhere near perfect."

Now with pre-season in the rear-view mirror, Cordova will set its sights on Sierra Valley Conference action. On Friday, Oct. 6, the Lancers make the Highway 99 trek to the southern part of Sacramento County to play Galt (3-1), which knocked off Mira Loma 38-0 when the Lancers were beating Foothill. The Warriors conclude their preseason hosting Franklin of Stockton this Friday. ★



Cordova wide receiver Alvin Banks finds the end zone for one of his three touchdowns in last week's win over Foothill. Photo by Rick Sloan

FLC Fall Sports Teams Continue To Shine!

Women's Volleyball

SACRAMENTO COUNTY, (MPG) - With a bye in their Big 8 Conference schedule, the Falcons hosted Lassen College on Friday afternoon and made sure the match didn't interrupt anyone's evening plans as they swept three sets from the Cougars, 25-9, 25-14, and 25-16. Head coach Matt Torrez substituted liberally, giving the entire roster significant playing time as the Falcons easily dispatched the Cougars. With the win, the Falcons improved to 9-1 in 2017. They will host Modesto on Wednesday evening, then travel to Sacramento City on Friday.



her spot atop the state scoring leaders as she notched her 15th goal of the season midway through the first half to put the Falcons ahead 1-0. In the second half, Martinez added an assist to her points total (also tops in the state with 34) as she fed a ball to freshman Riley Spitzer for a 2-0 Falcon lead. The Falcons dominated the game throughout as they managed 12 shots on goal against the Hawks' one. FLC sophomore goalkeeper Valerie Ogorodnikov had another outstanding game as she earned her sixth shutout of the season. This week the Falcons face two tough Big 8 Conference opponents as they travel to Santa Rosa on Tuesday and host 2016 co-champion Diablo Valley on Friday afternoon.

Men's Soccer

The Falcons opened their Big 8 Conference schedule in Modesto on Friday afternoon and earned a hard-fought 1-0 victory over the Pirates. Neither team scored in the first half, but after making some halftime adjustments, the Falcons' offense started generating pressure and creating

shots. Finally in the 72nd minute of play, Falcon freshman Erik Mattice scored the only goal of the game. Freshman Chase Gray earned "Man of the Match" honors after entering in the second half to help jump-start the stagnant offense. The Falcons will face a tough Delta College squad (7-2 overall, 1-0 in Big 8) on Tuesday afternoon at Falcon Stadium in a matchup of first-place teams. ★

Upcoming Sports Schedule

Tues Sept 26 Women's Soccer at Santa Rosa, 1:30 pm
Men's Soccer vs Delta at FLC, 4:30 pm

Wed Sept 27 Women's Volleyball vs Modest at FLC, 6:30 pm

Fri Sept 29 Women's Soccer vs Diablo Valley at FLC, 4:00 pm
Men's Soccer vs Cosumnes River at FLC, 6:30 pm (home soccer doubleheader!!)
Women's Volleyball at Sacramento City, 6:30 pm

Sat Sept 30 Women's Volleyball: Folsom Lake Classic Tournament II
FLC vs Fresno City at 10:00 am;
FLC vs Feather River at 2:00 pm

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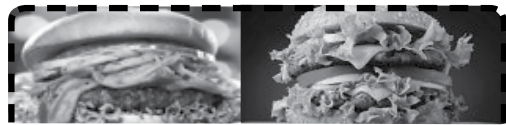
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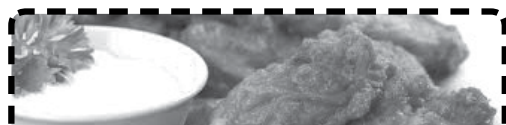
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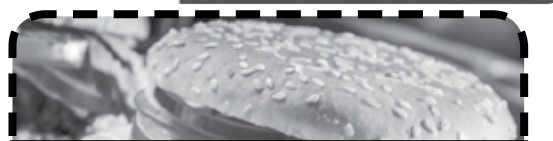
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Rancho Cordova Artists Represented at KVIE Art Auction

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - Working artist and art teacher Victoria Smith of Rancho Cordova has had her work accepted in the KVIE public television annual art auction not only this year, but for the previous four or five years as well. Nevertheless, this year is special because three of her students have also had work accepted.

Christina Lemar, Charla McKenna, and Caroline Bowker are the students that made it into the auction. "They were people who when I met them were not painting at all," Smith said. "Now, not only are they painting, but if you've been at the auction you're considered a professional . . . KVIE is this wonderful opportunity to say, 'I've arrived.'"

Smith produced a work specifically for the art auction, titled *Contemplation in Jade*. "I always try to make something for them that I really like and I like to send them something large because it's going to be on television," Smith said. "To be truthful, it's in my best interest, too, to send something that's really good, even though I'm just giving it away, I'm donating it. If I send the best work I've got,



Art students work away in the Rancho Cordova studio of art teacher Victoria Smith. Photo courtesy Victoria Smith



Artist Victoria Smith teaches classes in painting and drawing at her home studio in Rancho Cordova. This year she, as well as three of her students, contributed paintings that were accepted by the KVIE Art Auction. Photo courtesy Victoria Smith

it gets shown on television and people talk about it. It's best to send your very best thing."

Until recently, Rancho Cordova was not even on the map for art. "Rancho right now in particular is this secret, really lovely place," Smith said. "We've done so much to improve it and suddenly we have our own arts culture." Cordova Community Council has helped foster local arts with events such



The Duke by Charla McKenna, to be sold at the KVIE Art Auction. "We work hard and promote Rancho Cordova in our art as much as we possibly can." Photo courtesy Victoria Smith

as the quarterly art shows at City Hall and by promoting artist programs throughout the community.

The KVIE art auction is one of KVIE's major fundraisers. According to curator D Neath, the event made about \$150,000 for KVIE programming in 2016. This year Neath chose around 260 artworks from almost 800 entries submitted online. Six jurors determine the prize winner in each category after the artists bring in the actual pieces. Categories this year are: Contemporary Classics,

Figurative, Landscapes, Still Life, Photography, and Sculpture.

The three-day art auction will be aired live from 7-10 p.m. Friday, October 6; and 12 p.m.-10 p.m. Saturday and Sunday, October 7 and 8. "The whole collection is online," said D Neath, curator of the auction. "And if anybody wants to see something in person and they can't go to the gala, they can call the station and arrange to come in and see it."

The gala is on Monday, October 2. It is sold out, Neath said, with a waiting list. All the artists, of course, are invited. "I've heard it's the best art event of the whole year," said artist Lemar. "I love to network with other artists and to grow in the art community so I'm very excited,



The Great Escape by Caroline Bowker, to be sold at the KVIE Art Auction. "It's fun to be part of the experience," Bowker said. Photo courtesy Victoria Smith

looking forward to it this year." For more information about



Contemplation in Jade, to be sold at the KVIE Art Auction. Smith attended the Golden Paints Artist Educator Program. Photo courtesy Victoria Smith



Tree of Life by Christina Lemar, to be sold at the KVIE Art Auction. "Rancho Cordova (art group) is very inclusive," Lemar said. "They have high standards, but they are trained to reach new artists, emerging artists." Photo courtesy Victoria Smith

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Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 9/27/17 - 10/3/17

FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 RCG
Limit 1 Coupon per family
Effective 9/27/17 - 10/3/17

\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 RCG
Limit: 1 Coupon Per Family
Effective 9/27/17 - 10/3/17

<p>BLUE BUFFALO DRY DOG FOOD •Chicken (Reg. \$11.00 Off) 30 Lb Bag •Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed) •Senior (Reg & Lrg Breed) •Lamb & Rice •Healthy Weight \$8 OFF Our Regular Low Prices! Effective 9/27/17 - 10/3/17</p>	<p>NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD •Potato & Duck, 26 Lb •Reduced Calorie, 28 Lb •Regular, 30 Lb \$5 OFF Our Super Low Prices Limit 2 Bags Per Family Effective 9/27/17 - 10/3/17</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD 25 Lb Bag •Chicken/Sweet Potato •Duck/Sweet Potato •Buffalo/Sweet Potato •Salmon/Sweet Potato •Venison/Sweet Potato Limit 2 Bags Effective 9/27/17 - 10/3/17</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag \$8.99 Limit 2 Bags Per Family Effective 9/27/17 - 10/3/17</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties 20/\$9.00 Limit 2 Cases Per Family Effective 9/27/17 - 10/3/17</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD Black Label 2.8 Oz (Gold Label 2.8 Oz. 20/\$14.00) 20/\$13.00 Limit 2 Cases Per Family Effective 9/27/17 - 10/3/17</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug •Regular •Multiple Cat Formula Limit 2 Jugs Per Family Effective 9/27/17 - 10/3/17</p>	<p>HI-COUNTRY WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$4.99) \$4.99 Limit 2 Bags Per Family Effective 9/27/17 - 10/3/17</p>
<p>MERRICK'S GOURMET CANNED DOG FOOD 13.2 Oz All Varieties Limit 2 cases On Sale</p>	<p>EVERCLEAN PREMIUM CAT LITTER •ES Unscented •US Ever Fresh •Multiple Cat 25 Lb. Box Limit 2 Boxes \$10.99</p>	<p>WELLNESS CANNED CAT FOOD Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core \$1.35 Signature \$1.39</p>	<p>ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD •Turkey •Lamb •Duck •White Fish •Trout/Salmon •Essential •Venison •Salmon •13.5 Lb •27 Lb 20% OFF OUR REGULAR LOW PRICES</p>
<p>CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES •Multi Protein •Chicken Meal & Rice 30 Lb Bag •Lamb Meal & Rice •Less Active Limit 2 Bags \$7 OFF OUR REGULAR LOW PRICES</p>	<p>PESTELL CLUMPING CAT LITTER 40 Lb. Bag Limit 2 Bags \$8.99</p>	<p>WELLNESS DRY DOG FOOD (3 Free Wellness 12.5 Oz Can Dog Food With Each Purchase) •Chicken •Lamb •Healthy Weight 26lbs •White Fish •Senior \$51.99 •White Fish \$52.99</p>	<p>CORE GRAIN FREE DRY DOG FOOD 22-24 Lb Bag 3 FREE Core Dog Food 12 Oz Can With Each purchase Original \$54.99 Ocean Reduced Fat \$59.99</p>
<p>KAL KAN CESAR SELECT DINNERS DOG FOOD All Varieties 3.5 Oz Limit 2 Cases 69¢</p>	<p>OKOKAT CLUMPING WOOD LITTER •Regular •Soft Steps 11-13 Lb \$3.00 OFF •Dust Free Natural Paper 12-3 Lb \$4.00 OFF</p>	<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$4.19) Limit 2 Bags \$5.99</p>	

ASPEN PET & PETMATE PET BEDDING
All Varieties, Including Self Warming Bedding
20% OFF OUR SUPER LOW PRICES

CADET BULL STICKS DOG TREATS
All Varieties
20% OFF OUR SUPER LOW PRICES

PENN PLAX BIRD LIFE PRODUCTS
All Varieties
•Regular •Natural Toys •Ladders •Perches
20% OFF OUR SUPER LOW PRICES

NATURE'S MIRACLE STAIN & ODOR REMOVER
1 Gallon
•Just for Cats •Regular
•Advanced Formula
•Urine Remover •Oxy Formula
ON SALE

SPOT PET TOYS
•Play Strong •Skinneez
•Stretch Squawk •Dual-Fused
All Varieties
20% OFF OUR SUPER LOW PRICES

HAGEN FLUVAL FILTER SALE

MODEL . . . TANK . . . PET CLUB SALE	MODEL . . . TANK . . . PET CLUB SALE
106 . . . 25 GAL . . . \$84.99	306 . . . 70 GAL . . . \$129.99
206 . . . 40 GAL . . . \$99.99	406 . . . 100 GAL . . . \$174.99

TETRA BOXED 10 GALLON TANK
With Economy Kit
Just add Heater For Tropical Fish
\$36.99 Limit 1 Per Family

KENT MARINE WATER SUPPLEMENTS
20% OFF OUR SUPER LOW PRICES

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 9/27/17 - 10/3/17
\$1.59 RCG PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 9/27/17 - 10/3/17
\$1.29 RCG PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties
Except Elegant Medley
Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 9/27/17 - 10/3/17
53¢ RCG PLU 361