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STORY TIME WITH GOOD DAY SACTO'S TINA MACUHA



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VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE PROGRAM



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A Festival of Flowers



Come out and enjoy a wonderful presentation celebrating the culture of India. Photos courtesy Sacramento Telangana Association

By MPG Staff

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova takes great pride in promoting the diversity of residents who share its neighborhoods. You can come out Saturday, September 23 and enjoy one truly vibrant cultural event.

Bathukamma and Dussehra – the Festival of Flowers – is a free festival and is open to the public, celebrating the culture and arts of the State of Telangana, India. The festival will feature songs and dancing, an art exhibition, an educational workshop on making bathukamma flower arrangements, and an authentic Telangana dinner.

The festival honors and recognizes women and expresses the importance of their role in society. The event is organized by the Sacramento

Telangana Association, a Rancho Cordova non-profit organization committed to preserving and promoting the culture and arts of India.

The event is scheduled for Navigator Elementary School, 10679 Bear Hollow Drive, Rancho Cordova. It begins at 5:00 pm and ends at 7:00 pm. The festival is expected to attract more than 2,500 people from the Sacramento region and surrounding areas.

The City of Rancho Cordova values partnerships and fun, and the Festival of Flowers is one of the many free and fun events held in the community throughout the year. The event is funded by a \$14,600 grant from the City of Rancho Cordova's Community Enhancement Fund, a ½ cent, voter-approved sales tax that supports local priorities.

Source: City of Rancho Cordova ★



Bridging the Homelessness Divide

Sacramento Steps Forward Aims to End Homelessness

Story and Photo by Margaret Snider

RANCHO CORDOVA, CA (MPG) - The right people, the right time, and the right resources are critical to ending homelessness in the Sacramento region, said Sacramento Steps Forward CEO Ryan Loofbourrow. Speaking at the September Rancho Cordova Luncheon on September 15, Loofbourrow said that it is vital keep the goal in mind – end homelessness. “When you stop saying that, you start planning in a whole different way,” Loofbourrow said.

“You start accommodating, you start creating scenarios that only make the misery of being homeless easier. We must always keep our mind on ending homelessness as a tactic, so we move in that direction.”

Homelessness to SSF means literally that: living in a place not intended for human habitation. Rancho Cordova is one of the places for which SSF provides Navigators, or people who go out in the community to get to know the people on the streets. “When we start working with a person experiencing homelessness, one of the first



Left to right: Stefan Heisler, Reinvestment Analyst, and Kerry Simpson, Neighborhood Services Manager, City of Rancho Cordova; Dave Elliott, Navigator, Ryan Loofbourrow, Chief Executive Officer, and Ben S. Avey, Director of Public Affairs, Sacramento Steps Forward; Linda Budge, Vice-Mayor, City of Rancho Cordova.

things we do is establish a relationship, and start to establish a sense of hope,” Loofbourrow

said. “A sense that there can be a day that is stable, that is healthy, that endures.”

That doesn't mean that no one will ever become homeless, but

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Women's Empowerment Receives Grants to Help Homeless Women Rebuild

Arata Brothers Trust and Kaiser Permanente Provide Grants

By Kristin Thébaud

SACRAMENTO REGION, CA (MPG) - Arata Brothers Trust and Kaiser Permanente recently gave grants to Sacramento nonprofit Women's Empowerment's comprehensive job-readiness programs for women experiencing homelessness. Arata Brothers Trust donated \$15,000 to Women's Empowerment's nine-week program that helps women who are homeless overcome barriers so they can find homes and jobs. Kaiser Permanente donated \$10,000 to Women's Empowerment's domestic violence and substance abuse support groups that help women who are homeless overcome the effects of domestic violence and substance abuse so they can find safe homes, steady work and a healthy lifestyle.

“We know that employment is the best way to end homelessness,” said Lisa Culp, executive director, Women's Empowerment. “But it takes more than just a resume to secure a job. The majority of women we serve are survivors of domestic violence and are also seeking help as they maintain a clean-and-sober lifestyle. With funding from Arata Brothers Trust and Kaiser Permanente, we are able to help homeless women regain the skills they need to get and keep a job so they can create a safe future for their families. Thank you to Arata Brothers Trust and Kaiser Permanente for their lasting impact on the lives of homeless women and children in this community.”

In Women's Empowerment's initial nine-week program, women who are homeless receive free onsite child care in the group's child development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness. She attends classes on job readiness, financial literacy, confidence building, health and empowerment, as well as support groups for domestic violence and substance abuse. Women then focus on job placement with their employment specialist and volunteer career mentor.

Women who have graduated from the nine-week program can enroll in the group's graduate services at any point in their lives when they need assistance. Services include paid job training, vocational certifications, counseling with a social worker and employment specialist, access to a professional clothing closet, and job retention services for employer and employee.

The award-winning organization has graduated 1,437 homeless women and their 3,500 children since 2001. Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org. ★



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Volunteers Needed for AARP Foundation Tax-Aide Program

AARP Foundation Tax-Aide is the Nation's Largest Volunteer-Run Tax Preparation Service



Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned. Photo courtesy AARP

By Anaí Ibarra, AARP

SACRAMENTO REGION, CA (MPG) - AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Soon approaching its 50th year, Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

A recent AARP survey of working Californians, entitled "CA Dreaming or Struggling," reveals that a large percentage of Californians are not ready for retirement; and while they remain optimistic, many are struggling with issues of housing affordability and difficulty in saving for retirement.

Programs like Tax-Aide, says AARP California State Director

Nancy McPherson, can help.

"Considering the difficulty many Californians are having making ends meet, a program like Tax Aide, which helps people save every dollar they can, is that much more valuable," she said.

Tax-Aide volunteers receive training and support in a welcoming environment. There is need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

Last year, 2,841 AARP Foundation Tax-Aide volunteers helped more than 184,276 people file their federal and state tax returns. The program is offered at approximately 378 sites in California, including senior centers, libraries and other convenient locations.

AARP Foundation Tax-Aide has grown remarkably since its

inaugural team of just four volunteers in 1968. The program now involves nearly 35,000 volunteers and serves 2.5 million taxpayers annually at some 5,000 sites nationwide with free tax help. In 2017 taxpayers who used AARP Foundation Tax-Aide received \$1.37 billion in income tax refunds and more than \$222 million in Earned Income Tax Credits (EITCs). Taxpayers do not need to be a member of AARP or a retiree to use this program.

To learn about our volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

AARP Foundation works to ensure that low-income older adults have nutritious food, affordable housing, a steady income, and strong and sustaining bonds. AARP Foundation is the affiliated charity of AARP. ★

All Aboard for Story Time With Good Day Sacramento's Tina Macuha

By Traci Rockefeller Cusack

SACRAMENTO, CA (MPG) - It's All Aboard for Story Time! with Good Day Sacramento's Tina Macuha as a celebrity guest reader on Monday, October 2, 2017, at 11 a.m. at the California State Railroad Museum. To the delight of young children and train enthusiasts alike, Tina will read the children's books *Engine Number Ten* by Rose Ann Woolpert and *Chugga Chugga Choo Choo* by Kevin Lewis. A Sacramento native, Tina started her successful broadcast career in radio -- including at FM102 in the early 90s -- then transitioned to television when Good Day Sacramento first premiered in August 1995. Since the debut of the wildly popular morning program, Tina has been helping to inform and entertain viewers in the greater Sacramento area ever since. Besides traffic reporting,



All Aboard for Story Time! is offered every Monday morning year-round.

some of her most popular on-air segments are *Dishin' With Tina*, *Teen's Tunes* and *Thought for the Day*, just to name a few.

All Aboard for Story Time! is offered every Monday morning year-round. Through this interactive and fun program, parents are encouraged to let trains

and railroading introduce and foster the love of reading with their imaginative young children ages two to five. The Story Time! program showcases different railroad-related books each month. Afterward, children and parents are encouraged to explore the Museum. Whether it's toy trains or big locomotives, there is always something to discover in the California State Railroad Museum -- North America's most popular railroad museum -- that will thrill children (and adults) of all ages. The All Aboard for Story Time! program is included with Museum admission: \$12 for adults; \$6 for youths ages 6-17; free for children ages 5 and under. For more information about the reading program or the California State Railroad Museum in general, please call 916-323-9280 or visit <https://www.californiarailroadmuseum/>. ★

Paint On for Wildlife

The Institute of Art Sacramento Artists Give Life to Heroes of Nature's Home

By Rick Reed

SACRAMENTO REGION, CA (MPG) - The volunteer heroes of nature giving regional wildlife a second chance to live at Wildlife Care Association of Sacramento are getting an upgrade! The former USAF Radar Dome has been home to the state's second largest wildlife rehabilitation facility for several years, but has only slowly begun changing and improving its grounds.

With student artist Lindsay Ianni from the Art Institute of Sacramento leading, volunteers will come together for two days to give the old radar dome some real life! On Saturday, September 30th and Sunday, October 1st beginning at 8am artists will add new wildlife images and create a new look for the entrance of the former USAF building visited by more than 6000 residents each season with injured, orphaned and displaced birds and small animals.

Volunteers are needed to help support the artwork. Anyone interested in becoming a volunteer can contact Wildlife Care Association of Sacramento Volunteer Coordinator Kate Vanderslice at volunteer@wildlifecareassociation.com

The facility is located on 2 acres of McClellan Park, west of the airpark at 5211 Patrol Road.



The dome will get a new makeover. Photo courtesy Rick Reed PR

The volunteer non-profit has given new life to wildlife for more than 40 years, with 98% of the care provided by volunteers from all walks of life throughout the community. Supported entirely by donations, the wildlife rehabilitation facility takes in birds and small animals to be healed and released from 10am to 6pm seven days a week. If you have found wildlife injured, orphaned or displaced by human activity call the Hotline at 965-WILD. ★

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Meals on Wheels by ACC Asks Congress to "SAVELUNCH"!

By Michelle Bustamante, Program Specialist

SACRAMENTO, CA (MPG) - Meals on Wheels by ACC along with thousands of others are making our voices heard by participating in the national "SaveLunch" campaign. Help us send a message to Congress and other elected officials to stop budget cuts and save senior nutrition programs across the country.

Meals on Wheels by ACC provides much needed meals to nearly 1,500 homebound seniors, many of whom depend on our program as their main source of nutrition and socialization. Another 900 seniors gather to enjoy nutritious meals and the companionship of friends at one of our 20 All Seasons Café's throughout Sacramento.

Meals on Wheels by ACC is

more than just a meal, for many the daily or weekly visits from our volunteer drivers may be their only connection to the outside world, their only smile, their only friend.

Each Meals on Wheels by ACC participant has been provided a paper plate in which to write a message to their local congressman, we invite you to join us in this effort. On September 15th we will be sending hundreds of paper plate messages to our elected officials, we would like yours to be one of them, and together we can "SaveLunch".

Please send your paper plate to: Meals on Wheels by ACC, 7375 Park City Dr, Sacramento, CA 95831

For more information about the "SaveLunch" Campaign or to learn how to become a Meals



Meals on Wheels by ACC provides much needed meals to nearly 1,500 homebound seniors. Photo courtesy Meals on Wheels

on Wheels by ACC volunteer, please call (916) 444-9533.

Source: Meals on Wheels ★

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Free Home Improvement Services Offered to Rancho Cordova Residents



Sierra Service Project volunteers help Rancho Cordova residents with home improvement projects. Photo courtesy Sierra Service Project

By Asha Kreiling

RANCHO CORDOVA, CA (MPG)

Sierra Service Project, in coordination with the City of Rancho Cordova, is seeking applicants for free exterior home repair and improvement services as part of the Rancho Cordova Neighborhood Beautification Program. Sierra Service Project is a local non-profit organization that has organized and managed volunteer community service activities for the past 40 years.

Sierra Service Project will provide light exterior home repairs free-of-charge, such as wheelchair ramp construction, fence replacement, exterior painting,

chain link fence removal, and general yard cleanup.

Applicants must own the home and fall within certain income levels. Additionally, the property must be located within Rancho Cordova city limits. Low-income residents, seniors, and veterans are encouraged to apply.

Volunteers ages 16 years and older are also needed to help with these repair and improvement services and will be supervised by experienced staff.

The project is supported by a \$35,000 grant from the City's Community Enhancement Fund, and this is the third year Sierra Service Project has provided a neighborhood beautification

program in Rancho Cordova. This program is part of the City's efforts to enhance residents' quality of life, increase property values, and transform neighborhoods into safer, cleaner, and healthier environments.

If you are interested in applying for free services or volunteering for the program, please contact Sierra Service Project Manager McKenna Culbertson at mckenna.culbertson@sierraserviceproject.org or 916-488-6441. There is currently no deadline to apply; however, a limited number of applications will be accepted.

Source: City of Rancho Cordova ★

Bridging the Homelessness Divide

Sacramento Steps Forward Aims to End Homelessness

Continued from page 1

is an aim toward "functional zero." This refers to the concept that homelessness will be rare, brief, and non-recurring. "In short, there (would be) more people moving out of the system than are waiting to enter it," according to the SSF website.

To do that it is important to catch a person or household at the critical moment, when intervention can help the most. "We want to be ready if that critical moment happens," Loofbourrow said. "If we're not ready in the system, that moment might pass and we might have years more of homelessness for that person."

Currently the biggest obstacle to ending homelessness is the lack of affordable housing. The last report out of the Housing Alliance, for the County of Sacramento, showed that four out of ten households are paying 40 to 50% of their income towards their rent or mortgage, a very high number.

In keeping with this problem, CRPD Parks Services Superintendent Gerald Dobbs

recently spoke with a woman who has been sleeping on a park bench after getting off work at a local grocery store at 6 a.m. Dobbs found that she lives on Social Security and has a part-time job. She sleeps at the park for a few hours until her son is able to pick her up and take her to his home where she stays until time to work again. "This is somebody that really is trying to make it but cannot find affordable housing anywhere," Dobbs said. "She seemed like a very nice person, very level-headed, but in essence, she lost her home through a divorce and she literally has nothing other than trying to make enough money to go ahead and keep food on the table."

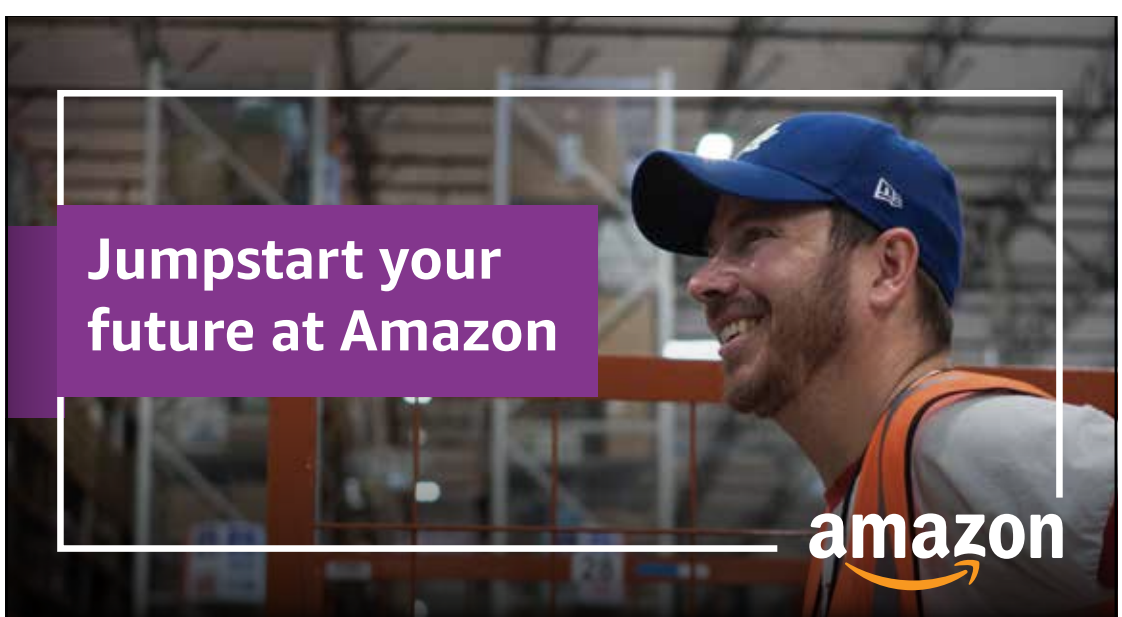
Another example is a woman with a college degree and a national certificate in her field. She works full time at a crisis program but after examining her options has been unable to find affordable housing in this area. She and her daughter live with her parents, or she would be homeless, she said. "Rents on apartments are \$1,000 to

\$1,100 for one bedroom," said the woman's mother. "And that's not necessarily in a particularly good neighborhood. It's very discouraging."

Rancho Cordova stats showed in January 2017 a homeless population of 212 plus or minus 25. This number shows about the same ratio of homeless to population as other Sacramento County areas. Stats also show 63% of Rancho Cordova homeless to be from "this city," and another 25% from "this region."

Services provided in Rancho Cordova from May 2016 through July 2017 show 39 households received shelter, 39 households received mental health, detox or other treatment, and 48 households received primary care. Assistance was given to 34 in obtaining a Social Security Card, 66 obtained an Identification Card, and 24 a DD214 (proof of veteran status).

For more information about Sacramento Steps Forward please go to sacramentostepsforward.org. ★



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And Another Thing ...

We Are Very Fortunate to Have Thousands of People Who Volunteer Their Time in Rancho Cordova to Help Others

By Bob McGarvey

I have been very fortunate in many ways, such as in the people I have met, like my wife Terri. I learned about myself when I served in the U.S. Air Force. You had to keep working on and where those above you told you to, and you couldn't just quit after a try or two. I have found out that many people are self-starters who are not just waiting for something to happen for them. They have accepted the challenges of life and are going forward with them.

"It's not whether you get knocked down, it's whether you get up," according to Vince Lombardi. On occasion, you meet people who are down on their luck, but they keep trying again, and again, and again. Some of the homeless, not all, but some, seem to just wait until life does something to them, and then they take their unhappiness out on others.

As I began working on this column, I found out that a 7.1 magnitude earthquake happened in Mexico City. Just like other earthquakes and hurricanes, when people need help, others come from across the country and sometimes from around the world. We will all have to wait and see what else will happen in Mexico City after all the aftershocks are done. We can all hope there will be no more deaths.

I haven't heard any predictions for a while except on TV regarding what our weather will be this coming winter. My prediction is about as accurate as my weather rock. I think it is accurate about 50% of the time, and other times it "ain't" even 50%. So I guess I will have to wait like everyone else until winter actually gets here. The weather rock is much better at predicting the weather when it is happening right on top of it. I continue to hope that we will get the rain we need and we don't begin another drought.

We are very fortunate to have thousands of people who volunteer their time in Rancho

Cordova to help others. What they do will not necessarily build a new bridge, but it helps individuals who really appreciate what was done for them. The starfish story is about an older man who happened to see a boy picking up individual, stranded starfish and throwing them back into the ocean. The boy said that the tide had washed them up onto the beach, and they couldn't get back to the sea by themselves. The old man said that the boy was foolish because there were thousands of those starfish and that the boy wouldn't be able to make much of a difference. The boy bent down, picked up another starfish, and threw it as far as he could back into the ocean. The boy smiled and said, "It makes a difference to that one!" The little things you can do can make a tremendous difference. So to all our Rancho Cordova volunteers, you do make a difference.

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

RCPD and Safe Kids Provide Car Seat Checks

Event Part of National Seat Check Saturday



A Rancho Cordova Police Officer shows a resident how to correctly install and use a car seat.

By Asha Kreiling

RANCHO CORDOVA, CA (MPG) - According to the U.S. Department of Transportation, National Highway Traffic Safety Administration (NHTSA), 59 percent of car seats are misused.

The Rancho Cordova Police Department (RCPD) and Safe Kids Greater Sacramento are providing FREE car seat checks this Saturday, September 23 to teach local families to learn how to safely use car seats.

Parents and caregivers can receive a one-on-one, 30-minute,

hands-on training that covers how to correctly install and use car seats. Join us at Walmart Rancho Cordova at 10655 Folsom Boulevard between 8:30 to 11:30 a.m. for your checkup. Please bring your child, car seat, car seat instructions and vehicle owner's manual to the event.

September 23 is National Seat Check Saturday, which caps off Child Passenger Safety Week from September 17-23. This campaign is dedicated to helping parents and caregivers make sure their children ride as safely as possible - every trip, every time.

The event is made possible by our partner Walmart Rancho Cordova and a grant from the California Office of Traffic Safety, through NHTSA.

RCPD is launching a new monthly e-newsletter this October 2017 to keep you updated on the latest news, upcoming events like this one, crime prevention tips, and more. Sign up now by visiting <http://ow.ly/JqbF30eWijN>.

Source: City of Rancho Cordova ★

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Grapevine Independent

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Shriners Hospital Hosts Celebration for Former Patients and Staff

By Catherine Curran, Shriners

SACRAMENTO REGION, CA (MPG)

Former patients and staff of Shriners Hospitals for Children — Northern California are invited to attend an Alumni Brunch at 10 a.m., Saturday, October 21. The event is being held in celebration of the hospital's 20th anniversary. It will feature a healthy serving of inspiration as former patients share their life-changing stories and are reunited with doctors and staff. Rob Stewart, host of KVIE's Rob on the Road will emcee the celebration. The Ponderosa High School Choir will perform.

The Alumni Brunch will take place at the Shriners Hospital in Sacramento, 2425 Stockton Boulevard. Free parking is available in the Shriners Hospital garage. Former patients who would like to attend are asked to send email to shriners20th@shriners.org or call 916-453-2218.

Hospital alumni also are invited to attend a Community Day family festival after the brunch. Where Care Is a Community Affair themes the community celebration that includes:

- **SunShrine Hospital Tours:**

In this special exhibit, children are invited to tour the SunShrine Hospital where they will get finger casts, dress in surgical gowns, paint with syringes, meet Pet Therapy animals and much more.

- **Wheelchair Sports:**

Access Leisure and Paralympic Sports Sacramento will coordinate wheelchair softball, tennis and basketball games. Counted among those participating in the games are patients and former patients of the Northern California Shriners Hospital.

- **Community Exhibits:**

Local firefighters, the California Highway Patrol, the Bohart Museum of Entomology, the Firefighters Burn Institute, the California State Parks, and the Sacramento Philharmonic are among the community organizations sharing activities and information.

- **Entertainment:**

Galena Street East, the Ponderosa High School Choir, and the Ben Ali Shrine Band are just three of the groups scheduled to perform live on the stage throughout the day. Fezzy, the Shriners Hospital mascot, will be joined by Sparky, Chipper and mascots from

other community organizations. Star Wars characters, Spiderman and other superheroes will pose for pictures and bring smiles to kids of all ages.

The Northern California Shriners Hospital opened its doors to children in April 1997. Since then more than 70,000 children have been accepted for care, and the hospital has expanded its programs to meet the specialized needs of children. Treatment specialties include pediatric orthopaedics, burns, spinal cord injury, plastic surgery and pediatric surgery. The hospital also is home to a collaborative scientific research program known as the Institute of Pediatric Regenerative Medicine (IPRM). Any child under 18 is eligible for care provided the child's condition is within the scope of services offered. All care is provided regardless of a family's ability to pay.

For more information about the Alumni Brunch and Community Day celebration, please go online to <http://shrinerschildrens.org/20thanniversary>. For further information email shriners20th@shriners.org or call the Anniversary hotline at 916-453-2332. ★

Taxasaurus! Jerry Brown is Ripping Everybody Off

Senator Gaines Highlights One Of the Most Taxing Sessions in California History

SACRAMENTO, CA (MPG)

Following the conclusion of the 2017 legislative session, Senator Ted Gaines (R-El Dorado) is highlighting just a few of the ways the legislature voted to increase taxes and make California less affordable.

Gas Tax (Senate Bill 1)

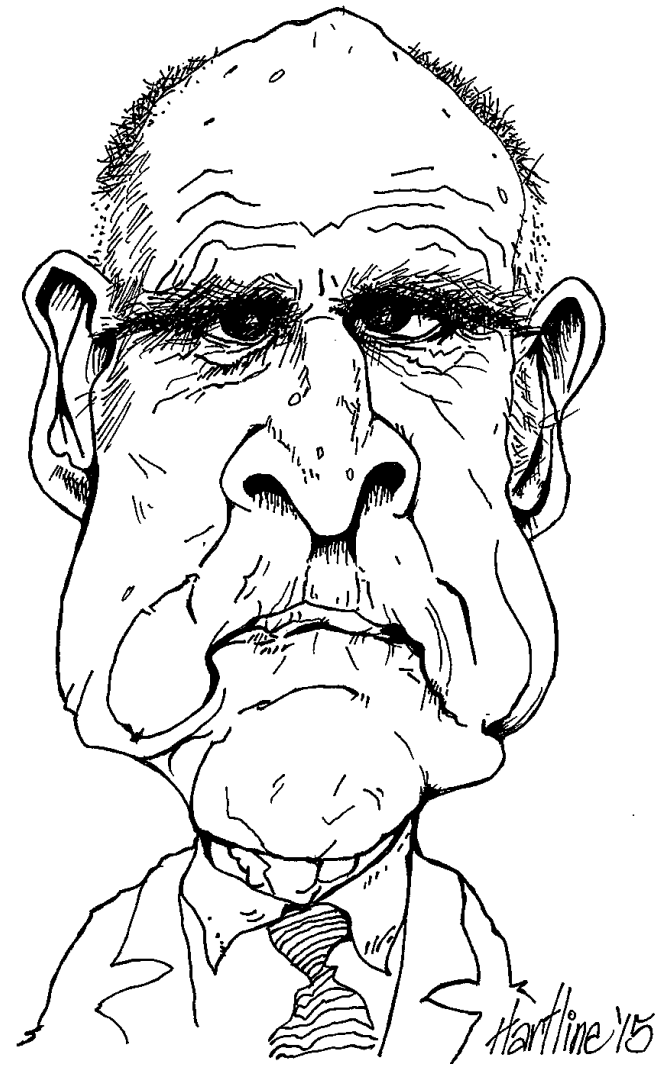
The legislature passed and the Governor signed a transportation proposal that imposes \$52 billion in permanent new gas taxes and user fees on motorists. Starting this fall, every motorist in California will pay an additional \$0.12 per gallon of gasoline and \$0.20 per gallon of diesel. That might not sound like much, but with this and the increase in annual vehicle registration fees by as much as \$175 per vehicle, it adds up to an average of \$350 per household over the course of a year. If you're a commuter, live in the country, or own a business, the cost could be much higher.

Cap-and-Trade Extension (Assembly Bill 398)

The legislature passed and the Governor signed an extension of the state's cap-and-trade program. Fuels under the program already adds \$0.11 to every gallon of gas. The new gas tax adds an additional \$0.12 cents to every gallon (that number will go up every year after 2021), and the cap-and-trade extension could add another \$0.73 cents to every gallon of gas on top of that. While the rest of the country is paying \$2 a gallon for gas, we are going to be paying a dollar and a half a gallon just in taxes and climate fees. A large portion of the money collected through the cap-and-trade program has been allocated to fund high-speed rail.

Housing Package (Senate Bill 2)

Included in a package of housing bills was Senate



Bill 2, which the legislature has approved and sent to the Governor for signature. The bill would impose a \$75 to \$225 "recording fee" on all real estate transactions. The fee would generate as much as \$258 million per year. Instead of addressing the housing crisis by reducing the obstacles to housing development, legislators have chosen to put the cost on the backs of California taxpayers.

"Legislative Democrats have touted this year as 'one of the most productive sessions in California history.' I suppose this is accurate if you define 'productive' as

continuing to pile on taxes and make California increasingly unlivable for businesses and hardworking working families," said Senator Gaines. "I will not give up. I will continue to stand up for California taxpayers that are getting nicked and dimed at every turn."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

Source: Content from the office of Senator Ted Gaines
Illustration by Perry Hartline★

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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.



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.

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Crossword Puzzle on Page 9



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Sudoku Puzzle on Page 9

7	3	6	1	8	2	9	5	4
1	2	5	9	6	4	7	8	3
4	9	8	7	3	5	1	6	2
2	8	9	5	1	3	4	7	6
6	5	4	8	2	7	3	1	9
3	1	7	4	9	6	8	2	5
5	7	3	2	4	8	6	9	1
8	6	1	3	5	9	2	4	7
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FBNF2017-06432 Hung Nguyen, 4429 Winje
Drive Antelope, CA 95843 is doing business under
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"City of Trees Auto" at 7606 Folsom Boulevard
Suite 101 Sacramento, CA 95826. Filed with the
Clerk of Sacramento County August 24, 2017.
Publish: September 1, 8, 15, and 22, 2017
CITY 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06595 Michael Palmer, 4400
Pennsylvania Avenue Fair Oaks, CA 95628 is
doing business under the Fictitious Business
Name(s) "Gold River Auto Care" at 11199 Coloma
Road Gold River, CA 95670. Filed with the
Clerk of Sacramento County August 22, 2017.
Publish: September 1, 8, 15, and 22, 2017
GOLD 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06234 Ravi Kumaraswamy, 920
E Arques Avenue Sunnyvale, CA 94085 is
doing business under the Fictitious Business
Name(s) "Ananda Bhavan, Sri Ananda Bhavan,
Sri Anandabhavan, Anand Bhavan, Adyar Ananda
Bhavan, Adyarandabhavan, Adayar Ananda
Bhavan, Adyar Anandabhavan, Anandabhavan"
at 1167 Riley Street Folsom, CA 95630. Filed
with the Clerk of Sacramento County August 4, 2017.
Publish: September 1, 8, 15, and 22, 2017
ANANDA 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06665 Mohamed H. and Lois J.
Damra, 3400 Richmond Parkway #4112 Richmond,
CA 94806 and Khalid Khalil Ramahi and Hanan
Ramah, 17331 Regency Circle Riverside, CA 92503
are doing business under the Fictitious Business
Name(s) "Coloma Gas & Food" at 10670 Coloma
Road Rancho Cordova, CA 95670. Filed with the
Clerk of Sacramento County August 25, 2017.
Publish: September 1, 8, 15, and 22, 2017
COLOMA 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06670 Mohammad Aljasm, 6812
Black Duck Way Sacramento, CA 95842 is doing
business under the Fictitious Business Name(s)
"My Laundry" at 10487 Folsom Boulevard Suite
AC Rancho Cordova, CA 95670. Filed with the
Clerk of Sacramento County August 25, 2017.
Publish: September 1, 8, 15, and 22, 2017
LAUNDRY 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06669 Demetria Marsha Adams,
7633 Wayans Way Elk Grove, CA 95621 is doing
business under the Fictitious Business Name(s)
"Retro Really, Retro Real Estate" at 9245 Laguna
Springs Drive Suite 200 Elk Grove, CA 95758. Filed
with the Clerk of Sacramento County August 25, 2017.
Publish: September 1, 8, 15, and 22, 2017
RETRO 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06378 Lavender Library Archives and
Cultural Exchange of Sacramento Inc, 1414 21st Street
Sacramento, CA 95811 is doing business under the
Fictitious Business Name(s) "Lavender Library, LLC"
at 1414 21st Street Sacramento, CA 95811. Filed
with the Clerk of Sacramento County August 11, 2017.
Publish: September 1, 8, 15, and 22, 2017
LAVENDER 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06095 Lyndsay and Mark Matus,
11750 Bagota Way Rancho Cordova, CA 95742
are doing business under the Fictitious Business
Name(s) "On Point Body" at 3054 Sunrise Boulevard
Suite G Rancho Cordova, CA 95742. Filed with
the Clerk of Sacramento County August 2, 2017.
Publish: September 1, 8, 15, and 22, 2017
ON 170810 9-22-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06752 Jared Gleason, 1482 34th
Street Sacramento, CA 95816 is doing business under
the Fictitious Business Name(s) "Constant Courier"
at 1482 34th Street Sacramento, CA 95816. Filed
with the Clerk of Sacramento County August 29, 2017.
Publish: September 8, 15, 22, and 29, 2017
CONSTANT 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06626 Geoff Wharton, 4634
Cameron Ranch Drive Carmichael, CA 95608 is
doing business under the Fictitious Business
Name(s) "Dragonfly Lawn Service" at 4634 Cameron
Ranch Drive Carmichael, CA 95608. Filed with
the Clerk of Sacramento County August 23, 2017.
Publish: September 8, 15, 22, and 29, 2017
DRAGONFLY 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06739 Sandeep Ahluwalia, 1014 10th
Street Sacramento, CA 95814 is doing business under
the Fictitious Business Name(s) "Cowo Campus, Cowo"
at 1014 10th Street Sacramento, CA 95814. Filed
with the Clerk of Sacramento County August 29, 2017.
Publish: September 8, 15, 22, and 29, 2017
COWO 170810 9-29-17

FICTITIOUS BUSINESS NAME STATEMENT
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
DETOX 170810 9-29-17

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06785 Nancy Clayton, 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
BOOKKEEPER 170810 9-29-17

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 Cordova, 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 Tuktalyan, 2894
Londonderry 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) "OTE 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
OTE 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 95629. 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
FBNF2017-06668 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
FBNF2017-06701 Qilian Xu, 16022 Via Media
San Lorenzo, CA 94580 is doing business under the
Fictitious Business Name(s) "Villa Fat Cuisine" at 440
Elkhorn Boulevard Suite 5 Rio 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
Horn Road Wilton, CA 95693 is doing business under
the Fictitious Business Name(s) "Appliance Geek"
at 12501 Shorthorn 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 Inira 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
FBNF2017-06647 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
CONTENTS 170810 10-6-17

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
Aldaburg Circle Sacramento, CA 95834 is doing
business under the Fictitious Business Name(s)
"Brighten Up Event Lighting" at 280 Aldaburg
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 Lakspur 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 Clinical" 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
FBNF2017-06635 Brandon Villalobos, 7333
Sidney Drive Citrus Heights, CA 95610 is doing
business under the Fictitious Business Name(s)
"Clear Water Pool Services" at 7333 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 Aroight Investments LLC,
7465 Mission Gorge Road Suite 106 San Diego,
CA 92120 is doing business under the Fictitious
Business Name(s) "Fortius Technologies and
Consulting Services" at 7465 Mission Gorge Road
Suite 106 San Diego, CA 92120. Filed with the
Clerk of Sacramento County August 10, 2017.
Publish: September 15, 22, 29, and October 6, 2017
FORTIUS 170810 10-6-17

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06979 Jelani M. Zuberi, 1400 Sundance
Drive Plumas Lake, CA 95961 and Teaira Harris,
1821 Helena Ave #8 Sacramento, CA 95815 is doing
business under the Fictitious Business Name(s) "Axis
Barbershop, State Barber Training" at 2850 Northgate
Boulevard #3 Sacramento, CA 95833. Filed with the
Clerk of Sacramento County September 7, 2017.
Publish: September 15, 22, 29, and October 6, 2017
AXIS 170810 10-6-17

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

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2017-06960 Jorge U. Aldama,
3016 Valkyrie Way Sacramento, CA 95821 is
doing business under the Fictitious Business
Name(s) "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 Sherry
Pangau, 10741 Fair Oaks Boulevard Apt # 67 Fair
Oaks, CA 95628 is doing business under the Fictitious
Business Name(s) "Tender Loving Care II-TS" 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 Selap, 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
Wrendale Way Sacramento, CA 95821 is doing
business under the Fictitious Business Name(s)
"DML Creative Resources" at 2706 Wrendale
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 O
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 Grinstan, 2803 5th
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
FBNF2017-06892 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 95818. Filed
with

Grapevine Independent Community Calendar



Slim Randles' HOME COUNTRY

"When My Friends Get Wet, I Get wet!"

Then it came, and Florencio tied it behind the cattle of his saddle each day. And Florencio looked to the sky for any sign of a cloud, and then patted that slicker affectionately.

"If it rains today," he'd say, "I'm ready. Did you know this slicker keeps the saddle dry, too?"

Finally, during the gather, Florencio and the other hands were horseback about 10 miles from the truck, driving cows back to the home pasture. And the clouds came, thick and black and fast, and the rain poured.

With a joyous whoop,

Florencio donned the new slicker and climbed back aboard his horse. But his buddies just sat their horses and watched. Their slickers were back in the truck.

They were amazed when Florencio dismounted, took off the slicker, tied it behind the saddle, and mounted again in the rain.

"Why?" they asked him.

"When my friends get wet," he said, "I get wet!"

Brought to you by Slim's new book "A Fly Fisherman's Bucket List," from www.lpdpress.com. ★

When Florencio Ortiz sent off for that new slicker, everyone in town and out at the ranch knew about it. He described in detail how waterproof it was and how a cowboy just couldn't possibly get wet with this slicker on.

LEGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380-September 18, 1969
 Legal Advertising Hotline 916-483-2299
 Legal Advertising Fax 916-773-2999
 P.O. Box 14, Carmichael, CA 95609

APN: 067-0710-095-0000 TS No: CA08004120-15-1 TO No: 10-6-163498 NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED April 11, 2008. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 4, 2017 at 10:00 AM, at the East Main entrance to the County Courthouse, 720 9th Street, Sacramento, CA 95814, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on April 24, 2008 in Book 20080424, on Page 0931 of official records in the Office of the Recorder of Sacramento County, California, executed by JASON KING AND MICHELLE MORRISON KING HUSBAND AND WIFE AS JOINT TENANTS, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as nominee for CTX MORTGAGE COMPANY, LLC as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 5425 MOSSY STONE WAY, RANCHO CORDOVA, CA 95742 The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$376,737.55 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of

in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: August 30, 2017 MTC Financial Inc. dba Trustee Corps TS No. CA08004120-15-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 866-660-4288 Stephanie Hoy, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.insourcelogic.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: In Source Logic AT 702-659-7766 Trustee Corps may be acting as a debt collector attempting to collect a debt. Any information obtained may be used for that purpose. ISL Number 33994, Pub Dates: 09/08/2017, 09/15/2017, 09/22/2017, GRAPEVINE INDEPENDENT ISL#33994 170901 09-22-17

said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property, 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 In Source Logic at 702-659-7766 for information regarding the Trustee's Sale or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case, CA08004120-15-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected

NOTICE OF PROPOSED ORDINANCE

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

ORDINANCE NO. 10-2017

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

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

Printed in the Grapevine Independent on September 22, 2017.

CODEPENDENTS ANONYMOUS
 Time: Tuesdays, 7:30-9 pm
 Place: Sunriver Church
 11223 Trinity River Dr.
 www.sunriverchurch.com

WESTERN SWING SOCIETY
 Time: 1st Sundays, 1-5:30 pm
 Place: Machinists Hall
 2749 Citrus Rd.
 www.westernswingsociety.org
 Info: Live music, dancing.
 Food & beverages available for purchase. Members \$4, Non-members \$7.

MILITARY RETIREE/SPOUSE MEETING
 Time: 2nd Thursdays, 10:30 am
 Place: N. Highlands Park & Rec Office
 6040 Watt Ave., N. Highlands
 Contact: 561-7476
 Info: Meets monthly.

RANCHO CORDOVA HISTORICAL SOCIETY
 Time: 4th Thursdays, 5 pm
 Place: Rancho Cordova City Hall
 2729 Prospect Park Dr.
 www.ranhocordovahistory.com
 Info: Meets in the American River Room

SPELLBINDERS TOASTMASTERS
 Time: 2nd & 4th Mondays, 6:30 to 8 pm
 Place: China Buffet
 5623 Sunrise, Citrus Heights
 Contact: 631-1703
 Info: Hone communication skills. Beginners welcome.

SPANISH LANGUAGE CONVERSATION CIRCLE
 Time: 4th Saturdays, 3-4:30 pm
 Place: Rancho Cordova Library
 9845 Folsom Blvd.
 Contact: 264-2920
 www.saclibrary.org

Info: Practice Spanish in a fun and relaxed way with library staff, community.

BRECA MEETING
 Time: 4th Tuesdays, 6:30-8 pm
 Place: Rancho Cordova Library
 9845 Folsom Blvd.
 Contact: 361-1745
 www.breca.us

POWERTALK INTERNATIONAL MONTHLY MEETING
 Time: 3rd Tuesdays, 6:30-8:30 pm
 Place: Arden-Dimick Library
 891 Watt Ave., Sacramento
 Contact: 361-1745
 Info: Coaching, effective speaking, listening, leadership skills. Beginners are welcome.

WRITING WORKSHOP
 Time: 3rd Thursdays, 6-7:30 pm
 Place: 9845 Folsom Blvd.
 Contact: 264-2920
 www.saclibrary.org
 Adult writing & poetry workshops (writing for various types of genres and more).

AA NEWCOMERS
 Time: Tuesdays, 6:30-7:30 pm
 Place: Sunriver Church
 11223 Trinity River Dr.
 www.sunriverchurch.com

READING WITH THE DOGS
 Time: 1st Tuesdays, 6:30-7:30 pm
 Place: Rancho Cordova Library
 9845 Folsom Blvd.
 Contact: 264-2920
 www.saclibrary.org
 Info: Read to a canine pal, boost reading skills. Free.

CORDOVA SENIOR CITIZENS SOCIAL CLUB
 Time: 1st and 3rd Mondays, 11 am
 Place: Cordova Community Center
 2197 Chase Dr.
 Contact: 638-8065 for bridge or 858-1660 for membership

Info: Brown bag lunch, bridge party. Free.

CORDOVA COUPLES GOLF CLUB
 Date: Alternate Sunday mornings
 Place: Cordova Golf Course
 9425 Jackson Rd., Sacramento
 Contact: 682-2285
 All players welcome.
 Call for more information.

COFFEE, TEA AND CONVERSATION FOR SENIORS
 Date: First Saturdays, 10-11 am
 Place: Rancho Cordova Library
 9845 Folsom Blvd.
 Contact: 264-2920
 Info: For those 55+. Free. Share thoughts, memories: let the conversation flow! Light refreshments served. First Saturday each month.

SOROPTIMIST INTERNATIONAL OF RANCHO CORDOVA & GOLD RIVER
 Time: 1st Tuesday each month, 6:30-8:00 pm
 Place: Carl's Jr. Restaurant
 3100 Sunrise Blvd., Rancho Cordova, 95742
 Contact: siranhocordova@soroptimist.net for more info
 Info: Organization serving needs of women & girls in our community and around the world.

V I N S VOLUNTEER IN NEIGHBORHOOD SERVICES
 Time: 1st Thursday of month 3-5 PM
 Place: Rancho Cordova City Hall
 2729 Prospect Park Dr.
 Please join us if you are looking for city involvement for the Betterment of Rancho Cordova

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eskaton.org/elgr

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Sacramento County DA Reports



Habitual Sex Offender Convicted for Child Sexual Assault

DATE: August 25, 2017
CASE: Lionel Phillip Jacques (Case #16FE001361)
PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit
Lionel Phillip 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.

Jacques faces a maximum sentence of 240 years to life in prison. Sentencing is set for September 22, 2017, at 9:00 a.m. in Department 32 before the Honorable Emily Vasquez.

Defendant Convicted for Murder of Disabled Man

DATE: August 29, 2017
CASE: Lurlene Bairfield (Case #17FE007584)
PROSECUTOR: Supervising Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit
Lurlene Bairfield pled no contest to felony insurance fraud. The Honorable Lawrence Brown sentenced Bairfield to 90 days county jail and 5 years formal probation.

Lurlene Bairfield's husband was an excluded driver on her automobile insurance policy. When her husband had an accident while driving her car, she reported to Anchor General that she was driving. She also lied about how the accident occurred by stating another vehicle cut her off causing the accident. In truth, it was her husband who lost control of the car and crossed over two lanes before crashing into the other car.

As part of her sentence, Bairfield was also ordered to pay restitution in the amount of \$5,597 to Anchor General and \$5,229 to the owners of the other vehicle involved.

Defendant Convicted for Murder of Victim Found Near Airport

DATE: September 1, 2017
CASE: Scot Sequeira (Case #15F07357)
PROSECUTOR: Deputy District Attorney Andrew Solomon
Scot Sequeira was convicted by a jury for the first-degree murder of Matt Caquelin. The jury also found true the allegation that Sequeira personally used and discharged a firearm causing death.

On the morning of November 25, 2015, Matt Caquelin was found deceased in a field south of the airport on West Elverta Road. Mr. Caquelin had been shot four times. Text messages found on his phone eventually led detectives to Scot Sequeira. Witnesses had previously seen Sequeira and Mr. Caquelin together, and a car matching the description of Sequeira's car was observed near the crime scene. During the service of a search warrant at Sequeira's apartment, detectives located a handgun case containing a factory test-fired bullet casing. Testing by the District Attorney's Crime Lab revealed the test-fired casing matched casings located at the scene.

Sequeira faces a maximum sentence of 50 years to life in prison. Sentencing is set for October 27, 2017, at 1:30 p.m. in Department 21 before the Honorable Steve White.

Defendant Convicted for Murder at Chinese New Year Party

DATE: August 30, 2017
CASE: Minhkha Phan (Case #15F00643)
PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit
Minhkha Phan was convicted by a jury for the first-degree murder of Cheng Saeteurn. The jury also found true the allegation that Phan personally used a firearm causing death.

In the early morning of February 20, 2015, a Chinese New Year celebration was taking place at Café Monaco when Minhkha Phan shot Cheng Saeteurn in the chest, back and head. When police arrived, they found Mr. Saeteurn deceased. Only two employees were present, along with the business owner. All of the other witnesses had fled. Sheriff's homicide detectives tracked down a number of other witnesses, but only one provided details that identified Phan as the shooter. When Phan was located and arrested two days later, he was found to be in possession of an unfired bullet. The District Attorney's Crime Lab examined that bullet and found that it had been cycled through the same firearm that was used in the murder.

Phan faces a maximum sentence of 50 years to life in prison. Sentencing is set for September 29, 2017, at 10:00 a.m. in Department 38 before the Honorable Sharon Lueras. ★

BBB Serving Northeast California Celebrates 80th Anniversary

By Danielle Hale, BBB

SACRAMENTO REGION, CA (MPG) - Eighty years ago, Better Business Bureau (BBB) serving Northeast California was founded by a group of business and community leaders to help create a marketplace where buyers and sellers can trust each other.

Over the last eight decades, BBB has helped people make smarter buying decisions by setting standards for ethical business behavior, and monitoring compliance by reporting on over 90,000 businesses in the Northeast California region.

"People are often overwhelmed with information when they go to make a purchase, or hire a business. We believe that in our 80 years we have proven ourselves to be a worthy resource with unbiased and trustworthy information," said Lynn Conner, President & Chief Executive Officer (CEO). "We would especially like to thank the 6,000 local businesses who have chosen to support our efforts and become BBB Accredited Businesses; without you, our mission would be impossible," Conner added.

Better Business Bureau offers its consumer and business

services online, and in person. Some of our services include: Business profiles with BBB rating and Accreditation status; Dispute resolution (otherwise known as complaints); Legally-binding arbitration services; Customer reviews; Scam warnings and alerts; Semi-annual community shred events.

Through our efforts, BBB helps thousands of people each year. In 2016, BBB serving Northeast California mediated over 7,800 disputes, and assisted in the arbitration of 24 cases.

To learn more about your local Better Business Bureau, visit our website at bbb.org/sacramento. ★



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Thurs., Nov. 9

11:30 am to 12:30 pm

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

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

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

Wed., October 11

11:30 am to 12:30 pm

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

Thurs., October 12

11:30 am to 12:30 pm

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

RSVP to the location of your choice

Reservations Required

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

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

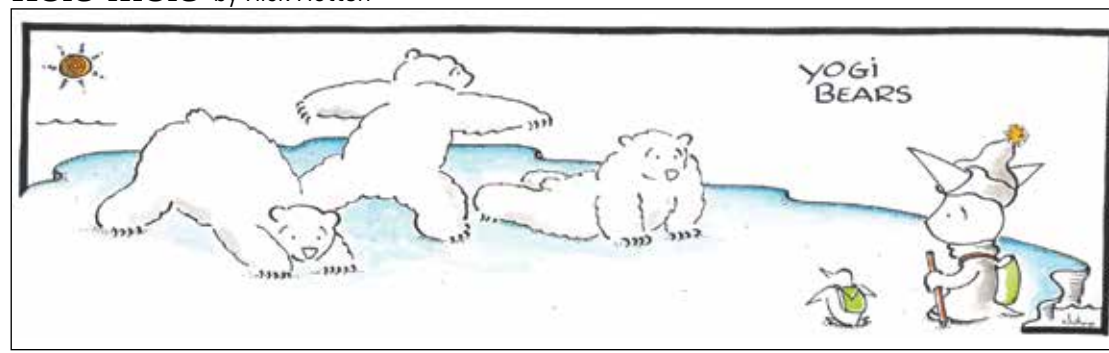


www.EastLawn.com

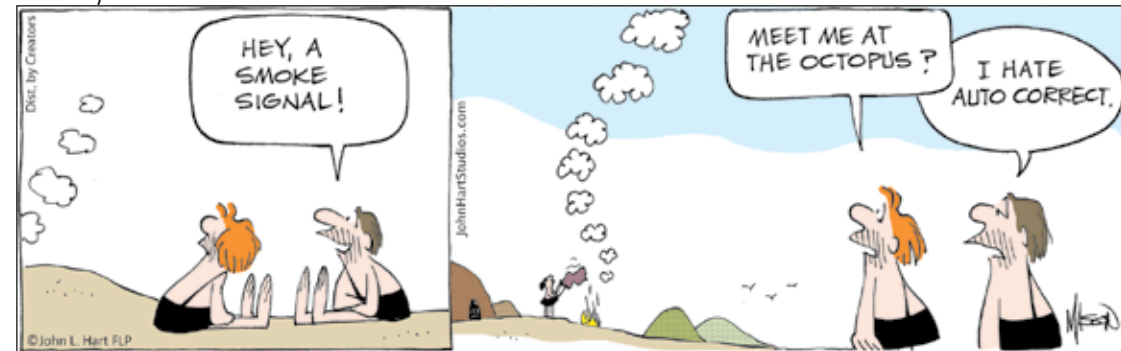
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Hole Mole by Rick Hotten



BC by Mastroianni & Hart



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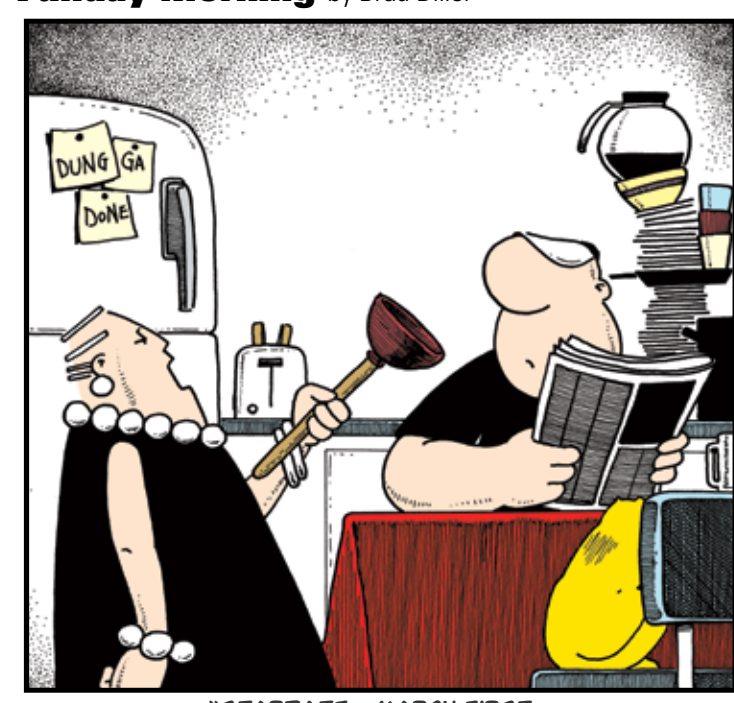
Frank and Steinway by Wil Panganiban



Tundra by Chad Carpenter



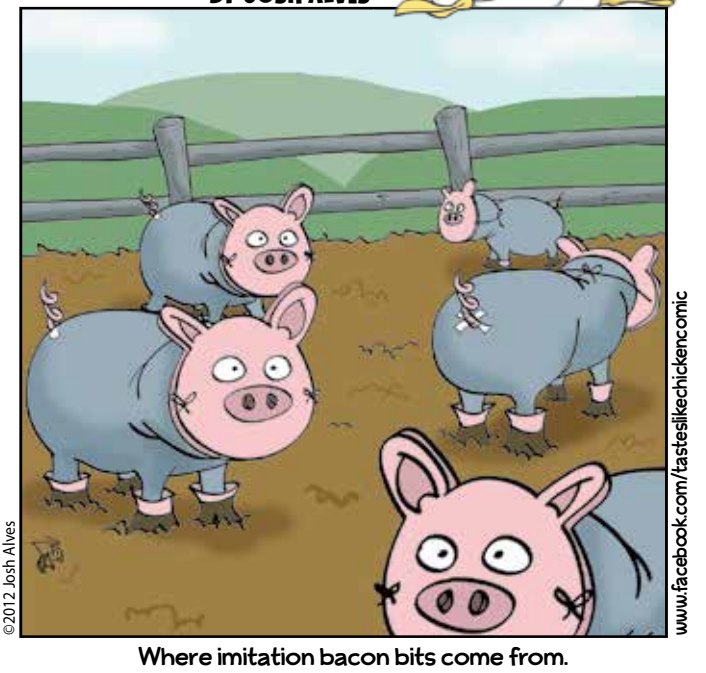
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Loose Parts by Dave Blazek



Tastes Like Chicken BY JOSH ALVES



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Make It Fun and It Will Get Done! The Secret to Being Organized Pam Young's Corner Get the Feeling First

When you were young, did you try to get answers from daisies by ripping off the petals and saying, "He loves me, he loves me not?" Maiming daisies for answers seems a little cruel but there's another way. Have you ever asked a question and gone to a random book, on a random page for the answer? If you've never done it you don't know what you're missing.

Right now, I'm waiting to hear whether my project is going forward or not. My patience is being tested, because I'm excited to know. So I picked up a book, I've been currently re-reading entitled, *Think and Grow Rich*, which I've had in my library since 1968. I opened the book randomly, to a page and closed my eyes and pointed to a place on one of the pages. This is what it said: *Faith removes limitations! Remember this when you are ready to bargain with Life for whatever it is that you ask as your price for having passed this way.* Without telling you what the news is about, I will say that these words fit perfectly (which is almost always what happens when I do this) with what I'm waiting to hear.

Try this. Ask, "What do I need to read that will help me be happier today?" Then, get out a book from your shelves and randomly open it, and with your eyes shut point to a spot on either page. I just did it with that question in mind, and I randomly picked *Switch*, a book by Chip and Dan Heath (a fabulous book by the way). I already had used the paper covering of this hardback book, as a bookmark, so I decided I'd

go with that place to open the book. I closed my eyes and with my index finger, I pointed to a spot in the upper part of the page on the right. The words my finger was touching were the title of a chapter. *Find the Feeling*. Those words got me excited and elicited joy, because when we desire something, an outcome of any kind, we have the ability to use our imagination to experience the joy we'd feel with the news we want before it actually happens.

I recently listened to an interview Oprah had with Esther Hicks, who can tune into a source of wisdom she calls Abraham. I've been interested in Esther's work since *The Secret* came out years ago. Since I grew up in a metaphysical religion, and studied to be a minister, before I became a writer, I've always known we are more spiritual than physical. In other words, that spiritual part of us we can't see is way bigger than the physical part of us we can see. My life is living proof of my knowing we are spiritual beings having a physical experience.

Abraham says, our emotions are extremely important in attracting what we want in our lives and the fastest way to attract what we want is to practice feeling happy. If you can get the feeling right now, in this moment, that you'd get if the news you want came to you, you'd create the vibe where miracles happen. Every emotion carries a certain vibration. If you're sad you send out a sad, low signal. If you're happy, your signal is strong. If you're afraid, that signal is strong and its frequency is like a shield not allowing your good to come to you. When you are at peace, your heart is open

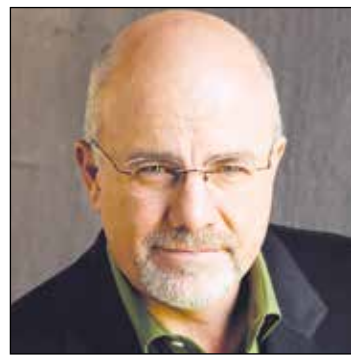
for all the good you can embody.

I wrote in *The Joy of Being Disorganized*:

I am in a peaceful place. All the peace I can experience is mine right now. All I have to do is be open and alert to accept this peace that is mine. I'm no longer going to fight my disorder, instead I'm going to use my wonderful imagination to lead me to make this room a peaceful and inviting center for me. I'm going to be steadfast in refusing to listen to negative thoughts, especially from myself and from others who sabotage this promise of peace I've made. I declare that peace will grace this room with its soothing presence from now on. In this moment, my peace rushes to me, enough to share with my family, my community, and my world. I am a peacemaker and a peacekeeper, and I'm not alone in my quest to put peace into this room. My Creator is always mighty in the midst of me. I love who I am, and I'm going to do this for me and in my way. My way is the only way for me. My peace can never be denied me because my source of peace comes from God, the indwelling essence of my life.

Thank you for reading my column, I hope it lifted your spirit.
Love,
Pam

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



Dave Says

I'm talking about sticking to a tight budget, living on rice and beans, and selling so much stuff around the house those kids think they're next!

After that, you'll have to throw every dime you can into building an emergency fund of three to six months of expenses. And after that, you'll have to spend 10 years going crazy saving for retirement by pouring about \$12,000 a year into good mutual funds.

Can you do that and win, and by "win" I mean retire with some dignity? Yes, you can. But it's not doable if you've got \$37,000 in debt hanging around your neck!

—Dave

No retirement cash at 58

Dear Dave,

I'm 58 years old and have nothing set aside for retirement. My wife and I are on Baby Step 2 of your plan and paying off debt. We have \$37,000 in debt not counting our home, and five kids still at home. We have a household income of \$73,000 a year, and were wondering if we should go ahead and start Baby Step 4, investing for retirement, instead of paying off the debt.

—Dan

Dear Dan,

Your most powerful wealth-building tool, both mathematically and factually, is your income. The most powerful way to build wealth — whether it's playing catch-up at 58 or starting at 28 and becoming wealthy over the long haul — is to have your income available. That means it's not flying out the door every month to make debt payments.

Fifty-eight is not old, but you do have to get busy if you want to retire with dignity. I'd really lean into this debt and make it disappear in the next 18 months.

We can afford it on a 30-year mortgage

Dear Dave,

My husband and I have been saving, and we're ready to buy our first home. We found a place we both love and can afford if we do a 30-year mortgage instead of a 15-year mortgage. Should we wait and save more for a down payment so we can afford a 15-year mortgage, or go ahead and do the 30-year deal?ng. How can we handle this?

—Faith

Dear Faith,

Good financial decisions can

be defined as things that help you win with money over the long-term. Thirty-year mortgages are a trap. They don't help you build wealth, and they keep you in debt. On the other hand, 15-year mortgages get you out of debt a lot faster, and being out of debt frees up your largest wealth-building tool — your income.

I would never take out a home loan where the payments are more than a fourth of your monthly take-home pay on a 15-year, fixed-rate mortgage. My advice is to either wait and save more money, or maybe look for a less expensive home in a different area.

I know you want a home, Faith. There's nothing wrong with wanting your own house. But I don't want your home to have you. When you get house fever, it's easy to lock yourself into a bad deal that will follow you around and drain your wallet for decades!—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 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

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Every Sunday from 3:00pm - 5:00pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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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WEEKLY MEAT SPECIALS

Tyson Chicken Drumsticks 40 lb Box...\$21.99 ea 59¢/lb	USDA CHOICE Beef London Broil & Top Round Roast-Boneless Pulpa Para Hornear Roast sin Hueso \$2.79/lb	FANTASTIC DEAL Beef T-Bone Steak Filet de T-Bone \$2.99/lb
USDA CHOICE Pulpa (Top Round Thin Cut) & Top Round Steak-Boneless Pulpa Para Hornear Steak sin Hueso \$2.99/lb	KING OF STEAKS Beef Porterhouse Steak Filet de Porterhouse \$3.49/lb	GREAT VALUE! Beef Filet Mignon Filete Miñon \$6.99/lb
IBP Pork Leg Meat Carne de Cerdo \$1.79/lb	IBP Pork Spare Ribs Small Size Costillas de Cerdo \$1.99/lb	IBP Pork Neck Bones Huesos de cuello de Cerdo 99¢/lb

Admitted items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINFORESTS. PRICES EFFECTIVE SEPTEMBER 20 - SEPTEMBER 24, 2017. *RECALLED ITEMS ADVISORY. The following items have been recalled due to Proprietary & guidelines: Might Diagonal Cuts (MFC Nam Yang, Pilsner, Pils (MFC Dan Co) and Happy Animal Tumbler (MFC Adria Glass). Please return these items to the store to receive a full refund.

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Medium Sweet Potatoes 2lbs/\$1	Jumbo Yellow Onions 3lbs/\$1	Celery Sleeved 3/\$2	Red Radish Bunch 3/\$1	Lemons 3/\$1	Galva Apples 99¢
Mini Carrots 1 lb Bag 79¢	Yellow Nectarines 99¢	Cantaloupe Melons 2/\$3	Jalapeno Chiles 69¢	Limes 10/\$1	Roma Tomatoes 79¢

AMERICAN/HISPANIC GROCERY

Nestle Lecheera \$1.99	Tosdale Teasdale 2/\$5	White Rommy 2/\$7	Post Honey Bunches of Oats \$5.99	Nestle Cereal 10.55 oz	ARCOIRIS 2/\$5	Gamma America Marshmallows Cooks 6 Pk 2.6 oz
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ASIAN GROCERY

Chaokong \$9.99	Orville Redenbacher's Popping Corn 8 lb Jug	Blue Yamaki MY180 2/\$5	KOPIKO \$1.99	Black Coffee 3 in ONE 10 x 25 g	Orville Redenbacher's 20.25 oz	Skyline Cookies \$50 MT Sun Brand	\$5.99
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EUROPEAN GROCERY

Orville Redenbacher's Popping Corn 8 lb Jug \$8.99	Zerger's Marinade Tomatoes and Pickles 56 fl oz \$3.69	Green Castorano Olives 2.5 oz \$5.99	Almond Tea Imperial Blend 16 oz \$7.99	Almond Tea Imperial Blend 16 oz \$1.99	Riviera & Carrot Concentrate 300 gr \$1.99
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KOREAN/JAPANESE GROCERY

Lightly Milled Brown Rice 4.4 lb Bag \$4.99	Prilled Sesame Oil 2.2 lb \$1.99	Signature Flavored Milk 3 Kinds 6 x 6.5 fl oz \$2.99	Ramen Family Pack 2.29	Big G Energy Drink 6 x 6.45 fl oz \$2.99	CF Brand Seasoned Lentils 12 x 4 g \$1.99
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HOUSEWARES

LUMINARC POTS \$2.99-\$6.79	PREMIUM PRESSURE COOKERS \$399-\$449
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FROZEN DEPARTMENT

Lotus Brand Red Bean Pastry 6 Bars 2.367 oz ea \$3.99	Belal Red Bean Cakes 3 Bars 100-325 g 2 Bars \$2.99
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EUROPEAN DELI

Belal's Macaroni Garlic Sauce \$3.99	Belal's Jumbo Pork Frankfurters \$3.99
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SEPT/2017 6 PM TO 8 PM

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FREE ADMISSION

CORDOVA SPORTS

Late Mistakes Costly for Cordova Football



Cordova's Alvin Banks (16), with teammates Raymond Fite (12) and Anthony Diaz (2) beside him, returns a kickoff in last week's game at Vista del Lago. Photo by Rick Sloan

By Mike Bush

RANCHO CORDOVA, CA (MPG) - A boxing match took place between the Cordova High School football team and the Vista del Lago squad.

But in the final 12 minutes of the Sept. 15th contest, a one touchdown difference turned into a knockout punch for Cordova, as Vista del Lago posted a 54-33 victory over the Lancers.

Cordova (2-2) trailed 40-33 entering the fourth quarter. But three minutes into the quarter, the host Eagles (2-2) intercepted a Lancer pass that led to a

touchdown. The extra-point made it 47-33.

Vista del Lago closed out the scoring in the quarter two minutes later on a 45-yard punt return taken back to its end zone. Another Eagle extra-point led to the final score.

"A lot of mental mistakes caught up with us," said Cordova head coach Darren Nill. "It was a toe-to-toe (game)."

The Lancers trailed 28-21 at halftime. But in the third quarter, Cordova received the opening kickoff that trimmed the score to 28-27 with nine minutes remaining when quarterback Johnle Sanders threw one of his four

touchdown passes, this one 35 yards to wide receiver Alvin Banks.

Cordova and the Eagles traded scores throughout the quarter. After Vista del Lago responded with a 45-yard pass from Grant Patterson to Chad Wilson to expand its lead to 34-27, the Lancers answered with another pass from Sanders, this time a 12-yard strike to Jeremiah Bankett. That led to making the score 34-33.

The Eagles added another touchdown on another pass from Patterson, this one of 14 yards, with four minutes remaining. The extra-point made it 40-33

entering the final quarter.

In the first quarter, the Lancers held a 7-6 lead after Sanders completed another TD pass, this one 30 yards, to wide receiver Calvin Augusta with three minutes left. Sanders threw another touchdown toward the end of the quarter that tied the game at 14-14.

Sanders found Augusta again in the second, this time on a 40-yard strike that gave Cordova a 21-14 lead. Vista del Lago scored two more touchdowns for a 28-21 halftime lead.

This was another huge game for Sanders. He completed 23-of-33 passes for 343 yards

and five touchdowns. Against Rio Linda, Sanders threw for 410 yards and four touchdowns.

Grabbing some of those passes was Banks, who had eight catches for 231 yards. Running back Raymond Fite had 10 carries for 34 yards.

"Most of the nights we've played, Alvin is the best athlete on the field," said Nill of Banks. "Get him the ball and let him do his thing."

On defense, Cordova was led by safety Tyreke Tate with 17 tackles. Junior linebacker Elijah Jenkins 16 and outside linebacker Yusef Pugh had 14. Ryan McMoore followed with 11.

The Lancers were dealt with two season ending injuries

to two starters. In the second quarter, after catching a pass, Augusta broke a bone near his knee. According to Nill, the extent of the injury has Augusta, a senior two-sport athlete who also played guard on the Cordova boys basketball team last winter, out for the rest of the season.

Junior wide receiver Anthony Diaz, who had a game-winning touchdown at Rio Linda nearly two weeks ago, broke his hand and would be out 8-10 weeks.

Cordova will play its final pre-season game of the season when Foothill invades Lancer Stadium. Game time is scheduled for 7:15 p.m. ★



Cordova defensive back Raymond Fite (12) brings down Vista del Lago wide receiver Hunter Corbitt (20) in last week's non-league game on the Eagles' field in Folsom. Photo by Rick Sloan

Women's Volleyball and Soccer are Both Victorious

Women's Volleyball SACRAMENTO COUNTY, (MPG) - The FLC women's volleyball team opened Big 8 Conference play with a 3-set sweep of Diablo Valley on Friday night at Falcon Gym, 25-16, 25-15, & 25-18. With **Kylie Haverson** racking up 19 kills, the Falcons dominated the Vikings throughout the match. Hitter **Kate Nicknig** added 8 kills, freshman **Deonna Robinson** recorded 14 digs, and setter **Samantha Hegseth** had 37 assists to go with 12 digs. Head coach **Matt Torrez** was able to use his entire roster - with 9 players playing at least 2 sets - as the Falcons improved to 7-1 overall and 1-0 in the Big 8. The

Falcons improved to 7-1 in 2017.

This week, the Falcons will play at Cosumnes River on Tuesday night, then host Lassen College in a non-conference match on Friday afternoon at 2:00 pm.

Women's Soccer

With two early first-half goals, the FLC women's soccer team seized control of their match at American River College on Friday night and went on to defeat the Beavers, 2-1. Freshman **Riley Spitzer** put the Falcons ahead in the 8th minute with an unassisted goal, and scoring machine **Andrea Martinez** netted

her 13th goal of the season (in just 7 matches) in the 23rd minute to increase the lead to 2-0.

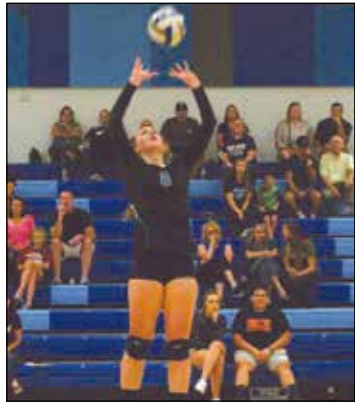
The Beavers would not go down without a fight, and responded with a goal of their own - just the second allowed by FLC in 7 games - 13 minutes into the second half that closed the gap to 2-1. But that would be all the scoring as the Falcons hung on to win and improve their Big 8-leading record to 2-0 (7-0 overall).

With a well-deserved bye on Tuesday, the Falcons will prepare for a ferocious stretch of schedule as they'll face Cosumnes River, Santa Rosa, Diablo Valley, and Sierra in the next two weeks. ★

Upcoming Sports Schedule

Fri Sept. 22 Women's Volleyball vs Lassen at FLC, 6:30pm

Fri Sept. 22 Women's Soccer at Cosumnes River, 3:30 pm
Men's Soccer at Modesto, 4:00 pm



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

Monday Madness
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ONLY \$1.99 Giant Burger
ONLY \$7.99 Any Pitcher of beer




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This Job is for 6 Hours A Week Only

Salary: \$10.50 an hour

Duties include:

- Emptying book drop, lifting and removing books and other library materials from shelves and boxes.
- 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

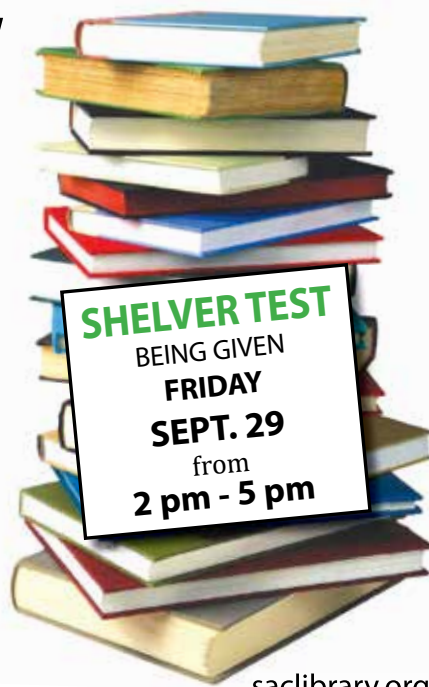
Must be available these days & times:

- 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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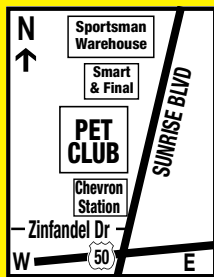
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Limit: 1 Coupon Per Family RCI
Effective 9/20/17 - 9/26/17

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(Excluding Pet Food or Litter)
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Limit: 1 Coupon Per Family RCI
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AVODERM NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31⁹⁹**
- Chicken Meal & Rice...
- Lite •Original **\$33⁹⁹**
- Large Breed Adult

Effective 9/20/17 - 9/26/17

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag

- Chicken •Lamb •Beef •Large Breed
- Senior 35 Lbs
- Lite 30 Lbs
- Lrg Breed Lamb \$31.99
- (Ex Athlete \$36.99)

\$29⁹⁹

Effective 9/20/17 - 9/26/17

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD

- Chicken, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) •Senior •Lite
- 30 Lb Bag

Limit 2 Bags Per Family **\$35⁹⁹**

Effective 9/20/17 - 9/26/17

PEDIGREE DRY DOG FOOD
50 Lb Bonus Bag Adult

Limit 1 Bag Per Family **\$21⁹⁹**

Effective 9/20/17 - 9/26/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 9/20/17 - 9/26/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family **20¢ / \$11⁰⁰**

Effective 9/20/17 - 9/26/17

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$10⁹⁹**

Effective 9/20/17 - 9/26/17

SCOOPAWAY CLUMPING CAT LITTER
20 Lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5⁴⁹**

Effective 9/20/17 - 9/26/17

PURINA PRO-PLAN CANNED FOOD SALE

- Selected Dog Food 13 Oz **\$1⁰⁹**
- Cat Food 3 Oz **69¢**

WELLNESS CANNED CAT FOOD
All Varieties except Signature & Core 5.5 Oz Limit 1 Case **\$1²⁹**

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$10⁹⁹**

SCIENCE DIET IDEAL BALANCE DRY DOG FOOD
30 Lb Bag •Adult **\$34⁹⁹** •Large Breed Adult **\$39⁹⁹**

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14 Lbs Limit 2 Bags **\$11⁹⁹** Original **\$12⁹⁹** Extra Strength

PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag Limit 2 Bags Per Family **\$5⁹⁹**

JONNY CAT PREMIUM CAT LITTER
10 Lb Bag Limit 2 Bags Per Family **\$1⁶⁹**

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs **\$5⁹⁹**

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Natural Grain-Free •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99) **\$39⁹⁹**

PEDIGREE CANNED DOG FOOD
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) **69¢**

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NUTRO LIMITED INGREDIENT DIET DRY DOG FOOD
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BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD
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BONUS COUPON PURINA WHISKER LICKINS CAT TREATS
•Soft & Delicious - 2.5 Oz •Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 9/20/17 - 9/26/17 **69¢** RCI PLU 446

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/20/17 - 9/26/17 **\$14⁹⁹** RCI PLU 422