

VOLUME **49** • ISSUE 53

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

December 30, **2016**

GIRLS SOCCER Making Their Mark



PAGE **13**

CORDOVA RECREATION AND PARKS IMPLEMENT ELECTION RESULTS



PEER PRESSURE

Library Unveils New Korean Collection

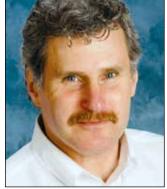


Whisker Warriors Partners with Meals on Wheels

RANCHO CORDOVA, CA (MPG) - Whisker Warriors, a local nonprofit organization dedicated to reducing animal overpopulation and ensuring the well-being of animals in our community, has teamed up with Meals on Wheels. Meals on Wheels is a program that delivers premade food to seniors at home who are unable to purchase or prepare their own meals. Last year, Rancho Cordova Meals on Wheels volunteers discovered that some of the senior citizens who received free food were giving their meals to their pets because of their limited resources.

To help, in August of 2015 Whisker Warriors began supplying donated cat and dog food to Meals on Wheels to be distributed to the seniors in the program with pets. Along with their regular food delivery, these residents are now receiving food for their cat or dog to ensure that their companion animals are also well-fed and getting the nutrition they need.

"We are grateful that we have partnerships that allow us to provide services for people and animals in need in our community," said Tera Kolvenbach, Executive Director of Rancho Cordova Whisker Warriors.



PAGE 9



PRSRT STD U.S. Postage Paid Rancho Cordova CA PERMIT NO. 91 RANCHO CORDOVA, CA (MPG) - The Rancho attendance.

library's new Korean-language book collection. Photo courtesy of City of Rancho Cordova

Cordova Library is the new home for a collection of Korean-language books and materials. The Grand Opening of this collection was held in November with the Korean Consul General Shin Chae-Hyun and staff, Vice Mayor Linda Budge, and Library Authority staff who gathered at the Rancho Cordova Library for a ribbon-cutting ceremony and viewing of the collection.

After the ribbon-cutting, a cultural event to further celebrate the opening of the new section continued at Rancho Cordova City Hall. KP International Market catered the event, and leaders from the Sacramento Valley Korean America Community, which is located in Rancho Cordova, were in

Many members and families from the Korean American Community enjoyed

performances by the Korean School of Sacramento, along with both traditional and modern dances by "urisawe" and SoNE1, the UC Davis K-Pop Group. Traditional dancers use their bodies, traditional instruments, and beautiful, flowing costumes to create a narrative motion that represents centuries of Korean history, while the K-Pop Group brought the very popular acrobatic style that has been spread by young Koreans today.

"It was my pleasure to welcome this new Korean book collection to our community," said Councilmember Linda Budge. "With the Korean Community Association, as well as 65% of the Korean American business community located in the Rancho Cordova community, it was only logical that the Rancho Cordova Library should house this special collection."

KP International Market's owner, Byong Joo Yu, requested that the library host this collection to expand the cultural materials that library visitors can access. The collection is funded by the Office of the Consulate General of the Republic of Korea, located in San Francisco.

Drop by the Rancho Cordova Library, located at 9845 Folsom Boulevard, to expand your cultural knowledge.

 \star

Source: City of Rancho Cordova

Today, 230 homebound seniors in the Meals on Wheels program and their 375 cats and dogs are benefiting from this partnership.

To donate to Whisker Warriors, visit www.cordovacouncil.org and click on the "Donate Today" button, or send a check or money order, payable to the Cordova Community Council Foundation (CCCF), to P.O. Box 1415, Rancho Cordova, CA 95741. Indicate that the funds are for "Whisker Warriors." Donations are tax-deductible to the extent permitted by law.

Visit www.rcwhiskerwarriors. com for more information. ★

Final Environmental Documents for WaterFix Released

SACRAMENTO, CA (MPG) - Following hundreds of public meetings and thousands of public comments, California has released the final, refined environmental documents for WaterFix, an essential effort to modernize the State's water infrastructure.

"WaterFix will secure water supplies for 25 million Californians and prepare for a future marked by rising seas, seismic threats and more extreme weather," said Mark Cowin, Director of the California Department of Water Resources. "After years of scientific study and analysis, we have found the best solution for protecting both the Delta's ecosystem and a vital water supply for California."

The Final Environmental Impact Report (EIR) and Environmental Impact Statement (EIS) describe environmental impacts that could arise from modernizing California's infrastructure and includes measures to avoid or minimize those impacts. The document analyzed 18 project alternatives, including the status quo, and ultimately concluded that WaterFix, known as Alternative 4A, was the best option for both increasing water supply reliability and addressing current Delta ecosystem concerns while minimizing environmental impact. WaterFix was chosen because of its ability to provide a reliable source of clean water while minimizing unnatural flows in the Sacramento-San Joaquin Delta that harm native fish and habitat. More than 100 alternatives were also considered in the development of the WaterFix EIR/EIS and screened out for lack of feasibility or public benefit.

to upgrade infrastructure in the estuary where two major rivers – the Sacramento and San Joaquin - meet before flowing to San Francisco Bay. The Delta provides critical habitat for wildlife, including several endangered or threatened species of native fish. The State's two biggest water projects, the State Water Project and the federal Central Valley Project, deliver water that passes through the Delta. Together, the two projects deliver water to 25 million people across California. Water project operations in the south Delta are increasingly curtailed to protect listed fish species. WaterFix aims to reduce that conflict so that water supplies are stabilized and harmful reverse flows are reduced. The project consists of three new intakes in the

WaterFix is the State's plan upgrade infrastructure in the tuary where two major rivs – the Sacramento and San aquin – meet before flowg to San Francisco Bay. The elta provides critical habitat r wildlife, including several dangered or threatened spees of native fish. The State's to biggest water projects, the

> The product of 10 years of study, analysis, and public input, California WaterFix is a key element of the Brown Administration's five-year plan to build more reliable, resilient watersystems and to restore important ecosystems. The basic elements of WaterFix were chosen in order to satisfy the 2009 Delta Reform Act, which established the co-equal goals of providing a more reliable water supply for California and protecting, restoring, and

enhancing the Delta ecosystem. The 2009 law directed State agencies to analyze a reasonable range of Delta conveyance alternatives, including various routes and carrying capacities.

Now that the EIR/EIS is completed, Biological Opinions are expected to be finalized in early 2017, clearing the way for final environmental clearances, completion of other necessary agreements, and construction beginning as soon as 2018.

The final EIR/EIS was refined after more than 300 days of public review and 600 public meetings throughout the State about the draft versions. It includes responses to and revisions based on more than 30,000 public comments. The final environmental documents are available at http:// baydeltaconservationplan.com/ FinalEIREIS.aspx ★

Heroes Amongst Us



Shown here from left to right: Sac Metro Fire Assistant Chief Greg Casentini, Julianna Stowell, Sarah Debnekoff, Mayor Donald Terry, Anatolia Homeowners Association President Craig Osborn and Sac Metro Fire Assistant Chief Randy Hein. Photo courtesy City of Bancho Cordova

RANCHO CORDOVA, CA (MPG) -What would you do if you saw a young child at risk of drowning? On May 31, 2015 that was the scenario in the Anatolia community.

It was Sarah Debnekoff's first day as a lifeguard at the Anatolia Clubhouse. She had received her lifeguard certification five days prior. While watching swimmers, Debnekoff spotted a young boy at the bottom of the community spa. She quickly jumped into the spa, pulled the boy out, saw that he was not breathing, and immediately started CPR. Julianna Stowell, a guest at the pool and a nurse, saw what was happening and assisted Sarah with administering CPR. Due to the quick actions of Debnekoff and Stowell, when Metro Fire crews arrived at the pool, the young boy was once again breathing on his own, though barely conscious. He was further treated by the Metro Fire crew, transported to the hospital, and has since recovered.

"That moment was like an out-of-body experience," said Debnekoff. "I had just finished my lifeguard training, so everything was fresh in my mind. I didn't think; I just did what I had been trained to do."

On December 22, 2016, these

Cordova Recreation and Parks Implement Election Results

RANCHO CORDOVA, CA (MPG)

Parks District's (CRPD) board

meeting resulted in the certifi-

cation of November's election

results on several matters before

the voters, according to CRPD

Communications Manager Vivian

Cazanis. Special tax Measure J

passed with a 71% margin. Two

The Cordova Recreation and

By Shelly Lembke

community heroes were commended for their quick thinking and life-saving actions by Sac Metro Fire Assistant Chiefs Greg Casentini and Randy Hein, Mayor Donald Terry, and former Anatolia Homeowners Association President Craig Osborn.

"Your actions on May 31, 2015 saved the life of a young boy," said Mayor Donald Terry. "The City of Rancho Cordova commends you for acting so quickly, and for being prepared and well-trained for that situation."

Source: City of Rancho Cordova ★

CRPD board members, Director Rick Sloan and Director Michael

Yearwood were re-elected and

duly sworn in. Scott Lindvall,

CRPD of over 30 years was rec-

ognized as he prepares to retire.

New board of director officers

for 2017 were elected: Board

Chair Terri Leimbach, Vice Chair

Inez Reyes, Secretary Michael

Yearwood and new District

Administrator Patrick Larkin. ★

Strengthening Families Program Offered for Free

By Shelly Lembke

RANCHO CORDOVA, CA (MPG)-Strengthening Families is a free, 12-week program for parents and youth. The program focuses on tools to improve interfamily communication, how to provide effective discipline, and methods to improve child behavior. Substance abuse and its impact on families is also provided. According to the Folsom Cordova Unified School District, which is hosting the course, "Children ages 7-16 and their parents learn how to develop better communication and social skills, understand their feelings, resist peer pressure and comply with family rules."

The research-based classes for parents and their children are created to support and encourage the development of strong family ties, promote the integration of key principles in daily decision-making and assist with keeping kids safe from risk. The program features structured family activities, family meetings, children's games and activity planning."

The classes are held Thursdays, Jan 19-Apr 6, 2017 at the Cordova Church of Christ, 10577 Coloma Road in Rancho Cordova. The free program includes dinner, childcare and materials. For more information or to register, contact Kerri Kaye, kkaye@fcusd.org or 294-9000 ext. 102315.

Strengthening Families promotes the integration of key principles in daily decisionmaking and assisting with keeping kids safe from risk.

For parents, it features:

- Structured family activities • family meetings
- children's games
- activity planning.
- Improve family communication
- Provide effective discipline
- Set constructive limits
- Use attention and rewards to improve their children's behavior
- Understand the negative impact of substance abuse on family relationships

Children can:

- Develop better communication and social skills
- Understand their feelings
- Solve problemsResist peer pressure
- Learn the consequences of substance abuse
- Comply with family rules \star

Rancho Orchestra String Fling



The Rancho Cordova Civic Light Orchestra performs at a variety of events all year. Photo courtesy RCCLO

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova Civic Light Orchestra (RCCLO), led by conductor Pete Nowlen will be hosting the String Spring Fling Invitational on January 5, 2017. The community event welcomes all intermediate and advanced skill string players to play along with the orchestra at the event. Music by Bach, Mozart, Mendelsson and Dvorak will be featured, along with great company and refreshments. The performance kicks off not only the new year, but a new orchestral tradition. Seating is open, with the exception of section leaders and

the concert master. The event will be held at Mitchell Middle School music room at 2100 Zinfandel Drive in Rancho Cordova. Those wishing to perform are asked to RSVP no later than January 3rd to Lorraine Crosier at lwcrozier@ hotmail.com so that all participants will have parts to play. ★



Rick Sloan being sworn in for new

term. Photo courtesy CBPD



<section-header>

December 26, 2016 to January 13, 2017 Rancho Cordova residents can recycle their Christmas Trees at no additional cost!

Simply put your tree out on the curb on your regular collection day, and Republic Services will pick it up and recycle it.

Artificial trees, flocked trees, or trees containing ornaments and other decor will not be accepted.

<u>REMINDER</u>: Collection will not be affected by the holidays as Christmas and New Year's Day both occur on Sunday.

For more information, please call **Republic Services at (916) 638-9000**

What's Happening at the Rancho Cordova Library

Veterans' Resource Station Time: Weekly, Tue-Sat Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Trained volunteers help connect vets with earned benefits. Call for daily hours.

Chess Club

Time: Jan 3, 31, 4-5:30 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Free, informal fun (STEM/STEAM-friendly) chess training. Some teaching. Ages 7+

Read to a Dog

Time: Monthly; 1st Tue, 6:30-7:30 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Bring or borrow a book to read to a furry pal from Lend-A-Heart. Fun reading practice!

Minecraft

Time: Monthly; 1st Wed, 3:30-5:30 pm Place: RC Library 9845 Folsom Blvd Contact: 916 228 2113, saclibrary.org Info: World building/adventure game. BYO or play ours. 24 spaces available. Ages 6-19

Nature's Critters

Time: Monthly, 1st Thu, 4 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920,

saclibrary.org Info: Fun education with live animals. Presented by Lisa Seto.

Garden Club

Time: Monthly, 1st Fri, 1-2:30 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Seasonal garden tips, guest speakers. Adults.

Coffee, Tea and **Conversation for Seniors**

Time: Monthly, 1st Sat, 10-11 am Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Adults 55+. Refreshments, conversation.

Sakuramento

Anime Society Time: Weekly, Sun, 3-7 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Watch, draw, play games. Adults.

Garden Time Fun

for Children Time: Jan 11th & 25th, 11 am – 12 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: School-age kids learn about growing veggies and healthy eating in the Read and Feed Training Garden.

Mystery Lovers Book Club Time: Monthly, 3rd Tue, 3-4:30 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org

Info: Join mystery lovers for lively discussions.

Adult Writing Group

Time: Monthly, 3rd Thu, 6-8 pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Feedback & encouragement for new writers. Gentle critiques of shared short works. Adults.

Soldier's Project Support Group

Time: Monthly, 3rd Wed, 6-7pm Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Support group for veterans and their loved ones.

Mini-Marshmallow

Building Challenge Time: Jan 20, 4 pm Place: RC Library Info: STEM for school-age. Build structures, munch on marshmallows.

Storytime

10:30-11 am Place: RC Library 9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org Info: Build early literacy

Polar Bear Plunge Returns

SACRAMENTO, CA (MPG) - Take the plunge and experience a winter tradition! Join the Cordova Recreation and Park District at the Third Annual Polar Bear Plunge event on Saturday, January 7 from 8 a.m. to 11 a.m. at Lincoln Village Community Pool and the Neil Orchard Senior Activities Center.

Dress up in your wildest costume and jump into the Lincoln Village Pool. Prizes awarded for best costume. Afterward registered plungers can warm up in the Senior Center and receive a complimentary pancake breakfast! Spectators can purchase breakfast and do some shopping at the craft fair. Contact the Neil Orchard Senior Activities Center at 916-366-3133 or visit CRPD.com for more information and to purchase tickets.





Photos courtesy of CRPD \bigstar

LETTERS TO THE EDITOR

Where's the Beef? A New Year's Resolution

The coming New Year's resolution should be pretty obvious, particularly when it comes to diet: 2017 will go down in history as the year when plantbased meats have revolutionized the food industry.

A dozen start-ups, led by Beyond Meat and Impossible Foods, are creating plant-based burgers and other meats that are more delicious, convenient, and healthy than the old-fashioned animal-based variety. They are backed by tech industry pioneers like Microsoft founder Bill Gates,

YOU were trying to convince

residents to vote for city hood,

the cry of:. NO NEW TAXES!

I see we are now on NEW

tax number 6 or is it 7, with a

dozen new fees. Come on folks

Google principals Sergey Brin and Eric Schmidt, and PayPal cofounder Peter Thiel. Even animal meat behemoth Tyson Foods has announced a \$150 million venture capital fund to explore and invest in these products.

The plant-based food revolution is going mainstream. Hundreds of school, college, hospital, and corporate cafeterias have embraced Meatless Monday. Fast-food chains Chipotle, Panera, Subway, and Taco Bell are rolling out plantbased dinner options.

And American consumers are responding, with fully one third reducing their intake of animalbased meats, milks, and other food products.

Let's make this New Year's resolution about exploring the rich variety of delicious, convenient, healthy plant-based dinners, lunch meats, cheeses, milks, and ice creams available in every supermarket. The internet offers tons of recipes and transition tips.

Sincerely,

Stew Broderick, Sacramento ★

No New Taxes

Remember way back when I'm on a fixed income. I laugh when the yearly state of the city announces we have a balanced budget for 10 years. I could balance my budget every year by having my neighbors give me more money too.

Again thanks for the ear and the time and effort you are putting into my town.

Merry Christmas and Happy

new year (without new taxes). Lou Meyer, Rancho Cordova★





Family

9845 Folsom Blvd Contact: 916 264 2920, saclibrary.org

Time: Weekly; Wednesdays skills. Stories, songs, more.

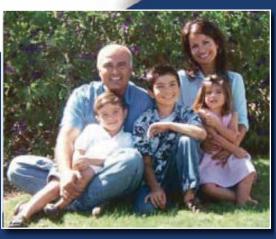
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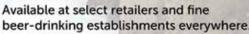


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Bill Vaughan once said in The Kansas City Star, "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old one leaves." I never thought of it exactly that way. I think that whether I am an optimist or pessimist or somewhere in between kind of depends on the situation. I like to wait until the clock strikes midnight here in Rancho Cordova before the new year is really here. Watching TV and seeing the ball drop in New York City in Times Square, and watching the hundreds of thousands of people celebrating the new year in New York, is something that many enjoy, and then they go to bed. But I like to welcome the new year in Rancho Cordova, and the old year out of Rancho Cordova with my family, if they can stay awake until then. Grandkids really have to make sure they don't stop moving before midnight because stopping for just a few seconds (as we know) will do them in. Either way, it is fun to celebrate the new year with family and friends.

After looking at some of the 2017 Rancho Cordova events that are on the new computer mousepads that you can pick up at City Hall, the new year isn't slowing down at all here in the City of Rancho Cordova. (The new question now, however, is that if you pick up more than one computer mousepad, are you picking up computer micepad instead?) Anyway, there are 24 items listed in the events,

And Another Thing ...

While Others May Usher in the New Year in New York, I Like to Welcome it Here in Rancho Cordova

but a few items say there are done before and will have to five Moonlight Movies, five Summer Concerts, and 12 Rancho Cordova Luncheons. That brings the numbers up to 44. Those items don't include the number of crab feeds, conventions, and leadership classes coming up, and there are too many other things that are unknown, at least to me. So I guess everybody had better use the week(s) of Christmas and New Year's to prepare for the upcoming new year. It sounds pretty busy, don't you think?

Our 'new city' will celebrate its 14th birthday on July 1, 2017, and after 14 years, we are still the fifth newest city in the State of California. There used to be about three new cities every year before the legislation was passed in 1992 and went into effect January 1, 1993 that made it almost impossible for communities to incorporate and become new cities. Maybe legislation can be passed this coming year that will change that so the citizens can vote and make the decision to form a new municipality or not. Looking at what we have been able to do, and how we have been able to improve Rancho Cordova, is something that never would have happened without becoming a city. I hope others will be given that chance before too long. So hooray for our 14th birthday that will happen this coming year!

I hope that this coming year we can all make mistakes. Saying that may sound a little weird, but since we are all human beings, making mistakes means we are acting, moving, and trying to get things done. Some of those things will be activities and events we may have never

try again and maybe again and again. Melody Beattie said, "The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals." I would like to think that some of those goals will be written by us. By trying to reach some of those goals, we may make some of those mistakes I already mentioned, but we will also reach some of those goals too. There is only a very short time before that new year and the "chapter in a book" will begin. We can write a new chapter in the book that is the story of Rancho Cordova.

2016 had both good and bad events, and those things hit each one of us differently. I hope that there were more good than bad stories and events you were a part of, and I wish to thank you all for the nice comments that I have received about this column. I enjoy writing, and when people ask how I am able to talk about so many different things, I tell them that life itself changes and usually gives you something new to talk about. The new year will offer new challenges and new surprises, as well as bring back some of the same old things (like bills in the mail) that never seem to end. In an earlier column, I said that 2017 will be different because it is not an election year with all the phone calls, etc. We can look forward to a year that will allow us to enjoy our lives a little bit more. Alfred Lord Tennyson said, "Hope smiles from the threshold of the year to come, whispering, 'it will be happier.""

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



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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.

> Sunday Support - Any and all widows or widowers are invited. EverySunday from 3:00pm - 5:00pm

MPG

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



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Fair Oaks Sunset Farmers Market WEDNESDAY, 3 PM - 7PM 8101 Sunset Ave, Fair Oaks **OPENS MARCH 16** Seasonal, Rain or Shine

Sunrise Mall Farmers Market SATURDAYS, 8 AM - 1PM 6196 Sunrise Blvd., Citrus Heights (Behind Sears) Year Round, Rain or Shine

Historic Folsom Farmers Market SATURDAYS, 8 AM - 1 PM 915 Sutter Street, Folsom Year Round, Rain or Shine

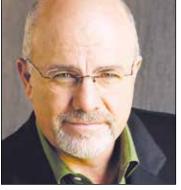


SUNDAY, 9AM-2PM **Carmichael Park Farmers Market** 5750 Grant Ave., Carmichael Year Round, Rain or Shine

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His wife's final gift Dear Dave,

My wife and I have been married for 12 years. Last month we found out she has terminal cancer and only six months to live. We've been fortunate enough to become fairly wealthy during our lives together, and she wants to buy me a boat. We always went fishing together, and her last wish is for me to have the boat I've always wanted. Even with this prognosis, I'll be okay financially when she's gone. Still, I can't stand the thought of this. It's just too painful. Do you have any advice? - Andrew

Dear Andrew,

Buddy, I am so very sorry. I hope you realize that you have the sweetest woman on earth for your wife. Even with all she's going through, her thoughts are of you and your happiness. That is one amazing lady.

The first thing I'd tell you both is to make sure your faith is intact. Hug her a lot, and keep talking to, praying with, and loving on each other. Be there for her all you can, and keep in mind



that doctors can be wrong. It

happens a lot, believe it or not, so

If she brings up the boat again,

just smile and let her know it's all

about her right now. Remind her

that she did the nicest thing possi-

ble many years ago when she agreed

to spend the rest of her life with

you. If she's really stubborn about

this idea — something tells me she

is, and in the very best way possi-

ble — promise her that whether you

win or lose this fight you'll buy that

boat someday and name it after her.

the truth and be real. If she goes

home to be with the Lord, there

might come a day down the road

when the pain you'll feel has

dulled just a little, and you find

yourself sitting on that fishing

boat that's named after her. That

would be okay. I'm sure she would

be smiling at you while you reeled

in a big one. But you've got more

important things to take care of

God bless you both, Andrew.

Trashing your truck

My husband has two trucks,

one of which is a work truck

at his construction site. It's in

really bad shape, and he wants

to take \$16,000 out of savings to

buy another one. We only have

\$17,000 in the account. What

right now — namely her.

—Dave

Dear Dave,

In other words, just tell her

don't give up hope.

- Caroline

Dear Caroline,

Your husband wants to drain your savings to buy a \$16,000 vehicle and roll it up to a construction site? I think this guy has been watching too many macho-man truck commercials.

In the real world, some hard hat will run into it with a piece of heavy equipment or drop a load of bricks off center and put some big time damage on this truck before he puts 1,000 miles on it. He wants to buy way too much truck. This kind of decision will wreck your finances and spell bad news for the business, too.

You can buy a perfectly good work truck for \$6,000 or \$7,000, and that's what he needs to do. This truck is going to get destroyed, and trashing an inexpensive truck is a much better idea than trashing the family finances! —Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @ DaveRamsey and on the web at daveramsey.com.



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- Audience participation, digital green screen photo op
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- English tea at the post-concert reception



Donald Kendrick | Music Director

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LEGAL ADVERTISING Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984

Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380–September 18, 1969

FBNF2016-09631

FICTITIOUS BUSINESS NAME STATEMENT

Highland Point Drive #450 Roseville, CA 95678

is doing business under the Fictitious Business

Name(s) "Thrive Prosthetics" at 6600 Coyle Avenue

Thrive Prosthetics, 925

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09302 Nicholevy Nguyan Tran, 9554 Rose Vista Court Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "T4 South Sacramento" at 6645 Stockton Boulevard Suite 200 Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 29, 2016. Publish: December 9, 16, 23, and 30, 2016 T4 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09326 K&O Enterprises LLC, 2647 Main Street San Diego, CA 92113 is doing business under the Fictitious Business Name(s) "Loyal Towing, Quality Towing" at 3435 52nd Avenue Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016

LOYAL 161122 12-30-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09312 Sidney Baysinger, 9341 Fair Oaks Boulevard Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Water Heater Pros" at 9341 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016 WATER 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09208 Michele A. Pelton-Bennett and Paul A. Bennett, 5004 Bonny Kaye Court, Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "MyLifeAgent.org" at 5004 Bonny Kaye Court Antelope, CA 95843. Filed with the Clerk of Sacramento County November 22, 2016. Publish: December 9, 16, 23, and 30, 2016 MYLIFEAGENT 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FINF2016-09266 Armen Shahbazyan, 3572 Envero Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Zara's Mini Market" at 10675 Coloma Road Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 28, 2016. Publish: December 9, 16, 23, and 30, 2016 ZARAS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FINF2016-09323 Lisa L Lemans, 8805 Kelsey Drive Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Exit Stage Right, Staging & Cleaning" at 8805 Kelsey Drive Elk Grove, CA 95624. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016 EXIT 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09400 HAP Auto Recycling, Inc, 3590 Sunrise Boulevard Suite 5 Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "HAP Auto Recycling, Inc" at 3590 Sunrise Boulevard Suite 5 Rancho Cordova, CA 95742. Filed with the Clerkof Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016 HAP 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09398 Aztec Solar Inc, 11370 Trade Center Drive Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Aztec Advertising" at 11370 Trade Center Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016 AZTEC 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09372 Immanuel Food Service LLC, 9417 Rainbow Falls Way Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Masaya" at 716 7th Street Sacramento, CA 95814. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016

 MASAYA
 161122
 12-30-16

 FICTITIOUS
 BUSINESS
 NAME
 STATEMENT

 FBNF2016-09345
 FINDPRO LLC, 11524 Pyrites
 Way Gold River, CA 95670 is doing business under the Fictitious
 Business
 Name(s)
 "FINDPRO" at 11524 Pyrites

 11524
 Pyrites
 Way Gold River, CA 95670.
 Filed with the Clerk of Sacramento County December 1, 2016.
 Publish: December 9, 16, 23, and 30, 2016

 FINDPRO
 161122
 12-30-16
 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09244 Deena R. Wilson, 4840 lce Age Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Apex Consulting and Training Services" at 4840 lce Age Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 23, 2016. Publish: December 9, 16, 23, and 30, 2016 APEX 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09159 Sanctuary Senior Services, Inc, 2377 Gold Meadow Way Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "M&M Senior Living" at 6524 Main Street Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 18, 2016. Publish: December 9, 16, 23, and 30, 2016

 M&M
 161122
 12-30-16

 FICTITIOUS
 BUSINESS
 NAME
 STATEMENT

 FBNF2016-08642
 Life Pure Water Inc, 8347
 Elk

 Grove
 Florin
 Road
 #123
 Sacramento, CA
 95829

 is doing business
 under the Fictitious
 Business
 Name(s)
 "Life Pure Water" at 8347
 Elk Grove Florin

 Road
 #123
 Sacramento, CA
 95829.
 Filed with the

 Clerk
 of Sacramento
 County
 November 1, 2016.

 Publish:
 December 9, 16, 23, and 30, 2016
 Publish:
 Publish:

12-30-16 161122 LIFE FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09298 Quest GeoSystems Management, Inc. 11275 Sunrise Gold Circle Suite R Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "ASC Tech Services" at 11275 Sunrise Gold Circle Suite B Rancho Cordova, CA 95742, Filed with the Clerk of Sacramento County November 29, 2016. Publish: December 9, 16, 23, and 30, 2016 ASC 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09059 18 Grams Coffee & Tea LLC, 2460 Fernandez Drive Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "18 Grams Coffee & Tea, 18 Grams" at 9677 E. Stockton Boulevard, Elk Grove, CA 95642. Filed with the Clerk of Sacramento County November 16, 2016. Publish: December 9, 16, 23, and 30, 2016 18GRAMS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09212 Abresey Leasiano, 6913 Le Havre Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "SUD Institute, Substance Use Disorder Institute" at 1600 Sacramento Inn Way Suite 205 Sacramento, CA 95815. Filed with the Cierk of Sacramento County November 22, 2016. Publish: December 9, 16, 23, and 30, 2016 SUD 161122 12-30-16

 SUD
 161122
 12-30-16

 FICTITIOUS
 BUSINESS
 NAME
 STATEMENT

 FBNF2016-08859
 Michelle Bebout, 6342 Perrin
 Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s)
 Bebout Business' at 6342 Perrin Way Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 9, 2016.

 Publish: December 9, 16, 23, and 30, 2016
 Publish: December 9, 16, 23, and 30, 2016
 Publish: December 9, 2016.

 BEBOUT
 161122
 12-30-16

 FICTITIOUS
 BUSINESS
 NAME
 STATEMENT

 FBNF2016-09402
 Erica
 Oswald, 2520
 Cathay

 Way
 Sacramento,
 CA
 95821
 is doing
 business

 under the
 Fictitious
 Business
 Name(s)
 "intoMOTION

 Coaching,
 intoMOTION
 Travel
 " at
 2520
 Cathay

 Way
 Sacramento,
 CA
 95821.
 Filed
 with the

 Clerk of
 Sacramento
 County
 December 2, 2016.
 Publish:
 December 9, 16, 23, and 30, 2016

 INTO
 161122
 12-30-16
 NTO
 161122
 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FINF2016-09554 Tarun Gaur and Pritt Gaur, 2679 Silver Stone Lane Santa Rosa, CA 95407 is doing business under the Fictitious Business Name(s) "Folsom Gas & Car Wash" at 500 E. Bidwell Street Folsom, CA 95630. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 FOLSOM 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09337 United Trust Mortgage Inc, 750 N. Capitol Avenue Suite B-2 San Jose, CA 95133 is doing Dusiness under the Fictitious Business Name(s) "Infinite Real Estate Group" at FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09161 David McEwen, 340 36th Way Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "The Lean Thinking Coach and Consultant" at 340 36th Way Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 18, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 THINKING 161122 1-6-17

THINKING FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09500 Livius Ana and Aurelia Ana, 5121 Arroyo Street Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Fair Oaks Care Home" at 5121 Arrovo Street Fair Oaks, CA 95628, Filed with the Clerk of Sacramento County December 6, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 FAIROAKS 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09553 Devaadden Elahassein. 117 Demurrage Way Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Auto Consulting" at 2309 Lexington Street NE. B-1 Sacramento, CA 95815, Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017

161122 AUTO 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09571 Aleksandr Laschuk. 8577 Copley Court Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Your Neighborhood Handyman" at 8577 Copley Court Fair Oaks. CA 95628. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 161122 YOUR 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09570 Artur Kryukov, 8628 Svcamore Glen Way Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "AK Handvman Services" at 8628 Sycamore Glen Way Antelope, CA 95843. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 AK 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09569 Vladislav Yurivevich Molchanov, 4221 Clay Creek Way Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Vlad's Handyman Services" at 4221 Clay Creek Way Sacramento, CA 95838. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 VLADS 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT

 FBNF2016-09568
 Andrei Zavadski, 5034 Joyce

 Lane Sacramento, CA95838is doing business under the
 Fictitious Business Name(s) "AZ Handyman Services"

 at 5034 Joyce Lane Sacramento, CA 95838. Filed with
 the Clerk of Sacramento County December 7, 2016.

 Publish: December 16, 23, 30, 2016 and January 6, 2017
 AZ
 161122
 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09657 Paradise Oaks Youth Services, 7806 Uplands Way Suite A Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Martins' Achievement Place" at 7806 Uplands Way Suite A Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 9, 2016. Publish: December 16,23,30,2016 and January6,2017 MARTINS 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09564 TransCapital Ventures, Inc, 5616 Kingswood Drive Citrus Heights, CA 95610 is doing business under the Fictitious Business "TransCapital Realty. TransCapital Name(s) Property Management" 5616 Kingswood Drive Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 TRANSCAPITAL 1-6-17 161122 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09509 Zachary Sanders, 2301 Morse Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Valley Surface Revitalization" at 2647 Mercantile Drive Suite C Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County December 6, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 VALLEY 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09012 Rachel Harrison, 8389 Pelligrini Court Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Pretty Much Styles & Cuts" at 3579 Matherfield Road #B Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 16, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 161122 PRETTY 1-6-17

Suite #2 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 9, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 THRIVE 161122 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09588 Redwood Customs Construction Inc, 6161 Shadow Lane #227 Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Redwood Customs Construction Inc" at 6161 Shadow Lane #227 Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County December 8, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 REDWOOD 161122 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09347 Sean M. Kearney, 8282 Highwood Way Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "PS Apparel, Post Scripture Apparel" at 8232 Highwood Way Orangevale, CA 95662. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 161122 PS 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09798 Enviwalls, Inc, 11292 Coloma Road Suite L Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "EDC Specialties" at 11292 Coloma Road Suite C Gold River, CA 95670. Filed with the Clerk of Sacramento County December 15, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 161122 EDC 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09271 J.E.P.Capital Inc, 9848 Business Park Drive Suite H Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "California Contractors Insurance Services Inc" at 9848 Business Park Drive Suite Sacramento, CA 95827. Filed with the Clerk of Sacramento County November 28, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 CALIFORNIA 161122 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT Lakshmi Valmeti, 11067 FBNF2016-09470 Yakima River Court Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "In Time Tax" at 11067 Yakima River Court Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 161122 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09469 Venkateswara Madireddy 11067 Yakima River Court Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Organic Delights" at 2256 Sunrise Boulevard Suite B Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 ORGANIC 161122 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09659 Larry O Crother. Inc. 11386 Amalgam Way Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "ABC Insulation & Supply Co" at 11386 Amalgam Way Gold River, CA 95670. Filed with the Clerk of Sacramento County December 9, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 161122 1-13-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09403 Stanislov Morozov, 4060 Astoria Street Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "VTEC Express"

FICTITIOUS BUSINESS NAME STATEMENT Kathleen Casela, 2521 FBNF2016-09716 O Street Apt 1 Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Paws and Claws Treat Box" at 2521 O Street Apt 1 Sacramento, CA 95816, Filed with the Clerk of Sacramento County December 12, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 TREAT 161122 1-20-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09866 Ainsley Travis Sammons 8523 Sadie Court Antelope, CA 95843 is doing

business under the Fictitious Business Name(s) "Hidden Artifacts: Findas of Lost Beats" at 8523 Sadie Court Antelope, CA 95843. Filed with the Clerk of Sacramento County December 19, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 BEATS 161122 1-20-17 FICTITIOUS BUSINESS NAME STATEMENT

 Hormocor
 Description

 PBIF2016-09692
 Apama
 Ghosh, 3216

 Bridgeway
 Drive
 Rancho
 Cordova,
 CA
 95670

 is doing
 business
 under
 the
 Fictitious
 Business

 Name(s)
 "Synergy
 Skincare"
 at 815
 Sutter
 Street

 Suite
 D Folsom,
 CA
 95630.
 Filed with the
 Clerk

 of
 Sacramento
 County
 December 12, 2016.
 Publish:
 December 30,2016 January 6, 13,and 20, 2017

 SYNERGY
 161122
 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09822 Richard A. Belli, 11416 Huntington Lane Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Nutri-West Northern California & Hawaii" at 1840 Avondale Avenue Suite 1 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 16, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 NUTRIWEST 161122 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09940 Armen Sargsyan, 3129 Birch Street Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "ISA International" at 5801 Marconi Avenue # B Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 22, 2016. Publish: December 30,2016 January 6,13,and 20,2017 INTERNATIONAL 161122 1-2017

 FICTITIOUS
 BUSINESS
 NAME
 STATEMENT

 FBNF2016-09935
 New Hope Industries Inc,
 245
 Baurer Circle Folsom, CA 95630 is doing

 business under the Fictitious Business Name(s) "My
 Artisan Works Boutique" at 7900
 Amalfi
 Way Fair Oaks, CA 95628. Filed with the

 Clerk of Sacramento County December 22, 2016.
 Publish: December 30, 2016 January 6, 13, and 20, 2017
 ARTISAN
 161122
 1-20-17

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2015-09666

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "ApexCare" located at 1418 Howe Avenue Suite A Sacramento, CA 95825. Hopewell Home Care, 1100 Melody Lane Suite 123 Roseville, CA 95678. The Fictitious Business Name Statement referred to above was filed on December 18, 2015 in the County of Sacramento. Publish: December 16, 23, 30, 2016 and January 6, 2017 APEX 161110 01-06-17

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2014-07698

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Villata & Fuller Home Services" located at 4624 Longview Drive Rocklin, CA 95677. Julie Villata, 4624 Longview Drive Rocklin, CA 95677. The Fictitious Business Name Statement referred to above was filed on September 23, 2014 in the County of Sacramento. Publish: December 23, 30, 2016 January6, and 13, 2017 VILLATA 161110 01-13-17

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FBNF2016-01558 The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of Legal Advertising P.O. Box 14 Carmichael, CA 95609

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203932

WHEREAS, Anthony Cervantes has filed a petition with this court for a decree changing the name(s) of Anthony Cervantes to Antonio Cervantes.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 8, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 29, 2016

David I. Brown, Judge of the Superior Court Publish: December 9, 16, 23, and 30, 2016 CERVANTES 161105 12-30-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200157

WHEREAS, Ina Covaliuc has filed a petition with this court for a decree changing the name(s) of Ina Covaliuc to Inessa Alexandra Covaliuc. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 4, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 13, 2016 David L Brown, lurde of the Superior Court

David I. Brown, Judge of the Superior CourtPublish: December 9, 16, 23, and 30, 2016COVALIUC16110512-30-16

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

#34-2016-00203321 WHEREAS, Sarah Loftin has filed a petition with this court for a decree changing the name(s) of Sarah Zoture Level Level Active Level Active Level Active

Zaituna Hope Loftin to Sarah Zaituna Hope Raicha. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 1, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 15, 2016

David I. Brown, Judge of the Superior Court

 Publish: December 9, 16, 23, and 30, 2016

 RAICHA
 161105
 12-30-16

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

#34-2016-00204430 WHEREAS, Anacaren Meza Luna has filed a petition with this court for a decree changing the name(s) of Anacaren Meza Luna to Ana Karen Meza Luna.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 21, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 8, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: December 16,23,30,2016 and January 6,2017 LUNA 161111 01-06-17

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

#34-2016-00204302 WHEREAS, Veniamin Nesterenko and Mila Nesterenko have filed a petition with this court for a decree changing the name(s) of Perseus Nesterenko to Persais Nesterenko. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 16, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 06, 2016

David I. Brown, Judge of the Superior Court Publish: December 16,23,30,2016 and January 6,2017

FBNF2016-09179 Santifran Global, Inc, 2020 5th Street #219 Davis, CA 95617 is doing business under the Fictitious Business Name(s) "Rita's of Arden Arcade, Rita's of Natomas, Rita's loc Custard Happiness, Rita's Italian Ice Frozen Custard " at 2654 Marconi Avenue Suite 112 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 9, 16, 23, and 30, 2016 RITAS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08898 Home Boom, Inc, 1111 H Street Suite 202 Sacramento, CA 95814 is doing business under the Fictitious Business Name(s) "Home Boom Financial, ForVeterans.com" at 1111 H Street Suite 202 Sacramento, CA 95814. Filed with the Clerk of Sacramento County November 10, 2016. Publish: December 9, 16, 23, and 30, 2016 HOMEBOOM 161122 12-30-16

 FICTITIOUS
 BUSINESS
 NAME
 STATEMENT

 FBNF2016-09328
 Hyo
 S
 Park, 12304

 Pawcatuck
 Way
 Rancho
 Cordova,
 CA
 95742

 is doing
 business
 under the
 Fictitious
 Business

 Name(s)
 "Cali
 Bowl
 Teriyaki"
 at
 10673
 Coloma

 Road
 Rancho
 Codrova,
 CA
 95670.
 Filed with the

 Clerk of Sacramento
 Courty
 November
 30, 2016.
 Publish: December 9, 16, 23, and 30, 2016
 CALI
 161122
 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09332 The Maxbread Group, LLC, 6822 Domingo Drive, CA Rancho Murieta, CA 95683 is doing business under the Fictitious Business Name(s) "Togo's Carmichael" at 4100 B Manzanita Avenue Carmichael, CA 95608. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 9, 16, 23, and 30, 2016 TOGOS 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09369 Christine Bosley, 5254 Dewey Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Chai Cottage" at 5254 Dewey Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County December 1, 2016. Publish: December 9, 16, 23, and 30, 2016 CHAI 16122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09200 Auto Star Motors Inc, 4625 Aubum Boulevard Suite A Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Auto Star Motors" at 1761 Fulton Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 21, 2016. Publish: December 9, 16, 23, and 30, 2016 AUTO 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09236 Yevgeniy Knyazev, 5509 Shaver Court Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "KY Transport, KY Transportation" at 5509 Shaver Court Sacramento, CA 95841. Filed with the Clerk of Sacramento County November 23, 2016. Publish: December 9, 16, 23, and 30, 2016 KY 161122 12-30-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08960 Shalesh Kumar, 1941 John Still Drive Sacramento, CA 95832 is doing business under the Fictitious Business Name(s) "Hari Bhajan Ramayan Kirtan Faag Mandil" at 1941 John Still Drive Sacramento, CA 95832. Filed with the Clerk of Sacramento County November 15, 2016. Publish: December 9, 16, 23, and 30, 2016 HARI 161122 12-30-16

5920 Fair Oaks Boulevard, CA 95608. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 INFINITE 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09474 Daniel Cruz, 5110 El Camino Avenue #9 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "DCM Services" at 5110 El Camino Avenue # 9 Carmichael, CA 95608. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 DCM 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT Alina Jar and Dan M. Jar, FBNF2016-09343 6928 LeHavre Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Phyllis' Care Home" at 6924 LeHavre Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 30, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 PHYLLIS 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09572 Carolina Torres. 1525 Wayland Avenue Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Earth Stone Fibers" at 1525 Wavland Avenue Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16.23.30.2016 and January 6.2017 FIBERS 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09578 Jason and Elizabeth Newberry, 6510 Alyssa Court Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Fuzion Metal Fabrication" at 6510 Alyssa Court Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 7, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 FUZION 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09405 Carmen Micsa, 6100 Fair Oaks Boulevard #A3 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Wistful Press" at 6100 Fair Oaks Boulevard #A3 Carmichael, CA 95608, Filed with the Clerk of Sacramento County December 2, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 WISTFUL 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09426 Vivan Thuc Tran, 8417 Guis Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Roval Tailoring and Alterations" at 1601 Fulton Avenue Suite 10 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 ROYAL 161122 1-6-17 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09446 Beverly Serpa, 916 Vintage Oak Avenue Galt. CA 95632 is doing business under the Fictitious Business Name(s) "Herald Junction Thrift Store" at 12717 Herald Road Herald, CA 95638. Filed with the Clerk of Sacramento County December 5, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 HERALD 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09407 Support for Family, LLC, 1333 Howe Avenue Suite 206 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "ApexCare" at 1333 Howe Avenue Sute 206 Sacramento, CA 95825. Filed with the Clerk of Sacramento County December 2, 2016. Publish: December16, 23, 30, 2016 and January 6, 2017 APEXCARE 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09653 Nicholas Ian Roberts, 6701 Mariposa Avenue Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Strebor, Strebor Design" at 6701 Mariposa Avenue Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 9, 2016. Publish:December16,23,30,2016 and January 6,2017 STREBOR 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09310 Enovation Sports LLC, 1720 East Socap Walk Sacramento, CA 95811 is doing business under the Fictitious Business Name(s) "Enov8 Conference, Enoveight Conference, Enov8 Tech Cup, Enoveight Tech Cup, Enovation, Enov8, Enoveight, PSG Academy California" at 1720 East Socap Walk Sacramento, CA 95811. Filed with the Clerk of Sacramento County November 29, 2016. Publish: December 16, 23, 30, 2016 and January 6, 2017 ENOV8 161122 1-6-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09749 Feni Justiani Wongso, 9408 Medina Drive Santee, CA 92071 is doing business under the Fictitious Business Name(s) "Biru USA" at 5880 Stockton Boulevard #A Sacramento, CA 95824. Filed with the Clerk of Sacramento County December 13, 2016 Publish: December23, 30, 2016 January 6, and 13, 2017 BIRU 161122 1-13-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09173 Mia James, 2441 Edison Avenue #18 Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "2 Decorating Dolls" at 2441 Edison Avenue #18 Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 18, 2016. Publish:December23,30,2016 January 6, and 13,2017 DECORATING 161122 1-13-17 Way Granite Bay, CA 95746 is doing business under the Fictitious Business Name(s) "I B Tan" at 6400 Sunrise Boulevard Suite I Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County December 13, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 IBTAN 161122 1-13-17

at 4060 Astoria Street Sacramento, CA 95838. Filed with

the Clerk of Sacramento County December 2, 2016.

Publish: December 23, 30, 2016 January 6, and 13, 2017

FICTITIOUS BUSINESS NAME STATEMENT

Gary Steingroot, 1055 Hutley

1-13-17

161122

VTEC

FBNF2016-09730

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09698 Janice Renee Burkhalter, 6400 Rushmore Drive Sacramento, CA 95842 is doing business under the Fictitious Business Name(s) "Burks Printing and Promotions, Burks Printing" at 6400 Rushmore Drive Sacramento, CA 95842. Filed with the Clerk of Sacramento County December 12, 2016. Publish: December 23, 30, 2016 January 6, and 13, 2017 BURKS 161122 1-13-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09936 Can Le, 10105 Arches Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Heat N Eat Meals" at 10105 Arches Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County December 22, 2016. Publish: December30, 2016 January 6, 13, and 20, 2017 HEAT 161122 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07123 Racing Products Warehouse, 2509 Fulton Avenue Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Tognotti"s Auto World" at 2509 Fulton Avenue Sacramento, CA 95821. Filed with the Clerk of Sacramento County September 1, 2016. Publish: December30, 2016 January 6, 13, and 20, 2017 TOGNOTTIS 161122 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09287 Bill Sprinkle, 12155 Tributary Point Drive #83 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Bill Sprinkle Drywall" at 12155 Tributary Point Drive #83 Rancho Cordova, CA 95670 . Filed with the Clerk of Sacramento County November 28, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 BILL 161122 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09932 Reza Khooshehmehri, 3300 Capital Center Drive Apt 82 Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Yes Photo Video" at 3300 Capital Center Drive Apt #82 Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County December 22, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 YES 161122 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09937 Leonid Demchuk, 7628 Lily Mar Lane Antelope, CA 95843 is doing business under the Fictitious Business Name(s) "Arete Logistics" at 7628 Lily Mar Lane Antelope, CA 95843. Filed with the Clerk of Sacramento County December 22, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 ARETE 161122 1-20-17

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09619 Mike Strombeck, 9090 Winding Oak Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Optimal Construction Solutions" at 5529 Hemlock Street Sacramento, CA 95841. Filed with the Clerk of Sacramento County December 8, 2016. Publish: December 30, 2016 January 6, 13, and 20, 2017 OPTIMAL 161122 1-20-17 "Villata & Fuller Real Estate" located at 1024 Iron Point Road Suite 100 #1370 Folsom, CA 95630. Julie Dawn Villata, 1024 Iron Point Road # 100-1370 Folsom, CA 95630. The Fictitious Business Name Statement referred to above was filed on February 25, 2016 in the County of Sacramento. Publish:December23,30,2016January6,and 13,2017 VILLATA 161110 01-13-17

ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203950

WHEREAS, Barbara Anne White on behalf of Juantio Arocan III, a minor has filed a petition with this court for a decree changing the name(s) of Juanito Arocan III to Juanito Forward Noriega.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 9, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 29, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: December 9, 16, 23, and 30, 2016 NORIEGA 161111 12-30-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202461

WHEREAS, Bryan Michael Melhus has filed a petition with this court for a decree changing the name(s) of Bryan Michael Melhus to Sibei Sun.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 14, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 28, 2016 David I. Brown, Judge of the Superior Court Publish: December 9, 16, 23, and 30, 2016

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

161105

SUN

12-30-16

#34-2016-00204033 WHEREAS, FNU Rihan has filed a petition with this court for a decree changing the name(s) of FNU Rihan to Rihan Salarzai, FNU Haroon to Haroon Salarzai, and FNU Hamza to Hamza Salarzai.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 9, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 30, 2016 David I. Brown, Judge of the Superior Court Publish: December 9, 16, 23, and 30, 2016 SALARZAI 161105 12-30-16

NESTERENKO 161105 01-06-17

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

#34-2016-00204290 WHEREAS. Mohammad Reza Mohammad Hassan Khadem has filed a petition with this court for a decree changing the name(s) of Mohammad Reza Mohammad Hassan Khadem to Mohammad Beza Khadem. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 15, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 06, 2016 David I. Brown, Judge of the Superior Court Publish: December 16, 23, 30, 2016 and January 6, 2017 KHADEM 161105 01-06-17

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

#34-2016-00204363 WHEREAS, Arthur Daniel Herrera, Jr. have filed a petition with this court for a decree changing the name(s) of Arthur Daniel Herrera, Jr. to Arthur Daniel Herrawley.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 20, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 07, 2016

David I. Brown, Judge of the Superior Court Publish:December 16, 23, 30, 2016 and January 6, 2017 HERRERA 161105 01-06-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204080

WHEREAS, Casie Eaddy and Marcus Eaddy have filed a petition with this court for a decree changing the name(s) of Broden Donald Eaddy to Broden Donald Manley Eaddy.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 10, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 1, 2016

 Paymond M. Cadei, Judge of the Superior Court

 Publish: December 16,23,30,2016 and January 6,2017

 EADDY
 161111
 01-06-17



December 30, 2016

Governor Brown Grants Pardons

SACRAMENTO, CA (MPG) -Governor Edmund G. Brown Jr. has announced that he has granted 112 pardons and one commutation.

Individuals who have been convicted of a crime in California may apply to the Governor for a pardon. Those granted pardons all completed their sentences and the majority were originally convicted of nonviolent, drug-related crimes. All applicants for a pardon who were eligible obtained a

Certificate of Rehabilitation, which is an order from a superior court declaring that a person convicted of a crime is now rehabilitated.

A gubernatorial pardon may be granted to people who have demonstrated exemplary behavior and have lived productive and law-abiding lives following their conviction. Pardons are not granted unless they are earned.

When a pardon is granted, the California Department of Justice and the Federal is eligible to appear before Bureau of Investigation are notified so that they may update their records on the applicant. The pardon is filed with the Secretary of State and the Legislature, and it is a public record.

The Governor also granted one commutation to a current inmate, which will reduce the prison sentence but not eliminate it. The individual will not be released from prison today and he will remain incarcerated until he

the Board of Parole Hearings. The inmate receiving the commutation has shown exemplary behavior during incarceration, including vocational accomplishments, self-help, volunteer activities and earning multiple community college degrees.

Copies of all 112 gubernatorial pardons and the commutation can be found at https://www.gov.ca.gov/ docs/12.23.16 Pardons.pdf. Source: Office of Gov. Brown ★

Elections Have Consequences

LAS VEGAS, NV (MPG) - The Western Region Clown Association has elected a San Juan Capistrano clown for President to promote the art of clowning.

During a clown convention of 200 plus clowns held in Las Vegas, Butterscotch was elected President. Her duties include coordinating 2017 convention and closing

out the 2016 convention.

Butterscotch has held board positions with Western Region Clown Association, Funny Business Clown Club, San Diego All Stars, Clowns of America International and has served as a 4H leader and Club Leader. This is in addition to all the volunteer and paid clowning she has done

around the world!

The Western Region includes California, Colorado, Utah, Arizona and Nevada.

Butterscotch did not immediately return calls from the press questioning if she is intending to run for Governor of the State of California once her term expires.

Soil Born Farms Hosts Herb Class and More

LEGAL

By Shelly Lembke

RANCHO CORDOVA, CA (MPG) - Start of 2017 right by attending the Herbs for the New Year at Soil Born Farms American River Ranch Farm site on January 4, from 6-7:30 pm. Plants and herbs have been known for millennia to aid in a variety of illnesses and disease. This free class, per Soil Born, "Will introduce a philosophy of herbal medicine, how herbs work, and basic remedies for maintaining

and increasing health and happiness. Come with curiosity; leave with recipes and inspiration!"

Soil Born has a host of programs to promote health and provide opportunities for all ages to learn about producing and improving access to healthy food, as well as providing a successful working model for environmental stewardship. "Beyond producing healthy, certified organic produce for our 80 CSA members and local stores, restaurants, Farms has also developed several innovative education and food access programs in partnership with area schools and agencies," according to the Soil Born website.

According to Soil Born there are a number of fantastic reasons to utilize herbs in every household: medicinal, culinary, as anti-oxidants, as anti-inflammatories, to lower cholesterol, rev up immune systems, improve digestion and circulation. Some herbs

and farm stands. Soil Born are even anti-bacterial and antiseptic.

> Growing your own saves money from buying in the supermarket, as well. Many herbs can be brewed to drink or made into topical creams. Either can help alleviate a variety health concerns when used properly.

The American River Ranch, a 55-acre historic ranch located within the American River Parkway and Rancho Cordova, is now the permanent home of Soil Born Farms.

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984

The morning conference began innocently enough, with Steve and Doc arguing over which of the little packaged jellies went better on sourdough toast, and no one caring which one was right.

Dud and Bert and I sat silently. sucking down the morning elixir until it spread life to our outermost reaches as the Mule Barn truck stop's world dilemma think tank crept to life. Bert was unusually quiet this morning and we asked why. He hemmed and hawed a little, then said, "Doc, you know about these things. What exactly is female trouble?"

Oh shoot. Pretty heavy stuff for just two cups of coffee, so the rest of us hurried down a third as Doc puffed up a bit and got ready.

"Sure, Bert," Doc said kindly. Then Doc gave us the best his nine years of college and 50 years of medical practice had blessed him with. He waxed

"Anita Won't Let Me Go Fishing This Weekend."

Slim Randles'

HOME COUNTRY

eloquent on hormonal elements, the ebb and flow of female fertility, things that could go wrong with tubular parts, and the effect all of these things could have on the attitudinal proclivities of the dear ladies we all love and admire. He took a break while Mavis returned with more coffee and with strange looks at our faces while we tried not to stare at her. Then she was gone, and Doc began again. Finally, when we had been pretty well checked out on the mysterious workings of the gentle gender, Doc said, "Bert, if your wife is having some problems, have her give me a call."

"Oh, it ain't her, Doc," Bert said. "It's Dud."

We all looked at Dud. He grinned sheepishly. No one wanted to say anything. Finally, Steve said, "I'm not going to be the one to ask."

"That's what you said, Dud, right?" Bert asked. "That's why Saturday's plans are shot."

"Female trouble?" Doc said, looking at his old friend.

Dud nodded. "Anita won't let me go fishing this weekend."

Give a listen to the new syndicated radio program, "Home Country with Slim Randles." www.homecountrydemo.com. *

Legal Advertising Hotline 916-483-2299 Legal Advertising Fax 916-773-2999

TRUSTEE SALE NOTICES

NOTICE OF TRUSTEE'S SALE TS No. CA 16-741200-JP Order No.: 160223861-CA-VOI NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVI DED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ARE ÌN DEFAULT UNDER A DEED ÓF TRUST DATED 2/1/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU SHOULD CONTACT A YOU. LAWYER. A public auction sale to the highest bidder for cash. cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association or savings association, or savings bank specified in Section 5102 to the Financial C ode and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): GLADYS MERCHANT, AN UNMARRIED WOMAN Recorded: 2/9/2006 as Instrument No. XXX in Book 20060209 Page 1516 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 1/17/2017 at 9:00:00 AM Place of Sale: At the East Main Entrance of the Gordon D. Schaber Sacramento County Courthouse, 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$319,345.64 The purported property address is: 10460 DOLECETTO DRIVE, RANCHO CORDOVA, CA 95670 Assessor's Parcel No.: 057-0054-001-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sa le date has been postponed, and, if applicable, the

rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or visit this Internet Web site http://www. qualityloan.com, using the file number ned to this foreclosure by the Trustee: CA-16-741200-JP Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtaine by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 O r Login to: http://www. gualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-16-741200-JP IDSPub #0118929 12/16/2016 12/23/2016 12/30/201 IDS#0118929 161206 12/30/16 2016-02531 No.: A.P.N.:058-0101-006-0000 Property Address: 2364 Pinturo Rancho Cordova, CA 95670 Wav. TRUSTEE'S NOTICE OF SALE PURSUANT TO CIVIL CODE § 2923.3(a), THE SUMMARY OF INFORMATION BELOW IS REFERRED TO NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY THE INFORMATION IN THIS OF DOCUMENT ATTACHED IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/22/2006. 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 PROCEEDING AGAINST YOU YOU SHOULD CONTACT A LAWYER. Trustor: Leslie Dawn Woman Sanderson, As A Single Appointed Duly Trustee: Progressive, IIC Western Recorded 08/30/2006 as Instrument No. in book 20060830, page1847 and of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 01/13/2017 at 01:30 PM Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURT HOUSE 720 9TH STREET SACRAMENTO, CA 95814 Estimated amount of unpaid balance and other charges: \$ 243,369.31 NOTICE OF TRUSTEE'S SALE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR

CASH, 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, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as: More fully described in said Deed of Trust. Street Address or other common designation of real property: 2364 Pinturo Way, Rancho Cordova, CA 95670 A.P.N.: 058-0101-006-0000 Trustee dis The ur ms any

or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: December 1, 2016 Western Progressive, LLC, as Trustee for beneficiary C/o 30 Corporate Park, Suite 450 Irvine, CA 92606 Sale Information Line: (866) 960-8299 http://www.altisource.com/ MortgageServices?DefaultManagement/ TrusteeServices.aspx

A D V E R T I S I N G

WESTERN PROGRESSIVE. LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE APP#3153258 161206 12-30-16

Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380–September 18, 1969 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 sa le date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 855 238-5118 for information regarding the trustee's sale

Legal Advertising P.O. Box 14 Carmichael, CA 95609

common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 411 lvy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 855 238-5118 O r Login to: http://www gualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-15-692100-AB IDSPub #0120000 12/23/2016 12/30/2016 1/6/2017 IDS#0120000 161216 1-6-17

liability for any incorrectness of the street address or other common designation, if any, shown above. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$ 243,369.31. 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. The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property. NOTICE OF TRUSTEE'S SALE Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt 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 (866)-960-8299 or visit this Internet Web site http:// www.altisource.com/MortgageServices/ DefaultManagement/TrusteeServices.

aspx using the file number assigned to this case 2016-02531-CA. Information about postponements that are very short in duration NOTICE OF TRUSTEE'S SALE TS No. CA-15-692100-AB Order No.: 730-1508116-70 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVI DED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ÀRE IN DEFAULT UNDER A DEÉD OF TRUST DATED 6/14/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial C ode and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Virginia J Panlasigui, an unmarried woman Recorded: 7/3/2007 as Instrument No. XXX in Book 20070703 Page 0805 of Official Records in the office of the Recorder of SACRAMENTO County, California: Date of Sale: 1/17/2017 at 9:30 AM Place of Sale: At the East Main entrance to the County Courthouse, 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$431,853.84 The purported property address is: 12413 KIBBIE LK WAY, RANCHO CORDOVA, CA 95742 Assessor's Parcel No.: 067-0850-035-0000 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence. priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance

company, either of which may charge you a

ternet Web site http://www. or visit this Ir using the file number qualityloan.com, assigned to this foreclosure by the Trustee: CA-15-692100-AB . Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any shown herein. If no street address or other

City of Rancho Cordova Notice of Public Meeting

NOTICE is hereby given that on Tuesday, January 10, 2017, at 5:30 p.m., or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Meeting at the Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova, to consider the following:

DRAFT ZONING CODE AMENDMENTS:

The City of Rancho Cordova is updating its Rancho Cordova Municipal Code (RCMC) Title 23 Zoning Code. This is the Second Public Hearing Workshop. The revised Public Draft Zoning Code includes updates to Articles 1 (Administration), 3 (Zoning Districts, Allowable Uses, and General Development Standards), 5 (Form-Based Zoning Provisions), 7 (Site Planning and Development Standards), 9 (Specific Use Provisions), and 11 (Definitions). In addition, a new Chapter is proposed in the Rancho Cordova Municipal Code Title 8 Animals that includes Beekeeping within the City of Rancho Cordova. The Draft Zoning Code is organized by Article and only includes chapters with revisions. The Draft RCMC Chapter 8.12 is included as the last section.

For more information about the Zoning Code Update and upcoming meetings, please visit http://www.cityofranchocordova.org/2016zoningcodeamendments, or contact June Cowles at (916) 851-8756; e-mail jcowles@cityofranchocordova.org

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

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

NOTICE REGARDING CHALLENGES TO DECISIONS

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

ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on December 30, 2016 and January 6, 2017.

December 30, 2016 · CARMICHAEL TIMES · GRAPEVINE INDEPENDENT · CITRUS HEIGHTS MESSENGER · AMERICAN RIVER MESSENGER · GOLD RIVER MESSENGER · 9



Dare to Live Without Limits by Bryan Golden

Peer Pressure

Peer pressure is a real or imagined force compelling you to behave in a way contrary to your desires, morals, or ethics. Peer pressure can come from anywhere; family, friends, acquaintances, or even strangers. Regardless of the source, the impact is the same; capitulation to peer pressure jeopardizes your journey by diverting you from your path. Saying no to peer pressure seems difficult because of the fear of rejection or alienation.

Of course it's a good feeling to be part of a group, accepted, and included in various activities. But how much are you willing to sacrifice in quest of acceptance? This is something you should come to terms with before being in the midst of peer pressure. You need to set standards that govern your actions regardless of any pressure.

Those who are highly susceptible to peer pressure are prone to yielding to the demands of others regardless of the negative consequences which may

result. Our sensitivity to peer pressure starts at a young age when we see how concerned grown-ups are about the opinions of others. "What will other people think?" is the com-

ment heard all too often. Consequently, we develop our own sensitivity to how others react to our thoughts, feelings, and actions. Avoiding ridicule, rejection, or criticism becomes engrained as a powerful motivator. As a result, our lives are structured around conformity. Rather than pursuing our

individual paths, our decisions are filtered through the lens of real or perceived peer pressure. The results are particu-

larly insidious when you align vourself with people who are on destructive paths. Young children and adolescents are particularly susceptible to involvement with the "wrong" group. These kids think it's cool or rebellious to hang out with

deviant types of people.

Unfortunately, the results

of this type of association

are negative. They include drug use, excessive drinkbehavior.

Although peer presdesires of others.

You are solely responone else.

with a thorough under- your own path. standing of yourself, your track.

any type of peer pressure, Bryan at bryan@columnist. assess how it relates to com or write him c/o this paper. your self understanding. © 2011 Bryan Golden. ★

Is there any conflict with what you want to do, like to do, feel is wrong, or believe unethical? If the answer is yes, giving in to peer pressure will have a deleterious impact on you.

Initially, saying no to peer pressure feels awkward. As ing, crime, or other harmful you make it a habit, you will experience greater freedom. Anyone whose friendship is sure experienced when you dependent on your acquiescget older may not be as ing to their demands is not destructive, it still drives a true friend nor is associatyou from your individ- ing with them of any benefit ual path. Your happiness to you. Ironically, in spite of suffers whenever your all your efforts to win their behavior is adjusted to acceptance, they actually conform to the perceived don't have much respect for vou.

When you free yourself sible for the direction of from the grip of peer presyour life. It doesn't mat- sure, you'll attract others ter what other people say, who have the same outlook. think or do. True happi- The new friends you make ness is based on following will be based on a common, your own genuine path, not mutual bond. Your fear of on the acceptance of any- rejection will diminish and eventually disappear. A You can inoculate your- refreshing new perspective self from peer pressure will unfold as you pursue

NOW AVAILABLE: "Dare likes, your dislikes, val- to Live Without Limits," the ues, and goals. The more book. Visit www.BryanGolden. you know about yourself, com or your bookstore. Brvan the easier it is to remain on *is a management consultant*, motivational speaker, author, The next time you feel and adjunct professor. E-mail

Another Christmas Up the Chimney

Dr. James L. Snyder

The older I get, the faster time seems to go. I cannot believe that not only is Christmas past, but the whole year is passed. It is all just history now.

This is the genius of getting older. Now that I have another Christmas under my belt, I can mesh together two or three Christmases as though it was one Christmas occasion. After all, who is going to know, apart from the Gracious Mistress of the Parsonage?

Whenever I begin the phrase, "I remember a Christmas when..." I need to look at my wife to see if she is listening. Of course, if she is not listening, I can go along and invent my own Christmas tree story. I like to do that.

There was the time when I first did this without noticing my wife was listening and at every turn of my story, she corrected me. By the time I was done telling "our" story, I did not remember what I said.

Years ago, however, I have learned how to tell these Christmas memories and not get into trouble. I always begin it this way, "My dear," referring to my wife, "do you remember that Christmas when..." That is about all I have to say and she

will take the story from there. pile of Christmas presents, not Fortunately for me, or unfortunately, it just depends, I have no idea which way she is going.

Recently we were sitting drinking some coffee looking for the last evening at the Christmas tree thinking about Christmases in the past. Then I heard her chuckling. She does not usually chuckle like this, but it was a special occasion.

"Do you remember," she said still chuckling, "the Christmas tree that collapsed on Christmas morning?"

I had to stop and rewind my memory machine and then I remembered. It is amazing what you can remember when you have a little bit of incentive.

We had just moved into a new parsonage, it was our first Christmas there, and the children were rather young. Only one of them was going to school at the time. It was Christmas morning and as we got up the kids were so excited about Christmas and the Christmas gifts under the tree that they just went crazy.

My wife and I sat back, watch them and laughed as they were laughing together.

We were going to have an orderly opening of Christmas gifts, at least that was our plan. The kids, however, were so excited that they delved into the

knowing that behind them was the Christmas tree.

All at once, without any kind of warning, the Christmas tree fell over and almost hit one of the kids. There was a trio of screaming that I think would have scared Santa Claus himself.

Nobody was hurt, but three little munchkins were terribly frightened they did not want to open up their Christmas presents.

From then on, the children never overlooked the Christmas tree and with a great deal of caution opened up their Christmas presents.

I thought of what the angel said to the shepherds that night so long ago, "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people," (Luke 2:10).

The years come and go but the most important thing are the memories they leave behind.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamessnyder2@att.net. His web site is www.jamessnyderministries.com.

ERTISI Legal Advertising Hotline GA Legal Advertising 916-483-2299 P.O. Box 14 Legal Advertising Fax Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984 Carmichael, CA 95609 916-773-2999 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380–September 18, 1969 SUPERIOR COURT OF CALIFORNIA SUPERIOR COURT OF CALIFORNIA SUPERIOR COURT OF CALIFORNIA the above entitled matter appear before this court ORDER TO SHOW FOR CHANGE OF NAME COUNTY OF SACRAMENTO COUNTY OF SACRAMENTO at 2:00 p.m. on April 4, 2017, in Department 53, COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME ORDER TO SHOW CAUSE CHANGE OF NAME ORDER TO SHOW CAUSE CHANGE OF NAME located at 813 6th Street, 2nd Floor, Sacramento, Dated: December 21, 2016 CA 95814, and show cause, if any, why the petition #34-2016-00204969 David I. Brown, Judge of the Superior Court #34-2016-00204304 #34-2016-00196977 SUPERIOR COURT OF CALIFORNIA WHEREAS, Kyle Justin Farmer has filed a WHEREAS, Javier Ramon Huerta Jr has filed a WHEREAS. Brooke Jean Milde has filed a petition Change of Name should not be granted. Publish: December 30, 2016 January 6, 13, and 20, 2017 COUNTY OF SACRAMENTO JANE

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204363 WHEREAS, Arthur Daniel Herrera, Jr. have filed a

petition with this court for a decree changing the name(s) of Arthur Daniel Herrera, Jr. to Arthur Daniel Herrawley IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 20, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 07, 2016 David I. Brown, Judge of the Superior Court Publish: December 16, 23, 30, 2016 and January 6, 2017 HERRERA 01-06-17 161105

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

#34-2016-00204080 WHEREAS, Casie Eaddy and Marcus Eaddy have filed a petition with this court for a decree changing the name(s) of Broden Donald Eaddy to Broden Donald Manley Eaddy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 10, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 1, 2016

with this court for a decree changing the name(s) of Brooke Jean Milde to Brooke Jean Baker. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 16, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 06, 2016 David I. Brown. Judge of the Superior Court Publish: December 16, 23, 30, 2016 and January 6, 2017 MILDE 161105 01-06-17

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

#34-2016-00204356 WHEREAS, Nancy Katherine Jeffries has filed a petition with this court for a decree changing the name(s) of Nancy Katherine Jeffries to Katherine Jeffries Patterson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 20, 2017, in Department 54, located at 813 6th Street 2nd Floor Sacramento CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 7, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: December 23, 30, 2016 January 6, and 13, 2017 PATTERSON 161111 01-13-17

petition with this court for a decree changing the name(s) of Kyle Justin Farmer to Kyle Justin Biglow. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 17, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: July 08. 2016

David I. Brown, Judge of the Superior Court Publish: December 23, 30, 2016 January 6, and 13, 2017 FARMER 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204670

WHEREAS, Nadera FNU has filed a petition with this court for a decree changing the name(s) of Nadera FNU to Nadera Aslami. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 27, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 13, 2016

 Raymond M. Cadei, Judge of the Superior Court

 Publish: December 23, 30, 2016 January 6, and 13, 2017

 FNU
 161111
 01-13-17

SUPERIOR COURT OF CALIFORNIA

Dated: December 21, 2016 David I. Brown. Judge of the Superior Court Publish: December 30, 2016 January 6, 13, and 20, 2017 SANSON 161105 01-20-17

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

WHEREAS, FNU Arezu and Ahmad Javed have filed a petition with this court for a decree changing the name(s) of FNU Arezu to Arezu Javed and Satayesh Jaameh to Satayesh Javed IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 16, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 06, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: December 30, 2016 January 6, 13, and 20, 2017 161111 JAVED 01-20-17

CLUES

26. Aggressive

petition with this court for a decree changing the name(s) of Javier Ramon Huerta Jr to Rav Saint Arias.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 3, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 20, 2016

David I. Brown, Judge of the Superior Court Publish: December 30, 2016 January 6, 13, and 20, 2017 161105 01-20-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00205185

located at 813 6th Street, 2nd Floor, Sacramento

STATEPOINT CROSSWORD • FINISH THE LYRICS

CROSSWORD

WHEREAS, Pichardo, Jane A. has filed a petition with this court for a decree changing the name(s) of Pichardo, Jane A. to Abasola, Jane C. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 6, 2017, in Department 53,

CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

161105 01-20-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203321

WHEREAS, Sarah Loftin has filed a petition with this court for a decree changing the name(s) of Sarah Zaituna Hope Loftin to Sarah Zaituna Hope Balcha

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 1, 2017, in Department 53. located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 15, 2016

David I. Brown, Judge of the Superior Court Publish: December 30, 2016 January 6, 13, and 20, 2017 BALCHA 161105 01-20-17

#34-2016-00204292 HUERTA

Publish: December 16, 23, 30, 2016 and January 6, 2017 EADDY 161111 01-06-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204048

WHEREAS. Michael Richard Franconeri has filed a petition with this court for a decree changing the name(s) of Michael Richard Richard Michael Quiroz. to IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 10, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: November 23, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: December 16,23,30,2016 and January 6,2017 QUIROZ 161111 01-06-17

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

#34-2016-00204306 WHEREAS, Ilias D Kushubekov and Jibek B Mirzaeva have filed a petition with this court for a decree changing the name(s) of Aybergen Iliasovich Kushubekov to Avbergen Ilias Kushubek IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 17, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 06, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: December 16, 23, 30, 2016 and January 6, 2017

161111 01-06-17 KUSHUBEK SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201211 WHEREAS, Blake Alexander Deering has filed a petition with this court for a decree changing the name(s) of Blake Alexander Deering to Blake Alexander Roseo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 23, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 8, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: December 16, 23, 30, 2016 and January 6, 2017 01-06-17 DEERING 161111

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204351

WHEREAS, Bruce Goulding on behalf of Niko Buchignani, a minor has filed a petition with this court for a decree changing the name(s) of Niko Kai'Koa Wayne Buchignani Kai'Koa Wayne Buchignani-Goulding. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 20, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 07, 2016

David I. Brown, Judge of the Superior Court Publish: December 16, 23, 30, 2016 and January 6, 2017 161105 GOULDING 01-06-17

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

#34-2016-00204616 WHEREAS, Natalya Gonchar have filed a petition with this court for a decree changing the name(s) of Aleksandr Sergii Gonchar to Aleksandr Kalvandra. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 24, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 13, 2016 David I. Brown, Judge of the Superior Court Publish: December 23, 30, 2016 January 6, and 13, 2017 GONCHAR 161105 01-13-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204686

WHEREAS, Reid Millard McFarland MacDonald has filed a petition with this court for a decree changing the name(s) of Reid Millard McFarland MacDonald to Reid Millard McFarland. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 28, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 13, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: December 23, 30, 2016 January 6, and 13, 2017 MCFARI AND 161111 01-13-17

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202061

WHEREAS, Jill Marie Dearden has filed a petition with this court for a decree changing the name(s) of Jill Marie Dearden to Jill Marie Crosby. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 8, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 21, 2016 David I. Brown, Judge of the Superior Court Publish: December 23, 30, 2016 January 6, and 13, 2017

CROSBY 161105 01-13-17 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2016-00202058 WHEREAS, Cassandra Luella Carsten has filed a petition with this court for a decree changing the name(s) of Cassandra Carsten to Cassandra Luella Crosby. Luella IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 7, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 21, 2016 David I. Brown, Judge of the Superior Court Publish: December 23, 30, 2016 January 6, and 13, 2017 161105 CARSTEN 01-13-17

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204665

WHEREAS, Raihana FNU has filed a petition with this court for a decree changing the name(s) of Raihana FNU to Raihana Aslami. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 27, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 13, 2016 David I. Brown, Judge of the Superior Court Publish: December 23, 30, 2016 January 6, and 13, 2017 ASLAMI 161105

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00204682 WHEREAS, Yoeuth Chhay has filed a petition with this court for a decree changing the name(s) of Yoeuth Chhay to Salina Chhay. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 28, 2017, in Department 54, located at 813 6th Street. 2nd Floor. Sacramento.

CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 13, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: December 23, 30, 2016 January 6, and 13, 2017 CHHAY 161111 01-13-17

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00205245 WHEREAS, Jannette Giovanna Gonzales Gonzales has filed a petition with this court for a decree changing the name(s) of Jannette Giovanna Gonzales

Gonzales to Jannette Giovanna Gonzalez Gonzalez IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 7, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 22, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: December 30, 2016 January 6, 13, and 20, 2017 GONZALEZ 161111

01-20-17 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00205049 WHEREAS, FNU Qais have filed a petition with this court for a decree changing the name(s) of FNU Qais to Safi Qais IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 4, 2017, in Department 53, located at 813 6th Street. 2nd Floor. Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: December 20, 2016 David I. Brown, Judge of the Superior Court Publish: December 30, 2016 January 6, 13, and 20, 2017 QAIS 161105 01-20-17 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00200522 WHEREAS, Arlie Otto Meline have filed a petition with this court for a decree changing the name(s) of Arlie Otto Meline to Arlie Otto Sanson Sr. IT IS ORDERED that all persons interested in

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| 67. Abomination 68. Formal dishes © StatePoint Media Crossword Puzzle Solutions on Page 6 69. *"So bye, bye Miss American "." 27. "Umble" Heep 29. *"I've got a blank space, baby, and I'll write your" Su bo k 69. *"So bye, bye Miss American "." 27. "Umble" Heep 29. *"I've got a blank space, baby, and I'll write your" Medicare Patients Call Le Right Now 70. *"Oh, I was only twenty four hours from" 27. "Umble" Heep 29. *"I've got a blank space, baby, and I'll write your" Medicare Patients Call Le Right Now 71. Front-line combat vehicle 72. Credit card acr. 73. Bioisterous play 31. Boisterous play 32. Collectively 70. *"Oh, I was only twenty four hours from" 70. *"Oh, I was only twenty four and I'll write your" Medicare Patients Call Le Right Now 70. *"Oh I was only twenty four hours from" 71. Front-line combat vehicle 72. Credit card acr. 71. Front-line combat vehicle 73. Collectively 71. Front-line combat vehicle 74. Credit card acr. 71. Front-line to terms 73. Kind of ski lift 49. Draper of "Mad Men" 51. Actress Fanning 54. Parkinson's drug 55. Qudike's "Rabbit"" 57. Turkish honorific 75. Sound on Old MacDonald's farm 60. Audience's rejection 71. Hillary's hubby 72. Delish1 9 6 6 4 71. Fre-college challenge 66. Party bowlful 61. Party bowlful 61. Party bowlful 7 1 3 0 3 0 72. Delish1 7 < | when I see you" | CA | LL TO | DAY | & SAV | /E UP | | 10% I 🕈 | | 1-5 | | | | | | | N |
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Solutions on Page 6

Hardwired: The Brain's **Circuitry for Political Belief**

When people's political beliefs are challenged, their brains become active in areas that govern personal identity and emotional responses to threats, USC researchers found.

A USC-led study confirms what seems increasingly true in American politics: People are hard-headed about their political beliefs, even when provided with contradictory evidence.

Neuroscientists at the Brain and Creativity Institute at USC said the findings from the functional MRI study seem especially relevant to how people responded to political news stories, fake or credible, throughout the election.

"Political beliefs are like religious beliefs in the respect that both are part of who you are and important for the social circle to which you belong," said lead author Jonas Kaplan, an assistant research professor of psychology at the Brain and Creativity Institute at USC Dornsife College of Letters, Arts and Sciences. "To consider an alternative view, you would have to consider an alternative version of yourself."

To determine which brain networks respond when someone holds firmly to a belief, the neuroscientists with the Brain and Creativity Institute at USC compared whether and how much people change their minds on

nonpolitical and political issues when Brain and Creativity Institute at USC. provided counter-evidence.

They discovered that people were more flexible when asked to consider the strength of their belief in nonpolitical statements – for example, "Albert Einstein was the greatest physicist of the 20th century."

But when it came to reconsidering their political beliefs, such as whether the United States should reduce funding for the military, they would not budge.

"I was surprised that people would doubt that Einstein was a great physicist, but this study showed that there are certain realms where we retain flexibility in our beliefs," Kaplan said.

The study was published on Dec. 23 in the Nature journal Scientific Reports. Study co-authors were Sarah Gimbel of the Brain and Creativity Institute and Sam Harris, a neuroscientist for the Los Angeles-based nonprofit Project Reason.

Inside the mind

Participants rated on a scale of 1-7 the strength of their beliefs on both political statements (shown in purple) and nonpolitical statements (green). They also rated the strength of their beliefs in responses to counter-arguments. The chart depicts the change in belief strength for each topic. Credit:

For the study, the neuroscientists recruited 40 people who were selfdeclared liberals. The scientists then examined through functional MRI how their brains responded when their beliefs were challenged.

During their brain imaging sessions, participants were presented with eight political statements that they had said they believe just as strongly as a set of eight nonpolitical statements. They were then shown five counter-claims that challenged each statement.

Participants rated the strength of their belief in the original statement on a scale of 1-7 after reading each counterclaim. The scientists then studied their brain scans to determine which areas became most engaged during these challenges.

Participants did not change their beliefs much, if at all, when provided with evidence that countered political statements such as, "The laws regulating gun ownership in the United States should be made more restrictive."

But the scientists noticed the strength of their beliefs weakened by one or two points when challenged on nonpolitical topics, such as whether "Thomas Edison had invented the light bulb." The participants were shown counter statements

that prompted some feelings of doubt, such as "Nearly 70 years before Edison, Humphrey Davy demonstrated an electric lamp to the Royal Society."

Thoughts that count

The study found that people who were most resistant to changing their beliefs had more activity in the amygdalae (a pair of almond-shaped areas near the center of the brain depicted in the illustration) and the insular cortex, compared with people who were more willing to change their minds.

"The activity in these areas, which are important for emotion and decision-making, may relate to how we feel when we encounter evidence against our beliefs," said Kaplan, a co-director of the Dornsife Cognitive Neuroimaging Center at USC.

"The amygdala in particular is known to be especially involved in perceiving threat and anxiety," Kaplan added. "The insular cortex processes feelings from the body, and it is important for detecting the emotional salience of stimuli. That is consistent with the idea that when we feel threatened, anxious or emotional, then we are less likely to change our minds. "He also noted that a system in the brain, the Default Mode Network, surged in activity when participants'

political beliefs were challenged.

"These areas of the brain have been linked to thinking about who we are, and with the kind of rumination or deep thinking that takes us away from the here and now," Kaplan said.

The researchers said that this latest study, along with one conducted earlier this year, indicate the Default Mode Network is important for highlevel thinking about important personal beliefs or values.

"Understanding when and why people are likely to change their minds is an urgent objective," said Gimbel, a research scientist at the Brain and Creativity Institute. "Knowing how and which statements may persuade people to change their political beliefs could be key for society's progress," she said.

The findings can apply to circumstances outside of politics, including how people respond to fake news stories.

"We should acknowledge that emotion plays a role in cognition and in how we decide what is true and what is not true," Kaplan said. "We should not expect to be dispassionate computers. We are biological organisms."

The work was supported by the Brain and Creativity Institute at USC and by Project Reason.

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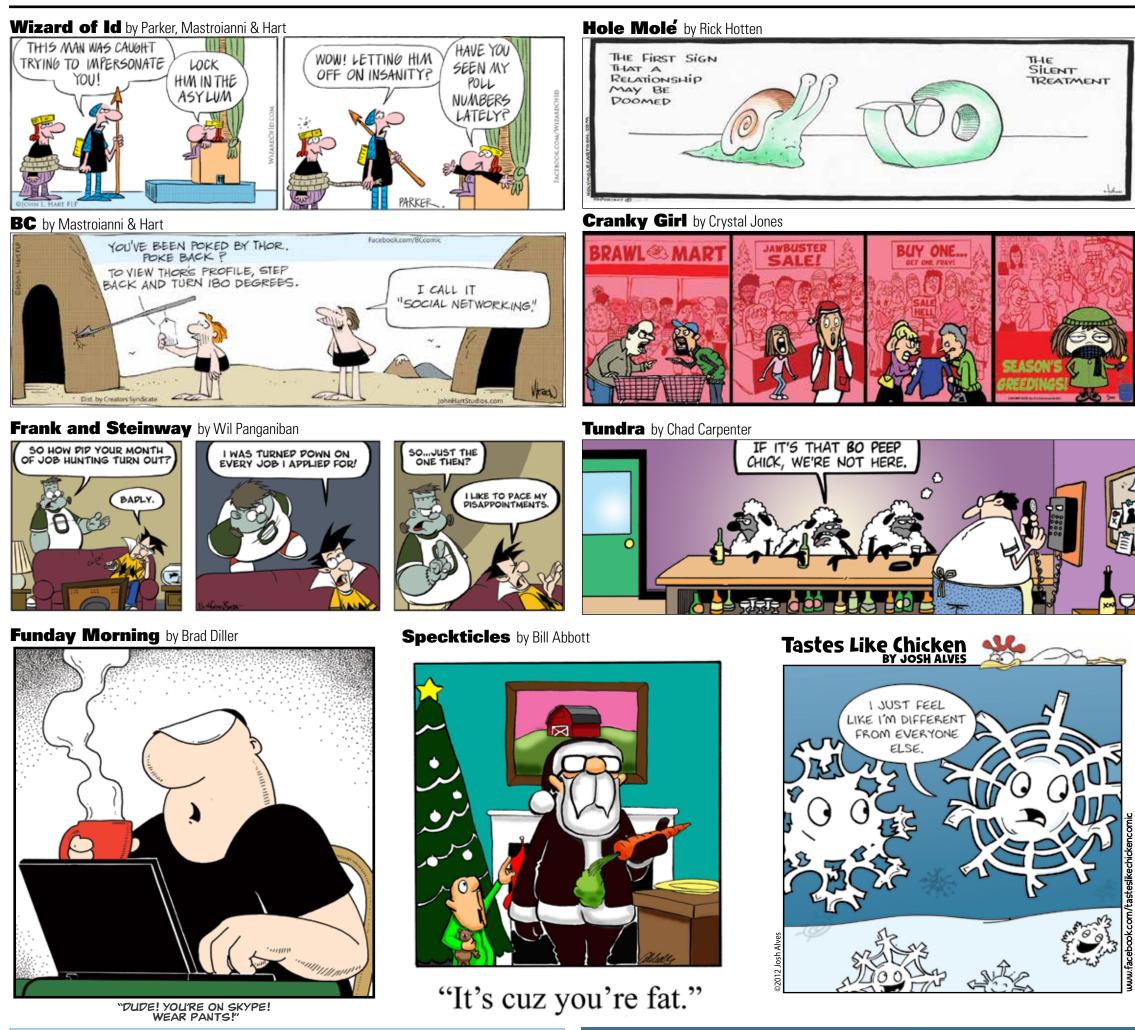






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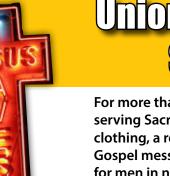


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Sacramento County DA Reports



Defendant Sentenced for Multiple Charges, Stemming from Bar Shooting Defendant Sentenced for Series of Rancho Cordova Sexual Assaults Wife & Husband Convicted of Insurance Fraud

DATE: December 9, 2016

CASE: Abelino Nunez (Case #13F08143) **PROSECUTOR:** Deputy District Attorney Nicholas Johnson, Felony Prosecution

The Honorable Trena Burger-Plavan sentenced Abelino Nunez to 31 years and 8 months to life in prison. On August 30, 2016, a jury convicted Nunez of attempted first-degree murder with personal use and discharge of a weapon allegations found true. Nunez was also convicted of assault with a semiautomatic pistol, felony evading an officer with wanton disregard for public safety, hit and run, driving under the influence, bribery of a public official, and being a felon in possession of a handgun.

On December 16, 2013, Abelino Nunez was escorted out of the La Cabana Bar by security because he was intoxicated and tried to start a fight. Nunez got into his car and pulled up to the front of the bar, where he motioned to the bouncer to come closer to his car. Nunez then fired several shots. The bouncer dove behind a rock wall to avoid being hit. One bullet entered the bar and another became embedded in a rock wall where the victim dove. When police officers responded to the scene, a witness pointed out Nunez's car. Officers pursued Nunez and a high speed chase ensued. Nunez reached speeds in excess of 90 mph, running multiple red lights and stop signs, and driving in the opposite lane of traffic before crashing into a parked truck. Nunez took off on foot, but was quickly detained. A test of his blood alcohol revealed that he was two and a half times above the legal limit. Nunez then offered one of the officers up to \$25,000 if she would let him go.

DATE: December 14, 2016

CASE: Jordan Hudson (Case #14F01257)

PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

The Honorable Laurel White sentenced Jordan Hudson to 21 years in prison. On November 14, 2016, a jury convicted Hudson of assault to commit forcible rape, two counts of assault to commit forcible oral copulation, and committing a lewd and lascivious act on a 15-year-old child with the defendant being at least 10 years older than the victim

On February 3, 2014, a woman was walking in Rancho Cordova when Hudson attacked and tried to rape her and force her to perform oral

copulation on him. The victim fought back and Hudson fled the scene. On February 20, 2014, Hudson attacked an 18-year-old girl as she walked home from her high school. Hudson again tried to force the victim to perform oral copulation on him. This victim also fought back and Hudson fled the scene. Later that day, Hudson grabbed a 15-year-old girl's buttock while she was walking home. The victim pushed him away, but Hudson continued to follow her into her apartment complex. Hudson left the scene when the victim's sister yelled at him to leave.

Hudson was previously convicted of battery for a similar incident that occurred in 2011.

DATE: December 20, 2016

CASE: Deborah Ann Carter & Louis Hudson (Case #15F02774)

PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit

Deborah Ann Carter was convicted by a jury of three felony insurance fraud charges. In a separate proceeding, another jury convicted Carter of felony failure to appear and found true the allegation that she committed a felony within 5 years of a prior prison term.

On July 7, 2014, a volunteer worker for an alcohol and drug recovery facility for the homeless accidentally backed the facility's minivan into a parked car at a slow rate of speed, causing minor damage to both vehicles. The car was occupied solely by Carter's husband, Louis Hudson. Later that day, Carter directed her niece to call the facility's auto insurance and report that both Carter and Hudson were in the sedan when the accident occurred. Both Carter and Hudson claimed they had been injured in the accident.

The California Department of Insurance Urban Auto Fraud Unit investigated Carter's insurance claim and interviewed two witnesses. Both witnesses said only Hudson was in the sedan at the time of the accident, and that they saw Carter come out of a nearby building screaming after the collision.

Louis Hudson previously pled no contest to a misdemeanor auto insurance fraud charge. He was sentenced to 90 days in jail and placed on three years probation.

Carter faces a maximum sentence of 8 years in prison. Sentencing is set for January 13, 2017, at 9:00 a.m. in Department 39 before the Honorable James Arguelles. \star

Israel Ambushed by the UN, Obama

Commentary by Mat Staver

The UN Security Council attacked Israel by voting to condemn Israeli settlement activity. And in a stunning reversal of U.S. policy, the Obama administration refused to veto the anti-Israel measure. Now Israel's enemies will use this UN action to intensify pressure on the Jewish state. This dangerous resolution shows why you and I must make our voice heard on Israel's behalf.

With Americans tuning out in the run-up to Christmas, President Barack Obama carried out a sneak attack on the Jewish state today.

Despite furious lobbying by Israeli Prime Minister Benjamin Netanvahu and pressure from President-elect Donald J. Trump, the UN Security Council approved an anti-Israel resolution condemning all Israeli settlement activity.

Egypt pulled the measure, after Trump intervened, but four UN Security Council members - New Zealand, Malaysia, Senegal and Venezuela brought it to a vote. And the Obama administration, in a deeply troubling departure from past American policy, withheld America's veto, letting the measure pass.

accused President Obama and month left in office, has made Secretary of State John Kerry of abandoning Israel. In a Times of Israel report, the unnamed official blasted Obama for having "secretly cooked up with the Palestinians an extreme anti-Israeli resolution behind Israel's back which would be a tailwind for terror and boycotts. . . ."

This newly-passed resolution demands Israel "immediately and completely cease all settlement activities in the occupied Palestinian territory, including East Jerusalem." The enemies of Israel will immediately use it to ratchet up world pressure on Israel.

The U.S. has a long-standing policy of vetoing anti-Israel resolutions at the UN, but the Obama administration today abandoned Israel and sided with Palestinians who want to eliminate the Jewish state.

President-elect Trump was exactly right when he called the resolution "extremely unfair to all Israelis."

"As the United States has long maintained," Trump declared, "peace between the Israelis and the Palestinians will only come through direct negotiations between the parties, and not through the imposition of terms by the United Nations."

But by condemning Israeli settlement activity, the Obama An incensed Israeli official administration, with just one

Middle East peace all the more unlikely. That's bad for Israel, bad for Palestinians, and bad for the world.

God gave the Jewish people the land of Israel thousands of years ago. He also promised to return His people to their land, and to settle them on it, announcing through the prophet Ezekiel: "I will settle people on you as in the past and will make you prosper more than before. Then you will know that I am the Lord" (Ezekiel 36:11).

But Palestinian leaders refuse to recognize Israel's right to exist as a Jewish state. You can find out why when you request my new book, Why Israel Matters.

It is God's calling on our lives, and our own nation cannot prosper if we are unfaithful to Israel. You see, it is not just Israel that matters. Our own response to God's command to comfort and bless Israel matters. It matters for you and me, and for our children and grandchildren as well.

That is why I am asking you now to stand with Christians in Defense of Israel. With your help, we will defend Israel and its historic, legal, and Godgiven right to live and settle the land God gave to it.

Together for Israel, Mat Staver, President

*





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CORDOVA SPORTS Cordova Girls Soccer Making Their 'Mark' in Pre-Season'

By Mike Bush

RANCHO CORDOVA, CA (MPG) - Give the Cordova High School girls soccer team a break – literally.

The Lady Lancers are enjoying a nice holiday break from non-conference play. Their last game was on Dec. 15th, when they fell to Elk Grove 4-0 at Lancers Stadium. But that loss didn't damper their spirits, as they are off to a 4-3-1 start.

Next Tuesday, the Lancers return to action, along with the Cordova High School boys soccer team, as they will host Laguna Creek in a doubleheader at Lancers Stadium. The girls will play at 4 p.m., followed by the boys at 6 p.m.

Brian Danzl is in his first season at the Cordova girls soccer coach. He's served as an assistant



Catching up with a Capital Christian soccer player is Cordova's Kiran Pooni (11). Photo by Rick Sloan



Getting ready to boot the ball for the Cordova girls soccer team is Hunter Roberts (16), while teammate Maria Vigil (18) watches. Photo by Rick Sloa

coach on the Cordova varsity and junior varsity teams for the last nine years. Danzl is thrilled to have a mixture of returning players – seven seniors and five juniors - plus nine underclassmen.

"Good bunch of girls," Danzl said. Seniors on this year's squad are Adrienne

Hammond, Lexi Samayoa, McKenzie Emery, Charlotte Perez, Hunter Roberts, Maria Vigil and Alyssa Moreno.

Juniors who make the move from last year's JV team are Priscilla Juarez, Claire Nuttall, Yelena Melnik, Yamira Martinez and Grace Hill, who is in

her first year of playing high school soccer.

On the roster are six sophomores; Amella Alvarado, Annalisa Tate, Shelby Konarshi, Kiran Pooni, McKayla Tyson, Leonor Vega and Rianna Tyson.

Rounding out the Cordova varsity roster are freshmen Gabby Maduri and Annette Medina.

Battling for playing time as goal keeper are Juarez and Tyson. Even better news that the two are not only battling to be the starter before Sierra Valley Conference action begins, but they are a junior and sophomore expected to return next winter.

"It's going to be a good rivalry," said Danzl of the two goal keepers.

The coach feels the team has made a smooth transition to playing high school girls soccer during the winter time. Two and a half years ago, most of the Sac-Joaquin Section leagues voted to move soccer from spring to winter. This is in order to launch NorCal and state playoffs in the both genders the next two to three years, as there already is in football, volleyball, cross-country, boys and girls basketball and wrestling. The rest of the sections in California were already playing boys and girls soccer in the winter months.

The team to beat in the SVC, according to Danzl, is Liberty Ranch, which won the conference title last spring and had a deep run in the section's Division IV playoffs.

"I wanted to step up our pre-season schedule so that we'll have a look at what we'll be facing," said Danzl of Liberty Ranch and the rest of the SVC squads.

Cordova will play American Canyon to wrap up the preseason on Friday, Jan. 9th before starting SVC action on Jan. 12th against rival Rosemont.

Cordova Christmas Classic Underway

By Mike Bush

RANCHO CORDOVA, CA (MPG) - Today, Friday, wraps up the third and final day of the 41st annual Cordova Christmas Classic at Lancers Gym.

The Cordova High School boys basketball team, along with seven for the consolation title, 6 p.m. for area squads, opened action in third place and 7:30 p.m. the chamthe tourney on Wednesday. The

Cordova and Rosemont are rivals in the Sierra Valley Conference.

If Cordova beat Ben Holt Academy, it played the Center-Inderkum winner yesterday, Thursday. Game times for today are 3 p.m. for seventh place, 4:30 p.m. pionship game.

column, but knowing they are facing tough teams in the tourney.

"Most of those teams are playing real good basketball," Johnson said. "Inderkum (7-2) is playing real well."

Before the start of SVC action in two weeks, Cordova will play another pre-season game against Napa, also at Lancers Gym, next Tuesday.



Lancers hosted Ben Holt Academy in the first round.

The rest of the teams competing at the tourney are Inderkum, Center, Rosemont, Grant, American Canyon and Chavez of Stockton.

Cordova (4-7) has lost most of its non-conference games by less than 10 points. Head coach Fletcher Johnson said prior to the tourney that he's looking for his squad to turn their fortunes around in the win

Cordova forward Mike Brown (23) shoots in front of a group of Vista del Lago players and teammate Markell Briggs (25). File photo by Rick Sloan





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