# **City Leader Earns International Role**

Chosen for Association of Administrative Professionals Director

We Wish Our Readers A Happy Thanksgiving

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Grapevine

#### VOLUME **49 •** ISSUE 48

PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY November 25, **2016** 

### **JANE DALY, LOCAL AUTHOR PUBLISHES NEW BOOK**



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### BREAKFAST WITH SANTA & MRS. CLAUS



Page 2

### FUN WITH PURPOSE **PAYS OFF FOR** LOCAL GIRL SCOUTS

# **Bigger Than Basketball**

Kings Representatives Describe An Amazing Sports Future

#### By Shelly Lembke

RANCHO CORDOVA, CA (MPG) - The Cordova Community Council and Rancho Cordova Chamber of Commerce hosted their November luncheon on Friday, November 18, holding annual elections and welcoming Sacramento Kings Ticket Sales Director Justin Petkus. Acting as Kings ambassador for the event, Petkus presented Council members and guests with an engaging presentation on the state of the Kings and the organization's vision for the future.

Petkus launched into the scope of planning for the new Golden 1 Center, explaining how the Kings, under new owner Vivek Ranadivé envisioned the new facility as offering the community something, "Bigger than basketball."

According to Petkus, Golden 1 has been awarded the highly-coveted Leadership in Energy and Environmental Design (LEED) Platinum certification. The building was designed with energy savings in mind and incorporates the very latest in green technologies, utilizing and producing solar energy to run the entire structure.

Another goal, said Petkus, is to make Golden 1 a destination location. To that end, the building itself is a single part of an overall plan to generate economic growth for the entire region and revitalize and incorporate downtown businesses with shopping, hotel accommodations,



Luncheon host Shelly Blanchard (I), with Justin Petkus, Al Rogen (who won the raffle and a DeMarcus Cousins Olympic jersey, and Chase Meuller, also of the Kings. Staff photo

Supporters tout "Farm to Fork" as a winwin for consumers and small businesses alike.

Beyond basketball, Golden 1 Center is also slated to host a multitude of future events. Everything from rock concerts to a permanent art collection will be happening at the facility. There is even an app which allows users to climate control public sections of the building, heating and cooling it to the crowd's liking. The very latest safety measures and design technologies such as facial recognition software, handicap accessibility and communal areas have been planned and put into place. Petkus also discussed the future of sporting events in the Sacramento area, which

will provide superlative marketing tie-ins for the Sacramento Republic soccer team, the King's newly purchased controlling interest in the Reno Bighorns basketball team and even a possible return of the Sacramento Monarchs and the WNBA. Golden 1 Center, the Kings organization and the Sacramento area itself, are just beginning to see the payoff from this grand plan. While it has been a bit of a bumpy journey, Petkus says ticket sales are booming already. The wait list for season tickets is up and running. Petkus estimates the list will likely grow to five years wait. With Sacramento poised as the next national sports hub, Kings fans might want to get them while they're hot.

# Information Regarding **Propositions** 64 and 67

MPG

RANCHO CORDOVA, CA (MPG) - California voters approved Propositions 64 and 67 during the November 8, 2016 election. The City of Rancho Cordova wants to be sure our residents understand how they will affect our community.

Proposition 64 was passed to legalize the recreational use of marijuana in California effective immediately. The propositiondoes not generally change the current regulations relating to marijuana in the City of Rancho Cordova. For example, it is still illegal to grow marijuana outdoors anywhere in the City, and it is still illegal to smoke marijuana anywhere in the City where smoking is prohibited.

Proposition 67 prohibits large grocery stores, pharmacies, convenience stores, and liquor stores in the City of Rancho Cordova from providing single-use plastic bags to customers effective immediately. Stores must charge 10 cents for recycled and reusable bags, and the fee goes into a special fund to cover the cost of the bags and to educate consumers.

Rancho Cordova shoppers can bring their own reusable bags to avoid paying the fee. Pick up a Rancho Cordova branded bag at the City's booth at the upcoming Cordova Community Christmas Tree Lighting on Sunday, November 27!



Page 10

restaurants and opportunities for tourism. The Light Rail that runs through Rancho Cordova provides easy access for all patrons, eliminating the hassle of parking and traffic jams.

Calling Sacramento the nation's "Farm to Fork" capital, Petkus pointed out that concession vendors were selected with that movement in mind. "Farm to Fork" incorporates locally grown and produced goods sourced from, in this case, Northern California. Area farms, ranches and chefs can now offer customers the freshest products with small carbon "footprints."

Visit http://www.cityofranchocordova.org/what-s-new/ city-news more information on current regulations and the

Source: City of Rancho Cordova

propositions.



# **Santas Needed to Fill Local Stockings**

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#### SACRAMENTO REGION, CA (MPG) -

Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 200 unstuffed stockings and specific fillers for local infants and toddlers, children, teens and adult women.

"There is nothing like hearing the squeals of joy from children and their mothers who have gone from having nothing to now having a place to call home during the holidays and cheerful stockings to hang in their homes," said Lisa Culp, executive director, Women's Empowerment. "But these stockings not only bring joy, they give these families necessary items so they can stay healthy and warm this winter as they rebuild their lives."

For the list of items needed, visit www.womens-empowerment.org. Those interested also

You Can Help Formerly Homeless Women and Children



Help share the joy with children and their mothers who have gone from having nothing to now having a place to call home during the holidays. Photo courtesy United Way.

can donate \$35 to have a volun- needed by Dec. 7 and can be teer elf fill a stocking or donate \$15 Target gift cards. Items are Street, Sacramento.

dropped off at 1590 North A

Celebrating its 15th anniversary this year, Women's Empowerment was recently

featured on NBC's The TODAY Show for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,367 homeless women and their 3,700 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org.

Source: Kristin Thébaud *Communications* 

# www.RanchoCordovaIndependent.com

# Local Author, Jane Daly, **Publishes New Book**

By Shelly Lembke

#### RANCHO CORDOVA, CA (MPG)

Local businesswoman Jane Daly has been an active part of Rancho Cordova's professional circles for sixteen years. What many may not know is that she is also an author whose second book has just been published.

From nine to five Daly is the branch manager for First Bank in Rancho Cordova. In her off-hours, she is also mother, wife, sister, daughter and writer. Daly's first book, drawn from her own journals, is an honest, heart-rending look at a mother's struggle to cope with the loss of a child.

Her second endeavor is also deeply personal, taking readers through the tribulations and joys of being a caregiver. In Daly's case, she is the primary caregiver to her mother, a situation that many with aging parents can relate to.

Daly began her career as a bank secretary and worked her way up, pausing her business career to raise her family. She returned to banking, but writing has always been a part who she is. "I have to be doing something creative in my off-time," said Daly of her writing. Working affords her the opportunity to satisfy her logical self, but writing allows her to express her

have to be doing something creative in my off-time," said Jane Daly of her writing.

creative side, "embracing the two different sides of my personality," she said.

That blending continues nearly seamlessly in how Daly goes about her days. Bank president

and author, she also is a longtime Rancho Cordova Chamber of Commerce member and regularly volunteers her time for a variety of causes. Daly's faith is also part and parcel of who she is. It grounds her as much as it uplifts her

Melding her private and pub-

journey for Daly. "It's taken me a bit of time to kind of get used to that," she commented. Honesty with self, she finds, is the best policy. "If you're not honest in your writing it's going to come across as giving a pat answer. For instance, in the first book that I wrote, on a mother's loss of child, I went through all of the emotions, the anger, the disappointment. I wrote about that pretty honestly in my book.

"It's something that I have to

be real about. And the same thing about the book I just fin-Caregiving Season And lot of it is about my rela-Jane Daly tionship with my perception."

on her next book and her two

published works, Because of

Grace: A Mothers Journey

from Grief to Hope and The

Caregiving Season, Finding

Grace to Care for Your Elderly

ished about caregiving. My feelings. This is me. Not about what others did Hillside is an 8-acre neighborhood and didn't do. park located in the Sunridge/North Douglas area in Rancho Cordova. The park features playgrounds, a play field, a basketball half-court. covered picnic areas and a "play hill" with concrete and steel tube mom. This is my waterfall slides, a rope ladder and other play structures. Photos courtesy Daly has already begun work

> RANCHO CORDOVA, CA (MPG) - The Cordova Recreation and Park District and Stantec Architecture recently received an Honor Award from the American Society of Landscape Architects California Sierra Chapter for Hillside Park.

Hillside is an 8-acre neighborhood park located in the Sunridge/North Douglas area in Rancho Cordova. The park features playgrounds, a play field, a basketball half-court, covered picnic areas and a "play



hill" with concrete and steel steep slopes and an adjacent tube waterfall slides, a rope laddetention basin. CRPD staff and der and other play structures. Stantec worked together to arrive Hillside park also includes at a solution that worked with water-conserving no mow grass the existing landscape. Hillside is the 36th park in the District and drought-tolerant native and opened in June 2016. The park site offered unique

Source: CRPD

Parent are both currently availlic personas has been a bit of a able online.

# **Breakfast with Santa & Mrs. Claus**

SACRAMENTO, CA (MPG) - Join Santa, Mrs. Claus and the Cordova Recreation and Park District for a delicious breakfast of pancakes, sausage and refreshments on Saturday, December 3 from 9:30 a.m. – 11:30 a.m. at the Neil Orchard Senior Activities Center in Lincoln Village Park.

Stop by the holiday craft fair for some Christmas shopping and take a picture with Santa in the new professional photo booth! There will also be a special craft area for kids and a free drawing for one of 20 homemade teddy bears.

The Neil Orchard Senior Activities Center is located at 3480 Routier Road in Sacramento.

Admission is \$5 per person, 9 years and older, and \$2 per person, 8 years and under. The event is sponsored by Folsom Lake Honda. Visit crpd.com for more information. Source: CRPD \*

Stop by Saturday, December 3 from 9:30 a.m. - 11:30 a.m. at the Neil **Orchard Senior Activities Center** in Lincoln Village Park and join Santa and Mrs. Claus for a delicious



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Family

# **Hillside Park** Wins Honor Award



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need to make!

# **JOIN US FOR SRWF GALA HOLIDAY FUNDRAISER**

### Saturday, December 3 at 11:00 AM

Please join us for our holiday luncheon at North Ridge Country Club, 7600 Madison Ave. Fair Oaks. Admission is \$35.00 per person. Guests are welcome.

Guest speakers are Sheriff Scott R. Jones and Former Sheriff John Mcginness, now a KFBK radio personality.

Our luncheon menu will feature petite filet mignon with a glazed cabernet and grilled honey mustard salmon. AND MORE ...

Please send checks with menu selection by Saturday 26, 2016 to Margie DeRow, 11612 Gold Country Blvd, Gold River CA 95670.

Reservations are confirmed with checks made payable to SRWF. For more information please call Chairman, Kay Burton at (916) 635-5590.

# **Family Dentistry Gold River**

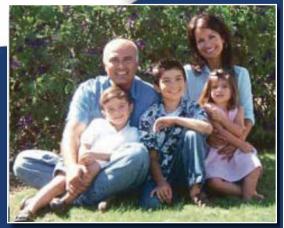
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# **City Leader Earns International Role**

Chosen for Association of Administrative Professionals Director

RANCHO CORDOVA, CA (MPG) - Stacy Leitner, senior executive assistant to the Rancho Cordova City Manager, has been voted Director At Large by the International Association of Administrative Professionals (IAAP). IAAP is an association that is dedicated to helping administrative professionals advance their careers in an ever-changing business world. Leitner's appointment to the IAAP Board of Directors is due to her hard work, along with 20 years of experience in the industry. She helped build the City of Rancho Cordova from the ground up and kindly offered up this advice to administrative professionals and others who would like to hone their talents.

Q: What is the best advice you could give to someone who wants to be an executive assistant?

A: I would encourage them to find a mentor who is already in that role. Learn from them. ask questions, shadow them, determine expectations. I would also encourage them to read job descriptions and make sure they're prepared to exceed minimum qualifications to be a strong candidate. Ask "What else do I have to offer? What sets me apart from other candidates?"

Q: What's the best career advice you've ever received?

A: The best advice I've ever received is that people will be your greatest resource. Build relationships and build your network. Also, I've learned to break big projects up into chunks to make them more manageable. And never stop learning.



Stacy Leitner, senior executive assistant to the Rancho Cordova City Manager

**Q:** What's your favorite part of the job?

**A:** I love the diversity of my day. No two days are alike. I also love being a part of the City leadership team. Our City leaders are a hard-working, smart and creative team, and it's very gratifying to work with such a pro-active group.

**Q:** How do you approach goal setting, and how important is it to you?

A: It is super important to set goals! If we are not in the driver's seat of our own life, if we don't own it, we can't get ourselves where we want to be. As an adult, no one pushes you. You have to own it and be your own cheerleader. IAAP has provided me with many opportunities to serve on boards and committees, which helped bring a wealth of experience to my professional world.

Source: City of Rancho Cordova

# **California Family Fitness Teams Up with** FCUSD to Offer Kids Fitness Program



California Family Fitness Trainers, Rancho Cordova Elementary School Principal Larry Mahoney, KCRA 3's Tamara Berg and River Cat's mascot Dinger award students for their performance in the Body Fit Kids program. Photo courtesy California Family Fitnes

RANCHO CORDOVA, CA (MPG) -As part of celebrating 25 years in Sacramento, California Family Fitness partnered with Folsom Cordova Unified School District to offer a Body Fit Kids Program, which is the first of many Corporate Social Responsibility initiatives that the organization commits to each year.

The program was born out of CFF's commitment to building a healthier community and is designed to mirror CFF's group training program, "Body Fit," which offers a dynamic fusion of cardio and strength training in a small group format. CFF's certified personal trainers trained 4th and 5th grade students from participating schools in the district.

In addition to participating at school, the program incorporates "homework" designed to engage the entire family in building and sustaining healthy lifestyle habits. Outside-of-school activities include taking a family trip to a local farmer's market, a walk around the neighborhood and planting a vegetable in their garden. Awards categories for participating students include greatest improvement, most inspirational and many others. The first 20 participants who completed their activity cards with their family have the opportunity to go on an exclusive excursion to attend a Sacramento River Cats game, including a special meet-and-greet with Sacramento River Cats mascot Dinger.

"Our children are the future of the Sacramento region and California Family Fitness is proud to partner with Folsom Cordova Unified School District to provide education for students about how to live healthy lifestyles," CFF President Randy Karr said. "It's our hope that this program will grow to serve more students each year, and we're thrilled to work alongside a group of educators and administrators that share a common commitment to providing

learning opportunities for students that challenge not just their minds but also their bodies."

The Body Fit Kids program is one of several initiatives kicking off this fall in collaboration with Folsom Cordova Unified School District.

"We know that when children are healthy, they are able to thrive to reach their full potential, and healthy and active lifestyles are essential to this," Folsom Cordova Unified School District Superintendent Deborah Bettencourt said. "We are extremely grateful for the time and resources California Family Fitness is investing in our students to ensure they have the knowledge and tools to make smart choices and lead healthy lives.'

For more information about CFF's 25th anniversary activities, its health and fitness centers and membership options, visit www.californiafamilyfitness. com.









Happy Thanksgiving to everyone! I thought I would say that first. I didn't want to forget to say thank you to everyone in Rancho Cordova. We have so much to be thankful for in the City of Rancho Cordova, and I didn't want to miss the opportunity to say thanks. The stores seem to forget the Thanksgiving holiday. They sell for Halloween, and then fast forward to Christmas. We really need to be grateful for our families, homes, and where we live. It is still the best city and the best country in the world.

There are a few election races that are still too close to call, so I'm going to stop guessing on the rest of them. The ones that are affecting us are completed, and I am glad. Congressman Ami Bera has been officially declared the winner in the election. I know all of us wonder how or why some people are elected, but that was for the voters to decide. The demonstrators who are opposed to President-elect Trump have the right to say what they think. But none of them have the right to destroy property in the dem-

# And Another Thing ...

#### I Will Try to Follow My Own Advice, and Send Postcards and Christmas Cards to the People I Haven't Communicated With for a While

today's new people ever got doesn't work if it isn't open!" there. Harry Truman may be watching too.

A few of us attended the National League of Cities convention in Pittsburgh, PA. I had never been there before, and while there is a tremendous amount of history to be found, we were only able to scratch the surface in the short time we had. We were able to get some of the work done there, but I would like to go back again and learn more about its history. Even though I grew up along the Ohio River in Jeffersonville, Indiana, I hadn't seen where the Allegheny and the Monongahela Rivers join and form the Ohio River. Most of us have grown up close to something that is well known or would be interesting, but because we live close to them, we don't want to fight the crowds and end up never going there. Sound familiar?

On this coming December 5 at our regular City Council meeting, the three elected council members Robert J. McGarvey, David M. Sander, and Donald Terry will be sworn into office for them to begin their new four-year terms (as long as the County has certified the election). Then on December 19 at our regular City Council meeting, the new Mayor and the new Vice Mayor will be sworn into their offices for the year 2017. These cere-

I am going back to the most recent election and some of the people who are responding to its results. They are demonstrating against what the voters decided on, and what the results of the Electoral College were. The demonstrators have a constitutional right to express their opinion and they are doing that. My problem with what some people are doing, however, has nothing to do with them expressing their opinion. Destroying innocent citizens' properties and endangering their lives have nothing to do with constitutional rights. It has everything to do with breaking the law.

Those who wish to change the electoral process in this country, and either change or eliminate the Electoral College, need to do it in a law abiding way. That will take longer than they want, but the changes they are demanding now will not be successful without going through the necessary steps. Having a closed mind and trying to force what they want with violence doesn't work in this country. They are having a temper tantrum and saying "they want what they want, when they want it". It reminds me again of the Andy Griffith show in which his son gets down on the floor and starts kicking his feet and yelling. Andy asked him what he was Andy said, "Oh, okay. Let me know when you're done, and don't hurt yourself." I hope those who are after change work instantaneously. Building

McGarvey, God bless, and see you

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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

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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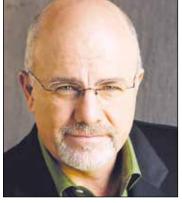


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#### Is this plan too intense?

Dear Dave,

My wife and I make a little over \$50,000 a year combined, and we're almost debt-free. Right now, we have \$50,000 left on our mortgage and \$4,000 in student loans left to pay. We're both really excited about the future, and we're thinking about selling our home and moving into a trailer her parents own. On top of this, we'd like to save my wife's entire salary for five years to buy another, better house. What do you think of this plan? - Travis

Dear Travis,

Man, I'm really excited for you two. You're working hard to take control of your finances and pay off debt. This is what I mean when I use the phrase "gazelle intensity."

However, I think selling your home is going a bit too far at the moment. Despite a really rocky road the last several years, the housing and real estate market is finally starting to rebound. At



lower your standard of living at

While you have something of

a modest income, I think you

make enough money to pay off

the house and become pros-

perous during the next five to

seven years, without going to the

Health insurance

My husband and I are self-

employed, and we currently

pay almost \$1,000 a month for

health insurance. I've heard you

talk about the potential for rates

to increase as much as 40 to

60 percent next year. Are there

other options, such as just sav-

ing the money in case of medical

You don't want to go com-

pletely without insurance,

because you'll get penalized by

the government. Remember,

when it comes to health insur-

options

Keep up the great work!

the same time.

extreme.

-Dave

Dear Dave,

emergencies?

Dear Anna,

- Anna

\$500,000 or more. You might want to check into an HSA (Health Savings Account) type of plan within the exchanges. Another thing you could look at is one of the medical sharing programs through a Christian organization such as Christian Healthcare Ministries.

But a higher deductible, HSAtype plan might help keep your premiums down. It's sad, but this is what Obamacare has done to independent people like you and me who are self-employed. It's destroying small group plans, and I guess that was their intent. I suppose they wanted to put those companies out of business, so the government could take it over.

#### -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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#### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-07870 Shan Yun Wang, 8564 Armada Court Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Kim Va Hair" at 5587 Mack Road Sacramento, CA 95823, Filed with the Clerk of Sacramento County October 3, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 HAIR 161031

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08588 Salwan A. Mohammed Almensury, 4800 Marconi Avenue Apt #130 Sacramento, CA 95608 is doing business under the Fictitious Business Name(s) "U.S.A Pharmacosmetic" at 4800 Marconi Avenue Carmichael, CA 95608, Filed with the Clerk of Sacramento County October 28. 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 USA 161031

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08403 Deanna N and Lawrence E Armstrong Jr, 4804 Runway Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Moons Ago" at 10140 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 4, 11, 18, and 25, 2016 MOONS 11-25-16 161031

FICTITIOUS BUSINESS NAME STATEMENT Synkred LLC, 4800 Kokomo FBNF2016-08328 Drive #4117 Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "ArtsyJewels, Artsy Jewels" at 4800 Kokomo Drive #4117 Sacramento, CA 95835. Filed with the Clerk of Sacramento County October 19, 2016. Publish: November 4, 11, 18, and 25, 2016

ARTSY 161031 11-25-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08542 Elad Eizenberg, 2221 9th Street #D Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "24Hr River City Locksmith" at 2221 9th Street #D Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 4, 11, 18, and 25, 2016

24HR 161031 11-25-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08556 Brent W. Mahan, 4748 Olive Oak Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Mahannco" at 4748 Olive Oak Way Carmichael, CA 95608, Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 4, 11, 18, and 25, 2016 MAHANNCO 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08015 Lenehan Engineering, Inc, 11853 White Rain Way Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Lenehan Engineering" at 11853 White Rain Way Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 7, 2016. Publish: November 4, 11, 18, and 25, 2016

LENEHAN 161031 11-25-16 FICTITIOUS BUSINESS NAME STATEMENT Yennie Zhou and Michael FBNF2016-08426 Clevenger, 4842 Holyoke Way Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Yennie Zhou Designs" at 4842 Holyoke Way Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 24, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 YENNIE 161031

FICTITIOUS BUSINESS NAME STATEMENT Angela Jones, 176 Gunnison FBNF2016-08450 Avenue Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Legal Document Assistants, CA Legal Document Assistants" at 176 Gunnison Avenue Sacramento, CA 95838 . Filed with the Clerk of Sacramento County October 25, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 LEGAL 161031

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08511 Lisa D. Tavlor. 5421 Palm Avenue #27 Sacramento, CA 95841 is doing business under the Fictitious Business Name(s) "Lisa D presents" at 5421 Palm Avenue #27 Sacramento, CA 95841. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 LISA 161031

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08522 Raymond P. Zechender, 8824 Mavis Avenue Orangevale, CA 95662 is doing business under the Fictitious Business "The Bucket Works" at 8824 Mavis Name(s) Avenue Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016 BUCKET 161031 11-25-16 FICTITIOUS BUSINESS NAME STATEMENT Sulindar Patnak, 9100 FBNF2016-08590 Pebble Field Way Sacramento, CA 95829 is doing business under the Fictitious Business Name(s) "Lightning Auto Sales" at 9100 Pebble Field Way Sacramento, CA 95829. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 LIGHTNING 161031 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08074 Bike Dog Brewing Co. LLC. 2534 Industrial Boulevard #110 West Sacramento, CA 95691 is doing business under

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the Fictitious Business Name(s) "Bike Dog Brewing Company, Bike Dog Brewing" at 915 Broadway #200 Sacramento, CA 95818. Filed with the Clerk of Sacramento County October 11, 2016. Publish: November 11, 18, 25, and December 2, 2016 PRO 161031 DOG 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08764 Cesar Antonio Alvarez Witherow and Danielle Alli Ann Sanchez, 3321 Tembrook Drive Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Off The Wall" at 2245 Park Towne Circle #2 Sacramento, CA 95825, Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 11, 18, 25, and December 2, 2016 WALL 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08677 Top Tech Talent LLC, 10734 Segovia Way Rancho Cordova. CA 95670 J&P is doing business under the Fictitious Business Name(s) "Top Tech Talent" at 10734 Segovia Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 11, 18, 25, and December 2, 2016 161031 TOP 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08461 Chauncy Katoure Taylor, J&J 6548 Stoneman Drive North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "C'z Little Ppl" at 6548 Stoneman Drive North Highlands, CA 95660. Filed with the Clerk of Sacramento County October 25, 2016. Publish: November 11, 18, 25, and December 2, 2016 161031 12-2-16 C'Z FICTITIOUS BUSINESS NAME STATEMENT LOVE FBNF2016-08527 Ben Ryan Hannon, 2222 Fort Point Drive Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Rediboss.com" at 2222 Fort Point Drive Gold River, CA 95670. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 11, 18, 25, and December 2, 2016 REDIBOSS 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08086 Jennifer Weber, 2100 Big Sandy Court Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) PORCH 'Serendipity Design & Graphics" at 2100 Big Sandy Court Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County October 12, 2016. Publish: November 11, 18, 25, and December 2, 2016 SERENDIPITY 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08534 Maurice Bryant Sr., 601 Cannery Avenue #343 Sacramento. CA 95811 is doing business under the Fictitious Business Name(s) "Bryant's Lawn Care" at 601 Cannery Avenue #343 Sacramento, CA 95811. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 11, 18, 25, and December 2, 2016 161031 BRYANTS 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08593 Kristina Karin Scherbel, 6543 Meadowceek Way Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "The Life of Legends" at 6543 Meadowcreek Way Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 11, 18, 25, and December 2, 2016 I EGENDS 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08261 MIXTURE Concepts LLC, 2443 Fair Oaks Boulevard #56 Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Midtown Promotions & Print (MP&P). Ethnic Blend Clothing, DeJanelle" at 2443 Fair Oaks Boulevard #56 Sacramento, CA 95825. Filed with the Clerk of Sacramento County October 17, 2016. Publish: November 11, 18, 25, and December 2, 2016 MIDTOWN 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08530 Muhammed Ahmad, 8803 Orton Street Elk Grove, CA 95624 is doing business under the Fictitious Business Name(s) "Horizon Wireless Group" at 1555 River Park Drive #107 Sacramento, CA 95815. Filed with the Clerk of Sacramento County October 27, 2016. Publish: November 11, 18, 25, and December 2, 2016 HORIZON 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08597 Elvin Lee McCray, 3000 Starfire Drive Sacramento, CA 95826 is doing business under the Fictitious Business Name(s) "Sacramento Realty Group" at 425 Watt Avenue Sacramento, CA 95864. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 11, 18, 25, and December 2, 2016 SACRAMENTO 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08624 Ping Ortiz, 3980 Giarre Way Sacramento, CA 95834 is doing business under the Fictitious Business Name(s) "Fortuna Spa" at 8121 Madison Avenue #B4 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 1, 2016. Publish: November 11, 18, 25, and December 2, 2016 FORTUNA 161031 12-2-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08647 Roach Campbell, Inc, 661 Coronado Boulevard Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Roach + Campbell Landscape Architecture" at 111 Scripps Drive Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016 ROACH 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08399 Prosper Global Enterprise LLC, 6885 Luther Drive Suite F Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Prosper Auto Group, Prosper Auto Sales, Prosper Auto Parts" at 6885 Luther Drive Suite F Sacramento, CA 95823, Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 18, 25, December 2, and 9, 2016 PROSPER 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08758 Sheila Evangeline Roberts, 4140 23rd Avenue Sacramento, CA 95820 is doing business under the Fictitious Business Name(s) "One Love Toffee Company, One Love" at 4140 23rd Avenue Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 ONE 12-09-16 DEEDA

6339 Oakcreek Way Citrus Heights, CA 95621 is doing business under the Fictitious Business "Flite Sanitation" at 6339 Oakcreek Name(s) Way Citrus Heights. CA 95621. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016 ELITE 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08345 The Moana Group, LLC, 9580 Oak Avenue Parkway #7110 Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Whatz The Deal" at 8842 Winding Way #613 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 20, 2016. Publish: November 18, 25, December 2, and 9, 2016 WHATZ 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08376 Kenie Brima. 5150 Village Star Drive Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "BRI-K, Pure CA/Li" at 8124 Junipero Street #B Sacramento, CA 95828. Filed with the Clerk of Sacramento County October 20, 2016. Publish: November 18, 25, December 2, and 9, 2016 BRI 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08790 Duc Duong, 3725 Glacier Parkway Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Wing Fung Tong" at 523 Broadway Sacramento, CA 95818. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016 WING 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08448 John Wright, 8721 Greenback Lane #66 Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Wright Kinda Photography" at 8721 Greenback Lane Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 25, 2016. Publish: November 18, 25, December 2, and 9, 2016 WRIGHT 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08706 Potocki Family Chiropractic and Laser Center Inc, 6836 Westmore Way Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Restorative Spinal Care Centers. Restoration Spinal Care Centers" at 5150 Sunrise Boulevard #F1 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 3, 2016. Publish: November 18, 25, December 2, and 9, 2016 SPINAL 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08374 Ricardo Javier Rodriguez Canales, 2164 Gerber Avenue Sacramento, CA 95817 is doing business under the Fictitious Business Name(s) "RU Realty, Rentups Realty" at 2110 K Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County October 20, 2016. Publish: November 18, 25, December 2, and 9, 2016 REALTY 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08912 Housh Roofing Inc, 9033 Biplane Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Noah's Roofing' at 9033 Biplane Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 18, 25, December 2, and 9, 2016 NOAHS 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08674 Deeda Salon Inc. 1734 34th Street Sacramento, CA 95816 is doing business under the Fictitious Business Name(s) "Deeda Salon, Deeda" at 1734 34th Street Sacramento, CA 95816. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016

y the County of Sacramento, Adjudication No. 317294–February 7, 1984 nd By the County of Sacramento, Adjudication No. 195380–September 18, 1969 FICTITIOUS BUSINESS NAME STATEMENT FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08607 Aleksandr Yanchuk, 1789 FBNF2016-08652 Grevwood Circle Roseville. CA 95747 is doing Covewood Court Citrus Heights. CA 95621 is doing business under the Fictitious Business Name(s) business under the Fictitious Business Name(s) "AY Transportation" at 1789 Greywood Circle "Valley Trust Investments" at 6019 Covewood Roseville. CA 95747. Filed with the Clerk Sacramento County October 31, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT Charles Zachary Huggins FBNF2016-08742 Zamora, 7472 Morning Hills Street Sacramento. CA 95829 is doing business under the Fictitious Business Name(s) "Navigate With Integrity for Professionals, N.W.I. Pro" at 7472 Morning Hills Street Sacramento, CA 95829. Filed with the Clerk of Sacramento County November 4, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08818 Tony Samaniego, 7521 Kalamazoo Road Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Professional Hardware Solutions" at 11251 Coloma #C Gold River. CA 95670. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 18, 25, December 2, and 9, 2016 FIJ 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08664 Judy L. Lee, 7717 Chaparral Way Fair Oaks, CA 95628, Sally Tsunekawa, 9038 Stonewood Drive Stockton, CA 95209, Arthur C. Lee, 10856 Linda Vista Drive Cupertino, CA 95014, Terry C. Lee 3380 Prairie Drive Pleasanton, CA 94588, and Stanley C. Lee, 100 Gold Rock Court Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "J&P Properties" at 7717 Chaparral Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08657 Judy Y Wong, 1250 8th Avenue Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "J&J Wong Properties" at 1250 8th Avenue Sacramento, CA 95818. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08822 Eduard Gergi, 4007 Tresler Avenue North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "I LOVE YOU MOM" at 6809 Mellodora Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08678 Judah and Sarah Kent, 3510 41st Street Sacramento, CA 95817, Samuel Allen, 2961 34th Street Sacramento, CA 95817, and Micah Baginski, 2348 Castro Way Sacramento, CA 95818 are doing business under the Fictitious Business Name(s) "Porch Light, Porch Light Consulting, PLC' at 3510 41st Street Sacramento, CA 95817. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08733 Danielle Wachowski, 11456 Sutter Mill Circle Gold River, CA 95670 is doing business under the Fictitious Business Name(s) "Enlightened Skincare" at 530 Pavilions Lane Sacramento, CA 95825. Filed with the Clerk of Sacramento County November 4, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16

ENLIGHTENED FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08789 Brandon Ayotte,

12-09-16

161105

Court Citrus Heights. CA 95621. Filed with the Clerk of Sacramento County November 2, 2016. Publish: November 18, 25, December 2, and 9, 2016 VALLEY 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT Transpacific University. Inc. 15 FBNF2016-08762 Business Parkway Suite 105 Sacramento, CA 95828 is doing business under the Fictitious Business Name(s) "Humphrev's College Recruitment Center, Transpacific Partnership Chamber of Commerce" at 15 Business Parkway Suite 105 Sacramento, CA 95828, Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 18, 25, December 2, and 9, 2016 HUMPHREY'S 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08891 Fiji Angel Care Inc, 4757 J Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "Fiji Angel Care Inc" at 4757 J Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 10, 2016. Publish: November 18, 25, December 2, and 9, 2016 161105 12-09-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09112 David James George Crump, 8662 Falmouth Way Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Crump's Top Notch Communications" at 3900 Franklin Boulevard Suite A Sacramento, CA 95820. Filed with the Clerk of Sacramento County November 17, 2016. Publish: November 25, December 2, 9, and 16, 2016 CRUMPS 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09034 Evdochia Pamuiac. 2801 Wah Avenue Sacramento, CA 95822 is doing business under the Fictitious Business Name(s) "FP Auto Sales" at 8842 Elder Creek #B Sacramento, CA 95828. Filed with the Clerk of Sacramento County November 16, 2016. Publish: November 25, December 2, 9, and 16, 2016 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09043 Only Up Inc, 4908 Dingman Circle Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Busy B's" at 4908 Dingman Circle Sacramento, CA 95823. Filed with the Clerk of Sacramento County November 16. 2016. Publish: November 25, December 2, 9, and 16, 2016 BUSY 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09055 Watson Athletics, 424 South Lexington Drive Folsom, CA 95630 is doing business under the Fictitious Business Name(s) "Watson Athletics" at 424 South Lexington Drive Sacramento, CA 95630. Filed with the Clerk Sacramento County November 16, 2016. Publish: November 25, December 2, 9, and 16, 2016 WATSON 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08999 June Hisako Goshi and Sam Sweitzer, 10754 Oakton Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "Hisako Creations" at 10754 Oakton Way Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County November 16, 2016. Publish: November 25, December 2, 9, and 16, 2016 HISAKO 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT Sarah Desimone, 6133 FBNF2016-09108 Palmava Lane Orangevale, CA 95662, Kelsev Blanc, 6133 Palmaya Lane Orangevale, CA 95662, Sarah Johnson, 891 Holley Court Folsom, CA 95630, and Jami Yarnold, 217 Needles Court Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Good Life Nutrition" at 12417 Fair Oaks Boulevard Suite 300 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 17, 2016. Publish: November 25. December 2. 9. and 16. 2016 GOOD 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT Fall Prevention Lady, LLC, FBNF2016-08957 POB 661171 Sacramento, CA 95866 is doing siness under the Fictitious Business Name(s) "Fall Prevention Lady, LLC" at 9470 Fair Oaks Boulevard #516 Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 15, 2016. Publish: November 25, December 2, 9, and 16, 2016 FALL 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT Travis Lohse', 4880 FBNF2016-08927 Papaya Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Dynomite Vision Innovations" at 4880 Papaya Drive Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25, December 2, 9, and 16, 2016 DYNOMITE 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08926 Barry Goleman, 1057 47th Street Sacramento, CA 95819 is doing business under the Fictitious Business Name(s) "BGoleman Associates" at 1057 47th Street Sacramento, CA 95819. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25, December 2, 9, and 16, 2016 BGOLEMAN 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08411 Patricia Smith, 3224 Ashwood Lane Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Patricia's Accounting Services" at 5903 Fair Oaks Boulevard Carmichael, CA 95608. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 25, December 2, 9, and 16, 2016 PATRICIA 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08929 Hasmik Nahapetyan, 6129 Westport Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Momentum Photography" at 6129 Westport Lane Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25, December 2, 9, and 16, 2016 MOMENTUM 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08807 Thu Phan, 2418 17th Street Sacramento, CA 95818 is doing business under the Fictitious Business Name(s) "T & H ATM Service" at 2416 17th Street Sacramento, CA 95818. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 25, December 2, 9, and 16, 2016 161105 T&H 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08608 Kevin R. Tanner, 1974 Ladera Drive Lincoln, CA 95648 is doing business under the Fictitious Business Name(s) "Almond Orchard Dental Care" at 8089 Madison Avenue #2 Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 31, 2016. Publish: November 25, December 2, 9, and 16, 2016 ALMOND 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08917 Juan A Baez Bautista, 42 Chief Court Sacramento, CA 95833 is doing business under the Fictitious Business Name(s) "JB Carpet Cleaning Solutions" at 42 Chief Court Sacramento, CA 95833. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25, December 2, 9, and 16, 2016 161105 JB 12-16-16

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FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08796 Ricardo F. Salazar, 8141 Shangrila Drive Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Salazar's Dance Studio" at 2840 Auburn Boulevard Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 7, 2016. Publish: November 25, December 2, 9, and 16, 2016 SALAZAR'S 161105 12-16-16

Oksana Jora, 6019

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08934 Anita Coleman and Carlos Portela, 6858 Antiqua Way Sacramento, CA 95831 is doing business under the Fictitious Business Name(s) "3D Software, ARC Math, Arch Math, Bead Map, Bead Plan, Bim Draw, PC Solar, Visua Bead, Visual Solar, Visual Sun Chart" at 6858 Antigua Way Sacramento, CA 95831. Filed with the Clerk of Sacramento County November 14, 2016. Publish: November 25. December 2. 9. and 16. 2016 3D 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08956 Juan Barcenas, 3805 Henshaw Road West Sacramento, CA 95691 is doing business under the Fictitious Business Name(s) "Briley Investgations & Associates" at 520 9th Street Sacramento, CA 95814, Filed with the Clerk of Sacramento County November 15, 2016. Publish: November 25. December 2. 9. and 16. 2016 161105 12-16-16 JUAN

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08830 Haylee Crowley, 9505 Linda Rio Drive Sacramento, CA 95827 is doing business under the Fictitious Business Name(s) "Whimsy + Wellness" at 9505 Linda Rio Drive Sacramento, CA 95827, Filed with the Clerk of Sacramento County November 08, 2016 Publish: November 25, December 2, 9, and 16, 2016 WHIMSY 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09104 Katrina Ewing, 6737 Van Maren Lane Citrus Heights, CA 95621 is doing business under the Fictitious Business Name(s) "Bevoutiful Skincare Studio" at 10147 Fair Oaks Boulevard Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County November 17, 2016. Publish: November 25, December 2, 9, and 16, 2016 BEYOUTIFUL 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT

Philip Joel Oswald, 2520 FBNF2016-09124 Cathay Way Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Fits and Stops Photography" at 2520 Cathay Way Sacramento, CA 95821. Filed with the Clerk of Sacramento County November 18, 2016. Publish: November 25, December 2, 9, and 16, 2016 FITS 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09126 Gui Ju Jiang, 6037 Travo Way Elk Grove, CA 95757 is doing business under the Fictitious Business Name(s) "Guijujiang Transaction Coordinator" at 6037 Travo Way Elk Grove, CA 95757. Filed with the Clerk of Sacramento County November 18, 2016 Publish: November 25, December 2, 9, and 16, 2016

GUIJUJIANG 161105 12-16-16 FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08815 Najmeh Mahmoudjafari, 2872 Westwood Lane #5 Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Immigra Trust Law" at 2872 Westwood Lane #5 Carmichael. CA 95608. Filed with the Clerk of Sacramento County November 8, 2016. Publish: November 25, December 2, 9, and 16, 2016 **IMMIGRA** 161105 12-16-16

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-09145 Michelle Baer, 12369 Canvonlands Drive Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Nerdy Girl Beauty, Nerdy Girl Beautiful" at 12369 Canyonlands Drive Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County November 18, 2016. Publish: November 25, December 2, 9, and 16, 2016 NERDY 161105 12-16-16

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201370

WHEREAS, Mntha Khalil Sachet and Sabah Hnidi Sirai have filed a petition with this court for a decree changing the name(s) of Mntha Khalil Sachet to Muntaha Khalil Sirai and Nadin Sabah Hnidi to Nadine Sabah Sirai. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 9:00 a.m. on January 26, 2017, in Department 54 located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 6, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 161020 11-25-16 SIRAJ

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

#34-2016-00201376 WHEREAS, Suhair Sabah Hnidi has filed a petition with this court for a decree changing the name(s) of Suhair Sabah Hnidi to Suhair Sabah Sirai. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on January 26, 2017, in Department 53, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted Dated: October 6, 2016

David I. Brown, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 11-25-16 SIRAJ 161020

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00201374

WHEREAS, Sali Sabah Hnidi has filed a petition with this court for a decree changing the name(s) of Sali Sabah Hnidi to Sally Sabah Siraj. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on January 26, 2017, in Department 54, located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 06, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 SIRAJ 161020 11-25-16

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

#34-2016-00202239

WHEREAS, Nadezda Sisova has filed a petition with this court for a decree changing the name(s) of Nadezda Sisova to Nadezda Sisova Johnson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 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: October 25, 2016 David I. Brown, Judge of the Superior Court

Publish: November 4, 11, 18, and 25, 2016 JOHNSON 161020 11-25-16 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202090

WHEREAS, Ou Chiem Saelee has filed a petition with this court for a decree changing the name(s) of Ou Chiem Saelee to Tyler Ouchiem Lee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 8, 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: October 20, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 161020 11-25-16 LEE

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

FBNF2016-08444 Harish Kumar, 2618 Lunar Lane Apt #3 Sacramento, CA 95864 is doing business under the Fictitious Business Name(s) "Ride King Express" at 2618 Lunar Lane Apt # 3 Sacramento, CA 95864, Filed with the Clerk of Sacramento County October 24, 2016. Publish: November 4, 11, 18, and 25, 2016

RIDE	161031	11-25-16

FICTITIOUS BUSINESS NAME STATEMENT FBNE2016-08414 Sara Hossain, 3348 Tualatin Way Rancho Cordova, CA 95670 is doing business under the Fictitious Business Name(s) "One Stop Outlet" at 7660 Stockton Boulevard Sacramento, CA 95823. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 4, 11, 18, and 25, 2016 OUTLET 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT James Andrew Smith. FBNF2016-08427 3840 Dotty Street Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "Jim's Painting Services" at 3840 Dotty Street Carmichael, CA 95608, Filed with the Clerk of Sacramento County October 24, 2016. Publish: November 4, 11, 18, and 25, 2016 JIMS 161031 11-25-16

FICTITIOUS BUSINESS NAME STATEMENT Golden State Auto Parts LLC FBNF2016-08299

3391 Fitzgerald Road Suite B Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name(s) "Golden State Auto Parts" at 3391 Fitzgerald Road Suite B Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County October 18, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 GOLDEN 161031

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08131 O'Reilly Auto Enterprises, LLC, 233 S Patterson Avenue Springfield, MO 65802 is doing business under the Fictitious Business Name(s) "O"Reilly Auto Parts #5649" at 420 Elkhorn Boulevard Rio Linda. CA 95673. Filed with the Clerk of Sacramento County October 12, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 OREILLY 161031

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08382 Shaun Guduitis, 7027 Laurel Oaks Way Fair Oaks, CA 95628 is doing business under the Fictitious Business Name(s) "Big Shaun's Home Repair & Renovations" at 7027 Laurel Oaks Way Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County October 21, 2016. Publish: November 4, 11, 18, and 25, 2016 SHAUNS 11-25-16 161031

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08501 Manuel C. Tenorio, 8124 Sundance Drive Orangevale, CA 95662 is doing business under the Fictitious Business Name(s) "Ten 6 Discounts" at 8124 Sundance Drive Orangevale, CA 95662. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016 161031 11-25-16 MANUEL

FICTITIOUS BUSINESS NAME STATEMENT FBNF2016-08515 Nazarov Vitalie, 7519 Wachtel Way Citrus Heights, CA 95610 is doing business under the Fictitious Business Name(s) "Edli Vans" at 7519 Wachtel Way Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County October 26, 2016. Publish: November 4, 11, 18, and 25, 2016 11-25-16 EDLI 161031

#### STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FBNF2016-05311

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Elite Sanitation" located at 6339 Oakcreek Way Citrus Heights, CA 95621, Courtney Flannery, 6339 Oakcreek Way Citrus Heights, CA 95621. The Fictitious Business Name Statement referred to above was filed on June 28, 2016 in the County of Sacramento. Publish: November 18, 25, December 2, and 9, 2016 ELITE 161110 12-09-16

### ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202407

WHEREAS, Viktoryia Udwadia has filed a petition with this court for a decree changing the name(s) of Viktoryia Udwadia to Viktoryia Charkouskaya.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 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: October 27, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 11-25-16 UDWADIA 161020

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202204

WHEREAS, Selena Gutierrez has filed a petition with this court for a decree changing the name(s) of Selena Gutierrez to Selena Bell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 8, 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: October 25, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 161020 11-25-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00198724

WHEREAS, Roberto Carlos Ramirez has filed a petition with this court for a decree changing the name(s) of Roberto Carlos Ramirez to Carlos Daichi Kitai

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 30, 2016 in Department 54, located at 800 9th Street, 3rd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 11, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016

RAMIREZ 161020 11-25-16

#### ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202472

WHEREAS, FNU Zulaikha and Abdul Khaliq Rasikh and on behalf of FNU Sana and Abdul Rafay, minors have filed a petition with this court for a decree changing the name(s) of FNU Zulaikha to Zulaikha Rasikh, FNU Sana to Sana Rasikh, and Abdul Rafay to Abdul Rafay Rasikh. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 14, 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: October 28, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: November 4, 11, 18, and 25, 2016 RASIKH 161020 11-25-16

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

#34-2016-00202828 WHEREAS, Alexis J. Chapman has filed a petition with this court for a decree changing the name(s) of Alexis Justine Chapman to Alexis Justine Cunningfolk.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 22, 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 04, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 11, 18, 25, and December 2, 2016 CUNNINGFOLK 161020 12-2-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202756

WHEREAS. Ian T Kelly has filed a petition with this court for a decree changing the name(s) of lan T Kelly to lan Fanslow. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 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: November 3, 2016 David I. Brown, Judge of the Superior Court Publish: November 11, 18, 25, and December 2, 2016

KELLY 161105 12-02-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202001

WHEREAS, Kayla Olson has filed a petition with this court for a decree changing the name(s) of Kavla Olson to Kavla Harnack. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 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: October 20, 2016

David I. Brown, Judge of the Superior Court Publish: November 11, 18, 25, and December 2, 2016 HARNACK 161105 12-02-16

#### November 25, 2016

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

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

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

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

#### TRUSTEE SALE NOTICES

T.S. No.: 9948-1377 TSG Order No.: 730-A.P.N.: 067-0490-048-0000 1605950-70 TRUSTEE'S SALE YOU ARE NOTICE OF IN DEFAULT UNDER A DEED OF TRUST DATED 04/03/2007. 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. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 04/18/2007 as Book No.: 20070418, Page No.: 0352, and re-recorded on 07/27/2007, Book No.: 20070727, Page No.:0804, of Official Records in the office of the Recorder of Sacramento County, California, executed by: CECILIA R SABINO, A SINGLE WOMAN , as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All

right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 12/06/2016 at 09:30 AM Sale Location: At the East Main entrance to the County Courthouse. 720 9th Street. Sacramento, CA 95814 The street address and other common designation, if any, of the real property described above is purported to be: 4221 ANATOLIA DRIVE, RANCHO CORDOVA, CA 95742 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, 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 said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, towit: \$486,262.39 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, (800) 758-8052 for information regarding the trustee's sale or visit this Internet Web site, www.homesearch. com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9948-1377. 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. 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. NBS Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach. CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.homesearch.com or Call: (800) 758-8052. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0294373 To: GRAPEVINE INDEPENDENT 11/11/2016, 11/18/2016, 11/25/2016 NPP#0294373 161101 11-25-16 NOTICE OF TRUSTEE'S SALE TS No. CA-16-738292-BF Order No.: 8652374 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 IN DEFAULT UNDER A DEED OF TRUST DATED 9/13/2005. 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): MARIA NANCY PULMONES. A MARRIED WOMAN AS HER SOLE AND

SEPARATE PROPERTY Recorded: 9/21/2005 as Instrument No. xxx in Book 20050921 Page 2136 of Official Records in the office of the Recorder of SACRAMENTO County, California; Date of Sale: 12/9/2016 at 2:00 PM Place of Sale: At the main entrance to the County Courthouse, located at 720 9th Street, Sacramento, CA 95814 Amount of unpaid balance and other charges: \$327,008.51 The purported property address is: 11780 LOISDALE WAY, RANCHO CORDOVA. CA 95742 Assessor's Parcel No .: 067-0550-040-0000 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 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site http://www.gualityloan. com , using the file number assigned to this foreclosure by the Trustee: CA-16-738292-BF Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return o f the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. Date: Quality Loan Service Corporation 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 O r Login to: http:// www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-16-738292-BF IDSPub #0117950 11/18/2016 11/25/2016 12/2/2016 IDS#0117950 161111 12-2-16

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 128075 Title No. 95515002 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. YOU ARE trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 730-2727 for information regarding the trustee's sale or visit this Internet Web site - www. servicelinkASAP.com - for information regarding the sale of this property, using the file number assigned to this case: 128075. 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. A-FN4598133 11/25/2016. 12/02/2016. 12/09/2016 ASAP#4598133 161115 12-9-16

#### **City of Rancho Cordova Notice of Public Meeting**

NOTICE is hereby given that on **Tuesday, November 29, 2016, 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. The Public Draft Zoning Code dated November 14, 2016 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 meetings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record.

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

#### NOTICE REGARDING CHALLENGES TO DECISIONS

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

#### ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on November 25, 2016

#### PUBLIC NOTICE

#### Notice Request for Bids Rancho Cordova Police Department and Neighborhood Services Janitorial Services Contract

#### ADVERTISEMENT

The City of Rancho Cordova is requesting bids from high qualified vendors with expertise in providing janitorial services for the City of Rancho Cordova. The locations of the requested services are located at 2897 Kilgore Road and 2880 Gold Tailings Court.

Mandatory pre-bid meeting will be held in the Lobby at 2897 Kilgore Road on Tuesday 12/6/2016 at 8:00am

Sealed Bids will be received at the office of the City Clerk, City of Rancho Cordova, at 2729 Prospect Park Drive Suite 100, Rancho Cordova, CA 95670 up to the hour of 2:00 PM on Thursday, December 15th, 2016. Bid opening will follow immediately after.

Copies of Contract Documents and Submittal Guidelines are available between 8:00am to 4:00pm Monday through Friday at:

City of Rancho Cordova Facilities Department 2729 Prospect Park Drive Suite 100 Rancho Cordova, CA 95670 Or To have bid documents emailed Email Tim Watson at: twatson@cityofranchocordova.org

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

Direct all inquiries regarding this Bid in writing to:

#### City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday**, **December 5**, **2016**, **at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall**, **located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

#### O'REILLY PARCEL MAP - PROJECT NO. DD9672 - TENTATIVE PARCEL MAP:

**REQUEST:** The applicant is requesting a Tentative Parcel Map (TPM) to subdivide an existing 1.78 acre parcel into two (2) separate parcels; Parcel 3A at 1.099 acres and Parcel 3B at 0.681 acres. This is an existing parking lot that will be split to allow for the sale, lease or finance of each parcel within the Rivergate Shopping Center.

#### **OWNER/APPLICANT:**

Ethan Conrad Properties
Mr. Ethan Conrad
1300 National Drive, Suite 100
Sacramento, CA 95834

Global Surveying Consultants, Inc Mr. Paxton Singleton 6511 Heilman Court North Little Rock, AR 72118

**LOCATION/APN:** Located near 2346 Sunrise Boulevard along Zinfandel Drive; APN: 058-0540-003-0000

**ZONING:** Commercial Mixed Use (CMU)

**ENVIRONMENTAL:** The project is exempt from the California Environmental Quality Act (CEQA) pursuant to Title 14 of the California Code of Regulations, Chapter 3, Division 6 (State CEQA Guidelines) by Categorical Exemption 15332, In-Fill Development Projects.

#### PROJECT PLANNER: Nicholas Sosa, Assistant Planner

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

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

#### NOTICE REGARDING CHALLENGES TO DECISIONS

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

IN DEFAULT UNDER A DEED OF TRUST DATED 04/18/2005. 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. On 12/15/2016 at 9:30 AM. The Mortgage Law Firm, PLC, as duly appointed Trustee under and pursuant to Deed of Trust recorded 04/27/2005, as Instrument No. xx, in book 20050427, page 3080, of Official Records in the office of the County Recorder of Sacramento County, State of California, executed by Bonnie R. Hanks, an Unmarried Woman, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (payable at time of sale in lawful money of the United States), At the East Main entrance to the County Courthouse, 720 9th Street, Sacramento, CA 95814 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State, described as: FULLY DESCRIBED IN THE ABOVE DEED OF TRUST. APN 058-0430-035-0000 The street address and other common designation, if any, of the real property described above is purported to be: 2450 Stokewood Way, Rancho Cordova, CA 95670 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said 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 said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the 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: \$127,279.73 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 under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written Notice of Default and Election to Sell. The undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. Dated: 11/14/2016 THE MORTGAGE LAW FIRM, PLC Adriana Rivas/Authorized Signature 41689 Enterprise Circle North, Ste. 228, Temecula, CA 92590 (619) 465-8200 FOR TRUSTEE'S SALE INFORMATION PLEASE CALL 714-730-2727 The Mortgage Law Firm PLC may be attempting to collect a debt. Any information obtained may be used for that purpose. 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

Attn: Tim Watson City of Rancho Cordova Facilities Department 2729 Prospect Park Drive Rancho Cordova, CA 95670 Phone: (916) 851-8872 Email: twatson@cityofranchocordova.org Grapevine Independent November 18 and 25, 2016

#### City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday**, **December 5**, **2016**, **at 5:30** p.m., or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall**, **located at 2729 Prospect Park Drive**, **Rancho Cordova**, to consider the following:

#### GRANITE CONSTRUCTION COMPANY – PROJECT NO. RC06-224A – RENEWAL OF SURFACE MINING AND RECLAMATION PERMIT:

**REQUEST:** The applicant is requesting a renewal for five years with optional five year renewal thereafter of a Surface Mining and Reclamation Permit for the Granite Construction Mining Operation. The applicant does not request modifications to the approved mining permit and reclamation plan, or any conditions of approval, except for any modifications to the payment agreement. The location of the mining operation is within areas designated as both the inactive Rancho Cordova test site, south of White Rock Road, and north of White Rock Road. The surface mining permit is to continue to remove the aggregate resources that were deposited by the past gold mining activities.

#### APPLICANT:

Granite Construction Company P.O. Box 15287 Sacramento, CA 95851 OWNER: Aerojet General Corp. 620 Coolidge Drive, Suite 100 Folsom, CA 95630

LOCATION/APN: North and South of White Rock Road, east of Sunrise Boulevard; APNs: 072-0370-070, 072-0370-071, 072-0231-071, 072-0230-071, 072-0231-070, 072-0231-073

**ZONING:** Rio Del Oro Specific Plan Area

**ENVIRONMENTAL:** Renewal of existing permit Mitigated Negative Declaration approved by Resolution No. 101-2007. No new environmental analysis would be required pursuant to CEQA Guidelines Section 15162

PROJECT PLANNER: June Cowles, Senior Planner

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

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

#### NOTICE REGARDING CHALLENGES TO DECISIONS

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

#### ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on November 25, 2016

#### 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 November 25, 2016

#### City of Rancho Cordova Notice of Public Hearing

NOTICE is hereby given that on **Monday, December 5, 2016,** at **5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a Public Hearing at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova,** to consider the following:

#### ANATOLIA RETAIL CENTER - PROJECT NO. DD9600 - CONDITIONAL USE PERMIT, DESIGN REVIEW AND ADJUSTMENT PERMIT:

**REQUEST:** The applicant is requesting a Conditional Use Permit, Major Design Review Permit, and an Adjustment Permit to construct a new commercial shopping center with 5 new commercial pads, space for 2 future commercial pads, new parking areas, lighting, landscaping, and pedestrian gathering areas for an undeveloped 14.9 acre site at the southeast corner of Douglas Road and Sunrise Boulevard.

#### OWNER/APPLICANT:

AKT Development Mr. Mark Enes 7700 College Town Drive, Suite 118 Sacramento, CA 95826 Stafford King Wiese Architects Mr. Mark Marvelli 622 20th Street Sacramento, CA 95811

LOCATION/APN: Southeast of the intersection of Douglas Road and Sunrise Boulevard; APN: 067-0430-001-0000

**ZONING:** General Commercial (GC)

**ENVIRONMENTAL:** Pursuant to Title 14 of the California Code of Regulations, Chapter 3, Division 6, (CEQA Guidelines) Section 15183 (Projects Consistent with a community Plan or Zoning), the project is consistent with the density included in the General Plan and zoning for the site and no further environmental analysis is required. Therefore, pursuant to CEQA Guidelines Section 15183, no further analysis is required.

#### PROJECT PLANNER: Matthew Diaz, Associate Planner

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

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

#### NOTICE REGARDING CHALLENGES TO DECISIONS

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

#### ADA COMPLIANCE STATEMENT

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

Printed in the Grapevine Independent on November 25, 2016

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# ORDER TO SHOW FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202594

WHEREAS, Yuming Sun has filed a petition with this court for a decree changing the name(s) of Yuming Sun to Colin Yuming Sun. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 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: November 01. 2016 David I. Brown. Judge of the Superior Court Publish: November 11, 18, 25, and December 2, 2016 SUN 161105 12-02-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202830

WHEREAS, Krystel Viehmann has filed a petition with this court for a decree changing the name(s) of Krystel Michelle Viehmann to Krystel Viehmann Cunningfolk. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 22, 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 04, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: November 11, 18, 25, and December 2, 2016

12-2-16 CUNNINGFOLK 161020

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

#34-2016-00202822 WHEREAS, Monique Saline Lillard has filed a petition with this court for a decree changing the name(s) of Monique Saline Lillard to Monique Saline Cole.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 22, 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 04, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 11, 18, 25, and December 2, 2016 COLE 161020 12-2-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2015-00184882

WHEREAS, Amber Nicole Pickrahn on behalf of Aubrie Michelle Luba Yovonie has filed a petition with this court for a decree changing the name(s) of Aubrie Michelle Luba Yovonie to Aubrie Michelle Pickrahn.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 5, 2016 in Department 54. located at 800 9th Street. 3rd Floor Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 16, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 11, 18, 25, and December 2 2016 160920 PICKRAHN 12-2-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202666

WHEREAS, Nasir Ahmad and ENU Sidiga on behalf of Elham Ahmad. Erfan Ahmad. minors have filed a petition with this court for a decree changing the name(s) of Nasir Ahmad to Nasir Ahmad Ahmad. Elham Ahmad to Elham Ahmad Ahmad, and Erfan Ahmad to Erfan Ahmad Ahmad. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 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: November 01, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 18, 25, December 2, and 9, 2016

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203328

WHEREAS, Zubair Ahmad Hussaini has filed a petition with this court for a decree changing the name(s) of Zubair Ahmad Hussaini to Ahmad Zubair Hussaini.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 1, 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 15, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 25, December 2, 9, and 16, 2016 HUSSAINI 161105 12-16-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203336

WHEREAS, Zaki Ahmad Hussainkhail, Nadia Hussainkhail has filed a petition with this court for a decree changing the name(s) of Zaki Ahmad Hussainkhail to Ahmad Zaki Hussainkhail and Nadia Hussainkhail to Bibi Nadia Hussainkhail.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 1, 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 15, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: November 25, December 2, 9, and 16, 2016 HUSSAINKHAIL 161105 12-16-16

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

#34-2016-00203573 WHEREAS, Robert Allen Brandon has filed a petition with this court for a decree changing the name(s) of Robert Allen Brandon to Louis Bradley Wilmert.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 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 18, 2016 David I. Brown, Judge of the Superior Court

Publish: November 25, December 2, 9, and 16, 2016 BRANDON 161105 12-16-16

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

#34-2016-00199894 WHEREAS, William A. Kershaw has filed a petition with this court for a decree changing the name(s) of McKena-Kala Alter Kershaw to Makena-Kala Alter Kershaw. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 9:00 a.m. on December 29, 2016 in Department 54. located at 813 6th Street, 2nd Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: September 7, 2016 Raymond M. Cadei, Judge of the Superior Court

Publish: November 25, December 2, 9, and 16, 2016 161111 **KERSHAW** 12-16-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203156

WHEREAS, Pooyan Bolandian has filed a petition with this court for a decree changing the name(s) of Pooyan Bolandian to Cyrus Bolan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on February 24, 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 10, 2016 Raymond M. Cadei, Judge of the Superior Court Publish: November 25, December 2, 9, and 16, 2016

BOI AN 161111 12-16-16 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

California, County of Sacramento 3341 Power Inn Boad Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Alex Chen 3478 Buskirk Avenue Suite 300 Pleasant Hill. CA 94523 925-906-1880

Publish: November 18, 25, December 2, and 9, 2016 MIR\_AFZALI 161111 12-09-16

#### NOTICE OF PETITION TO ADMINISTER ESTATE OF SHARON ANN ELLIOTT CASE No. 34-2016-00199081

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Sharon Ann Elliott., (deceased): A Petition for Probate has been filed by Geoffrey W. Rookard in the Superior Court of California, County of Sacramento, requesting that Geoffrey W. Rookard, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for NEAL examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: January 17, 2017 9:00 a.m. in Dept 129 at Superior Court of California, County of Sacramento 3341 Power Inn Road Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal 25. of estate assets or of any petition or account 28 as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Geoffrev W. Rookard 3932 Oak Villa Circle Carmichael, CA 95608 916-233-6419 Publish: November 25, December 2, and 9, 2016 ELLIOTT 161111 12-17-16 SUMMONS SUMMONS (Family Law) NOTICE TO RESPONDENT (Name): Maria Antonette Garcia Petition's Name is: Marco Deleon Austria CASE NUMBER: FL2016-5381 You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca. gov), or by contacting your local county bar association. NOTICE-RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask

you to pay back all or part of the fees and costs that the court waived for you or the other party. The name and address of the court are: Superior Court of California, County of San Joaquin 540 E. Main Street CA Stockton. 95202 The name, address, and telephone number of petitioner's attorney, or the petitioner without an attorney are: Marco Deleon Austria 2329 S. Fresno Avenue Stockton, CA 95206 Rosa Junqueiro Clerk, by: Jordan Pierce, Deputy Date: September 28 2016 Published: November 18, 25, December 2, and 9, 2016. AUSTRIA 161111 12-9-16

#### NOTICE OF HEARING

NOTICE OF HEARING DECEDENT'S ESTATE OR TRUST ESTATE OF ROBERTA LEE NEAL CASE NUMBER 34-2014-60000016

NOTICE is given that: REGINA NEAL personal representative has filed a DE-260/GC-060 REPORT OF SALE AND PETITION FOR ORDER CONFIRMING SALE OF REAL PROPERTY. You may refer to the filed documents for more information. A HEARING on the matter will be held as follows: DECEMBER 21, 2016 at 10:30A.M. in Department 129 at THE SUPERIOR COURT OF CALIFORNIA, COUNTY OF SACRAMENTO located at 3341 Power Inn Road Sacramento, CA 95826 DATED: November 2, 2016 Published: November 25, December 2, and 9, 2016

NEAL 161111 12-9-16 NOTICE OF HEARING DECEDENT'S ESTATE OR TRUST ESTATE OF ROBERT JAMES NEAL

CASE NUMBER 34-2014-60000015 NOTICE is given that: REGINA NEAL personal representative has filed a DE-260/GC-060 REPORT OF SALE AND PETITION FOR ORDER CONFIRMING SALE OF REAL PROPERTY. You may refer to the filed documents for more information. A HEARING on the matter will be held as follows: DECEMBER 21, 2016 at 10:30A.M. in THE SUPERIOR COURT OF Department 129 at

CALIFORNIA, COUNTY OF SACRAMENTO located at 3341 Power Inn Road

#### Sacramento, CA 95826 DATED: November 2, 2016

Published: November 25, December 2, and 9, 2016 161111 12-9-16



ACROSS 13 1. Group of pupils 6. Fossil fuel 16 9. Dust arachnid 13. Abdominal muscle, pl. 14. Grass bristle 15. Like a ballerina Deflect 17. \*She played wife and mom in 21 Across 18. Lazybones 19. \*It happened on 34th Street 21. \*Nicholas Cage 's "The Man' 23. Wednesday's child issue? 24. Mouthful, swallowed Francisco Verde National Park 30. Adorn the halls with holly, e.g. 35. Singer Tori 37. Jailbird's home 39. Tax of one tenth 40. Popular e-reader 41. DNA half 43. Inmate's weapon 44. Loose-fitting top 46. " \_\_\_\_ and sound' 47. Performed alone, pl. 48. Madison Square Garden and STAPLES Center, e.g. 50. Snouts or beaks \_ Takes a Holiday" 52 \*' with Basil Rathbone (1930) 53. Inoffensive manner 55. Long time 57. \*Jim Carrey's green grump 60. \*Holiday movie time traveler 64. Courtroom excuse 65. Bo Peep's follower 67. Bus commuter 68. Object of Tiny Tim's affection 69. Corn piece 70. Twig of a willow tree 71. Aquatic snakes 72. Pastrami partner 73. Proceeds DOWN 1. Pack like sardines 2. Denim innovator 3. Maple, to a botanist 4. Scarecrow stuffing "The Goldbergs," e.g. 6. Arc de Triomphe, e.g. 7. Leave speechless 8. Big mess 9. Between mini and maxi 10. Short for "it will" 11. He plus she 12. "Ever" to a poet 15. Marine gastropod 20. Olden day blood-drawing equipment 22. Priest's vestment 24. Like a knight in shining armor 25. \*Billy Bob Thorton's was bad 26. Love, to Napoleon and Josephine 27. Nobody 29 Candies, chocolatier 31. Treat without respect vs. pathos 32.



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# DO YOU SUFFER FROM SLEEP PROBLEMS ASSOCIATED WITH LEWY BODY DEMENTIA?

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Parkinson's Disease Dementia if:

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- Medications you take have been on a consistent dose for at least 4 weeks

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AHMAL 161111 12-9-16 SUPERIOR COURT OF CALIFORNIA

#### COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203099

WHEREAS, FNU Rafiullah and FNU Najwa have filed a petition with this court for a decree changing the name(s) of FNU Rafiullah to Rafiullah Nadri and FNU Najwa to Najwa Nadri. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 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: November 9, 2016

Daviu I. Diowii, Juu	iye ol ille Supelli	
Publish: November	18.25 Decemb	er 2, and 9, 2016
NADRI	161105	12-09-16
INAUNI	C01101	12-09-10

#### SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00202953

WHEREAS, Melissa Lee Weeks and Patrick Richard Weeks have filed a petition with this court for a decree changing the name(s) of Melissa Lee Weeks to Melissa Lee Champion and Patrick Richard Weeks to Patrick Richard Champion. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on February 22, 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 8, 2016 David I. Brown, Judge of the Superior Court Publish: November 18, 25, December 2, and 9, 2016 CHAMPION 161105 12-09-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203444 WHEREAS, FNU Mustafa has filed a petition with this court for a decree changing the name(s) of FNU Mustafa to Mustafa Pirozi.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on March 2, 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 16, 2016

Raymond M. Cadei, Judge of the Superior Court Publish: November 25, December 2, 9, and 16, 2016 MUSTAFA 161111 12-16-16

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2016-00203448 WHEREAS, FNU Ghulam Farooq has filed a petition with this court for a decree changing the name(s) of FNU Ghulam Farooq to Ghulam Farooq Mirzada. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 2, 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 16, 2016 David I. Brown. Judge of the Superior Court Publish: November 25, December 2, 9, and 16, 2016 FAROOQ 161105 12-16-16

#34-2016-00203583 WHEREAS, Alexander Teng Xiong has filed a

petition with this court for a decree changing the name(s) of Alexander Teng Xiong to Alexander Lee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 6, 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 18, 2016 David I. Brown, Judge of the Superior Court Publish: November 25, December 2, 9, and 16, 2016 161105 XIONG 12-16-16

### NOTICE OF PETITION TO ADMINISTER ESTATE

#### NOTICE OF PETITION TO ADMINISTER ESTATE OF SUSAN MIR-AF7ALL CASE No. 34-2016-00202583

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Susan Mir-Afzali, Susan Daigh Mir-Afzali., (deceased): A Petition for Probate has been filed by Carol Wu in the Superior Court of California, County of Sacramento, requesting that Carol Wu, be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: January 24, 2017 9:00 a.m. in Dept 129 at Superior Court of

the clerk for a fee waiver form. The court may order BASEBALL Tours Attend MLB games at Wrigley Field, Fenway Park & Yankee Stadium. See the country, including guided tours of New York City, a visit to the baseball Hall of Fame, or free time in cities such as Washington DC and Philadelphia. Five trips to choose from ranging from 3-11 days. Coach bus trip. Quality hotels and game tickets. For a free brochure, call: 507.217.1326. If no answer, please clearly/slowly leave your name/addre

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# Fun with Purpose Pays Off for Local Girl Scouts

**SACRAMENTO REGION, CA (MPG)** - Girl Scouts may be 104 years old, but the organization continues to deliver relevant, modern experiences that build leaders right here in our community.

This year was an incredible year for local Girl Scouts. Not only did 48 young women earn the highest award in Girl Scouting (the Gold Award), but one local girl earned the prestigious national Girl Scout Medal of Honor for saving a friend's life using skills she learned while pursuing her first aid badge.

"I learned the Heimlich maneuver as a Brownie in third grade," recalls 6th grader Abby Egawa, adding, "I did not think I would ever be faced with an emergency like this, but I do remember thinking to myself that the Heimlich maneuver was important and that I should pay attention." Abby and her grateful friend Rosie Helft were interviewed on local television stations to talk about the harrowing experience and Abby's quick thinking.

Just last month, two young leaders from Sacramento were recognized as "National Young Women of Distinction." Each year, Girl Scouts of the USA (GSUSA) confers special honors on just ten young women who personify the organization's goal of building girls of courage, confidence and character through their Gold Award projects. They are considered the organization's best and brightest young leaders, and the fact that two of them are from Northern California is an unprecedented honor.

Ayana Watkins, a senior and student body president at Christian Brothers High School, planned and executed a symposium for 200 underserved Sacramento youth entitled "Education Matters in Black Lives," to address the issue of the academic Achievement Gap and the need for educational support to ensure the success of African American youth.

Her symposium included a collegiate panel of students of color and a YouTube channel

Tickets Only



Ayana Watkins is a senior and student body president at Christian Brothers High School. Photo courtesy Girl Scouts of Central California

that carried her message on a digital platform. Ayana believes that education is an antidote to poverty and social injustice. Through the successful implementation of her Girl Scout Gold Award project, Ayana has made a difference in her community and changed the world through education. "I learned that my voice matters and that I can make a difference in society," she said. "I was able to create something that could address an issue, benefit others and make a positive change."

Leyna Reynolds set her sights on making California roadways safer for new drivers. Noting the high number of accidents involving inexperienced drivers, Leyna developed a program by which new drivers could post "Student Driver" decals to let other drivers know there is a newbie behind the wheel. Leyna created the decals and distributed them through a teen driver advocacy group (Impact Teen Driver) and at local driving schools and insurance companies. She even developed a partnership with Mothers Against Drunk Driving!

She worked with California Assemblymember Kansen Chu, who introduced Assembly Bill 2322 to make these decals available to all permit holders while they practice their skills. She has been able to testify before the California Legislature in support of the bill. "The Gold Award experience helped me to grow myself as a person," says Reynolds, who plans to major in international relations after graduating from C.K. McClatchy High School next June. "I learned that, with enough perseverance and hard work, anyone can change the world." Even though it didn't pass this year, the author of the bill plans to reintroduce it next year.



Leyna Reynolds developed a program by which new drivers could post "Student Driver" decals to let other drivers know there is a newbie behind the wheel. Photo courtesy Girl Scouts of Central California

Ayana and Leyna were honored at a national celebration in Philadelphia and received national recognition as well as college scholarships. They will now have the opportunity to serve as representatives of Girl Scouts across the nation, inspiring girls to find their passions and work to change the world, just like they did.

Starting as young at 5 years old, girls have "fun with purpose," gaining valuable life skills, sharing new experiences while having fun and building friendships! In addition to leadership, the organization offers great camps, STEAM opportunities and financial literacy programs.

There is always room for more girls in local troops, yearround. To learn more about Girl Scouting, to join a troop or to volunteer, visit Girl Scouts Heart of Central California at girlscoutshcc.org or 800.322. GIRL.

Source: Girl Scouts of Central California ★

SACRAMENTO



New Matinée, Puppets, Stories Added to Christmas Celebration

**SACRAMENTO REGION, CA (MPG)** - Great news! Since last year's popular Sacramento standing room only Wells Fargo Home for the Holidays celebration sold out, the SCSO has added a new 2 PM matinée followed by a 7:30 PM evening performance on Saturday, December 10th in Sacramento's venerable landmark, Memorial Auditorium.

SCSO Conductor Donald Kendrick has once again created a fresh and sparkling program designed to capture the magic and spirit of the season for the whole family. Says Kendrick, "This year we will welcome Mr. Grinch himself, along with lifesize puppets, narrations and San Jose Opera Baritone headliner Matt Hanscom. It is our pleasure to welcome back the Sacramento Children's Chorus and continue our tradition of a candlelit procession and audience sing-along, all accompanied by our professional SCSO Orchestra and dedicated Chorus. We will even offer a musical nod to last summer's Olympics in Brazil and pay homage to Downton Abbey at this celebration." The SCSO is once again proud

The SCSO is once again proud to partner with Wells Fargo to help Sacramento area families celebrate the season in a meaningful way. The warm atmosphere created by Memorial Auditorium's u-shaped seating plan fosters a very strong sense of community at the concert. SCSO Christmas CDs will be available as stocking stuffers in the lobby.

"We are working hard to provide a festive and celebratory mood for our Wells Fargo Home for the Holidays concerts

SCSO Conductor Donald Kendrick helps our Community celebrate the season at Memorial Auditorium at Wells Fargo Home for the Holidays on December 10th

as we plan to welcome families who come together to celebrate this joyful season," says SCSO Board Member Jeannie Brown. "It is a time to experience a wonderful sense of old-fashioned community and camaraderie brought about by the enduring music of the season." Come celebrate the Christmas season at the SCSO's 2016 Wells Fargo Home for the Holidays

on Saturday, December 10th at 2 PM and 7:30 PM at Memorial Auditorium. For information, call the SCSO at (916) 536-9065 or visit sacramentochoral.com.

Tickets priced at \$50, \$40, and \$35 (Students enjoy 50% discount) are available by calling the Community Center Box Office at 916-808-5181 or online at sacramentochoral.com.

Source: SCSO





**21**<sup>st</sup> Concert Season 2016-2017



Sacramento Kings vs Miami Heat Wednesday, January 4, 2017 Community Night At Golden 1 Center Order Online Today! Iisadpresents.com/product/kings-basketball-tickets/

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# Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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The holiday season is notorious for inciting panic in women and if they don't know how to deal with that shoulder-burdening aspect of this time of year, they're destined to miss what the holidays are really all about...PEACE, JOY, HARMONY.

I was recently asked to appear on a local television talk show in Portland, Oregon, to talk about the free day I have in my weekly plan. To bring up this topic, this time of year when most women who work outside their homes can barely find a free hour let alone a free day each week seemed absurd!

Today it seems we women are more concerned about recharging our cell phones than about recharging ourselves. If you don't take time for yourself, you'll end up being an old lady who looks in the mirror one day and says. "Who in the hell are you?" You won't know what you love and you'll regret not giving yourself time to just be you, without an agenda, without a "To Do" list.

So when I got on the show and was asked, "How can you have a free day every week?" the young host who is a wife and mother, works full time in television and radio and takes care of 80% of the work involved in running a happy household, my answer was, "You can't."

She howled! And when she composed herself, we talked about all the extra things we do for our families to make this time of year festive and fun and how we can eek out some free time even though it's the busiest time of the year.



A few days before I went on the show, I had my semi-annual dental check-up, so I asked the hygienist if she has a free day. She looked at me as though I'd ask her if she has five breasts! Then she said, "I had this discussion with my husband a couple of months ago. I told him I either needed to cut back my hours at work (which would mean less money for us) or he needed to pitch in and help. He's a longshoreman and gets paid for full-time but often works halftime. He didn't like either choice, but he said he'd try and help more. I gave him a month to see if he actually would help more. When he didn't, I cut back to only three days a week instead of five and it has really helped me! Now I get a break from work in the middle of the week so I can clean and keep up the laundry and I can enjoy my weekends with the family instead of catching up all that gets behind.

She went on to say she has one of those deals you strap to yourself that counts your steps and she averages 20,000 steps a day. I told her she should strap it to her husband to see how many steps he clocks. Her eyes got huge and she said, "I wanted to do just that, but he wouldn't let me! He knows he'd probably clock about 2,000 steps!

When my dentist came in I asked him if he feels the pressure of the holiday season. Instantly he said, "Oh yeah! My patients want to use up all their dental insurance before the end of the year, and college students come home and want to get dental work done

while they're home. Then I said, "No I mean the pressure from all the holiday activities like writing Christmas cards, shopping, decorating, food preparation, gift wrapping and mailing packages in time and entertaining?" He thought for a minute and responded, "Oh, right, well yeah, I have to get up in the attic and get all the boxes down for my wife. Oh and I put the tree in the stand and put the angel on the top."

Well now, isn't that so special? There are two things you need to do if you want free time during the holidays.

1) Learn to delegate and give up control of having things exactly the way you want them. 2) Be willing to eliminate activities that aren't fun. For example, I quite writing and sending Christmas cards at least 20 years ago. Instead, every card I receive goes on a "calling" list. Since I love to talk on the phone I take time to sit and call each one. I don't shop, I give cash with humor and flair with my Stick it Right on the Money Gift-giving kit and using ideas I have in ELM Everybody Loves Money which gives fun ways to give cash which are available on my website.

That's it! Delegate and eliminate.

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



# Slim Holidays

Five to seven pounds added to your waistline...maybe more...between Thanksgiving and the first week in January? Yikes!!! That's what the experts tell us, but what can we do to enjoy the holidays without gaining weight? Lots of questions, but what about answers? I checked in with Dr. Susan Smith-Jones out Hollywood way on POPPOFF. She is author of some 25 books, motivational speaker, and holistic health expert and her celebrity list is impressive. If it's good enough for them, I figured we could take a shot at slimming down and not puffing up for this 'tis the season for being jolly. So enjoy your holidays and take heed of these ten tips. The first one is really HOT HOT HOT!!!.

1) CAYENNE PEPPER. This wonderful spice provides a three-pronged attack against obesity. First, eating cayenne may help fight off food cravings. Some experts believe that eating sharp-tasting foods such as hot peppers can overwhelm

# POPPOFF! with Mary Jane Popp

taste buds, cutting off cravings. Second, cayenne helps you eat less. Researchers in the Netherlands gave men .9 grams of ground cayenne pepper either as a pill or mixed into a tomato juice beverage. Then 30 minutes later, they turned the men loose at an allyou-can-eat buffet. Compared with men who were given a placebo, the men who had consumed cayenne reduced their food intake by 16%. Third, it actually requires energy to eat hot peppers. That's right. That's because the heat you feel when you eat chili peppers takes energy to produce. That's why Dr. Jones adds cayenne capsules to her daily health and nutrition program. And especially with any large holiday meal, she finds ways to also consume some cayenne.

2) DON'T SKIP MEALS. Make sure to eat something every 3-4 hours so you won't get famished and end up eating more than necessary.

3) BRING HEALTHY SNACKS. While shopping or in the car, healthy snacks help your blood sugar not to plummet.

4) HAVE SOMETHING SMALL TO EAT. That's before you go out, especially to a holiday party or big dinner so you don't arrive with a voracious appetite.

5) DON'T HANG OUT NEAR THE

**FOOD** during holiday parties and large gatherings where there are tables of food.

6) DON'T JUST EAT TO BE SOCIAL. Choose wisely what food you hold in your hands while talking to others at holiday gatherings.

7) KEEP YOUR BODY HYDRATED with purified water. We often confuse hunger with dehydration.

8) START ALL MEALS WITH **HIGH-FIBER FOODS to fill your** stomach. Fiber is your secret weapon to weight control.

9) EAT SLOWLY. Put down the fork between bites. Make a meal last 30 minutes so your brain's satiety center gets the signal when you are full.

#### 10) MAKE SLEEP A PRIORITY. Lack of sleep causes your body to hold on to all of the calories you eat and strengthens your desire for junk foods.

So go ahead and enjoy this wonderful time of the year, but remember all that extra gym work you'll have to do in January if you're not a little careful. If you want more info, go to www. SusanSmithJones.com and you can sign up for Dr. Jones' Monthly Newsletter for free. She always has great stuff to make your life happier and healthier! HAPPY SLIM HOLIDAYS!





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# **CORDOVA SPORTS Cordova Boys Soccer Preparing for Season**

#### By Mike Bush

RANCHO CORDOVA, CA (MPG) -Cordova High School boys soccer head coach Eric Mc Cahon has been adjusting his players to the change of seasons.

The Lancers, along with the rest of the Sierra Valley Conference and the Sac-Joaquin Section, have played boys soccer during the fall season for more than three decades. But two years ago, the section approved a measure to move high school boys and girls soccer to the winter season. This is in hopes of setting up state playoffs that is already set such as football, volleyball,

basketball and track and field. "The toughest part of the switch to the winter was the long layoff between competitive contests," Mc Cahon said. "But I feel we took full advantage of the long off-season."

cross-country, boys and girls

Part of the Lancers' offseason workouts was Mc Cahon running full summer strength and conditioning program. Those workouts were extended into the fall season "to maximize the boys' physical development," the coach noted.

"This also allowed the boys extra time to bond and develop a better team chemistry," Mc Cahon said. "I hoping the extra time in training will translate



Cordova boys soccer head coach Eric Mc Cahon oversees Monday's morning practice at Lancer Stadium. The Lancers open the season with a scrimmage at Burbank next Monday, then open the season at home against River City. Photo by Mike Bush Photo by Mike Bush

to better chemistry on the field, too."

This season, Mc Cahon has plenty of key players returning from the fall 2015 team that earned one of the conference's three playoff berths. Cordova finished the 2015 season with a 5-3-2 record in the SVC and 12-10-3 overall mark. In the midfield are Bernardo Valdez, Antonio Ortega, Pedro Garcia and Eugene Kharamtsova in the midfield. Playing as one of the fullbacks is Eder Gamez. Kevin Bejines returns as the team's goalie.

"I feel one of the main

strengths of this team is experience," Mc Cahon said. "Having so many returning players from a playoff team should serve us well in tough matches."

Newcomers for Cordova are juniors Oscar Natalio, who will start on defense, plus Izayjah McKinney and Erick Hernandez. All of them played on the fall 2015 frosh-soph soccer squad.

"The team is also very well balanced throughout all positions the field," Mc Cahon said. "It's a very versatile team, with many players able to play multiple roles in many different

spots on the field."

Next Monday, the Lancers scrimmage at Burbank of Sacramento. Then Cordova plays for real on Tuesday, when it hosts River City; game Del Campo tournament prestime is scheduled for 6 p.m. at Lancer Stadium. Then on Thursday, Dec. 1st, Cordova plays an afternoon game at Jesuit; start time is 3 p.m.

The Lancers continue their preseason schedule with eight more pre-season games, plus competing at the Del Campo Tournament a week before Christmas.

schedule that sets up well to prepare for league," Mc Cahon said. "Two tough matches right off the start with River City, and Jesuit on the road. The ents some challenging matches well. I like having a team that is tested before heading into league play."

Plus, the Cordova varsity boys and girls soccer teams will host a doubleheader; on Jan. 3rd, 2017, the squads will host Laguna Creek of Elk Grove. Cordova boys start SVC action on Jan. 12th at Rosemont.  $\bigstar$ 

"I feel we have a non-league

# Women's Volleyball to Host 1st Round Playoff Match! Women's Soccer Advances to 2nd Round With 4-0 Win Over Mendocino

#### Women's Volleyball

The first-year FLC volleystate playoffs, and thus will host a first round playoff match against Big 8 Conference foe Delta College on Tuesday night at Falcon Gymnasium. The Falcons were expecting a number 10 or 11 seed, but their strength of schedule and the depth of quality teams in the tough Big 8 Conference landed them at home for Round 1. The matchup pits two teams with identical 10-6 Big 8 records, while the Falcons are 19-8 overall compared to the Mustangs' 18-8. The teams met twice this

and energy as they attempt to

crowd will bring plenty of noise Torres scored off a rebound in the 60th minute (her 10th of the ball team learned late Thursday advance to Round 2. Ticket season), then Claypoole added that they had earned the num- prices are set by the California her 11th of the season for the ber eight NorCal seed in the Community College Athletic 4-0 final score. The Falcons' defense was particularly stellar as Mendocino was denied any shots on goal in the entire 90 minutes. The Falcons will now face Big 8 Conference and LRCCD district rival Cosumnes River on Tuesday evening at Falcon Stadium. The two teams split their two matches this season with each team winning on the other's home field. The Falcons hope to reverse that trend in order to continue their quest for a berth in the State Final Four. Kickoff time will be at 5:00 pm - come out and make it a Playoff Doubleheader (soccer at 5, volleyball at 7).

# **CHS Women's Soccer Begin Conditioning**



Members of the Cordova High School varsity girls soccer team take part in the centipede drill, where all girls laid down on the ground, except for one who leaps over the others and then drops at the end of the group. The Lady Lancers open their season next Tuesday with a non-league game at Chavez of Stockton. Photo by Mike Bush

season with FLC winning both matches, though the most recent was a 5-set nailbiter in Stockton on November 4. The Falcons hope the home Association and are as follows:

#### **General Admission: \$12** Students, staff, faculty, seniors, and children: \$8

#### Women's Soccer

The Falcons opened the state playoffs with a convincing 4-0 victory over Mendocino College on Saturday night in a driving rainstorm in Falcon Stadium. The brave (and

drenched) crowd saw Falcon sophomore Allie Miller open the scoring in the 8th minute after a brilliant pass from Breanna

Brumet. Freshman Keionna Claypoole added to the lead seven minutes later with an unassisted goal to make it 2-0 at halftime. Sophomore Karina

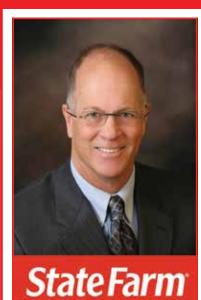
#### **CCCAA Playoffs:** (home matches in bold)

Sat Nov 26 Women's Soccer Round 3; Women's Volleyball; Round 2



Annie Stapleton (4) had 9 kills in the Falcon victory. The Falcons closed out their regular season with a homecourt victory over Diablo Valley on Wednesday night, 25-19, 25-23, 21-25, and 25-19.

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